



GUNA
healthy lifestyle

GUNA Lifestyle
FOOD SUPPLEMENTS

GUNA Lifestyle

Guna has been promoting its lifestyle based on prevention and natural treatments for 35 years.

The company has started and developed a wide range of cutting-edge, effective and safe health solutions in Italy.

Guna believes that the use of appropriate nutraceutical products designed to stimulate the immune system can contribute to achieve physical and mental well-being, and to maintain physical, mental, and emotional balance.

It is well-known that the best prevention is based on a healthy diet combined with physical activity and good and simple habits: we have selected ten (plus one) rules, which characterize GUNA Lifestyle.

GUNA Lifestyle: THE TEN (+1) RULES OF HEALTHY LIVING

1. Eat healthy foods, better if organic foods. In this way you will keep your intestine and consequently your whole body in good health.
2. Make moderate use of foods that could cause inflammation and malabsorption such as refined sugar, artificial sweeteners, fried foods, foods processed with preservatives and dyes.
3. Eat more fresh fruit (not after 4 p.m.) and vegetables – the ideal serving being 30/70 - in order to alkalinize the body and rebalance the pH.
4. Avoid eating too much before bedtime.
5. Drink at least one litre and a half of good quality water daily.
6. Exercise for at least 30 minutes a day. Move your body to mobilize and eliminate toxins and to fight against the excess cortisol caused by stress, which weakens the immune system. If you don't have any favourite sport, you can try yoga to relax your mind and strengthen your body.
7. Breathe deeply and evenly to reduce the heart rate and the blood pressure. It is not possible to be stressed and to breathe deeply at the same time.
8. Go to bed early. Avoid watching TV or surfing the Internet before going to sleep. The screen illumination interferes with the production of melatonin. If possible, establish a "ritual" such as having a bath, reading a book, listening to music, meditating or praying.
9. Keep an open mind. Concentrate on positive thoughts, train your brain to avoid the internal "mumbling" of negative thoughts.
10. Be aware that you are part of an interdependent network of relationships, so every action has a certain impact: act with the utmost respect towards your peers and make ecological choices.
- 10+1. Train your critical thought even while following these suggestions.

GUNA: healthy Lifestyle

Thanks to years of research in human physiology and nutrition and to its strong commitment, Guna has developed a method called Physiological Nutraceuticals, inspired by the principles of quality, vitality, safety and respect for human physiology.

Physiological Nutraceuticals is mainly focused on the gastrointestinal system and its fundamental role in many body functions. Apart from having a leading role in the absorption of nutrients and water, it also acts as a defensive "barrier" against external agents and thus contributes to keep the whole body healthy.

All Guna food supplements are GMO-free.



**ACID-BASE
BALANCE**



**WOMEN'S
HEALTH**



**RESPIRATORY
WELLNESS**



**DIETETICS
AND CHOLESTEROL**



**IRON
DEFICIENCY**



**GASTROINTESTINAL
HEALTH**



**PHYSICAL AND
MENTAL FATIGUE**



**SPORT
NUTRITION**

GUNA Lifestyle

The essence of GUNA Lifestyle has been consistent for 35 years. In a few words, it is based on maintaining an excellent physical shape, preserving clarity of thought and physical and mental balance following simple rules of daily life, taking medicines only when strictly necessary and using food supplements in cases of nutritional deficiencies or increased nutritional needs.

The information herein contained should not be intended as medical advice, nor can they replace any medical prescription. Food supplements are not intended as a means for treating, preventing, diagnosing or mitigating any disease or abnormal condition. Please read the label carefully before taking any food supplement because some ingredients may interfere with some medicines. Please consult your doctor or pharmacist to choose the most suitable food supplements for your nutritional and physiological needs.



Enzyformula

Food supplement with Enzyme mixture (bromelain, papain, lactase, amylase, cellulase and lipase), plant extracts of Stonebreaker, Fumitory and Turmeric, Vitamin PP, Superoxide dismutase (SOD).

The digestive enzymes are normally produced in the first part of the digestive tract (mouth cavity, stomach and upper tract of the small intestine) where they preside over the processes of digestion and assimilation of nutrients. Food abuse or unbalanced eating, increasing age, unhealthy lifestyle, enzymatic secretion and digestive process may cause imbalances.

Thanks to the association of specific ingredients and "gastro-resistant differentiated release" technology, **Enzyformula** is useful to facilitate physiological digestion.

Its main ingredients are:

- digestive enzymes, including lactase that contributes to lactose digestion
- plant extracts, including **Turmeric**, useful for the functionality of the digestive system, **Stonebreaker**, useful for the metabolism of carbohydrates and **Fumitory**, useful for the functionality of the liver and with detoxifying action on the whole body.

