

vibracell®

Every day the energy*
you need!

Food supplement
Liquid concentrate based
on fruit and vegetables,
plant extracts, vitamins
and minerals.

*Vitamins B1, B2,
niacin, pantothenic acid,
B6, B12, C and biotin
contribute to a normal
energy-yielding
metabolism.



 **NAMED
GROUP**


MARTERA
EXCLUSIVE HEALTH PRODUCTS

Why supplements?

On a daily basis, our organism needs a certain variety and quantity of nutrients that cannot always be consumed through a varied and balanced diet.

Often refined and preserved foods do not allow optimal levels of these nutrients.

In the presence of certain environmental factors and certain physiological conditions, the daily requirement of vitamins and minerals may increase, sometimes requiring an extra addition of these.

A food supplement is a product intended to support the diet with the aim of helping to maintain the individual state of well-being.

It is a concentrated source of nutrients, such as vitamins and minerals and other ingredients with a nutritional or physiological effect.

When choosing a food supplement, it is important to be guided by your doctor and/or pharmacist upon your specific needs, taking into account the gender, age, diet and lifestyle.



Micronutrients for everyone!

Vitamins and minerals are needed, in small and variable quantities, to ensure the proper functioning of our bodies.

They are called 'micronutrients' because the body needs them in reduced quantities compared to macronutrients (proteins, carbohydrates and fats).

Not all micronutrients are produced by the body; therefore, if the diet is not varied and balanced or the body is not in particular health conditions, shortages can often occur.

Vitamins and minerals support various functions, such as enabling the body to produce hormones, enzymes and other substances necessary for growth and development.

If our bodies do not receive sufficient micronutrients through our diet, disorders can occur.

The difference between vitamins and minerals

Vitamins are organic compounds, created by both plants and animals and can be degraded by heat, acids or air. Some vitamins are fat-soluble (A, D, E, K) and it is preferred to take them during meals to improve absorption, while all the others are water-soluble

Minerals cannot be degraded; in fact, they exist in the soil and the water and are inorganic. The body receives minerals when we eat vegetables and food from animal origin that contain them.

Vitamins and minerals: the correct daily amount.

The maximum permitted intake of vitamins and minerals in food supplements is established by the Ministry of Health and regulated by the legislation currently in force in the national territory.

The acronym **NRV** stands for **Nutritional Reference Values** and is governed by the European Regulation 1169/2011.

NRVs are 'reference' doses for vitamins and minerals, which represent their daily needed amount to maintain the good health of individuals or groups of people and are indicated on the label with percentages.

Warning: the NRVs are not to be confused with the "maximum" doses of vitamins and minerals that can be taken daily with food supplements; this is why the percentage values often exceed 100% (an example is vitamin C only supplements, where 1 gram of vitamin C per tablet provides more than 1000% of NRV).

NRV

Nutritional
Reference
Values



VITAMINS



MINERALS

Nutrition: a sustainable lifestyle.

In the document 'Sustainable Diets and Biodiversity' of the **FAO** (Food and Agriculture Organisation of the United Nations) there are guidelines to be undertaken even at the table.

1. **Choose plant-based products:** to maintain healthy habits, but also to make the diet sustainable, reducing a lot the environmental impact of food production.

2. **Eat in a varied way:** filling your plates with colours allows to vary in the choice of foods that arrive on the table.

3. **Consume five portions of fruits and vegetables a day** and not just as a side dish. In a sustainable and healthy diet, fruit and vegetables are the perfect choice for a quick snack, even for the little ones.

4. **Favour seasonal and local products:** knowing the typical foods from your area allows you to purchase food fresher and tastier.

5. **Use fresh ingredients** whenever possible, this allows to reduce unnecessary packaging, also reducing the environmental impact of distribution.

6. **Limit the consumption of packaged, convenience food:** those are particularly high in sugar, fat and salt.

7. **Increase your intake of whole grains:** brown rice, barley, oats, corn and rye have high nutritional benefits.

8. **Avoid sugary drinks:** prefer water to carbonated drinks.

9. **Increase the intake of legumes:** moderate consumption of legumes allows you to take fiber and replace animal proteins with vegetal ones.

