

DuoLife

Boost Formula FIZZY EASY Energy COMPLEX

Food supplement

DuoLife Boost Formula FIZZY EASY Energy COMPLEX is a food supplement in the form of effervescent tablets. The supplement is based on active compounds that support energy, concentration, and vitality. The preparation comprises a complex of 14 highest-quality ingredients with a synergistic effect. It includes a composition of vitamins and natural plant extracts that support mental health and body stamina. The product recipe was additionally enriched with BioPerine®* – a reserved, patented formula of natural origin with proven properties enhancing the absorption of nutrients contained in this food supplement.



BioPerine®*



Synergy of action



Convenient form of application



Complex composition



Multidirectional action



Complementary application

When should you use DuoLife Boost Formula FIZZY EASY Energy COMPLEX?

DuoLife Boost Formula FIZZY EASY Energy COMPLEX food supplement, containing as many as 14 synergistic ingredients of the highest quality, constitutes a great support for mental health and body stamina. Thanks to its unique composition that comprises a vitamin complex, natural plant extracts, and caffeine, it contributes to keeping your energy, concentration, vitality at an optimum level. Moreover, the preparation includes BioPerine®* – a reserved, patented formula of natural origin with scientifically proven effect enhancing the absorption of nutrients contained in the food supplement.

Food supplement DuoLife Boost Formula FIZZY EASY Energy COMPLEX is intended for supporting optimum functions of organism in the case of:

- ▶ people suffering from low energy and vitality levels;
- ▶ people suffering from concentration and memory problems;
- ▶ people affected by tiredness, fatigue;
- ▶ active professionals;
- ▶ knowledge workers, including students and pupils;
- ▶ active people and athletes;
- ▶ people dedicated to keeping the nervous system healthy.

How does DuoLife Boost Formula FIZZY EASY Energy COMPLEX work and how to use it?

DuoLife Boost Formula FIZZY EASY Energy COMPLEX is a food supplement based on high-quality ingredients, including the reserved, patented BioPerine®* formula of natural origin distinguished by its scientifically proven properties improving the absorption of nutrients contained in the product.

DuoLife Boost Formula FIZZY EASY Energy COMPLEX supports:

- ▶ body energy;
- ▶ vitality and stamina;
- ▶ concentration, focus, memory;
- ▶ normal functioning of the nervous system;
- ▶ proper muscle function;
- ▶ proper metabolic processes;
- ▶ antioxidative processes;
- ▶ nutrient absorption, including vitamins and minerals.

Method of use: dissolve 1 tablet in a glass (200 ml) of cold water. Take two tablets a day. Consume immediately after preparation. Do not exceed the recommended maximum daily serving. The product cannot be used as a substitute (replacement) for a varied diet. A balanced diet and a healthy lifestyle are essential for the proper functioning of the body.

The product is not intended for children or infants. In case of any doubts regarding the use of the supplement, please consult a doctor or a pharmacist.

It is recommended to pair DuoLife FIZZY EASY ENERGY COMPLEX with:

other products from the DuoLife Boost Formula FIZZY EASY line, Shape Code® Protein Shake, Shape Code® Slim Shake, DuoLife My Mind, DuoLife Chlorofil, DuoLife Day, DuoLife My Blood Moja Krew.

Precautions:

- ▶ Hypersensitivity to any of the ingredients of the product.
- ▶ Do not use in children.
- ▶ Do not use in pregnant or breastfeeding women.
- ▶ Do not take with other sources of caffeine or similar ingredients that have similar effect.
- ▶ If you have a chronic condition or are taking medication, consult your doctor before starting to use the product.

Note:

The product contains caffeine and piperine; caffeine content: 170 mg in 2 tablets. It is not recommended for use in children, pregnant and breastfeeding women.

