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TIENS BRIEFLY¹

- **Mission Statement**: To provide global consumers with quality products and opportunities of education & cause, improve their life quality, and make the society harmonious.

- **Tiens Brand Core**: One World, One Family

- **Tiens Brand Value**: Extraordinary Innovation, Paramount Responsibility, Excellent Teamwork

- **Tiens Brand Slogan**: Harmony, Unity, Prosperity

- **Business Philosophy**: Contributing to society by restoring health to mankind.

- **Enterprise spirit**: Industry serve the country, Strive upward, Harmonious unity, Enthusiasm dedication.

- **Quality Guideline**: Parable to build human health, Milestone to realize technical / non-technical innovation, Method to make sustained improvements, and Heart to satisfy consumers.

¹ SOURCE: http://www.tiens.com/about.php?cid=52&pid=78

NOTE: all products and their names from this catalogue are the property of Tianjin Tianshi Biological Development Co. Ltd, 6 Yuanquan Road Wuquing Development Area, New-tech Industrial Park 301700, Tianjin, China, www.tiens.com

TIENS, A SUCCESSFUL MLM BUSINESS!

One of the first step to transforming your entire life and that of your family is finding Tiens opportunity.

Achieving your dreams is now definitely possible, because joining Tiens will give you a roadmap to making them a reality!

[Diagram showing the new compensation plan benefits]

[Diagram showing the global development advantages]

IMPORTANT: Tiens offer one of the highest bonus payout plan within MLM industry, based on:

- Unique products incorporating more than 5000 years of Traditional Chinese Medicine (TCM) combined with modern research, science and technology;

- First-Class Education & Training System which helps guide you to achieve a successful business with us;

- Aspirational recognition levels;

- Travel with Tiens to exotic destinations and / or enjoy luxury auto-home bonuses!

Start your journey to success today. Take that first step to a life that you truly deserve!

Join us now!
COMPANY PROFILE
The Tiens Group was founded in 1995 by Mr. Li Jinyuan in Tianjin, China. It is a diverse, multinational organization with interests in many sectors including biotechnology, education, retail, tourism, finance, international trade and e-business.

Tiens International Health Industrial Park

Tiens entered the international market in 1997 and now has a presence in over 190 countries around the world. It has established divisions in 110 countries and has 50,000 franchised stores globally. Tiens has also formed strategic alliances with many global brands such as Pfizer, IBM and Microsoft.

Through production and distribution of nutrition and wellness products, beauty and skincare products and household products, the Tiens Group has become the lifestyle choice of over 30 million families worldwide. Tiens Group cares about its social responsibilities - over the years it has donated more than £150 million to charity and public welfare projects across the globe.

The Tiens Group has an unbeatable international team in terms of research, innovation and professionalism, all committed helping the company realize its strategic goals.

THE TIENS PRESIDENT’S LI JINYUAN MESSAGE
I started producing food supplements to help my family and my home town in China. Since then, with the help of many people, I have been able to reach over 30 million households in more than 190 countries worldwide.

President Li Jinyuan

I am extremely proud and excited that Tiens experience is extended to you and your family. The products that your independent Tiens distributor recommends have been developed from an understanding of traditional Chinese wellness that has been passed down by my countrymen and their forefathers over 5000 years.

Our products work most effectively when taken as part of a healthy, balanced diet. They are designed to help restore the harmonious balance of the body and, once you have tried them, maybe you too will wish to become a Tiens Distributor.

Enjoy your journey with Tiens!

YOU AND THE STATISTICS IN HEALTH
According to statistics from the World Health Organization (WHO), only 5% of people are healthy, 80% of people are not in good health, and 15% of people are considered unhealthy. This means the large proportion of people are "sub-healthy" i.e. a state between good health and illness, and it’s a state that most people put up with without realizing there’s anything wrong.

Being in good health means being free from illness, with normal body functions and a positive frame of mind. But people exhibiting sub-healthy conditions, if left unchecked, are at risk of becoming sick or suffering more chronic complaints. Even though the sub-healthy condition is more common in people aged over 40, it is an issue of concern at all ages, from teenagers to adults.

The most common symptoms for sub-healthy people are reduced vitality, reduced responsiveness and reduced environmental adaptability. As health deteriorates, symptoms of reduced health can become chronic with frequent sore throats, intermittent flu, and lethargy being common symptoms. Sufferers could also exhibit high cholesterol, high blood sugar, high blood viscosity or low immunity. It’s a common problem and anyone can be reduced to a chronic sub-healthy state when effective health maintenance is not understood. Fortunately sub-healthy people can become healthier, depending on how well they care for themselves.

In China "Qi balanced wellbeing" has been understood by people for millennia. In contrast, western cultures are broadly unaware of the issues surrounding sub-healthy conditions, indeed many people only ever think about supplementing their diets when they are unwell. In fact, 60% of one’s health and life span lies in your hands; determined by the diet, supplement and lifestyle choices you make.

Tiens’ founding mission is to deliver balanced health around the globe: to you, your family and your friends.

THE HEALTH BALANCE
The rapid progress in science and technology has led to fundamental changes in our perception of health and preservation of it. In order to stay healthy today, it is no longer enough to just prevent disease and injury. It’s about a holistic approach, integrating physical, mental and emotional well-being in order to achieve true quality of life.

Tiens products are designed to help restore the harmonious balance of your body. In this catalogue you will find lots of helpful information about individual nutrients, vitamins, minerals, antioxidants and their potential impact on health, weight and well-being.

According to traditional Chinese health care culture, there are three components of health balance:

1. CLEANSING (also known as PURIFICATION);
2. REPLENISHING;
3. STRENGTHENING.

Use the information from this catalogue and Tiens products so that you can stay healthy! We wish you all the best!
CLEANSING
From the point of view of Traditional Chinese Medicine (TCM) concept the first step to achieving balance is cleansing. Modern lifestyles mean that sometimes we consume too much cholesterol, too little fruit and vegetables and not enough exercise. This can lead to harmful substances being deposited in the blood vessels, which over time, can harden thus narrowing blood vessels and potentially inducing hypertension. Environmental pollution such as car exhaust fumes, heavy metals, computer and cell phone radiation are also other contaminants symptomatic of contemporary living.

Cleansing is meant to remove toxins from the digestive tract, blood vessels, lungs, skin and other channels so that organs / systems can function normally again.

Your Tiens’ consultant can help you to develop a personal plan to meet your nutritional needs and the first part of your plan would focus on helping cleanse your body of any harmful substances.

TIENS Chitosan Capsules

- **Cholesterol level control**
- **Weight control**
- **Inhibits toxins produced by cancer cells**

Chitosan is made in accordance with the principles of Traditional Chinese Medicine (TCM). Tiens Chitosan is a formula that effectively supports slimming diet. On the one hand it reduces the calorie value of the diet thanks to its unique ability to bind fat particles. On the other hand, by swelling in the stomach it fills it and as a result defeats hunger.

In the broad sense, biotechnology is the sixth component of modern life sciences and biotechnology in the broad sense.

**DESCRIPTION**
Chitosan together with cellulose are the most abundant polysaccharides (complex carbohydrate) on earth. It is made from chitin found in the shells of crustaceans, insects and in the cellular walls of some fungal species. As a natural compound, it is non-toxic and biodegradable, completely safe for the environment. This is why it is becoming widely applied not only as a supporting agent in dieting, but also in human and veterinary medicine, cosmetology or biotechnology in the broad sense. Nutrition specialists tend to call chitosan the sixth - after proteins, fats, sugars, mineral compounds and vitamins, life-essential element.

**INGREDIENTS**
Tiens Chitosan is produced from the shells of red leg crabs. It is characterized by a very high - 85% degree of chitin deacetylation. The higher the deacetylation degree of this organic compound, the stronger the biochemical activity of the obtained chitosan. Hence, the formula is remarkably effective.

Chitosan present in the preparation is not digested nor absorbed by the human body. After entering the stomach, it significantly increases its volume in the presence of water, and effectively stops hunger. Additionally, chitin fibers wrap themselves around fat molecules, which renders them indigestible for the digestive enzymes. One chitosan molecule binds few times more fat compared to its own weight, and the bound fat is later excreted from the body. At the same time, the substance does not limit the absorption of fat-soluble vitamins A, D and E, which has been confirmed by scientific research.

**ACTION**
- Thanks to its properties chitosan facilitates weight control, it is also recommended for individuals suffering from lipid disorders. In this sense, Chitosan is one of the best product for obesity.
- The ingredient facilitates the transport of stomach contents further into the intestinal tract. Additionally, it aids reinforcement of the intestinal lining and improves peristalsis.
- Chitin fibers have the ability to bind and eliminate bile acids and cholesterol from the digestive system. Thereby, they lower LDL cholesterol level in the blood. Regular use of the preparation helps to control blood sugar metabolism and blood circulation.
- Chitosan cleanses the digestive system and the entire body from heavy metals such as lead or mercury as well as from toxins through their binding and excretion in the faeces. It can also activate the body's natural defense.
- The addition of chitosan in the diet, especially one with a high degree of deacetylation, is beneficial to the bacterial flora in the digestive system.

Chitosan is an anti ageing product that acts at the cellular level of the human body, repairing and reinvigorating the system by:
- Chitosan inhibits toxins produced by cancer cells;
- Chitosan vitalizes the activities of lymphocytes NK and LAK that kill cancer cells. Lymphocytes function better at a pH 7.4 and Chitosan has the ability to adjust pH of its environment by approximately 0.5 which creates unsuitable condition for cancer cells to thrive;
- Chitosan inhibits transfer of cancer cells by binding the causal agents on the endothelial surface and thus prevent metastasis of cancer cells;
- Chitosan is also a super detoxifier.

**FUNCTIONS**
- Helps kill harmful bacteria or parasites in the body;
- Helps improve the accumulation and ability of "good" bacteria to counter "bad" bacteria in organs;
- Relieves constipation by helping to produce bulky soft bowel movements;
- Chitosan capsules is helpful in balancing the levels of fat and cholesterol in the body;
- It helps reduce the damaging effects of radiation in the cells and tissues;
- It helps lower blood sugar levels and is useful for preventing and treating diabetes (diabetes type 1 and diabetes type 2-non insulin-dependent);
- It helps flush out metallic poison and pollutants in the body. It’s a powerful cleanser;
Chemically reactive. They last for many thousands of years. Scientific research has shown the European grape vine is one of the longest cultivated plants, known for many thousands of years. Scientific research has shown the presence of numerous beneficial substances not only in the fruit of the vine but also in their seeds. They contain lipids (including linoleic and oleic acids), proteins, polyphenols (among them catechins, procyanidins and phenolic acids) as well as carbohydrates. An exceptionally precious ingredient of red grapes, their seeds and the red wines produced from them is resveratrol. Studies have shown its beneficial effect on the cardiovascular system and antioxidant and the heart-protecting properties. It is considered an effective rejuvenating and regenerating agent. It is the originator of the so-called "French paradox". The French, despite a diet high in cholesterol, suffer from cardiovascular disease less often than for instance the Americans. This is due to the consumption of red wine and resveratrol contained in it. Similar properties are exhibited by other components of the extract: flavonoids, linoleic and oleic acids. This enhances the therapeutic character of the preparation.

