



PRODUCT CATALOGUE

VITAMINS COLLAGEN BEAUTY

Founded in 2013, Swedish Nutra is a family run dietary supplements manufacturer with heritage in Malmö, Sweden. Our goal is to positively impact human health with the most advanced and effective dietary supplements, wherever on the earth that may be.



WHY LIQUID SUPPLEMENTS?

x14

On average, a daily shot of our liquid supplements contains 14 times more active ingredients by weight compared to what can fit into a pill.



Liquid allows for better uptake in the body. The nutrients are absorbed easily through the intestine and are spread out into the body, generating faster and better results.



No bulking agents, fillers or gelatin capsules.



Liquid supplements are easy to take. You simply pour the liquid into the included measuring cup and take a deliciously flavoured shot.



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VITAMIN SUPPLEMENTS

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Vitamins and Minerals are micro nutrients that are essential for our health. Different vitamins play different roles in the body, but together they perform hundreds of actions that keep the body running. Having too little of any particular vitamin or mineral may increase the risk of developing health issues.

Swedish Nutra offers a large range of vitamin supplements specially developed for different ages and lifestyles. We guarantee a potent formula of healthy nutrients that will support both men, women and children.

Swedish Nutra's products are laboratory tested and backed up by evidence in nutritional science. Our vitamin supplements contains carefully selected ingredients in line with EU quality standards, guaranteeing a potent and evidence-based formula that supports your health.

Loaded with Vitamins,
Minerals, Aminos &
Super Foods

ARTICLE NO. 1010

ULTRA+ MULTIVITAMIN

Swedish Nutra's Ultra+ Multivitamin is our best selling product. Consisting of a unique, evidence based liquid formula, one 15 ml shot provides **60+ Active Ingredients** for daily nutritional support. A carefully selected blend of Vitamins, Minerals, Amino Acids and Super Greens.

33 DAY
SUPPLY



With **Vitamins A, C, D, E, K** and all **8 B-vitamins**. Plus **Copper, Magnesium, Zinc** and **6 Other Essential Minerals**, our **Super Green Blend** and **Amino Acid Boost Blend**.

Hand picked ingredients to support the **Immune System, Metabolism, Eye Health, Nervous System, Muscle Function, Hormonal Activity, Hair, Nails, Heart, Cell Division, Thyroid Function** and **Reduction of Tiredness and Fatigue**.

With Ginseng for an **Energy and Vitality Boost**.

Five Products in One Shot – Multivitamin, Multimineral, Eye Health, Energy and Vitality Booster and Amino Acid Complex.

100% **Natural Flavour** and **Natural Colour**.

Delicious Orange Flavoured Shot.



CONTENT	PER DAILY DOSE (15ML)	% DRI*
Vitamin A (Retinyl Palmitate)	800 µg	100%
Vitamin C (L-Ascorbic Acid)	500 mg	625%
Vitamin D3 (Cholecalciferol)	15 µg	300%
Vitamin E (DL-Alpha Tocopheryl Acetate)	48 mg	400%
Vitamin B1 (Thiamine HCL)	25 mg	2250%
Vitamin B2 (Riboflavin)	25 mg	1790%
Vitamin B3 (Niacinamide)	25 mg	156%
Vitamin B5 (D-Calcium Pantothenate)	30 mg	500%
Vitamin B6 (Pyridoxine HCL)	20 mg	1428%
Vitamin B7 (D-Biotin)	300 µg	600%
Vitamin B9 (Folic Acid)	400 µg	200%
Vitamin B12 (Cyanocobalamin)	50 µg	2000%
Vitamin K (Menaquinone)	75 µg	100%
Calcium (As Gluconate)	25 mg	3%
Magnesium (As Gluconate)	13 mg	4%
Zinc (As Gluconate)	7 mg	70%
Selenium (Sodium Selenite)	50 µg	90%
Copper (As Gluconate)	500 µg	50%
Manganese (As Gluconate)	2 mg	100%
Chromium (As Picolinate)	120 µg	300%
Potassium (As Citrate)	110 mg	5.5%
Iodine (Potassium Iodide)	150 µg	100%
Choline L-Bitartrate	12.5 mg	**
Inositol	25 mg	**
Paba (4-Aminobenzoic Acid)	6 mg	**
Lutein (Marigold)	10 mg	**
Zeaxanthin (Marigold)	2.5 mg	**
COQ10 (Ubiquinone)	5 mg	**

Super Green Blend (150 mg):
Ginseng Panax C.A. Meyer (Root, Korean Panax)**
Citrus Bioflavonoids Powder (Fruit, Peel, Citrus Reticulata)**
Red Beet Powder (Fruit, Beta Vulgaris)**
Psyllium Powder (Husk, Plantago)**
Alfalfa Powder (Grass, Medicago Sativa L)**
Broccoli Powder (Plant, Brassica Oleracea)**
Spirulina Powder (Spirulina Platensis Powder)**
Aloe Vera Powder (Leaf Curaçao Aloe)**
Green Tea Powder (Leaf Camellia Sinensis)**
Green Coffee Bean Powder (Bean Coffea Arabica L)**
Grape Seed Powder (Fruit, Seed, Vitis Vinifera)**
Lycopene Powder (Fruit, Solanum Lycopersicum)**
Lecithin Powder (Sunflower Seed Helianthus)**
Amino Acid Boost Blend (150 mg):
L-Glycine, L-Proline, L-Alanine, L-Hydroxyproline,
L-Glutamic Acid, L-Arginine, L-Aspartic Acid, L-Serine,
L-Lysine, L-Leucine, L-Valine, L-Threonine, L-Phenylalanine,
L-Isoleucine, L-Hydroxylysine, L-Methionine, L-Histidine,
L-Tyrosine, L-Cysteine, L-Taurine, L-Carnite, L-Glutamine**

* Dietary Reference Intakes
 ** DRI not established



63 Active Ingredients



Essential for Many Health Functions



140+ EFSA Approved Health Claims



Immune System Support

Ingredients: Multi-filtered water, natural fruit juice blend from concentrates; orange, apple, mandarin, guava, papaya, lime, mango, pineapple, grape, sweetener (fructose), vitamin C, potassium, calcium, magnesium, natural flavours (natural orange, natural strawberry), hydrolyzed collagen; contains the amino acids L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine, zinc, ginseng (panax c.a. meyer), caffeine, freshness preserver (potassium sorbate, sodium benzoate), choline, zeaxanthin powder, emulsifier (xanthan gum), pantothenic acid, thiamine, riboflavin, niacin, vitamin B6, inositol, vitamin E, manganese, L-tyrosine, L-carnitine, L-glutamine, vitamin D, coenzyme Q10, lutein powder, flavour (natural vanilla), paba (4-aminobenzoic acid), copper, sweetener (steviol glycosides), chromium, folic acid, citrus bioflavonoids powder, red beet powder, psyllium powder, alfalfa powder, broccoli powder, spirulina powder, aloe vera powder, green tea powder, green coffee bean powder, grape seed powder, lycopene powder, lecithin powder, freshness preserver (malic acid, citric acid), biotin, vitamin A, iodine, natural colour (beta carotene), vitamin K, selenium, vitamin B12. 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.

Immune Boosting Ginger Shot with Vitamins & Minerals

ARTICLE NO. 1240

GINGER ULTRA+

Swedish Nutra's Ginger Ultra+ Multivitamin is our most powerful liquid multivitamin with a unique, vegan, evidence based formula of over **120+ Active Ingredients**. Vitamins, Minerals, plant based Amino Acids and Super Greens are combined in this immune boosting ginger shot.

33 DAY SUPPLY



With **Vitamins A, C, D, E, K** and all **8 B-vitamins**. Plus **Iron, Magnesium, Zinc** and **69 Other Essential Minerals**, our **Herbal Blend** and **Amino Acid Blend**.

Hand picked ingredients to support the **Immune System, Metabolism, Eye Health, Nervous System, Muscle Function, Hormonal Activity, Hair, Nails, Heart, Cell Division, Thyroid Function** and **Reduction of Tiredness and Fatigue**.

With Ginseng for an **Energy and Vitality Boost**.

Five Products in One Shot – Multivitamin, Multimineral, Eye Health, Energy and Vitality Booster and Amino Acid Complex.

100% **Natural Flavour** and **Natural Colour**.

Delicious Ginger Flavoured Shot.



CONTENT	PER DAILY DOSE (15ML)	% DRI*	
Vitamin A (Retinyl Palmitate)	800 µg RE	100%	Plant Based Herbal Blend (525 mg): Ginseng Panax C.A. Meyer (Root, Korean Panax)** Ginger Extract (Zingiber Officinale)** Citrus Bioflavonoids Extract (Fruit, Peel, Citrus Reticulata)** Psyllium Extract (Husk, Plantago)** Alfalfa Extract (Grass, Medicago Sativa L)** Broccoli Extract (Plant, Brassica Oleracea)** Spirulina Extract (Spirulina Platensis Powder)** Ashwagandha Root Extract (Withania Somnifera)** Aloe Vera Extract (Leaf Curaçao Aloe)** Green Tea Extract (Leaf Camellia Sinensis)** Green Coffee Bean Extract (Bean Coffea Arabica L)** Grape Seed Extract (Fruit, Seed, Vitis Vinifera)** Lycopene Extract (Fruit, Solanum Lycopersicum)** Lecithin Extract (Sunflower Seed Helianthus)**
Vitamin C (L-Ascorbic Acid)	500 mg	625%	
Vitamin D3 (Vegan Cholecalciferol)	30 µg	600%	
Vitamin E (DL-Alpha Tocopheryl Acetate)	48 mg	400%	
Vitamin B1 (Thiamine HCL)	25 mg	2250%	
Vitamin B2 (Riboflavin)	25 mg	1790%	
Vitamin B3 (Niacinamide)	25 mg	156%	
Vitamin B5 (D-Calcium Pantothenate)	30 mg	500%	
Vitamin B6 (Pyridoxine HCL)	20 mg	1428%	
Vitamin B7 (D-Biotin)	300 µg	600%	
Vitamin B9 (Folic Acid)	400 µg	200%	
Vitamin B12 (Cyanocobalamin)	400 µg	16000%	
Molybdenum	50 µg	100%	
Vitamin K2 (Menaquinone)	75 µg	100%	
Calcium (As Gluconate)	25 mg	3%	
Magnesium (As Gluconate)	18 mg	4.8%	
Iron (Ferrous Fluconate)	3.5 mg	25%	
Zinc (As Gluconate)	10 mg	100%	
Selenium (Sodium Selenite)	55 µg	100%	
Manganese (As Gluconate)	2 mg	100%	
Chromium (As Picolinate)	200 µg	500%	
Potassium (As Citrate)	110 mg	5.5%	
Iodine (Potassium Iodide)	150 µg	100%	
72 Trace Minerals (Ocean Sourced)	25 mg	**	
Choline (L-Bitartrate)	100 mg	**	
Inositol	25 mg	**	
Paba (4-Aminobenzoic Acid)	6 mg	**	
Q10 (Ubiquinone)	5 mg	**	
Lutein (Marigold)	10 mg	**	
Zeaxanthin (Marigold)	2.5 mg	**	
			Plant Based Amino Acid Blend (50 mg): L-Glycine, L-Proline, L-Alanine, L-Glutamine, L-Arginine, L-Lysine, L-Leucine, L-Valine, L-Isoleucine, L-Taurine**

* Dietary Reference Intakes
** DRI not established



125 Active Ingredients



Essential for Many Health Functions



140+ EFSA Approved Health Claims



Vegan Friendly



Immune System Support

Ingredients: Multi-filtered water, natural fruit juice blend from concentrates; orange, apple, mandarin, guava, papaya, lime, mango, pineapple, grape, sweetener (natural fruit and beet sugars), vitamin C, ginger extract, magnesium, potassium, calcium, choline, vitamin E, zinc, caffeine, ginseng extract (panax ca meyer), pantothenic acid, iron, thiamine, riboflavin, niacin, inositol, 72 trace minerals (sea, vegan), vitamin B6, plant based amino acids: (glycine, proline, alanine, glutamine, arginine, lysine, leucine, valine, isoleucine, taurine), manganese, lutein, paba (4-aminobenzoic acid), coenzyme Q10, chromium, freshness preserver (potassium sorbate, sodium benzoate), zeaxanthin extract, natural flavour: (natural orange), citrus bioflavonoids, psyllium extract, alfalfa extract, broccoli extract, spirulina, ashwagandha, aloe vera extract, green tea extract, green coffee bean extract, grape seed extract, lycopene extract, lecithin extract, sweetener (steviol glycosides), acidity regulator (citric acid), vitamin D (vegan, from lichen), vitamin B12, folic acid, biotin, iodine, selenium, molybdenum, vitamin K2, vitamin A. 100% Natural Flavour & Colour. *The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.*

Convenient Multivitamin Shots, Loaded with Active Ingredients



ARTICLE NO. 2484

SUPER MULTIVITAMIN

Swedish Nutra's Super Multivitamin Immune Boost comes in a pack of 30 convenient 25 ml vials, making it easy to take the daily dose. Consisting of a unique, evidence based liquid formula, one shot provides **100+ Active Ingredients** for daily nutritional support.

- • • • • With **Vitamins A, C, D, E, K** and all **8 B-vitamins**. Plus **Zinc, Calcium, Magnesium** and **6 Other Essential Minerals**, a **Herbal Blend** and **Amino Acid Boost Blend**.
- • • • • Hand picked ingredients to support the **Immune System, Metabolism, Eye Health, Nervous System, Muscle Function, Hormonal Activity, Hair, Nails, Heart, Cell Division, Thyroid Function** and **Reduction of Tiredness and Fatigue**.
- • • • • With Ginseng for an **Energy and Vitality Boost**.
- • • • • **Five Products in One Shot** – Multivitamin, Multimineral, Eye Health, Energy and Vitality Booster and Amino Acid Complex.
- • • • • 100% **Natural Flavour** and **Natural Colour**.
- • • • • **Delicious Orange Flavoured Shot**.



