

Ocean

Vitamin | Mineral | Omega 3 | Herb

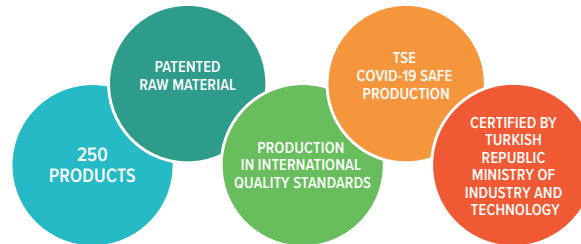


Ocean

WHO WE ARE

We were established in 2004 with the gathering of pharmacists, physicians and investors with professional knowledge and experience.

For the last 20 years, we have been researching, innovating, and developing an extensive line of products with natural ingredients to enhance human health, from heart and metabolism to memory and mood, and much more. We offer more than 250 products to consumers by expanding our portfolio with additive-free and natural ingredients.



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Ocean



OMEGA 3 CATEGORY

- Ocean Plus
- Ocean 500 mg
- Ocean Ultimate
- Ocean Omega 3 & QH
- Ocean Pulse
- Ocean Mummy
- Ocean Krill Oil
- Ocean Fish Oil
- Ocean Multi



High Omega 3 Source in International Quality Standards



Purity



Freshness



Reliability



Quality



Content Guarantee

Ocean fish oils are produced according to GMP (Good Manufacturing Practice) standards in accordance with international production and quality standards. The quality and content guarantee of Ocean fish oils are analyzed by International Fish Oil Standards (IFOS), an independent organization, in each production series.

Ocean fish oils are analyzed according to the limit values determined by Council for Responsible Nutrition (CRN), World Health Organization (WHO), The Global Organization for EPA and DHA Omega-3s (GOED) and are found sufficient in terms of purity, freshness, content guarantee and parameters in each series. Ocean fish oils offer international quality and assurance with IFOS 5 star quality approval.

OCEAN: Gold Standard In Fish Oil

1

It is obtained from the body of small breed fish that live in clean and cold water streams, away from heavy metals.

2

Chemical solvents are not used, only mechanical methods are preferred.

3

To in order to preserve the omega 3 values, fish oil is processed within 24 hours within the European Union freshness and hygiene standards.

4

Purified by molecular distillation and high deodorization techniques and fishy odor is removed.

5

Stability is ensured by using natural antioxidants.

High Quality Supply and Value Chain Management in Ocean Fish Oil Standards

Since omega 3 fatty acids are not synthesized by our body, they are essential fatty acids that must be taken from outside. An important criterion when choosing fish oil is the total omega 3 content, namely EPA and DHA values. DHA helps the normal development of the brain and the development of the eye and nervous system. EPA and DHA help protect cardiovascular health. DHA contributes to the maintenance of normal brain functions and normal vision.



Ocean Plus 30 and 50 Softgel Capsules

Ocean Plus contains 1200 mg Fish Oil, 780 mg Omega-3, 384 mg EPA and 252 mg DHA. EPA and DHA help support and maintain the health of your cardiovascular and neurological system. Omega-3 fatty acids are considered "good" fats important for cellular, heart and metabolic health and help maintain triglyceride levels already within a normal range.

Benefits

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

Directions

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

Supplement facts

Each softgel contains
Total Omega 3 780 mg, EPA 384 mg, DHA 252 mg,
Other Omega 3 Fatty Acids 144 mg

Every Ocean Fish Oil product is non-GMO and third-party tested, surpassing the strictest international standards for purity and freshness.

Ocean 500 mg 60 Softgel Capsules

Ocean 500 mg Fish Oil contains 160 mg Omega-3, 90 mg EPA and 60 mg DHA. EPA and DHA help support and maintain good general and metabolic health.

Benefits

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

Directions

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

Supplement facts

Each softgel contains
Total Omega 3 160 mg, EPA 90 mg, DHA 60 mg,
Other Omega 3 Fatty Acids 10 mg

Every Ocean Fish Oil product is non-GMO and third-party tested, surpassing the strictest international standards for purity and freshness.





Ocean Ultimate 30 Softgel Capsules

Ocean Ultimate is an omega-rich formula derived from the component of fish oil that helps lower cardiovascular risk factors and maintain a general sense of calm. Ocean Ultimate 1200 mg Fish Oil contains 1050 mg Omega-3 580 mg EPA and 390 mg DHA. EPA and DHA help support and maintain the health of your cardiovascular and neurological system. Omega-3 fatty acids are considered "good" fats important for cellular, heart and metabolic health and help maintain triglyceride levels already within a normal range.

Benefits

- Supports heart function and cardiovascular health.
- Helps maintain brain functions and neurological health.
- Helps maintain normal vision and eye health.
- Supports healthy joints.
- Helps maintain good general and metabolic health.

Directions

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

Supplement facts

Each softgel contains
 Total Omega 3 1050 mg, EPA 580 mg, DHA 390 mg,
 Other Omega 3 Fatty Acids 80 mg

Every Ocean Fish Oil product is non-GMO and third-party tested, surpassing the strictest international standards for purity and freshness.



Ocean Omega 3 & QH 30 Softgel Capsules

Ocean Omega 3&QH contains high concentrated Omega-3 essential fatty acids EPA and DHA and also ubiquinol, the active form of coenzyme Q10, a powerful antioxidant that helps support cellular energy production. Recommended for people with cardiovascular concerns, performance athletes, and anyone over the age of 40.

Benefits

- Supports heart function and cardiovascular health.
 - Supports normal skin function, healthy aging.
 - Supports brain functions and neurological health.
 - Helps maintain normal vision.
 - Supports healthy joints.
 - Helps maintain good general and metabolic health.
 - Promotes healthy energy production at the cellular level.
 - Provides powerful antioxidant support.
 - Encourages optimal absorption with the improved formulation of coenzyme Q10.
 - 3x better absorption than coenzyme Q10 helps support cellular energy production.
- Recommended for people with cardiovascular concerns, performance athletes, and anyone over the age of 40.

Directions

As a food supplement for adults, take one (1) softgel up to two times daily, preferably with meals or as directed by a healthcare practitioner.

Supplement facts

Each softgel contains
 Total Omega 3 640 mg, EPA 324 mg, DHA 234 mg,
 Other Omega 3 Fatty Acids 82 mg, Coenzyme Q10 (Ubiquinol) 100 mg

Every Ocean Fish Oil product is non-GMO and third-party tested, surpassing the strictest international standards for purity and freshness.





Ocean Pulse 30 Softgel Capsules

Ocean Pulse is formulated specifically to help maintain a healthy heart, brain, and bones. Recommended for people with cardiovascular concerns, performance athletes, and anyone over the age of 40.

Benefits

- Supports heart function and cardiovascular health.
- Helps maintain brain functions and neurological health.
- Helps maintain normal vision and eye health.
- Supports healthy joints and bones.
- Helps maintain good general and metabolic health.
- 3x better absorption than coenzyme Q10.
- Helps support cellular energy production.
- Provides antioxidant support.
- Supports cellular energy production.

Directions

As a food supplement for adults, take one (1) softgel up to two times daily, preferably with meals or as directed by a healthcare practitioner.

Supplement facts

Each softgel contains
 Fish Oil 1100 mg, Total Omega 3 781 mg, EPA 396 mg, DHA 264 mg, Other Omega 3 Fatty Acids 121 mg, Coenzyme Q10 (Ubiquinol) 50 mg, Vitamin K2 (Menaquinone-7) 50 µg, Vitamin D3 (Cholecalciferol) 10 µg

Every Ocean Fish Oil product is non-GMO and third-party tested, surpassing the strictest international standards for purity and freshness.

Ocean Mummy 30 Softgel Capsules

Ocean Mummy, which has a comprehensive high potency multivitamin and the multimineral formula with 200 mg DHA in each capsule, provides essential nutrients for you and your baby. It's specially designed for women during pregnancy and lactation.

Benefits

- Supports the mother's general health during pregnancy.
- Helps to reduce postpartum anxiety.
- Supports the baby's brain and eye health.
- Helps to reduce the baby's food allergy risk.

Directions

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

Supplement facts

Each capsule contains
 Fish Oil 400 mg, Total Omega 3 250 mg, EPA 36 mg, DHA 200 mg, Vitamin C 40 mg, Vitamin B3 16 mg, Iron 16 mg, Zinc 10 mg, Vitamin B5 6 mg, Vitamin B2 1,4 mg, Vitamin B6 1,4 mg, Vitamin B1 1,1 mg, Folic Acid 400 µg, Iodine 150 µg, Selenium 55 µg, Biotin 50 µg, Vitamin D3 5 µg, Vitamin B12 2,5 µg

Every Ocean Fish Oil product is non-GMO and third-party tested, surpassing the strictest international standards for purity and freshness.



This product has been developed with Istanbul University Technology Transfer Office.

Ocean Krill Oil 30 Softgel Capsules



A patented blend of deep-sea whole krill oil combined with astaxanthin promotes joint comfort and range of motion. Krill Oil is the extract of the abundant Antarctic krill (*Euphausia superba*) which contains unique phospholipids rich in omega-3 PUFAs (EPA and DHA) and astaxanthin. Ocean Krill Oil contains 700 mg krill oil, 294 mg phospholipids, 282 mg choline, 175 mg omega 3 fatty acids, 102 mg EPA, 60 mg DHA and 70 µg astaxanthin. Phospholipids combined with astaxanthin promote healthy aging, support ocular health and offer whole-body benefits.

Benefits

- Supports healthy blood lipid levels that are already within normal ranges.
- Contains ultra-potent marine phospholipids that may help to maintain normal brain function.
- May support healthy glucose metabolism and the ability of the liver to respond to food challenges.
- Contains ultra-potent marine phospholipids, omega 3 and astaxanthin to maintain and support skin health.

Directions

As a food supplement for adults, take one (1) softgel up to two times daily, preferably with meals or as directed by a healthcare practitioner.

Supplement facts

Each softgel contains
 Krill Oil 700 mg, Phospholipids 294 mg, Choline 282 mg,
 Total Omega 3 175 mg, EPA 102 mg, DHA 60 mg, Astaxanthin 70 µg
 Quality assurance : Ocean Krill is certified by IKOS (International Krill Oil Standards) based on the criterias of omega-3 and astaxanthin content, contaminants, and freshness.

Ocean Fish Oil Syrup 150 ml Lemon - Orange - Tutti Frutti Flavored

Award-winning Ocean Fish Oil liquid forms are specially formulated specifically for children. Each full teaspoon of Ocean Fish Oil provides 1480 mg of omega-3s, including 740 mg EPA and 470 mg DHA, which support heart, brain, vision, and joint health. Ocean Fish Oil for kids has received numerous awards for its taste and quality and has been tasted by children.

Benefits

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

Directions

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

Supplement facts

Every 5 ml contains
 Fish oil 4506 mg, Total Omega 3 1480 mg, EPA 740 mg, DHA 470 mg

Every Ocean Fish Oil product is non-GMO and third-party tested, surpassing the strictest international standards for purity and freshness.



This product has been developed with Istanbul University Technology Transfer Office.