**Who Chitosan Capsules is suitable for?**
- Adults consuming high fat meals;
- Adults wanting to speed up the elimination of undigested fats from their body;
- Adults who are wanting to loss weight;
- Adults wanting to improve cardiovascular health.

**TIENS Grape Seed Extract Huo Li Kang**

- **Cardiovascular protection**
- **Source of bioflavonoids**
- **Strong antioxidant properties**

Tiens Grape Seed Extract also known as Huo Li Kang, is called "the longevity pill". For the substances present in grape seeds are powerful antioxidants - they fight free radicals, this way delaying the ageing process. Research has shown their blood lipid control properties, which can help sustain the heart in a good shape.

**DESCRIPTION**
Free radicals are molecules, most often of oxygen, which have one or more unpaired electrons. Acting to pair or lose the unpaired electrons, they become highly chemically reactive. They oxidize any compound with which they come in contact. This way they can damage cellular structures, for example membranes, enzymes, nucleic acids or structural proteins. This leads to premature ageing of the body and low immunity. The balance between free radicals and antioxidants in the body is crucial for our health. Often however, we voluntarily destroy this balance by smoking, too much sunbathing, leading a stressful life or through bad eating habits. Antioxidants can help in the battle against free radicals. Tiens Grape Seed Extract is a rich source of many such substances.

**INGREDIENTS**
The common grape vine (Vitis vinifera L.) also known as the European grape vine is one of the longest-cultivated plants, known for many thousands of years. Scientific research has shown the presence of numerous beneficial substances not only in the fruit of the vine but also in their seeds. They contain lipids (including linoleic and oleic acids), proteins, polyphenols (among them catechins, procyanidins and phenolic acids) as well as carbohydrates. An exceptionally precious ingredient of red grapes, their seeds and the red wines produced from them is resveratrol. Studies have shown its beneficial effect on the cardiovascular system and antioxidant and the heart-protecting properties. It is considered an effective rejuvenating and regenerating agent. It is the originator of the so-called "French paradox". The French, despite a diet high in cholesterol, suffer from cardiovascular disease less often than for instance the Americans. This is due to the consumption of red wine and resveratrol contained in it. Similar properties are exhibited by other components of the extract: flavonoids, linoleic and oleic acids. This enhances the therapeutic character of the preparation.

**Who Grape Seed Extract Capsules is suitable for?**
- Middle aged people (>=40 years old);
- People with high blood fat;
- People with high food fat for a long period;
- People with high blood pressure;
- People lacking blood for cardiac muscle.

**Among other medical conditions, Grape Seed Extract Huo Li Kang prevents, helps or treats:**
- Atherosclerosis and multiple sclerosis;
- Myocardial infarction or heart attack;
- Uterine fibroids and varices;
- Cardiovascular diseases and liver diseases;
- Skin diseases and skin problems in children.

**ACTION**
- Grape seed extract, thanks to the substances it contains, can help age-related health decline and sustain overall well-being:
  - Sustains proper blood lipid balance.
  - Has strong antioxidant properties - prevents free radicals from forming and eliminates them from the body.
  - Influences the regulation of nutrient absorption by the blood.
  - Plays a role in the protection of the cardiovascular system: improves the elasticity of blood vessels and improves blood circulation. Studies point to the application of the extract as an additional protection of the heart.
  - Improves skin elasticity and regenerates it.

**BENEFITS**
- Contributes to cardio protective action;
- Provides herbal support system to the heart;
- Prevents thrombus (clot) formation;
- Enhances wellbeing;
- Effectively removes free radicals due to smoking;
- Resveratrol reduce colon carcinogenesis and increase the action of antiviral drugs.

**Who Chitosan Capsules is suitable for?**
- Adults consuming high fat meals;
- Adults wanting to speed up the elimination of undigested fats from their body;
- Adults who are wanting to loss weight;
- Adults wanting to improve cardiovascular health.
TIENS Kardi Capsules

Food supplement which is a pure and natural source of Omega-3 leaving no aftertaste. Krill used for manufacturing Tiens Kardi is sourced in the Antarctica in the cleanest waters in the world. Antarctic krill is the world’s purest source of marine Omega-3.

**BENEFITS**
- Maintains heart and cardiovascular system in good condition;
- Helps to sustain proper LDL cholesterol;
- Promotes healthy joints and increases joints comfort;
- Nourishes cell membranes, improving brain functioning and memory capacity;
- Supports proper functioning of the nervous system;
- Enriched with antioxidants.

**WHAT IS KRILL?**
- Krill are tiny shrimp-like, semi-transparent crustaceans that live abundantly in certain oceans of our planet, primarily in the Antarctic.
- Krill have been harvested as a food source since the 1800s, possibly even earlier in Japan where they are prized as delicacy.
- Today krill is recognized as an emerging and potent source of marine Omega-3 fatty acids that offers multiple health benefits.

**WHY KRILL OIL?**
- Faster and easier absorbed than fish oil;
- No fishy aftertaste and reflux;
- 100% natural and pollutant free;
- The world’s purest source of marine Omega-3;
- Harvested in an eco and sustainable way.

**MAIN COMPONENTS**

**Krill oil**
The uniqueness of krill oil is that the omega-s fatty acids are provided in phospholipid form. Phospholipids form the structural basis of cell membranes in our body. Krill oil is easily recognized, incorporated and utilized by the body.

Because of this a lower dosage of krill oil can give better results than the traditional Omega-3 oil delivered from fish.

Omega-3 from krill oil contain a rich supply of astaxanthin which is a rich source of antioxidants.

Astaxanthin is the red pigment found in krill. It is a very powerful antioxidant which can help the body to fight free radicals. Free radicals cause various diseases and accelerate aging process. Astaxanthin is thus known as an anti-aging agent.

Two essential fatty acids in Omega-3 oils that are crucial to our health are DHA and EPA. They promote heart health, support immune system and contribute to maintaining normal vision.

**Amaranth**
Amaranth is the plant rich in stanols and squalene content. Squalene has the ability of reducing high cholesterol and triglyceride concentration.

Amaranth grain, apart from containing valuable B-vitamins, essential minerals like calcium, magnesium, iron, potassium, zinc, copper, also consists of complete protein rich in essential amino acids.

**Sea-buckthorn**
Sea-buckthorn is a natural super-rich source of vitamins (15 times as much vitamin C as oranges), carotenoids and flavonoids. It contains potent antioxidants which slow aging process and improve skin look.

Sea-buckthorn is claimed to sustain cholesterol homeostasis and modulate blood pressure since it is a rich source of unsaturated Omega-7 palmitoleic acid. They help reduce LDL bad cholesterol and increase in HDL good cholesterol in our arteries.

**ECO HARVESTING OF KRILL**
- Krill oil is produced using a patented technology for eco harvesting to help eradicate environmental disruption.
- To preserve the high quality of the krill, the gentle harvesting is followed by immediate, careful processing.
- Krill oil supplier for Tiens Kardi is awarded Marine Stewardship Council Certificate for its contribution to nature preservation and scientific research.

Among other medical conditions, Tiens Kardi prevents, helps or treats:
- Atherosclerosis, hypertension and thrombosis;
- Regulate cholesterol and triglycerides levels;
- Tonsillitis and increasing immunity in adults;
- Cardiovascular diseases and joint inflammation;
- Restoration of a normal heart rhythm.
TIENS Lipid Metabolic Management Tea

- **Detoxify your body**
- **Serves as a primary base product in all remedies**

Lipid Metabolic Management Tea Tiens is a body-vitalizing mix of herbs, which contains gynostemma. "Southern Ginseng" - as the Chinese also refer to it, has been considered a miracle herb in China for centuries. It is said its energizing and immunity-boosting properties were utilized by the first emperor of the Qin dynasty - Qin Shi Huang.

**DESCRIPTION**

Known as "the Chinese herb" gynostemma (*Jiaogulan*) grows in southern China. It contains three times as much active substances - saponins - as ginseng, therefore the Chinese tend to describe Jiaogulan as "like ginseng but better". It is traditionally considered an agent ensuring longevity.

Gynostemma, according to Traditional Chinese Medicine (TCM), boosts the body’s defense, contributes to metabolism stabilization, help sustain blood lipid balance and harmonizes all the functions of the body. The plant contains many amino acids, vitamins and minerals (including calcium, iron, magnesium, phosphorus, potassium, selenium and zinc) essential in the human body.

**INGREDIENTS**

The composition of Lipid Metabolic Management Tea Tiens includes the leaves of gynostemma (*Gynostemma pentaphyllum*), lotus leaves (*Folium nelumbinis*), cassia seeds - a plant belonging the legume family (*Cassia tora*), and - known in China for thousands of years - Chinese knotweed root (*Polygonum multiflorum*). With enhancing the activity of the other components in mind, 6 varieties of green tea are also present in the preparation.

Tea leaves are dried and processed in the presence of small amounts of steam. Most importantly, they do not undergo the process of fermentation, and thus retain precious vitamins and minerals. The herbs used in Lipid Metabolic Management Tea Tiens are meant to support a comprehensive revitalization of the body. Although the majority can have cleansing and antioxidant properties, each has its own specific qualities. For example, cassia seeds can support the eyesight, while Chinese knotweed root has a positive effect on hair condition.

**ACTION**

Ingredients of Lipid Metabolic Management Tea Tiens help the body reach a broadly defined balance:

- Support toxin elimination and has antioxidant properties.
- Help maintain appropriate lipid levels.
- They have a positive effect on eyesight.
- Can energize and boost the body’s natural defense system.

**FUNCTIONS**

- It breaks and cleanses cholesterol from the blood vessels;
- It fights free radicals and detoxifies the body;
- It invigorates the spleen and the stomach, promoting healthy digestion and efficient waste excretion;
- It helps with lowering lipids;
- It reduces fever;
- It boosts the immune system and internal energy levels;
- It helps the central nervous system to function properly;
- It helps relieve alcoholism and its effects;
- It has laxative properties, making bowel movements easy;
- It is very effective in treating stomach ulcers;
- It helps fight viral and bacterial infections.

**MAIN BENEFITS**

- Helps in anti-aging;
- Maintains metabolism and strengthens the immune system;
- Keep one alert;
- Aid in fatigue recovery;
- Detoxify the body;
- Reduces cholesterol and prevents arteriosclerosis;
- Improves blood circulation and metabolism;
- Calm overstrained nerves;
- Aid in peaceful sleep.

