



# PRODUCT CATALOGUE

*POLISH PRODUCER OF SUPPLEMENTS AND NUTRITIONAL PRODUCTS OF THE HIGHEST QUALITY*

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## DID YOU KNOW ...

*Toma Food Sp. Z.o.o., owner of Endorfina.shop is a company operating in the dairy industry as producer and seller, dealing with liquid products (milk, sour cream, concentrated milk products), powdered nutritional products (SMP, SWP, protein concentrates, incl. WPC, WPA, WPI, WPH, lactose, whey preparations and other milk products) as well as other dairy products such as fats and cheese.*

*Endorfina.shop is a brand and online store offering protein and dietary supplements at attractive prices. Our store offers a complex range of products, which are dedicated to athletes and simultaneously to everyone with an active lifestyle, caring about a healthy way of living.*

*Offering nutritional products in our store, you will find protein supplements, creatine, pre-workout supplements as well as carbohydrate supplements and a wide range of amino acids, vitamins and minerals. The products we offer in our store endorfina.shop are a composition of top quality ingredients and selected raw materials. As the brand endorfina.shop is producing the main raw materials, namely, whey proteins, we can guarantee products of the highest quality.*

*Supplements just as a healthy and balanced diet are very important, which is why the store endorfina.shop is offering you products with a variety of flavors so that you can choose and adapt the products according to your preferences. Surely, you will choose your favorite flavor and supplements, which are enriched with natural vitamins, minerals as well as other nutritional ingredients. Given the expanding need for protein nutrients, amino acids, pre-workout- and other supplements among physically active and those who care about a healthy diet, we at endorfina.shop are continually offering an improved range of products.*

*If you belong to the group of people who are living a healthy lifestyle, if you are working out or relying on a balanced diet, valuable protein supplements and dietary supplements come into play. Supplements which you can discover and purchase at endorfina.shop. If you have just started your journey with working out – or starting to switch to a healthier diet, and you do not know yet, which diet supplements, protein supplements or pre-workout supplements will suit your needs best, specialists from endorfina.shop are giving you all the information you need and are also here to help you choose the perfect product, customized for your individual needs. We welcome you to get to know our products from endorfina.shop in detail.*

# PROTEIN SUPPLEMENTS

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## ISOLATE WPI 90.SHOP

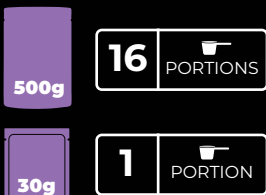
Whey Protein Isolate

Flavors

Supplement

**i** **WPI 90.shop** is a wholesome, easily and quickly digestible protein of the highest quality of animal origin in the instant version (high solubility). The product is characterized by a high protein content, high biological value and a naturally high content of essential amino acids.

### The package contains:



### Ingredients:

- whey protein isolate derived from milk,
- aromas,
- cocoa (for chocolate flavor),
- thickeners: carboxymethyl cellulose,
- acidity regulator: citric acid,
- emulsifiers: sunflower lecithin,
- colors: beetroot red for strawberry flavors,
- sweetener: sucralose

### Available flavors:



### Method of consumption:

Measure out one serving (30g-1 scoop) and dissolve in 200ml of water or milk. Shake well. Eat immediately after preparation.



Nutrition facts	100g	30g  1 Portion
Energy value	377 kcal / 1599 kJ	226kcal / 959kJ
Fat	2,1g	0,6g
/saturated fatty acids	0,9g	0,3g
Carbohydrates	2,4g	0,7g
/sugars	1,6g	0,5g
Protein in d.m.	87,0g	26g
Salt	0,2g	0,1g



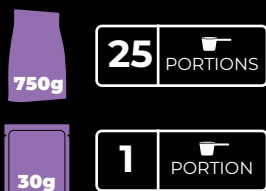
## WPC80.PURE

Whey Protein Concentrate

Supplement

**WPC80.pure** is a product consisting only of natural ingredients, without any chemical additives (sweeteners, aromas, thickeners), with a distinctive taste and a high content of quickly digestible protein (approx. 80-82% in the raw material). It is ideal as a supplement for meals (incl. pancakes, omelets, deserts). Regardless of your training goals, proteins are a key component of building muscles and tissues. Furthermore, it accelerates metabolism while supporting the body in burning fat tissues.

### The package contains:



### Ingredients:

- whey protein powder derived from milk,
- sunflower lecithin

### Available flavors:




natural

### Method of consumption:

Measure out one serving (30g-1 scoop) and dissolve in 200ml of water or milk. Shake well. Eat immediately after preparation.



Nutrition facts	100g	30g  1 Portion
Energy value	408 kcal / 1708 kJ	122,4kcal/512kJ
Fat	6,3g	1,89g
/saturated fatty acids	2,3g	0,69g
Carbohydrates	8,0g	2,4g
/sugars	4,5g	1,35g
Protein in d.m.	80,0g	24g
Salt	0,42g	0,18g

\* RWS – dzienna referencyjna wartość spożycia dla osób dorosłych



## WPC80.SHOP

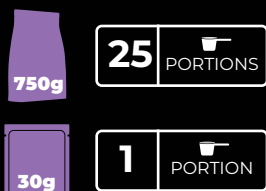
Whey Protein Concentrate

Flavors

Supplement

**i** **WPC80.shop** is a nutrient that is the source of the highest quality protein concentrate that contributes to the growth and maintenance of muscle mass and healthy bones. Our product is dedicated to people with an active lifestyle, practicing competitive and recreational sports.

