



NUTRICIALIST

Specialists in Nutrition



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ABOUT US

We are a young yet experienced group of scientists and pharmaceutical raw material experts with over 30 years of experience in the pharmaceutical industry. Our team's diverse expertise spans formulation of natural supplements and procurement of natural ingredients for the pharmaceutical, nutraceutical, and cosmetic sectors.

NUTRICIALIST is the culmination of our extensive industry involvement, and our primary objective is to leverage our expertise to introduce innovative and effective products to our customers, enriching their health and overall quality of life.

At **NUTRICIALIST**, we pride ourselves on maintaining high standards of quality in our product development processes. Our commitment to scientific research and cutting-edge technology ensures that each of our offerings is meticulously crafted to meet the evolving needs of our discerning customers. Join us on a journey towards optimal health, where innovation meets nature, and well-being is at the forefront of everything we do.



WHY NUTRICIALIST?

Simply put, NUTRICIALIST is all about quality. We have created potent supplements designed to produce noticeable results, achieved through meticulously selected, highly concentrated natural ingredients. Furthermore, our product development involves the strategic pairing of ingredients that enhance bioavailability, promoting optimal absorption within the body. We prioritize the science of nutrition, ensuring that our supplements are not only effective but also backed by research and expert formulation. Our commitment to transparency means that you can trust the integrity of our products, as we provide detailed information about the composition of each of our dietary supplements. With NUTRICIALIST, you're not just getting supplements, you're investing in your well-being with a brand that values excellence in nutritional health.

OUR VISION

To be the forefront of promoting holistic well-being through innovative, scientifically backed natural supplements. We envision NUTRICIALIST as a beacon of trust, where our commitment to utilizing highly concentrated natural ingredients meets affordability, making optimal health accessible to all. Our vision is to empower individuals on their wellness journey, fostering a community that prioritizes the fusion of nature and science for a healthier and more vibrant life.

OUR MISSION

At NUTRICIALIST, our mission is to revolutionize the wellness industry by consistently delivering high-quality, affordable, and scientifically formulated natural supplements. We are dedicated to leveraging our extensive expertise in pharmaceuticals and natural ingredient procurement to craft innovative products that prioritize the well-being of our customers. Through meticulous research and a focus on affordability, we aim to make NUTRICIALIST the trusted choice for those seeking effective and natural solutions to enhance their health and quality of life.



NUTRICIALIST

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NUTRICIALIST HAIR BOOSTER For women
Serving Size: 1 Tablet
Amount Per Serving

Amount Per Serving	% Daily Value
3000 IU	60%
1000 IU	20%
500 IU	10%
100 IU	2%
50 IU	1%
25 IU	0.5%
12.5 IU	0.25%
6.25 IU	0.125%
3.125 IU	0.0625%
1.5625 IU	0.03125%
0.78125 IU	0.015625%
0.390625 IU	0.0078125%
0.1953125 IU	0.00390625%
0.09765625 IU	0.001953125%
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BLACK SEED OIL 1000 mg



- Supports healthy skin & joints
- Supports a healthy immune system & inflammatory response
- Cardiovascular support
- Supports brain health

Description:

Black cumin seeds and their oil have been used traditionally in the Middle East, Asia, and Africa for thousands of years. Thymoquinone, the active ingredient in black seed, has analgesic and anti-inflammatory effects, has a regulatory function for the immune system, is a lymphocyte T activator, and inhibits allergic processes. Recent scientific studies show that black cumin seed oil is effective in the prevention and treatment of various ailments such as arthralgia, headache, nasal congestion, asthma, allergy, infections, and gastrointestinal disorders. It also reinforces the immune system, supports a healthy vascular system, and benefits the brain.



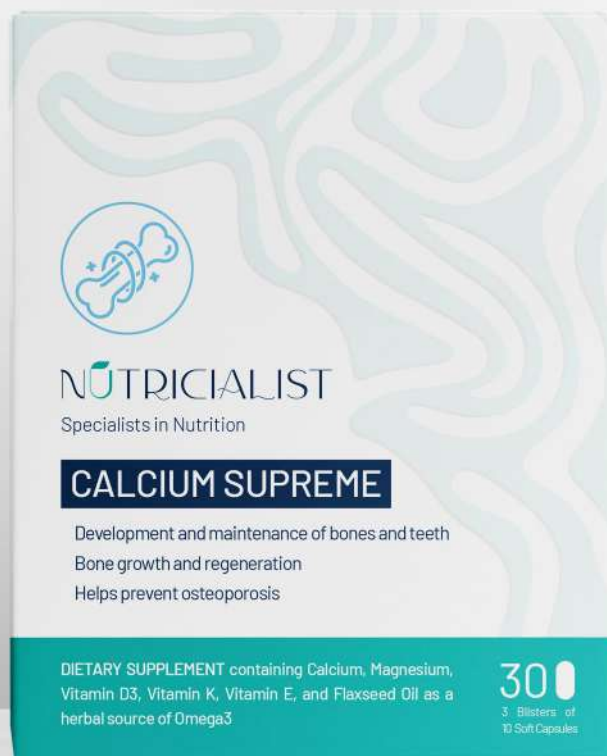
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CALCIUM SUPREME