CONTENT	PER DAILY DOSE (25ML)	% DRI*
Vitamin A (Retinyl Palmitate)	800 µg	100%
Vitamin C (L-Ascorbic Acid)	500 mg	625%
Vitamin D3 (Cholecalciferol)	30 µg	600%
Vitamin E (DL-Alpha Tocopheryl Acetate)	12 mg	100%
Vitamin B1 (Thiamine HCL)	25 mg	2273%
Vitamin B2 (Riboflavin)	25 mg	1786%
Vitamin B3 (Niacinamide)	25 mg	156%
Vitamin B5 (D-Calcium Pantothenate)	30 mg	500%
Vitamin B6 (Pyridoxine HCL)	15 mg	1071%
Vitamin B7 (D-Biotin)	300 µg	600%
Vitamin B9 (Folic Acid)	400 µg	200%
Vitamin B12 (Methylcobalamin)	400 µg	16000%
Vitamin K2 (Menaquinone)	75 µg	100%
Molybdenum	50 µg	100%
Calcium (As Gluconate)	25 mg	3%
Magnesium (As Gluconate)	18 mg	4.8%
Zinc (As Gluconate)	10 mg	100%
Selenium (Sodium Selenite)	55 µg	100%
Manganese (As Gluconate)	2 mg	100%
Chromium (As Picolinate)	200 µg	500%
Potassium (As Citrate)	110 mg	5.5%
Iodine (Potassium Iodide)	150 µg	100%
72 Trace Minerals (Vegan)	25 mg	**
Choline (L-Bitartrate)	100 mg	**
Inositol	25 mg	**
Paba (4-Aminobenzoic Acid)	6 mg	**
Q10 (Ubiquinone)	5 mg	**
Lutein (Marigold)	10 mg	**
Zeaxanthin (Marigold)	2.5 mg	**

Plant Based Herbal Blend (100 mg):
 Ginseng Panax C.A. Meyer (Root, Korean Panax)**
 Citrus Bioflavonoids Powder (Fruit, Peel, Citrus Reticulata)**

Amino Acid Boost Blend (150 mg):
 L-Glycine, L-Proline, L-Alanine, L-Glutamine, L-Arginine,
 L-Lysine, L-Leucine, L-Valine, L-Isoleucine, L-Taurine**

* Dietary Reference Intakes
 ** DRI not established



103 Active Ingredients



Vegan Friendly



Essential for Many Health Functions



Immune System Support



140+ EFSA Approved Health Claims



Sugar Free



Ingredients: Water, vitamin C, magnesium, potassium, calcium, choline, vitamin E, zinc, ginseng (panax ca meyer), caffeine, d-calcium pantothenate, thiamine, riboflavin, nicotinamide, inositol, 72 trace minerals (vegan), vitamin B6, plant based amino acids: (l - glycine, l-proline, l-alanine, l-glutamine, l-arginine, l-lysine, l-leucine, l-valine, l-isoleucine, l-aurine), manganese, lutein, paba: 4-aminobenzoic acid, coenzyme Q10, chromium, freshness preserver (potassium sorbate, sodium benzoate), zeaxanthin, natural flavour: (natural orange), citrus bioflavonoids, sweetener (steviol glycosides, sucralose, Ace-K), acidity regulator (citric acid), vitamin D (vegan, from lichen), vitamin B12, folic acid, biotin, iodine, selenium, molybdenum, vitamin K, vitamin A. 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.

Anti-inflammatory, Energy Boosting Ginseng & Ginger

33 DAY
SUPPLY



ARTICLE NO. 1250

GINSENG ENERGY

Swedish Nutra's Ginseng Energy is a tasty and powerful liquid supplement with **Energy Boosting Effects**. Consisting of two types of Ginseng, Vitamin C and B12, this product fights tiredness like no other. A 15 ml shot also provides anti-inflammatory benefits from ginger.

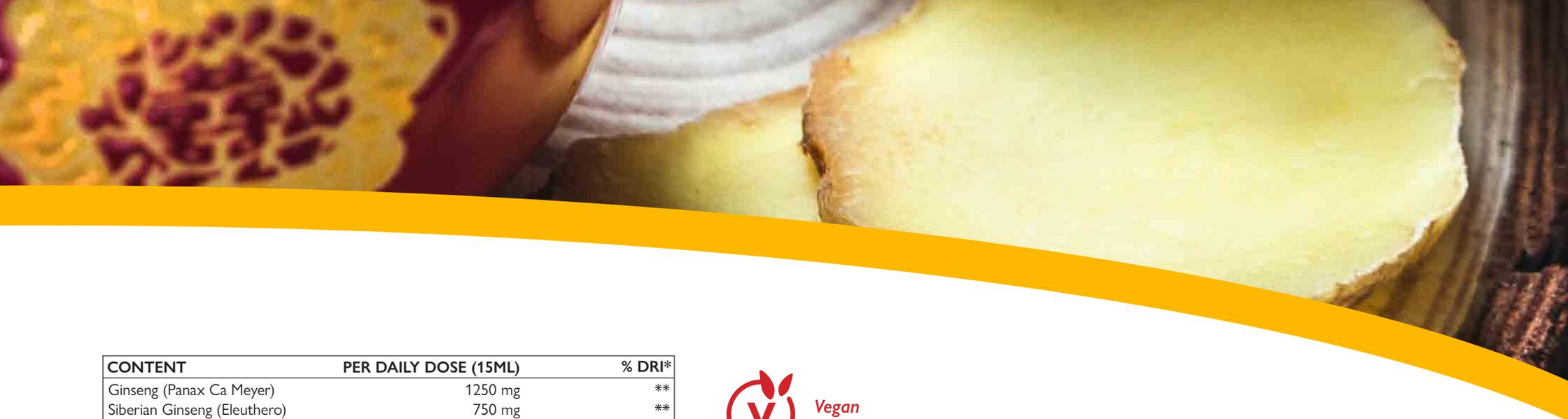
••••• **With Two Types of Ginseng** – Siberian Ginseng that is traditionally used to prevent colds and stimulate the immune system, and Korean Ginseng that is traditionally used to improve the ability to cope with stress and boost vitality.

••••• Hand picked ingredients to support the **Reduction of Tiredness and Fatigue, Muscle Function, Immune System, Nervous System, Oxygen Transport in the Body** and **Protection of Cells from Oxidative Stress**.

••••• Ginseng is often thought of as **Korea's Best Medicine for Overall Health**.

••••• 100% **Natural Flavour** and **Natural Colour**.

••••• **Delicious Ginger Flavoured Shot**.



CONTENT	PER DAILY DOSE (15ML)	% DRI*
Ginseng (Panax Ca Meyer)	1250 mg	**
Siberian Ginseng (Eleuthero)	750 mg	**
Ginger Powder Extract	600 mg	**
Vitamin C (L-Ascorbic Acid)	80 mg	100%
Vitamin B12 (Cyanocobalamin)	250 µg	10000%

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, sweetener (organic beet sugars), ginseng (panax ca meyer), eleuthero (eleutherococcus senticosus), ginger powder extract, vitamin C, caffeine, acidity regulator (citric acid), natural flavours, preserves (potassium sorbate, sodium benzoate), sweetener (sodium cyclamate, sodium saccharine), vitamin B12, sweetener (steviol glycosides). 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



**Vegan
Friendly**



**Energy
Booster**



**Immune System
Support**

Healthy Gut Flora & Strong Immune System

ARTICLE NO. 2472

ENCAPSULATED PROBIOTICS

Boost Your Immune System with Probiotics. Swedish Nutra's Encapsulated Probiotics contains 10 Billion CFU per dose and is designed to survive the intestinal gastric acids to reach the small intestine. It also contains the amino acid L-Glutamine, which supports intestinal health, and Vitamin C, both key ingredients for the immune system.

33 DAY
SUPPLY



With ***Bifidobacterium Lactis***, ***Lactobacillus Acidophilus***, ***Lactobacillus Plantarum*** and ***Lactobacterus Salivarius*** for a healthy gut flora and enhanced with **Vitamin C** and **L-Glutamine**.

Select probiotics strains to help **Prevent Diseases**, **Reduce Symptoms of Illnesses**, **Prevent Toxins** as well as support the **Immune System**, **Reduction of Tiredness and Fatigue**, **Oxygen Transport in the Body**, **Balance Intestinal Integrity** and **Protect the Cells From Oxidative Stress**.

Microencapsulated to ensure they reach the gut to support gastrointestinal health.

100% **Natural Flavour** and **Natural Colour**.

Delicious Lemon Flavoured Shot.

CONTENT	PER DAILY DOSE (15ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	80 mg	100%
Probiotics Health (Vegan):	10 Billion CFU	**
Microencapsulated Bifidobacterium Lactis		
Microencapsulated Lactobacillus Acidophilus		
Microencapsulated Lactobacillus Plantarum		
Microencapsulated Lactobacillus Salivarius		
Intestinal Support (Vegan L-Glutamine)	50 mg	**

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, vegan bifidobacterium lactis, vegan lactobacillus acidophilus, vegan lactobacillus plantarum, vegan lactobacillus salivarius, vitamin c, vegan L-glutamine, natural fruit flavours, natural colour (curcumin), emulsifier (xanthan gum), freshness preserver (potassium sorbate, sodium benzoate), sweetener (sucralose, ace k), acidity regulator (citric acid). 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



Microencapsulated Probiotics



Vegan Friendly



Immune System Support

WHY ENCAPSULATED PROBIOTICS?

Vegan Bifidobacterium Lactis, Lactobacillus Acidophilus, Lactobacillus Plantarum and Lactobacillus Salivarius are microencapsulated to survive the intestinal gastric acids to reach the small intestine and colonize for appropriate support of immune health, prevention and management of several gastrointestinal disorders and are tyndallized for stability.

Vitamins & Minerals to Support Bones & Muscles

ARTICLE NO. 2440

CAL-MAG

Swedish Nutra's Cal-Mag contains Calcium and Magnesium to **Support Bones and Muscle Function**. Enriched with Vitamin C, D and Zinc to allow access to the important vitamins and minerals needed to support several functions of the body.

33 DAY SUPPLY



..... **Magnesium** and **Calcium** in a rich liquid formula, enhanced with **Vitamins C, D** and **Zinc**.

..... Hand picked ingredients to support **Muscle Function, Teeth, Bones, Nervous System, Psychological Function, Cell Division, Digestive Enzymes, Nails, Skin** and **Hair**.

..... Minerals sourced from Gluconates that are considered to be **Highly Absorbing and Soluble** compared with other sources, such as Oxide.

..... 100% **Natural Flavour** and **Natural Colour**.

..... **Delicious Lemon Flavoured Shot**.



CONTENT	PER DAILY DOSE (15ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	80 mg	100%
Vitamin D3 (Cholecalciferol)	30 µg	600%
Calcium (As Gluconate)	127 mg	15.8%
Magnesium (As Gluconate)	88 mg	23%
Zinc (As Gluconate)	10 mg	100%

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, sweetener (crystalline fructose, steviol glycosides), magnesium, calcium, zinc, vitamin c, natural yellow colour (curcumin), acidity regulator (citric acid), freshness preserver (potassium sorbate, sodium benzoate), flavour (natural lemon flavour), vitamin D. 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



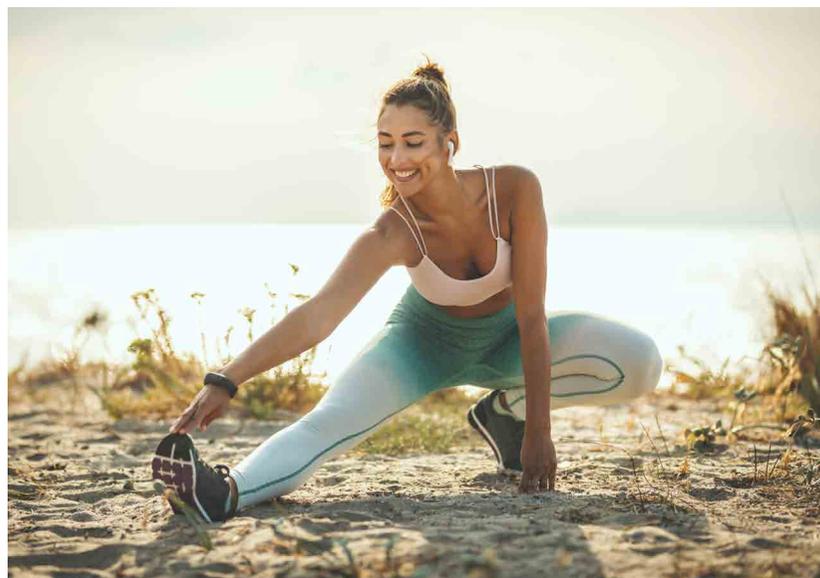
**Essential for
Bones & Muscles**



**Vegan
Friendly**



**Highly Absorbable
Minerals**



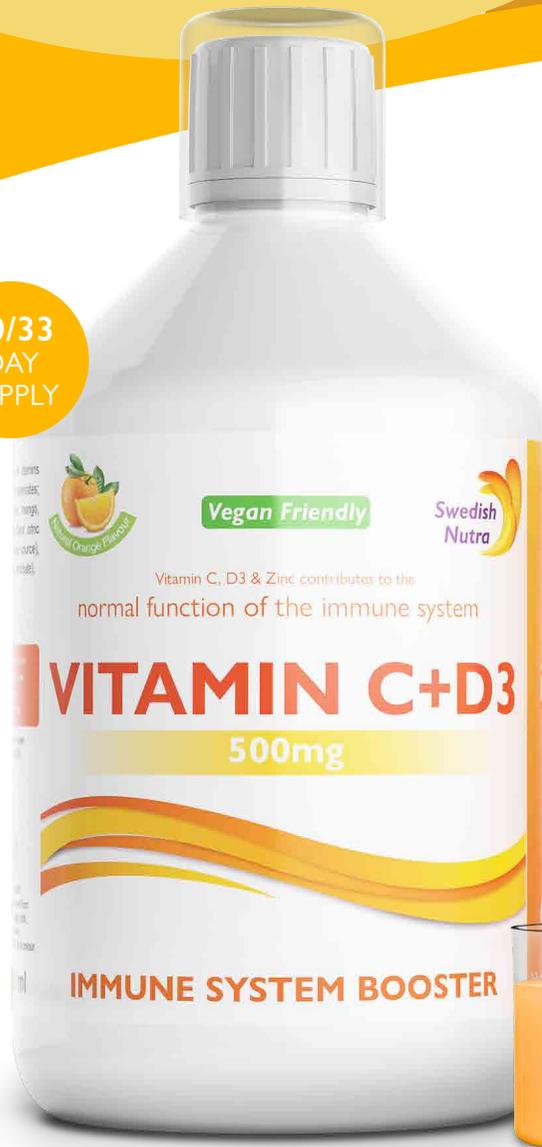
The Ultimate Immune System Supporting Supplement

ARTICLE NO. 2426

VITAMIN C + D3

Swedish Nutra's Vitamin C + D3 is developed to **Keep Your Immune System in Top Shape**. A shot of 15 or 25 ml every day covers a daily intake of immune nourishing nutrients, as well as Zinc to help fight infection and heal wounds.

20/33
DAY
SUPPLY



With **Vitamins C** and **D**, enriched with **Zinc**.

Hand picked ingredients to support the **Immune System, Reduction of Tiredness and Fatigue, Oxygen Transport in the Body** and **Protection of Cells from Oxidative Stress**.

A potent composition of the three best vitamins and minerals to **Boost Your Immune System**.

100% **Natural Flavour** and **Natural Colour**.

Delicious Orange Flavoured Shot.

CONTENT	PER DAILY DOSE (15ML)		(25ML)	
		% DRI*		% DRI*
Vitamin C (L-Ascorbic Acid)	300 mg	375%	500 mg	625%
Vitamin D3 (Cholecalciferol)	30 µg	600%	50 µg	1000%
Zinc (Zinc Gluconate)	6 mg	60%	10 mg	100%

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, natural fruit juice blend from concentrates; orange, apple, mandarin, guava, papaya, lime, mango, pineapple, grape, vitamin C, zinc, natural orange flavour, citric acid, sweetener (sucrose), vitamin D (vegan, lichen source), freshness preserver (potassium sorbate, sodium benzoate), beta carotene. 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



Immune System Support



Vegan Friendly



Highly Absorbable Vitamins

Iron & B-Vitamins to Support Blood Cells & Immune System

ARTICLE NO. 2474

LIQUID IRON

Swedish Nutra's Liquid Iron contains a unique mixture of Iron and B-Vitamins to **Support the Maintenance of Red Blood Cells and Red Blood Cell Formation**. In addition, Acai and Blueberry Extract are added for their antioxidant rich properties.