### The package contains:



### Ingredients:

- ▶ whey protein isolate derived from milk,
- ▶ sunflower lecithin,
- ▶ aromas,
- ▶ cocoa (for chocolate flavor)
- ▶ black carrot juice (for blueberry flavor)
- ▶ chlorophyllin-copper complex (for pistachio flavor)
- ▶ thickeners:
- ▶ carboxymethyl cellulose,
- ▶ acidity regulator: citric acid,
- ▶ guaran
- ▶ sweetener: sucralose, steviol glycosides

### Available flavors:



### Method of consumption:

Measure out one serving (30g-1 scoop) and dissolve in 200ml of water or milk. Shake well. Eat immediately after preparation.



Nutrition facts	100g	30g  1 Portion
Energy value	390 kcal / 1 632 kJ	117 kcal / 494 kJ
Fat	6,0g	1,8g
/saturated fatty acids	2,3g	0,69g
Carbohydrates	9,0g	2,7g
/sugars	4,5g	1,35g
Protein in d.m.	75,0g	22,5g
Salt	0,60g	0,18g

# **CARBOHYDRATE PROTEIN SUPPLEMENTS**

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### The package contains:

2275g

45 PORTIONS

### Ingredients:

- ▶ maltodextrin from glucose and corn syrup
- ▶ whey protein concentrate derived from milk
- ▶ emulsifiers: sunflower lecithin
- ▶ aromas
- ▶ cocoa (for chocolate)
- ▶ acidity regulator: citric acid
- ▶ thickeners: carboxymethyl cellulose,
- ▶ sweetener: sucralose

## GAINER

### Carbohydrate Protein Mass Supplement

Flavors

Supplement

**i** **GAINER** is a supplement consisting of carbonated and whey protein of the highest quality (WPC). Gainer provides our body with the calories necessary to add muscle mass. Taking the supplement before working out will give you energy, while consuming it afterwards protects the anabolic processes in your body.



White Chocolate



Vanilla

### Available flavors:

### Method of consumption:

Measure out one serving (30g-1 scoop) and dissolve in 200ml of cold water or milk. Shake well. Eat immediately after preparation.



Nutrition facts	100g	50g  1 Portion
Energy value	381 kcal / 1615 kJ	190,5 kcal / 807,5 kJ
Fat	2,3 g	1,15 g
/saturated fatty acids	1,3 g	0,65 g
Carbohydrates	68,0 g	34,0 g
/sugars	5,17 g	2,58 g
Protein in d.m.	20 g	10,0 g
Salt	0,67 g	0,33 g

# **CARBOHYDRATE SUPPLEMENTS**

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## CARBO

### Carbohydrate Supplements

Flavors

Dietary Supplement

**i** **CARBO** is a mixture of carbohydrates of the highest quality with different absorption periods in the form of dextrose, maltodextrin and waxy maize (waxy corn starch). The supplement raises the level of glycogen, boosts the energy in your muscle mass while increasing your endurance throughout the training. Carbo is an easy digestible source of energy for every active person, regardless of their sports discipline.

### The package contains:

1000g

20 PORTIONS

### Available flavors:



Lemon



Orange


### Ingredients:

- ▶ maltodextrin from glucose and corn syrup,
- ▶ waxy maize,
- ▶ glucose,
- ▶ aroma,
- ▶ acidity regulator: citric acid,
- ▶ color additive: beta carotene (for flavor: lemon, tropic), betanin (for flavor: watermelon, strawberry),
- ▶ sweetener: sucralose

### Method of consumption:

Measure out one serving – 50g (2 scoops) and dissolve in 200ml of water. Shake well. Eat immediately after preparation.



Nutrition facts	100g	50g  1 Portion
Energy value	388 kcal / 1649 kJ	194 kcal / 824,5 kJ
Fat	0 g	0 g
/saturated fatty acids	0 g	0 g
Carbohydrates	97 g	47,5 g
/sugars	33 g	17,5 g
/starchs	4 g	2 g
Protein in d.m.	0 g	0 g
Salt	0 g	0 g



## ENDOENERGY ISOTONIC

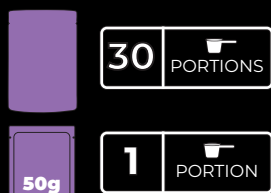
Carbohydrate Supplements

Flavors

Dietary Supplement

**i** **EndoEnergy Isotonic** – is a dietary supplement designed for those who demand more from their body and mind. The blend of carbohydrates and electrolytes in EndoEnergy Isotonic helps reduce fatigue, supports muscle recovery, hydrates, and boosts energy for action.