- Development and maintenance of bones and teeth
- Bone growth and regeneration
- Helps prevent osteoporosis

Description:

Calcium, known as the most abundant mineral in the body, is a bone-strengthening mineral. Magnesium plays a vital role in the prevention of calcification of soft tissue and may be as important as calcium in the prevention of bone loss. Vitamin D plays a crucial role in bone growth and renewal as it stimulates the absorption of calcium. Vitamin K plays a critical role in building strong bones. Flaxseed contains a significant amount of omega 3 fatty acids which can improve inflammation. Scientific literature concludes that the combination of vitamin D, calcium, magnesium, and vitamin K promotes better results than monotherapy with calcium or magnesium alone.



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CARMINATIVE

- Relieves bloating
- Antispasmodic
- Stomachic
- Analgesic

Description:

The most common cause of belching is gastric dilatation due to air swallowing. Gastric dilatation causes discomfort in the abdomen and belching helps release the trapped air, relieving discomfort. Common reasons for swallowing large amounts of air include eating big, heavy meals, drinking liquids quickly, anxiety, and consuming carbonated drinks. Spearmint is one of the herbal remedies that has been used for many years as a natural and effective treatment for bloating.



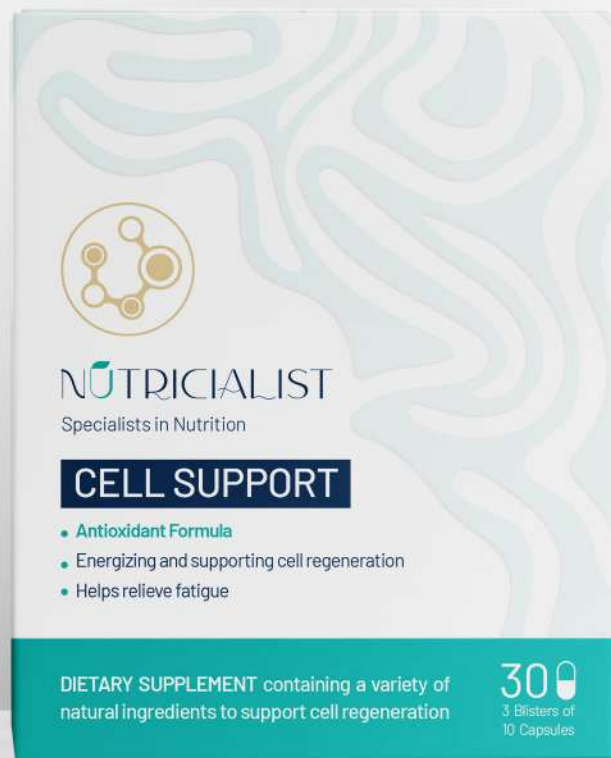
CELL SUPPORT



- **Antioxidant Formula**
- Energizing and supporting cell regeneration
- Helps relieve fatigue

Description:

This product contains natural ginkgo and rosemary extracts along with ingredients such as L-carnitine, alpha lipoic acid, N-acetyl cysteine & Co-Q10 to support cellular health and energy production. Aging occurs when a combination of energy-producing cells is lost, resulting in reduced cellular metabolic activities, accumulation of cellular debris, and ultimately cell death. This product helps support the healthy metabolic activity of the cell.



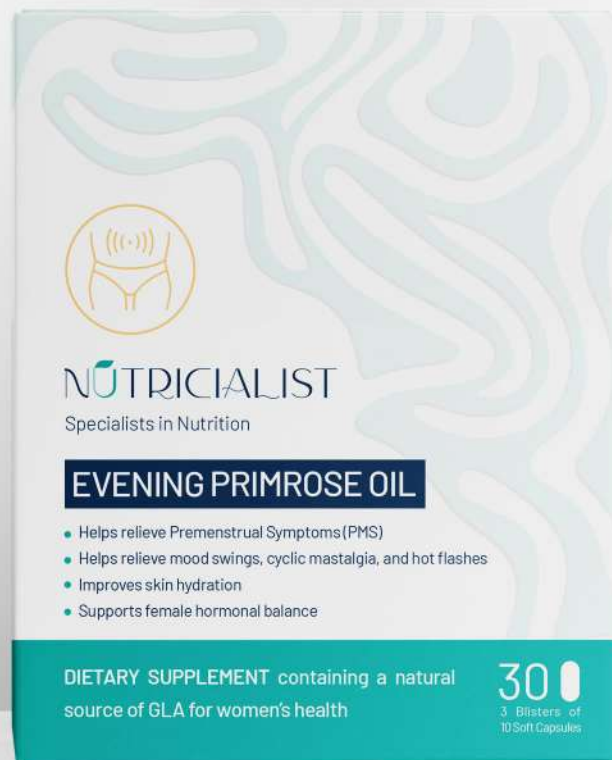
EVENING PRIMROSE OIL



- Helps relieve Premenstrual Symptoms (PMS)
- Helps relieve mood swings, cyclic mastalgia, and hot flashes
- Improves skin hydration
- Supports female hormonal balance