25 DAY SUPPLY



With **Iron, Vitamins C, B1, B2, B6, B9 and B12**. Enriched with our **Organic Fruit & Herbal Blend**.

Hand picked ingredients that support **Red Blood Cell Formation, Haemoglobin Formation, Maintenance of Red Blood Cells, Reduction of Tiredness and Fatigue, Normal Energy Metabolism, Cognitive Function** and **Immune System**.

The body does not produce Iron itself, we access it from the foods we eat. Low Iron levels are however common and may cause dizziness, tiredness and concentration difficulties. A supplement can therefore be beneficial to **Ensure Proper Iron Intake**.

100% **Natural Flavour** and **Natural Colour**.

Delicious Berry Flavoured Shot.

CONTENT	PER DAILY DOSE (20ML)	% DRI*
Iron (Ferrous Gluconate)	22 mg	157%
Vitamin C (L-Ascorbic Acid)	160 mg	200%
Vitamin B1 (Thiamine HCL)	1.54 mg	140%
Vitamin B2 (Riboflavin)	1.76 mg	125%
Vitamin B6 (Pyridoxine HCL)	1.68 mg	120%
Vitamin B9 (Folic Acid)	600 µg	300%
Vitamin B12 (Cyanocobalamin)	250 µg	10000%

Organic Fruit & Herbal Blend (2000 µg):
 Acai Extract, Blueberry Extract, Broccoli Extract, Aloe Vera Extract, Alfalfa Extract, Citrus Bioflavonoids, Barley Grass, Turmeric**

* Dietary Reference Intakes
 ** DRI not established

Ingredients: Multi-filtered water, sweetener (natural fruit sugar), iron, vitamin c, riboflavin, vitamin B6, thiamine, acidity regulator (citric acid), natural flavours, freshness preserver (potassium sorbate, sodium benzoate), sweetener (steviol glycosides), natural colour (purple potato), emulsifier (natural xanthan gum), folic acid, Organic Fruit & Herbal Blend: acai extract, blueberry extract, broccoli extract, aloe vera extract, alfalfa extract, citrus bioflavonoids, barley grass, turmeric, vitamin B12. 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



Combat Iron Deficiencies



Vegan Friendly



Immune System Support

Energy & Performance Enhancing Multivitamin with Ginseng & Iron

33 DAY
SUPPLY



ARTICLE NO. 1020

MEGA SPORT

Swedish Nutra's Mega Sport is a multivitamin & multimineral supplement for all active people. Consisting of the best known vitamins and minerals to fuel your hard-working body, a 15 ml shot contains 140+ active ingredients and is enhanced with Ginseng and Iron to **Boost Your Performance and Maximise Your Results.**

With **Vitamins A, C, D, E, K** and all **8 B-vitamins**. Plus **Calcium, Magnesium, Iron** and **69 Other Essential Minerals**, our **Super Green Blend** and **Amino Acid Boost Blend**.

Hand picked ingredients to support the **Immune System, Increase Metabolism, Reduction of Tiredness and Fatigue, Support Muscle Function, Nervous System, Heart Health, Cell Division** and **Oxygen Transport in the Body**.

With Ginseng for an **Energy and Vitality Boost**.

100% **Natural Flavour** and **Natural Colour**.

Delicious Orange Flavoured Shot.



CONTENT	PER DAILY DOSE (15ML)	% DRI*	
Vitamin A (Retinyl Palmitate)	800 µg	100%	Super Green Blend (75 mg): Ginseng Panax C.A. Meyer (Root, Korean Panax)** Alfalfa Powder (Grass, Medicago Sativa L)** Broccoli Powder (Plant, Brassica Oleracea)** Lecithin Powder (Sunflower Seed Helianthus)** Spirulina Powder (Spirulina Platensis Powder)** Green Tea Powder (Leaf Camellia Sinensis)** Grape Seed Powder (Fruit, Seed, Vitis Vinifera)** Cranberry Powder (Fruit, Vaccinium Macrocarpon L)** Goji Berry Powder (Fruit, Lycium Barbarum)** Raspberry Powder (Fruit, Rubus Idaeus L)** Acerola Cherry Powder (Fruit, Malpighia Emarginata)** Bilberry Powder (Fruit, Vaccinium Myrtillus)** Acai Powder (Fruit, Euterpe Oleracea)** Pomegranate Powder (Fruit, Punica Granatum)** Citrus Bioflavonoids Powder (Fruit, Peel, Citrus Reticulata)** Red Beet Powder (Fruit, Beta Vulgaris)** Lycopene Powder (Fruit, Solanum Lycopersicum)** Coenzyme Q10 (Q10 Ubiquinone)** Ginkgo Biloba Powder (Leaf, Ginkgo Biloba L)** Aloe Vera Powder (Stem, Leaf Aloe Barbadensis M)**
Vitamin C (L-Ascorbic Acid)	500 mg	625%	
Vitamin D3 (Cholecalciferol)	20 µg	400%	
Vitamin E (DL-Alpha Tocopheryl Acetate)	12 mg	100%	
Vitamin B1 (Thiamine HCL)	30 mg	2700%	
Vitamin B2 (Riboflavin)	30 mg	2148%	
Vitamin B3 (Niacinamide)	30 mg	187%	
Vitamin B6 (Pyridoxine HCL)	20 mg	1428%	
Vitamin B9 (Folic Acid)	400 µg	200%	
Vitamin B12 (Cyanocobalamin)	100 µg	4000%	
Vitamin B7 (D-Biotin)	400 µg	800%	
Vitamin B5 (D-Calcium Pantothenate)	30 mg	500%	
Vitamin K (Menaquinone)	75 µg	100%	
Calcium (As Gluconate)	45 mg	5.5%	
Magnesium (As Gluconate)	13.4 mg	4%	
Zinc (As Gluconate)	7 mg	70%	
Selenium (Sodium Selenite)	55 µg	100%	
Copper (As Gluconate)	1000 µg	100%	
Manganese (As Gluconate)	2 mg	100%	
Iron (Ferrous Gluconate)	3.5 mg	25%	
Chromium (As Picolinate)	200 µg	500%	
Potassium (As Citrate)	107 mg	5.5%	
Iodine (Potassium Iodide)	75 µg	50%	
72 Trace Minerals (Ocean Sourced)	25 mg	**	
Choline L-Bitartrate	12.5 mg	**	
Inositol	25 mg	**	
Paba (4-Aminobenzoic Acid)	6 mg	**	
Lutein (Marigold)	10 mg	**	
Zeaxanthin (Marigold)	2.5 mg	**	
			Amino Acid Boost Blend (1500 mg): L-Glycine, L-Proline, L-Alanine, L-Hydroxyproline, L-Glutamic Acid, L-Arginine, L-Aspartic Acid, L-Serine, L-Lysine, L-Leucine, L-Valine, L-Threonine, L-Phenylalanine, L-Isoleucine, L-Hydroxylysine, L-Methionine, L-Histidine, L-Tyrosine, L-Cysteine, L-Taurine, L-Carnitine, L-Glutamine**

* Dietary Reference Intakes
** DRI not established



142 Active Ingredients



Essential for Many Health Functions



140+ EFSA Approved Health Claims



Immune System Support

Ingredients: Multi-filtered water, natural fruit juice blend from concentrates; orange, apple, mandarin, guava, papaya, lime, mango, pineapple, grape, sweetener (fructose), vitamin C, potassium, calcium, magnesium, natural flavours (natural orange, natural strawberry), hydrolyzed collagen; contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine, zinc, ginseng (panax c.a. meyer), caffeine, freshness preserver (potassium sorbate, sodium benzoate), choline, zeaxanthin powder, emulsifier (xanthan gum), pantothenic acid, iron, thiamine, riboflavin, niacin, vitamin B6, inositol, 72 trace minerals, vitamin E, manganese, L-tyrosine, L-carnitine, L-glutamine, vitamin D, lutein powder, flavour (natural vanilla), paba (4-aminobenzoic acid), copper, sweetener (steviol glycosides), chromium, folic acid, alfalfa powder, broccoli powder, lecithin powder, spirulina powder, green tea powder, grape seed powder, cranberry powder, goji berry powder, raspberry powder, acerola cherry powder, bilberry powder, acai powder, pomegranate powder, citrus bioflavonoids powder, red beet powder, lycopene powder, coenzyme Q10, ginkgo biloba powder, aloe vera powder, freshness preserver (malic acid, citric acid), biotin, vitamin A, iodine, beta carotene, vitamin K, selenium, vitamin B12. 100% Natural Flavour & Colour. *The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.*

Loaded with Vitamins,
Minerals & Super Foods
for Men

ARTICLE NO. 1030

MAN MULTIVITAMIN

Swedish Nutra's Multivitamin for Men is a high potency formula with **140+ Active Nutrients** prepared specifically for men's health. One 15 ml shot covers your daily intake of essential Vitamins, Minerals, Aminos and Super Greens.

33 DAY
SUPPLY



With **Vitamins A, C, D, E, K** and all **8 B-vitamins**. Plus **Calcium, Magnesium, Zinc** and **69 Other Essential Minerals**, our **Bio-Active Life Blend** and **Amino Acid Boost Blend**.

Hand picked ingredients to support the **Immune System, Eye Health, Nervous System, Muscle Function, Hormonal Activity, Sperm Production, Heart, Cell Division, Thyroid Function** and **Reduction of Tiredness and Fatigue**.

With Ginseng for an **Energy and Vitality Boost**.

100% **Natural Flavour** and **Natural Colour**.

Delicious Orange Flavoured Shot.



CONTENT	PER DAILY DOSE (15ML)	% DRI*
Vitamin A (Retinyl Palmitate)	800 µg	100%
Vitamin C (L-Ascorbic Acid)	500 mg	625%
Vitamin D3 (Cholecalciferol)	15 µg	300%
Vitamin E (DL-Alpha Tocopheryl Acetate)	12 mg	100%
Vitamin B1 (Thiamine HCL)	30 mg	2700%
Vitamin B2 (Riboflavin)	30 mg	2148%
Vitamin B3 (Niacinamide)	30 mg	187%
Vitamin B6 (Pyridoxine HCL)	20 mg	1428%
Vitamin B9 (Folic Acid)	400 µg	200%
Vitamin B12 (Cyanocobalamin)	100 µg	4000%
Vitamin B7 (D-Biotin)	400 µg	800%
Vitamin B5 (D-Calcium Pantothenate)	30 mg	500%
Vitamin K (Menaquinone)	75 µg	100%
Calcium (As Gluconate)	25 mg	3%
Magnesium (As Gluconate)	13.4 mg	4%
Zinc (As Gluconate)	7 mg	70%
Selenium (Sodium Selenite)	55 µg	100%
Copper (As Gluconate)	1000 µg	100%
Manganese (As Gluconate)	2 mg	100%
Chromium (As Picolinate)	200 µg	500%
Potassium (As Citrate)	107 mg	5.5%
Iodine (Potassium Iodide)	75 µg	50%
72 Trace Minerals (Ocean Sourced)	25 mg	**
Choline L-Bitartrate	12.5 mg	**
Inositol	25 mg	**
Paba (4-Aminobenzoic Acid)	6 mg	**
Lutein (Marigold)	10 mg	**
Zeaxanthin (Marigold)	2.5 mg	**

Bio-Active Life Blend (75 mg):	
Ginseng Panax C.A. Meyer (Root, Korean Panax)**	
Alfalfa Powder (Grass, Medicago Sativa L)**	
Broccoli Powder (Plant, Brassica Oleracea)**	
Lecithin Powder (Sunflower Seed Helianthus)**	
Spirulina Powder (Spirulina Platensis Powder)**	
Green Tea Powder (Leaf Camellia Sinensis)**	
Grape Seed Powder (Fruit, Seed, Vitis Vinifera)**	
Cranberry Powder (Fruit, Vaccinium Macrocarpon L)**	
Goji Berry Powder (Fruit, Lycium Barbarum)**	
Raspberry Powder (Fruit, Rubus Idaeus L)**	
Acerola Cherry Powder (Fruit, Malpighia Emarginata)**	
Bilberry Powder (Fruit, Vaccinium Myrtillus)**	
Acai Powder (Fruit, Euterpe Oleracea)**	
Pomegranate Powder (Fruit, Punica Granatum)**	
Citrus Bioflavonoids Powder (Fruit, Peel, Citrus Reticulata)**	
Red Beet Powder (Fruit, Beta Vulgaris)**	
Lycopene Powder (Fruit, Solanum Lycopersicum)**	
Coenzyme Q10 (Q10 Ubiquinone)**	
Ginkgo Biloba Powder (Leaf, Ginkgo Biloba L)**	
Aloe Vera Powder (Stem, Leaf Aloe Barbadensis M)**	

Amino Acid Boost Blend (1500 mg):	
L-Glycine, L-Proline, L-Alanine, L-Hydroxyproline, L-Glutamic Acid, L-Arginine, L-Aspartic Acid, L-Serine, L-Lysine, L-Leucine, L-Valine, L-Threonine, L-Phenylalanine, L-Isoleucine, L-Hydroxylysine, L-Methionine, L-Histidine, L-Tyrosine, L-Cysteine, L-Taurine, L-Carnitine, L-Glutamine**	



147 Active Ingredients



Essential for Many Health Functions



140+ EFSA Approved Health Claims



Immune System Support

Ingredients: Multi-filtered water, natural fruit juice blend from concentrates; orange, apple, mandarin, guava, papaya, lime, mango, pineapple, grape, sweetener (fructose), vitamin C, potassium, calcium, magnesium, natural flavours (natural orange, natural strawberry), hydrolyzed collagen; contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine, zinc, ginseng (panax c.a. meyer), caffeine, freshness preserver (potassium sorbate, sodium benzoate), choline, zeaxanthin powder, emulsifier (xanthan gum), pantothenic acid, thiamine, riboflavin, niacin, vitamin B6, inositol, vitamin E, manganese, L-tyrosine, L-carnitine, L-glutamine, vitamin D, lutein powder, flavour (natural vanilla), paba (4-aminobenzoic acid), copper, chromium, folic acid, sweetener (steviol glycosides), alfalfa powder, broccoli powder, lecithin powder, spirulina powder, green tea powder, grape seed powder, cranberry powder, goji berry powder, raspberry powder, acerola cherry powder, bilberry powder, acai powder, pomegranate powder, citrus bioflavonoids powder, red beet powder, lycopene powder, coenzyme Q10, ginkgo biloba powder, aloe vera powder, freshness preserver (malic acid, citric acid), biotin, vitamin A, iodine, beta carotene, vitamin K, selenium, vitamin B12. 100% Natural Flavour & Colour. *The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.*

Loaded with Vitamins,
Minerals & Super Foods
for Women

ARTICLE NO. 1040

WOMAN MULTIVITAMIN

Swedish Nutra's Multivitamin for Women is a high potency formula with **140+ Active Nutrients** prepared specifically for women's health. One 15 ml shot covers your daily intake of important Vitamins, Minerals, Aminos and Super Greens.

