

HEALTHY  
BUBBLY  
YUMMY!



**VIVA UP**

viva life, viva health



### Magnesium + Calcium Effervescent Tablet

**Product properties:**

- Helps the normal functioning of body muscles and reduces muscle cramps
- Maintains the health of the body's nervous system
- Maintains the health and strength of bones
- Maintains the electrolyte balance of the body
- Lemon flavored

**Ingredients:**

**Magnesium:** Has an important role in the proper functioning of muscles, health of bones and correct cardiovascular function

**Calcium:** It plays an important role in maintaining the health of bones and teeth. It also works for the better function of the muscles, transmission of nerve signals and regulation of the heart rate.

The combination of Calcium and Magnesium increases the density and strength of the bones and reduces the risk of osteoporosis. They also, are necessary in maintaining the health of the nervous system.

**How to use:**

It is recommended to take the Calcium-Magnesium effervescent tablets once a day. If using an Iron supplement, it is better to take the Calcium-Magnesium effervescent tablet at least 2 hours after or before the use of the Iron supplement.

# VIVA UP

## Vitamin C Effervescent Tablet



## Collagen + Hyaluronic Acid + Vitamin C Mineral Effervescent Tablet



## Vitamin C + Zinc + B-Complex Effervescent Tablet



### Product properties:

- Reinforces the body immune system
- Protecting the health of the body's cells against the damage of free radicals due to the anti-oxidant properties of vitamin C
- Stimulating collagen production and safekeeping the skin health
- Helps in the prevention of chronic diseases
- Reduces the healing period and the symptoms of cold

### Ingredients:

**Vitamin C:** It helps to strengthen the body's immune system, protecting skin health, and supporting the metabolism and food digestion.

**L-Leucine:** It is an amino acid that plays an important role in the construction of the essential body proteins.

### How to use:

It is recommended to take vitamin C effervescent tablets once a day.

### Product properties:

- Helps increase the elasticity and hydration of the skin
- Helps in the thickening of the epidermis
- Reinforces the health of the cartilages
- Helps improve the body immune system

### Ingredients:

**Collagen:** Helps in increasing the elasticity and hydration of the skin and it is also useful in improving the health of the cartilages.

**Hyaluronic acid:** Improves the skin hydration and increases the thickness of the epidermis.

**Vitamin C:** Is a strong anti-oxidant that also rejuvenates the skin through increasing the collagen production.

**Minerals (Zinc gluconate & Selenium):** Have positive effects on hair growth and improving the immune system. They also have anti-inflammatory properties.

### How to use:

Dissolve one tablet in a glass of water and drink it daily.

### Product properties:

- Reduces and prevents hair loss
- Increases and strengthens the solidity of nails
- Empowers the immune system and improving cold symptoms
- Maintains the health of skin, hair and nails
- Reduces weakness feel and fatigue
- Supplies daily energy to the body and increases your energy levels
- Strengthens the correct functioning of the nervous system
- Orange flavored

### Ingredients:

**Zinc:** Strengthens the body's immune system, maintains skin health and restores cognitive function

**Vitamin B group:** Increases the energy level and strengthens the nervous system of the body

**Vitamin C:** Reinforces the immune system, increases collagen production and strengthens the body anti-oxidants activity

### How to use:

The recommended dosage for adult usage is once a day. This product is only a supplement and it is not to be used for diagnosis, prevention or cure of a disease. Avoid taking more than the recommended dose.