Description:

Evening primrose oil (EPO) is made from the seeds and the flowers of the evening primrose plant via cold pressing. Evening primrose seeds are rich in omega 6 essential fatty acids (EFAs), including linoleic acid and gamma-linolenic acid (GLA). The human body is unable to produce GLA, so we need to consume enough GLA in our diet or help get GLA through supplementation. The therapeutic effects of EPO are attributed to the direct effect of its essential fatty acids on immune cells as well as their indirect effect on the synthesis of eicosanoids (such as prostaglandins, cytokines, cytokine mediators).



FEMI SENSE

- Enhances female sexual desire
- Promotes female sexual arousal
- Safe and non-hormonal choice

Description:

Female sexual dysfunction (FSD) is defined as "impairment of sexual desire, arousal, orgasm, and pain during intercourse that leads to personal distress and interpersonal problems." The issue of FSD was long neglected by the scientific community. Clinical studies show that the ingredients used in this supplement provide a safe and non-hormonal option for addressing FSD in premenopausal, perimenopausal, and postmenopausal women.



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HAIR BOOSTER For MEN



- Helps nourish hair to achieve and maintain its health
- Helps rejuvenate and enhance skin radiance
- Promotes the health and strength of nails in men

Description:

Healthy and shiny hair shows your personality. This product nourishes and strengthens the roots of your hair. HAIR BOOSTER is made from natural ingredients that support hair growth, thicken hair, and increase hair shine. It not only improves the quality of hair follicles and prevents hair loss but also supports skin and nail health. With the aid of this natural supplement, your hair, skin, and nails will appear shinier and healthier.



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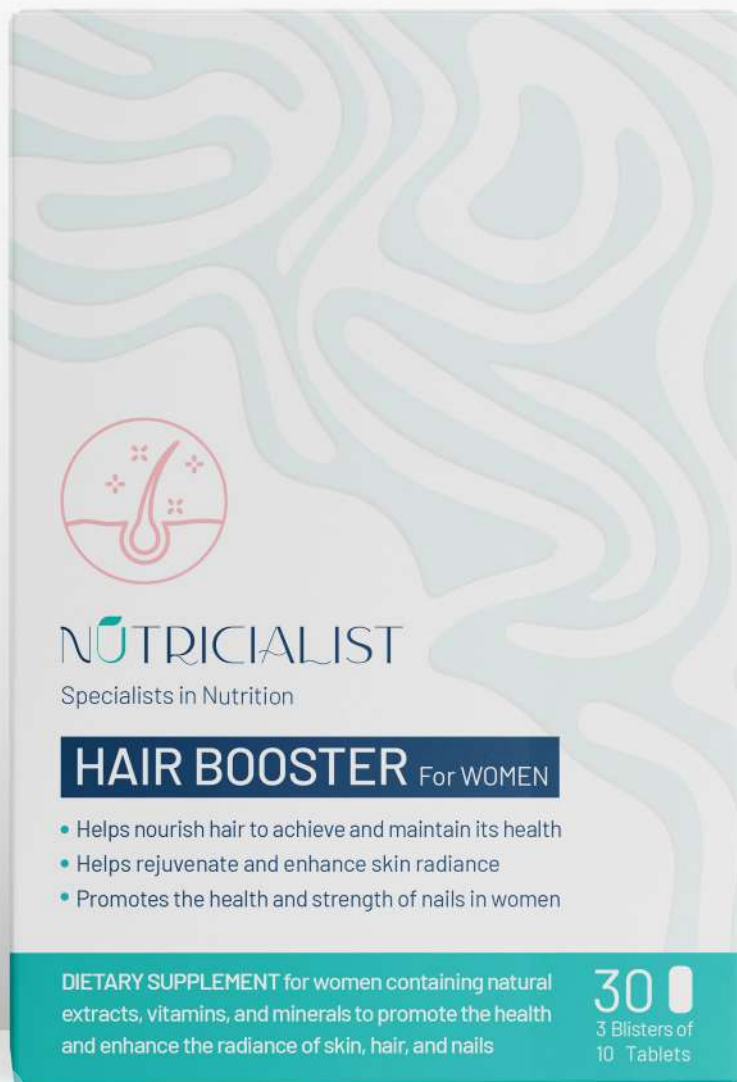
HAIR BOOSTER For WOMEN



- Helps nourish hair to achieve and maintain its health
- Helps rejuvenate and enhance skin radiance
- Promotes the health and strength of nails in women

Description:

Healthy and shiny hair shows your personality. This product nourishes and strengthens the roots of your hair. HAIR BOOSTER is made from natural ingredients that support hair growth, thicken hair, and increase hair shine. It not only improves the quality of hair follicles and prevents hair loss but also supports skin and nail health. With the aid of this natural supplement, your hair, skin, and nails will appear shinier and healthier.



