



# Turbotrim Women 45+ Cleanse, drink concentrate

The product is supplemented with phytoestrogens (cimicifuga extract), supporting the hormonal balance of a woman at this age.

Ingredients: Extracts of Green Tea, Cherry Fruit Stalks, Cranberry, Senna, Artichoke, Cimicifuga, Oats, L-Carnitine, Lemon Juice Powder, Natural Flavor "Grapes".



# Vitamin C + D + Zinc + Selenium, effervescent vitamins

The unique combination of vitamins and minerals enhances immune cells activity and antibodies production in response to infection.

During a pandemic, the demand for products strengthening immune defenses has increased significantly. Today, three products are among the most famous and popular: vitamin C, vitamin D and Zinc. This is the unique combination of components enhanced by the effect of selenium that you can find in the new product Vitamin C + D3 + Zinc + Selenium from the company Evalar.

Vitamin C+D3+Zinc+Selenium contributes to: strengthening immune defenses and reducing the risk of developing colds and viral diseases

antioxidant protection

beauty of skin, hair and nails

maintaining healthy cardiovascular system and reproductive function

How do ingredients work?

Vitamin C is a recognized stimulant for the immune system. It enhances the production of interferon proteins, which are among the first defenses against viruses. It has anti-inflammatory properties, and also helps neutralize free radicals and protect lung cells from their aggressive effects 2,3.

Vitamin D is a unique adaptive immune modulator. It enhances innate immune defenses, activating antimicrobial peptides that eliminate pathogenic organisms, such as microbes, bacteria and viruses<sup>4</sup>. Vitamin D strengthens cellular immune defenses, reduces cytokine storm levels<sup>5</sup>, and supports lung function by curbing the inflammatory response caused by

viruses<sup>6</sup>. It also stimulates the production of antimicrobial proteins in mucous membranes of the upper respiratory tract<sup>6</sup>.

Zinc is one of the few substances that simultaneously affect all the elements of human immune defenses. It increases the production of interferons<sup>7</sup>: proteins that are the first to protect us against infections caused by viruses, bacteria and other microorganisms<sup>8</sup>. Zinc prevents the spread of the virus in cells<sup>9</sup> and protects lymphocytes from destruction<sup>10</sup>. It also enhances the function of thymus gland that is sometimes called the heart of immune system, due to its ability to produce new T cells. They, in turn, recognize viruses and neutralize them<sup>11</sup>.

Selenium is a mineral that is vital for our body. It is especially important for people who live in big cities and in cities with unfavorable environmental conditions. Selenium is a powerful antioxidant protecting cells from damage by free radicals that cause aging. What's more, selenium protects us from toxic pollutants, promotes the clearance of arsenic, and guards against the effects of cadmium and mercury. Selenium is involved in strengthening immune defenses, has a tonic effect, and helps to activate the production of antibodies and interferon.

Benefits of Vitamin C + D3 + Zinc + Selenium

Easily accessible<sup>12</sup> effervescent presentation

Easy to take - just 1 tablet a day

Great taste, no preservatives, no gluten

High quality raw materials

Directions for use:

Adults take 1 tablet a day, dissolved in 200 ml of water. The treatment course lasts 1 month or more, and can be repeated if needed.

Ingredients:

Citric acid and sodium bicarbonate (acidity regulators), ascorbic acid, sorbitol (carrier), maltodextrin, natural orange flavor, polyvinylpyrrolidone (carrier), zinc sulfate, polyethylene glycol (carrier), sucralose (sweetener), cholecalciferol 5- sodium phosphate (dye), polydimethylsiloxane (antifoam), selexene. Contains the sweetener sorbitol, which can have a laxative effect if consumed in excess.

Content in daily intake (1 tablet) and % of recommended daily consumption

Vitamin Ñ

600 mg

1000\*

Vitamin D3

12.5 mcg (500 IU)

250\*

Zinc

10 mg

67

Selenium

55 mg

79

\* Does not exceed the upper allowable level of daily consumption.

1 In Evalar's range of products.

2 Carr A.C., Maggini S. Vitamin C and Immune Function. *Nutrients*. 2017 Nov; 9 (11): 1211.

3 Monosova O.Yu., Sharapova K.G. Vitamins, micro- and macronutrients and their effect on the immune system. *Effective pharmacotherapy. Pediatrics*. 2010. No. 2. P. 6–11.

4 Liu, P.T.; Stenger, S.; Li, H.; Wenzel, L.; Tan, B. H.; Krutzik, S.R.; Ochoa, M.T.; Schaubert, J.; Wu, K.; Meinken, C.; et al. Toll-like receptor triggering of a vitamin D-mediated human antimicrobial response. *Science* 2006, 311, 1770-1773.