The "differentiated release" tablets of **Enzyformula** are composed by a quick release external layer, for a ready and specific enzymatic and phytotherapeutic support to the gastroduodenal area, and by a delayed release internal layer. This delayed release takes place in the small intestine, promoting the protective and antioxidant action of plant ingredients.

 20 x 1.17 g tablets
Net weight 23.4 g
with sweetener



Colostrononi

Food supplement with Bovine Colostrum and Noni (*Morinda citrifolia* L.) plant extract.

Colostrononi is a food supplement in orodispersible granules packed in ready-to-use sachets. Its ingredients, colostrum of bovine origin and Noni fruit juice, are a useful support in cases of imbalances or increased needs.

What is bovine colostrum?

Colostrum is the first milk produced by a mother's breast immediately after giving birth, to support a proper development of a newborn's physiological immune response and of the gastrointestinal tract. Colostrum is different from a mother's milk because of its greater content of antibodies, proteins, vitamins, mineral salts, amino acids, hormones and growth factors. Bovine colostrum is up to four times richer in immune factors and growth factors than human colostrum.

What is Noni?

The formulation of **Colostrononi** is enriched with *Morinda citrifolia* fruit juice, known as Noni. Its content in **Colostrononi** is extremely high. It maintains unaltered the characteristics of the original phytocomplex and exerts an antioxidant action.

 24 x 1.8 g of orodispersible granules
Net weight 43.2 g
with sweeteners





Proflora

Food supplement with microencapsulated Probiotics and prebiotic fibre (Fructo-oligosaccharides).

Proflora supports the balance of the intestinal flora in cases of unbalanced diet (antibiotic therapies, diarrhea, alcohol, psychophysical stress). Thanks to a special production process, the 6 lactic acid bacteria strains of probiotic microorganisms contained in **Proflora** (Bifidobacteria and Lactobacilli) are found in a "microencapsulated gastroprotected" form. The use of this technology significantly improves the survival rate of all probiotic strains during gastroduodenal transit. This makes it possible for a great number of live-viable probiotic microorganisms to reach all the intestinal tracts.

 30 x 2.5 g sachets
Net weight 75 g



Gunaelmint

Food supplement with plant extracts of Myrrh, Pumpkin seeds and Turmeric.

Gunaelmint contributes to the functionality of the digestive system: the **Pumpkin** seeds extract supports the functionality of the urinary tract while the **Turmeric** extract is useful for supporting the liver functions and the digestive system.

• **Orange flavoured**

 30 x 4.2 g sachets - Net weight 126 g
with sweetener



Gunaminoformula sport

Food supplement with essential Amino acids, Magnesium, B-group Vitamins, and **powergrape**®.

For professional and amateur athletes.

The **8 essential amino acids** (L-Leucine, L-Valine, L-Isoleucine, L-Lysine hydrochloride, L-Phenylalanine, L-Threonine, L-Methionine, L-Tryptophan), contribute to the fulfillment of the protein/nitrogen requirements and they are useful for athletes diet. The formulation is enriched with **Magnesium** that contributes to normal muscle function and **B-group vitamins** that support the energy-yielding metabolism. Vitamin B2 contributes to the protection of cells from oxidative stress and Vitamine B6, B12 contribute to the reduction of fatigue.

Gunaminoformula sport:

- Produces a minimum nitrogen utilization
- Quickly absorbed
- Does not overload the renal and hepatic function
- Provides a high protein value with a minimum caloric quota

 24 x 7.5 g sachets -
Net weight 180 g
with sweetener





Vitformula

Food supplement with Vitamins, Minerals, Trace Elements with Inositol, Choline and Methionine.

Vitamins C, B2, B6, B12, Pantothenic acid, Magnesium and Iron contribute to normal energy-yielding metabolism and to the reduction of tiredness and fatigue. Vitamin E, Zinc, Copper and Manganese contribute to the protection of cells from oxidative stress.

- 32 x 2.5 g sachets of orodispersible granules
- Net weight 80 g
- with sweeteners



PHYSICAL AND
MENTAL FATIGUE



Tonicoguna

Food supplement with Noni and plant extracts.

Noni and Ginseng have a tonic effect. The Siberian ginseng has tonic-adaptogen properties. St. John's wort and Melissa contribute to normal mood, while the Ginkgo Biloba is helpful for memory and cognitive functions.

- with steviol glycosides (STEVIA)
- without fructose

- 150 ml bottle with measuring cap - Alcohol 4.7% vol
- with sugar and sweetener



Gunaminoformula

Food supplement with essential Amino acids.

Gunaminoformula is a food supplement with the 8 essential amino acids. Their qualitative and quantitative ratio has been specifically designed for human nutrition.

The amino acid mixture of Gunaminoformula lies in a special proportional **ratio between the 8 essential amino acids** (L-Leucine, L-Valine, L-Isoleucine, L-Lysine, L-Phenylalanine, L-Threonine, L-Methionine, L-Tryptophan), which allows their optimal absorption and their best use for the whole body.