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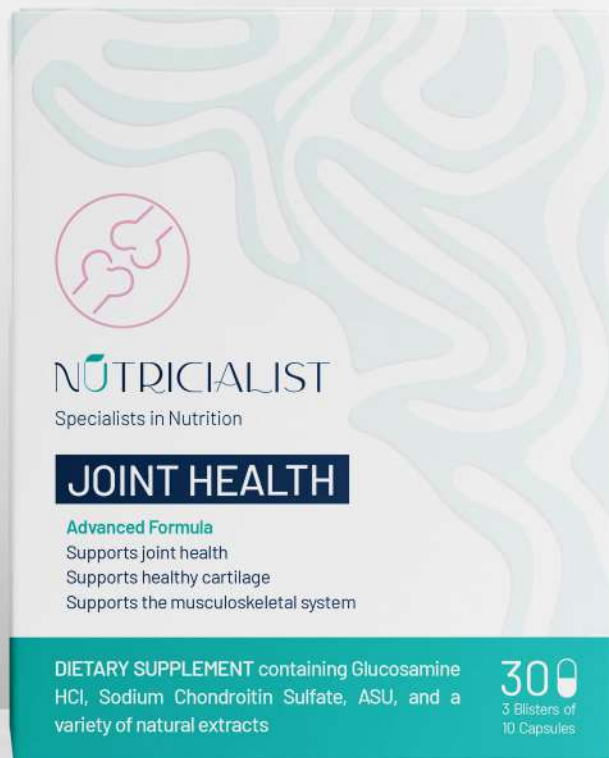
JOINT HEALTH



- **Advanced Formula**
- Supports joint health
- Supports healthy cartilage
- Supports the musculoskeletal system

Description:

Glucosamine stimulates cartilage production and repair, addressing joint wear and tear. The consumption of this substance is likely to increase the production level of hyaluronic acid in the joints. Sodium Chondroitin Sulfate, a natural substance in the body, safeguards cartilage from enzymatic damage, promoting pain relief and potential cartilage repair. Avocado/Soybean Unsaponifiables (ASU), made from avocado fruits and seeds and soybean oil, offer potent anti-inflammatory effects. ASU is an adjunctive treatment for arthritic pain relief and slow-acting symptomatic treatment of hip and knee osteoarthritis. Green tea extract, rich in polyphenols, acts as a potent anti-inflammatory agent in pain relief products. Ongoing studies highlight the potential of Boswellia serrata extract as an adjunctive treatment for knee pain and osteoarthritis.



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LAXATIVE



- Gentle and reliable relief of constipation
- Helps improve digestion and combat constipation

Description:

Scientific evidence supports the use of senna in adults for the treatment of chronic constipation or constipation after childbirth or as a result of the use of drugs (such as narcotics, tricyclic antidepressants, phenothiazines).

Similar to senna, cascara contains anthraquinone glycosides (cascarosides A, B, C, D) along with small amounts of other anthraquinone glycosides. It induces a gentle laxative effect, resulting in minimal side effects. Rhubarb (Chinese rhubarb) is one of the most widely used herbs for constipation around the world. Licorice root has antispasmodic effects in the human colon. Licorice root is often found in laxative products because it enhances the effect of anthraquinone drugs. Licorice is also added to herbal laxative teas as an antispasmodic compound. Clove compounds such as beta-caryophyllene and eugenol have an antispasmodic effect and are used in laxative products to reduce the possible side effects of other laxative compounds.