10. **Reduce consumption of red and processed meat:** better to prefer other protein sources, such as legumes, to meat.

11. **Buy fish from sustainable retailers:** this helps to protect marine fauna and flora, which are increasingly threatened from the exploitation of overfishing.

12. **Look for products that come from free-range farms and pastures:** consumer choices have also consequences on the quality of life of the animals from which the food comes.

Add colours to your nutrition.

The **WHO (World Health Organization)** recommends a daily intake of **5 portions of fruit and vegetables** of different colours to keep the body in good shape.



Each colour corresponds to **substances with a specific action**, so only a variety can cover all the body's needs.

ATTENTION TO ...

Choose adequate quantities of foods from all the different groups, alternating them in the various meals of the day • Diversify food choices: monotony in the selection of foods can also entail the risk of ingesting

Taking Vibracell[®], in the recommended doses, can contribute to supplement vitamin and mineral requirements (where there is a deficiency or increased need), in a simple and convenient way.

Tomato, beetroot, rosehip (<i>Rosa canina</i> L.), selenium ¹ , vitamin B6 ² , B12 ² and C ^{1,2}	<ol style="list-style-type: none">1. Cell protection from oxidative stress2. Normal energy-yielding metabolism
Carrot, orange, lemon, apricot, passion fruit, selenium ¹ , vitamin A ¹ , B6 ^{1,2} , B12 ^{1,2} and C ^{1,2}	<ol style="list-style-type: none">1. Normal function of the immune system2. Reduction of tiredness and fatigue
Hop (<i>Humulus lupulus</i> L.), Jerusalem artichoke, fennel, white cabbage, chamomile (<i>Matricaria chamomilla</i> L.)	
Artichoke (<i>Cynara scolymus</i> L.), rosemary (<i>Rosmarinus officinalis</i> L.), nettle (<i>Urtica dioica</i> L.), matè (<i>Ilex paraguariensis</i> A. St.-Hil.), spinach, dandelion (<i>Taraxacum officinale</i> (L.) Weber ex F.H. Wigg.), lemon balm (<i>Melissa Officinalis</i> L.)	
Blackcurrant, blueberry, elderberry, vitamin B12, C ^{1,2}	<ol style="list-style-type: none">1. Normal formation of collagen, for normal function of blood vessels2. Normal operation of the nervous system

Try to avoid consuming repeatedly the same nutrients or unwanted substances • Avoid staying at fasting for a long time as it reduces attention and ability to concentrate • Have small snacks throughout the day • Don't eat in a hurry or at your desk, but take the time for a real break.

Vibracell[®], liquid concentrate.

Vibracell[®] is a food supplement, a liquid concentrate made of fruit and vegetable juices, plant extracts and is enriched with vitamins, selenium and functional substances (such as royal jelly and L-carnitine).

10 ml = 100%
of the daily
recommended
intake of vitamins

A, B1, B2,
niacin, B6,
B12, C, D, E,
pantothenic
acid and
biotin



Nutrients are absorbed more quickly due to the liquid form and it is also easier to take for those who have difficulty swallowing.

vibracell[®]

One product, many benefits!

3 ACTIONS IN **1**

1

**ENERGY
METABOLISM**

Vitamine
B1, B2,
B6, B12, C

3

**IMMUNE
SYSTEM**

Vitamine A, B6, B12, C, D, Selenium



2

**TIREDNESS
AND FATIGUE**

Vitamine
B2, B12, C

¹ Vitamine B1, B2, B6, B12 and C contribute to normal energy metabolism.

² Vitamine B2, B12 and C contribute to the reduction of tiredness and fatigue.

³ Vitamine A, B6, B12, C, D and selenium contribute to the normal function of the immune system.

Why choose Vibracell®?

- Integrates the 5 recommended colours by WHO, to always be combined with a varied and balanced diet.
- With fruit and vegetable juices > 60%.
- Juices from organic lacto-fermented vegetables.
- High vitamin and selenium content.
- With plant extracts, royal jelly, L-carnitine and inactivated brewer's yeast.
- Without colourings.
- Gluten-free.
- Naturally lactose-free.
- Vegetarian friendly.



