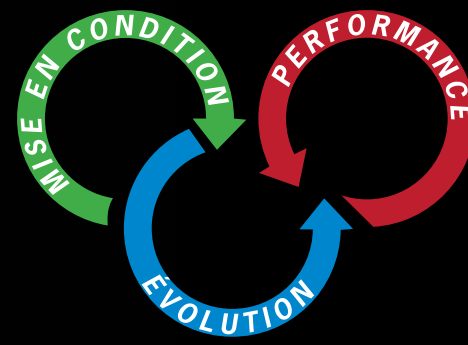




# NATURE IN THE SERVICE OF PERFORMANCE



		ACTIVE INGREDIENTS	SYNERGISTIC ACTION	INDIVIDUAL FUNCTIONS	SUGGESTED USE	DURATION - DOSAGE	COMBINATIONS			
							BEGINNER	MEDIUM	ADVANCED	SENIOR
CONDITION SET	<i>Quantaflora</i>	Lactic acid bacteria, prebiotic fibers	Intestinal flora balance	<ul style="list-style-type: none"> <li>Maintaining the intestinal flora balance. Warns of reperfusion syndrome and intestinal mucosal suffering with hyperpermeability which can lead to food intolerances.</li> </ul>	 2 x 2 capsules 10 minutes before breakfast with a big glass of water for at least 3 months.	2 capsules in the morning on an empty stomach 1 box 60 capsules = 1 month	✓	✓	✓	✓
	<i>Quantavillosi</i>	Curcumin L-Glutamine Cinnamon	Intestinal mucosa protection	<ul style="list-style-type: none"> <li>Protection of the intestinal mucosa, antioxidant and anti-inflammatory properties.</li> <li>L-glutamine is a nonessential amino acid greatly used by the body during stress associated with effort.</li> <li>Essential oil acts on dysbiosis and Cinnamon powder has antioxidant and anti-inflammatory action.</li> </ul>	 2 x 2 capsules 10 minutes before dinner with a big glass of water.	2 capsules in the morning on an empty stomach 1 box 60 capsules = 1 month		✓		✓
	<i>QuantaGluta</i>	L-Glutamine	Intestinal wall integrity	<ul style="list-style-type: none"> <li>Intestinal mucosa integrity. Involved in protein synthesis and energy production.</li> </ul>	 2/4 x 2 to 4 capsules per day as needed with a big glass of water. At night or in the morning on an empty stomach.	2 to 4 capsules on an empty stomach in the morning or evening at least 2 hours after meal. 50 to 100 days / box			✓	
	<i>Quantalostrum</i>	Colostrum Lactase	Intestinal mucosa regeneration	<ul style="list-style-type: none"> <li><b>Protection and regeneration</b> of gastrointestinal mucosa.</li> <li>Enzyme that improves lactose digestion in susceptible individuals.</li> </ul>	 2 x 1 to 2 capsules 10 minutes before a meal with a big glass of water.	2 capsules in attack during 15 days in the morning or evening fasting then 1 capsule in maintenance. 1 box 30 capsules = 15 days to 1 month.		✓		
EVOLUTION	<i>Quantaviris</i>	Arginine Tribulus terrestris  Ginkgo biloba Taurine Magnesium	Circulatory system strengthening	<ul style="list-style-type: none"> <li><b>Precursor of NO.</b> Substance which promotes vasodilation and blood flow.</li> <li>Promotes <b>endurance</b> and muscle strength, relaxing effect on smooth muscle.</li> <li><b>Vasodilator</b> action.</li> <li><b>Vasodilator</b> effect, promotes good blood circulation.</li> <li>Magnesium contributes to normal muscle function and electrolytes balance. Participates in neuromuscular transmission. Anti-stress, anti-fatigue, positive effect on cramps and muscle pain.</li> </ul>	 6 x 2 to 6 capsules per day with a big glass of water.	6 capsules in attack during 10 days, 2 in the morning, 2 at noon and 2 in the evening afterwards 2 capsules in maintenance 1 box 60 capsules = 10 days to 1 month				✓
	<i>QuantaOx</i>	Curcuma & Curcumine Carotenoides Lycopene Resveratrol Vit. C Vit. E Selenium	Synergy of several antioxidants and recovery improvement	<ul style="list-style-type: none"> <li>Antioxidants protect cells from free radicals that are produced in large quantities during intense physical activities. The increased of oxygen consumption linked to physical activities promotes free radicals production. Antioxidants fight against oxidative stress and improve recovery.</li> </ul>	 2/3 x 2 capsules in winter, 3 in summer with a full glass of water before or during breakfast or lunch.	2 to 3 capsules with breakfast or lunch 1 box 60 capsules = 20 days to 1 month			✓	
	<i>Quantavie</i>	Glucosamine Curcuma Bambou tabashir Vit. E Vit. C	Protection and regeneration of joints	<ul style="list-style-type: none"> <li>Protects and promotes <b>good joint mobility</b> highly stressed during exercise.</li> <li><b>Anti-inflammatory</b> effect on joints.</li> <li><b>Silica-rich</b>, it participates in bone strengthening. Contributes to collagen formation. Promotes good joint recovery following prolonged physical activity or during a period of convalescence.</li> </ul>	 4 x 2 to 4 capsules before or during the meal with a big glass of water for 3 months twice a year.	4 capsules in attack then 2 capsules in maintenance 1 box 60 capsules = 15 days to 1 month				✓
