

FitSlim

PRODUCT GUIDE

BELIEVE IN YOURSELF
AND COMMIT



www.fitgen.co.za



+27 (64) 755 6332



Fit Slim

**BELIEVE IN YOURSELF
AND COMMIT**



www.fitgen.co.za



+27 (64) 755 6332

CONTENT

FitSlim Multivite	04
FitSlim Omega-3	04
FitSlim Collagen with Buffered Vit C	04
FitSlim Shake	05
FitSlim FitBrain Omega-3 Combo	05

FitSlim Multivite R 115.00 (Capsules)

If you're wondering what your growing young athlete, aged 8 or older, needs to stay in tip-top condition, look no further than FitSlim MultiVite. This well-balanced formulation contains vitamins and minerals in the correct amounts to promote allround wellness. Ingredients include various B-vitamins known for their important role in energy release and offering nervous system support. Vitamins A, C, D3 and E are also incorporated. Iron in the form of ferrous fumarate helps to combat anaemia, and Calcium and Magnesium complement each other to promote bone health. Zinc is useful in boosting immunity. The dosage is one capsule daily, or two if your star is feeling run-down.



FitSlim Omega-3 R 115.00 (60 Capsules)

While many people supplement with the essential fatty acid, Omega 3, for heart health, recent research points to several benefits for young athletes. This naturally-sourced fish oil supplement has been shown to assist in lowering levels of inflammation. If inflammation remains elevated after exercise, this can negatively impact muscle soreness, tissue repair and other aspects of recovery. Omega 3 has been shown to increase blood flow to muscles during exercise, help to decrease muscle soreness, reduce swelling, and increase range of motion post exercise. FitSlim Omega-31000 mg can be taken once daily, after breakfast, with a full glass of water.



FitSlim Collagen with Buffered Vit C R 450.00 (220 g)

Collagen is the most abundant protein in your body. It is the major component of muscle tissue and connective tissues that make up several body parts, including tendons, ligaments and skin. Collagen has many important functions, including providing your skin with structure and strengthening your bones. It should come as no surprise that it can have a big impact when it comes to building muscle mass. Foods that contain creatine are for instance Steak, Tuna, Chicken, Salmon and Pork. Added Vitamin C, also known as ascorbic acid, is necessary for the growth, development and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the immune system, wound healing, and the maintenance of cartilage, bones, and teeth.



FitSlim Shake

R 350.00 (400 g)

Success with weight loss relies heavily on regular eating with the correct proportions of top quality food groups. This is critical for long term success. Slim Shake a Healthy shake provides just that. It is a scientifically formulated 'meal' which stabilizes the metabolism enhancing weight loss by blood sugar stabilization, rebuilds muscles and maintains well-being. Proteins of the highest biological availability, like the whey and casein caseinates, ensures stable and regulated protein absorption for a long lasting effect. These are combined with special carbohydrates, to support this long lasting effect, which are also balanced with specific soluble and insoluble fibres for optimum gut health.

Fine tuning of these factors is critical during kilojoule restricted programmes, meal restrictions, stressed lifestyles and to maintain wellness.



FitSlim FitBrain

R 450.00 (30 capsules)

Give your brain the head start it needs, to perform optimally whether you're studying or aiming to cross that finish line first! All-natural FitBrain is one of the most comprehensive brain-friendly supplements you're likely to find. All ingredients are included for the positive role they play in improving concentration, enhancing memory, reducing anxiety and supporting those young people with Attention Deficit Hyperactivity Disorder (ADHD) and ADD. A host of B-Vitamins offer much needed nervous system support. Ginkgo Biloba contains powerful antioxidants known to improve brain function, support vision, eye health and reduce anxiety. Phosphatidylserine assists in improving thinking skills in young people, and as an adjunct therapy in those with ADHD. Lecithin maintains efficient brain function. Suitable for children from the age of 3 upwards, FitBrain comes in a great-tasting chocolate-flavoured granule format – enjoy it in your cereal or with yoghurt!

FitBrain may help to relieve the symptoms of the following:

Concentration problems, Depression, Mood swings, Memory Loss, Anxiety, Schizophrenia, Learning difficulties, Dyslexia and Dyspraxia, Attention Deficit Hyperactive Disorder (ADHD), Hyperactivity, Autism, Down's Syndrome, Parkinson's Disease, Age related memory decline, Dementia, Fits, Convulsions and Epilepsy, Alzheimer's Disease.





FitGen Slim

**BELIEVE IN YOURSELF
AND COMMIT**