How to obtain a lacto-fermented product?

Juices from lacto-fermented vegetables is the result of fermentation processes by microorganisms. Lacto-fermented products are enriched with substances that are useful for our intestine and for our general well-being. (Tan X. et al., 2024; Castellone V. et al., 2021).



Vegetable
substrate



Living
microorganisms

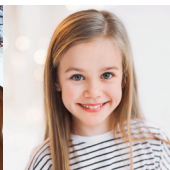
FERMENTATION



Lacto-fermented
product

For whom is Vibracell®?

- For those who want to maintain their well-being and fulfill their body's daily requirements.
- For adults to support nutrition when subjected to a modern and frenetic lifestyle (dining out, fast food, ready meals).
- For those who need to support their energy metabolism coping with many daily activities.
- For older people, to stay fit.
- For children during the growth phase, from 3 years old, upon recommendation from the paediatrician.



vibracell®



Available in formats of 150* and 300 ml

NUTRITION DECLARATION	10 ml daily dose
Energy	144 kJ /34 kcal
Fat, of which	0 g
Saturates	0 g
Mono-unsaturates	0 g
Polyunsaturates	0 g
Carbohydrate, of which	7,9 g
Sugars	6,2 g
Protein	<0,5 g
Salt	0,02 g

	10 ml daily dose	% NRV*
Vitamin A	800 µg	100
Thiamin	1,1 mg	100
Riboflavin	1,4 mg	100
Niacin	16 mg	100
Vitamin B6	1,4 mg	100
Vitamin B12	2,5 µg	100
Vitamin C	80 mg	100
Vitamin D	5 µg	100
Vitamin E	12 mg	100
Pantothenic acid	6 mg	100
Biotin	50 µg	100
Selenium	30 µg	55
L-carnitine	50 mg	-
Royal jelly	60 mg	-

*NRV = daily Nutrient Reference Values (adults) according to Reg(UE) 1169/2011.

*formats available can vary from country to country

Recommended use: With the measuring cup, take 10 ml of product and dilute in a glass of water (120 ml), preferably before breakfast.

For children from three years old, consult your paediatrician or pharmacist.

Warnings: food supplements are not intended as a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of reach from young children. Do not exceed the recommended daily dose.

Did you know that...

Each pack of Vibracell® has a bio-photon plate on the bottom of the box? Do not throw the plate away, but reuse it under your food and beverages.

vibracell®

Vibracell® is a trademark of GDI nv
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Food supplement: remember the importance of a varied and balanced diet and a healthy lifestyle. Read the warnings on the product packaging before taking.

We reserve the right to make changes to the products in this brochure at any time. For more complete information, please refer to the product packaging.

This brochure is not intended to replace the advice of your doctor or pharmacist and is for information purposes only. Read the warnings and all indications which are compulsory by law on the product packaging.

Scientific information is taken from International literature.

References:

Tan X. *Fermented vegetables: Health benefits, shortcomings and current technological solutions.* Foods 2024, 13(1), 38. Castellone V. et al. *Fermented eating: health benefits of fermented foods from LAB.* Foods. 2021 Nov; 10(11): 2639. - Reg. 1169/2011 - FAO Healthy and Sustainable Diets (fao.org) - Healthy Eating Guidelines, 2018 -Nov-2019_B4.docx (salute.gov.it) - C_17_opuscoliPoster_245_allegato.pdf (salute.gov.it) - <https://www.healthline.com/nutrition/micronutrients> - <https://www.cdc.gov/nutrition/micronutrientmalnutrition/micronutrients/index.html> - <https://pubmed.ncbi.nlm.nih.gov/16376462/> - <http://www.health.harvard.edu/staying-healthy/micronutrients-have-major-impact-on-health#:~:text=Five%20micronutrients%20%80%94vitamin%20B6,exceed%20the%20recommended%20daily%20allowance,https://www.efsa.europa.eu/it/topics/topic/dietary-reference-values> - Drug absorption - Clinical Pharmacology - MSD Manuals Professional Edition (msdmanuals.com).

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