Among other medical conditions, Lipid Metabolic Management Tea prevents, helps or treats:

- Cervical erosion, diabetes type 1 and diabetes type 2-non insulin-dependent;
- Epilepsy, heart attack, hemorrhoids, hepatitis, insomnia, multiple sclerosis, mumps, neurodermatitis;
- Osteochondrosis, Parkinson's disease, psoriasis;
- Spasmophilia, stroke, thrombosis, ulcers, varices, depression, eye diseases, herpes and herpes zoster.
Cold-pressed wheat germ oil is one of the best sources of vitamin E. As a strong antioxidant, it supports youthfulness and vitality of the human body. In this precious oil we can also find another antioxidant – beta-carotene and, helpful in problems with memory and concentration, lecithin. It is cold-pressed wheat germ oil that is the main ingredient of Tiens Vitality Softgels.

Vitamin E, beta-carotene and lecithin are not the only ingredients of wheat germ oil. It contains a wealth of other vitamins, minerals, phytosterols, phytohormones and unsaturated fatty acids. Among the latter - linoleic and linolenic acids are essential in our diet as they are not synthesized by the body. Wheat germ oil is cold-pressed to avoid damaging the contained active substances. Due to a high vitamin E content - a strong antioxidant - it is more resistant to oxidation and acidification compared to other oils.

Wheat germ oil can also be applied directly on facial skin - particularly on the area around the eyes - and on the hands. It perfectly moisturizes and firms the skin, and has an anti-ageing and anti-inflammatory action. By reaching the outer skin layers smoothens and softens the skin.

ACTIVE INGREDIENTS

Lecithin present in Tiens Vitality Softgels is a natural blend of phospholipids. It can be found in every cell of the human body, mainly in the cellular membrane, where it is involved in many crucial biological processes. The highest levels of lecithin can be found in the brain, liver, kidneys and bone marrow, where it is involved in metabolism, the functioning of the nervous system, protects the liver and the walls of the stomach. Since it aids the joining of fats with water, it takes part in assimilation in fat-soluble vitamins. Unsaturated fatty acids present in lecithin are necessary for the body to produce anti-inflammatory substances, which has a positive impact on the body’s immunity, they are also important in binding cholesterol, which helps its transport and elimination from the body. Lecithin also supports the function of the nervous system. Choline present in lecithin is involved in the transduction of nervous impulses. In contrast, inositol regulates the balance between copper and zinc and affects mental fitness.

Other ingredients of Tiens Vitality Softgels are the antioxidants vitamin E and beta-carotene. Vitamin E protects the cells from ageing, helps maintain energy and general vitality, has a positive effect on memory, is involved in provision of nutrients to cells. It has beneficial effect on the circulatory system: prevents the formations of blood clots and helps lower blood pressure. Vitamin E is also important for healthy teeth, bones, hair, skin and nails. Beta-carotene, as an antioxidant, neutralizes free radicals and prevents skin ageing, it is also involved in protecting the skin from damage caused by UV light.

ACTION

- Vitamin E and beta-carotene neutralize free radicals,
- Vitamin E helps to keep healthy hair, nails and skin,
- Vitamin E and lecithin help to maintain proper cholesterol levels,
- Vitamin E supports maintaining correct blood pressure,
- Lecithin and vitamin E help to maintain healthy physical and cognitive functions - they support memory and concentration.

Among other medical conditions, Vitality Softgels Wei Kang prevents, helps or treats:

- Atherosclerosis, hypertension, and Parkinson disease,
- Insomnia, cardiovascular diseases, and chronic fatigue,
- Depression, liver diseases, and eye diseases,
- Skin diseases and skin problems in children.

Cell Rejuvenation Capsules Ikan combines gynostemma - a Far Eastern "longevity herb" with carrot - popular around the world. This extraordinary combination provides a number of benefits for our health and beauty as the ingredients of the supplement include almost all vitamins, minerals and biologically active compounds, which regulate the function of the body on the cellular level.

Gynostemma (Gynostemma pentaphyllum), also known as Jiaogulan, has been dubbed by the Chinese the "southern Chinese ginseng". For hundreds of years the Chinese have been using it for its energizing and immunity-boosting properties. It generically contains three times as much of the active substances – saponins – as ginseng, which is why the Chinese tend to describe Jiaogulan as “like ginseng but better”. It has traditionally been considered a plant ensuring longevity.

In turn, carrot is well-known for being rich in provitamin A - carotene, to which the vegetable owes its color. In natural medicine carrot is used as aid in problems with the digestive system, as well as to prevent premature ageing of the body and improve the condition of the skin, hair and nails.
The main ingredients of Ikan Tiens are:
- Gynostemma Pentaphyllum extract,
- Carrot powder,
- Vitamin C.

Gynostemma, boosts the body’s defense systems, works to stabilize the metabolism, helps sustain blood lipid balance, and harmonizes all the functions of the body. Its beneficial effects stem from the variety of amino acids, vitamins and minerals the plant contains, including calcium, iron, magnesium, phosphorus, potassium, selenium and zinc.

The second ingredient of the supplement - carrot root (*Daucus carota*) is, similarly to gynostemma, rich in substances and elements essential to health, such as carotenoids including provitamin A, alfa- and beta-carotene), vitamins: B1, B2, B6, C, E, H, K, PP, folic acid and the following minerals: potassium, phosphorus, magnesium, calcium, iron, sodium, zinc, copper, manganese, selenium, cobalt, as well as sulphur compounds, pectin, inositol and coumarins.

**ACTION**
The ingredients of the preparation play an active role in many processes of the body, and bring a number of effects. The most important are:

- vitamin C, vitamin B6, magnesium, iron and manganese help reduce fatigue and lassitude,
- vitamin C, vitamin E, selenium, zinc and manganese help protect the cells from oxidative stress,
- vitamin B6, vitamin C, zinc, iron and selenium contribute to the proper functioning of the immune system,
- zinc and selenium help maintain healthy skin, hair and nails,
- magnesium, calcium and phosphorus help maintain healthy teeth,
- copper contributes to proper hair pigmentation,
- vitamin C, vitamin B6, calcium, magnesium, iron, copper, phosphorus and manganese contribute to proper metabolism related to energy production,
- vitamin B6, vitamin C, magnesium, potassium and manganese contribute to proper functioning of the nervous system,
- magnesium, iron and zinc play a part in the process of cell division,
- zinc contributes to sustaining the proper blood pressure level,
- vitamin K supports proper blood coagulation,
- phosphorus helps the proper functioning of cell membranes,
- vitamin C contributes to proper collagen production required for to the correct functioning of blood vessels, bones, cartilages, gums, skin and teeth,
- manganese and copper contribute to the proper functioning of connective tissue production,
- beta-carotene found in carrot is a precursor of vitamin A (the body is able to transform it into vitamin A). Vitamin A contributes to maintaining the proper state of the mucous membranes and skin, correct functioning of the immune system and proper iron metabolism.

Among other medical conditions, Cell Rejuvenation Capsules Ikan prevents, helps or treats:
- Alzheimer's disease, cervical erosion, diabetes type 2- non insulin-dependent;
- Endometriosis, glomerulonephritis, heart attack, hepatitis, impotence, lupus erythematosus, multiple sclerosis, ovarian cyst, Parkinson’s disease, psoriasis;
- Schizophrenia, thrombosis, uterine fibroids, cardiovascular diseases, chronic fatigue;
- Depression, myasthenia gravis, obesity and thyroid diseases.

**REPLENISHING**
Replenishing is all about well-balanced nutrition and support of all body organs to work in synergy. So, after the cleansing phase, it is recommended to use food supplements regulating body systems.

If all organs work properly and synergistically, the body will be able to defend itself against illnesses and premature aging.

**TIENS Cordyceps Capsules**

- **Energizes, increases stamina, reduces fatigue**
- **Enhances male potency**
- **Promotes healthy kidney**

The properties of Cordyceps, the "miraculous fungus", have been known in Chinese medicine since ancient times. The most recent scientific research confirms these claims pointing to numerous qualities of Cordyceps that boost natural defense, body functions and overall well-being.

According to Traditional Chinese Medicine (TCM), Cordyceps supports overall good health, strengthens human resistance to disease, builds strength, endurance and stamina. Owed to its scarcity and high price, Cordyceps had always been reserved exclusively for the Emperors’ indulgence; and until recently, it has been virtually unknown in the Western world.

**DESCRIPTION**
Cordyceps sinensis, or rather Ophiocordyceps sinensis - as this is the scientific name of the species since 2007, is also known as caterpillar fungus or simply cordyceps. During the warm months is grows like any fungus, however in the winter the larvae of certain moth species become its host. To survive, the fungus kills and then mummifies the insect, and feeds on it. Cordyceps is naturally present in Tibet and Nepal at altitudes between three and five thousand meters above sea level.

Discovered about one and a half thousand years ago by Himalayan shepherds, it quickly found applications in Chinese herbal medicine mainly as an energizing, anti-ageing agent that prevents dementia, and improves physical condition. Due to its scarcity and "miraculous" properties' cordyceps reached a very high price. In ancient China, only the imperial court and aristocracy could afford to use it. Nowadays, these "miraculous fungi" are grown in bioreactors. The annual production is counted in millions on tons, hence now everyone can benefit from its extraordinary qualities.
Tiens produces this remarkable supplement using highly advanced biotechnology at the same time preserving the natural contents of the preparation.

**MAIN INGREDIENTS**

The main ingredients of cordyceps are cordycepin and adenosine - active substances whose presence in the fungus determines the quality of the cultivation. They can play a role in a wide spectrum of biological processes, for instance in intercellular transport of energy. Other active ingredients are polysaccharides, cordycepic acid and vitamin A, B, C, E, 16 among acids, superoxide dismutase (SOD) as well as zinc, selenium, magnesium, iron and potassium.

**ACTION**

- Enhances the body’s general resistance.
- Improves appetite, beneficial during convalescence.
- Energizes, increases stamina, reduces fatigue, which can improve sports performance.
- Displays antiviral and antibacterial properties against e.g. Staphylococcus aureus.
- Helps balance blood sugar metabolism.
- Supports the respiratory system, especially lung efficiency and oxygen utilization (accelerates cell adaptation to low oxygen levels).
- Enhances male potency.

**BENEFITS**

**Supports the Immune System:**
- Strengthens the immune system - use Cordyceps for increasing immunity in adults;
- Reduces effects of chronic fatigue;
- Promotes vitality, and longevity;
- Protects the body against the damaging effects of radiation and tumor formation.

**Supports the Respiratory System:**
- Helps improve symptoms of chronic bronchitis;
- Promotes healthy lung function.

**Supports Kidney Function:**
- Promotes healthy kidney function;
- Acts as a kidney tonic.

**Also:**
- Increases brain performance;
- Ensures normal function of body organs.

**UNIQUE FEATURES**

- The traditional and modern application of Cordyceps includes bronchial asthma, insomnia, anxiety, adrenal hypo function, hypertension, impotence and bacterial infection.
- Cordyceps has properties similar to ginseng, being used to strengthen and rebuild the body after exhaustion.
- Compounds found in Cordyceps are classified as HDP "Host Defense Potentiators". These compounds include: hemicellulose, polysaccharides, polysaccharide-peptides, nucleosides, complex starches, triterpenoids, and other metabolites. Combinations of these compounds are now believed to target the human immune system as well as aid in neuron transmission, metabolism, hormonal balance and nutrient and oxygen transport. They support the development of lymphoid stem cells and other important body defense responses.
- Tests show that there are no traces of hormones or stimulants in these ingredients.