### The package contains:



### Ingredients:

- ▶ Dextrose,
- ▶ acidity regulator: citric acid, potassium (potassium citrate), sodium (sodium citrate), calcium (calcium citrate), magnesium (magnesium citrate),
- ▶ sodium chloride,
- ▶ vitamin C (L-ascorbic acid), zinc (zinc citrate),
- ▶ vitamin B6 (pyridoxine hydrochloride),
- ▶ flavouring,
- ▶ colouring: copper complexes of chlorophyllin (for lime mint flavour), beetroot red (for cherry flavour),
- ▶ sweetener: sucralose.

### Available flavors:



Lime with mint



Cherry

### Method of consumption:

Measure out one serving – 30 g (0,5 scoop) dissolve in 500 ml water. Eat immediately after preparation.



Nutrition facts	100g	30g 1 Portion	% RWS in portion
Energy value	264 kcal/1103 kJ	79kcal/331kJ	
Fat /saturated fatty acids	0,00 g	0,00 g	
Carbohydrates /sugars	66,00 g	19,80 g	
Protein in d.m.	0,00 g	0,00 g	
Salt	0,17 g	0,05 g	
VITAMINS AND MINERALS			
Sodium	1166,7 mg	350 mg	
Potassium	1666,7 mg	500 mg	25,0%
Calcium	1000,0 mg	300 mg	37,5%
Magnesium	375,0 mg	112,5 mg	30,0%
Zinc	6,7 mg	2 mg	20,0%
Vitamin C	66,7 mg	20 mg	25,0%
Vitamin B6	1,2 mg	0,35 mg	25,0%



# ***PRE-WORKOUT SUPPLEMENTS***

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*Increase the blood flow to your muscles while supporting the quick delivery of nutrients to your working muscles during the training*



## MUSCLE PUMP

Pre-workout

Flavors

Dietary Supplement

**i** **Muscle Pump** is a pre-workout supplement consisting of a mixture of special selected ingredients which increase the concentration of nitric oxide in the blood. The combination of the most effective ingredients: AAKG, citrulline malate and taurine has an effect on increasing the blood flow in the muscles and supporting the quick delivery of nutrients to our working muscles. The pre-workout supplement is designed to boost your energy before the training and helps you to activate your "muscle pump".

### The package contains:

300g

30 PORTIONS

30g

1 PORTION

### Ingredients:

- ▶ alpha-ketoglutarate,
- ▶ L-arginine
- ▶ citrulline malate
- ▶ taurine,
- ▶ microcrystalline cellulose,
- ▶ aroma
- ▶ sweetener: sucralose
- ▶ acesulfame potassium
- ▶ color additive: beta carotene (for tropical fruits flavor), brown HT (for coke-flavor),
- ▶ anticaking agent: silicon dioxide

High value of taurine contributes to the protection of muscle tissue, helping to prevent its catabolic breakdown.

### Available flavors:



Coke

Tropical fruits

### Method of consumption:

Measure out one serving – 10g (1 scoop) and dissolve in 150-200ml of water. Shake well. Eat immediately after preparation. Do not exceed recommended dose of 1 scoop per day (30 minutes before training).



Nutrition facts	100g	10g 1 porcja
Alpha-Ketoglutarate	50 g	5 000 mg
L-arginine	35 g	3 500 mg
Citrulline malate	25 g	2 500 mg
/L-Citrulline	15,9 g	1 590 mg
Taurine	10 g	1 000 mg



### The package contains:



### Ingredients:

- ▶ taurine
- ▶ L-Citrulline
- ▶ lysine
- ▶ L-leucine
- ▶ L-isoleucine
- ▶ L-valine
- ▶ beta-alanine
- ▶ tyrosine
- ▶ caffeine
- ▶ ginseng extract
- ▶ schisandra
- ▶ alpha lipoic acid
- ▶ L-carnitine
- ▶ vitamin C (ascorbic acid)
- ▶ Vitamin B6 (pyridoxine hydrochloride)
- ▶ microcrystalline cellulose
- ▶ aroma
- ▶ color additive: beta carotene or beetroot red
- ▶ acidity regulator: citric acid,
- ▶ sweetener: sucralose
- ▶ acesulfame potassium

## HIGH PERFORMANCE

Pre-workout

Flavors

Dietary Supplement

**i** **High Performance** is a product combining ingredients of the highest quality, activating our organism and preparing our body for physical activities. All ingredients are natural and based on vitamins, minerals or other nutritious ingredients, which have a positive impact on our organism. Thanks to its advanced and proven formula, this dietary supplement significantly improves the quality of highly intensive trainings. High Performance has been created for everyone exercising weight- and endurance training or practising martial arts.

### Available flavors:



### Method of consumption:

Measure out one serving – 10g (1 scoop) and dissolve in 150-200ml of water. Shake well. Eat immediately after preparation. Do not exceed recommended dose of 1 scoop per day (30 minutes before training).