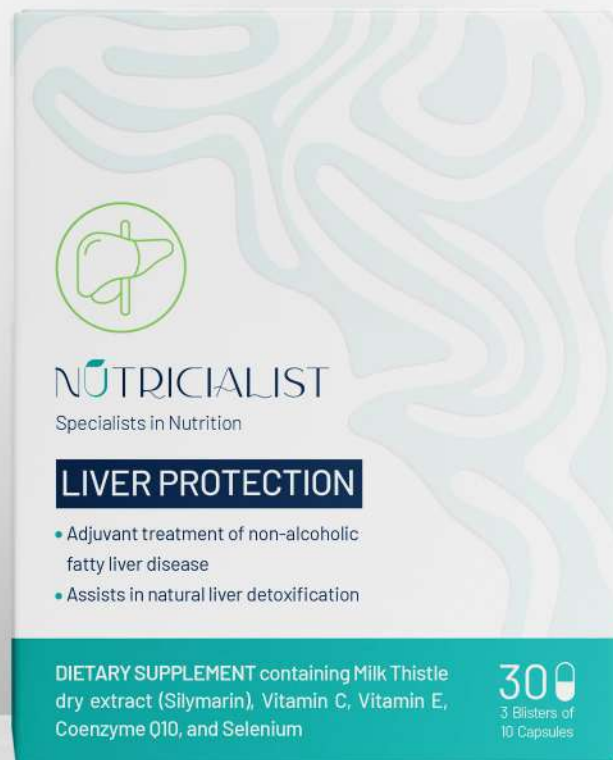
LIVER PROTECTION

- Adjuvant treatment of non-alcoholic fatty liver disease
- Assists in natural liver detoxification

Description:

NAFLD is characterized by the accumulation of lipids, mainly triglycerides, in the hepatocytes of the liver parenchyma, which is responsible for the initiation of liver damage and persistent elevation of liver enzyme levels.

To deal with fatty liver, lifestyle modification is necessary and most patients do not need drug treatment. Currently, there are no specific drugs to treat NAFLD, even though some drug molecules have shown beneficial effects. Many studies have reported that silymarin (an active ingredient in milk thistle), vitamin E, vitamin C, coenzyme Q10 and selenium can be effective in non-alcoholic fatty liver disease.



MENO-EASE



- Advanced menopause support
- Helps treat menopause symptoms such as hot flashes and night sweats
- Promotes calm mood

Description:

Many women experience symptoms of menopause in their forties, often causing anxiety and ailment. For over half a century, hormone replacement therapy (HRT), involving the combination of estrogens and progestins, has shown beneficial effects on menopausal symptoms and osteoporosis in postmenopausal women. However, recently published clinical studies have questioned its safety for the cardiovascular system and its increased risk of developing breast cancer. As a result, efforts are underway to find substitute approaches.

The MENO-EASE Capsule, containing effective plant-based ingredients like black cohosh, soybeans, wild yam, burdock, and chaste tree, is designed to effectively relieve menopausal symptoms such as hot flashes and night sweats.



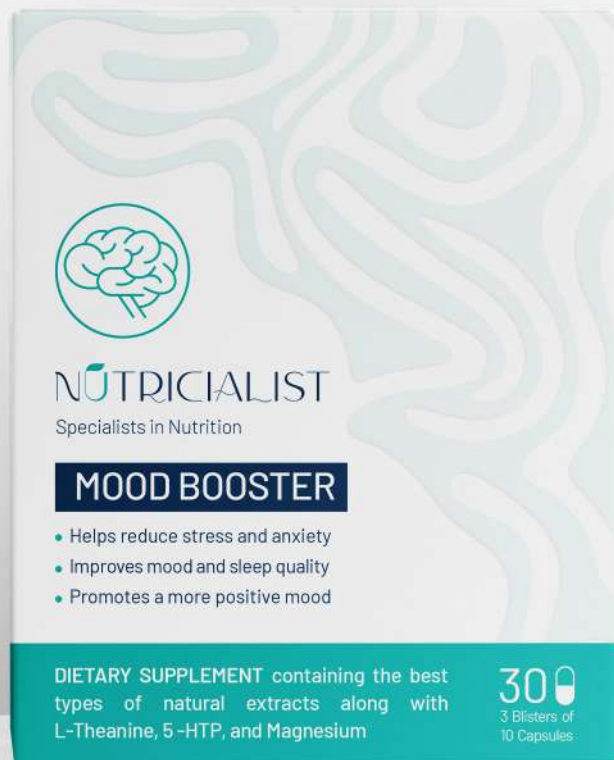
MOOD BOOSTER



- Helps reduce stress and anxiety
- Improves mood and sleep quality
- Promotes a more positive mood

Description:

Our natural supplement supports emotional health by temporarily reducing stress and anxiety. Formulated with a carefully balanced blend of plant extracts and essential amino acids, this product promotes relaxation, helping you feel more balanced throughout the day.



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MULTIVITAMIN+MINERAL 50⁺



- Contributes to overall health in individuals aged 50 and above
- Supplies essential nutrients for individuals aged 50 and above

Description:

An effective combination of vitamins, minerals, and natural antioxidants needed by people over the age of 50.



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MULTIVITAMINS & MINERALS



- Helps supply daily nutritional needs
- Provides optimum antioxidant action
- Supports the maintenance of good health

Description:

Balancing work, a healthy diet, and maintaining a social life can be challenging. Meeting all the nutritional needs of the body in these conditions requires the use of supplements with the necessary micronutrients. Our Multivitamins & Minerals capsule is enriched with essential amino acids for a complete daily diet. This Multivitamins & Minerals capsule can boost your immune system, strengthen skin and hair, maintain healthy eyes, improve blood circulation, prevent heart disease, increase bone density, reduce stress and anxiety, and improve overall health.