**Who Cordyceps Capsules is suitable for?**

- Weak and low immunity, susceptible to cold;
- Regular smokers, coughing and persons with asthma;
- Recovering from diseases or operations;
- High blood fat or cardiovascular diseases;
- Diabetes (diabetes type 1 and diabetes type 2- non insulin-dependent);
- Recommended in liver diseases;
- After chemo- or radiotherapy;
- Busy work and chronic fatigue;
- Hypertension and poor sleep;
- Frequent users of computer, mobile phone and microwave appliances.
- Taken with Zinc Capsules and Maca Tablets, Cordyceps Capsules is recommended for impotence.

**TIENS FOS Syrup**

In Traditional Chinese Medicine the greatest deal of attention is paid to the proper function of the digestive system. According to the Chinese, this is the foundation of health. Hence the popularity of supplements that can improve digestion. Tiens FOS Syrup is among them.

**DESCRIPTION**

The intestinal microflora has a profound influence on our health. It contains both beneficial strains and ones that can have a negative effect on the body. In line with the most recent data, between 400 and 500 different microbial species inhabit the intestines. The overall mass of the human intestinal bacteria is between 1 and 1.5 kilograms. The composition of the intestinal microflora is crucial to the proper function of the entire body. In the same time, the balance of this specific ‘ecosystem’ can be distorted for instance by medication, stress or simply ageing.

Beneficial probiotic bacteria (Bifidobacterium and Lactobacillus) dominate the digestive tract of a healthy person. Their activity includes, among other things, inhibiting and limiting the growth of microorganisms that have a negative effect on health, alleviating lactose intolerance, antiallergic activity, anticancer and immunological action, preventing osteoporosis and dental caries. In order to increase the population of beneficial bacteria within the gut microflora, one can provide them with fermented diary products or pharmaceutical preparations. The growth of probiotic organisms...
can be also achieved by inclusion of prebiotics in the diet. These are indigestible food ingredients that stimulate growth or activity of bacteria inhabiting the colon and benefiting the health of the host. And according to Chinese medicine it is the colon where good health begins.

The advantage of prebiotics is the fact they only broken down in the large intestine, while their earlier journey across the digestive tract does not affect their properties. The prebiotics described and produced on an industrial scale so far are all saccharides. They include a number of non-digestible oligosaccharides (NDOs) and some polysaccharides. Prebiotic polysaccharides include inulin and some types of starch resistant to the action of the digestive enzymes. Among oligosaccharides with documented prebiotic properties are fructooligosaccharides (FOS). It is precisely their qualities the FOS action is based on.

INGREDIENTS

Fructooligosaccharides (FOS) are lower in calories than sucrose and less sweet, hence they do not contribute to dental caries. Additionally, they are fermented by bacteria beneficial to the host of the Bifidobacterium and Lactobacillus. The products of metabolism of these bacteria create unfavorable conditions for the growth of "bad" bacteria. FOS are present in many popular vegetables, e.g. onion, garlic and artichoke, but their amounts in food are usually not sufficient to visibly improve health. Hence the need to provide them through supplementation. The inclusion of FOS Syrup the daily diet leads to an increase in the Bifidobacterium in the intestines. They proliferate to a level 10 or even 100 times higher than before the application. In this manner FOS Syrup regulates the bacterial gut flora.

ACTION

- Ingredients present in Tiens FOS Syrup improve digestion.
- Stabilize the intestinal microflora after digestive tract disorders.
- Improve the assimilation of many elements such as calcium, magnesium, zinc and iron.
- Provide cleansing effect. Along with the reduction of non-beneficial bacteria in the colon, the amount of products of their metabolism exhibiting genotoxic activity is limited.
- Help balance blood lipids.
- Help the body’s natural resistance.
- Help manage weight.

Among other medical conditions, Tiens FOS Syrup prevents, helps or treats:

- Disbacteriosis and enterocolitis;
- Regulate cholesterol and triglycerides levels;
- Ulcers and gastritis in adults;
- Enterocolitis, ulcerative colitis, cholecystitis.

TIENS Spirulina Capsules

- **Rich source of antioxidants**
- **Helps in case of fatigue and keeps correct sugar level**
- **It regulates blood pressure and cholesterol levels**

Spirulina is an algae with high nutrient value and benefits. It is a source of easily absorbable protein, vitamins, minerals and other substances essential for the human body. It is exactly for its nutritional value that spirulina enriches the diet for example of astronauts during space expeditions.

DESCRIPTION

Spirulina first appeared on earth some 3.5 billion years ago, and is one of the oldest lifeforms on the planet. It is naturally present in shallow ponds and lakes of highly basic pH and high salinity - in Africa, Asia and South America.

Tiens Spirulina is derived from the Chenghai lake in Yunnan Province in China. It is a pure area free of pollutants.

The biomass of these blue-green cyanobacteria was already part of the diet of Aztecs as well African tribes living around Lake Chad.

For the present-day man, spirulina was discovered in 1940, and since mid-1960s has been researched in depth.

Tiens corporation has created a supplement, which main of ingredient is spirulina. It is source of many body building components, like vitamins, minerals, proteins being beneficial to our diet. Additionally used it cosmetology, it is very well absorbed by human tissues.

INGREDIENTS

The product contains the dried cells of Arthrospira platensis - one of spirulina species.

Up to 55-70 percent of Spirulina composition is easily digestible protein (including all exogenous amino acids, those the body cannot synthesize on its own, and hence must be provided with food).

Furthermore, spirulina contains numerous polysaccharides (glucosamine, glycogen), easily assimilable macro- and micro-elements (iron, phosphorus, potassium, calcium, zinc, selenium, chromium, copper), vitamins (of the B-group as well as C, D and E), unsaturated fatty acids (GLA - gamma-linolenic acid), pigments (including carotenoids, chlorophyll, xanthophylls and phycocyanin).

The cell walls of spirulina do not contain cellulose, that is why their contents are readily absorbed (between 85 and 95%) - much more efficiently than in the case of animal or plant protein.
ACTIVATION
The medicinal properties of spirulina have been studied in great detail and proven experimentally. The consumption of Spirulina benefits many vital functions of the human body:

- Prevents the breakdown of starch,
- Spirulina is a rich source of antioxidants that help the body to protect against the consequences of oxidative stress,
- Spirulina supports the natural defense mechanisms, helps in case of fatigue and keeps correct sugar level,
- Thanks to its rich content and nutritional properties it is the perfect dietary supplement for vegetarians, vegans, the elderly people and convalescents.

Functions

- It nourishes the body as a whole and promotes good health;
- It is useful in prostate hormone secretion and it prevents prostate problems like prostate adenoma;
- It is valuable in fighting the effects of AIDS because of its large amount of glycolipids and cerebroside sulphate contents (use with Cordyceps Capsules);
- It promotes growth and development of the reproductive system;
- It balances the body system back to normal after an infection or a period of abstaining from food;
- It helps in cases of cardiovascular diseases because it regulates blood pressure and cholesterol levels;
- It regulates high or low blood sugar levels in diabetes type 1 and diabetes type 2-

Who Spirulina Capsules is suitable for?

- Spirulina is suitable for everyone, including vegetarians.
- Individuals looking for a good all around daily supplement to increase their general well being.
- For those who are tired and run down and looking for an energy supplement and for people who working in an oxygen deficient environment.

TIENS Date Concentrated Juice

![Image](image_url)

Derived from China, Ziziphus Jujuba (jujube, Chinese date) is a member of the first group of functional foods, which includes foods that besides nutritional value also positively affect health and general mood. As far as 3,000 years ago, the Chinese made wine through fermentation of Chinese dates. It was then considered a beneficial beverage, and was served at receptions. Subsequently, also medicine focused on jujubes. Nowadays, it is a component of dietary supplements. Tiens Date Concentrated Juice contains Chinese date extract from Cangzou in the Hebei Province in eastern China. Thanks to patented technologies the bioactive properties of the fruit are fully preserved.

INGREDIENTS

Tiens Date Concentrated Juice preparation is an extract from highest-quality jujube fruit of the Golden Silk variety. Chinese dates, as this is how they also called, are characterized by high nutritional value and are a rich source of vitamins and minerals. Due to high content of vitamin C, an effective antioxidant, they are called ‘natural vitamin C’. Jujubes contain for instance between 70 and 80 times more vitamin C compared to apples. It is also rich in vitamins of the B complex, which boost metabolism, reduce tiredness and fatigue and improve the functionality of the immune and nervous system. Chinese dates are an excellent source of iron, potassium, magnesium and calcium. Jujubes contain 18 out of the 24 amino acids crucial for proper function of the body. However, the most beneficial component of the Chinese date extract is adenosine monophosphate, in short cAMP. This compound is responsible for enhancing intercellular signals as it affects the intracellular impulses. cAMP among other things is needed in the communication within the nervous system.

![Image](image_url)

ACTION & BENEFITS

According to scientific publications, Chinese dates Ziziphus Jujuba (Golden Silk Jujube) typically contain:

- Vitamin C that protects body cells from oxidative stress, reduce tiredness and fatigue and strengthens the body’s natural endurance;
- Vitamin B1 that supports normal functioning of the heart;
- Vitamin B2 that protects cells from oxidative stress, maintains normal vision and improves the condition of skin;
- Vitamin B6 that is necessary to normal red blood cell formation;
- Potassium that regulates a proper functioning of the nervous system;
- Iron that determines the oxygen carrying capacity of the blood, aids digestion and supports body’s defense system;
- Calcium that is required by the body for muscle contraction, blood coagulation and nerve impulse conduction. It is necessary for maintaining healthy bones and teeth.

Among other medical conditions, Date Concentrated Juice prevents, helps or treats:

- Chronic fatigue,
- Nervous system disorders in children;
- Restoration of a normal heart rhythm;
- Skin diseases and skin problems in children;
- Vision problems in children.
Dietary fiber, also known as food fiber, is a set of various plant substances including cellulose, pectin, lignin or vegetable gums. Fiber, although not digested by the enzymes of the human digestive tract, positively affects its functioning. By absorbing water it swells. It boosts the intestinal peristalsis. Pectin are water-soluble components of dietary fiber found in cell walls of diverse plants. The ones included in the Digest supplement come from apples. It has been proved that a daily intake of 6 grams of pectin contributes to maintaining healthy blood cholesterol levels, while pectin (10 grams) consumed during a meal reduces the increase of glucose levels in the blood after the meal.

Flax seed, also called linseed, is one of the most popular products used in natural medicine. It contains a multitude of beneficial ingredients such as unsaturated fatty acids, fiber, easily-digestible proteins, vitamin B1 and B6 (which contribute to the proper protein and glycogen metabolism), magnesium, calcium (contributing to a proper functioning of digestive enzymes), iron, zinc (contributes, among other things, to the correct metabolism of carbohydrates and fatty acids) as well as one of the components of lecithin - choline (contributing to a proper lipid metabolism). Flax seed has been used in herbalism as a gastro protective agent alleviating ailments of the digestive system.