Nutrition facts	100g	10g 1 portion	Nutrition facts	100g	10g 1 portion	% RDA*
Schisandra	5 g	500 mg	Beta-alanine	8 g	800 mg	
L-leucine	8 g	800 mg	L-tyrosine	5 g	500 mg	
L-isoleucine	2 g	200 mg	Ginseng extract	5 g	500 mg	
L-valine	2 g	200 mg	Anhydrous caffeine	2,5 g	250 mg	
Taurine	20 g	2000 mg	Vitamin C	0,4 g	40 mg	50%
Citrulline	15 g	1500 mg	Alpha lipoic acid	2g	200 mg	
/ L-citrulline	11,4 g	1140 mg	L-carnitine	2g	200 mg	
Lysine	10 g	1000 mg	Vitamine B6	0,007 g	0,7 mg	50%

\* RDA: Daily reference intakes for adults



# BULK SYSTEM

Pre-workout

Flavors

Dietary Supplement

**Bulk System** is an advanced pre-workout complex based on a proven formula, which supports the production of nitric oxide, activating our "muscle pump" which results in increasing blood flows to the muscles. The supplement has been created for everyone exercising weight-training and body sports.

### The package contains:

300g 30 PORTIONS

30g 1 PORTION

### Ingredients:

- ▶ creatine monohydrate
- ▶ taurine
- ▶ arginine alpha ketoglutarate
- ▶ l-citrulline
- ▶ beta alanine
- ▶ glutamine
- ▶ tyrosine
- ▶ caffeine
- ▶ vitamin c (ascorbic acid)
- ▶ vitamin B6 (pyridoxine chloride)
- ▶ aroma
- ▶ color additives: beta carotene or beetroot red,
- ▶ acidity regulator: citric acid,
- ▶ sweetener: sucralose
- ▶ acesulfame potassium

### Available flavors:



### Method of consumption:

Measure out one serving – 10g (1 scoop) and dissolve in 150-200ml of water. Shake well. Eat immediately after preparation. Do not exceed recommended dose of 1 scoop per day (30 minutes before training).



Nutrition facts	100g	10g 1 portion	Nutrition facts	100g	10g 1 portion	% RDA*
Creatine	30 g	3000 mg	Beta-alanine	8 g	800 mg	
Arginine alpha ketoglutarate	10 g	1000 mg	L-tyrosine	5 g	500 mg	
Taurine	10 g	1000 mg	Glutamine	5 g	500 mg	
Citrulline	15 g	1500 mg	Anhydrous caffeine	2,5 g	250 mg	
/ L-citrulline	11,4g	1140 mg	Vitamin C	0,4 g	40 mg	50%
Lysine	10 g	1000 mg	Vitamin B6	0,007g	0,7mg	50%

\* RDA: Daily reference intakes for adults



# **AMINO ACID**

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*Support regeneration processes, lowering level of adipose tissue, helps reducing fatigue.*



## CITRU-LINE

amino acid

Flavors

Dietary Supplement

**i** **Citru-line** is a dietary supplement consisting of quickly digestible L-citrulline (in the form of citrulline malate). Citrulline may improve endurance performance and muscle strength during the training. It has an impact on increasing nitric oxide synthesis during the workout, which affects the so-called muscle pump. The product is specifically dedicated to athletes engaging in disciplines that demand endurance and strength. L-citrulline shows the ability to accelerate regeneration processes during highly intensive interval training, while reducing fatigue and enhancing muscle strength.

The package contains:

150g

30 PORTIONS

### Ingredients:

- ▶ citrulline malate
- ▶ microcrystalline cellulose
- ▶ aroma,
- ▶ sweetener: sucralose
- ▶ acesulfame potassium,
- ▶ color additives: beta carotene (for lemon and orange flavor),
- ▶ anticaking agent: silicon dioxide

### Available flavors:



Lemon




Orange

### Method of consumption:

Measure out one serving – 5g (1 scoop) and dissolve in 150-200ml of water or juice. Shake well. Eat immediately after preparation. Consume according to your body condition and needs, do not exceed recommended dose of 1 scoop per day, for example before training.



Nutrition facts	100g	5g  1 portion
Citrulline malate	85,4 g	4 270 mg
/l-citrulline	48,4 g	2 420 mg


**The package contains:**

150g

**30** PORTIONS

**Ingredients:**

- ▶ Glutamine
- ▶ acidity regulator: citric acid
- ▶ aroma
- ▶ color additive: black carrot juice concentrate (for blueberry flavor), beta carotene (for orange flavor)
- ▶ sweetener: sucralose
- ▶ anticaking agent: silicon dioxide

# GLUTAMINE

amino acid

Flavors

Dietary Supplement

**i** **Glutamine** Glutamine is a supplement consisting of pure L-glutamine. Glutamine is a non-essential amino acid, which means that our body produces it naturally. Nevertheless, under some circumstances, when the body needs more glutamine than it can produce, additional glutamine is needed. This glutamine depletion is particularly common during highly intensive trainings. Glutamine with blueberry flavor is specifically recommended taking during long and heavy training sessions. The systemic use of glutamine with blueberry flavor may support your immune system, the so-called "leaky gut", improve the protein synthesis, building skeletal muscles.

**Available flavors:**


Blueberry



Oranges

**Method of consumption:**

Measure out one serving – 5g (1 scoop) and dissolve in 100-150ml of water or juice. Shake well. Eat immediately after preparation. Consume according to your body condition and needs, do not exceed 1-2 servings a day – before your meal, training or sleep.