33 DAY
SUPPLY



With **Vitamins A, C, D, E, K** and all **8 B-vitamins**. Plus **Calcium, Magnesium, Zinc** and **69 Other Essential Minerals**, our **Bio-Active Life Blend** and **Amino Acid Boost Blend**.

Hand picked ingredients to support the **Immune System, Metabolism, Eye Health, Nervous System, Muscle Function, Hormonal Activity, Heart, Cell Division, Thyroid Function, Skin, Hair, Nails** and **Reduction of Tiredness and Fatigue**.

With Ginseng for an **Energy and Vitality Boost**.

100% **Natural Flavour** and **Natural Colour**.

Delicious Orange Flavoured Shot.



CONTENT	PER DAILY DOSE (15ML)	% DRI*
Vitamin A (Retinyl Palmitate)	800 µg	100%
Vitamin C (L-Ascorbic Acid)	500 mg	625%
Vitamin D3 (Cholecalciferol)	15 µg	300%
Vitamin E (DL-Alpha Tocopheryl Acetate)	12 mg	100%
Vitamin B1 (Thiamine HCL)	30 mg	2700%
Vitamin B2 (Riboflavin)	30 mg	2148%
Vitamin B3 (Niacinamide)	30 mg	187%
Vitamin B6 (Pyridoxine HCL)	20 mg	1428%
Vitamin B9 (Folic Acid)	400 µg	200%
Vitamin B12 (Cyanocobalamin)	100 µg	4000%
Vitamin B7 (D-Biotin)	400 µg	800%
Vitamin B5 (D-Calcium Pantothenate)	30 mg	500%
Vitamin K (Menaquinone)	75 µg	100%
Calcium (As Gluconate)	45 mg	5.5%
Magnesium (As Gluconate)	13.4 mg	4%
Zinc (As Gluconate)	7 mg	70%
Selenium (Sodium Selenite)	55 µg	100%
Copper (As Gluconate)	1000 µg	100%
Manganese (As Gluconate)	2 mg	100%
Chromium (As Picolinate)	200 µg	500%
Potassium (As Citrate)	107 mg	5.5%
Iodine (Potassium Iodide)	75 µg	50%
72 Trace Minerals (Ocean Sourced)	15 mg	**
Choline L-Bitartrate	12.5 mg	**
Inositol	25 mg	**
Paba (4-Aminobenzoic Acid)	6 mg	**
Lutein (Marigold)	10 mg	**
Zeaxanthin (Marigold)	2.5 mg	**

Bio-Active Life Blend (75 mg):	
Ginseng Panax C.A. Meyer (Root, Korean Panax)**	
Alfalfa Powder (Grass, Medicago Sativa L)**	
Broccoli Powder (Plant, Brassica Oleracea)**	
Lecithin Powder (Sunflower Seed Helianthus)**	
Spirulina Powder (Spirulina Platensis Powder)**	
Green Tea Powder (Leaf Camellia Sinensis)**	
Grape Seed Powder (Fruit, Seed, Vitis Vinifera)**	
Cranberry Powder (Fruit, Vaccinium Macrocarpon L)**	
Goji Berry Powder (Fruit, Lycium Barbarum)**	
Raspberry Powder (Fruit, Rubus Idaeus L)**	
Acerola Cherry Powder (Fruit, Malpighia Emarginata)**	
Bilberry Powder (Fruit, Vaccinium Myrtillus)**	
Acai Powder (Fruit, Euterpe Oleracea)**	
Pomegranate Powder (Fruit, Punica Granatum)**	
Citrus Bioflavonoids Powder (Fruit, Peel, Citrus Reticulata)**	
Red Beet Powder (Fruit, Beta Vulgaris)**	
Lycopene Powder (Fruit, Solanum Lycopersicum)**	
Coenzyme Q10 (Q10 Ubiquinone)**	
Ginkgo Biloba Powder (Leaf, Ginkgo Biloba L)**	
Aloe Vera Powder (Stem, Leaf Aloe Barbadensis M)**	

Amino Acid Boost Blend (1500 mg):	
L-Glycine, L-Proline, L-Alanine, L-Hydroxyproline, L-Glutamic Acid, L-Arginine, L-Aspartic Acid, L-Serine, L-Lysine, L-Leucine, L-Valine, L-Threonine, L-Phenylalanine, L-Isoleucine, L-Hydroxylysine, L-Methionine, L-Histidine, L-Tyrosine, L-Cysteine, L-Taurine, L-Carnitine, L-Glutamine**	



147 Active Ingredients



Essential for Many Health Functions



140+ EFSA Approved Health Claims



Immune System Support

Ingredients: Multi-filtered water, natural fruit juice blend from concentrates; orange, apple, mandarin, guava, papaya, lime, mango, pineapple, grape, sweetener (fructose), vitamin C, potassium, calcium, magnesium, natural flavours (natural orange, natural strawberry), hydrolyzed collagen; contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine, zinc, ginseng (panax c.a. meyer), caffeine, freshness preserver (potassium sorbate, sodium benzoate), choline, zeaxanthin powder, emulsifier (xanthan gum), pantothenic acid, thiamine, riboflavin, niacin, vitamin B6, inositol, vitamin E, manganese, sweetener (steviol glycosides), L-aurine, L-carnitine, L-glutamine, vitamin D, lutein powder, flavour (natural vanilla), paba (4-aminobenzoic acid), copper, chromium, folic acid, alfalfa powder, broccoli powder, lecithin powder, spirulina powder, green tea powder, grape seed powder, cranberry powder, goji berry powder, raspberry powder, acerola cherry powder, bilberry powder, acai powder, pomegranate powder, citrus bioflavonoids powder, red beet powder, lycopene powder, coenzyme Q10, ginkgo biloba powder, aloe vera powder, freshness preserver (malic acid, citric acid), biotin, vitamin A, iodine, beta carotene, vitamin K, selenium, vitamin B12. 100% Natural Flavour & Colour. *The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.*

Loaded with Vitamins,
Minerals & Super Foods
for Men 50+

ARTICLE NO. 1050

MAN 50+ MULTIVITAMIN

Swedish Nutra's Multivitamin for Men 50+ is a high potency formula with **140+ Active Nutrients** prepared specifically for men's health. One 15 ml shot covers your daily intake of important Vitamins, Minerals, Aminos and Super Greens and supports increased metabolism and energy.

33 DAY
SUPPLY



With **Vitamins A, C, D, E, K** and all **8 B-vitamins**. Plus **Calcium, Magnesium, Zinc** and **69 Other Essential Minerals**, our **Bio-Active Life Blend** and **Amino Acid Boost Blend**.

Hand picked ingredients to support the **Immune System, Metabolism, Eye Health, Nervous System, Muscle Function, Hormonal Activity, Sperm Production, Heart, Cell Division, Thyroid Function** and **Reduction of Tiredness and Fatigue**.

With Ginseng and Caffeine for an **Energy and Vitality Boost**. This formula also contains **MSM** and **Hyaluronic Acid**.

100% **Natural Flavour** and **Natural Colour**.

Delicious Orange Flavoured Shot.

CONTENT	PER DAILY DOSE (15ML)	% DRI*	
Vitamin A (Retinyl Palmitate)	800 µg	100%	Bio-Active Life Blend (75 mg): Ginseng Panax C.A. Meyer (Root, Korean Panax)** Hyaluronic Acid (Sodium Hyaluronate)** Alfalfa Powder (Grass, Medicago Sativa L)** Broccoli Powder (Plant, Brassica Oleracea)** Lecithin Powder (Sunflower Seed Helianthus)** Spirulina Powder (Spirulina Platensis Powder)** Green Tea Powder (Leaf Camellia Sinensis)** Grape Seed Powder (Fruit, Seed, Vitis Vinifera)** Cranberry Powder (Fruit, Vaccinium Macrocarpon L)** Goji Berry Powder (Fruit, Lycium Barbarum)** Raspberry Powder (Fruit, Rubus Idaeus L)** Acerola Cherry Powder (Fruit, Malpighia Emarginata)** Bilberry Powder (Fruit, Vaccinium Myrtillus)** Acai Powder (Fruit, Euterpe Oleracea)** Pomegranate Powder (Fruit, Punica Granatum)** Citrus Bioflavonoids Powder (Fruit, Peel, Citrus Reticulata)** Red Beet Powder (Fruit, Beta Vulgaris)** Lycopene Powder (Fruit, Solanum Lycopersicum)** Coenzyme Q10 (Q10 Ubiquinone)** Ginkgo Biloba Powder (Leaf, Ginkgo Biloba L)** Aloe Vera Powder (Stem, Leaf Aloe Barbadensis M)**
Vitamin C (L-Ascorbic Acid)	500 mg	625%	
Vitamin D3 (Cholecalciferol)	15 µg	300%	
Vitamin E (DL-Alpha Tocopheryl Acetate)	12 mg	100%	
Vitamin B1 (Thiamine HCL)	30 mg	2700%	
Vitamin B2 (Riboflavin)	30 mg	2148%	
Vitamin B3 (Niacinamide)	30 mg	187%	
Vitamin B6 (Pyridoxine HCL)	30 mg	2148%	
Vitamin B9 (Folic Acid)	400 µg	200%	
Vitamin B12 (Cyanocobalamin)	100 µg	4000%	
Vitamin B7 (D-Biotin)	400 µg	800%	
Vitamin B5 (D-Calcium Pantothenate)	30 mg	500%	
Vitamin K (Menaquinone)	75 µg	100%	
Calcium (As Gluconate)	25 mg	3%	
Magnesium (As Gluconate)	13.4 mg	4%	
Zinc (As Gluconate)	7 mg	70%	
Selenium (Sodium Selenite)	55 µg	100%	
Copper (As Gluconate)	1000 µg	100%	
Manganese (As Gluconate)	2 mg	100%	
Chromium (As Picolinate)	200 µg	500%	
Potassium (As Citrate)	107 mg	5.5%	
Iodine (Potassium Iodide)	75 µg	50%	
72 Trace Minerals (Ocean Sourced)	25 mg	**	
Choline L-Bitartrate	12.5 mg	**	
Inositol	25 mg	**	
Paba (4-Aminobenzoic Acid)	6 mg	**	
MSM (Methylsulfonylmethane)	125 mg	**	
Lutein (Marigold)	10 mg	**	
Zeaxanthin (Marigold)	2.5 mg	**	
			Amino Acid Boost Blend (1500 mg): L-Glycine, L-Proline, L-Alanine, L-Hydroxyproline, L-Glutamic Acid, L-Arginine, L-Aspartic Acid, L-Serine, L-Lysine, L-Leucine, L-Valine, L-Threonine, L-Phenylalanine, L-Isoleucine, L-Hydroxylysine, L-Methionine, L-Histidine, L-Tyrosine, L-Cysteine, L-Taurine, L-Carnitine, L-Glutamine**
			Caffeine Anhydrous (40 mg)**
			* Dietary Reference Intakes
			** DRI not established



149 Active Ingredients



Essential for Many Health Functions



140+ EFSA Approved Health Claims



Immune System Support

Ingredients: Multi-filtered water, natural fruit juice blend from concentrates; orange, apple, mandarin, guava, papaya, lime, mango, pineapple, grape, sweetener (fructose), vitamin C, potassium, calcium, magnesium, natural flavours (natural orange, natural strawberry), hydrolyzed collagen; contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine, msm (methylsulfonylmethane), zinc, ginseng (panax c.a. meyer), caffeine, freshness preserver (potassium sorbate, sodium benzoate), choline, zeaxanthin powder, emulsifier (xanthan gum), pantothenic acid, thiamine, riboflavin, niacin, vitamin B6, inositol, vitamin E, manganese, sweetener (steviol glycosides), L-tyrosine, L-carnitine, L-glutamine, vitamin D, lutein powder, flavour (natural vanilla), paba (4-aminobenzoic acid), copper, chromium, folic acid, hyaluronic acid, alfalfa powder, broccoli powder, lecithin powder, spirulina powder, green tea powder, grape seed powder, cranberry powder, goji berry powder, raspberry powder, acerola cherry powder, bilberry powder, acai powder, pomegranate powder, citrus bioflavonoids powder, red beet powder, lycopene powder, coenzyme Q10, ginkgo biloba powder, aloe vera powder, freshness preserver (malic acid, citric acid), biotin, vitamin A, iodine, beta carotene, vitamin K, selenium, vitamin B12. 100% Natural Flavour & Colour. *The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.*

Loaded with Vitamins,
Minerals & Super Foods
for Women 50+

ARTICLE NO. 1060

WOMAN 50+ MULTIVITAMIN

Swedish Nutra's Multivitamin for Women 50+ is a high potency formula with **140+ Active Nutrients** prepared specifically for women's health. One 15 ml shot covers your daily intake of important Vitamins, Minerals, Aminos and Super Greens and supports increased metabolism and energy.

33 DAY
SUPPLY



With **Vitamins A, C, D, E, K** and all **8 B-vitamins**. Plus **Calcium, Magnesium, Zinc** and **69 Other Essential Minerals**, our **Bio-Active Life Blend** and **Amino Acid Boost Blend**.

Hand picked ingredients to support the **Immune System, Metabolism, Eye Health, Nervous System, Muscle Function, Hormonal Activity, Heart, Cell Division, Thyroid Function, Skin, Hair, Nails** and **Reduction of Tiredness and Fatigue**.

With Ginseng and Caffeine for an **Energy and Vitality Boost**. This formula also contains **MSM** and **Hyaluronic Acid**.

100% **Natural Flavour** and **Natural Colour**.

Delicious Orange Flavoured Shot.

