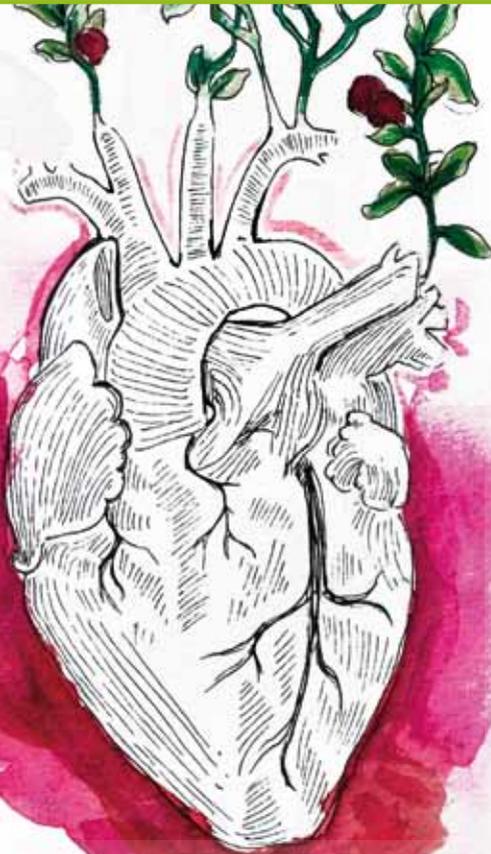




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# Project VITAMINS WITH STORY and VITALITY Products

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WE ARE PASSING ON KNOWLEDGE, OF WHICH WE KNOW IT HELPS  
TO KEEP THE MOST PRECIOUS THING IN THE WOLRD



# TAKE CARE OF YOUR HEALTH WITH VITAMINS WITH STORY AND VITALITY PRODUCTS

The Vitamins with story initiative comes with valuable incentives how to outsmart some of the civilization bogeys and how to keep the health until old age.

Vitamins with the story (<http://vitaminspribehem.cz>) is a project whose goal is informing the public how to effectively prevent the occurrence of civilization diseases, especially heart and vessel diseases, and how to keep the health until the oldest possible age. The consulting activity of the initiative is based on the fascinating natural laws on homocysteine. Professional consultants, who the Vitamins with the story associates, base their practice on proven methods and take into account the individual needs of each applicant for examination.

Consultants provide clients basic knowledge about homocysteine and its reduction, and clients learn how to effectively prevent civilization diseases.

The initiative is led by Mgr. Michaela Verde Beitlová who has a rich experience both with consultancy and advisory management in the Czech Republic and Slovakia. Mrs. Beitlová is a former cancer patient. After her drastic treatment, she tried to regain her lost health, physical and mental balance, and the way she would prevent a recurrence of the malignant disease. She was impressed by the facts about homocysteine and maintaining its optimum level. Not only Mrs. Beitlová personally verified that this method was functional.



E-shop with the Vitality products and the realization of orders is ensured by the Hcy Vitality Company.

The highest quality of contained raw materials and gentle capsule production is provided by the Naturaway Company.

# HOMOCYSTEIN VITALITY

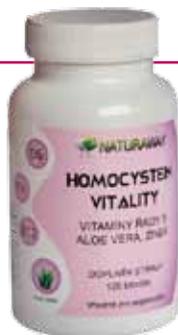
Balanced combination of three water-soluble vitamins B for reducing the homocysteine level, augmented by zinc, Aloe Vera and Betaine.

Homocystein Vitality is an effective dietary supplement for reducing the homocysteine level. It contains vitamin B6 (pyridoxine), B9 (folic acid, metafolin) and B12 (methylcobalamin) which contribute to optimal homocysteine metabolism. Metafolin and methylcobalamin along with the bioactive forms of B9 and B12 are better absorbable for the human organism. Zinc supports proper function of the immune system. Betain optimizes digestion and Aloe Vera regenerates the inner environment of the body.



Vitamins B are indispensable for optimal metabolism and nervous system.

Take Homocystein Vitality daily, and you will get more energy.