Nutrition facts	100g	5g  1 portion
L-Glutamine	92,2 g	4 645 mg



# **CREATINE**

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*Creatine is thought to increase muscle mass, support your efficiency while improving your strength and endurance throughout the training. Thanks to its natural ingredients, incorporating vitamins and minerals, it helps the muscles to recover more quickly after exercising and is the source of easily accessible energy.*

*Creatine monohydrate pure is a product, where an immediate effect can be observed. It may help you achieve bursts of energy, which results in increasing lean muscle mass.*



## CREATINE MONOHYDRATE

Flavors

Dietary Supplement

**i** **Creatine monohydrate** is one of the most popular supplements dedicated to athletes and physically active people. It is specifically recommended for endurance and weight trainings. Creatine supports you in building muscle mass. Furthermore, it has a positive effect on your organism as it supports the regeneration processes after endurance or weight training. This supplement improves your strength during your exercises.

Creatine monohydrate consists only of natural ingredients, containing minerals and vitamins. Besides building muscle mass and providing you with strength during your exercises, it may also serve as a supplement throughout your journey of losing weight. Due to its characteristics, it will minimize the loss of muscles or muscle strength.

### The package contains:

300g	60	PORTIONS
150g	30	PORTIONS
5g	1	PORTION

### Ingredients:

- ▶ Monohydrate creatine 200 mesh
- ▶ Aroma
- ▶ Color additive: beta carotene (for pineapple and mango flavors) chlorophyll copper complex (for apple flavor),
- ▶ acidity regulator: citric acid,
- ▶ sweetener: sucralose,
- ▶ anticaking agent: silicon dioxide

### Available flavors:



### Method of consumption:

Measure out one serving – 5g (1 scoop) and dissolve in 150-200ml of cold water or juice. Shake well. Eat immediately after preparation. Consume according to your body condition and needs, do not exceed one serving a day (before lunch or training).



Nutrition facts	100g	5g  1 portion
Monohydrate creatine	92,18 g	4609 mg
/ Creatine	81,10 g	4 055 mg



**The package contains:**

300g	60	PORTIONS
150g	30	PORTIONS

**Ingredients:**

- ▶ creatine monohydrate 200 mesh,
- ▶ anti-caking agent: silicon dioxide.

# CREATINE MONOHYDRATE

**Dietary Supplement**

**i** **Creatine Monohydrate PURE** is the purest and most effective form of active creatine monohydrate, which will help you build your dream physique.

Creatine Monohydrate PURE 150g supplementation has a positive effect on your body. Creatine is an essential high-energy substrate needed for working muscles. It helps build muscle mass by increasing muscle cell hydration and reduces fatigue during exercise, enabling you to achieve better athletic performance.

**Available flavors:**




Pure

**Method of consumption:**

Measure out one serving – 5 g (1 scoop), dissolve it in 150–200 ml of cool water or juice and stir. Use immediately after preparation, depending on individual needs, no more than once a day (before or after training).



Nutrition facts	100g	5g  1 portion
Monohydrate creatine	92,18 g	4609 mg
/ Creatine	81,10 g	4 055 mg

# COLLAGEN

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## COLLA-GEN FLEX

Flavors

Dietary Supplement

**i** **Colla-Gen Flex** is a dietary supplement of the highest quality containing pure protein collagen. Collagen is a perfect source of easy digestible amino acids needed for the synthesis of collagen type I. With age, the existing collagen in your body breaks down, which makes it harder for your body to produce more, which is why the systemic use of collagen supports the healthy structure of your bones, muscles and joints.

Collagen also improves your skin elasticity and reduce wrinkles, as it stimulates your body to produce collagen on its own.

The product contains 8g of collagen protein in 1serving!

The package contains:

150g

15

PORTIONS

### Ingredients:

- ▶ hydrolyzed pork collagen protein powder
- ▶ maltodextrin,
- ▶ aroma,
- ▶ color additive: brown HT (for coke flavor), beta carotene (for tropical fruits, orange, peach flavors) beetroot red (for raspberry and Strawberry flavor), brilliant blue FCF (for ice candy flavour)
- ▶ acidity regulator: citric acid,
- ▶ ascorbic acid (vitamin C)
- ▶ sweetener: sucralose

### Available flavors:



### Method of consumption:

Measure out one serving – 10g (1 scoop) and dissolve in 200ml of cold water or juice. Shake well. Eat immediately after preparation. Do not exceed one serving a day.



Nutrition facts	100g	10g  1 portion
Energy value	374,8 kcal/ 1569 kJ	37,4 kcal/ 156 kJ
Fat	0 g	0 g
Carbohydrates	13,7 g	1,37 g
/sugars	2,5 g	0,25 g
Protein	80g	8g
Salt	0 g	0 g

# ***ELECTROLYTES***

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*electrolytes are vital to many key functions  
in the body*





# ELECTROLYTE

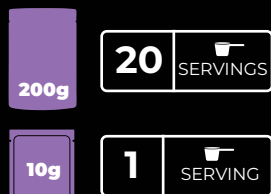
Flavors

Dietary Supplement



**Elektrolyte** is a dietary supplement consisting of electrolytes (electrolytes are vital to many key functions in the whole body) as well as milk thistle extract, which may have a positive effect on your liver, the regeneration of your cells, regulate the digestive processes and support your body throughout an alcohol poisoning as well as during intensive workouts.

