

My Blood Moja Krew

DuoLife MY BLOOD MOJA KREW - a vitamin and mineral liquid supplement based on natural ingredients. A comprehensive product based on the principle of synergy. A combination of fruit and vegetable extracts and a rich source of vitamins and minerals, which are essential for maintaining the body in good physical and mental condition. A formula guaranteeing energy and vitality, supporting the effect of all organs.



When?

DuoLife MY BLOOD MOJA KREW is especially tailored to the needs of people:

- ▶ wishing to maintain correct blood parameters;
- ▶ exposed to intense physical activity;
- ▶ performing work requiring intense mental effort;
- ▶ convalescents;
- ▶ women planning pregnancy (due to folic acid content);
- ▶ vegan and vegetarian (due to iron content);
- ▶ elderly people;
- ▶ blood donors.

Deficiency of vitamins and minerals in the body is reflected in chronic fatigue, reduced focus, deterioration of skin, hair and nails and susceptibility to infections. In such a state it is worth taking special care of a proper diet, supported by appropriate supplementation to maintain proper blood condition and thus good condition of the body.

How?

Dietary supplement DuoLife MY BLOOD MOJA KREW provides both vitamins and minerals as well as valuable antioxidants contained in extracts and juices from vegetables and fruits. It is a valuable addition to the daily diet of people with an increased need for these nutrients. It is also dedicated to people in whom the supply of vitamins and minerals in food is insufficient for various reasons. The product allows to maintain correct morphology results, supports antioxidant processes and regeneration of the body.



Duolife MY BLOOD MOJA KREW – usage:

25 to 50 ml once a day during or after a meal.



Ingredients: red beetroot juice, blackcurrant juice, red grape juice, acerola cherry extract standardized for the content of **vitamin C** (160mg/50ml), spinach leaf extract (50mg/50ml), formula containing vitamins and minerals: **vitamin A** (retinyl acetate), **vitamin D** (cholecalciferol), **vitamin E** (d-alpha-tocopheryl acetate), **vitamin C** (L-ascorbic acid), **vitamin B1** (thiamine hydrochloride), **vitamin B2** (riboflavin-5-phosphate), **vitamin B3** (nicotinic acid amide), **vitamin B6** (pyridoxine hydrochloride), B9 (folic acid), B12 (cyanocobalamin), B7 (D-biotin), B5 (pantothenic acid), iron (iron (II) fumarate), zinc (zinc gluconate), copper (copper (II) gluconate), manganese (manganese sulphate), selenium (sodium selenite (IV)), molybdenum (sodium molybdate (IV)), iodine (potassium iodide).

Do not exceed the recommended daily dose. The product should not be used as a substitute for a varied diet. Balanced diet and a healthy lifestyle are the basis for proper functioning of human body.

Ingredients	50 ml	NRV*
Vitamin A	400 µg	50%
Vitamin D	2,5 µg	50%
Vitamin E	12 mg	100%
Vitamin C	160 mg	200%
Vitamin B1	1,1 mg	100%
Vitamin B2	1,4 mg	100%
Vitamin B3	1,6 mg	100%
Vitamin B6	1,4 mg	100%
Vitamin B9	400 µg	200%
Vitamin B12	2,5 µg	100%
Vitamin B7	50 µg	100%
Vitamin B5	6 mg	100%
Iron	14 mg	100%
Zinc	10 mg	100%
Copper	0,5 mg	50%
Manganese	1 mg	50%
Selenium	30 µg	54%
Molybdenum	50 µg	100%
Iodine	150 µg	100%

*NRV – reference daily intake for an average adult (8400 kJ/2000 kcal)

What effect do plant extracts from acerola and spinach leaves have?

- ▶ They provide valuable vitamin C, which in turn supports the absorption of iron from the gastrointestinal tract, contributing to maintaining normal red blood cell function¹⁻⁴.
- ▶ They are a source of many natural antioxidants, which have a protective function against numerous chronic diseases such as heart disease, cancer or atherosclerosis¹⁻⁴.

Why are black currants, red grapes and beets so valuable?