## HOMOCYSTEIN VITALITY WITH ALOE VERA

### Recommended dosage:

Recommended daily intake of 1 capsule per day. Always wash it down with water.

### Composition:

inulin – chicory fiber, hydroxypropylmethyl cellulose – capsule shell, pyridoxine, hydrochloride, zinc – bisglycinate chelate, aloe vera (Aloe barbadensis miller) extract from the leaf, calcium methyl methyl phosphate – metapholine, methylcobalamin.

B6

B9

B12



NATURAWAY

### HOMOCYSTEIN VITALITY

VITAMÍNY ŘADY B  
ALOE VERA, ZINEK

DOPLŇEK STRAVY  
120 tabletek

Vhodné pro vegetariány

## HOMOCYSTEIN WITH BETAIN

### Recommended dosage:

recommended daily intake of 1 capsule per day. Always wash it down with water.

### Composition:

betain hydrochloride, inulin – chicory fiber, hydroxypropyl methylcellulose – capsule shell, pyridoxine, hydrochloride, zinc – bisglycinate chelate, calcium methyl methyl phosphate – metafoline, methylcobalamin.

B6

B9

B12

BETAIN

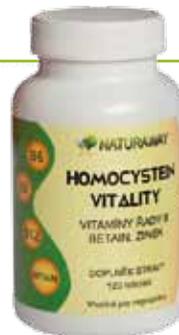
NATURAWAY

### HOMOCYSTEIN VITALITY

VITAMÍNY ŘADY B  
BETAIN, ZINEK

DOPLŇEK STRAVY  
120 tabletek

Vhodné pro vegetariány



# STAYING HEALTHY AND FEELING FINE IS NATURAL

Why are civilization diseases (i.e. diseases due to a **lack** of physical activities, mental well-being and, above all, due to a lack of nutrient-rich foods) expanding at the speed of light and affecting in some way each of us? Why are civilization diseases for us an obvious part of life and are the subject of everyday talks with our relatives and friends? One possible answer may be the fact that we do not sufficiently focus on **prevention**. However, prevention cannot be considered as an early diagnosis of the disease, as it is often misinterpreted by the media. Early diagnosis „only“ determine the disease we are suffering from. On the other hand, prevention can **significantly reduce the risk of its occurrence**.

## WHAT IS HOMOCYSTEIN?

Homocysteine is a toxic amino acid that occurs in every living cell. Homocysteine can be transformed into a non-toxic substance, supposing it has a sufficient supply of vitamins on which conversion is dependent. An excess of homocysteine is penetrating the blood where it accumulates and causes various damage to your body. Elevated homocysteine level is associated with many serious diseases. Homocysteine is currently considered to be one of the most important risk indicators of cardiovascular diseases, atherosclerosis, kidney failure, complications of pregnancy and birth defects. Recent research shows that disorders of homocysteine metabolism are also a risk factor in the development and functions of the central nervous system.

## WHAT IS THE HOMOCYSTEINE LEVEL?

Elevated homocysteine levels is caused mainly by unbalanced diet, unhealthy life style, lack of physical activities, insufficient intake of vitamins and minerals, smoking, excessive alcohol use, living in big cities and bad environment.

## HOW TO REDUCE THE HOMOCYSTEINE LEVEL?

The level of homocysteine can be kept by altered eating. However, it is necessary to take the exact doses of vitamins B6, B12 and folic acid regularly during your lifetime because you cannot reduce the high level of homocysteine to ideal level without vitamin supplementation.

## HOW TO FIND OUT THE HOMOCYSTEINE LEVEL AND WHERE CAN I GET RELIABLE ADVICE?

The level of homocysteine is likewise cholesterol determined by the blood count. Blood collection must take place in a certified laboratory on an empty stomach. Demand the blood test and recommendations concerning the analysis of the results from your nearest consultant at <http://vitaminspribehem.cz>.

