

DUOLIFE Movement System pack



DUOLIFE Movement System pack features a carefully selected composition of products supporting the proper functioning of the body, adjusted to its daily rhythm.

Regular physical activity is one of the factors contributing to good health. DUOLIFE products included in the DUOLIFE Movement System Pack are designed to meet the expectations of contemporary athletes – whether professional or amateur.

DUOLIFE Movement System Pack contains SHAPE CODE® Protein Shake, DUOLIFE Collagen, DUOLIFE My Blood, ProStik®, ProSelect®, FIZZY EASY Electrolyte Complex that are listed on the Cologne List®) or tested for substances used in doping, banned according to the list of WADA – World Anti-Doping Agency .

Cologne List® is an initiative for the prevention of doping handled by the Olympic Centre Rhineland, who wants to fulfill the duty to care for leading athletes it supports. Cologne List® lists dietary supplements that have been tested for selected anabolic steroids and stimulants by an independent scientific laboratory which is one of the world's leading

laboratories in the field of analytical research on prohibited substances in dietary supplements.

Food supplements included in Cologne List® are covered by research to verify whether they contain substances relevant to anti-doping policies, such as anabolic steroids and stimulants not listed on packages of the analysed products.

The World Anti-Doping Agency (WADA) is an international independent agency tasked with leading the worldwide movement for doping-free sports. Key activities include research, education and monitoring compliance with the World Anti-Doping Program. The WADA Prohibited List is a mandatory annually updated international standard that is part of the World Anti-Doping in Sport Program. The list includes substances and methods banned in sports during competition, out of competition or substances abused in sports. The qualitative composition of FIZZY EASY dietary supplements has been tested for substances used in doping, banned according to the WADA list at the Laboratories of the National Institute of Medicines in Warsaw.

The DUOLIFE Movement System functional pack contains::

- 1 x SHAPE CODE® Protein Shake;
- 1 x DUOLIFE Fiber;
- 1 x DUOLIFE Collagen;
- 2 x DUOLIFE Collagen Powder;
- 1 x DUOLIFE My Blood;
- 1 x ProStik®;
- 1 x ProSelect®;
- 1 x FIZZY EASY Electrolyte Complex.

Recommended use of the food supplements from the DUOLIFE Movement System Pack:**

In the morning:

- DUOLIFE Collagen – 25 ml before breakfast;
- ProStik® – 2 capsules with breakfast;
- DUOLIFE My Blood – 25 ml after breakfast.

Lunch time:

- DUOLIFE Collagen Powder – 1 sachet every other day, dissolved in a glass of water or other liquid and mixed thoroughly.

In the evening:

- DUOLIFE Fiber – 25 ml with meal;
- ProSelect® – 2 capsules after supper.

- SHAPE CODE® Protein Shake – 1 shake after workout (3–4 times a week);

FIZZY EASY Electrolyte Complex – 1 tablet, dissolved in a glass of water, on workout days (3–4 times a week).

Want to learn more?

Regular physical activity is one of the most important factors that helps to ensure human health. That being said, physical activity can carry certain risks. Incorrectly performed movements, poorly selected exercises, incorrect selection of weights and poorly planned intervals between repetitions can result in sports injuries. Therefore, in sports, the process of building lean muscle mass, post-exercise recovery and supporting the body's performance will play an important role.

People who work out should ensure an adequate supply of protein. Protein is an important building block of muscle, nerve and glandular tissue. It is also present in body fluids and secretions, including blood, enzymes and hormones, and participates in important regulatory and transport processes. Protein is also one of the basic elements of the diet – especially for people who play sports. In people who work out regularly, the demand for this nutrient definitely increases. A well-calculated energy balance is the basis for shaping our body, so it is important to have an optimal supply of nutrients in the diet, helping to keep it in top physical condition.

** When used on a regular basis, one pack is sufficient for one adult, for approximately 1 month. When using food supplements in liquid form, the dose may be increased to the maximum daily dose indicated for the given product. In this case, extra packages of the product have to be purchased in addition to the pack. .*

*** Recommended duration of supplementation: 3 months.*