CONTENT	PER DAILY DOSE (15ML)	% DRI*	
Vitamin A (Retinyl Palmitate)	800 µg	100%	Bio-Active Life Blend (75 mg): Ginseng Panax C.A. Meyer (Root, Korean Panax)** Hyaluronic Acid (Sodium Hyaluronate)** Alfalfa Powder (Grass, Medicago Sativa L)** Broccoli Powder (Plant, Brassica Oleracea)** Lecithin Powder (Sunflower Seed Helianthus)** Spirulina Powder (Spirulina Platensis Powder)** Green Tea Powder (Leaf Camellia Sinensis)** Grape Seed Powder (Fruit, Seed, Vitis Vinifera)** Cranberry Powder (Fruit, Vaccinium Macrocarpon L)** Goji Berry Powder (Fruit, Lycium Barbarum)** Raspberry Powder (Fruit, Rubus Idaeus L)** Acerola Cherry Powder (Fruit, Malpighia Emarginata)** Bilberry Powder (Fruit, Vaccinium Myrtillus)** Acai Powder (Fruit, Euterpe Oleracea)** Pomegranate Powder (Fruit, Punica Granatum)** Citrus Bioflavonoids Powder (Fruit, Peel, Citrus Reticulata)** Red Beet Powder (Fruit, Beta Vulgaris)** Lycopene Powder (Fruit, Solanum Lycopersicum)** Coenzyme Q10 (Q10 Ubiquinone)** Ginkgo Biloba Powder (Leaf, Ginkgo Biloba L)** Aloe Vera Powder (Stem, Leaf Aloe Barbadensis M)**
Vitamin C (L-Ascorbic Acid)	500 mg	625%	
Vitamin D3 (Cholecalciferol)	15 µg	300%	
Vitamin E (DL-Alpha Tocopheryl Acetate)	12 mg	100%	
Vitamin B1 (Thiamine HCL)	30 mg	2700%	
Vitamin B2 (Riboflavin)	30 mg	2148%	
Vitamin B3 (Niacinamide)	30 mg	187%	
Vitamin B6 (Pyridoxine HCL)	20 mg	1428%	
Vitamin B9 (Folic acid)	400 µg	200%	
Vitamin B12 (Cyanocobalamin)	100 µg	4000%	
Vitamin B7 (D-Biotin)	400 µg	800%	
Vitamin B5 (D-Calcium Pantothenate)	30 mg	500%	
Vitamin K (Menaquinone)	75 µg	100%	
Calcium (As Gluconate)	45 mg	5.5%	
Magnesium (As Gluconate)	13.4 mg	4%	
Zinc (As Gluconate)	7 mg	70%	
Selenium (Sodium Selenite)	55 µg	100%	
Copper (As Gluconate)	1000 µg	100%	
Manganese (As Gluconate)	2 mg	100%	
Chromium (as Picolinate)	200 µg	500%	
Potassium (As Citrate)	107 mg	5.5%	
Iodine (Potassium Iodide)	75 µg	50%	
72 Trace Minerals (Ocean Sourced)	25 mg	**	
Choline L-Bitartrate	12.5 mg	**	
Inositol	25 mg	**	
Paba (4-Aminobenzoic Acid)	6 mg	**	
MSM (Methylsulfonylmethane)	125 mg	**	
Lutein (Marigold)	10 mg	**	
Zeaxanthin (Marigold)	2.5 mg	**	
			Amino Acid Boost Blend (1500 mg): L-Glycine, L-Proline, L-Alanine, L-Hydroxyproline, L-Glutamic Acid, L-Arginine, L-Aspartic Acid, L-Serine, L-Lysine, L-Leucine, L-Valine, L-Threonine, L-Phenylalanine, L-Isoleucine, L-Hydroxylysine, L-Methionine, L-Histidine, L-Tyrosine, L-Cysteine, L-Taurine, L-Carnitine, L-Glutamine**
			Caffeine Anhydrous (40 mg)**



149 Active Ingredients



Essential for Many Health Functions



140+ EFSA Approved Health Claims



Immune System Support

Ingredients: Multi-filtered water, natural fruit juice blend from concentrates; orange, apple, mandarin, guava, papaya, lime, mango, pineapple, grape, sweetener (fructose), vitamin C, potassium, calcium, magnesium, natural flavours (natural orange, natural strawberry), hydrolyzed collagen; contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine, msm (methylsulfonylmethane), zinc, ginseng (panax c.a. meyer), caffeine, freshness preserver (potassium sorbate, sodium benzoate), choline, zeaxanthin powder, emulsifier (xanthan gum), pantothenic acid, thiamine, riboflavin, niacin, vitamin B6, inositol, vitamin E, manganese, L-taurine, L-carnitine, L-glutamine, vitamin D, lutein powder, flavour (natural vanilla), copper, sweetener (steviol glycosides), chromium, folic acid, hyaluronic acid, alfalfa powder, broccoli powder, lecithin powder, spirulina powder, green tea powder, grape seed powder, cranberry powder, goji berry powder, raspberry powder, acerola cherry powder, bilberry powder, acai powder, pomegranate powder, citrus bioflavonoids powder, red beet powder, lycopene powder, coenzyme Q10, ginkgo biloba powder, aloe vera powder, freshness preserver (malic acid, citric acid), biotin, vitamin A, iodine, beta carotene, vitamin K, selenium, vitamin B12. 100% Natural Flavour & Colour. *The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.*

Loaded with Vitamins
& Minerals for Children

ARTICLE NO. 1160

SUPER KIDS MULTIVITAMIN

Swedish Nutra's Super Kids Multivitamin is specifically designed for growing children. This formula is as clean as it gets. A shot of 15 or 30 ml every day is loaded with Vitamins, Minerals and **Essential Nutrients for the Growth and Development of Children.**

16/33
DAY
SUPPLY



With **Vitamins A, C, D, E** and all **8 B-vitamins**. Plus **Calcium, Magnesium, Zinc** and **5 Other Essential Minerals**.

Hand picked ingredients to support the **Immune System, Bones, Teeth, Muscle Function, Vision, Cognitive Development, Cognitive Function** and **Mental Performance**.

Enriched with **Alfalfa, Spirulina** and **Broccoli** powder.

100% **Natural Flavour** and **Natural Colour**.

Delicious Orange Flavoured Shot.



CONTENT	PER DAILY DOSE (15ML)	% DRI*	(30ML)	% DRI*
Vitamin A (Retinyl Palmitate)	400 µg RE	50%	800 µg RE	100%
Vitamin C (L-Ascorbic Acid)	90 mg	110%	180 mg	220%
Vitamin D3 (Cholecalciferol)	7.5 µg	150%	15 µg	300%
Vitamin E (DL-Alpha Tocopheryl Acetate)	5 mg TE	41%	10 mg TE	82%
Vitamin B1 (Thiamine HCL)	0.5 mg	50%	1 mg	100%
Vitamin B2 (Riboflavin)	0.7 mg	50%	1.4 mg	100%
Vitamin B3 (Niacin)	8 mg	50%	16 mg	100%
Vitamin B5 (Pantothenic Acid)	4 mg	66%	8 mg	132%
Vitamin B6 (Pyridoxine HCL)	0.7 mg	50%	1.4 mg	100%
Vitamin B7 (Biotin)	30 µg	60%	60 µg	120%
Vitamin B9 (Folic Acid)	100 µg	50%	200 µg	100%
Vitamin B12 (Cyanocobalamin)	1 µg	40%	2 µg	80%
Calcium (As Gluconate)	3.6 mg	0.5%	7.2 µg	1%
Magnesium (As Gluconate)	1.34 mg	<1%	2.68 mg	<1%
Zinc (As Gluconate)	3.3 mg	33%	6.6 mg	66%
Selenium (Sodium Selenite)	11.25 µg	25%	22.5 mg	50%
Manganese (As Gluconate)	0.5 mg	25%	1 mg	50%
Chromium (As Picolinate)	10 µg	25%	20 µg	50%
Potassium (As Citrate)	8 mg	<1%	16 mg	<1%
Iodine (Potassium Iodide)	25 µg	16%	50 µg	32%
Choline L-Bitartrate	6.24 mg	**	12.48 mg	**
Inositol	5 mg	**	10 mg	**
PABA	2 mg	**	4 mg	**
Lutein Esters Complex	5 mg	**	10 mg	**
CoQ10	1 mg	**	2 mg	**
Citrus Bioflavonoids	1 mg	**	2 mg	**
Spirulina Powder	2 mg	**	4 mg	**
Alfalfa Powder	2 mg	**	4 mg	**
Broccoli Powder	2 mg	**	4 mg	**

* Dietary Reference Intakes
 ** DRI not established

Ingredients: Multi-filtered water, natural fruit juice blend from concentrates; orange, apple, mandarin, guava, papaya, lime, mango, pineapple, grape, sweetener (natural fruit and beet sugars), vitamin C, flavour (natural orange), calcium, magnesium, zinc, acidity regulator (citric acid), potassium, emulsifier (xanthan gum), choline, niacin, inositol, lutein powder, vitamin E, freshness preserver (potassium sorbate, sodium benzoate), manganese, pantothenic acid, paba (4-aminobenzoic acid), spirulina powder, alfalfa powder, broccoli powder, citrus-bioflavonoids, coenzyme Q10, vitamin D, riboflavin, vitamin B6, thiamine, folic acid, beta carotene, chromium, vitamin A, biotin, iodine, selenium, vitamin B12, sweetener (steviol glycosides). 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



28 Active Ingredients



Essential for Many Health Functions



130+ EFSA Approved Health Claims



Vegan Friendly



Immune System Support



COLLAGEN SUPPLEMENTS

Collagen is an endogenous protein found in the body's various connective tissues, making it the most abundant protein in the body. Collagen holds muscles, skin, bones, tendons, ligaments, hair and nails together in the body.

Collagen is essential for both healthy joints and smooth, elastic skin. As we age the body produces less collagen. Supplements with collagen help replenish collagen in the body, effectively slowing down the ageing process and also aiding joints and ligaments.

Swedish Nutra offers a variety of different collagen supplements of bovine, marine and vegan sources that support both body and beauty. Our collagen ranges from 5000 mg to 10000 mg per dose with supplies of 20-33 days and are available in different formulations, both with and without sugar.

Swedish Nutra's products are laboratory tested and backed up by evidence in nutritional science. Our collagen supplements contains carefully selected ingredients in line with EU quality standards, guaranteeing a potent evidence-based formula to support hair, skin, nails, joints and ligaments.

5000 mg Marine Collagen,
Sugar Free With 33
Days Supply

ARTICLE NO. 1200

COLLAGEN 5000 MARINE

SUGAR
FREE

Swedish Nutra's Collagen 5000 Marine Pure Peptide **Sugar Free** contains top-rated hydrolyzed fish collagen type I and III. Essential for **Firm Skin, Healthy Hair and Strong Nails**. A 15 ml shot provides daily nutrition for skin, hair and nails and is also enriched with selected Vitamins for further support.

33 DAY
SUPPLY



- With **Vitamins C, B5** and **B6**. Enriched with **Hyaluronic Acid**.
- Hand picked ingredients that **Support Overall Skin Health, Combat the Effects of Ageing, Reduce the Appearance of Wrinkles, Increase Skin Hydration and Smoothness** and **Improve Skin Elasticity**.
- **5000 mg Hydrolyzed Marine Collagen Type I and III**. Collagen type I and III are particularly important for the elasticity of the skin, helping to minimize wrinkles and fine lines.
- Hyaluronic Acid to **Help Treat Dry Skin and Prevent Wrinkles**.
- 100% **Natural Flavour** and **Natural Colour**.
- **Delicious Berry Flavoured Shot**.

CONTENT	PER DAILY DOSE (15ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	60 mg	75%
Vitamin B6 (Pyridoxine HCL)	1 mg	71%
Vitamin B5 (D-Calcium Pantothenate)	2 mg	12%
Hyaluronic Acid (Sodium Hyaluronate)	5 mg	**
Hydrolyzed Collagen (Fish)	5000 mg	**

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, hydrolyzed fish collagen type 1 & 3 (Pure Peptide hydrolyzed collagen contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L- aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine), vitamin C, flavour (natural strawberry), natural colour (natural purple potato powder), emulsifier (xanthan gum), freshness preserver (potassium sorbate, sodium benzoate), hyaluronic acid, pantothenic acid, vitamin B6, freshness preserver (citric acid, malic acid), sweetener (steviol glycosides, sucralose). 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



**Benefits Hair,
Skin & Nails**



**Highly Absorbable
Collagen Supplement**



100% Fish Collagen



**With 5 mg
Hyaluronic Acid**



Sugar Free

10000 mg Marine Collagen
With 20 Days Supply

20 DAY
SUPPLY



ARTICLE NO. 1140

COLLAGEN 10000 MARINE

Swedish Nutra's Collagen 10000 Marine Pure Peptide contains top-rated hydrolyzed fish collagen type I and III. Essential for **Firm Skin, Healthy Hair and Strong Nails**. A 25 ml shot provides daily nutrition for skin, hair and nails and is also enriched with selected Vitamins and Minerals for further support.

- With **Vitamins C, B5, B6, B7, B12** and **D**. Enriched with **Copper, Silica** and **Hyaluronic Acid**.
- Hand picked ingredients that **Support Overall Skin Health, Combat the Effects of Ageing, Reduce the Appearance of Wrinkles, Increase Skin Hydration and Smoothness** and **Improve Skin Elasticity**.
- **10000 mg Hydrolyzed Marine Collagen Type I and III**. Collagen type I and III are particularly important for the elasticity of the skin, helping to minimize wrinkles and fine lines.
- Hyaluronic Acid to **Help Treat Dry Skin and Prevent Wrinkles**.
- 100% **Natural Flavour** and **Natural Colour**.
- **Delicious Berry Flavoured Shot**.

CONTENT	PER DAILY DOSE (25ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	120 mg	150%
Vitamin B5 (D-Calcium Pantothenate)	5 mg	83%
Vitamin B6 (Pyridoxine HCL)	1 mg	71%
Vitamin B7 (D-Biotin)	5000 µg	10000%
Vitamin B12 (Methylcobalamin)	24 µg	960%
Copper (Gluconate)	1 mg	100%
Hyaluronic Acid (Sodium Hyaluronate)	50 mg	**
Silica (Silicon Dioxide)	7 mg	**
Hydrolyzed Collagen (Fish)	10000 mg	**

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, natural fruit juice blend from concentrates; orange, apple, mandarin, guava, papaya, lime, mango, pineapple, grape, hydrolyzed fish collagen type 1 & 3 (Pure Peptide hydrolyzed collagen contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine), sweetener (fructose), vitamin C, flavor (natural strawberry), natural color (purple potato powder), emulsifier (xanthan gum), freshness preserver (potassium sorbate, sodium benzoate), copper, hyaluronic acid, pantothenic acid, silica, biotin, vitamin B6, acidity regulator (citric acid, malic acid), sweetener (steviol glycosides), vitamin B12. 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



**Benefits Hair,
Skin & Nails**



**Highly Absorbable
Collagen Supplement**



100% Fish Collagen



**With 50 mg
Hyaluronic Acid**

10000 mg Marine Collagen,
Sugar Free With 20
Days Supply

ARTICLE NO. 1210

COLLAGEN 10000 MARINE

SUGAR
FREE

Swedish Nutra's Collagen 10000 Marine Pure Peptide **Sugar Free** contains top-rated hydrolyzed fish collagen type I and III. Essential for **Firm Skin, Healthy Hair and Strong Nails**. A 25 ml shot provides daily nutrition for skin, hair and nails and is also enriched with selected Vitamins for further support.

20 DAY
SUPPLY



• With **Vitamins C, B5, B6, B7, B12** and **D**. Enriched with **Selenium, Silica, Aloe Vera, Green Tea Powder, Grape Seed Powder** and **Hyaluronic Acid**.

• Hand picked ingredients that **Support Overall Skin Health, Combat the Effects of Ageing, Reduce the Appearance of Wrinkles, Increase Skin Hydration and Smoothness** and **Improve Skin Elasticity**.

• **10000 mg Hydrolyzed Marine Collagen Type I and III**. Collagen type I and III are particularly important for the elasticity of the skin, helping to minimize wrinkles and fine lines.

• Hyaluronic Acid to **Help Treat Dry Skin and Prevent Wrinkles**.

• 100% **Natural Flavour** and **Natural Colour**.