5 Huang, C.; Wang, Y.; Li, X.; Ren, L.; Zhao, J.; Hu, Y.; Zhang, L.; Fan, G.; Xu, J.; Gu, X.; et al. Clinical features of patients infected with 2019 novel coronavirus in Wuhan, China. *Lancet* 2020.

- 6 Kalil, A.C.; Thomas, P. G. Influenza virus-related critical illness: Pathophysiology and epidemiology. Crit. Care 2019.
- 7 Mechanisms of antitumor effect of zinc ions / S.I. Bikanasov, I.R. Safiullina, L.M. Gazdalieva / International student scientific bulletin. - FSBEI HE Bashkir State Medical University. - No. 4, 2018
- 8 Interferons: prospects for clinical use / Russian Academy of Medical Sciences. N.F. Gamalei Research Institute of Epidemiology and Microbiology. Academy of Natural Sciences of the Russian Federation. - M. - SPb. : 1998
- 9 Ronald Klatz, Robert Goldman "Defeating Time" (Anti-Aging Revolution) - M. : AST; SPb. : Ost, 2007. - 192 p.
- 10 Shankar A. H., Prasad A. S. Zinc and immune function: the biological basis of altered resistance to infection // Am. J. Clin. Nutr. - 1998. - Vol. 68.
- 11 Kudrin A. V., Skalny A. V., Zhavoronkov A. A. et al. Immunopharmacology of trace elements. Moscow: KMK, 2000. 537 p.
- 12 Shevchenko A. M. Features of the production of instant dosage forms / A. M. Shevchenko // Medical business. - 2005. - No. 2 - 3.



# Vitamin D3 1200 IU + K2

Natural vitamin D3 fortified with vitamin K2, for strong immune defenses and healthy bones. Vitamin D3 has grown increasingly popular worldwide over the past few years. It was also included in the intensive care protocol for patients with COVID-19 and became well-known as one of the products preventing coronavirus infection<sup>1</sup>. This is no coincidence. It is very important for our health, as it strengthens immune defenses, reduces inflammation and viral activity, and participates in two hundred other functions in human body.

Evalar's chewable tablets Vitamin D3 2000 IU + K2 provide high doses of natural vitamin D3, fortified with natural vitamin K2 in its most bioavailable form MK-7. K2 complements the effect of vitamin D and helps the body absorb it better. This is the only high-dose vitamin D3 in Russia, fortified with vitamin K2. In the convenient form of chewable tablets, Vitamin D3 2000 IU + K2 from Evalar is absorbed even better.

Vitamin D3 2000 IU + K2 contributes to:

- strengthening the immune system
- reducing the risk of developing colds and viral infections
- safe assimilation of calcium, which prevents its deposition in blood vessels and kidneys
- forming and maintaining a dense bone structure
- increasing muscular strength

How do ingredients work?

Vitamin D is a unique adaptive immune response modifier. It enhances congenital immunity, activates antimicrobial peptides that eliminate pathogenic organisms such as microbes, bacteria and viruses<sup>3</sup>. Vitamin D strengthens cellular immune defenses, reduces cytokine storm severity<sup>4</sup>, and supports lung function by reducing the inflammatory response caused by viruses<sup>5</sup>. In addition, it also stimulates the production of antimicrobial proteins in the mucous membranes of upper airways<sup>5</sup>.

Lately, so many people suffer from vitamin D3 deficiency that many experts recommend increasing the daily dosage in accordance with individual needs. Based on clinical guidelines

of the Russian Association of Endocrinologists, an adult needs 2,000 IU or more vitamin D3 daily to maintain its optimum level<sup>6</sup>.

Vitamin K2 is a key component in the regulation of metabolic processes and calcium distribution in the body. It strengthens bone tissue by activating the production of the protein osteocalcin that increases bone density, prevents osteoporosis and reduces the risk of fractures. It has a positive effect on the cardiovascular system, prevents the deposition of calcium crystals on the walls of blood vessels, thereby reducing the risk of calcification. Vitamin K2 improves the absorption of calcium and vitamin D3, thus preventing calcium accumulation in the kidneys and joints. It prevents early aging, improves skin structure, and reduces premature wrinkling.

This vitamin has several forms, but MK-7 (menaquinone-7) has the highest level of bioavailability. When you take a package of vitamin K2 from the pharmacy shelf, make sure that it is marked MK-7. If the manufacturer does not specify the form of K2, the supplement is likely to contain MK-4. What's the difference? MK-7 remains active longer, unlike MK-4, which loses its properties faster and is less efficient. MK-7 circulates in the blood for about 72 hours, which gives it enough time to reach all the organs in the body, including bone tissue. It is this bioavailable form of vitamin K2 that is included in the product Vitamin D3 2000 IU + K2.