- ▶ They are a natural wealth of vitamins and minerals. The large amounts of magnesium contained in beetroot juice have a positive effect on the condition of blood vessels. Magnesium removes cholesterol deposits from arteries and veins and prevents formation of clots in vessel lumens⁵. Healthy blood vessels enable the blood to perform its physiological functions in an optimum way.
- ▶ They contain numerous natural antioxidants which contribute to the proper functioning of the heart, good condition of blood vessels and maintenance of proper cholesterol level in blood⁶⁻¹².
- ▶ Antioxidants contained in black currants protect the red blood cells from free radicals, helping to keep the blood in good condition^{13,14}.
- ▶ Red grape resveratrol can support the proper function of platelets, inhibiting their aggregation and also supports the maintenance of normal blood pressure^{15,16}.

How do vitamins and minerals affect blood functions?

- ▶ Vitamin A - favours the absorption of iron from food, thus contributing to the maintenance of the correct level of iron in the body¹⁷.
- ▶ Vitamin D - has a cardioprotective effect (protective for the heart), also through vasodilatory effects¹⁸. This allows the blood to do its job in the body undisturbed.
- ▶ Vitamin E - is a strong antioxidant with protective properties for red blood cells and beneficial effect on blood pressure; vitamin E deficiency may contribute to anaemia^{19,20}.
- ▶ Vitamin C - another important antioxidant, protects the heart and vessels, reduces blood cholesterol levels²¹.
- ▶ B-group vitamins, including folic acid, are a group of blood-forming vitamins necessary for the production of erythrocytes²².
- ▶ Iron - is required for the production of haemoglobin, red blood pigment, responsible for transport of oxygen to all living cells in the body. Normal iron absorption helps prevent anaemia²³.
- ▶ Zinc - increases the level of antibodies produced, supporting the body's immunity²⁴.
- ▶ Copper - participates in the synthesis of haemoglobin, prevents anaemia, heart disease and increases immunity²⁵.
- ▶ Manganese and selenium are antioxidants which have a protective effect on the cardiovascular system and also support the functions of the immune system²⁶.

What makes DuoLife MY BLOOD MOJA KREW different?

- ▶ **Supporting blood donors:** Blood is needed every 15 seconds! By choosing DuoLife MY BLOOD MOJA KREW and helping yourself, you support the promotion of voluntary blood donation and a development of the programme of blood type ID cards. Of every sale of DuoLife MY BLOOD MOJA KREW DuoLife will donate part of the income to support the promotion of voluntary blood donation and the Krewniacy Foundation. "My blood" is a Europe-wide socio-educational programme of the Krewniacy campaign, organised by the European Foundation of the Honorary Blood Donor. The aim of the programme is to raise awareness on the importance of knowing one's blood group and caring about its correct parameters in saving people's lives and health.
- ▶ **The liquid form of the preparation with the preserved biological background of the components**, facilitating the release of active compounds and their absorption into the bloodstream, as well as increased absorption, translate into more efficient distribution to the place of action (beneficial effect on LADME processes**).
- ▶ **The product is preserved using IHHP™ by DuoLife** – (Innovation High Hydrostatic Process™ by DuoLife), a method based on the concept of „minimal processing“. The advantage of the method is high health quality and durability and preservation of the natural nutritional and sensory qualities, compared to products preserved by classical methods. The technological process employed is conducted at a low temperature (to protect active ingredients) and is based on the principle of synergy of multiple fixatives, allowing to maintain the highest quality of the product without using preservatives.
- ▶ **Natural ingredients, also standardised for the content of active ingredients;** 100% NRV for majority of vitamins and minerals contained in 50 ml of the supplement, which covers a daily demand for these ingredients of an average adult.
- ▶ **Formulation prepared in consideration of the principles of synergy and antagonism.**
- ▶ **The product DOES NOT CONTAIN preservatives and is GMO FREE** - the raw materials used to develop the supplement ARE NOT DERIVED from genetically modified plants.
- ▶ **Special bottle from pharmaceutical-grade glass** - the dark glass protects against light and temperature fluctuations, and is resistant to release of mineral substances from its inner surface.
- ▶ **Concentrated form** – making the supplement convenient to use once a day.

i *The references for DuoLife My Blood Moja Krew can be found on a separate binder sheet.*

**LADME – is an English abbreviation describing processes to which an active substance is subjected in the body: release from the preparation form -> absorption into a bloodstream -> distribution in the body -> metabolism -> excretion