Ocean Multi 150 ml Honey & Orange Flavored

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

Benefits

- Supports children's development of the brain, eyes and nerves
- Vitamin A promotes normal growth and development in children, supporting tissue and bone repair and good vision. Vitamin C aids in the development of healthy muscles, connective tissue, and skin. Vitamin D₃ works to help build bones & teeth, assisting the body in mineral absorption.
- Vitamin C, vitamin D₃, and vitamin E aid in immune function. Zinc supports immune function and metabolism.
- This blend includes Vitamins B₂, B₃, B₅, B₆, and B₁₂. Vitamin B promotes nervous system health, brain development and function, and aids in red blood cell development, while also supporting a healthy metabolism, immune & digestive function, boosts energy, improves mood. Iodine is an essential nutrient for health, modulating thyroid health, metabolism support, stimulating the immune system and moderating the central nervous system.

Directions

As a food supplement for 4+ years old, two full teaspoons daily, with food, or as directed by your healthcare practitioner or pharmacist. Consult a physician about consumption methods for children 3 years and under. For best results, please refrigerate and use within three months after opening and shake well before opening. For the picky eaters. Ocean Multi can be easily mixed into a juice or shake.

Supplement facts

In every 10 ml
 Fish Oil 500 mg, Total Omega 3 160 mg, Vitamin C 80 mg, Vitamin B₃ 16 mg NE,
 Vitamin E 12 mg, Zinc 7.5 mg, Vitamin B₅ 6 mg, Vitamin B₂ 1.4 mg, Vitamin B₆ 1.4 mg,
 Vitamin B₁ 1 mg, Manganese 1 mg, Vitamin A 500 µg RE, Folic Acid 200 µg,
 Iodine 75 µg, Selenium 55 µg, Molybdenum 50 µg, Vitamin D₃ 10 µg,
 Vitamin B₁₂ 2.5 µg





Ocean



VITAMIN MINERAL CATEGORY

Ocean Daily One Energy
Ocean Vitamin C-SR
Ocean Vitamin C 1000 mg
Ocean Vitamin C 500 mg
Ocean Vitamin D₃ 400 IU Spray
Ocean Vitamin D₃ 600 IU Spray
Ocean Vitamin D₃ 1000 IU Spray
Ocean Vitamin D₃ 1000 IU Drops
Ocean Vitamin D₃K₂
Ocean Vitamin E
Ocean Two D® Drop
Ocean Menaquinone-7
Ocean Methyl B₁₂ 1000 mcg 10 ml
Ocean Methyl B₁₂ 1000 mcg 5 ml
Ocean Methyl B₁₂ 500 mcg 5 ml
Ocean B Complex
Ocean Chromium Picolinate
Ocean P5P

Ocean Extramag P5P 30 Sachets
Ocean Extramag 30 and 60 Tablets
Ocean Extramag ThreoG® 60 Tablets
Ocean Microfer 30 Tablets
Ocean Microfer 30 ml Oral Drop
Ocean Microfer 250 ml Syrup
Ocean Microfer 30 Sachets
Ocean Picozinc 30 Tablets
Ocean Picozinc 150 ml Syrup Banana Flavored
Ocean Iodine 30 ml
Ocean VM 150 ml Syrup
Efervit Vitamin C 1000 mg
Efervit Multivitamin Mineral
Efervit Sambucus Nigra
Efervit Defence
Ocean Methyl Folate
Ocean Biotin 5000 mcg



 Dr. Paul Lohmann®



This product has been developed with Istanbul University Technology Transfer Office.

Ocean Daily One Energy 30 Tablets

Ocean Daily One Energy offers support for energy metabolism and helps maintain cellular energy levels. It's formulated for anyone who is seeking daily support for chronic fatigue. Panax ginseng and coenzyme Q10 in the formula are the key players for boosting your energy. Besides, it contains 13 vitamins and 10 minerals.

Benefits

- Helps increase your energy.
- Provides support for sports activities.
- Supports daily nutritional needs.

Directions

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

Supplement facts

Each tablet contains
 Calcium 200 mg, Vitamin C 80 mg, Magnesium 60 mg, Panax Ginseng 50 mg, Iron 14 mg, Vitamin B₃ 16 mg NE*, Vitamin E 12 mg α-TE**, Coenzyme Q10 10 mg, Zinc 10 mg, Vitamin B₅ 6 mg, Manganese 2 mg, Vitamin B₂ 1,4 mg, Vitamin B₆ 1,4 mg, Vitamin B₁ 1,1 mg, Copper 1 mg, Vitamin A 800 µgRE***, Folic Acid 200 µg, Iodine 150 µg, Selenium 55 µg, Molybdenum 50 µg, Biotin 50 µg, Chromium 40 µg, Vitamin K₂ 25 µg, Vitamin D₃ 10 µg, Vitamin B₁₂ 2,5 µg

*NE : Niacin Equivalent

**α-TE: α- Tocopherol Equivalent

***RE : Retinol Equivalent

Ocean Vitamin C-SR 30 Tablets

Ocean Vitamin C-SR contains 500 mg vitamin C in sustained-release tablets which are developed with a unique R&D coating project. Unlike regular vitamin C products, Ocean Vitamin C-SR provides vitamin C support throughout the day. Its unique technology ensures non-acidic reaction for the sensitive stomach.

Benefits

- Supports immune system.
- Helps to gain antioxidant activity.
- Promotes brighter and healthier skin.

Directions

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

Supplement facts

Each tablet contains
 Vitamin C 500 mg



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Ocean Vitamin C 1000 mg 30 Tablets

Ocean Vitamin C 1000 mg contains 1000 mg vitamin C, 100 mg citrus bioflavonoids, 7,5 mg hesperidin and 7,5 mg rutin in each tablet. Vitamin C is a water-soluble vitamin that helps fight free radicals that can cause oxidative stress. One of its primary functions is collagen formation and the functioning of white blood cells, which are important for the immune system. In addition to this, citrus bioflavonoids included in the formula may also help increase resistance to diseases.

Benefits

- Supports a stronger immune system.
- Has natural antioxidant properties.
- Helps to brighten the skin.

Directions

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

Supplement facts

Each tablet contains
Vitamin C 1000 mg, Citrus Bioflavonoids 100 mg,
Rutin 7,5 mg, Hesperidin 7,5 mg

Ocean Vitamin C 500 mg 60 Vegetable Capsules

Ocean Vitamin C 500 mg contains 500 mg vitamin C, 50 mg rosehip extract, 25 mg hesperidin and 15 mg rutin in each capsule. Vitamin C is a water-soluble vitamin that helps fight free radicals that can cause oxidative stress. One of its primary functions is collagen formation and functioning of white blood cells, which are important for the immune system. Rosehip extract in the formula may also help gaining a better immune system, brightening the skin and supporting the anemia.

Benefits

- Supports immune system.
- Helps fight free radicals.
- Helps brighter and healthier skin.

Directions

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

Supplement facts

Each capsule contains
Vitamin C 500 mg, Rosehip Extract 50 mg,
Hesperidin 25 mg, Rutin 15 mg



This product has been developed with Istanbul University Technology Transfer Office.



Ocean Vitamin D₃ 400 IU Spray 20 ml / 130 Dose

Ocean Vitamin D₃ 400 IU contains only vitamin D and pure olive oil. It contains 400 IU of vitamin D in each drop/puff. Vitamin D is a fat-soluble vitamin that has important functions in the body. As we age, our bodies struggle to produce and absorb this important nutrient. That's why vitamin D supplements are important to the maintenance of good health. Ocean Vitamin D₃ products do not contain protective additives, colorants, sweetener, artificial flavoring and added sugar. This "sunshine vitamin" supplement is vital to your healthy diet, which may lack vitamin D.

Benefits

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

Directions

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

Supplement facts

Every puff contains
Vitamin D₃ 10 µg (400 IU)



This product has been developed with Istanbul University Technology Transfer Office.

Ocean Vitamin D₃ 600 IU Spray 20 ml Spray / 130 Dose

Ocean Vitamin D₃ 600 IU contains only vitamin D and pure olive oil. It contains 600 IU of vitamin D in each puff. Vitamin D is a fat-soluble vitamin that has important functions in the body. As we age, our bodies struggle to produce and absorb this important nutrient. That's why vitamin D supplements are important to the maintenance of good health. Ocean Vitamin D₃ products do not contain protective additives, colorants, sweeteners artificial flavoring and added sugar. This "sunshine vitamin" supplement is vital to your healthy diet, which may lack vitamin D.

Benefits

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

Directions

As a food supplement, orally take 1 puff or as directed by a healthcare practitioner.

Supplement facts

Every puff contains
Vitamin D₃ 15 µg (600 IU)



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This product has been developed with Istanbul University Technology Transfer Office.

Ocean Vitamin D₃ 1000 IU Spray 20 ml / 130 Doses

Ocean Vitamin D₃ 1000 IU contains only vitamin D and pure olive oil. It contains 1000 IU of vitamin D in each puff. Vitamin D is a fat-soluble vitamin that has important functions in the body. As we age, our bodies struggle to produce and absorb this important nutrient. That's why vitamin D supplements are important to the maintenance of good health. Ocean Vitamin D₃ products do not contain protective additives, colorant, sweetener, artificial flavoring and added sugar. This "sunshine vitamin" supplement is vital to your healthy diet, which may lack vitamin D.

Benefits

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

Directions

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

Supplement facts

Every puff contains Vitamin D₃ 25 µg (1000 IU)

Ocean Vitamin D₃ 1000 IU Drops 50 ml / 1000 dose

Ocean Vitamin D₃ 1000 IU contains only vitamin D and pure olive oil. It contains 1000 IU of vitamin D in each drop. Vitamin D is a fat-soluble vitamin that has important functions in the body. As we age, our bodies struggle to produce and absorb this important nutrient. That's why vitamin D supplements are important to the maintenance of good health. Ocean Vitamin D₃ products do not contain protective additives, colorant, sweetener, artificial flavoring and added sugar. This "sunshine vitamin" supplement is vital to your healthy diet, which may lack vitamin D.

Benefits

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

Directions

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

Supplement facts

Every drop contains Vitamin D₃ 25 µg (1000 IU)



This product has been developed with Istanbul University Technology Transfer Office.

Ocean Vitamin D₃ K₂ 20 ml Oral Drops

Ocean Vitamin D₃K₂ 1000 IU contains only vitamin D, vitamin K and pure olive oil. Vitamin D is a fat-soluble vitamin that has important functions in the body. As we age, our bodies struggle to produce and absorb this important nutrient. That's why vitamin D supplements are important to the maintenance of good health. Ocean Vitamin D₃ products do not contain protective additives, colorant, sweetener, artificial flavoring and added sugar. This "sunshine vitamin" supplement is vital to your healthy diet, which may lack vitamin D.

Benefits

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

Directions

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

Supplement facts

Every drop contains
Vitamin D₃ 25 µg (1000 IU), Vitamin K₂ 11,25 µg (1000 IU)



Ocean Vitamin E 30 Capsules

Ocean Vitamin E 268 mg (400 IU) contains naturally sourced vitamin E acetate (d-alpha-tocopheryl acetate) in each soft gel capsule. Naturally sourced Vitamin E acetate is highly bioavailable to the body compared to synthetic forms of Vitamin E and more stable than naturally sourced vitamin E (d-alpha tocopherol)

Benefits

- Supports antioxidant protection and optimal cellular function and premature aging of cells.
- Promotes cardiovascular health.
- Supports skin and immune system health.

Directions

As a food supplement, take one (1) capsule daily, or as directed by a health-care practitioner.