ACTION
The ingredients of the preparation exhibit the following actions:
- fiber boosts intestinal peristalsis, facilitates defecation and eliminates flatulence, improves digestion,
- the probiotic bacteria supplement the natural bacterial flora of the digestive tract,
- pectin helps maintain the proper level of blood cholesterol (provided the daily intake of pectin is 6 grams),
- flax seed works as a gastro protective agent,
- minerals and vitamins found in flax seed contribute to the proper metabolism of a variety of substances.

Among other medical conditions, Tiens Digest Tablets prevents, helps or treats:
- Atherosclerosis and ulcers;
- Constipation and hemorrhoids;
- Stomach and liver diseases in children;
- Chronic fatigue and weight loss.
In modern, developed societies, consuming the right portion of dietary fiber in a day is as important as getting the right amount of complete protein, unsaturated fatty acids, oligosaccharides or essential nutrients like vitamins and minerals. Why is that so, if dietary fiber is the part of plant foods that pushes through our digestive system, leaving it basically indigested? To make it more understandable, dietary fiber can be compared to a busy janitor, who cleans, safeguards and maintains our digestive tracts in good condition. But the problems start when there is no caretaker to look after our digestion. Also, fewer and fewer people look after their diets and get enough dietary fiber.

**DESCRIPTION**

According to modern dietetics, there are two types of fiber: soluble and insoluble. The first type is described as soluble, because when dissolved in water, it becomes gummy and viscous. That fraction of fiber possesses the ability of binding fats and eliminating them from the digestive tract, when in excess amount. Thanks to its soluble nature, fibers like pectin, gums, fructo-oligosaccharides and some hemicelluloses can promote reduction of cholesterol and help to regulate the body’s use of sugars.

Certain soluble fibers like fructo-oligosaccharides can be referred to as prebiotics. Fructo-oligosaccharides pass undigested into the colon where they are fermented by a "friendly" bacteria, promoting their growth. These "friendly" bacteria boost intestinal immunity and prevent inflammation, diarrhea and other intestinal conditions.

On the other hand, insoluble fiber does not absorb nor dissolve in the water. When going through the digestive tract, insoluble fiber does not change its form, but rather acts like a big "brush", cleaning and speeding up elimination of toxic waste through the colon and promoting regular bowel movements.

In addition, insoluble fiber decreases the transit time of food waste through the intestinal tract. This reduces the period of time when potentially harmful, toxic substances in food waste can come in contact with the intestinal wall.

Consuming the right portion of fiber can also help us control our weight. Insoluble fibers with the added bulk effect, help us feel full for a longer period, which makes us eat less.

An average woman should eat about 25 grams of dietary fiber a day and a man at least 35 to 40 grams.

**ACTION**

The ingredients of Double Cellulose have the following properties:

- Dietary fiber promotes regular bowel movements and prevents constipation,
- Dietary fiber speeds up the elimination of toxic waste through the colon,
- By keeping an optimal pH in the intestines, dietary fiber helps prevent pathogenic bacteria from growing and producing toxic substances,
- By binding and eliminating excess fats from the digestive tract, soluble dietary fiber helps reduce "bad" cholesterol,
- Dietary fiber contributes to normal bowel function,
- Soluble fiber helps regulates sugar intake,
- Chinese hawthorn fruit (Crataegus Pinnatifida) may support the normal function of intestinal tract, the intestinal comfort and digestion.

Among other medical conditions, Tiens Double Cellulose prevents, helps or treats:

- Prevents / combats constipation, dysentery, and hemorrhoids;
- It is effective in weight loss;
- Prevents appendicitis and gallstones;
- Helps in bacterial infections;
- Decreases excessive absorption of cholesterol, thus, preventing coronary heart disease and atherosclerosis.
STRENGTHENING
After cleansing and replenishing, it is advised to supply the body with food supplements that strengthen the immune system and activate self-healing powers.

It’s important to remember that nutritional supplements are not a replacement for a varied balanced diet and exercise. Tiens’ products are based on a combination of ancient Chinese wisdom and 21st century nutrition technology.

Your Tiens’ supplements can help you sleep better and derive optimum benefit from the foods you consume, as well as find greater energy levels for exercise and manage the impact of stress more effectively.

TIENS Nutrient Super Calcium Powder

- Strengthens the bones and prevents osteoporosis
- Ensures a proper functioning of the nervous system

DESCRIPTION
Calcium is the chemical element that builds and regulates our body. It is responsible for strong teeth and healthy bones. The proper concentration of this element ensures normal blood clotting and skeletal muscles contraction, as well as good night’s sleep and mood. We get recommended amounts of calcium from the food we eat. Sometimes, to avoid calcium deficiencies, a diet supplement should be considered.

COMPOSITION
The preparation contains easily assimilable, ionized calcium compounds derived from calf bones. It is worth remembering that calcium is naturally found in the ionic form. Upon entry into the body, it is converted to molecular form (an insoluble calcium salt). Such a molecule cannot enter the cell, because only for ions can get across the cell membrane. Thus, it is better to use supplements containing ionized calcium, not calcium carbonate (derived from oyster shells, for instance), which is less digestible and may neutralize gastric juices.

Vitamins help the body absorb calcium, hence their presence in the preparation. Vitamin D regulates homeostasis of calcium and phosphate in the body, which means the amount of calcium and phosphorous, absorbed in the intestine from food into the bloodstream, depends to a great extent on this vitamin. Vitamin D deficiency reduces calcium absorption, even when the diet is rich in this micro-element. This may finally result in bone demineralization. Additionally, vitamin D regulates the metabolism and the function of the body's natural defense mechanisms, hence its deficiency increases the risk of infection.

In contrast, vitamin K plays an important role in blood clotting, and has a significant impact on calcium metabolism and proper bone calcification. Another ingredient contained in the product - vitamin C - is a powerful antioxidant, protecting against free radicals. In addition, it accelerates lipid metabolism, and is essential for collagen synthesis. It also ensures the proper development of cartilage, bones, teeth and keeps the capillary walls in a healthy condition. Another powerful antioxidant is vitamin E. Besides the antioxidant properties, it inhibits oxidation of the so-called bad cholesterol (LDL) preventing atherosclerotic plaque formation. It also prevents clot formation inside blood vessels.

This Tiens preparation also contains vitamin A, which is a potent antioxidant neutralizing free radicals responsible for ageing. This vitamin stimulates collagen production, which prevents loss of skin firmness, and accelerates the metabolism of the cells. Vitamin A is also known to affect the dark adaptation of our eyes. Its deficiency can cause thickening of the cornea, the transparent front part of the eye. In turn, the B group vitamins, are known to affect the proper functioning of the digestive and nervous systems. Moreover, they are essential to maintain healthy hair, skin and nails.

ACTION
The product compounds exhibit a broad spectrum of activity:

- calcium, vitamin D and K - help maintain the proper levels of calcium in the body, which strengthens the bones, prevents osteoporosis and positively affects teeth condition,
- calcium, vitamin D - have a beneficial effect on the function of muscles,
- calcium and vitamin K - ensure proper blood clotting,
- calcium relieves the symptoms of allergies,
- calcium supports the proper functioning of the nervous system,
- vitamins E, A, C – keep the skin, hair and nails in healthy condition and prevent ageing
- vitamin D – enhances the body's natural defense mechanisms.

Among other medical conditions, Nutrient Super Calcium Powder prevents, helps or treats:
- Cancer, atherosclerosis, arthritis, fracture;
- Diabetes type 1, diabetes type 2- non insulin-dependent, hepatitis and cirrhosis;
- Epilepsy, osteoporosis, allergy, tuberculosis.

TIENS Super Calcium Capsules with Lecithin

- **Helps against tiredness and (chronic) fatigue**
- **Maintains the normal liver function and normal lipid metabolism**
- **Ensures the healthy functioning of muscles**

![Image](www.tiens-tianshi.com)

The human body faces a numerous challenges each day. The factors that affect our health include for example stress, mental effort, a very active life-style or slow metabolism. Therefore, especially in the autumn and winter when we feel tired, weary and have problems with concentration, it is important to support our body with proper supplements. The list of ingredients should include calcium and lecithin.

**DESCRIPTION**

It is difficult to overestimate the role of calcium and lecithin in our body. When calcium is maintained at appropriate levels, our bones are strong, teeth healthy and blood clotting processes occur properly. In turn the lecithin, which belongs to phospholipoids, is a very important component in our body. The phospholipids are the basic structural and functional building blocks of all cell membranes and of membrane structures intracellular organelles. As many researchers report, lecithin supports a number of metabolic processes taking place in our body. The structure of lecithin includes choline (a vitamin belonging to the B group), which is an essential element in acetylcholine production. The choline contributes to the maintenance of normal liver function, contributes to normal homocysteine metabolism and lipid metabolism. Tients has created a supplement combining easily absorbed calcium compounds and lecithin.

**INGREDIENTS**

The product contains powdered organic calcium (to find out more about the benefits and the high degree of absorbability of calcium in this form, please read: Tiens Nutrient Super Calcium Powder).

The second ingredient of the supplement, lecithin, is found in every cell of the body, especially as a component of cell membranes. Although it is present almost in every cell of the body, the amount of lecithin in differs in different organs.

The supplement also contains taurine. Taurine is an organic compound from the amino acid group. It is present in the cells of many tissues and plays important role in many physiological processes of various organs. The largest amount can be found in the brain (in pineal gland and hypophysis), retina, heart, muscle and in bile. In the human body taurine is formed in presence of sulfur-containing amino acids: cysteine and methionine, therefore when their level in the body cells runs out, production of taurine might be hindered.

Another ingredient of the supplement is folic acid. The folate inter alia contributes to normal blood formation, contribution to normal psychological functions and contributes to the reduction of tiredness and fatigue. The product also contains vitamin B1 and vitamin B12 which contributes to normal psychological function and normal energy-yielding metabolism. Vitamin C inter alia contributes to maintain the normal function of the immune system during and after intense physical exercises. It also contributes to normal collagen formation, crucial for proper function of blood vessels, bones, skin, teeth, cartilage and gums.

**ACTION**

The ingredients of the preparation have a broad spectrum of action:
- Calcium contributes to normal neurotransmission,
- Calcium is necessary for maintaining healthy bones and teeth,
- Calcium ensures the healthy functioning of muscles,
- Calcium contributes to proper blood clotting processes,
- Calcium contributes to proper energy metabolism,
- Vitamin B1 and vitamin B12 contributes to normal psychological function,
- Vitamin B1 and vitamin B12 contributes to normal energy-yielding metabolism,
- Lecithin is source of choline, which contributes to brain metabolism and functions. In particular, lecithin is a precursor of acetylcholine, neurotransmitter which enables communication and signal-transmission between brain cells, thus improves short-term memory. The supplement is recommended for fatigue, distraction or during increased physical and mental activities.