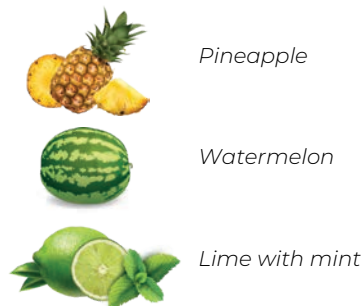
The packages contain:



## Ingredients:

- ▶ maltodextrin from glucose and corn syrup
- ▶ glucose
- ▶ milk thistle extract
- ▶ acidity regulator: citric acid,
- ▶ aroma
- ▶ color additive: beta-carotene (for pineapple flavor), chlorophyll copper complex (for lime with mint flavor);
- ▶ sweetener: sucralose,
- ▶ acesulfame potassium

## Available flavors:



## Method of consumption:

Dissolve the content of the sachet in 200 – 250 ml of water. Do not exceed the recommended serving a day.

Nutrition facts	100g	10g  1 serving
Energy value	1150,90 kJ / 270,80 kcal	115,09 kJ / 27,08 kcal
Carbohydrates	67,7 g	6,77 g
/maltodextrin	37,7 g	3,77 g
/glucose	30 g	3g
Sodium citrate	6,5 g	0,65g
Sodium chloride	5,5 g	0,55g
Potassium chloride	3,5 g	0,35g
Milk thistle extract	7,5 g	0,75 g
/silymarin	6 g	0,60g
/silybin	3 g	0,30g



# **ADAPTOGENS**

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*Adaptogens are natural substances, occurring in non-toxic plants, which may aid our bodies in reacting or recovering from mental stress. These herbs may boost immunity and improve our overall well-being. Adaptogens can make us feel more energized and thus resist stress by boosting our bodies.*



## ASHWAGANDHA INDIAN GINSENG

**Dietary Supplement**

**i** *Ashwagandha*, also called *Withania somnifera* or *Indian ginseng* is an ancient medicinal herb which has been used for hundreds of years, mainly in India, for medicinal purposes. Thanks to its characteristics, it is said to reduce inflammation, which can protect the body against conditions such as stress, fatigue and anxiety. Ashwagandha is a natural source of a variety of bioactive compounds such as withanolides, phyosterols, coumarins and flavonoids. Thus, it may also improve our body

composition and increase our strength during physical activities.

Furthermore, Indian ginseng has a positive effect on our vital force (the condition of our mind and body), which is why this supplement is specifically recommended for athletes.

The systematic use of Ashwagandha may reduce stress and anxiety and may also alleviate depression. *Withania somnifera* is classified as an adaptogen, which means that it may help your body manage with stress.

### The package contains:



### Ingredients:

- ▶ Ashwagandha
- ▶ microcrystalline cellulose

### Shell Ingredients:

- ▶ beef gelatin.

### Method

Take 1 capsule a day along with plenty of water.

### of consumption:



Amount per serving	1 CAPSULE
Ashwagandha Extract ( <i>Withania Somnifera</i> )	142 mg
/ 7% withanolides	9,94 mg
microcrystalline cellulose	200 mg



## GOTU KOLA CENTELLA ASIATICA

**Dietary Supplement**

**i** **Gotu Kola** has been used for thousands of years in natural Indian medicine – Ayurveda. It is used to treat depression, anxiety and physical as well as mental fatigue. Furthermore, it is said to boost your cognitive function by improving your memory and increasing your attention span.

Gotu Kola is said to have an impact on your cardiovascular system, working against platelet aggregation, the clumping together of platelets in the blood.

Furthermore, the supplement is said to increase collagen production, having a rejuvenating effect on the skin.

The supplement is also said to have a healing effect as it may minimize scarring while also reducing the appearance of stretch marks and cellulite.

### The package contains:



### Ingredients:

- ▶ gotu kola (*Centella asiatica*),
- ▶ microcrystalline cellulose

### Shell Ingredients:

- ▶ beef gelatin.

### Method of consumption:

Take 2 capsules a day during your meal along with plenty of water. Do not exceed the recommended servings.



Zawartość jednej porcji	1	2 x
Gotu Kola	435 mg	870 mg
microcrystalline cellulose	65 mg	130 mg

# ***FAT REDUCTION***

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## ENDO-MORPH FAT BURNER

**Dietary Supplement**

**i** **Fat Burner** is a high-quality composition of effective ingredients accelerating the process of fat burning in a shorter period of time. It is recommended for everyone who is aiming to lose weight or work on their silhouette, regardless of the kind of training one is exercising.

**The package contains:**



### Ingredients:

- ▶ green tea leaf extract,
- ▶ L-carnitine,
- ▶ chili pepper extract,
- ▶ bitter orange fruit extract,
- ▶ guarana extract including caffeine

### Shell Ingredients:

- ▶ beef gelatin.