Supplement facts

Each capsule contains
Vitamin E 268 mg α-TE (alpha tocopherol equivalent)



Ocean Two D® Drop 30 ml Oral Drop

Ocean Two D® Drop contains 400 IU of vitamin D3 and Algae Oil DHA. DHA is found in oily fish, seafood and microalgae, or animal products (such as eggs, fish and livestock) fed ALA and/or DHA. DHA obtained from the controlled fermentation process using the subspecies of the genus Schizochytrium, microalgae, is bioequivalent to DHA from fish and has been identified by the European Food Safety Authority as the safest source of DHA in newborns. Microalgae oil is the safest DHA source for all age groups, including preterm infants. Algae oil DHA is safe for those allergic to seafood. It is tasteless and odorless. Suitable for vegan and vegetarian use.

Benefits

- Supports the cognitive development of babies and children.
- Supports the visual development of babies and children.
- Supports the bone development of babies and children.

Directions

As a food supplement, recommended daily intake is 1 ml for children aged 4-10 and adults aged 11 and over.

Supplement facts

Every 1 ml contains
DHA 200 mg
EPA 7,89 mg
Vitamin D3 10 µg (400 IU)



Ocean Menaquinone-7 30 Herbal Capsules

Ocean Vitamin K2 contains 100 mcg Menaquinone-7. Mk-7 provides the most bioavailable form of Vitamin K to support strong bones and healthy cardiovascular function. Its duty is to carry calcium directly to the bones.

Benefits

- Supports bone strength.
- Promotes healthy cardiovascular function.

Directions

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

Supplement facts

Each herbal capsule contains
Vitamin K2 (Menaquinone-7) 100 µg



Ocean Methyl B₁₂ 1000 mcg 10 ml Sublingual Spray / 66 Doses

Ocean Methyl B₁₂ is a food supplement containing active vitamin B₁₂ in methylcobalamin form. It provides the advantage of fast and easy use with its spray form.

Benefits

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

Directions

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

Supplement facts

Each puff contains
Vitamin B₁₂ (Methylcobalamin, Mecobalactive®) 1000 µg



 **MecobalActive®**
The active form of B₁₂



This product has been developed with
Istanbul University Technology Transfer Office.



Ocean Methyl B₁₂ 1000 mcg 5 ml Sublingual Spray / 30 Doses

Ocean Methyl B₁₂ is a food supplement containing active vitamin B₁₂ in methylcobalamin form. It provides the advantage of fast and easy use with its spray form.

Benefits

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

Directions

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

Supplement facts

Each puff contains
Vitamin B₁₂ (Methylcobalamin, Mecobalactive®) 1000 µg

 **MecobalActive®**
The active form of B₁₂



This product has been developed with
Istanbul University Technology Transfer Office.

Ocean Methyl B₁₂ 500 µg 5 ml Sublingual Spray / 30 Doses

Ocean Methyl B₁₂ is a food supplement containing active vitamin B₁₂ in methylcobalamin form. It provides the advantage of fast and easy use with its spray form.

Benefits

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

Directions

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

Supplement facts

Each puff contains
Vitamin B₁₂ (Methylcobalamin, Mecobalactive®) 500 µg



This product has been developed with Istanbul University Technology Transfer Office.



Ocean B Complex 50 Capsules

Ocean B-Complex formula contains all the members of the Vitamin B group. Your body needs these vitamins to turn carbohydrates, fats and proteins into energy.

Benefits

- Provides support for daily stress.
- Supports daily energy and chronic fatigue.
- Helps maintain nervous system health.
- Helps maintain healthy hair, skin and nails.

Directions

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

Supplement facts

Each capsule contains
Vitamin B₁ 50 mg, Vitamin B₂ 50 mg, Vitamin B₃ 50 mg, Vitamin B₅ 50 mg, Vitamin B₆ 10 mg, Vitamin B₁₂ 50 µg, Folic Acid 400 µg, Biotin 100 µg, Myo-inositol 50 mg, Choline 20 mg



Ocean Chromium Picolinate 90 Vegetable Capsules

Ocean Chromium Picolinate is a food supplement containing 200 mg of chromium in each vegetable capsule.



Benefits

- Helps maintain healthy blood sugar levels already within a normal range along with a nutritious diet.
- Supports sugar, fat and protein metabolism.
- Helps to release energy from cells.

Directions

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

Supplement facts

Each capsule contains
Chromium 200 µg



Ocean P5P 250 ml Syrup, Raspberry Flavored

Ocean P5P is a food supplement in the form of an oral spray containing vitamin B₆ (Pyridoxal 5-phosphate) in active form. The long spray apparatus in the spray head of the product provides ease of use.

Benefits

- Helps maintain a healthy nervous system.
- Supports energy production by helping metabolize carbohydrates, fats and proteins.
- Promotes maintain homocysteine levels already within normal range.

Directions

As a food supplement for adults, take 2,5 ml daily, or as directed by a healthcare practitioner.

Supplement facts

Every 2,5 ml contains
Vitamin B₆ (15 mg Pyridoxal-5'-Phosphate Monohydrate) 10 mg

Ocean Extramag P5P 30 Sachets

Magnesium citrate is the type of magnesium that is the fastest to pass into the muscle within 24 hours. Active form Vitamin B6 (P-5-P) increases the absorption of magnesium from the intestine. It facilitates the uptake into the cell. Magnesium and P-5-P support energy production in the muscle while reducing the body's stress levels. Ocean ExtraMag P-5-P contains 250 mg of Magnesium citrate and 10 mg of Vitamin B6 in active form (P5P) in each sachet that dissolves quickly in water. It does not contain sugar or artificial sweetener.

Benefits

- Accelerates the energy transfer to the body.
- Supports the relief of muscle cramps.
- Supports the prevention of muscle contractions in pregnant women.
- Helps prevent uterine contractions in multiple pregnancies and low-risk individuals.
- Supports the treatment of chronic constipation.
- Helps relieve PMS pain.
- Helps alleviate the effects of dysmenorrhoea.

Directions

As a food supplement for adults, take 1 sachet by adding to 1 glass (200 ml) of water and mixing it.

Supplement facts

Each sachet contains
Magnesium (Magnesium citrate) 250 mg
Vitamin B6 (P5P) 10 mg



 Dr. Paul Lohmann®



 Dr. Paul Lohmann®

 This product has been developed with Istanbul University Technology Transfer Office.

Ocean Extramag 30 and 60 Tablets

Ocean ExtraMag serves 3 magnesium salts, which have several health benefits for adults, in its formulation. Each tablet contains 200 mg "magnesium citrate, magnesium malate and magnesium glycinate combination". Since it is a combination of high bioavailability and intestinal absorption, it is a product that consumers can get maximum benefit from.

Benefits

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

Directions

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

Supplement facts

Each tablet contains
*Magnesium 200 mg
*636,94 mg elemental magnesium from magnesium citrate : 100 mg /
333,4 mg elemental magnesium from magnesium malate : 50 mg /
250 mg elemental magnesium from magnesium bisglycinate : 50 mg



Ocean ExtraMag ThreoG[®] 60 Tablets

Magnesium L-threonate has a unique ability to cross the blood-brain barrier, which can positively impact overall brain health and communication between neurons. Ocean ExtraMag ThreoG[®] contains magnesium l-threonate, a new form of magnesium, and magnesium bis-glycinate combination supplemented with vitamins B₆, D₃, and C. Its molecular structure has been tested and approved by independent laboratories. Ocean ExtraMag ThreoG[®] tablet is in an easy-to-swallow form. It does not contain gluten, sugar and lactose.

Benefits

- Supports increasing sleep quality.
- Supports positive mood.
- Helps to balance response to stress and anxiety response.
- Supports reduction of chronic fatigue, fibromyalgia, restless legs syndrome.
- Helps alleviate the effects of dysmenorrhea and migraine.
- Supports raising vitamin D levels.
- Helps reduce the effects of osteoporosis.

Directions

As a food supplement for adults, take one or two (1-2) tablets daily, or as directed by a healthcare practitioner.

Supplement facts

Each tablet contains
 *Magnesium 100 mg
 Vitamin C 60 mg
 Vitamin B₆ 5 mg
 Vitamin D₃ 10 µg

*50 mg elemental magnesium from magnesium l-threonate : 605.83 mg
 *50 mg elemental magnesium from magnesium bis-glycinate: 354.7 mg

Ocean Microfer 30 Tablets

Ocean Microfer Tablet is a food supplement developed to meet the daily nutritional reference value containing iron source produced with microencapsulation technology.

Benefits

- Promotes energy utilization.
- Improves iron levels.
- Helps the formation of new red blood cells and transport oxygen throughout your body.

Directions

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

Supplement facts

Each tablet contains
 Iron (Lipofer)^{*} 17 mg
 *Lipofer is a patented microencapsulated iron source from Lipofoods.



LIPOFER[®]
 microcapsules

Ocean Microfer 30 ml Oral Drop

Ocean Microfer Drop is a supplement food developed to meet the daily iron need containing iron source produced by microencapsulation technology.

Benefits

- Promotes energy utilization.
- Improves iron levels.
- Helps the formation of new red blood cells and transport oxygen throughout your body.

Directions

As a food supplement for children, take one (1) ml daily, or as directed by a healthcare practitioner.

Supplement facts

Every 1 ml contains
 Iron (Lipofer)* 8,5 mg
 *Lipofer is a patented microencapsulated iron source from Lipofoods.



LIPOFER
 microcapsules

Ocean Microfer 250 ml Syrup

Ocean Microfer Liquid is a supplementary food containing liposomal iron source produced by microencapsulation technology. It has a delicious taste thanks to its molasses content. It does not contain sweeteners.

Benefits

- Promotes energy utilization.
- Improves iron levels.
- Helps the formation of new red blood cells and transport oxygen throughout your body.

Directions

As a food supplement for children, take 2,5 ml daily, or as directed by a healthcare practitioner.

Supplement facts

Every 2,5 ml contains
 Iron (Lipofer)* 10 mg
 *Lipofer is a patented microencapsulated iron source from Lipofoods.



LIPOFER
 microcapsules

Ocean Microfer 30 Sachets

Ocean Microfer Sachet is a supplement food developed to meet the daily iron need containing iron source produced by microencapsulation technology.

Benefits

- Promotes energy utilization.
- Improves iron levels.
- Helps the formation of new red blood cells and transports oxygen throughout your body.

Directions

As a food supplement for children, take one (1) sachet daily, or as directed by a healthcare practitioner. One sachet is consumed by mixing into yogurt, milk or juice.

Supplement facts

Each sachet contains
Iron (Lipofer)* 8,5 mg
*Lipofer is a patented microencapsulated iron source from Lipofoods.



Ocean Picozinc 30 Tablets

Ocean Picozinc tablet contains zinc in the highly absorbable, chelated form of zinc picolinate.

Benefits

- Supports immune system health.
- Supports healthy skin and eyes.
- Supports normal taste and vision.
- Supports normal skeletal, endocrine and reproductive system functions.

Directions

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

Supplement facts

Each tablet contains
Zinc 15 mg

Ocean Zinc Bisglycinate 150 ml

Ocean Bisglycinate syrup contains zinc in the highly absorbable, chelated form of zinc bisglycinate which is easily recognized by the gastrointestinal tract as an organic, pre-digested compound, ensuring gentle stomach comfort and optimal absorption in the gut

Benefits

- Supports immune system health.
- Supports healthy skin and eyes.
- Accelerates weight gain and linear growth
- Increase appetite
- Supports normal taste and vision.
- Supports normal skeletal, endocrine and reproductive system functions.

Directions

The recommended daily intake for children aged 4-10 is 5 ml per day. For adults aged 11 and above, the advised daily dosage is 10 ml.

Supplement facts

Each 5 ml contains 7.5 mg of zinc.