## FOR WHOM IS IMPORTANT TO WATCH THE HOMOCYSTEINE LEVEL?

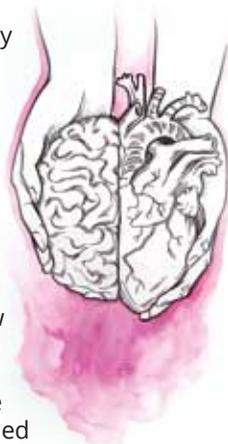
As a result of the lack of vitamins and minerals in our natural diet almost every adult (18 years or older) who does not regularly refill vitamins and minerals has elevated homocysteine level. It is especially necessary for women and men over 30 years of age, pregnant and nursing women, vegetarians, vegans, women and men who regularly use some chemical drugs, cancer patients, women who use hormonal contraceptives.

# IMUNE VITALITY

The Imune Vitality is a 100% natural product that will provide support to your immune system throughout the year.

The main task of the immune system is a protection of the body against harmful effects. The immune system disorder leads to many diseases of the 21st century. The Imune Vitality product has been designed to include all important substances that can ideally balance your immune system and keep it in good shape. In addition to the beta-glucans, it also contains a rich mixture of medicinal mushrooms (Reishi, Shiitake, Agaricus, Cordyceps, Maitake and Chaga), humic acids, fulvic acid, Indian gooseberry, probiotics (Bacillus coagulans) and colostrum. Beta-glucans naturally do not occur in the human body and must be derived from sources such as mushrooms and yeast. Beta-glucans show remarkable effects both on primary immune cells and on coordination of the successful immune response.

Medicinal mushrooms can not only boost but can also regulate immune system. In addition to the strengthening of the weakened immune system, medicinal mushrooms would limit the immune system if its response is disproportionate (e.g. allergy). Indian gooseberry (Amla) is not only an excellent diet but it is also a strong antioxidant. It is full of vitamin C-like compounds and bioflavonoids that increase the positive effects of vitamin C on your health and that can support healthy cells and cell membranes. Humic acids have an antiviral effect, strengthen the immune system and detoxify your body. Humic acids act positively also in the intestines in which they are capable to stop diarrhea and other digestive problems. Fulvic acid is an indispensable messenger of vitamins and minerals. Fulvic and humic acid is derived during the extraction process of purified water for the Imune Vitality. Spores of Bacillus coagulans are resistant to gastric acid and pass intact into the intestines where they germinate and temporarily propagate. There are Bacillus coagulans in the form of spores in the Imune Vitality product. Therefore, Imune Vitality may not be stored in a refrigerator. **Beta-glucans are indispensable to our immune system. Take Imune Vitality daily and prevent the virus infections and inflammatory conditions.**



## IMUNE VITALITY

### Recommended dosage:

Recommended daily intake of 1 or 2 capsules twice a day.  
Always wash it down with water.

### Composition:

beta-glucan, capsule shell - hydroxypropyl methylcellulose, colostrum, extracts: reishi, agaricus, maitake, shitake, chaga, cordyceps, Indian gooseberry - Amla and humic acid, fulvic acid.



# MAGNESIUM VITALITY

Exploitability is up to 80 percent without undesirable side effects.

Magnesium Vitality is a nutritional supplement with magnesium that forms chelate and contains vitamin B2. Nowadays, it is scientifically proven that the human body cannot sufficiently absorb chemically produced mineral and trace elements. Our product contains magnesium in the form of magnesium bisglycinate which is one of the best chelate complexes that do not have any undesirable side effects such as diarrhea. Magnesium helps keep the human body in good physical and mental condition, improves sleep, removes morning fatigue, suppresses spasms, strengthens nervous system, eases headaches, prolongs and improves the effect of painkillers, improves quality of nails, hair and teeth, regulates the amount of cholesterol (with lecithin and vitamin B6) and prevents the development of urolithiasis and, last but not least, positively affects the homocysteine metabolism. Magnesium is represented in the form of magnesium bisglycinate in our product which is one of the best chelating complexes that additionally has no undesirable side effects such as diarrhea.