### Method of consumption:

Take 4 capsules a day, for example two capsules in the morning on an empty stomach, the next 2 capsules around 30 minutes before the training (on days when you're not training, you should take them 60 minutes before your main meal).

Amount per serving	1	4 x
Green tea leaf extract	160mg	640 mg
chili pepper extract	100mg	400 mg
/capsaicin	10 mg	40 mg
L-carnitine	140 mg	560 mg
bitter orange fruit extract	100 mg	400 mg
/synephrine	6 mg	24 mg
guarana extract	100 mg	400 mg
/caffeine	50 mg	200 mg



**PRODUCTS FOR IMMUNITY,  
VITAMINS AND MINERALS**

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### The package contains:

150g

**30** SERVINGS

### Ingredients:

- ▶ maltodextrin,
- ▶ ascorbic acid (vitamin C),
- ▶ aroma,
- ▶ beetroot red or beta-carotene,
- ▶ sweetener:
- ▶ - sucralose
- ▶ - acesulfame potassium,
- ▶ zinc gluconate,
- ▶ cholecalciferol (vitamin D3),
- ▶ menaquinone,
- ▶ sodium selenate

## IMMUNO BOMB FORTE WITH D<sup>3</sup> AND K<sup>2</sup>

Flavors

Dietary Supplement



The dietary supplement **Immuno Bomb Forte D<sup>3</sup> + K<sup>2</sup>** supports your healthy immune system. The composition of D3 and K2 ensures the functioning of your body. Vitamin D helps to maintain normal bones and teeth while supporting your normal immune system by ensuring that calcium is absorbed easily and reaches the bone mass. Meanwhile, K2 supports normal blood clotting while sustaining bone mineral density. The product also contains a high dose of vitamin C, of up to 1000g.

### Available flavors:



Orange

### Method of consumption:

Dissolve the content of the sachet in 200 ml water or milk. Shake well. Eat immediately after serving.

Active substances	per serving (5g)	% RDA*
Vitamin C	1000mg	1250%
Vitamin D	50 µg / 2000 IU	1000%
Vitamin K	50 µg	67%
Selenium	100 µg	181,80%

Nutrition facts	100g	5g  1 porcja
Energy value	284 kcal / 1192,8kJ	14,2kcal / 59,64 kJ
Fat	0 g	0 g
/saturated fatty acids	0 g	0 g
Carbohydrates	71 g	3,55 g
/sugar	26 g	0,3 g
Protein of dry matter	0 g	0 g
Salt	0 g	0 g

\*RDA: Daily reference intakes for adults



## VITAMIN C, ZINC + SELENIUM

**Dietary Supplement**

**i** **Vitamin C + zinc and selenium** is a dietary supplement supporting the functioning of your healthy immune system. Zinc plays a role in the breakdown of carbohydrates, cell division, and growth while helping to maintain healthy bones, skin, hair, and nails. Selenium is essential for our immune system while preventing thyroid gland damage.

**The package contains:**



**Ingredients:**

- ▶ ascorbic acid (vitamin C),
- ▶ zinc gluconate
- ▶ sodium selenate.

**Shell Ingredients:**

- ▶ beef gelatin.

**Method of consumption:**

Take 1 capsule a day along with plenty of water.



Amount per serving	1	% RDA*
Vitamin C	980 mg	1225 %
Zinc	15 mg	150 %
Selenium	0,1 mg	181,80 %

\*RDA: Daily reference intakes for adults



## VITAMIN C

**Vitamin C 1,000 mg**

**Dietary Supplement**

**i** **Vitamin C** is a dietary supplement with an amount of **1,000 mg of vitamin C** in one serving, intended for use as a supplement to the daily diet with vitamin C.

Vitamin C helps in the proper functioning of the immune system, proper collagen production and increases iron absorption.

### The package contains:



### Ingredients:

- L-ascorbic acid

### Method of consumption:

Measure out one serving – 1 g (one incomplete scoop included in the package) and dissolve in 200 ml of water and stir. Recommended one serving per day.



Amount per serving	1	% RWS*
Vitamin C - L-ascorbic acid	1000 mg	1250 %

\*RDA: Daily reference intakes for adults



## VITAMINS & MINERALS COMPLEX Dietary Supplement

**i** **Vitamins & Minerals Complex** is a wholesome dietary supplement, supporting the key functions of our organism. The complex consists of a set of easily digestible vitamins and minerals. This is why Vitamins & Mineral Complex is a product particularly recommended to everyone who is engaging in physical activities as the higher speed, the physiological changes that come with oxidative stress and increased sweat, are prone to its deficiency.

### The package contains:



### Ingredients:

potassium citrate, magnesium dioxide, calcium carbonate, L-ascorbic acid, Nicotinamide, dl- $\alpha$ -tocopheryl acetate, thiamin mononitrate, riboflavin, zinc oxide, iron fumarate (II), Calcium D-pantothenate, pyridoxine hydrochloride copper sulfate, manganese sulfate, retinyl acetate, folic acid, solum (VI) selenate, chromium chloride, potassium iodide, cholecalciferol,

### Shell Ingredients:

▶ beef gelatin.