Ocean Iodine 30 ml Oral Drops

Ocean Iodine Drops contain 150 mcg of iodine in the form of potassium iodide in each drop. Iodine is designed to provide natural support for the thyroid gland and helps to maintain healthy cellular metabolism. Iodine is absorbed by the thyroid gland and supports the formation of thyroid hormones.



Benefits

- Supports healthy thyroid function.
- Supports formation of thyroid hormones.

Directions

As a food supplement, drop 0,05 ml into a glass of water (200 ml) or as directed by a healthcare practitioner.

Supplement facts

Each drop (0,05 ml) contains iodine 150 µg

Ocean VM 150 ml Syrup, Orange Flavored

Great tasting Ocean VM is available in orange flavor and free of dairy, soy allergens, fish allergens, high fructose corn syrup, artificial flavors and sweeteners, and aspartame.

Benefits

- Vitamin A promotes normal growth and development in children, supporting tissue and bone repair and good vision.
- Vitamin C aids in the development of healthy muscles, connective tissue, skin and aids in immune function.
- Vitamin D₃ works to help build bones and teeth, assisting the body in mineral absorption, while Vitamin E supports the immune system.
- Zinc supports immune function and metabolism.
- This blend includes vitamins B₂, B₃, B₅, B₆, and B₁₂. Vitamin B promotes nervous system health, brain development and function, and aids in red blood cell development, while also supporting healthy metabolism, immune and digestive function, boosts energy, improves mood.
- Iodine is an essential nutrient for health, modulating thyroid health, metabolism support, stimulating the immune system and moderating the central nervous system.

Directions

As a food supplement 2 full teaspoons daily for 3+ years old kids with food, or as directed by your health care professional or pharmacist. Consult a physician about consumption methods for children 3 years and under. For the picky eaters, Ocean VM can be easily mixed into a juice or shake.

Supplement facts

Every 10 ml contains
 Vitamin C 80 mg, Vitamin B₃ 16 mg NE*, Vitamin E 12 mg, Zinc 7,5 mg,
 Vitamin B₅ 6 mg, Vitamin B₂ 1,4 mg, Vitamin B₆ 1,4 mg, Vitamin B₁ 1,1 mg,
 Manganese 1 mg, Vitamin A 500 µg RE**, Folic Acid 200 µg, Iodine 75 µg,
 Selenium 55 µg, Biotin 50 µg, Molybdenum 50 µg, Vitamin D₃ 10 µg,
 Vitamin B₁₂ 2,5 µg



Efervit Vitamin C 1000 mg 20 Effervescent Tablets

Efervit Vitamin C has the advantage of easy consumption with its delicious taste and fragrance. Its solubility is fast and does not leave residue.

Benefits

- Supports the immune system.
- Has antioxidant properties and helps fight free radicals.
- Helps collagen formation.
- Promotes the absorption of iron.

Directions

As a food supplement for adults, take one (1) effervescent tablet once or twice per day, or as directed by a healthcare practitioner. Drop 1 tablet in 8 oz. of water and allow to dissolve completely.

Supplement facts

Each effervescent tablet contains
 Vitamin C 1000 mg

Efervit Multivitamin Mineral 20 Effervescent Tablets

Efervit Vitamin Mineral provides support throughout the day with 12 vitamins and 8 minerals. It has the advantage of easy consumption with its delicious taste and fragrance. Its solubility is fast and does not leave residue.

Benefits

- Supports overall wellbeing.
- Contains the necessary ingredients to meet your daily nutritional requirements.

Directions

As a food supplement for adults, take one (1) effervescent tablet once or twice a day, or as directed by a healthcare practitioner.

Supplement facts

Each effervescent tablet
Calcium 200 mg, Phosphorus 105 mg, Vitamin C 80 mg, Magnesium 56,3 mg, Vitamin B₁ 6 mg NE*, Iron 14 mg, Vitamin E 12 mg α -TE**, Zinc 10 mg, Vitamin B₆ 6 mg, Manganese 2 mg, Vitamin B₂ 1,4 mg, Vitamin B₁₂ 1,4 mg, Vitamin B₁ 1,1 mg, Copper 1000 μ g, Folic Acid 400 μ g, Vitamin K₁ 75 μ g, Selenium 55 μ g, Biotin 50 μ g, Vitamin D₃ 10 μ g, Vitamin B₁₂ 2,5 μ g
* NE: Niacin Equivalent
** α -TE: α -Tocopherol Equivalent



Efervit Sambucus Nigra 20 Effervescent Tablets

Efervit Sambucus Nigra contains black elderberry, vitamin C and zinc. With vitamin C and zinc in its composition; it contributes to the normal function of the immune system. It has the advantage of easy consumption with its delicious taste and fragrance. Its solubility is fast and does not leave a residue.

Benefits

- Supports the immune system.
- Helps collagen formation.
- Contributes to normal energy formation metabolism.
- Contributes to the reduction of fatigue and exhaustion.

Directions

As a food supplement for adults, take one (1) effervescent tablet once or twice per day or as directed by a healthcare practitioner. Drop 1 tablet in 8 oz. Of water and allow it to dissolve completely.

Supplement facts

Each effervescent tablet contains
Black Elderberry 200 mg, Vitamin C 80 mg, Zinc 10 mg



Efervit Defence 20 Effervescent Tablets

Efervit Defence provides triple protection to your immune system with vitamin C, zinc and vitamin D₃ in its composition. It has the advantage of easy consumption with its delicious taste and fragrance. Its solubility is fast and does not leave a residue.

Benefits

- Supports the immune system.
- Supports skin protection and normal function of the skin.
- Helps protect bones, teeth and muscle functions.



This product has been developed with Istanbul University Technology Transfer Office.

Directions

As a food supplement for adults, take one (1) effervescent tablet once or twice per day, or as directed by a healthcare practitioner. Drop 1 tablet in 8 oz. of water and allow it to dissolve completely.

Supplement facts

Each effervescent tablet contains
Vitamin C 1000 mg, Zinc 10 mg, Vitamin D₃ 400 IU (10 mcg)

Ocean Methyl Folate 30 Tablets

Ocean Methyl Folate contains 400 mcg of active methyl folate in its formulation. Folate is an important nutrient especially for pregnant women. As a preparation for pregnancy, it's necessary to start 3 months before pregnancy. It may help reduce a woman's risk of having a child with a spinal cord birth defect.

Benefits

- Supports prenatal health.
- Supports heart and nervous system health.
- Supports DNA and RNA production for mother and baby.

Directions

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

Supplement facts

Each tablet contains
Folate (Quatrefolic®)* 400 µg
*Quatrefolic® is a patented active folic acid source owned by Gnosis company.



This product has been developed with Istanbul University Technology Transfer Office.

Ocean Biotin 5000 mcg 60 Capsules

Ocean Biotin contains 5000 mcg biotin in vegetable capsules. Biotin is a water-soluble B-vitamin and necessary to be taken by food supplements. It's mostly found in oatmeal, vegetables, and soy.

Benefits

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

Directions

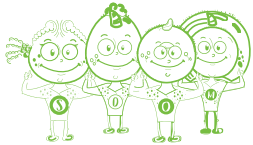
As a food supplement for adults, take one (1) capsule daily, or as directed by a healthcare practitioner.

Supplement facts

Each capsule contains
Biotin 5000 µg



Ocean



CHEWABLE GEL FORM CATEGORY

- Ocean Smart Gummies Defence
- Ocean Smart Gummies Multivitamin
- Ocean Smart Gummies Sambucus

Ocean Smart Gummies Defence 64 Pieces Gel Form



Ocean Smart Gummies Defence serves vitamin C, vitamin D and zinc for your child's immune system support. A great tasting combination that you can be sure is great for your children. Enjoy the taste of lemon and orange juice.

Benefits

- Helps increase children's immune response.
- Supports daily wellness.

Directions

As a food supplement, take 2 gummies for children 5 years to 11 years old, 3 gummies for people 11 years and older.

Supplement facts

Every 2 gel forms contain
 Vitamin C 80 mg, Zinc 7,5 mg, Vitamin D₃ 10 µg
 Every 3 gel forms contain
 Vitamin C 120 mg, Zinc 11,25 mg, Vitamin D₃ 15 µg



Ocean Smart Gummies Multivitamin 64 Pieces Gel Form

Ocean Smart Gummies Multivitamin serves 10 vitamins and 3 minerals for your child's general wellness. It contains all the vitamins and minerals needed for children who have trouble eating and for those who want to support a healthy diet and general health.

Benefits

- Helps children meet the daily vitamin and mineral needs.
- Helps to whet the appetite.
- Helps eats healthy while having a delicious taste.

Directions

As a food supplement, take 2-4 gummies for children 4 years to 10 years old, 4 gummies for people 11 years and older.

Supplement facts

Every 2 gel forms contain
 Vitamin C 40 mg, Vitamin B₃ 8 mg, Vitamin E 6 mg, Zinc 3 mg, Vitamin B₅ 3 mg,
 Vitamin B₆ 0,7 mg, Manganese 0,44 mg, Vitamin A 200 µg, Folic Acid 100 µg,
 Iodine 30 µg, Inositol 10 µg, Vitamin D₃ 5 µg, Vitamin B₁₂ 1,25 µg
 Every 4 gel forms contain
 Vitamin C 80 mg, Vitamin B₃ 16 mg, Vitamin E 12 mg, Zinc 6 mg, Vitamin B₅ 6 mg,
 Vitamin B₆ 1,4 mg, Manganese 0,8 mg, Vitamin A 400 µg, Folic Acid 200 µg,
 Iodine 60 µg, Inositol 20 µg, Vitamin D₃ 10 µg, Vitamin B₁₂ 2,5 µg



Ocean Smart Gummies Sambucus 64 Pieces Gel Form

Ocean Smart Gummies Sambucus includes sambucus nigra extract, vitamin C and zinc to boost your child's immune system. Its delicious taste will support taking easily taking vitamins. Besides, it is made with naturally sourced colors and flavors.

Benefits

- Supports a healthy immune system.
- Helps to avoid the common cough/cold.
- Helps having less seasonal allergies.

Directions

As a food supplement, take 3 gummies for children 4 years to 10 years old, 4 gummies for people 11 years and older.

Supplement facts

Every 3 gel forms contain
Black Elderberry Extract 75 mg, Vitamin C 67.5 mg, Zinc 5,6 mg
Every 4 gel forms contain
Black Elderberry Extract 100 mg, Vitamin C 90 mg, Zinc 7,5 mg





Ocean



MUSCULOSKELETAL CATEGORY

- Ocean Osteofine
- Ocean Nem Complex
- Ocean Glucosamine Complex
- Cosakondrin OP
- Cosakondrin NEM
- Cosakondrin MSM
- Cosakondrin Plus
- Cosakondrin Complex Gel



This product has been developed with Istanbul University Technology Transfer Office.

Ocean Osteofine 60 Tablets

Ocean Osteofine is ideal for supporting your bone health. It's formulated carefully by balancing calcium, magnesium, vitamin D and zinc for your muscle and bone functions.

Benefits

- Helps support bones and teeth.
- Helps support skeletal system health.

Directions

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

Supplement facts

Each tablet contains
 Calcium 400 mg, Magnesium 125 mg, Vitamin C 60 mg,
 Zinc 7,5 mg, Copper 500 µg, Boron 300 µg,
 Selenium 25 µg, Vitamin D₃ 10 µg (400 IU)

Ocean Nem Complex 30 Tablets

Ocean NEM Complex is ideal for pain relief of the cartilage and joints. The eggshell membrane is a natural source of chondroitin sulfate, hyaluronic acid, collagens and glycosaminoglycans. Also the formula contains curcumin extract that ensures the anti-inflammatory effect.

