

# DUOLIFE Energy pack



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

Low energy, physical and mental exhaustion, poor fitness level.... These problems are increasingly affecting people who work hard or study a lot. Exposure to stress and environmental factors may result in depleted energy resources.

## **The Energy functional pack contains\*:**

- 1 x DUOLIFE Aloe,
- 1 x DUOLIFE Vita C,
- 1 x DUOLIFE Chlorofil,
- 1 x DUOLIFE Day and Night set,
- 1 x DUOLIFE My Mind,
- 1 x DUOLIFE My Blood,
- 2 x Fizzy Easy Energy Complex.

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

### **In the morning:**

DUOLIFE Vita C – 25 ml before breakfast,

DUOLIFE Day – 25 ml with breakfast,  
DUOLIFE My Mind – 25 ml with breakfast,  
DUOLIFE My Blood Moja Krew – 25 ml after meal.

**Lunch time:**

DUOLIFE Chlorofil – 20 ml at lunchtime,  
Fizzy Easy Energy Complex – 1 tablet dissolved in a glass of water, after lunch.

**In the evening:**

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

## Want to learn more?

Many people nowadays suffer from fatigue. Physical and mental exertion exceeding the body's adaptive capacity may cause permanent changes in the form of symptoms of chronic fatigue.

Chronic fatigue can be triggered by a faster pace of life, excessive stress, sleep deficiency, poor diet, as well as work and study and daily activities overload. Constant stress related to one's job and balancing family and work responsibilities can further aggravate the feeling of mental fatigue.

Exhaustion and lack of strength to cope with the challenges of everyday life, as well as difficulties with concentration, are increasingly common worries among economically active people and students. How about getting an energy boost every day? Yes, it's possible! In order to help keep depleting energy resources at optimal levels, give yourself some pleasure, be sure to get daily physical activity outdoors, ensure optimum sleep quality and, of course, a well-balanced diet rich in vitamins, minerals and antioxidants.

*\* 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*