### Vitamins & Minerals Complex consist of:

- ▶ **B-vitamins (B1, B2, B5 – pantothenic acids, B6, B12)** support the regeneration processes of your vital energy in your healthy immune system.
- ▶ **Vitamins: A, D, E** – delay the aging process, condition for the functioning of protein, fat, and carbohydrate metabolism just as the growth of muscle and bone tissues
- ▶ **Folic acid, magnet, vitamin C, and iron** – work against fatigue and improve your body performance
- ▶ **Phosphorus, calcium, zinc** – strengthen your bones, reduces the absorption of fat from food (mainly calcium), strengthen your healthy immune system, antimicrobial effect (mainly zinc).

### Method of consumption:

Take 2 capsules a day during your main meal along with plenty of water.



Vitamines:				Minerals:			
	1	2 x	%RDA		1	2 x	%RDA*
Vitamin C	40 mg	80 mg	100,00%	Potassium	150 mg	300 mg	15,00%
Vitamin E	15 mg	30 mg	250,00%	Calcium	60 mg	120 mg	15,00%
Thiamin (B1)	7,5 mg	15 mg	1363,60%	Magnesium	90 mg	180 mg	48,00%
riboflavin	7,5 mg	15 mg	1071,40%	Iron	7 mg	14 mg	100,00%
Nicotinamide	16 mg	32 mg	200,00%	Zinc	7,5 mg	15 mg	150,00%
Pantothenic acid	6 mg	12 mg	200,00%	Copper	0,5 mg	1 mg	100,00%
Vitamin B6	1 mg	2 mg	142,80%	Manganese	0,5 mg	1 mg	50,00%
Vitamin B12	5 ug	10 ug	400,00%	Selenium	100 ug	200 ug	363,60%
Folic Acid	200 ug	400 ug	200,00%	Chrome	75 ug	150 ug	375,00%
Biotin	75 ug	150 ug	300,00%	Iodine	75 ug	150 ug	100,00%
Vitamin A	375 ug	750 ug	100,00%				
Vitamin D	15 ug	30 ug	600,00%				

\*RDA: Daily reference intakes for adults



## MAGNESIUM CONTRACTION COMPLEX

Dietary Supplement

**i** **Magnesium Contraction Complex** is a complex of minerals that balances the deficiency in your organism. It is your daily serving of magnesium that comes with other minerals (potassium, zinc, iron, vitamin B6). Endorfina shop created this dietary supplement dedicated to everyone prone to deficiency of this important nutrient.

### The package contains:



### Ingredients:

- ▶ magnesium carbonate
- ▶ potassium chloride
- ▶ zinc sulfate
- ▶ pyridoxine (vitamin B6)
- ▶ iron sulfate (Fe II)

### Shell Ingredients:

- ▶ beef gelatin.

### Why is magnesium so important for our diet?

Magnesium is important as it is involved in various biochemical reactions in our organism. It helps convert food into energy, the digestion, and absorption of fat and proteins, strengthening our circulatory system, protecting our heart muscles.

### Method of consumption:

Take 2 capsules a day during your main meal along with plenty of water. Do not exceed the recommended dose of two servings per day (30 minutes before training).



Amount per serving	1	% RDA*
Magnesium carbonate	350 mg	
/magnesium	91 mg	24,30 %
Potassium	300 mg	15,00 %
Zinc	5 mg	50,00 %
Iron	3,5 mg	25,00 %
Vitamin B6	4 mg	285,60 %



**The package contains:**



**Ingredients:**

- fish oil,
- vitamin E (dl-alpha-tocopheryl acetate),
- water.

**Shell Ingredients:**

- gelatin,
- humectant: glycerol

## OMEGA 3

### Dietary Supplement

**i** **OMEGA 3** 90 capsules Endorfina.shop is a dietary supplement in the form of soft capsules with a high concentration of essential omega-3 unsaturated fatty acids.

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) contribute to the proper functioning of the heart,

DHA and EPA help maintain normal blood triglyceride levels, but their beneficial effects are observed when 2 g of both acids are consumed daily.



Docosahexaenoic acid (DHA) contributes to the maintenance of normal brain and vision function.

OMEGA 3 90 capsules Endorfina.shop also contains vitamin E, which helps protect cells from oxidative stress.

**Method of consumption:**

Take once daily (1-2 capsules) with plenty of water. Do not exceed the recommended daily dose.




Active ingredients	1 	2 
Fish oil	1000 mg	2000 mg
including:		
EPA (eicosapentaenoic acid)	330 mg	660 mg
DHA (docosahexaenoic acid)	220 mg	440 mg
Vitamin E (D-α-tocopheryl acetate)	6,5 mg (RWS 54%*)	13 mg (RWS 108%*)





 [www.endorfina.shop](http://www.endorfina.shop)  
 [sklep@endorfina.shop](mailto:sklep@endorfina.shop)  
 tel.: +48 882 177 423



 Company store:  
ul. Graniczna 8, 06-500 Mława, Poland