	<i>Quantacœur</i>	CoQ 10 L-Carnitine  Vit. B1 Vit. B2 Vit. B6 Vit. B9 Vit C Aubepine Olivier Agripaume	Heart muscle nutrition	<ul style="list-style-type: none"> <li>Involved in cells <b>energy production</b>.</li> <li><b>Heart muscle nutrient.</b> Promotes fatty acids transportation for energy production.</li> <li>Promotes good recovery.</li> <li>Thiamine contributes to normal cardiac function.</li> <li>Riboflavin contributes to normal red blood cell formation.</li> <li>Pyridoxine contributes to normal red blood cell formation.</li> <li>Folic acid participates in normal blood formation.</li> <li><b>Increases physical tone.</b> Strengthens the immune system during and after intense physical activity.</li> <li>Regulator of <b>cardiac activity</b>.</li> <li>Maintains normal <b>arterial tension</b>.</li> <li>Favorable to <b>nervous and cardiac systems</b>.</li> </ul>	 2 x 2 capsules before or during breakfast or lunch with a big glass of water.	2 capsules before or during breakfast or lunch 1 box 60 capsules = 1 month				✓
PERFORMANCE	<i>Quantadyn</i>	Pollen Royal jelly Eglantier  Guarana Eleutherocoque	Physical booster	<ul style="list-style-type: none"> <li><b>Promotes vitality</b>, energy and improves body resistences.</li> <li>Through its synergistic action it <b>enhances pollen effects</b>.</li> <li><b>Rich in vitamin C</b>, it helps reduce fatigue and promotes normal energy metabolism.</li> <li>Rich in caffeine, it <b>energizes the body and improves concentration</b>.</li> <li>Adaptogenic plant. It helps <b>increase physical and mental energy</b>.</li> </ul>	 1 x 1 sachet daily in the morning or before exercise.	1 sachet as an energizer when needed 1 box = 24 days			✓	
	<i>Quantavital</i>	B vitamins Eleutherocoque Spiruline Magnesium, manganese Vit. C Selenium Zinc	Neuromuscular strengthening	<ul style="list-style-type: none"> <li>B vitamins contribute to <b>normal energy metabolism</b>. They play a crucial role in energy production, they are required for oxygen and nutrients transportation.</li> <li>Spirulina is composed with 65% of proteins, it contains all essential amino acids and thus favors <b>muscle recovery</b>. It contains <b>10% of minerals</b> such as <b>magnesium, phosphorus, calcium and potassium</b>.</li> </ul>	 2 x 2 capsules before or during breakfast or lunch with a big glass of water.	2 capsules before or during breakfast or lunch 1 box 60 capsules = 1 month	✓			
	<i>Quantavera</i>	Aloe vera	Active ingredients for oral and local use	<ul style="list-style-type: none"> <li>Micronutrients rich, oral use, it gives the body the necessary ingredients to compensate losses associated with physical activity.</li> <li>In local application, it supports many skin conditions such as burns and dermatitis but also in case of sprains, inflammation or joint injury.</li> </ul>	 1 x Oral use, 1X20ml (cap) before, during and after exercise. Local use, 1X20ml (cap) on a compress 3 times a day.	3 times a day as needed 1 bottle = 15 to 25 days		✓		✓
	<i>Quantaphylle</i>	Chlorophyll magnesium nettle	Cellular oxygenation / Detoxification and purifier	<ul style="list-style-type: none"> <li>Powerful regenerative blood, chlorophyll is a natural cleaning agent. It promotes good intestine health, improves cells oxygenation and increases performance. Contributes to eliminate lactic acid after intense workouts.</li> </ul>	 2 x 2 capsules with a large glass of water at bedtime at least 2 hours after meal.	2 capsules at bedtime at least 2 hours after meal 1 box = 1 month	✓			
3 PHASES	<i>Quantamag</i>	Marine magnesium	Muscle performance and muscular recovery	<ul style="list-style-type: none"> <li>At each of the three phases its action on the muscular system is essential. Improvement of neuromuscular transmission, anti-fatigue, cramps, pain and tetany.</li> </ul>	 1 x 1 capsule per day at the evening with a big glass of water.	1 capsule at bedtime 1 box = 2 months	✓	✓	✓	✓