

coralclub

# Nutripack

## NUTRIPACK PROPERTIES:

- helps to diversify the diet
- regulates the intake of important nutrients necessary for the normal functioning of the cardiovascular, nervous, digestive and immune systems
- normalizes metabolic and regenerative processes in the body

## SET INCLUDES:

- Coral Alfalfa (120 capsules)
- Premium Spirulina (200 tablets)
- Coral Lecithin (120 capsules)
- Omega 3/60 (30 capsules)
- Super-Flora (30 capsules)
- Coral-Mine (30 sachets)

**Coral Alfalfa** is a dietary supplement based on the leaf and concentrated juice of the alfalfa plant. Alfalfa is a unique flowering plant from the pea family. It contains biologically active substances that improve overall health, stimulate the immune system, boost vitality, improve digestion. Alfalfa is a plant source of several kinds of amino acids, vitamins A, B group, E, K, minerals (such as calcium, iron, potassium, and magnesium), chlorophyll, saponins, anthocyanins, flavonoids and isoflavones. This plant is also one of the few that contains vitamin D and fluoride.




**Premium Spirulina** is produced from 100% ecologically pure algae spirulina and is made to the highest quality standards. Spirulina is a vegetable protein and contains a complete set of all the essential amino acids. Spirulina is rich in vitamins A, E, F and group B. In its composition you can find many macronutrients (calcium, potassium, magnesium) and trace elements (manganese, iron, zinc). It also has a high content of antioxidants such as carotenoids, selenium and germanium. Spirulina helps to improve the metabolism, detoxify the body, control weight and regulate cholesterol.

**Coral Lecithin** is one of the most versatile supplements. It is indispensable in maintaining all bodily functions and systems, including the central nervous system and gastrointestinal tract. As lecithin phospholipids are the base of all cellular membranes, including myelin membranes of nerve fibers, this supplement is an excellent support for the nervous system. Lecithin is indispensable for the proper metabolism of fats. Phospholipids contained in lecithin normalize liver function and improve bile consistency.

**OMEGA 3/60** contains natural marine fish oil. It is a rich source of omega-3 fatty acids and vitamin E. The product is manufactured to the highest standards of quality. Polyunsaturated fatty acids of fish oil expel cholesterol from the bloodstream. One of the main functions of polyunsaturated fatty acids is to contribute to the formation of phospholipids of cellular membranes. They act as a structural component of cells of the immune, nervous, and cardiovascular systems.

**Super-Flora** is a balanced combination of probiotics (*Bifidobacterium longum* and *Lactobacillus acidophilus*) and prebiotics (inulin) that in combination provide real results for your gut microbiome. The ratio of *Lactobacillus* to *Bifidobacterium* corresponds to that found in a healthy digestive tract, and the inulin significantly improves the effectiveness of the probiotics.

**Coral-Mine** is a natural product from Japan made of deep-sea coral (*Scleractinias*) collected in the Sea of Japan, near the islands of Okinawa and Tokunoshima. It also contains calcium, magnesium, potassium, iron, phosphorus, sulfur, silicon, chromium, manganese, zinc and other minerals. A sachet placed in water enriches it with beneficial minerals, restores water-salt balance. The components promote growth of bone and connective tissue with beneficial effects on overall health, and a mild tonic effect.

DIRECTIONS	DAY: 1-30	
 <b>MORNING</b>	<b>Coral Alfalfa</b> 2 capsules <b>Premium Spirulina</b> 2 tablets <b>Coral Lecithin</b> 1 capsule	<b>Omega 3/60</b> 1 capsule <b>Super-Flora</b> 1 capsule
 <b>DAY</b>	<b>Premium Spirulina</b> 2 tablets <b>Coral Lecithin</b> 1 capsule	<b>Super-Flora</b> 1 capsule
 <b>EVENING</b>	<b>Coral Alfalfa</b> 2 capsules <b>Premium Spirulina</b> 2 tablets	<b>Coral Lecithin</b> 2 capsules <b>Super-Flora</b> 1 capsule

Place one unopened sachet of **Coral-Mine** into 1.5 L of water (bottled or filtered preferably). The water becomes ready for consumption within 5 minutes.

**Please note**, after the 30-day program, there will be 20 tablets of Premium Spirulina remaining. You should continue to take 2 tablets in the morning and 2 tablets in the evening for a further 5 days.

### CONTRAINDICATIONS:

If pregnant or nursing, consult your health care practitioner before taking this product. This product is not intended to diagnose, treat, cure, or prevent any disease.

### GENERAL DIETARY GUIDELINES:

- do not overeat
- eat foods of plant origin
- include fresh vegetables and fruits in your diet daily
- intake of fat from food should not exceed 30% of daily calories
- from protein foods, give preference to fish, lean meat, legumes, poultry
- eat natural dairy products without sugar
- limit the amount of sweets and sugary drinks
- limit intake of salt, salted, smoked and dried foods
- limit intake of black tea, coffee, and alcohol
- meals should be cooked in the oven, steamed or boiled
- eat every 3 hours
- do not eat less than 2 hours before bed
- food should be at room temperature when consumed

### RECOMMENDED DAILY WATER INTAKE:

Water does more than just quench your thirst and regulate your body's temperature; it also keeps the tissues in your body moist. Adequate water intake enables your body to excrete waste through perspiration, urination, and defecation. The kidneys and liver use it to help flush out waste, as do your intestines.

- It is recommended to drink a minimum of 1.5 L of water with Coral Mine every day.
- Average daily fluid intake for an adult is 30-40 mL per kg of weight.
- Aim to drink in 200-250 mL portions before meals and between meals. It is undesirable to drink while eating.