• **Delicious Berry Flavoured Shot**.

CONTENT	PER DAILY DOSE (25ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	60 mg	75%
Vitamin B5 (D-Calcium Pantothenate)	3 mg	50%
Vitamin B6 (Pyridoxine HCL)	1.4 mg	100%
Vitamin B7 (D-Biotin)	1500 µg	3000%
Vitamin B12 (Methylcobalamin)	2.5 µg	100%
Vitamin D3 (Cholecalciferol)	5 µg	100%
Selenium (Sodium Selenite)	55 µg	100%
Silica (Silicon Dioxide)	25 mg	**
Grape Seed Powder	10 mg	**
Aloe Vera	10 mg	**
Green Tea Powder	10 mg	**
Hyaluronic Acid (Sodium Hyaluronate)	50 mg	**
Hydrolyzed Collagen (Fish)	10000 mg	**

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, hydrolyzed collagen type 1 & 3 (Pure Peptide hydrolyzed fish collagen) contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine), l-ascorbic acid, sodium hyaluronate, flavour (natural aroma), natural colour (natural purple potato powder), silicone dioxide, freshness preserver (potassium sorbate, sodium benzoate), aloe vera powder, grape seed powder, green tea powder, d-calcium pantothenate, d-biotin, pyridoxine hcl, sweetener (sodium cyclamate, sodium saccharine), acidity regulator (citric acid), cholecalciferol, sodium selenite, methylcobalamin. 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



*Benefits Hair,
Skin & Nails*



*Highly Absorbable
Collagen Supplement*



100% Fish Collagen



*With 50 mg
Hyaluronic Acid*



Sugar Free

10000 mg Marine Collagen,
Sugar Free 2.2, With 20
Days Supply

ARTICLE NO. 2428

COLLAGEN 10000 MARINE

SUGAR
FREE 2.2

Swedish Nutra's Collagen 10000 Marine Pure Peptide **Sugar Free 2.2** contains top-rated hydrolyzed fish collagen type I and III. Essential for **Firm Skin, Healthy Hair and Strong Nails**. A 25 ml shot provides daily nutrition for skin, hair and nails and is also enriched with selected Vitamins for further support.

20 DAY
SUPPLY



• With **Vitamins C, B5, B6, B7, B12** and **D**. Enriched with **Selenium, Silica** and **Hyaluronic Acid**.

• Hand picked ingredients that **Support Overall Skin Health, Combat the Effects of Ageing, Reduce the Appearance of Wrinkles, Increase Skin Hydration and Smoothness** and **Improve Skin Elasticity**.

• **10000 mg Hydrolyzed Marine Collagen Type I and III**. Collagen type I and III are particularly important for the elasticity of the skin, helping to minimize wrinkles and fine lines.

• Hyaluronic Acid to **Help Treat Dry Skin and Prevent Wrinkles**.

• 100% **Natural Flavour** and **Natural Colour**.

• **Delicious Berry Flavoured Shot**.

CONTENT	PER DAILY DOSE (25ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	120 mg	150%
Vitamin B5 (D-Calcium Pantothenate)	5 mg	83%
Vitamin B6 (Pyridoxine HCL)	1 mg	71%
Vitamin B7 (D-Biotin)	5000 µg	10000%
Vitamin B12 (Methylcobalamin)	24 µg	960%
Vitamin D3 (Cholecalciferol)	15 µg	300%
Selenium (Sodium Selenite)	27.5 µg	50%
Silica (Silicon Dioxide)	50 mg	**
Hyaluronic Acid (Sodium Hyaluronate)	50 mg	**
Hydrolyzed Collagen (Fish)	10000 mg	**

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, hydrolyzed fish collagen type 1 & 3; (Pure Peptide hydrolyzed fish collagen contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine, vitamin C, flavour (natural strawberry), natural colour (purple potato powder), emulsifier (xanthan gum), freshness preserver (potassium sorbate, sodium benzoate), hyaluronic acid, silica, pantothenic acid, biotin, vitamin B6, selenium, sweetener (steviol glycosides, sucralose), acidity regulator (citric acid), vitamin D, vitamin B12. 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



*Benefits Hair,
Skin & Nails*



*Highly Absorbable
Collagen Supplement*



100% Fish Collagen



*With 50 mg
Hyaluronic Acid*



Sugar Free

10000 mg Marine Collagen Shots, Sugar Free With 20 Days Supply

20 DAY SUPPLY



ARTICLE NO. 2470

MARINE BEAUTY

Swedish Nutra's Collagen Marine Beauty contains top-rated hydrolyzed fish collagen type I and III. Essential for **Firm Skin, Healthy Hair and Strong Nails**. The convenient 25 ml vial makes it easy to take the daily dose. One shot contains 25 ml of daily nutrition for skin, hair and nails and is also enriched with selected Vitamins and Minerals for further support.

- With **Vitamins C, B5, B6, B7, B12** and **D**. Enriched with **Zinc, Selenium, Silica** and **Hyaluronic Acid**.
- Hand picked ingredients that **Support Overall Skin Health, Combat the Effects of Ageing, Reduce the Appearance of Wrinkles, Increase Skin Hydration and Smoothness** and **Improve Skin Elasticity**.
- **10000 mg Hydrolyzed Marine Collagen Type I and III**. Collagen type I and III are particularly important for the elasticity of the skin, helping to minimize wrinkles and fine lines.
- Hyaluronic Acid to **Help Treat Dry Skin and Prevent Wrinkles**.
- 100% **Natural Flavour** and **Natural Colour**.
- **Delicious Berry Flavoured Shot**.

CONTENT	PER DAILY DOSE (25ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	120 mg	150%
Vitamin B5 (D-Calcium Pantothenate)	12 mg	200%
Vitamin B6 (Pyridocine HCL)	1.7 mg	121%
Vitamin B7 (D-Biotin)	150 µg	300%
Vitamin B12 (Methylcobalamin)	2.7 µg	108%
Vitamin D3 (Cholecalciferol)	60 µg	1200%
Zinc (As Gluconate)	10 mg	100%
Selenium (Sodium Selenite)	27.5 µg	50%
Silica (Silicon Dioxide)	50 mg	**
Hyaluronic Acid (Sodium Hyaluronate)	100 mg	**
Hydrolyzed Collagen (Fish)	10000 mg	**

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, hydrolyzed fish collagen type 1 & 3 (contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine), vitamin C, flavour (natural aroma), colour (sweet potato powder), emulsifier (xanthan gum), freshness preserver (potassium sorbate, sodium benzoate), hyaluronic acid, silica, pantothenic acid, zinc, biotin, vitamin B6, selenium, sweetener (sucralose, Ace-K), acidity regulator (citric acid), vitamin D, vitamin B12. 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



Benefits Hair,
Skin & Nails



Highly Absorbable
Collagen Supplement



100% Fish Collagen



With 100 mg
Hyaluronic Acid



Sugar Free



10000 mg Marine Collagen
Powder, Sugar Free With
30 Days Supply

30 DAY
SUPPLY



ARTICLE NO. 1150

COLLAGEN POWDER MARINE

Swedish Nutra's Collagen Powder Marine is a powerful protein made up of amino acids, peptides. It is developed for **Firm Skin, Healthy Hair and Strong Nails**. The powder contains nothing other than pure fish collagen type I and III. Two scoops provides complete daily nutrition for skin, hair and nails, joints and tendons.

- **100% Marine Collagen.**
- The best marine collagen the market has to offer to **Support Overall Skin Health, Combat the Effects of Ageing, Reduce the Appearance of Wrinkles, Increase Skin Hydration and Smoothness** and **Improve Skin Elasticity.**
- **10000 mg Hydrolyzed Marine Collagen Type I and III.** Collagen type I and III are particularly important for the elasticity of the skin, helping to minimize wrinkles and fine lines.
- **Flavourless & Odourless Powder** that is easy to mix with any desired drink or food, both hot and cold such as coffee, juice, water, soups or smoothies.



CONTENT	PER DAILY DOSE (2 SCOOPS)	% DRI*
Hydrolyzed Collagen (Fish)	10000 mg	**

* Dietary Reference Intakes

** DRI not established

Ingredients: Pure hydrolyzed collagen type 1 & 3 (Pure Peptide hydrolyzed collagen contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine).

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



**Benefits Hair,
Skin & Nails**



**Easy to Mix
Powder Collagen**



100% Fish Collagen



Sugar Free

5000 mg Bovine Collagen,
Sugar Free With 33
Days Supply

ARTICLE NO. 1180

COLLAGEN 5000 BOVINE

SUGAR
FREE

Swedish Nutra's Collagen 5000 Bovine Pure Peptide **Sugar Free** contains top-rated hydrolyzed pure grass-fed bovine collagen type I and III. Essential for **Firm Skin, Healthy Hair and Strong Nails**. A 15 ml shot provides daily nutrition for skin, hair and nails and is also enriched with selected Vitamins for further support.

33 DAY
SUPPLY



- With **Vitamins C, B5** and **B6**. Enriched with **Hyaluronic Acid**.
- Hand picked ingredients that **Support Overall Skin Health, Combat the Effects of Ageing, Reduce the Appearance of Wrinkles, Increase Skin Hydration and Smoothness** and **Improve Skin Elasticity**.
- **5000 mg Hydrolyzed Bovine Collagen Type I and III**. Collagen type I and III are particularly important for the elasticity of the skin, helping to minimize wrinkles and fine lines.
- Hyaluronic Acid to **Help Treat Dry Skin and Prevent Wrinkles**.
- 100% **Natural Flavour** and **Natural Colour**.
- **Delicious Berry Flavoured Shot**.

CONTENT	PER DAILY DOSE (15ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	60 mg	75%
Vitamin B6 (Pyridoxine HCL)	1 mg	71%
Vitamin B5 (D-Calcium Pantothenate)	2 mg	12%
Hyaluronic Acid (Sodium Hyaluronate)	5 mg	**
Hydrolyzed Collagen (Bovine)	5000 mg	**

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, hydrolyzed collagen type 1 & 3 (Pure Peptide hydrolyzed collagen contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine), vitamin C, flavour (natural strawberry), natural colour (natural purple potato powder), emulsifier (xanthan gum), freshness preserver (potassium sorbate, sodium benzoate), hyaluronic acid, pantothenic acid, vitamin B6, freshness preserver (citric acid, malic acid), sweetener (steviol glycosides, sucralose). 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



*Benefits Hair,
Skin & Nails*



*Highly Absorbable
Collagen Supplement*



*100% Grass Fed
Bovine Collagen*



*With 5 mg
Hyaluronic Acid*



Sugar Free

10000 mg Bovine Collagen
With 20 Days Supply

ARTICLE NO. 1110

COLLAGEN 10000 BOVINE

Swedish Nutra's Collagen 10000 Bovine Pure Peptide contains top-rated hydrolyzed pure grass-fed bovine collagen type I and III. Essential for **Firm Skin, Healthy Hair and Strong Nails**. A 25 ml shot provides daily nutrition for skin, hair and nails and is also enriched with selected Vitamins and Minerals for further support.

20 DAY
SUPPLY



• With **Vitamins C, B5, B6, B7** and **B12**. Enriched with **Copper, Silica** and **Hyaluronic Acid**.

• Hand picked ingredients that **Support Overall Skin Health, Combat the Effects of Ageing, Reduce the Appearance of Wrinkles, Increase Skin Hydration and Smoothness** and **Improve Skin Elasticity**.

• **10000 mg Hydrolyzed Bovine Collagen Type I and III**. Collagen type I and III are particularly important for the elasticity of the skin, helping to minimize wrinkles and fine lines.

• Hyaluronic Acid to **Help Treat Dry Skin and Prevent Wrinkles**.

• 100% **Natural Flavour** and **Natural Colour**.

• **Delicious Berry Flavoured Shot**.

CONTENT	PER DAILY DOSE (25ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	120 mg	150%
Vitamin B5 (D-Calcium Pantothenate)	5 mg	83%
Vitamin B6 (Pyridoxine HCL)	1 mg	71%
Vitamin B7 (D-Biotin)	5000 µg	10000%
Vitamin B12 (Methylcobalamin)	24 µg	960%
Copper (Gluconate)	1 mg	100%
Hyaluronic Acid (Sodium Hyaluronate)	50 mg	**
Silica (Silicon Dioxide)	7 mg	**
Hydrolyzed Collagen (Bovine)	10000 mg	**

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, natural fruit juice blend from concentrates; orange, apple, mandarin, guava, papaya, lime, mango, pineapple, grape, hydrolyzed collagen type 1 & 3 (Pure Peptide hydrolyzed collagen contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine), sweetener (fructose), vitamin C, flavor (natural strawberry), natural color (purple potato powder), emulsifier (xanthan gum), freshness preserver (potassium sorbate, sodium benzoate), copper, hyaluronic acid, pantothenic acid, silica, biotin, vitamin B6, acidity regulator (citric acid, malic acid), sweetener (steviol glycosides), vitamin B12. 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



*Benefits Hair,
Skin & Nails*



*Highly Absorbable
Collagen Supplement*



*100% Grass Fed
Bovine Collagen*



*With 50 mg
Hyaluronic Acid*

10000 mg Bovine Collagen,
Sugar Free 2.2, With 20
Days Supply

ARTICLE NO. 1190

COLLAGEN 10000 BOVINE

SUGAR
FREE 2.2

Swedish Nutra's Collagen 10000 Bovine Pure Peptide **Sugar Free 2.2** contains top-rated hydrolyzed pure grass-fed bovine collagen type I and III. Essential for **Firm Skin, Healthy Hair and Strong Nails**. A 25 ml shot provides daily nutrition for skin, hair and nails and is also enriched with selected Vitamins for further support.

20 DAY
SUPPLY



• With **Vitamins C, B5, B6, B7, B12** and **D**. Enriched with **Selenium, Silica** and **Hyaluronic Acid**.

• Hand picked ingredients that **Support Overall Skin Health, Combat the Effects of Ageing, Reduce the Appearance of Wrinkles, Increase Skin Hydration and Smoothness** and **Improve Skin Elasticity**.

• **10000 mg Hydrolyzed Bovine Collagen Type I and III**. Collagen type I and III are particularly important for the elasticity of the skin, helping to minimize wrinkles and fine lines.

• Hyaluronic Acid to **Help Treat Dry Skin and Prevent Wrinkles**.

• 100% **Natural Flavour** and **Natural Colour**.

• **Delicious Berry Flavoured Shot**.