**Among other medical conditions, Super Calcium Capsules with Lecithin prevents, helps or treats:**
- Alzheimer's Disease and Parkinson's disease;
- Epilepsy to children, rheumatoid arthritis to children, scoliosis to children and depression;
- Hormonal imbalance, chronic fatigue, migraine and insomnia.
Calcium is an element essential for health and development of children. However, nutritionists are alarming that children’s diet is lacking products rich in calcium. This can lead to increased risk of bone damage, dental caries and in the future to osteoporosis. It is hence recommended that children and adolescents consume three calcium-rich products in the everyday diet, and in periods of increased requirement for calcium their bodies are supported with appropriate supplementation.

**DESCRIPTION**

Calcium requirement in children depends on age. The diet of children between 1 and 3 years of age should contain 500 mg of calcium per day. Children between 3 and 8 years should consume 800 mg per day, and older children and adolescents (9-18 years) as much as 1,300 mg (the norm for an adult is 1,000 mg). The increased calcium requirement in children is a result of their active growth. Even a calcium-rich diet (dairy products, fish, legumes) does not always ensure appropriate levels of calcium. For example, a glass of milk corresponds to 60% of calcium requirement of a young child whereas that number is merely 20% for a teenager. It is worth noting that an appropriate calcium intake in childhood and adolescence pays off in the future since the so-called peak bone mass is reached around the age of 30. Calcium ensures strong bones, lowering the risk for bone fracture or minor damage. Moreover, childhood is the period when our teeth are formed. Calcium deficiencies - hypocalcaemia leads to many disorders in the body, osteoporosis and tetany, whose signs include a tingling sensation in the fingertips and around the mouth. Later symptoms include limb muscle cramping.

**INGREDIENTS**

The preparation contains organic calcium powder (to learn more about the advantages and absorption of calcium in this form, please see Tiens Nutrient Super Calcium Powder) Calcium is an element essential for life. It is responsible for many functions of the body, for example it is involved in metabolism, blood clotting. It also exhibits anti-inflammatory and antiallergic properties. It ensures the proper function of the nervous system. Primarily, calcium is the main building block of bones and teeth. Vitamin D regulates the homeostasis of calcium and phosphates in the body, which means the amount of calcium and phosphorus absorbed in the intestines into the bloodstream depends to a large extent on this vitamin. Vitamin D deficiency limits the assimilation of calcium even when the diet is rich in this macro-element. In result, this can lead to bone. Moreover, vitamin D affects metabolism and the function of the body’s natural defense mechanisms, hence its deficiencies can increase the risk of infection. Vitamin D prevents the development of rickets in children. The known symptoms of calcium deficiencies include weaker and brittle teeth, inflammatory reactions of the skin, frequent occurrence of conjunctivitis, low immunity as well as hearing disorders. Lecithin is a fully natural substance supporting many metabolic processes occurring in the body. This includes boosting concentration and immunity to stress.

The preparation also contains vitamin C, vitamin A, zinc, iron, powdered milk and taurine.

**ACTION**

The ingredients of the preparation have a broad spectrum of action:

- calcium covers 45% of the daily requirement for this element in children and adolescents,
- calcium and vitamin D help sustain proper calcium levels in the body, which relates to strengthening of the bones, preventing osteoporosis and has a beneficial effect on the condition of teeth,
- calcium relieves allergy symptoms and supports the nervous system,
- vitamin D boosts the natural defense mechanisms of the body, facilitates calcium and phosphorus assimilation, and has a positive effect on muscle development in children,
- vitamin D and zinc has a positive impact on the condition of the skin in children, help relieve skin inflammations,
- zinc relieves the symptoms of acne,
- lecithin supports memory and concentration.

Among other medical conditions, Super Calcium Powder for Children prevents, helps or treats:

- Epilepsy to children, bronchitis and pneumonia to children,
- Rheumatoid arthritis to children, skin problems in children,

**NOTE:** this product is a special formula specially designed for children. For adults, Tiens has developed Nutrient Super Calcium Powder.

**TIENS Super Calcium Powder with Metabolic Factors**

- **Product specially designed for persons with hyperglycemia and diabetes type 2 (non insulin-dependent)**
Calcium is responsible for many vital processes occurring in our body. Its deficiency may adversely affect our health and physical appearance. While complementing calcium deficiency, it is worth choosing a supplement that provides you not only with this precious element, but also helps you relieve other ailments, for example, those arising from metabolic dysfunctions.

VERY IMPORTANT
1. Tiens Super Calcium Powder with Metabolic Factors contains organic calcium. To find out more about the benefits of calcium in this form, please read: Nutrient Super Calcium Powder.
2. Super Calcium Powder with Metabolic Factors is specially designed for persons with hyperglycemia and diabetes type 2 (non insulin-dependent).

DESCRIPTION
Calcium is a vital element. It is responsible for many bodily functions, involved in metabolism and blood clotting. It also has anti-inflammatory and anti-allergic properties. It ensures proper functioning of the nervous system. Above all, calcium constitutes an essential bone and teeth building block.

Tiens has created a unique supplement combining absorbable calcium compounds, vitamins and minerals. It also contains substances that can favorably influence metabolic dysfunctions, e.g. by regulating blood sugar levels in diabetes.

INGREDIENTS
The supplement contains powdered pumpkin whose seeds contain valuable fatty acids, mainly polyunsaturated ones. They are a component of e.g. cell membranes, hormones and vitamin D. Pumpkin seeds contain also linoleic acid, palmitic acid and a variety of vitamins and minerals necessary for proper functioning of the body, such as vitamin E, vitamin B1, vitamin B2, vitamin B6, vitamin A, vitamin C and vitamin D. According to Traditional Chinese Medicine (TCM), pumpkin has a positive effect on the pancreas and strengthens the body’s natural defense systems. Due to its low calorie content and high nutritional properties, pumpkin is also used during weight control treatments.

The preparation contains also lecithin which is present in every cell of the body, especially as a component of cell membranes. It has an impact on the functioning of, among others, the nervous, digestive and cardiovascular systems. Additionally, it supports the body’s defense systems.

The supplement contains also a variety of vitamins and elements, such as vitamin A, vitamin C, vitamin B1, vitamin B2, vitamin D, manganese, silicon, selenium, zinc, iron, phosphorus and iodine.

Vitamin A is involved in a number of vital processes, for instance protein and steroid hormone metabolism and in the formation of rhodopsin, which enables proper vision. Vitamin C is a powerful antioxidant fighting free radicals responsible for ageing processes. Vitamin B1, called the "mood vitamin", is involved in brain energy supply, and affects the state of mind and the nervous system. Vitamin B2 is involved in oxygen transport in the eye lens as well as in oxidation and reduction processes in the body. It also increases the action of insulin. Vitamin D plays an important role in the body’s calcium-phosphate management and in the proper building and functioning of the skeletal system.

ACTION
The ingredients of the preparation have a broad spectrum of action:
- Calcium is necessary for maintaining healthy bones and teeth.
- Calcium ensures the proper functioning of muscles.
- Calcium contributes to proper blood clotting processes.
- Calcium contributes to proper energy metabolism.
- Calcium ensures the proper action of digestive enzymes.
- According to Traditional Chinese medicine (TCM), pumpkin has a positive effect on the function of the pancreas.

TIENS Kardi Junior Capsules

- **Contribute to the maintenance of normal vision and normal brain function**
- **Contributes to the normal function of the heart**

Essential fatty acids in Omega-3 oil – DHA and EPA, are needed by all of the cells in our human body. They are especially important for young children’s health and proper development. These fatty acids help to build the nervous system, support the cardiovascular system by contributing to the normal function of the heart, maintenance of normal blood pressure and normal blood triglyceride levels. DHA and EPA are also vital for healthy brain function and vision. The body cannot produce them and therefore they must be a part of the diet.

DESCRIPTION
Tiens Kardi Junior is an ideal product for children. Tasty bear-shaped gummies with krill oil are a pure and natural source of Omega-3 fatty acids. Gummies with an orange and raspberry flavor are 100 % natural without any preservatives. It has a natural deep red color from astaxanthin.

INGREDIENTS
DHA and EPA - two essential fatty acids in Omega-3 oils, are crucial for children’s development. They provide important benefits including proper cognitive performance, brain and eyes development and a healthy heart. They take part in building new cells, keeping the membranes flexible and protective.

Tiens Krill Oil is sourced from Antarctic krill which is the world’s purest source of marine Omega-3. To preserve the high quality of the krill, the gentle harvesting is immediately followed by careful processing.

The uniqueness of krill oil is that the Omega-3 fatty acids (DHA and EPA) are provided in phospholipid form. Phospholipids form the structural basis of cell membranes in our body. Krill oil is easily recognized, incorporated and utilized by the body.

Krill oil also contains a rich supply of astaxanthin which is one of the nature’s most powerful antioxidants in the plant and animal world. Astaxanthin is also known for having ability to cross the blood-brain and blood-retina barrier, where it can play important functional role.
ACTION

- DHA contributes to the maintenance of normal vision,
- DHA contributes to maintenance of normal brain function,
- EPA and DHA contribute to the normal function of the heart,
- Strengthens immunity,
- Enhance cognitive performance, particularly in demanding learning activities / courses,
- Supports nervous system functions with proven results in treating hyperactivity disorder attention deficit.

RECOMMENDATIONS

- Food supplement for children above 3 years old, providing a source of Omega-3 in convenient bear shaped gummies. 100% natural ingredients, colors and flavors.
- Recommended for pre-school and school aged children, especially during this period of intense growth and mental development, physical activity and learning.

Among other medical conditions, Tiens Kardi Junior Capsules prevents, helps or treats:

- Nervous system disorders in children,
- Restoration of a normal heart rhythm,
- Vision problems in children and frequently ill children,
- Increasing immunity in children.

TIENS Flexi Tablets

- Helps to maintain flexible joints and tendons
- Recommended for individuals performing physical activity, sports, physical work

Joints are exposed to excessive strain every day. Many problems with their function also begin to appear with age, because the structure of the joints is impaired. Therefore is very important to supplement a daily diet with ingredients necessary for their proper functioning.

DESCRIPTION

Joints are the locations where bones meet allowing movement. For their proper function, they require healthy joint cartilage, synovial fluid and a correct attachment of the muscles and tendons. Joint cartilage plays a key role here, as its dysfunction leads to rheumatic diseases. With age, joint cartilage wears out and the joints cease to properly function. This causes the appearance of pain, stiffness, and with time can lead to impaired movement.

Apart from ageing, our lifestyle is another factor affecting the shape of our joints. Exercise is always recommended, however some sports or strain during everyday physical activities can overburden the joints just as much as heavy lifting, walking in high heels or extra weight. Additionally, stress leads to the constriction of back muscles, and as a result the legs are supplied with insufficient amounts of oxygen, and joints begin to hurt.