Ingredients: acidity regulators: citric acid, sodium carbonate; bulking agent: sorbitols; guarana fruit extract (*Paullinia cupana*); aromas; L-carnitine; acid: malic acid; ginseng root extract (*Panax ginseng* C.A. Meyer); anti-caking agent: polyvinylpyrrolidone; L-ascorbic acid; caffeine; nicotinic acid amide; calcium D-pantothenate, cyanocobalamin, pyridoxine hydrochloride, pteroylmonoglutamic acid; thiamine hydrochloride; riboflavin; D-biotin; BioPerine®* – reserved formula of black pepper (*Piper nigrum*) fruit extract standardised for 95% piperine content; colourant: carotenes; powdered beetroot juice concentrate; sweetening agents: sucralose, steviol glycosydes; powdered passion fruit juice – 0.1%; powdered orange juice – 0.1%.

*BioPerine® is a Sabinsa ingredient protected by the intellectual property (IP) law.

Ingredient contents in the daily serving of the product	2 tablets
Guarana (<i>Paullinia cupana</i>)	500 mg
Ginseng (<i>Panax ginseng</i> C.A. Meyer)	100 mg
Caffeine	170 mg
including from guarana (<i>Paullinia cupana</i>) fruit extract	100 mg

L-carnitine	100 mg
Biotin	100 µg (200% NRV**)
Thiamine	0,55 mg (50% NRV**)
Riboflavin	0,7 mg (50% NRV**)
Niacyna	8 mg (50% NRV**)
Vitamin B6	0,7 mg (50% NRV**)
Folic acid	100 µg (50% NRV**)
Vitamin B12	1,25 µg (50% NRV**)
Pantothenic acid	3 mg (50% NRV**)
Vitamin C	80 mg (100% NRV**)
BioPerine®*	2 mg

**NRV – Nutrient Reference Value for an average adult (8400 kJ/2000 kcal).

BioPerine®*, a reserved formula of black pepper (*Piper nigrum*) fruit extract standardised for 95% piperine content

BioPerine®* is a reserved formula of natural origin, basen on black pepper extract, **with a very high content (95%) of the active ingredient – piperine.** Piperine content in a daily serving of DuoLife FIZZY EASY Energy COMPLEX food supplement is 2 mg and constitutes the highest serving of this ingredient allowed in food supplements in Poland since 2022.

It is proven and documented by scientific tests that **BioPerine®*** properties improve bioavailability of nutrients from food and food supplements¹⁻⁷. Thanks to it, the consumed portions of vitamins, minerals and many other active ingredients are better absorbed, which translates into full health benefits of their supplementation. **BioPerine®*** formula contained in **DuoLife Boost Formula FIZZY EASY Energy COMPLEX** ensures that nutrients, including vitamins, can be absorbed effectively, even if they are consumed in the form of isolated components with no biological background.

The mechanism of **BioPerine®*** formula is based on fostering the process of structural thermogenesis (increase of metabolic activity and heat release), which leads to an increased need for nutrients and their better absorption. Piperine contained in the formula fosters local blood supply to the digestive tract, thus enhancing microcirculation in intestinal villi and improving penetration of nutrients through intestinal wall^{3,8}.

Using this formula is safe, which has been proven in clinical trials. Piperine contained in **BioPerine®*** is most effective in combination with nutrients (at the same time), and has little influence over the absorption of active ingredients taken at time intervals. For that matter, it doesn't modify the absorption and bioavailability of medication, providing an adequate time interval is observed.

Additionally, piperine has protective (anti-oxidising) properties for cells, helps reduce oxidative stress and inflammatory processes^{1,9,10}.

Guarana (*Paullinia cupana*) fruit extract standardised for caffeine content

Guarana fruits contain caffeine-rich **seeds.** Guarana seeds contain even five times more caffeine than coffee beans. Caffeine supports enhanced activity of the nervous system, boosts concentration, focus, and reflex, and contributes to the maintenance of optimal mood. Moreover, it supports metabolism, muscle function, and

optimal functioning of the heart. Guarana fruit extract is also rich in other active ingredients that enhance the effect of caffeine, such as theobromine or theophylline¹¹⁻¹³.