CONTENT	PER DAILY DOSE (25ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	120 mg	150%
Vitamin B5 (D-Calcium Pantothenate)	5 mg	83%
Vitamin B6 (Pyridoxine HCL)	1 mg	71%
Vitamin B7 (D-Biotin)	5000 µg	10000%
Vitamin B12 (Methylcobalamin)	24 µg	960%
Vitamin D3 (Cholecalciferol)	15 µg	300%
Selenium (Sodium Selenite)	27.5 µg	50%
Hyaluronic Acid (Sodium Hyaluronate)	50 mg	**
Silica (Silicon Dioxide)	50 mg	**
Hydrolyzed Collagen (Bovine)	10000 mg	**

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, hydrolyzed collagen type 1 & 3 (Pure Peptide hydrolyzed collagen contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isooleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine), vitamin C, flavour (natural strawberry), natural colour (purple potato powder), emulsifier (xanthan gum), freshness preserver (potassium sorbate, sodium benzoate), hyaluronic acid, silica, pantothenic acid, biotin, vitamin B6, selenium, sweetener (steviol glycosides, sucralose), acidity regulator (citric acid), vitamin D, vitamin B12. 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



*Benefits Hair,
Skin & Nails*



*Highly Absorbable
Collagen Supplement*



*100% Grass Fed
Bovine Collagen*



*With 50 mg
Hyaluronic Acid*



Sugar Free

10000 mg Bovine Collagen
Powder, Sugar Free With
30 Days Supply

30 DAY
SUPPLY



ARTICLE NO. 1120

COLLAGEN POWDER BOVINE

Swedish Nutra's Collagen Powder Bovine is a powerful protein made up of amino acids, peptides. It is developed for **Firm Skin, Healthy Hair and Strong Nails**. The powder is 100% pure grass-fed bovine collagen type I and III and two scoops provides daily nutrition for skin, hair and nails, joints and tendons.

- **100% Grass Fed Bovine Collagen.**
- The best bovine collagen the market has to offer to **Support Overall Skin Health, Combat the Effects of Ageing, Reduce the Appearance of Wrinkles, Increase Skin Hydration and Smoothness** and **Improve Skin Elasticity.**
- **10000 mg Hydrolyzed Bovine Collagen Type I and III.** Collagen type I and III are particularly important for the elasticity of the skin, helping to minimize wrinkles and fine lines.
- **Flavourless & Odourless Powder** that is easy to mix with any desired drink or food, both hot and cold such as coffee, juice, water, soups or smoothies.



CONTENT	PER DAILY DOSE (2 SCOOPS)	% DRI*
Hydrolyzed Collagen (Bovine)	10000 mg	**

* Dietary Reference Intakes

** DRI not established

Ingredients: Pure hydrolyzed collagen type 1 & 3 (Pure Peptide hydrolyzed collagen contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine).

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



*Benefits Hair,
Skin & Nails*



*Easy to Mix
Powder Collagen*



*100% Grass Fed
Bovine Collagen*



Sugar Free

5000 mg Vegan Collagen
With 20 Days Supply

20 DAY
SUPPLY



ARTICLE NO. 2458

VEGAN COLLAGEN

Swedish Nutra's Vegan Collagen is a completely vegan collagen supplement for **Firm Skin, Healthy Hair and Strong Nails**. A 25 ml shot provides daily nutrition for skin, hair and nails and is also enriched with selected Vitamins for further support.

- With **Vitamins C, B7, D** and **E**. Enriched with **Silica, MSM** and **Hyaluronic Acid**.
- Hand picked ingredients that **Support Overall Skin Health, Combat the Effects of Ageing, Reduce the Appearance of Wrinkles, Increase Skin Hydration and Smoothness** and **Improve Skin Elasticity**.
- **Collagen Skin Protein** based on important amino acids. Of the 19 amino acids found in animal collagen, L-Glycine, L-Alanine and L-Glutamine are the most important for hair, skin and nails. Vegan Collagen contains a high concentrate of these amino acids, from vegan sources, ensuring the same results.
- Hyaluronic Acid to **Help Treat Dry Skin and Prevent Wrinkles**.
- 100% **Natural Flavour** and **Natural Colour**.
- **Delicious Berry Flavoured Shot**.

CONTENT	PER DAILY DOSE (25ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	80 mg	100%
Vitamin B7 (D-Biotin)	1000 µg	2000%
Vitamin D3 (Vegan From Lichen)	15 µg	300%
Vitamin E (DL-Alpha Tocopheryl Acetate)	24 mg TE	200%
MSM (Methylsulfonylmethane)	100 mg	**
Silica (Silicon Dioxide)	15 mg	**
Hyaluronic Acid (Sodium Hyaluronate)	50 mg	**
Collagen Skin Protein (Vegan):	5000 mg	**
L-Glycine (1500mg)		
L-Proline (100 mg)		
L-Lysine (100 mg)		
L-Arginine (100 mg)		
L-Alanine (100 mg)		
L-Leucine (100 mg)		
L-Glutamine (3000 mg)		

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, collagen skin protein (vegan): glycine, proline, lysine, arginine, alanine, leucine, glutamine, vitamin E, natural fruit juice blend from concentrates; orange, apple, mandarin, guava, papaya, lime, mango, pineapple, grape, sweetener (natural fruit and beet sugars), msm: methylsulfonylmethane, vitamin C, hyaluronic acid, natural flavour (natural aroma), natural colour (natural purple potato powder), silica, freshness preserver (potassium sorbate, sodium benzoate), biotin, acidity regulator (citric acid), vitamin D: vegan cholecalciferol (from lichen). 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



**Benefits Hair,
Skin & Nails**



**Highly Absorbable
Collagen Supplement**



**Vegan
Friendly**



**With 50 mg
Hyaluronic Acid**

5000 mg Collagen Type II
With 33 Days Supply

ARTICLE NO. 1090

JOINT SUPPORT

Swedish Nutra's Collagen Joint Support is designed to **Ease Joint Pain** and contribute to cartilage repair. One daily shot of 15 ml contains top-rated hydrolyzed collagen type II to help the maintenance of healthy joint structures. Enriched with Vitamins, Herbs and our Proprietary Joint Blend.

33 DAY
SUPPLY



With **Vitamins C, B12** and **D**. Enriched with **MSM, Chondroitin Sulfate, Glucosamine Sulfate**, and **L-Carnitine**.

Hand picked ingredients that support **Bones, Cartilage, Muscle Function** and **Nervous System**.

5000 mg Hydrolyzed Collagen Type I, II and III. Collagen type II is the collagen that is most prominent in cartilage and bones. Taking type II collagen peptides can help protect the joints by reducing inflammation and extending durability.

Enriched with the **Anti-inflammatory Effects of Turmeric** to reduce joint pain, stiffness and swelling.

100% **Natural Flavour** and **Natural Colour**.

Delicious Berry Flavoured Shot.



CONTENT	PER DAILY DOSE (15ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	120 mg	150%
Vitamin B12 (Cyanocobalamin)	5 µg	200%
Vitamin D3 (Cholecalciferol)	15 µg	300%
Herbs Blend:	2 mg	**
Turmeric Powder (1 mg)		
Green Tea Powder (1 mg)		
Proprietary Joint Blend:	6000 mg	**
Hydrolyzed Collagen type 1, 2 & 3 (5000 mg)		
Methylsulfonylmethane (250 mg)		
Chondroitin Sulfate (250 mg)		
Glucosamine Sulfate (250 mg)		
L-Carnitine (250 mg)		

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, vitamins and nutrients, hydrolyzed collagen (contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine), sweetener (crystalline fructose), acidity regulator (malic acid, citric acid), msm (methylsulfonylmethane), glucosamine, chondroitin, L-carnitine, vitamin C, flavour (natural fruit), freshness preserver (potassium sorbate, sodium benzoate), colour (natural purple potato extract), emulsifier (xanthan gum), sweetener (steviol glycosides), turmeric, green tea powder, vitamin D, vitamin B12. 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



Benefits Joints & Ligaments



Highly Absorbable Collagen Supplement



Essential for Bones & Muscles



100% Grass Fed Bovine Collagen

5700 mg Collagen Type II,
Sugar Free With 33
Days Supply

ARTICLE NO. 2442

JOINT SUPPORT

SUGAR
FREE

Swedish Nutra's Collagen Joint Support **Sugar Free** is designed to **Ease Joint Pain** and contribute to cartilage repair. One daily shot of 15 ml contains top-rated hydrolyzed collagen type II to help the maintenance of healthy joint structures. Enriched with Vitamins, Herbs and our Proprietary Joint Blend.

33 DAY
SUPPLY



With **Vitamins C, B12** and **D**. Enriched with **MSM, Chondroitin Sulfate** and **Glucosamine Sulfate**.

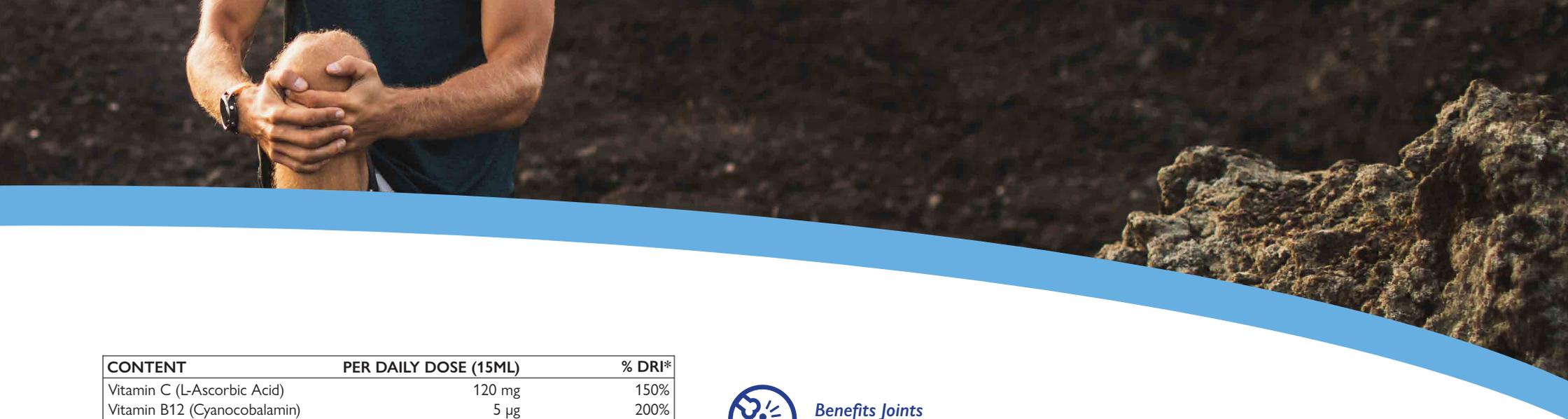
Hand picked ingredients that support **Bones, Cartilage, Muscle Function** and **Nervous System**.

5700 mg Hydrolyzed Collagen Type I, II and III. Collagen type II is the collagen that is most prominent in cartilage and bones. Taking type II collagen peptides can help protect the joints by reducing inflammation and extending durability.

Enriched with the **Anti-inflammatory Effects of Turmeric** to reduce joint pain, stiffness and swelling.

100% **Natural Flavour** and **Natural Colour**.

Delicious Berry Flavoured Shot.



CONTENT	PER DAILY DOSE (15ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	120 mg	150%
Vitamin B12 (Cyanocobalamin)	5 µg	200%
Vitamin D3 (Cholecalciferol)	15 µg	300%
Herbs Blend:	20 mg	**
Turmeric Powder (10 mg)		
Green Tea Powder (10 mg)		
Proprietary Joint Blend:	6000 mg	**
Hydrolyzed Collagen type 1, 2 & 3 (5700 mg)		
Methylsulfonylmethane (100 mg)		
Chondroitin Sulfate (100 mg)		
Glucosamine Sulfate (100 mg)		

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, hydrolyzed collagen (contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine), acidity regulator (malic acid, citric acid), vitamin C, msm: methylsulfonylmethane, chondroitin sulfate, glucosamine, flavour (natural berry), freshness preserver (potassium sorbate, sodium benzoate), colour (natural purple potato extract), emulsifier (xanthan gum), L-carnitine, sweetener (steviol glycosides, sucralose), turmeric powder, green tea powder, vitamin D, vitamin B12. 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



Benefits Joints & Ligaments



Highly Absorbable Collagen Supplement



Essential for Bones & Muscles



100% Grass Fed Bovine Collagen



Sugar Free

12000 mg Collagen Type II,
Sugar Free With 20-33
Days Supply

ARTICLE NO. 2482

JOINT SUPPORT MAX

SUGAR
FREE

Swedish Nutra's Collagen Joint Support MAX is a strong, **Sugar Free** formula designed to **Ease Joint Pain** and contribute to cartilage repair. One daily shot of 15-25 ml contains top-rated hydrolyzed collagen type II to maintain healthy joint structures. Enriched with Vitamins, MSM and Turmeric Juice.

20/33
DAY
SUPPLY



••••• With **Vitamins C and D**. Enriched with **MSM, Hyaluronic Acid, Chondroitin Sulfate, Glucosamine Sulfate** and **Selenium**.

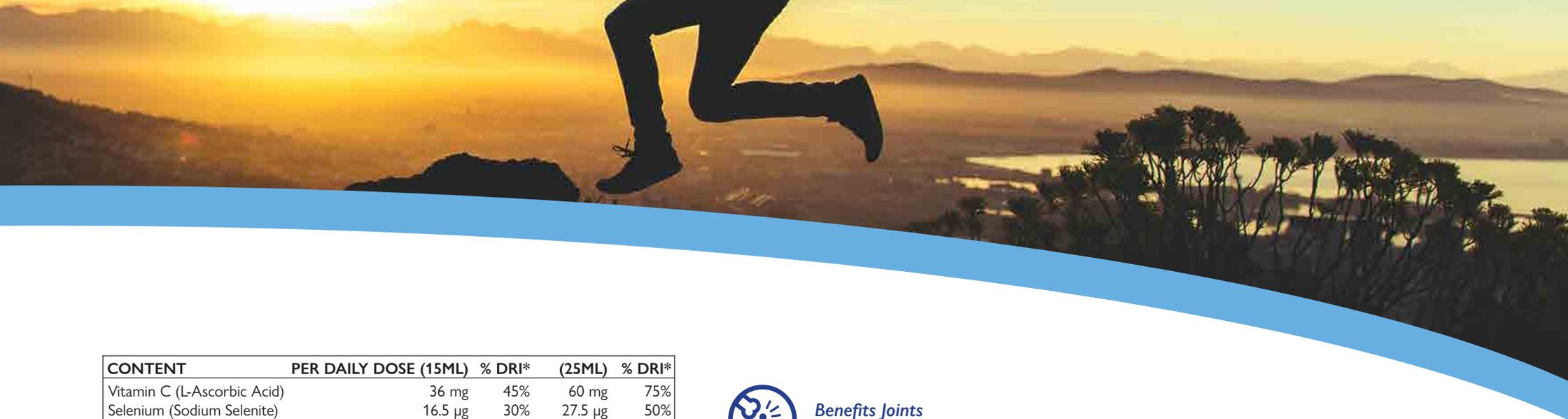
••••• Hand picked ingredients that support **Bones, Cartilage, Muscle Function** and **Nervous System**.

••••• **12000 mg Hydrolyzed Collagen Type I, II and III**. Collagen type II is the collagen that is most prominent in cartilage and bones. Taking type II collagen peptides can help protect the joints by reducing inflammation and extending durability.

••••• Enriched with the **Anti-inflammatory Effects of Turmeric** to reduce joint pain, stiffness and swelling.

••••• 100% **Natural Flavour** and **Natural Colour**.

••••• **Delicious Berry Flavoured Shot**.