Benefits

- Helps to relieve cartilage pain in a short period of time.
- Helps to increase the amount of fluid in the joints.
- Helps to maintain flexibility, mobility and comfortable movement.

Directions

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

Supplement facts

Each tablet contains
 Eggshell Membrane 300 mg, Turmeric Extract 100 mg,
 Boswellia Serrata Extract 50 mg





Ocean Glucosamine Complex 60 Tablets

Ocean Glucosamine Complex is ideal for anyone seeking extra strong nutritional support for the cartilage and joints. This product contains glucosamine, chondroitin and MSM plus type II collagen. Type II collagen meets the need for cartilage by increasing the effectiveness of the product.

Benefits

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

Directions

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

Supplement facts

Every 2 tablets
Glucosamine Sulfate 1500 mg, Chondroitin Sulfate 400 mg,
MSM (Methylsulfonylmethane) 250 mg, Harpagophytum
Procumbens 100 mg, Magnesium 60 mg,
Unmodified Type II Collagen 30 mg

Cosakondrin OP 30 Tablets

Cosakondrin OP is ideal for bone health. Calcium, magnesium, zinc, vitamin K and vitamin D contained in the product keep bones strong and healthy.

Benefits

- Supports bones and teeth to stay strong.
- Supports skeletal system health.

Directions

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

Supplement facts

Each tablet contains
Calcium (Eggshell) 400 mg, Magnesium 80 mg, Zinc 5 mg,
Vitamin K₂ (Menaquinone-7) 50 µg, Vitamin D₃ 10 µg





Cosakondrin NEM 30 Tablets

Cosakondrin NEM is ideal for anyone seeking pain relief of the cartilage and joints. Eggshell membrane is a natural source of chondroitin sulfate, hyaluronic acid, collagens and glycosaminoglycans. These components in eggshell membrane work synergistically to support your joints' comfort, flexibility and mobility.

Benefits

- Helps to relieve cartilage pain in a short period of time.
- Increase the amount of fluid in the joints.
- Helps to maintain flexibility, mobility and comfortable movement.

Directions

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

Supplement facts

Each tablet contains
Eggshell Membrane 500 mg, Boswellia Extract 100 mg,
Devil's Claw Extract 100 mg, Hyaluronic Acid 25 mg

Cosakondrin MSM 60 Tablets

Cosakondrin MSM is ideal for anyone seeking nutritional support for the cartilage and joints. This product contains glucosamine, chondroitin and MSM that support healthier joints and cartilage.

Benefits

- Helps to bring fluid into the joints.
- Helps to maintain flexibility, mobility and comfortable movement.

Directions

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

Supplement facts

Each 2 tablets contain
Glucosamine Sulfate 1500 mg, Chondroitin Sulfate 1200 mg,
MSM (Methylsulfonylmethane) 250 mg



Cosakondrin Plus 60 Tablets



Cosakondrin PLUS is ideal for anyone seeking extra strong nutritional support for the cartilage and joints. This product contains glucosamine, chondroitin and MSM plus type II collagen. Type II collagen meets the need of cartilage by increasing the effectiveness of the product.

Benefits

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

Directions

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

Supplement facts

Each 2 tablets contain
Glucosamine Sulfate 1500 mg, Chondroitin Sulfate 1200 mg,
MSM (Methylsulfonylmethane) 252 mg, Vitamin C 60 mg,
Type II Collagen 30 mg, Manganese 2 mg, Selenium 55 µg

Cosakondrin Complex Gel 100 ml

Cosakondrin Complex Gel has a rich composition containing hyaluronic acid, glucosamine sulfate, chondroitin sulfate, boswellia serrata extract and several herbal ingredients and is a unique product that combines both cooling and heating effects. It's quickly absorbed and does not leave a greasy feeling.

Benefits

- Helps to relieve muscle pain & stiffness.
- Helps to relieve muscles after an injury, intense workout, or general overexertion.

Directions

A sufficient amount of gel is applied to the desired area by massaging. It is not applied to open wounds and face areas.

Supplement facts

Hyaluronic acid, Glucosamine Sulfate, Chondroitin Sulfate, Boswellia Serrata Extract, Capsicum, Camphor, Menthol, Ginger Oil, Eucalyptus Oil, Lavender Oil, Clove Oil, Arnica Extract.



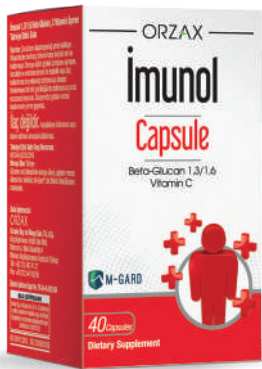
Ocean



IMMUNITY CATEGORY

İmunol Capsule
İmunol Complex
İmunol Defence
İmunol Sambucus
İmunol Pelargonium
İmunol Liquid Form
İmunol Sambucus Liquid Form
İmunol Pastilles

İmunol Capsule 40 Capsules



İmunol Capsule, which contains beta glucan 1,3 / 1,6, contributes to the reduction of tiredness and fatigue and the normal function of the immune system with Vitamin C in its composition. It is offered for sale in herbal capsules.

Benefits

- Supports the immune system.
- Provides antioxidant support.
- Helps combat tiredness and fatigue.

Directions

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

Supplement facts

Each capsule contains
Vitamin C 80 mg, Beta Glucan 1,3/1,6 50 mg



This product has been developed with
Istanbul University Technology Transfer Office.

İmunol Complex 30 Capsules

İmunol Complex is a food supplement containing beta glucan, vitamin C, citrus bioflavonoids, zinc, copper, selenium and vitamin D₃. Vitamin C in its content contributes to the reduction of fatigue and exhaustion, and the normal function of the immune system. Zinc, selenium and vitamin D₃ in its content contribute to the normal function of the immune system. It is offered for sale in herbal capsules. Suitable for vegan and vegetarian use.

Benefits

- Supports the immune system.
- Provides antioxidant support.
- Helps combat tiredness and fatigue.

Directions

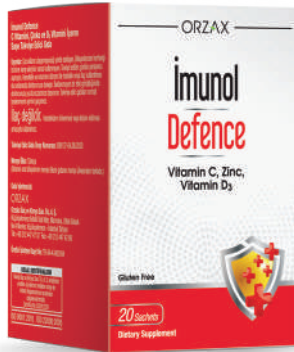
As a food supplement for adults, take one or two (1 or 2) capsules daily, or as directed by a healthcare practitioner.

Supplement facts

Each capsule contains
Beta glucan 1,3/1,6 100 mg, Vitamin C 80 mg, Citrus bioflavonoids 50 mg, Zinc 7.5 mg, Copper 750 mcg, Selenium 55 mcg, Vitamin D₃ 10 mcg



This product has been developed with
Istanbul University Technology Transfer Office.



This product has been developed with Istanbul University Technology Transfer Office.

Imunol Defence 20 Sachets

Imunol Defence Sachet contains vitamin D₃, vitamin C and zinc. It is extremely pleasant to use with its delicious taste and fast dissolving form. Its vitamin C content contributes to the reduction of tiredness and fatigue and the normal function of the immune system. Its zinc and vitamin D₃ content contribute to the normal function of the immune system.

Benefits

- Supports the immune system.
- Provides antioxidant support.
- Helps combat tiredness and fatigue.

Directions

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

Supplement facts

Each sachet contains
Vitamin C 1000 mg, Zinc 15 mg, Vitamin D₃ 25 µg (1000 UI)

Imunol Sambucus 20 Capsules

Imunol Sambucus Capsule contains black elderberry extract, vitamin C, zinc, ginkgo biloba leaf extract and coenzyme Q10. Its vitamin C content contributes to the reduction of tiredness and fatigue and the normal function of the immune system. Its content of zinc contributes to the normal function of the immune system. It is offered for sale in herbal capsules. Suitable for vegan and vegetarian use.

Benefits

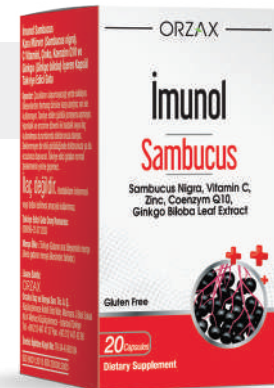
- Supports the immune system.
- Provides antioxidant support.
- Has antiviral and antimicrobial properties.
- Helps combat tiredness and fatigue.

Directions

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

Supplement facts

Each capsule contains
Black Elderberry Extract 200 mg, Vitamin C 200 mg,
Ginkgo Leaf Extract 20 mg, Coenzyme Q10 10 mg, Zinc 7,5 mg



İmunol Pelargonium 15 Capsules



İmunol Pelargonium Capsule contains African geranium root extract, vitamin C and zinc. Its vitamin C content contributes to the reduction of tiredness and fatigue and the normal function of the immune system. Its zinc content contributes to the normal function of the immune system. Suitable for vegan and vegetarian use.

Benefits

- Supports the immune system.
- Provides antioxidant support.
- Helps combat tiredness and fatigue.

Directions

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

Supplement facts

In every capsule
Vitamin C 80 mg, African Geranium Root Extract 30 mg, Zinc 7,5 mg

İmunol Liquid Form 150 ml, Honeyed&Strawberry Flavored

İmunol Liquid Form is a food supplement developed for children. İmunol Liquid Form contains beta glucan 1,3/1,6, echinacea, propolis, vitamin C and zinc. With vitamin C and zinc in its content, it contributes to the normal function of the immune system. Does not contain coloring, sweetening, artificial flavoring. İmunol Liquid Form, which is deemed worthy of the America Food Awards with its honey and strawberry flavor, is produced in a taste children would love to consume.

Benefits

- Supports the immune system.
- Provides antioxidant support.
- Helps combat tiredness and fatigue.

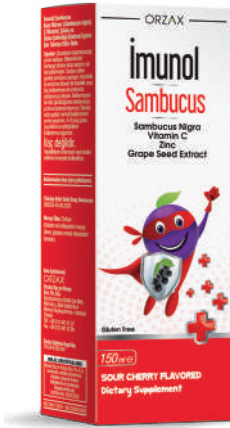
Directions

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

Supplement facts

Every 5 ml contains
Echinacea Extract 300 mg, Beta Glucan 1,3/1,6 50 mg,
Vitamin C 40 mg, Zinc 5 mg, Propolis 3,5 mg





Imunol Sambucus Liquid Form 150 ml, Sour Cherry Flavored

Imunol Sambucus Liquid Form contains sambucus nigra (black elderberry), vitamin C, grape seed extract and zinc. It is suitable for children with its delicious taste. Its vitamin C content contributes to the reduction of tiredness and fatigue and the normal function of the immune system. Its zinc content contributes to the normal function of the immune system.

Benefits

- Supports the immune system.
- Provides antioxidant support.
- Helps combat tiredness and fatigue.



This product has been developed with Istanbul University Technology Transfer Office.

Directions

As a food supplement, take 5 ml for 4-10 years old children, 10 ml for individuals over 11 years old and adults.

Supplement facts

In every 5 ml
Black Elderberry Extract 100 mg, Vitamin C 60 mg,
Grape Seed Extract 50 mg, Zinc 5 mg

Imunol Pastilles 12 lozenges

Imunol Lozenges establish a protective barrier in the mouth and throat, defending against viruses and bacteria, and simultaneously providing relief from cough symptoms through unique ingredients. This formulation is free from lactose, gluten, preservatives, and sugar, offering a balanced taste sweetened with stevia. By harmoniously uniting immune protection and cough relief, Imunol Pastilles offer holistic support for respiratory well-being.