Pregnant and nursing women, sportsmen, people with physical demanding occupation, individuals whose age is 50 years or older, cardiacs, diabetics, people with excessive sweating, individuals who regularly consume huge amounts of alcohol, people who take drugs such as diuretics and antibiotics, or women who use hormonal contraception need increased intake of magnesium. According to the Czech physicians, more than that 3.5 million people suffer from a lack of magnesium. Common symptoms of magnesium deficiency include fatigue, frequent headaches, decreased concentration, irritability, tendency to become stressed and depressed, insomnia, wild dreams, frequent urge to urinate, heart palpitations, frequent eyelid twitching, muscle cramps, dizziness, sensitivity to weather changes, joint problems, hair loss, broken nails, tooth decay and others.

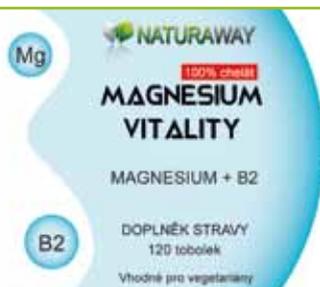
Magnesium is indispensable and vital to our health and well-being.  
Take Magnesium Vitality daily, it will protect you.



**Recommended dosage:**  
Recommended daily intake of 1 capsule per day.  
Always wash it down with water.

**Composition:**  
magnesium bisglycinate (100% chelated),  
inulin – chicory root fiber, hydroxypropyl methylcellulose – capsule shell.

## MAGNESIUM VITALITY



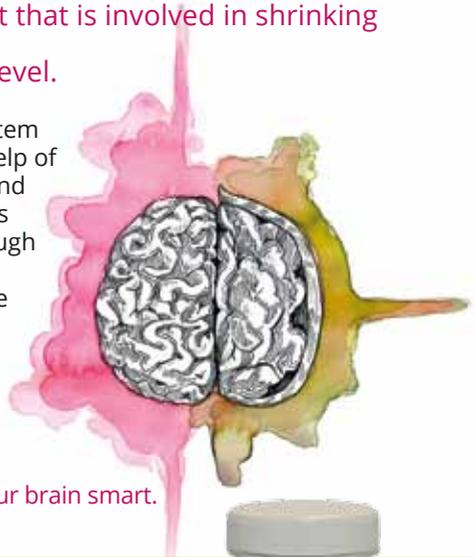
# MEGA LECITHIN VITALITY

Lecithin Vitality is a dietary supplement that is involved in shrinking of fatty parts in the blood circulation, and demonstrably lowers cholesterol level.

Lecithin prevents clogging of the vascular system and supports the hepatic function. With the help of Lecithin, the liver better processes nutrients and easily removes waste materials and pollutants (detoxification), and the blood is flowing through it correctly.

Lecithin will be appreciated by those who care for their own figure, as it prevents fat storage in the problematic parts of thighs, buttocks and hips.

Lecithin positively affects the mental and neurological processes.



Take Lecithin Vitality daily and you will keep your brain smart.

## MEGA LECITHIN VITALITY

### Recommended dosage:

Recommended daily intake of 1-2 capsules a day. Always wash it down with water.



### Composition:

Soybean lecithin without genetic modifications, capsules: glycerine, gelatin.



## ADVANTAGES OF VITALITY PRODUCTS

- Exceptional composition of all Vitality products, i.e. raw materials of the highest quality and absorbability.
- Without sugar, starch, salt, soy, maize, wheat, gluten, yeast, dairy derivatives, artificial dyes, preservatives and genetic modifiers.
- Products, which are in harmony with nature, contain only organic forms of vitamins and minerals.
- Vitamins and minerals in our products are in a balanced combination.
- The nature of the capsules is purely plant-based. Therefore, it is suitable for vegetarians and vegans.
- Each raw material contained in the capsule meets the test of authenticity and the test concerning the active substance content (according to the COA).
- Preparations are made in small series to ensure freshness.

## Project VITAMINS WITH STORY and VITALITY Products



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DISCOUNT CODE:

CONTACT YOUR CONSULTANT:

Vitality products orders on <http://hcy-vitality.cz>