CONTENT	PER DAILY DOSE (15ML)	% DRI*	(25ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	36 mg	45%	60 mg	75%
Selenium (Sodium Selenite)	16.5 µg	30%	27.5 µg	50%
Vitamin D3 (Cholecalciferol)	3 µg	60%	5 µg	100%
Turmeric Juice (from concentrate)	7.2 g	**	12 g	**
Hyaluronic acid (Vegan Sodium Hyaluronate)	18 mg	**	30 mg	**
Methylsulfonylmethane	60 mg	**	100 mg	**
Chondroitin Sulfate	60 mg	**	100 mg	**
Glucosamine Sulfate	60 mg	**	100 mg	**
Hydrolyzed Collagen type 1, 2 & 3	7200 mg	**	12000 mg	**

* Dietary Reference Intakes

** DRI not established

Ingredients: Turmeric juice from concentrate, hydrolyzed collagen type 1, 2 & 3 (contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine), acidity regulator (citric acid), vitamin C, msm: methylsulfonylmethane, glucosamine sulfate, chondroitin sulfate, hyaluronic acid, flavor (natural aroma), freshness preserver (potassium sorbate, sodium benzoate), color (sweet potato powder), sweetener (sucralose, Ace-K), selenium, vitamin D. 100% Natural flavor & color.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



Benefits Joints & Ligaments



Highly Absorbable Collagen Supplement



Essential for Bones & Muscles



100% Grass Fed Bovine Collagen



Sugar Free

10000 mg Collagen Type II Shots, Sugar Free With 20 Days Supply

20 DAY SUPPLY



ARTICLE NO. 2475

JOINT SHOTS

Swedish Nutra's Collagen 10000 Joint Shots are designed to **Ease Joint Pain** and contribute to cartilage repair. The convenient 25 ml vial makes it easy to take the daily dose. One shot contains 25 ml top-rated hydrolyzed collagen type II, enriched with Vitamins, Herbs and our Collagen Joint Blend.

- With **Vitamins C, B12** and **D**. Enriched with **MSM, Chondroitin Sulfate** and **Glucosamine Sulfate**.
- Hand picked ingredients that support **Bones, Cartilage, Muscle Function** and **Nervous System**.
- **10000 mg Hydrolyzed Collagen Type I, II and III**. Collagen type II is the collagen that is most prominent in cartilage and bones. Taking type II collagen peptides can help protect the joints by reducing inflammation and extending durability.
- Enriched with the **Anti-inflammatory Effects of Turmeric** to reduce joint pain, stiffness and swelling.
- 100% **Natural Flavour** and **Natural Colour**.
- **Delicious Berry Flavoured Shot**.



CONTENT	PER DAILY DOSE (25ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	120 mg	150%
Vitamin B12 (Cyanocobalamin)	50 µg	2000%
Vitamin D3 (Cholecalciferol)	50 µg	1000%
Herbs Blend:	200 mg	**
Turmeric Powder (100 mg)		
Green Tea Powder (100 mg)		
Collagen Joint Blend:	10750 mg	**
Hydrolyzed Collagen type 1, 2 & 3 (10000 mg)		
Methylsulfonylmethane (250 mg)		
Chondroitin Sulfate (250 mg)		
Glucosamine Sulfate (250 mg)		

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, hydrolyzed collagen type 1, 2 & 3 (contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine), acidity regulator (citric acid), vitamin C, msm: methylsulfonylmethane, glucosamine sulfate, chondroitin sulfate, flavour (natural aroma), freshness preserver (potassium sorbate, sodium benzoate), colour (sweet potato powder), emulsifier (xanthan gum), sweetener (sucralose, Ace-K), turmeric powder, green tea powder, vitamin D, vitamin B12. 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



Benefits Joints & Ligaments



Highly Absorbable Collagen Supplement



Essential for Bones & Muscles



100% Grass Fed Bovine Collagen



Sugar Free





HAIR, SKIN & NAIL SUPPLEMENTS

The beauty market keeps demanding products that support healthier hair, stronger nails and clearer skin. When it comes to taking care of your hair, skin, and nails, having a solid routine in place to ensure the health of all three is key, but adding an extra supplement will really do wonders.

Among Swedish Nutra's Hair, Skin and Nail supplements you will find some of the best beauty nutrients, such as Biotin, Hyaluronic Acid and Silica, naturally sourced and developed to high potency formulas that support hair, skin and nails.

Swedish Nutra's products are laboratory tested and backed up by evidence in nutritional science. Our hair, skin & nails supplements contains carefully selected ingredients in line with EU quality standards, guaranteeing a potent evidence-based formula.

Beautyfying Nutrition for Hair, Skin & Nails

ARTICLE NO. 1080

HAIR, SKIN & NAILS

Swedish Nutra's Hair, Skin & Nails is packed with **20+ Beautyfying Nutrients**. When developing this supplement we committed to making it the best beauty supplement out there. In only 15 ml you get a daily coverage of beauty boosting nutrients.

33 DAY
SUPPLY



With **Vitamins A, C, D, E** and all **8 B-vitamins**. Enriched with **3 Minerals** and **Collagen, Hyaluronic Acid, MSM, CoQ10** and **7 Other Active Ingredients**.

Hand picked ingredients to **Support Hair Growth, Strong Nails, Overall Skin Health, Combat the Effects of Ageing, Reduce the Appearance of Wrinkles, Increase Skin Hydration and Smoothness** and **Improve Skin Elasticity**.

Vitamins and Minerals also contribute to **Reduce Tiredness and Fatigue** and **Protect Cells from Oxidative Stress**.

100% **Natural Flavour** and **Natural Colour**.

Delicious Orange Flavoured Shot.

CONTENT	PER DAILY DOSE (15ML)	% DRI*
Vitamin A (Retinyl Palamite)	800 µg	100%
Vitamin C (L-Ascorbic Acid)	120 mg	150%
Vitamin D3 (Cholecalciferol)	5 µg	100%
Vitamin E (DL-Alpha Tocopheryl Acetate)	12 mg	100%
Vitamin B1 (Thiamine HCL)	5 mg	450%
Vitamin B2 (Riboflavin)	5 mg	358%
Vitamin B3 (Niacinamide)	16 mg	100%
Vitamin B6 (Pyridoxine HCL)	5 mg	358%
Vitamin B9 (Folic Acid)	400 µg	200%
Vitamin B12 (Cyanocobalamin)	20 µg	800%
Vitamin B7 (D-Biotin)	5000 µg	10000%
Vitamin B5 (D-Calcium Pantothenate)	20 mg	333%
Zinc (As Gluconate)	3.25 mg	32.5%
Calcium (As Gluconate)	13 mg	1.5%
Magnesium (As Gluconate)	3 mg	1%
Choline L-Bitartrate	6 mg	**
MSM (Methylsulfonylmethane)	500 mg	**
Hyaluronic Acid (Sodium Hyaluronate)	5 mg	**
COQ10 (Ubiquinone)	5 mg	**
Hydrolyzed Collagen (Bovine)	1000 mg	**
Aloe Vera	25 mg	**
Green Tea Powder	15 mg	**
Grape Seed Powder	5 mg	**
PABA (4-Aminobenzoic acid)	3 mg	**
Equisetum Arvense	100 mg	**
Silica (Silicon Dioxide)	7 mg	**

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, natural fruit juice blend from concentrates; orange, apple, mandarin, guava, papaya, lime, mango, pineapple, grape, sweetener (natural fruit and beet sugars), hydrolyzed collagen (contains the amino acids: L-glycine, L-proline, L-alanine, L-hydroxyproline, L-glutamic acid, L-arginine, L-aspartic acid, L-serine, L-lysine, L-leucine, L-valine, L-threonine, L-phenylalanine, L-isoleucine, L-hydroxylysine, L-methionine, L-histidine, L-tyrosine, L-cysteine), msm (methylsulfonylmethane), calcium, vitamin C, freshness preserver (citric acid, malic acid), magnesium, zinc, vitamin E, pantothenic acid, freshness preserver (potassium sorbate, sodium benzoate), niacin, silica, flavour (natural orange, natural strawberry), choline, coenzyme Q10, biotin, vitamin B6, riboflavin, thiamine, paba (4-aminobenzoic acid), vitamin A, vitamin D, emulsifier (xanthan gum), hyaluronic acid, sweetener (steviol glycosides), aloe vera powder, green tea powder, grape seed powder, horsetail (equisetum arvense powder), beta carotene, flavour (natural vanilla), folic acid, vitamin B12. 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



**Benefits Hair,
Skin & Nails**



**110+
EFSA Approved
Health Claims**



**Highly Absorbable
Supplement**



**With 5 mg
Hyaluronic Acid**

Intense Moisturizing From the Inside & Out

ARTICLE NO. 1170

HYALURONIC ACID

Swedish Nutra's Hyaluronic Acid contains a natural formula of hydrating ingredients. **Glow from the Inside and Out.** The daily dose of 15 ml helps keep tissues, skin and joints well lubricated and moist.

33 DAY
SUPPLY



• • • • • **Hyaluronic Acid**, enriched with **Vitamin C** and **Silica**.

• • • • • Hand picked ingredients that **Make the Skin Look and Feel More Supple, Increase Skin Moisture, Reduce Dry Skin, Reduce Wrinkles, Fight the Negative Effects of Sun Radiation, Regulate Inflammation Levels** and **Relieve Joint Pain**.

• • • • • **What is Hyaluronic Acid?** Hyaluronic Acid is a natural substance that mainly occurs in our skin, connective tissues and eyes. It has a unique capability to hold onto weight in moisture, keeping tissues well lubricated and moist.

• • • • • **Extra Low Molecular Weight.** Multiple studies containing low molecular weight Hyaluronic Acid has shown improvements in skin & joints.

• • • • • 100% **Natural Flavour** and **Natural Colour**.

• • • • • **Delicious Lemon Flavoured Shot.**



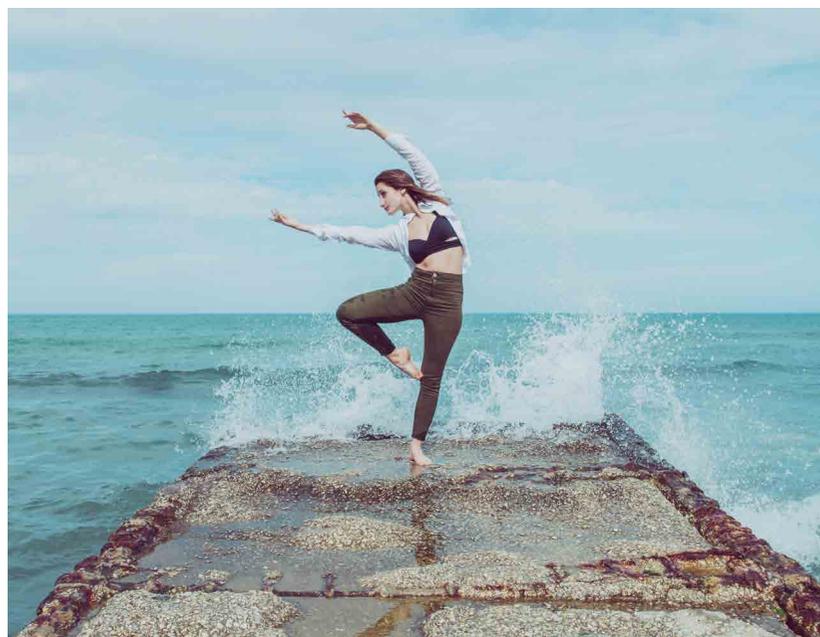
CONTENT	PER DAILY DOSE (15ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	80 mg	100%
Hyaluronic Acid (Sodium Hyaluronate)	100 mg	**
Silica (Silicon Dioxide)	15 mg	**

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, hyaluronic acid, acidity regulator (citric acid, malic acid), vitamin C, natural yellow colour (curcumin), freshness preserver (potassium sorbate, sodium benzoate), silica, sweetener (steviol glycosides), natural flavour (lemon). 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



**Benefits Hair,
Skin & Nails**



**Highly Absorbable
Supplement**



**Benefits Joints
& Ligaments**



**Vegan
Friendly**



**With 100 mg
Hyaluronic Acid**

High Potent & High Dose Biotin for Hair, Skin & Nails

ARTICLE NO. 2427

BIOTIN 10000

Swedish Nutra's Biotin 10000 is a highly absorbable supplement to keep your hair healthy, your skin clear and your nails strong. One 15 ml shot provides a **Powerful Dose of 10000 µg Biotin** for daily support.

33 DAY
SUPPLY



• • • • • **Biotin**, enriched with **Vitamin C**.

• • • • • Hand picked ingredients that support **Hair Quality, Skin Health, Strong Nails, Energy-yielding Metabolism, Macronutrient Metabolism, Nervous System** and **Psychological Function**.

• • • • • **What is Biotin?** Also known as Vitamin B7, Biotin is a water-soluble enzyme naturally produced in the body. Famous for its beneficial effects on hair, skin and nails but also necessary for maintaining your nervous system.

• • • • • 100% **Natural Flavour** and **Natural Colour**.

• • • • • **Delicious Orange Flavoured Shot**.

CONTENT	PER DAILY DOSE (15ML)	% DRI*
Vitamin B7 (Biotin)	10000 µg	20000%
Vitamin C (L-Ascorbic Acid)	80 mg	80%

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, vitamin C, flavour (natural orange), acidity regulator (citric acid), freshness preserver (potassium sorbate, sodium benzoate), biotin, sweetener (steviol glycosides, sucrose), natural colour (beta carotene). 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



*Benefits Hair,
Skin & Nails*



*Highly Absorbable
Supplement*



*Vegan
Friendly*



The Earth's Natural Beauty Mineral

ARTICLE NO. 2437

SILICA +500

Swedish Nutra's Silica +500 provides 500 mg of pure Silica, extracted naturally from the earth. Silica is commonly known as the "**Beauty Mineral**" because of its scientifically proven, and often awe striking, effect on hair, skin and nails. This supplement is developed with your natural beauty in mind.

33 DAY SUPPLY



••••• **Silica**, enriched with **Vitamin C** to contribute to the body's uptake of the supplement.

••••• Hand picked ingredients that support **Hair Quality, Smooth and Supple Skin, Collagen Production** and **Strong Nails**.

••••• **Potent formula of 500 mg Silica per dose**. For reference, studies have shown improvement in hair quality after 9 months with only 10 mg per day.

••••• 100% **Natural Flavour** and **Natural Colour**.

••••• **Delicious Lemon Flavoured Shot**.

CONTENT	PER DAILY DOSE (15ML)	% DRI*
Vitamin C (L-Ascorbic Acid)	80 mg	100%
Silica (Silicon Dioxide)	500 mg	**

* Dietary Reference Intakes

** DRI not established

Ingredients: Multi-filtered water, silica, acidity regulator (citric acid), vitamin C, natural yellow colour (curcumin), freshness preserver (potassium sorbate, sodium benzoate), sweetener (steviol glycosides), natural flavour (lemon). 100% Natural Flavour & Colour.

The ingredients of the latest produced version may vary slightly from what is listed in the catalogue.



**Benefits Hair,
Skin & Nails**



**Highly Absorbable
Supplement**



**Vegan
Friendly**



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