

# DUOLIFE Heart pack



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

The heart is the most important part of the cardiovascular system in the body. Its efficiency depends on its own automaticity, but also on a systematic supply of ingredients that support the proper functioning and condition of this organ.

## **The DUOLIFE Heart functional pack contains\*:**

- 1 x DUOLIFE Vita C,
- 1 x ProSugar®,
- 1 x DUOLIFE Day and Night set,
- 1 x DUOLIFE RegenOil Liquid Gold®,
- 1 x DUOLIFE Fiber
- 1 x ProCardiol®,
- 1 x ProCholterol®,
- 2 packs x FIZZY EASY Mg + K + B Complex.

## **Recommended use of the food supplements from the DUOLIFE Heart Pack\*\*:**

**In the morning:**

DUOLIFE Vita C – 25 ml before breakfast,

DUOLIFE Day – 25 ml with breakfast,

ProCardiol® - 2 capsules before breakfast,

DUOLIFE RegenOil Liquid Gold® – 5 ml with breakfast – can be added to lunch or salad.

**Lunch time:**

ProSugar® – 2 capsules before breakfast,

FIZZY EASY Mg + K+ B Complex – 1 tablet dissolved in a glass of water, after lunch.

**In the evening:**

DUOLIFE Night – 25 ml with meal,

DUOLIFE Fiber – 25 ml with supper,

ProCholterol® – 2 capsules after supper.

## Want to learn more?

The heart is a unique organ, which plays a very important role, as it pumps blood throughout the body. The main risk factors for developing cardiovascular disease include obesity, high cholesterol levels, smoking, poor diet and lack of physical activity. An unhealthy diet, based on highly processed food rich in saturated fat, sugar and salt significantly increases the risk of cardiovascular problems. This can be exacerbated by lack of physical activity, sedentary lifestyle, stress and overwork. It is worth to prevent cardiovascular diseases by taking care of proper nutrition and a healthy, active lifestyle.

*\* One pack, when used on a regular basis by one adult, is enough for about 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*