Benefits

- Supports Immune Defense
- Supports Respiratory Comfort
- Supports Throat Health
- Supports Targeted Cough Relief
- Supports Defense Against Cold-Related Discomfort
- Supports Holistic Wellness

Directions

For adults aged 11 and above, the advised daily intake is 3 soft lozenges.

Supplement facts

IMUNOL PASTILLES

In each lozenge:
Ginger 9 mg, turmeric 36 mg,
licorice root 18 mg, blackcurrant
32 mg, Vitamin C 50 mg, and
zinc 5 mg.

BLACK ELDERBERRY & STRAWBERRY FLAVORED

In each lozenge:
Ginger 7 mg, turmeric 12 mg,
licorice root 18 mg, blackcurrant 32 mg, Vitamin C 50 mg, zinc 4,5 mg,
black elderberry extracte 20 mg

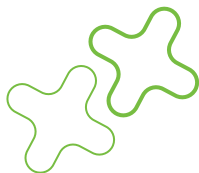
ORANGE FLAVORED

In each lozenge:
Ginger 7 mg, turmeric 12 mg,
licorice root 18 mg, blackcurrant
32 mg, Vitamin C 60 mg, and zinc
4,5 mg.





Ocean



SPECIAL SUPPLEMENTS

Ocean Methyl Balance

Ocean D-Ribose

Ocean Alpha Lipoic Acid 200 mg

Ocean Alpha Lipoic Acid 600 mg

Ocean Coenzyme Q10

Ocean Coenzyme QH

Ocean L-Glutathione

Ocean Betaine HCl + Pepsin

Ocean Astaxanthin

Ocean 5-HTP

Ocean L-Theanine

Ocean Rhodiola

Ocean Selenium 100 µg

Ocean Selenium 200 µg

Ocean Liposomal Quercetin

Ocean Hyaluronic Acid

Ocean L-Arginine

Ocean L-Glutamine

Proceive F

Proceive M

Feminex

Minomin

Ocean Polysitol

Ocean Bromelain

Ocean Melatonin



Ocean Methyl Balance 30 and 60 Capsules

Ocean Methyl Balance addresses all cycles in methylation steps with 7 active ingredients in its content. It contains betaine, L-serine, B₂, B₆, B₁₂ vitamins, methyl folate and zinc. While supporting optimal methylation, it is exceptional for those with defective MTHFR genes.

Benefits

- Supports healthy methylation.
- Supports heart, blood vessels, brain, and nerve health.
- Promotes homocysteine metabolism.
- Supports glutathione synthesis.

Directions

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

Supplement facts

Every capsule contains
Betaine (Trimethylglycine) 500 mg, L-Serine 50 mg, Vitamin B₂ 25 mg, Vitamin B₆ 10 mg, Zinc 10 mg, Vitamin B₁₂ (Methylcobalamin, Mecobalactive®)+ 1000 µg, Folate (Methylfolate, Quatrefolic®)+ 400 µg

+Mecobalactive®: It is a patented source of active vitamin B₁₂ from Ferrer company.

++Quatrefolic®: It is a patented source of active folic acid from Gnosis company.



This product has been developed with Istanbul University Technology Transfer Office.

Ocean D-Ribose 30 Sachets

D-Ribose is a five-carbon sugar found in the structure of ATP, also known as cellular energy packets. Ribose is an important component of cells, including muscle cells, and is traditionally used during and post-exercise. Ocean D-Ribose Sachet is a food supplement containing 5000 mg of D-Ribose in each sachet.

Benefits

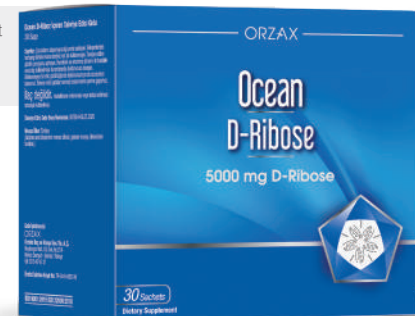
- Supports rapid energy repletion for intense physical activity.
- Promotes muscle energy metabolism.

Directions

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

Supplement facts

Every sachet contains
D-ribose 5000 mg





Ocean Alpha Lipoic Acid 200 mg 30 Vegetable Capsules

Ocean Alpha Lipoic Acid 200 mg is a food supplement containing R-Alpha Lipoic Acid. V-Caps capsules are completely herbal.

Benefits

- Can function as an antioxidant in almost any part of the body and can work in water- and fat-soluble compartments in the cell.
- Helps to fight free radicals.

Directions

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

Supplement facts

Each capsule contains
Alpha Lipoic Acid 200 mg



This product has been developed with
Istanbul University Technology Transfer Office.

Ocean Alpha Lipoic Acid 600 mg 30 Vegetable Capsules

Ocean Alpha Lipoic Acid 200 mg is a food supplement containing R-Alpha Lipoic Acid. V-Caps capsules are completely herbal.

Benefits

- Can function as an antioxidant in almost any part of the body and can work in water- and fat-soluble compartments in the cell.
- Helps to fight free radicals.

Directions

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

Supplement facts

Each capsule contains
Alpha Lipoic Acid 600 mg



This product has been developed with
Istanbul University Technology Transfer Office.

Ocean Coenzyme Q10 30 Capsules



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

Benefits

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

Directions

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

Supplement facts

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

Ocean Coenzyme QH 30 Softgel Capsules

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

Benefits

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

Directions

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

Supplement facts

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





Ocean L-Glutathione 30 Tablets

Ocean L-Glutathione is a biologically reduced food supplement. Glutathione is a low molecular weight but functional tripeptide composed of glutamic acid, cysteine and glycine.

Benefits

- Provides antioxidant support.
- Acts in amino acid transport pathways.

Directions

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

Supplement facts

Each tablet contains
L-Glutathione 250 mg

Ocean Betain HCl + Pepsin 120 Tablets

Ocean Betain HCl + Pepsin Tablets contain 654 mg Betaine HCl and 50 mg Pepsin in each tablet. Betain HCl and pepsin are naturally occurring gastric-juice components that render nutrients available for absorption and biological activity. Specifically, Betain HCl is an acidic form of betaine, which promotes optimal gastric lumen acidity and pepsin is a protein-digesting enzyme that catalyzes the splitting of peptide bonds.

Benefits

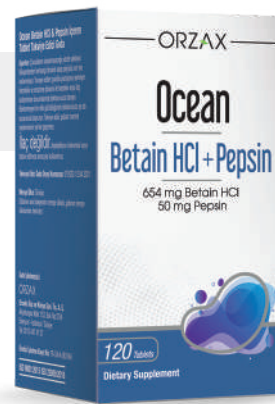
- Supports a healthy digestive tract.
- Promotes absorption of protein, calcium, vitamin B₁₂ and iron.

Directions

As a food supplement for adults, take one or two (1 or 2) capsules three times a day at the start of a meal, or as directed by a healthcare practitioner.

Supplement facts

Each tablet contains
Betain HCl 654 mg, Pepsin 50 mg





Ocean Astaxanthin 30 Softgel Capsules

Ocean Astaxanthin is a food supplement produced from *Haematococcus pluvialis*, containing 4 mg of astaxanthin in each capsule. Astaxanthin is an important pigment that naturally gives colors to animals such as krill, flamingo and salmon.

Benefits

- Helps to fight free radicals.
- Helps to maintain a natural, healthy skin glow.
- Supports healthy vision.

Directions

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

Supplement facts

Each capsule contains
Astaxanthin 4 mg

Ocean 5-HTP 30 Capsules

5-HTP is a compound produced by extraction from seeds of *Griffonia simplicifolia* and has been used clinically safely for over 30 years. Suitable for vegan and vegetarian use thanks to its patented Vcaps capsules.

Benefits

- Supports your brain's production of serotonin.
- Helps to promote both a positive mood and a state of relaxation.

Directions

As a food supplement for adults, take one (1) vegetable capsule twice daily as needed or at bedtime as 5-HTP may produce drowsiness or as directed by a healthcare practitioner. If you experience stomach sensitivity, take with food.

Supplement facts

Each capsule contains
5-HTP 100 mg





Ocean L-Theanine 30 Capsules

L-theanine is an amino acid found in green tea leaves. Suitable for vegan and vegetarian use thanks to its patented Vcaps capsules.

Benefits

- Assists in relaxation and helps to moderate occasional stress.

Directions

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

Supplement facts

Each capsule contains L-theanine 200 mg



Ocean Rhodiola 30 Capsules

Ocean Rhodiola is suitable for vegan and vegetarian use with its patented Vcaps capsules.

Benefits

- Adaptogen support for stress and cardiovascular function.
- Supports cardiovascular health.
- Promotes energy metabolism, endurance and coordination in athletes.

Directions

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

Supplement facts

Each capsule contains Rhodiola Extract 250 mg





Ocean Selenyum 100 µg 30 Tablets

Ocean Selenyum 100 mcg is an essential trace mineral that is a component of the antioxidant enzyme glutathione peroxidase, which helps to fight free-radicals. It's also known as thyroid function support and immune system support.

Benefits

- Supports the antioxidant activity of the cells.
- Supports immune system health.
- Supports thyroid functions.

Directions

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

Supplement facts

Each tablet contains
Selenium* 100 µg
*Selenium (L-Selenomethionin) is a product of Sabinsa® company as Selenium SeLECT®.

Selenium SeLECT 5000  This product has been developed with Istanbul University Technology Transfer Office.

Ocean Selenyum 200 µg 60 Tablets

Ocean Selenyum 200 mcg is an essential trace mineral that is a component of the antioxidant enzyme glutathione peroxidase, which helps to fight free-radicals. It's also known as thyroid function support and immune system support.

Benefits

- Supports the antioxidant activity of the cells.
- Supports immune system health.
- Supports thyroid functions.

Directions

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

Supplement facts

Each tablet contains
Selenium* 200 µg
*Selenium (L-Selenomethionin) is a product of Sabinsa® company as Selenium SeLECT®.



Selenium SeLECT 5000  This product has been developed with Istanbul University Technology Transfer Office.



Ocean Liposomal Quercetin 60 Capsules

Quercetin is a natural flavonoid compound. Ocean Quercetin is a food supplement containing 100 mg of Phytosome® quercetin from "250 mg Quercetin®", a patented compound in each capsule. Phytosome® technology, which is owned by Quercetin® quercetin in Ocean Quercetin, is a liposomal technology called phytosomal. Almost all of the products produced with liposomal technology are absorbed by the body. Ocean Quercetin is produced with Vcaps® brand herbal cellulosic capsules. Suitable for vegan and vegetarian use.

Benefits

- Supports the immune system.
- Supports cardiometabolic health.

Directions

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

Supplement facts

Each capsule contains Quercetin 100 mg (Quercetin from 250 mg Quercetin®. Quercetin® is a commercial brand of Indena S.p.A)



Ocean Hyaluronic Acid 30 Capsules

Hyaluronic acid is a glycosaminoglycan that occurs naturally in the body's connective tissue. Hyaluronic acid is the key component of your skin's structure, and it's what gives it that plump, moisturized appearance. It is a vegan alternative produced by fermentation of high purity sodium hyaluronate. Thanks to its combination with vitamin C, it increases the collagen production and antioxidant capacity of the skin. Does not contain GMOs. Kosher and Halal certified.