OMEGA 3

- Concentrated fish oil formula
- Helps support a healthy heart

Description:

This supplement provides an excellent source of omega 3 fatty acids, including DHA and EPA, supporting overall health. Omega 3 helps reduce inflammation and supports brain, eye, blood vessel, and heart health. Omega 3 fatty acids are essential nutrients that cannot be produced by the body and must be obtained from the diet through food or supplements. EPA contributes to cardiovascular health and cholesterol management, reducing levels of LDLs (known as “bad cholesterol”) and maintaining healthy triglyceride levels. DHA has been studied in depth for its role in cognitive and vision functions. Studies show that maternal intake of DHA can help develop a baby’s brain and cognitive functions. With higher levels of EPA and DHA, this supplement is ideal for those deficient in omega 3 essential fatty acids or those seeking higher concentrations in fewer servings.



OMEGA 3 EMULSION



- Helps maintain optimum growth and brain function of children
- Supports immunity and overall wellbeing of children

Description:

This product provides a rich source of omega 3 essential fatty acids EPA and DHA derived from standard fish oil and vitamin E. Among the nutrients required for proper brain function and cognition, omega 3 fatty acids from fish play a determinant role. These fatty acids also play a key role in normal growth and development, making this product beneficial for increasing weight and height in children. This product is useful for improving brain function, boosting the body's immune system, improving children's cognitive and behavioral performance, and reducing hyperactivity. It contributes to developing a child's abilities, fostering a high level of concentration, intelligence, and social skills.



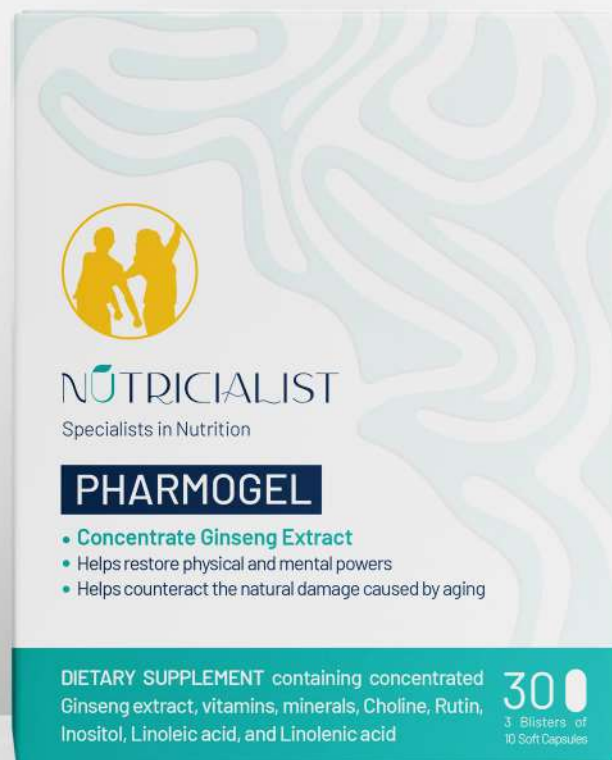
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PHARMOGEL

- **Concentrate Ginseng Extract**
- Helps restore physical and mental powers
- Helps counteract the natural damage caused by aging

Description:

Ginseng significantly increases physical and mental capacity. Dimethylaminoethanol Bitartrate (DMAE) has a positive effect on mood, increases memory, and improves brain function. Choline is an essential nutrient for brain development and improves memory and cognition. It is involved in protecting heart health and boosting body metabolism. Inositol is a type of sugar compound that helps reduce anxiety and depression and controls blood sugar. Linoleic acid plays a role in cardiovascular health, reduces bad cholesterol (LDL), and controls blood sugar and blood pressure. Alpha-linolenic acid is known to prevent and treat cardiovascular disease and is used to prevent heart attacks, lower blood pressure and cholesterol, and mitigate atherosclerosis.