Ginseng (*Panax ginseng* C.A. Meyer) root extract

Ginseng has an exceptional health-oriented effect proven by hundreds of clinical trials. Active compounds found in the extract (so-called ginsenosides) stimulate the body's physical and mental functions, help boost concentration, support memory; moreover, they show antioxidative and protective properties for neurons^{14, 15}.

L-carnitine

L-carnitine is an organic compound biosynthesised in the body. Its supplementation helps additionally boost energy production in mitochondria; the energy is essential for proper functioning of the cells. L-carnitine contributes to increased fat burning and helps inhibit its deposition. What's important, physical activity prompts the body to use L-carnitine to generate energy¹⁶⁻¹⁸.

Biotin (vitamin B7; vitamin H)

Biotin belongs to B group vitamins, which are soluble in water. Its supplementation contributes to the maintenance of many systems, as this vitamin is essential for proper conduct of many metabolic reactions, including those involving lipids and carbohydrates¹⁹. What's important, aside from the typical effect of biotin, that it supporting healthy hair, skin, or nails, scientific reports point to one incredibly important role of this vitamin in boosting the functioning of the nervous system and its neuroprotective effect (protecting the neurons)^{20, 21}.

Other group B vitamins - vitamin B1 (thiamine), B2 (riboflavin), PP (niacin), B6 (pyridoxin), B9 (folic acid), B12 (cyanocobalamin), B5 (pantothenic acid)

Vitamin B complex contributes to proper course of endless important metabolic processes allowing to obtain energy from consumed meals. Hence, it is a vitamin group directly linked to speeding up your metabolism²². What's more, vitamins from this group support optimal functioning of the nervous system and muscles, contributing to the maintenance of the body's wellness. Vitamin B complex contributes to the minimisation of destructive impact of stress on the condition of neurons, boosts concentration and focus, supports memory and helps diminish the sensation of tiredness and fatigue²³⁻²⁵.

Vitamin C (L-ascorbic acid)

The multidirectional role of vitamin C in the body has been explored deeply; the following shall be named when considering the maintenance of optimal body energy and vitality^{26, 27}:

- ▶ participation in the synthesis of L-carnitine which conditions proper functioning of the muscles;
- ▶ antioxidative effect that helps maintain optimal health of the neurons and fosters protection against oxidative stress;
- ▶ participation in the synthesis of norepinephrine and serotonin - neurotransmitters related to neural communication;
- ▶ fosters regeneration after physical effort, helps lower cortisol levels and supports adipose tissue burning processes during exercise.

What makes DuoLife Boost Formula FIZZY EASY Energy COMPLEX so special?

- ▶ **Complex composition – as many as 14 active ingredients**, including ingredients of plant origin and vitamins **that support energy, concentration, and vitality.**

- ▶ Contains an absorption **booster** – the composition of this food supplement has been enriched with **BioPerine®*** – a reserved, patented formula of plant origin with **properties enhancing the absorption of nutrients** from this food supplement proven with scientific research.
- ▶ **Synergic** action of all ingredients.
- ▶ **Additional substances limited to those necessary from the technological point of view.**
- ▶ **Only natural colourants.**
- ▶ **Comfortable to use** – effervescent tablets which serve to prepare a refreshing, fruit-flavoured drink (passion fruit and orange flavour).
- ▶ The product **CONTAINS NO lactose** and is **GMO free**.
- ▶ The product is **GLUTEN-FREE** – can be used by people with gluten intolerance.
- ▶ The product is **suitable for vegans and vegetarians**.

i Reference list for DuoLife Boost Formula FIZZY EASY Energy COMPLEX formulation can be found in the separate sheet of the binder.

Boost Formula FIZZY EASY Energy COMPLEX

References

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