Ingredients: Glucose, cholecalciferol, sorbitol (carrier), maltodextrin, menaquinone-7; amorphous silicon dioxide, stearic acid and calcium stearate (anti-caking agents), corn starch.

1 Intensive care protocol for patients with COVID-19. P. Marik. East Virginia School of Medicine, Norfolk, Virginia.

2 According to the unified register of certificates of State registration; by active ingredients, for of presentation and dosage of vitamin D3 more than 1000 IU.

3 Liu, P.T.; Stenger, S.; Li, H.; Wenzel, L.; Tan, B. H.; Krutzik, S.R.; Ochoa, M.T.; Schaubert, J.; Wu, K.; Meinken, C.; et al. Toll-like receptor triggering of a vitamin D-mediated human antimicrobial response. Science 2006, 311, 1770-1773.

4 Huang, C.; Wang, Y.; Li, X.; Ren, L.; Zhao, J.; Hu, Y.; Zhang, L.; Fan, G.; Xu, J.; Gu, X.; et al. Clinical features of patients infected with 2019 novel coronavirus in Wuhan, China. Lancet 2020.

5 Kalil, A.C.; Thomas, P. G. Influenza virus-related critical illness: Pathophysiology and epidemiology. Crit. Care 2019.

6 Clinical guidelines "Vitamin D deficiency in adults: diagnosis, treatment and prevention." Russian Association of Endocrinologists. Federal publicly funded institution "Endocrinological Research Center" of the Ministry of Health of the Russian Federation, Moscow, 2015. Dietary supplement. This product is not a drug.



# Vitamin D3 2000 IU + K2

High dose of natural vitamin D3 fortified with vitamin K2, for strong immune defenses and healthy bones.

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- forming and maintaining a dense bone structure
- increasing muscular strength

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1 Intensive care protocol for patients with COVID-19. P. Marik. East Virginia School of Medicine, Norfolk, Virginia.

2 According to the unified register of certificates of State registration; by active ingredients, for of presentation and dosage of vitamin D3 more than 1000 IU.

3 Liu, P.T.; Stenger, S.; Li, H.; Wenzel, L.; Tan, B. H.; Krutzik, S.R.; Ochoa, M.T.; Schaubert, J.; Wu, K.; Meinken, C.; et al. Toll-like receptor triggering of a vitamin D-mediated human antimicrobial response. *Science* 2006, 311, 1770-1773.

4 Huang, C.; Wang, Y.; Li, X.; Ren, L.; Zhao, J.; Hu, Y.; Zhang, L.; Fan, G.; Xu, J.; Gu, X.; et al. Clinical features of patients infected with 2029 novel coronavirus in Wuhan, China. *Lancet* 2020.

5 Kalil, A.C.; Thomas, P. G. Influenza virus-related critical illness: Pathophysiology and epidemiology. *Crit. Care* 2019.

6 Clinical guidelines “Vitamin D deficiency in adults: diagnosis, treatment and prevention.” Russian Association of Endocrinologists. Federal publicly funded institution “Endocrinological Research Center” of the Ministry of Health of the Russian Federation, Moscow, 2015.  
Dietary supplement. This product is not a drug.



# Vitamin D3, 1800 IU

Vitamin D3 has grown increasingly popular worldwide over the past few years. Based on WHO data, 80% of people in Russia are deficient in vitamin D3. This vitamin is very important for our health, as it strengthens immune defenses, reduces inflammation and viral activity, and participates in two hundred other functions of human body.

Vitamin D3 contributes to reducing the risk of ARVI infections, including the new COVID-19 coronavirus infection<sup>2</sup>. It is proven that in the countries, where patients with COVID-19 have higher vitamin D3 levels, the risk of complications is significantly lower<sup>3</sup>. Vitamin D3 strengthens cellular immune defenses, reduces cytokine storm severity (hyper-inflammation), and supports the lung function.

Effects of vitamin D3 on the immune system<sup>4</sup>

Taking vitamin D3 reduces the risk of developing ARVI by 12% on average;

Vitamin D3 is best taken daily, rather than once (this reduces the risk of developing ARVI by 19%);

In people with initially low levels of vitamin D3 in the blood, the risk of developing ARVI is reduced by 70% when they take additional vitamin D3;

Vitamin D3 has a positive effect on lung function, helping to improve respiratory function;

Vitamin D3 deficiency is more common in patients with pneumonia, and on artificial lung ventilation.