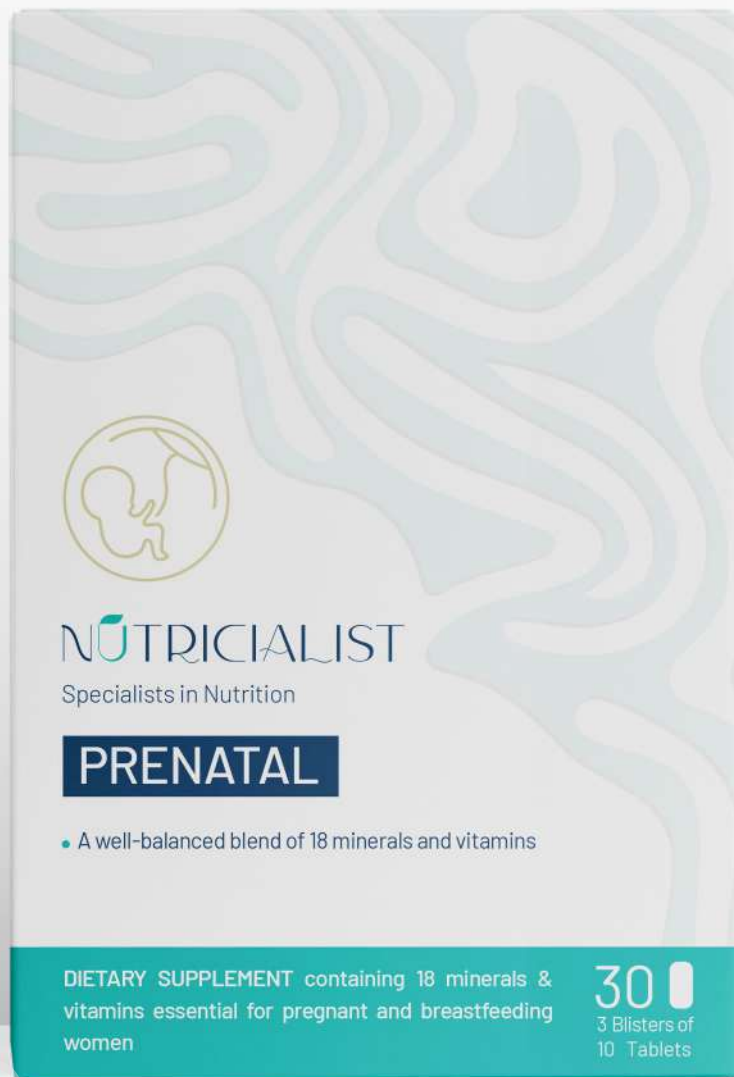


PRENATAL

- A well-balanced blend of 18 minerals and vitamins

Description:

This product offers a well-balanced blend of 18 essential vitamins and minerals, aiding the body in preparing for pregnancy while nourishing and protecting both mother and baby during pregnancy. Consumption of this product eliminates the need for additional multivitamins during pregnancy, unless otherwise recommended by your doctor.



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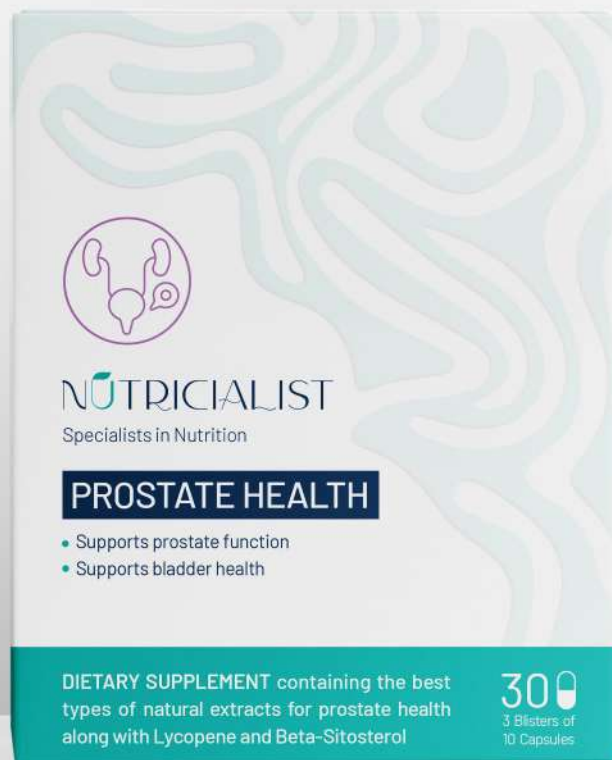
PROSTATE HEALTH



- Supports prostate function
- Supports bladder health

Description:

A synergistic blend of botanical extracts, vitamins, minerals, and antioxidants, this product is designed to support overall prostate function. Saw Palmetto extract supports prostate health. Lycopene and Pygeum, known for their soothing properties, support urinary tract health and promote better sleep. The inclusion of Beta-Sitosterol from Saw Palmetto plants is essential for bladder support. Additionally, Pumpkin Seed extract, rich in antioxidants, contributes to healthy testosterone levels and overall health.



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SEXUAL HEALTH



- Supports men's healthy sexual interest
- Supports emotional aspects of sexual health

Description:

This product is a unique combination of Maca, Korean Ginseng, Damiana extracts, Arginine, and Zinc for men's sexual health and increasing endurance. According to some clinical studies, the level of biological testosterone decreases by about %2 annually from the age of 35. Therefore, loss of testosterone can lead to decreased motivation, decreased libido, decreased muscle size and strength, and increased fatigue, insomnia, and mood swings. It has also been found that one in four men over the age of 16 have experienced some degree of erectile dysfunction.