In order to maintain the joints in good shape, appropriate physical exercise, a calcium-rich diet, vitamins D, B and C may prove helpful. However in case of shortage of certain ingredients, very important is proper supplementation. Food supplements are the nutraceutical whose purpose is to supplement the normal diet of the active ingredients products, which are necessary for our organism. Tiens Flexi combines active ingredients as glucosamine, chondroitin, hyaluronic acid, as well as valuable components using in Traditional Chinese Medicine as the Brazilian mushroom, devil’s claw and turmeric.

INGREDIENTS

The supplement contains Brazilian mushroom (Agaricus blazei Murrill). This precious fungus can be found in various region of the world: in China, Taiwan, Japan, Brazil. For the first time this mushroom was mentioned by mycologist William A. Murrill in 1945 and it was the beginning of the study, to get to know its properties. It emerged that Brazilian mushroom is a source of many minerals (potassium, phosphorus, magnesium, calcium, iron), vitamins (B1, B2). It also contains nicotinic acid and bioactive polysaccharides such as beta-glucans. There are many studies and publications, which confirm that in this component active substances have a positive influence on the human body by supporting immune system.

Another ingredient of the preparation devil’s claw (Harpagophytum procumbens) is a plant originating from Africa. It contains iridoids compounds, harpagoside, harpagide and procumbid, as well as flavonoids, phenolic acids and many other substances, helpful for the proper functioning of the organism.

In turn, turmeric, also called the Indian saffron, is known in Europe mainly as an oriental spice. Asians have been using it for thousands of years in traditional medicine. Turmeric contains antioxidant components and also includes over a hundred other active substances. The most precious ones are curcumin and its derivatives called curcuminoids. Turmeric supports the functioning of the nervous system and help to maintain the health of joints and bones.

Tiens Flexi Tablets preparation contains also glucosamine, chondroitin and hyaluronic acid. These three very valuable ingredients are an integral part of the human body and building blocks of joint cartilage.

ACTION

The ingredients of the preparation have a broad spectrum of action:

- Agaricus blazei Murrill support the immune system,
- Curcuma helps to control inflammatory responses within the body,
- Curcuma turmeric has anti-inflammatory properties,
- Curcuma helps to keep the skin healthy,
- Curcuma helps to maintain the health of joints and bones,
- Curcuma supports functioning of the nervous system,
- Devil's claw supports the digestion,
- Devil's claw helps to maintain flexible joints and tendons.

RECOMMENDATIONS

- The preparation is particularly recommended for individuals whose joints and muscles are exposed to strain due to excessive physical activity, sports, physical work or obesity.
- The use of the supplement is also recommended for the elderly.
Among other medical conditions, Tiens Flexi Tablets prevents, helps or treats:

- Insomnia, stress and joint inflammation,
- Nervous system disorders in children,
- Skin diseases and skin problems in children,
- Stomach and liver diseases in children,
- Increasing immunity in adults and increasing immunity in children.

**TIENS Fizzy Tablets**

The preparation is particularly recommended for individuals under a lot of stress, drinking a lot of coffee, tea and beverages containing caffeine, suffering from painful calf muscle cramps, eye twitch caused by magnesium deficiencies.

**DESCRIPTION**

Magnesium is not without a reason described as the 'element of life'. Its deficiencies reflect both on health and looks. Magnesium is involved in over half of the 600 biochemical processes that take place in the human body. This element plays in preventing and easing many ailments, particularly of the nervous sand cardiovascular systems. It comes as no surprise then it belongs to one the most popular supplements in the world.

It is difficult to overestimate the role of magnesium in the human body. This element is even called the 'king of life' and 'element of life’ since it catalyzes many processes in the body and affects cell regeneration. It is responsible for the proper function of the nerves and muscles, particularly for the appropriate communication between them through nerve impulses. Thanks to its properties it restores harmony. It is an internal and external antiseptic and a regulator of the calcium balance.

The requirement for magnesium changes depends on age, gender, and physiological conditions. Magnesium deficiencies can occur due to stress, drinking alcohol, high consumption of coffee and other caffeine-containing beverages or due to a high-fat diet. The body can react to deficiencies in magnesium levels through cramps of the calf muscles, eyelid twitch, insomnia, low mood, low concentration, dizziness ad morning headaches, fatigue even after many hours of sleep, caries, hair loss, brittle nails, breathing difficulties and general asthenia. Magnesium levels can be regulated by a diet rich in foods containing large amounts of this element: cocoa, chocolate, almonds, Brazilian nuts, walnuts, soya, whole-wheat flour, corn, rice. However, in most cases supplementation is necessary.

Tiens has developed Fizzy - the supplement that regulates magnesium levels in the body. It contains magnesium enriched with herbal extracts from sweet basil and beetroot. Magnesium present in the preparation comes in an easily-assimilable form: magnesium carbonate, magnesium oxide as well as basil extract, which is one of the richest natural sources of this element. The preparation is in the form of effervescent tablets, which enables easy dosing of the supplement but also ensures quick assimilation of its active ingredients. Hence their quick action in relieving magnesium deficiencies in the body.

**INGREDIENTS**

Tiens Fizzy contains magnesium in the carbonate and oxide form. This element is crucial for the proper development and function of the body. Its main role in the body is its involvement in the synthesis and degradation of high-energy compounds, mainly adenosine triphosphate (ATP). Magnesium is a coenzyme or activator of many enzymes, especially ones dealing with phosphate group transfer. It is a regulated of calcium balance in the body, and is involved in production of insulin, for instance, blood clotting, the proper function of vitamin B1 and C. It regulates the development of bones, reinforces the body’s natural defenses, fights inflammation.

Another ingredient of the preparation is sweet basil extract. This herb is derived from India. It is used there in cooking but also in herbal medicine. Sweet basil contains large amounts of easily-assimilable magnesium as well as vitamin K, C, A, potassium, manganese, magnesium and calcium. It calms the nerves, improves appetite and digestion.

The composition of the supplement also includes beetroot extract. This vegetable contains large amounts of folic acid and minerals (iron, calcium, magnesium, potassium, manganese, sodium, copper, chlorine, fluorine, zinc). It has been long considered as an agent strengthening the function of the heart. Vitamin B2 plays an important role in metabolic processes and is crucial in the production of red blood cells, antibodies, cellular respiration and growth.

**Action of the ingredients of the preparation**

- Regulate magnesium levels in the body,
- Relieve fatigue symptoms, invigorate and improve mood,
- Improve concentration and memory,
- Have a positive effect on the nervous system,
- Regulate blood pressure,
- Help alleviate the symptoms of magnesium deficiency e.g. calf muscle cramps, eye twitch, heart palpitation,
- Have a positive effect on metabolism,
- Strengthen teeth and bones.

Among other medical conditions, Tiens Fizzy Tablets prevents, helps or treats:

- Hypertension, muscle cramps and cardiovascular diseases,
- Chronic fatigue and nervous system disorders in children,
- Restoration of blood circulation in children,
- Dental diseases and dental problems in children.
Polluted air, air conditioning, cigarettes / cigars smoke and stress all negatively affect inter alia of the eyesight. Watching television, working with computer screens and the course of time also take their toll. Support for our eyes may be balanced diet, but if it is not enough, it is worth taking food supplement Tiens Vision.

DESCRIPTION

As long as the eyes are in good shape, they do not require particular care since they manage to clean, moisturize and regenerate themselves excellently. However, we often strain them over the limit. Then they become red, dry or the contrary - they become watery. This is not only a reason for discomfort, it can also lead to serious illnesses. Additionally, after the age of 40, the first signs of ageing begin to appear. Due to hardening of the lens, the eyes gradually lose accommodation, which is the ability to sharply see object in different distances. This process is inevitable and we should take care of our eyes every day. Tiens Vision contains vitamins (E, B2, beta-carotene), minerals (selenium, zinc, copper), goji berry, bilberry and African marigold. The most important component - Goji berries has been used in traditional Chinese medicine for thousands of years.

INGREDIENTS

Tiens Vision contains Goji berries. According to scientific research the fruits contain 18 different amino acids, vitamin C, B vitamins, unsaturated fatty acids, micro- and macro-elements and flavonoids. When it comes to their nutritional value, they belong to one of the most nutritious fruits on earth. Additionally, Goji berries are a natural source of zeaxanthin. Together with lutein and well-known beta-carotene (provitamin A) zeaxanthin is a compound classified as a carotenoid. Carotenoids are natural fat-soluble plant pigments whose presence in the human body is entirely dependent on their consumption. We do not have the capacity to produce them. Lutein and zeaxanthin give many plants - fruits, vegetables, flowers - their orange-yellow color.

In plants pigments as lutein and zeaxanthin act as a yellow filter absorbing harmful ultraviolet rays (UV). Human retina and lens accumulate lutein and zeaxanthin. They act as natural ‘sunglasses’ protecting the sensitive, central region of the retina - the macula.

Tiens Vision also contains bilberry extract (Vaccinium myrtillus L.). The bilberries have a positive influence on human body. They stabilize collagen formation in eye and affect the capillary vessels and vein health. Bilberries maintain eye functioning through antioxidant and venous support action and protect of DNA, proteins and lipids from oxidative damage.

In turn, African marigold extract is also source of carotenoid, such as lutein. The preparation also contains copper, selenium, vitamin E and vitamin B1.

ACTION

- The ingredients contained in the preparation:
- The antioxidant anthocyanosides in bilberry help maintain the proper retina functions;
- Bilberry anthocyanosides could help in stabilizing the healthy collagen level in the eye;
- Bilberry anthocyanosides can help capillary vessels health and elasticity of veins against harmful effect of free radicals;
- Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.

Among other medical conditions, Tiens Vision prevents, helps or treats:
- Eye diseases and vision problems in children,
- Thrombosis and varices.

TIENS Zinc Capsules

Zinc is called the element of health and beauty for a good reason. This micro-element plays an important role in many processes that occur in the body. It helps maintain healthy skin, hair and nails. It supports the function of the brain and sex hormones. Unsurprisingly, when this element is in short supply, our body "goes on strike". Tiens Zinc preparation helps to preserve its healthy levels.

DESCRIPTION

Zinc is one the micro-elements essential for the proper function of the body. It is required for the activity of over 200 different enzymes including those involved in protein, DNA and RNA synthesis. It is also responsible for correct division of cells. For this reason, it is particularly important for the development of the fetus (it may prevent defects of the neural tube, for instance). An important role
of zinc is as well the maintenance of correct levels of vitamin A in blood plasma, which is crucial for healthy eyesight.

This trace element ensures a proper function of the skin and mucous membranes, hence it play a key role in keeping a healthy appearance. An easy to identify signal of its deficiency sent by our body can be skin imperfections or nails and hair that lose shine and become brittle. Zinc is essential for many hormones, for example the growth hormone or gonadotrophins - hormones responsible for healthy genital development (particularly in boys).

Zinc is necessary for the function of the pancreas and the thyroid. It plays a role in insulin storage and the transformation of thyroxine (T4) into triiodothyronine (T3). And thyroxine - the thyroid hormone - determines metabolic rate.

