

DUOLIFE Regeneration pack



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

Regeneration is not only about getting the right amount of rest, but above all about supplying the body with valuable nutrients along with a properly composed diet, ensuring the right amount of sleep and optimum hydration. As a result of damage to tissues and organs, our body initiates its natural repair processes. Their role is to minimise the disruption and help the body adapt to different conditions. The key to successful regeneration is ensuring the supply of nutrients involved in these repair processes.

The DUOLIFE Regeneration functional pack contains*:

- 1 x DUOLIFE Aloes,
- 1 x DUOLIFE Vita C,
- 1 x DUOLIFE My Blood,
- 1 x DUOLIFE Collagen,
- 1 x DUOLIFE Day and Night,
- 1 x DUOLIFE RegenOil Liquid Gold®,
- 1 x ProBactilardii®.

Recommended use of the food supplements from the DUOLIFE Regeneration Pack:**

In the morning:

DUOLIFE Vita C – 25 ml before breakfast,
DUOLIFE Day – 25 ml with breakfast,
DUOLIFE My Blood – 25 ml after breakfast,
DUOLIFE RegenOil Liquid Gold® – 5 ml with breakfast – can be added to lunch or salad.

Lunch time:

ProBactilardii®– 1 capsule of Synbiotic and 1 capsule of Postbiotic for 5 days a week, one hour after lunch.

In the evening:

DUOLIFE Aloe – 25 ml before supper,
DUOLIFE Collagen – 25 ml before supper,
DUOLIFE Night – 25 ml with supper.

Want to learn more?

Damage to tissues initiates natural repair processes in the body to minimise the disruption and help the body to adapt to new, less favourable conditions. These are complex processes involving regeneration, compensation and adaptation of the body to different conditions of functioning triggered by the injury or disease. Regeneration processes require adequate supply of nutrients that are necessary for the repair of tissues. Compensation processes are implemented in our body independently of us, the body itself decides which physiological mechanisms to activate in order to support the optimum functioning of the system, disturbed by the defect. Adaptation is the adjustment of an organism to modified living conditions. It is up to us to determine how smoothly these processes will occur precisely by providing the necessary factors that promote these mechanisms.

Let's remember to get the right amount of sleep, as recovery processes take place during sleep, to stay properly hydrated to support metabolism, food absorption and the removal of toxins from the body, and to engage in moderate physical activity for better health and well-being.

Let's also remember that proper recovery processes are all about optimal nutrition and providing the body with the right nutrients it needs to function properly.

**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*