Vitamin D3 1800 IU Evalar contributes to:

Rapid repletion of vitamin D3 deficiency;

Strengthening the immune system;

Reducing the risk of common colds;

Better absorption of calcium, bones and teeth strengthening, reducing the risk of osteoporosis;

Increasing muscle strength.

Benefits of Natural Vitamin D3 soft gelatin capsules:

High dosage strength of natural vitamin D3 in 1 capsule;

Soft gelatin capsules with highly absorbable<sup>5</sup> vitamin D3 oil solution;

Does not contain gluten, GMO or additives<sup>6</sup>;

Raw materials from a leading German manufacturer;

Approved for pregnant and lactating women.

Directions for use

Adults take 1 capsule 1 time a day, with a meal. The treatment course lasts 1 month.

Contraindications

Individual intolerance to components, pregnancy, breastfeeding. Consult a doctor before use.

Ingredients

Refined soybean oil, capsule components (food additives): gelatin, glycerol and sorbitol syrup (water-retaining agents); cholecalciferol (vitamin D3), a mixture of tocopherols (antioxidant).

1 Federal publicly funded institution “Endocrinological Research Center” of the Ministry of Health of the Russian Federation. Clinical guidelines. Vitamin D deficiency in adults: diagnosis, treatment and prevention. Russian Association of Endocrinologists. Moscow, 2014  
2 Evidence that Vitamin D Supplementation Could Reduce Risk of Influenza and COVID-19 Infections and Deaths, William B. Grant, Henry Lahore, Sharon L. McDonnell, Carole A.

Baggerly, Christine B. French, Jennifer L. Aliano and Harjit P. Bhattoa; *Nutrients* 2020, 12, 988; doi:10.3390/nu12040988. 3 Vitamin D levels appear to play role in COVID-19 mortality rates, Amanda Morris; Northwestern University; May 7, 2020. 4 Martineau A.R., Jolliffe D.A., Hooper R.L., Greenberg L., Aloia J.F., Bergman P. et al. Vitamin D supplementation to prevent acute respiratory tract infections: systematic review and meta-analysis of individual participant data. *BMJ*. 2017; 356:i6583.<http://dx.doi.org/10.1136/bmj.i6583>. 5 Based on fat-soluble form properties.



# Zinc + Vitamin C, effervescent tablets

Increasing our body's resistance to infections during seasonal epidemics of flu and colds. Bacteria and viruses are everywhere and can even be found in our bodies. It's in the moments when our immune defenses weaken for various reasons, bacteria become active. They multiply, and we get sick. Still, colds and flu can be prevented. Everyone knows preventive measures, such as physical activity, avoiding crowded spaces, or including garlic and onions in our daily diet. However, these steps are not always easy to take.

An easier and more effective way to become invulnerable is providing our immune system with zinc and vitamin C, the micronutrients it needs to actively function for the entire period when the risk to get sick is elevated. A close relationship has been proven between sufficient content of zinc and vitamin C in the body and the immune system's activity. Evalar Zinc + Vitamin C effervescent tablets contain these optimally dosed micronutrients.

Zinc is one of the few substances that simultaneously influence all the levels of human immune defenses. It increases the production of interferons<sup>1</sup>, proteins that are the first to protect the body against infection by viruses, bacteria and other microorganisms<sup>2</sup>. Zinc prevents the spread of the virus in cells<sup>3</sup> and protects lymphocytes from destruction<sup>4</sup>. It also enhances the function of thymus gland, which is sometimes even called heart of the immune system due to its ability to produce new T cells. They, in turn, recognize viruses and neutralize them<sup>5</sup>.

Vitamin C is generally recognized as immune stimulant. It enhances the production of interferon proteins, which are among the first to fight viruses. It has anti-inflammatory properties, helps neutralize free radicals and protect lung cells from their aggressive effects<sup>6,7</sup>.

Zinc + Vitamin C from Evalar contribute to:

- strengthening the immune system
- reducing the risk of developing colds and viral infections
- antioxidant protection
- beauty of skin and hair.

Long-term and regular intake of Zinc + Vitamin C will ensure smooth functioning of your body's defenses throughout the entire period of seasonal colds.

Ingredients:

citric acid and sodium bicarbonate (acidity regulators), ascorbic acid, sorbitol (carrier), maltodextrin, natural orange flavor, polyvinyl pyrrolidone and polyethylene glycol (carriers), sucralose (sweetener), zinc sulfate, sodium riboflavin 5-phosphate (dye), polydimethyl siloxane (antifoam).

Contains the sweetener sorbitol, which may have a laxative effect if consumed in excess.