Zinc is supplied to the body mainly in the diet. The largest amounts of this element can be found in calf, pork and chicken liver, seafood (e.g. oysters, crabs), legumes, wholegrain bread, pumpkin seeds, nuts, eggs, rennet cheeses, meat (especially red) and groats. Individuals at risk of zinc deficiencies are ones on a low-calorie diet, vegetarians, people consuming a lot of sweets, pregnant women, elderly and children.

In the case of zinc deficiency, apart from a well-balanced diet, supplementation may prove helpful. Tiens Zinc preparation helps maintain proper zinc levels in the body.

COMPOSITION
The preparation contains zinc in the form of zinc lactate, which is easily assimilated by the body. Additionally, glucose and chicken egg protein powder, exhibiting the highest biological value - considered superior compared to other types of protein as it contains large amounts of essential amino acids, that is ones that need to be supplied with food.

ACTION
- Improve the condition of hair and nails, and promote their growth,
- Have beneficial effects on the appearance of skin (help fight acne, excess sebum production, speed up wound healing, contribute to protecting the cells from oxidative stress that accelerated ageing),
- Support the body’s natural defense mechanisms,
- Have a favorable effect on eyesight,
- Support the function of the spleen,
- Exhibit positive action on the sense of taste and improve appetite,
- May contribute to memory and perception improvement,
- According to Traditional Chinese Medicine, Zinc improve libido. In men, they also contribute to a better function of the prostate gland and increased production of testosterone. Play an important role in semen production and maintaining sperm viability.

Who Zinc Capsules is suitable for?
- Adults and children who have impaired sense of taste and smell.
- Adults who are consuming excessive amounts of coffee, tannins found in tea, high fiber, vegetarian diets or alcohol.
- Adults who are suffering stress disorders.
- Adults with poor immune or reproductive health.
- Men who want to maintain a healthy prostate and healthy sexual function.
- Adults with a family history of age-related.

Among other medical conditions, Zinc prevents, helps or treats:
- Impotence, chronic fatigue, narcomania and alcoholism,
- Prostate adenoma, cuts, wounds, burn wounds and trauma,
- Dental diseases and dental problems in children,
- Acne vulgaris, skin diseases, eczema, herpes and psoriasis,
- Vision problems in children and skin problems in children,
- Increasing immunity in adults and increasing immunity in children.

TIENS Propolis Tablets

- **Beneficial for the throat and the upper respiratory tract**

- **Antibacterial properties**

Honey is the not the only perfect fruit of bees’ labor. These extremely beneficial insects produce also bee glue known as propolis. Propolis was used even by the ancient Egyptians, Greeks and Assyrians, most often as a wound-healing substance, a booster of the immune system and for ailments of the digestive tract.

DESCRIPTION
Propolis is a resin mixture of plant resins collected by bees from the buds of certain plants and trees such as poplars, birches or horse chestnuts. The buds of these plants are covered by a substance protecting them from bacteria, mites, fungi and insects. Bees make use of the properties of the collected resins by covering with them the elements of the beehive, insulating it but also disinfecting – by mumifying – the bodies of dead vermin that invaded the hive and which, due to their size, could not be removed. The medicinal use of propolis by man has its roots back in ancient times.

INGREDIENTS
The Tiens Propolis supplement contains propolis, Agrimonia eupatoria extract and vitamin C. Propolis contains several hundred diverse chemical compounds. Depending on its origin proportions of the substances may vary. Generally, propolis contains: resins, plant waxes and bee waxes, essential oils, proteins, microelements (copper, silicon, manganese, magnesium, zinc) vitamins of the B, E, H, P groups. All these elements and compounds contribute to the health benefits of propolis.

Agrimony (Agrimonia eupatoria) has been widely used in natural medicine for hundreds of years. It contains, among others, flavonoids, tannins, essential oils, vitamin K. Contemporary research has proved that water-alcohol and water extracts from this plant have antiviral, antibacterial and antioxidant properties.
Vitamin C is a strong antioxidant combating free radicals responsible for the ageing of the body.

ACTION
- propolis and agrimony extract have antibacterial properties,
- agrimony is beneficial for the mucous membrane of the throat and upper respiratory tract,
- vitamin C and copper support the body’s natural defenses,
- vitamin C, manganese, zinc and copper help protect cells from oxidative stress,
- vitamin C helps reduce fatigue and lassitude and keep the good mental condition,
- vitamin C and copper contribute to the proper functioning of the nervous system,
- vitamin K is important for proper blood coagulation and helps maintain healthy bones.

Among other medical conditions, Tiens Propolis prevents, helps or treats:
- Tonsillitis, asthma to adults, flu, and laryngitis,
- Atherosclerosis and ulcers,
- Respiratory diseases and skin diseases.

PROMOTION AREA

WHY TRAVEL WITH US, ENLIGHTENED?
- You can choose the best travel choice worldwide with only a few clicks.
- You enjoy the constantly expanding list of offers.
- You can call us from anywhere, any time, even on Skype on our 24/7 hotline.
- You have complete information and personalized answers in: English, French, German, Russian, Serbian, Croatian, Slovenian, Italian, Portuguese, Czech, Hungarian, Polish, Romanian, Serbian and Turkish.
- Compared with other tourism services, your satisfaction is higher with 63.57% and guaranteed - with us you have all you need to organize your holiday, from A to Z, in only one place from the Internet.
- You can make money while traveling!

WHO WE ARE?
- The Fireflies brand is the property of Swiss Halley AG, Pfäffikon, Switzerland.
- Online travel retailer joint-stock company.
- With successful international presence in online tourism since year 2011.

WHY TOURISM?
- Tourism is a sector with a total of more than 7,000 billion USD annual turnover.
- It generates more than 9.5% of the world's GDP.
- Today, tourism means more than 1 billion travelers a year.

TOURISM AS A BUSINESS OPPORTUNITY
- For more than 84% of travelers, the Internet is the primary source of information.
- More than 63% of travelers reserve their accommodations online in developed countries.
- In the online tourism, the annual growth is over 10%.

Therapeutic recommendations
- Viral infections, bronchitis, sore throat, rhinitis, tooth decay, gum inflammation and any condition of the mouth;
- Weakened immune system;
- Diseases of skin boils, psoriasis, or total baldness in spots, eczema, sores that are hard to heal, frostbite and bedsores;
- Inflamed joints and internal organs;
- Diseases and disorders of the circulatory system of blood microcirculation, capillary fragility;
- Malignant tumors of the mucosa and skin injury from radiation;
- Disorder of the endocrine function;
- Inflammatory processes of female genitalia, cervix wound;
- Diseases of the stomach, kidneys, liver and pancreas;
- Chronic fatigue;
- Stimulates absorption of vitamin C, tonic in nervous disorders.

BALANCING
As a result of cleansing, replenishing, and strengthening, the human body achieves the balance, regulates its proper functioning and prevents many health problems. Food supplements combined with healthy nutrition, physical activity, and positive mental approach may significantly improve well-being and quality of life.

WHY DO WE TRAVEL?
- Unforgettable memories.
- Recreation and recharging your body and soul.
- A shared experience for all the family.
- To discover the world!

THE CONSCIOUS TRAVELER
- Saves significant amount of money, time and energy.
- Wants to choose from a wide range of offers in a mindful way, according to their own needs.
- Avoids risks.
- Take the advantages provided by online tourism!

WHAT DOES FIREFLIES OFFER YOU?
- Modern booking portal satisfying every need.
- Services accessible anywhere, any time, from any device connected to the Internet, in one place.
- As much as 10 persons can enjoy the favorable prices.
- Supporting community.
- A unique in the world range of products/partners/services.
- The best travel products, the best travel partners and the best travel services!

Click [HERE](#) or on the image below to access the portal, and:
1. Register with your invitation on the website!
2. Choose one of our products!
3. Enjoy beautiful trips and the benefits of Fireflies, gather unforgettable experiences and share them with others!
4. Change your life as I changed mine!
SBI! - Everything You Need To Build Your Online Business

- Site concept finder, keyword analysis, search engine tracking, page rank, statistics and click analysis, sell ad space, attract sponsors, market affiliate programs, market your own skills. With the very first video chapter of the Action Guide, you realize SiteSell and SBI! offer more than technical support.

SBI! - Build a profitable online business

- SiteSell has developed SBI! as the one product that not only helps you design a beautiful, mobile-friendly website, but also shows you how to build a profitable online business. Within SBI! is a roadmap and powerful tools that guide you through the steps of building an online business, driving traffic and monetizing your hard work. Build your business, working when and where you want.

SBI! - Guided Roadmap for Your online business

- With the very first video of our Action Guide, your path is made clear; how to begin with SBI!, how the tools work for you, how to find customers and begin with your success in mind. You learn at your pace; watch all the videos at once, or take them a day at a time. The step by step roadmap to building your successful online business is always available.

SBI! - Your online business: Brainstorm It!

- A website is great, but it’s not a business. Our Brainstorm It! tool leads you through simple steps to find topics that attract motivated, targeted customers. Reduce hours of manual keyword brainstorming and research to a few quick clicks. Compare and contrast hundreds of keywords at once as you discover the richest niche for your business.

SBI! - Your online business: Build & Host

- If you know how to drag and drop, you can build an effective and mobile-friendly site, full of content that people want and that search engines rank highly. You have complete control over the look and feel of your site. Customization is simple, and immediate. What’s more, your domain name registration, lightning-fast hosting, email and much more is all included. All for less than a dollar/day. The version for WP is less than ½ dollar/day.

What is OneLife Network?

- OneLife is a network marketing company committed to improving your financial future. OneLife Network enables you to use the One ecosystem to make easier, safer, faster and cheaper transactions anytime, anywhere.
- The OneLife Network business model is based on a direct sales concept, in which you can profit by referring and selling educational packages about cryptocurrency and financial management.

What is DealShaker?

- DealShaker is a virtual advertising platform enabling Merchants and Re-Sellers globally to offer promotions on goods/services to a rapidly expanding network with millions of members - OneLife.
- The platform enables B2C and C2C deal promotions in combination of cash (Euro) and the new-age, mass cryptocurrency - OneCoin.

How can you sign up with OneLife?

- Register for free with OneLife HERE or after a click on the image below. Note that I am Tycoon Plus member!
- Read FAQs - Global Presence & Advertising - to understand the OneLife system.
- Then, access OneLife and DealShaker with your OneLife credentials!

How can you sign up as merchant / re-seller with DealShaker?

- Register for free with DealShaker HERE or after a click on the image below.
- Read FAQs to understand the DealShaker system.
- Then, access DealShaker with your credentials!
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- All information contained in this catalogue are for educational purposes only.
- The indications from this catalogue are based on the experience in the medical practice, but they do not replace professional recommendations from consultations conducted by a physician;
- When using products, for best results, read the description, follow all recommendations and indicated doses;
- The products recommended on this catalogue should not be used as substitutes for prescribed medicines or to replace a balanced nutrition;
- Do not forget, in most cases, the best doctor is yourself.

Contact person:

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