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STRONG FAT BURNER



- Optimal weight management
- Contributes to better metabolism
- Burns calories

Description:

A completely natural and unique product that manages weight and metabolism. Garcinia Cambogia extract is derived from a type of tropical fruit that is rich in hydroxycitric acid (HCA). HCA prevents the body from converting excess energy into fat and plays a role in reducing body fat. Green coffee bean extract contains the active ingredient chlorogenic acid, which is the key factor in weight loss. Green tea extract may aid weight loss by increasing the number of calories your body burns. Piper Nigrum extract also increases metabolism and weight loss. L-Carnitine has the ability to burn fat at a high speed. Caffeine reduces weight by suppressing appetite, increasing calorie burning, increasing metabolism, helping lipolysis, etc. CLA helps increase the metabolism of fats, eventually reduce leading to weight reduction and slimming. Chromium increases protein, carbohydrate, and lipid metabolism in the body and causes fat burning and weight loss.



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SUPER OMEGA (3.6.7.9)



- Supports healthy heart function
- Improves brain function
- Promotes healthy vision and skin
- Supports cartilage health

Description:

A multi-purpose natural source dietary supplement consisting of essential fatty acids Omega 3, 6, 7, and 9 from oils, encapsulated in a soft capsule. This composition provides an optimal ratio of these essential fatty acids, and its responsibility is to protect your body's cells and tissues from damage caused by free radicals. These fatty acids are essential for maintaining the health of the human brain, central nervous system, cardiovascular system, skin, hair, nails, male and female hormonal systems, and good energy levels.

This product does not contain fish oil, addressing concerns about the potential for an unpleasant smell for some individuals.



VITAMIN D3 1000 IU



- Helps improve absorption of calcium and phosphorus
- Helps maintain immune system health
- Offers more benefits than monthly vitamin D supplementation

Description:

Conventional foods often lack sufficient vitamin D, and direct exposure to sunlight, the primary source of vitamin D, is challenging for many. Therefore, the use of vitamin D supplements is essential. Vitamin D plays a crucial role in absorbing calcium from the digestive tract and facilitating its functions in the body. It also helps prevent issues caused by vitamin D deficiency, particularly problems affecting the skin and bones.



NUTRICIALIST PRENATAL

Supplement Facts

Servings Per Container: 30

Amount Per Serving		% Daily Value
	(as prescribed)	(as prescribed)
Vitamin B9	600 mcg	120
Folate (fumarate)	27 mg	100
Iodine (potassium iodide)	220 mcg	100
Vitamin D3 (cholecalciferol)	800 IU	100
Vitamin E (d, alpha-tocopheryl acetate)	33 IU	100
Vitamin B1 (thiamine mononitrate)	1.4 mg	100
Vitamin B2 (riboflavin)	1.4 mg	100
Vitamin B3 (niacinamide)	18 mg	105.8
Vitamin B6 (calcium pantothenate)	5 mg	100
Vitamin B12 (methylcobalamin)	2.5 mcg	100
Vitamin C (ascorbic acid)	100 mg	100
Copper (cuprous sulfate anhydrous)	0.5 mg	100
Selenium (sodium selenite)	50 mcg	100
Zinc (zinc citrate trihydrate)	15 mg	100
Magnesium (magnesium oxide)	100 mg	100
Calcium (calcium carbonate)	100 mg	100

NUTRICIALIST EVENING PRIMROSE

Specialized for Nutrition

NUTRICIALIST BLACKSEED OIL

1000 mg

NUTRICIALIST CARBONATED

Supplement Facts

Servings Per Container: 30

Amount Per Serving

1000 mg

100%

Black Seed Oil (Nigella arvensis)

Cold-Pressed, Glycerin, and Hexane Free

Contains at least 0.8% naturally occurring Thymoquinone

** Daily Value not established

Other ingredients: Cellulose, Glycerin, Purified Water

THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, OR PREVENT ANY DISEASE

Always consult your physician before using any dietary supplement, especially if you are pregnant, nursing, or taking other medications.

KEEP OUT OF THE REACH OF CHILDREN.

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50+

NUTRICIALIST

Specialists in Nutrition

MULTIVITAMIN+MINERAL

Contributes to overall health in individuals aged 50 and over

Supplies essential nutrients for individuals aged 50 and over

DIETARY SUPPLEMENT specially formulated for individuals aged 50 and over

NUTRICIALIST BLACKSEED OIL

1000 mg

Supplement Facts

Servings Per Container: 30

Amount Per Serving	% Daily Value
Black Seed Oil (Nigella arvensis)	100%
Cold-Pressed, Glycerin, and Hexane Free	**
Contains at least 0.8% naturally occurring Thymoquinone	

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Quantity of ration: 30



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