Gunaminoformula:

- is absorbed in few minutes
- produces minimum amounts of nitrogenous waste without excessively overloading the kidneys and the liver
- provides a high amount of amino acids available for protein synthesis in a low-calorie dose and low fat and salt content

Gunaminoformula is an ideal support for amino acid supplementation in cases of dietary restriction regimens or for nutritional deficiency supplementation.

- 50 x 1.01 g tablets
- Net weight 50.5 g

- 24 x 6.5 g sachets
- Net weight 156 g
- with sweetener





Epatoguna

Food supplement with freeze-dried pig liver, Choline and Green tea.

Choline helps maintaining normal liver function and a physiological metabolism of lipids. **Green tea** (*Camellia sinensis* L. Kuntze) has antioxidant action and contributes to normal intestinal function.



 32 x 1.125 g tablets
Net weight 36 g



Omegaformula

Food supplement with micronized Baobab seeds (*Adansonia digitata* L.), Red yeast rice (*Monascus purpureus*), Vitamin B6 and Folic acid.

The **monacolin K** of **Red yeast rice** helps maintaining normal blood cholesterol levels. A beneficial effect can be obtained with a daily intake of 10 mg of monacolin K from red yeast rice preparations, equal to 3 tablets a day. **Baobab** contributes to normal blood pressure. A constant intake of **Omegaformula**, combined with a balanced diet and a healthy lifestyle, helps to maintain physiological blood cholesterol levels.

 80 x 2 g chewable tablets
Net weight 160 g
with sweeteners





Gunabrain

Food supplement with Selenium, Manganese, N-acetylcysteine, Coenzyme Q10 and plant extracts.

Thanks to **N-acetylcysteine** (NAC), **Coenzyme Q10**, **Manganese**, **Selenium**, **Green Tea** and **Indian Ginseng** (*Withania somnifera* L.), **Gunabrain** provides a specific nutritional support for the body in cases of mental stress. In particular, Manganese and Selenium are useful for the protection of cells from oxidative stress, while Green Tea and Indian Ginseng are useful in cases of physical and mental fatigue.

Gunabrain is a nutritional support in cases of:

- intense study or work
- intense mental activity
- physical and mental fatigue (difficulty concentrating)

Gunabrain ingredients have been carefully selected in specific and well-balanced amounts to give a balanced nutritional intake.



 30 x 840 mg tablets
Net weight 25.2 g



Gunabasic

Food supplement with plant extracts and mineral salts.

Gunabasic contains selected ingredients, including mineral salts and trace elements, beta carotene and plant extracts, useful for the health of the body. A proper acid-base balance is essential for the homeostasis of the body and for maintaining well-being over time.

Some of its ingredients:

- **Zinc** contributes to physiological acid-base metabolism
- **Magnesium** contributes to electrolyte balance
- **Carrot** and **Fennel** plant extracts are useful to the body's fluid drainage
- **Dandelion** plant extract contributes to the body's detoxifying functions

- **With steviol glycosides (STEVIA)**



 15 x 7 g sachets
Net weight 105 g
with sweetener





Ferroguna

Food supplement with Iron, Copper and Vitamin C, with dry Baobab fruit pulp.

Iron is an essential mineral to keep the body healthy. Its deficiency is the most widespread mineral deficiency in the human species: unbalanced diets and intense sporting activity can worsen it, while some physiological conditions (pregnancy, breastfeeding, menstrual cycle, growth and aging) require an increased daily intake. One sachet of **Ferroguna** provides 100% of the daily iron requirement and has an optimal gastrointestinal tolerability. **Iron** contributes to normal formation of red blood cells and haemoglobin and to the reduction of tiredness and fatigue. **Vitamin C** increases iron absorption and **Copper** contributes to normal iron transport in the body. The **Baobab fruit pulp** has a supportive and restorative action.

An adequate iron intake helps in cases of: general tiredness, difficulty concentrating, headache and nausea.

- Good taste
- Melt directly in the mouth without water

28 x 1.7 g sachets of orodispersible granules
Net weight 47.6 g
with sweeteners



Profem plus

Food supplement with microencapsulated Probiotics and prebiotic fibre (FOS), with *Pueraria lobata*, Soy, Red clover, Vitex, Griffonia, Green tea, *Bifidobacterium lactis* Bb1, naturally rich in Zinc.

For well-being in menopause.

- With steviol glycosides (STEVIA)
- Lactose free

20 x 4.8 g sachets
Net weight 96 g
with sweeteners



Omeotoxnoni

Food supplement with Noni, plant extracts and Propolis.

Useful ingredients to support the well-being of the upper respiratory tract.

- With steviol glycosides (STEVIA)
- Fructose free

16 x 4.5 g sachets - Net weight 72 g
with sweetener





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