

**Vitamin K2 - bone health!**

- maintains the elasticity of the arteries
- promotes bone health
- regulates the blood clotting process
- boosts cardiovascular health

**Olive oil polyphenols that contribute to:**

- protection of blood lipids from oxidative stress
- maintaining normal blood pressure

**Astaxanthin - a powerful antioxidant!**

- reduces fatigue
- improves skin appearance
- enhances male fertility
- fights arthritis

**Synergy of vitamins**

Considering the data from recent studies examining the combined use of vitamin D3 and vitamin K2, **we concluded that this synergy has a positive effect on bone mineral density (BMD)**. However, the combination action of vitamins D3 and K2 does not seem to be limited to bone tissue alone. **The combination of these vitamins promotes insulin metabolism, which is essential for the human body.**



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**DEHOLDING - A COMPREHENSIVE APPROACH WITH HIGH NUTRITIONAL VALUE**



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**DENORMA PRODUCTS FOR YOUR PHYSICAL AND MENTAL HEALTH**



**DeNorma** promotes recovery from viral infections, colds, anxiety, depression, cognitive impairment, diarrhea, irritable bowel syndrome, leaky gut syndrome, indigestion, constipation, vaginitis, urinary tract infections, peptic ulcer, Helicobacter pylori, Candida overgrowth, obesity and skin diseases (eczema, acne). It protects the heart and oral health, strengthens the immune system and improves digestion, preventing symptoms of lactose intolerance and casein sensitivity.

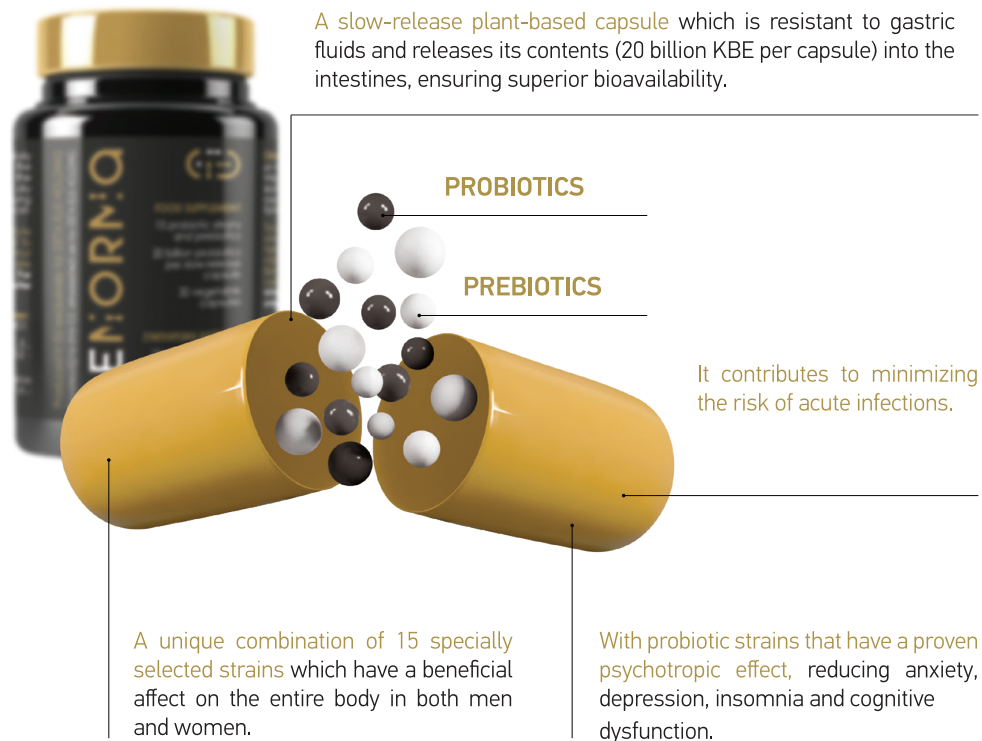
**DeNorma Krill Oil** helps reduce inflammation, improve cardiovascular health, support cognitive and brain function, and even relieve symptoms of depression and anxiety. Regular consumption can also help lower levels of LDL ("bad") cholesterol and increase levels of HDL ("good") cholesterol, which can improve the health of the heart.

**DeNorma Krill Oil** is a natural and sustainable source of essential nutrients that are vital for your health and wellness. Its unique properties make it an excellent choice for those looking to improve their overall health and wellness.

## DENORMA

**PROBIOTICS.** Beneficial bacteria (probiotics) prevent the growth of pathogenic microorganisms by participating in the digestion of fiber and lactose, in the production of enzymes and many B vitamins. The intestinal microflora is crucial for maintaining health because it performs the following functions:

- It fights pathogenic bacteria through the mechanism of competition and the production of antibacterial substances (bacteriocins, hydrogen peroxide, lactic acid...).
- It creates short chain fatty acids (SCFAs), which are crucial energy sources for the intestinal epithelium cells (IEC).
- It produces vitamins (K, B1, B6, B12, folic acid, pantothenic acid...), which play an important role in metabolic reactions.
- It regulates immune homeostasis by modulating innate and adaptive immunity.
- Psychotropic probiotics can regulate neurotransmitters and proteins, including gamma-aminobutyric acid (GABA), serotonin, glutamate and brain-derived neurotrophic factor (BDNF), which play a large role in learning and memory functions.



**DAILY DOSE: 1 CAPSULE**

**PREBIOTICS.** Prebiotics are indigestible carbohydrates that act as food for probiotics, as they cannot be assimilated by the human body. When DeNorma capsules release their contents into the intestine, the probiotics are activated by the surrounding moisture and colonize the space, feeding on the prebiotics. Based on the above, it is considered that a probiotic product without prebiotics is incomplete. DeNorma uses inulin and fructooligosaccharides (FOS) as prebiotics.

## DENORMA KRILL OIL

The benefits of krill oil have been proven by many studies in recent years. The reason lies in the combination of its nutritional values in terms of its concentration of omega-3 fatty acids and its antioxidant activity resulting from the vitamins and astaxanthin it contains.

Many studies have shown that krill oil is rich in EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), two fatty acids that are considered essential for humans. Essential fatty acids, like other essential nutrients, must be obtained from the diet, because they cannot be synthesized by the body from other substances.



**DAILY DOSE: 2 SOFT CAPSULES**

### ENRICHED WITH BENEFICIAL NUTRIENTS:

Vitamin D3 - the secret weapon of nature!

- ensures good bone health
- supports the immune system
- maintains normal muscle function
- helps in the production of antimicrobial peptides