Benefits

- Supports the appearance of youthful skin through hydration.
- Provides joint lubrication and comfort.
- May reduce the appearance of fine lines.

Directions

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

Supplement facts

Each capsule contains Hyaluronic acid 150 mg, Vitamin C 60 mg



Ocean L-Arginine 60 Sachets



L-arginine is an amino acid that helps the body to build proteins and it's necessary for the production of nitric oxide, a signaling molecule that's needed for a variety of processes in the body including blood flow regulation. Ocean L-Arginine contains 1000 mg L-arginine in 1 sachet.

Benefits

- Promotes cardiovascular health via the healthy dilation of blood vessels and blood flow.
- May support healthy sexual function.
- Promotes healthy circulation.
- Supports nitric oxide synthesis (NOS) and circulation to contribute to healthy blood flow and heart function.
- Supports the manufacturing of creatine, to support energy production and to help the body produce nitric oxide to increase circulation, all of which can benefit bodybuilders, powerlifters, weightlifters, exercise enthusiasts and athletes.

Directions

As a food supplement, take one, two or three (1, 2 or 3) sachets daily, or as directed by a healthcare practitioner. One sachet is consumed by mixing it into a glass of water (200 ml).

Supplement facts

Each sachet contains
L-Arginine 1000 mg

Ocean L-Glutamine 60 Sachets

Glutamine is an amino acid with many roles in the body and its main purpose is to help body build proteins and supports gastrointestinal tract health and functions. L-glutamine is the form of glutamine found in supplements. Ocean L-glutamine contains 1000 mg glutamine in 1 sachet.

Benefits

- Supports gastrointestinal tract health and function.
- Helps to promote and preserve lean muscle mass.
- Helps to repair intestinal permeability.
- Protects and improves intestinal functions.

Directions

As a food supplement, take one or two (1 or 2) sachets daily, or as directed by a healthcare practitioner. One sachet is consumed by mixing into a glass of water (200 ml).

Supplement facts

Each sachet contains
L-glutamine 1000 mg



Proceive F 30 Sachets

Proceive F is a food supplement specially developed for women with 15 different ingredients. It contains inositol in the optimal physiological ratio (40:1).



Benefits

- Overall fertility support.
- Supports egg health.

Directions

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

Supplement facts

Each sachet contains Inositol (Myo-inositol) 2000 mg, Vitamin C 180 mg, Grape Seed Extract 100 mg, Magnesium 100 mg, Coenzyme Q10 100 mg, Glutathione 50 mg, Iron 17 mg, Zinc 15 mg, Vitamin E 12 mg, Vitamin B6 5 mg, Astaxanthin 1 mg, Folic Acid 400 µg, Selenium 50 µg, Vitamin B12 50 µg, Vitamin D3 15 µg



Proceive M 30 Sachets

Proceive M is a food supplement specially developed for men with 20 different ingredients.

Benefits

- Supports men's sperm production, and reproductive health.

Directions

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

Supplement facts

Each sachet contains L-Carnitine 1269 mg, L-Arginine 500 mg, Vitamin C 180 mg, Vitamin E 150 mg, Coenzyme Q10 100 mg, Panax Ginseng Extract 100 mg, Furostanol saponins 80 mg, Magnesium 60 mg, Grape Seed Extract 50 mg, Glutathione 50 mg, Zinc 15 mg, Vitamin B6 5 mg, Pycnogenol 1,5 mg, Beta Carotene 1,5 mg, Astaxanthin 1 mg, Folic Acid 600 µg, Selenium 50 µg, Vitamin D3 10 µg, Vitamin B12 3 µg



Feminex 30 Tablets

Feminex is a food supplement developed for the use of women with herbal extracts, vitamins and minerals.



Benefits

- Provides relief from PMS-related symptoms.

Directions

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

Supplement facts

Each tablet contains
 Calcium 200 mg, Magnesium 75 mg, Ginseng Extract 50 mg,
 Vitex Agnus Castus Extract 40 mg, Vitis Vinifera Extract 25 mg,
 Vitamin B₆ 10 mg

Minomin 60 Tablets

Minomin is a food supplement developed for women with its formula containing herbal extracts, vitamins and minerals.

Benefits

- Provides relief for menopause discomforts, such as hot flashes, night sweats, irritability, and mood swings.

Directions

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

Supplement facts

Each tablet contains
 Calcium 400 mg, Panax Ginseng Extract 100 mg, Soy Isoflavones
 50 mg, Black Cohosh Root Extract 40 mg, Folic Acid 400 µg,
 Vitamin B₁₂ 12 µg, Vitamin D₃ 10 µg



Ocean Polysitol 30 Sachets



Ocean Polysitol is a food supplement containing inositol along with L-arginine, L-carnitine, vitamin E, and folic acid in active form.

Benefits

- Promotes menstrual regularity and supports ovarian health.
- Helps to maintain already-healthy hormone levels.
- Helps to support insulin responsiveness.

Directions

As a food supplement for adults, take one (1) sachet daily on a full stomach, or as directed by a healthcare practitioner. 1 sachet is consumed by dissolving in 1 glass of water (200 ml).

Supplement facts

Each sachet contains Myo-Inositol 2000 mg, L-Arginine 500 mg, L-Carnitine 500 mg, Vitamin E 66.6 mg, Folic Acid (Quatrefolic®) 400 µg



Ocean Bromelain 30 Capsules

Bromelain is a mixture of proteolytic (playing a role in protein digestion) enzymes found in all parts of pineapple, containing a sulfhydryl group. It is a proteolytic, protease enzyme that breaks down structures containing amino acids, especially cysteine. It ensures the correct functioning of the metabolism by breaking down the foods sufficiently and turning them into energy. It supports the elimination of edema by supporting the breakdown of proteins involved in the inflammation process. Ocean Bromelain 500 mg contains Bromelain with an activity of 2400 GDU/g (Gelatin Digestion Unit per gram). GDU/g is a method that shows how much protein an enzyme can break down under a specific time and condition. V-Caps capsules are completely herbal. Ocean Bromelain is 100% natural and does not contain additives, gluten, coloring, and preservatives.

Benefits

- Provides proteolytic effect for degradation of proteins.
- Supports the acceleration of metabolism and weight control.
- Provides antioxidant and anti-inflammatory support.
- Helps to relieve edema and swelling.
- Supports the production of hormones and muscles.
- Supports the post-operative healing process and protects the skin.

Directions

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

Supplement facts

Each capsule contains Bromelain 500 mg





Melatonin 60 Tablets

Melatonin is a well-known neurotransmitter hormone that regulates circadian rhythm. Melatonin helps coordinate our sleep-wake cycle and control the circadian rhythm. As a result, it makes it easier to fall asleep and supports consistent and restful sleep. Melatonin also contributes to cell regeneration and the immune system. Our bodies naturally produce melatonin, but its balance can be easily disturbed. Ocean Melatonin contains 3 mg of pharma-grade Melatonin.

Benefits

- Helps improve the sleep-wake cycle.
- Provides antioxidant support.
- Supports immune system health.
- Supports gastrointestinal function.

Directions

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

Supplement facts

Each tablet contains
Melatonin 3 mg



Ocean



HERBAL SUPPLEMENTS

- Ocean Propolis
- Ocean Pelumcka
- Ocean Oregano Oil Drops
- Ocean Oregano Oil Capsules
- Ocean Cranberry
- Ocean Milk Thistle
- Ocean Curcumin
- Ocean Black Cumin Seed Oil
- Ocean Ginkgo Biloba
- Ocean Panax Ginseng
- Ocean Tribulus Terrestris
- Ocean Saw Palmetto
- Ocean Passiflora Liquid Form
- Ocean Passiflora Capsule
- Ocean Green Tea
- Ocean Resveratrol



Ocean Propolis 20 ml Spray

Ocean Propolis Spray contains 35 mg of Green Brazilian Propolis which is obtained by the exclusive patented M.E.D.** extraction method in each puff. Propolis is a substance that has been valued for a long time. Also known as "bee glue", it helps strengthen the immune system. Green Brazilian Propolis, which is included in the composition of Ocean Propolis, is the only type of propolis that contains a component called Artepillin-C, which is thought to be responsible for the effects of propolis on the immune system.

Benefits

- Supports immune health.
- Effective natural support for the defenses of your organism.
- Supports respiratory health in a natural way.

Directions

For adults, spray 2 times a day and for children 4-10 years old spray 3 times a day.

Supplement facts

Each puff contains
Propolis (Green Brazilian Propolis) 35 mg



This product has been developed with
Istanbul University Technology Transfer Office.

Ocean Pelumcka 20 ml Drops

Ocean Pelumcka contains 30 mg Pelargonium sidoides root extract in each drop. The active ingredient of Ocean Pelumcka, African Geranium is obtained from the root of the Pelargonium sidoides plant. Pelargonium sidoides roots have long been used to help relieve respiratory and digestive systems. Ocean Pelumcka provides ease of use with its alcohol-free formula and calibrated dropper.

Benefits

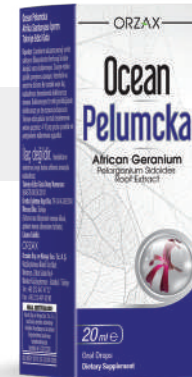
- Helps reduce the severity of nasal and bronchial irritations, congestion, sore throat, and cough.
- Shortens duration and reduces severity.

Directions

As a food supplement, take 1 ml (20 drops) three times a day for children 4 years to 10 years old and 1,5 ml (30 drops) three times for adults, or as directed by a healthcare practitioner.

Supplement facts

In every 1,5 ml
African Geranium (Pelargonium Sidoides Root Extract) 30 mg



This product has been developed with
Istanbul University Technology Transfer Office.



Ocean Oregano Oil Drops 20 ml Oral Drops

Ocean Oregano Oil Drop contains seven different herbal essential oils, mainly Oregano (Origanum onites L.) oil, eucalyptus oil, rosemary oil, lavender oil, peppermint oil, myrtle oil. Ocean Oregano Oil Drop's content of Origanum onites L. Oil has 88.6% Carvacrol was documented by the GC-MS analysis report.

Benefits

- Supports the immune system.

Directions

As a food supplement for adults, take 2 ml daily, or as directed by a healthcare practitioner. It is recommended to drip 8 drops into boiling water 5 times a day and inhale the steam.

Supplement facts

Every 2 ml contains Oregano Oil 800 mg, Eucalyptus Oil 269 mg, Rosemary Oil 134 mg, Lavender Oil 133 mg, Peppermint Oil 72 mg, Laurel Oil 46 mg, Myrtle Oil 45 mg

Ocean Oregano Oil Capsules 30 Softgel Capsules

Ocean Oregano Oil Softgel Capsules contains 430 mg Oregano Oil (Origanum onites L.) and 7.5 mg Zinc. Ocean Oregano Oil Softgel Capsules content of Origanum onites L. Oil has 88.6% Carvacrol was documented by the GC-MS analysis report.

Benefits

- Supports the immune system.

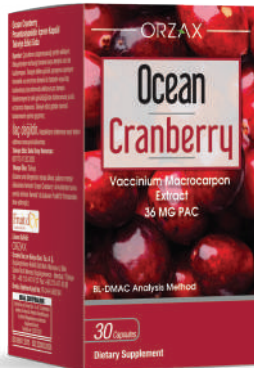
Directions

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

Supplement facts

Each capsule contains Oregano Oil 430 mg, Zinc 7.5 mg
Each 2 capsules contain Oregano Oil 860 mg, Zinc 15 mg





Fruit d'Or
Nutraceuticals

Ocean Cranberry 30 Capsules

Ocean Cranberry contain the patented standardized plant extract (*Vaccinium macrocarpon* Aiton) grown in Canada, the homeland of the cranberry plant. Each two capsules contains 36 mg of PAC (proanthocyanidine), which is the main active ingredient of the fruits of a cranberry plant, in the amount recommended by international health authorities *. Thanks to the special patented analysis method (BL-DMAC) used in Ocean Cranberry, the pike plant offers standardized plant extract and content guarantee in every tablet. * French Health Products Safety Agency (AFSSAPS)

Benefits

- Promotes urinary tract health.
- Helps to maintain a healthy bladder wall.

Directions

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

Supplement facts

Each 2 capsules contain
 **Proantosyanidin (PAC) 36 mg
 **PAC from 514 mg Cranberry Extract (from two capsules)

Ocean Milk Thistle 30 Capsules

Ocean Milk Thistle contains standardized milk thistle extract in each tablet. Each tablet contains 300 mg of silybin, the active ingredient of the milk thistle plant. Milk thistle extract used in Ocean Milk Thistle is a standardized plant extract that contains the same proportion of silybin, produced in line with GACP (Good Agricultural and Collection Practices).

Benefits

- Supports detoxification processes.
- Provides antioxidant activity that may help fight free radicals in the body for skin, joints, the immune system and the cardiovascular system.

Directions

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

Supplement facts

Each capsule contains
 *Silybin 300 mg
 *From 545 mg Milk Thistle Extract



euROMED



Ocean Curcumin 30 Capsules

Ocean Curcumin contains 185x more absorbable Novaso[®] branded curcumin. Each liquid capsule (Licaps[®]) contains 35 mg curcumin and 5 mg piperine. Curcumin has been proven to be effective in various diseases in numerous studies. Since its absorption from the intestine is limited, piperine is used in the formula to increase it.

Benefits

- Supports brain, joint and immune system health.
- Supports antioxidant activity and helps to fight free radicals caused by environmental toxins.
- Thanks to Licaps, it's easy to swallow and digest.



This product has been developed with Istanbul University Technology Transfer Office.

Directions

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

Supplement facts

Each capsule contains
Curcuminoid (Curcumin) 42,038 mg (35,03 mg),
Black pepper extract (Piperin) 5,380 mg (5,11 mg)

Ocean Black Cumin Seed Oil 60 Softgel Capsules

Ocean Black Cumin Seed Oil is a food supplement that maintains its natural structure thanks to the black seed oil obtained by cold pressing.

Benefits

- Supports the immune system.

Directions

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

Supplement facts

Each 2 capsules contain
Black Cumin Seed Oil 1000 mg





Ocean Ginkgo Biloba 30 Vegetable Capsules

Ocean Ginkgo Biloba is a food supplement containing 120 mg of ginkgo leaf extract in each capsule. Ocean Ginkgo Biloba is produced with Vcaps brand herbal cellulose capsules. Suitable for vegan and vegetarian use.

Benefits

- Supports healthy brain function.
- Helps to support memory.

Directions

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

Supplement facts

Each capsule contains
Ginkgo (Ginkgo Biloba) Extract 120 mg

Ocean Panax Ginseng 60 Capsules

Ginseng is the name given to the roots of plants of the genus Panax. It is derived from the Greek word "panacea" meaning "complete recovery". Ocean Panax Ginseng contains 500 mg of Panax Ginseng root in 1 capsule. Each capsule contains 25 mg of ginsenoside. Suitable for vegan and vegetarian uses.

Benefits

- Supports energy, performance, and focus.

Directions

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

Supplement facts

Each capsule contains
Korean ginseng (Ginsenosides) 500 mg (25 mg)





Ocean Tribulus Terrestris 60 Capsules

Tribulus terrestris herbs constitute the main active ingredients called saponins used in traditional Unani medicine for the treatment of impotence. Ocean Tribulus Terrestris contains standardized 90 percent saponins extract in each capsule. Each capsule of Ocean Tribulus Terrestris provides 400 mg of saponin.

Benefits

- Helps to maintain healthy testosterone levels in men.
- Helps enhance erectile function in men.
- Promotes healthy aromatase enzyme activity in the body.
- Supports the immune system.

Consuming too much T. terrestris as a supplement may cause some side effects; headache, nausea, insomnia, diarrhea, constipation etc.

Directions

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

Supplement facts

In every 2 capsules
Tribulus Terrestris Extract 1000 mg

Ocean Saw Palmetto 60 Capsules

Saw Palmetto is also known as Serenoa repens or Dwarf Palm Tree. It is an extremely slow-growing, long-lived and hardy plant. Ocean Saw Palmetto is a food supplement containing 350 mg of Saw palmetto extract in each capsule. Suitable for vegan and vegetarian use.

Benefits

- Supports normal levels of testosterone.
- Helps ease the symptoms of enlarged prostate gland (also called benign prostatic hyperplasia or BPH).
- Helps maintain a healthy urinary system.

Consuming too much saw palmetto extract as a supplement may cause some side effects; diarrhea, headache, nausea, insomnia.

Directions

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

Supplement facts

In every capsule
Saw Palmetto Extract 350 mg





Ocean Passiflora Liquid Form 150 ml Vanilla Flavored

Passiflora is a plant family also known as passionflower. Orzax Passiflora Liquid Form is vanilla flavored and contains 600 mg passiflora extract in every 5 ml.

Benefits

- Supports positive mood.
- Supports nervous system.

Directions

As a food supplement, take 5 ml or 10 ml for adults daily, or as directed by a healthcare practitioner.

Supplement facts

Each 5 ml contains
Passiflora Extract 600 mg

Ocean Passiflora Capsule 30 Capsules

Passiflora is a plant family also known as a passionflower. Orzax Passiflora Liquid Form is vanilla flavored and contains 300 mg passiflora extract in every capsule.

Benefits

- Supports positive mood.
- Supports nervous system.

Directions

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

Supplement facts

Each capsule contains
Passiflora Extract 300 mg



Ocean Green Tea 60 Capsules



Ocean Green Tea contains standardized Green tea leaf extract in each capsule. Each capsule contains 500 mg of green tea extract, standardized to 98 percent polyphenols. Epigallocatechin gallate (EGCG) is the most powerful catechin in green tea extract. Green tea extract used in Ocean Green Tea is a standardized plant extract that contains the same proportion of EGCG, each capsule contains minimum 225 mg of EGCG.

Benefits

- Delivers standardized nutrients to boost metabolic functions.
- Modulates the cholesterol levels to support healthy cardiovascular system.
- Possesses antioxidant activity that may help sweep free radicals for all cells.

Directions

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

Supplement facts

Each 2 capsules contain Green Tea Extract (45% Epigallocatechin gallate (EGCG)) 600 mg

An average cup of green tea contains about from 50 to 150 mg of polyphenols. Each capsule of Ocean Green Tea provides 475 mg of polyphenol standardized to 95 percent polyphenols. That means you'd have to drink at least 4 cups of green tea to get the same amount of EGCG as a single capsule. Consuming too much green tea as a beverage may cause some side effects due to the caffeine it contains; headache, nausea, insomnia. Ocean Green Tea contains a %3 maximum caffeine, so no side effects occur.

Ocean Resveratrol 30 Capsules

Resveratrol is produced to create a resistance mechanism against environmental stress and diseases at any stage of the growth and development of plants. Resveratrol is mostly found in the skin of black grapes. Trans-resveratrol is the active ingredient found in resveratrol supplements. Ocean Resveratrol contains 200 mg of Resveratrol in each capsule. It does not contain gluten, glucose, and preservatives.

Benefits

- Provides antioxidant support.
- Supports cardiovascular function.

Directions

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

Supplement facts

Each capsule contains Trans Resveratrol 200 mg



Ocean



PROBIOTIC & PREBIOTIC CATEGORY

Bigflor Probiotic Capsule
Bigflor Probiotic Sachet

Bigflor Probiotic Capsule 10 and 30 Capsules



Bigflor is a probiotic food supplement containing a total of 8.5 billion CFU *Saccharomyces boulardi*, *Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Bifidobacterium longum*, *Streptococcus thermophilus* strains in Bigflor capsule content.

Benefits

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

Directions

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

Supplement facts

Each capsule contains *Saccharomyces boulardii* (5x10⁹ cfu/day) 250 mg, Probiotic mix (3,5x10⁹ cfu/day) (*Lactobacillus acidophilus*, *Lactobacillus rhamnosus*, *Bifidobacterium longum*, *Streptococcus thermophilus*) 22,5 mg, Prebiotic (Inulin) 25 mg

Bigflor Probiotic Sachet 10 and 30 Sachets

Bigflor is a probiotic food supplement containing 3 billion CFU *Bifidobacterium bifidum*, *Bifidobacterium longum*, *Bifidobacterium animalis* subsp. *lactis*, *Lactobacillus acidophilus*, *Lactobacillus paracasei*, *Streptococcus thermophilus* strains in Bigflor sachet content.

Benefits

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

Directions

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

Supplement facts

Each sachet contains Probiotic mix (3x10⁹ cfu/day) (*Bifidobacterium bifidum*, *Bifidobacterium longum*, *Bifidobacterium animalis* subsp. *lactis*, *Lactobacillus acidophilus*, *Lactobacillus paracasei*, *Streptococcus thermophilus*) 22,5 mg, Prebiotic (inulin) 140 mg





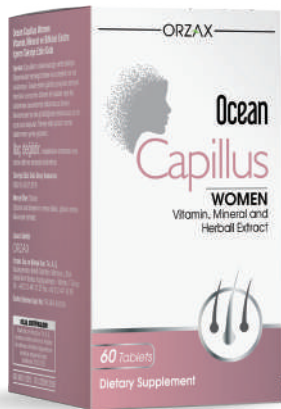
Ocean



HAIR CATEGORY

Ocean Capillus Women
Ocean Capillus Men

Ocean Capillus Women 60 Tablets



A reliable and effective food supplement in the prevention of hair loss and making damaged and unhealthy hair look lively and shiny. This complex product is designed specifically for women.

Benefits

- Supports hair growth.

Directions

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

Supplement facts

Each 2 tablets contain
Wheat Extract 240 mg, Nettle Extract 200 mg, Vitamin B₅ 200 mg, Oat Extract 100 mg, Green Tea Extract 100 mg, Ponytail Extract 80 mg, Ginkgo Extract 50 mg, Grape Extract 50 mg, L-Sistein 40 mg, Zinc 10 mg, Vitamin B₆ 10 mg, L-Lysine 10 mg, Biotin 2500 µg, Folic Acid 600 µg.

Ocean Capillus Men 60 Tablets

A reliable and effective food supplement in the prevention of hair loss and making damaged and unhealthy hair look lively and shiny. This complex product is designed specifically for men.

Benefits

- Supports hair growth.

Directions

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

Supplement facts

Each 2 tablets contain
Dwarf Palm Extract 320 mg, Wheat Extract 240 mg, Nettle Extract 200 mg, Vitamin B₅ 200 mg, Oat Extract 100 mg, Green Tea Extract 100 mg, Ponytail Extract 80 mg, Ginkgo Extract 50 mg, Grape Extract 50 mg, Red Pepper Fruit 50 mg, L-Cysteine 40 mg, Zinc 10 mg, Vitamin B₆ 10 mg, L-Lysine 10 mg, Black Pepper Extract 5 mg, Biotin 2500 µg, Folic Acid 600 µg.



NOTES

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