



PRODUCT CATALOGUE



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A JOURNEY TO BE MORE

The Be More concept is based on the goal to help unlock your true potential through consuming vitamin rich, natural, and high-quality superfoods that help you to Be More. We strive to offer the best tasting and carefully picked superfoods for people all over the world.

Our story begins with me. I am Kirti, a young woman whose days are filled with different activities. There are simply not enough hours in the day to get everything done that I would like to. Although I have willpower equal to at least three women, my body could not keep up with my tempo. Thus, I wanted to enrich my diet with natural vitamins and minerals.

More – in particular! That is the keyword that we introduce people to the wondrous world of superfoods. Superfoods contain more vitamins and minerals than most other fruits, vegetables, or seeds. The original ambition to achieve more grew into a mission to help others find their true inner potential as well through consuming vitamin rich superfoods.

We are committed to helping our clients feel more beautiful, active, and healthy. We offer them personalized inspiration and support on their road to well-being.



Kirti Kooser

Founder and CEO of Be More

BE MORE — MAKING HEALTHIER EVERYDAY CHOICES SIMPLE, TASTY AND ACCESSIBLE

Be More is a proudly Estonian health food and lifestyle brand with 9+ years of experience, created to inspire healthier, more energetic and active everyday living through high-quality functional food, food supplements, superfoods and convenient nutrition solutions.

With a portfolio of nearly 70 products, Be More combines carefully selected ingredients, great taste and clear functional benefits. The range includes food supplements, sports nutrition, collagen and protein products, functional drinks and fibre products, superfoods, raw bars, date balls, teas and other healthy lifestyle solutions.

Be More products are available in 500+ points of sale across Estonia, including retail stores, pharmacies, health stores, spas, beauty salons and online stores. Millions of Be More products have been sold over the years, demonstrating strong consumer demand and proven market experience.

Product development is supported by cooperation with scientists, and relevant quality documentation is available for our food supplements and sports nutrition products, including GMP and HACCP certifications. Be More products have also received recognition in Estonia and internationally for their quality and innovation.

Let Yourself
Be More



MISSION

Our goal is to unlock your true potential through consuming vitamin rich, natural and high quality superfoods that help you to Be More.

VISION

We bring premium superfoods to people all over the world with extraordinary taste and carefully chosen high quality ingredients.



9+

YEARS
ON THE MARKET

500+

POINTS OF SALE
ACROSS ESTONIA

70+

SKU-S
IN PORTFOLIO

MILLIONS

OF PRODUCTS
SOLD OVER THE YEARS

EUROPEAN

MARKETS
ESTONIA, FINLAND, SWEDEN

MINERAL DRINKS



MINERAL PURE MINERAL SPARKLING WATER 330 ML

- Lightly sparkling mineral water with no added sugar
- Contains magnesium, potassium and sodium
- Provides 40% of the recommended daily intake of magnesium per can
- Natural flavourings
- Suitable for vegans

A lightly sparkling mineral water that helps restore the body's mineral balance and supports daily well-being. Enriched with the Be More mineral complex containing magnesium, potassium and sodium, it is designed to complement an active lifestyle and everyday hydration.

One 330 ml can covers 40% of the daily reference amount of magnesium for an average adult. Magnesium helps reduce fatigue and supports energy metabolism, the nervous system and normal muscle function. Potassium contributes to the functioning of the nervous system and muscles.

INGREDIENTS

Water, monomagnesium citrate, mineral mixture (magnesium citrate, potassium bicarbonate, Himalayan salt, sodium bicarbonate), carbon dioxide.

TASTE

The added magnesium adds extra tartness.



ENRICHED WITH
BE MORE
MINERAL COMPLEX



VEGAN



SUGAR FREE



PRESERVATIVE
FREE



MAGNESIUM,
POTASSIUM
AND SODIUM

AVERAGE NUTRITIONAL VALUE PER	100 ML	330 ML
Energy value	0 g	0 g
Fats	0 g	0 g
- of which saturated fatty acids	0 g	0 g
Carbohydrates	0 g	0 g
- of which sugars	0 g	0 g
Protein	0,04 g	0,14 g
Salt *	45,6 mg	150 mg
Magnesium	45,6 mg (12% NRV)	150 mg (40% NRV)

* Salt content is based on the sodium naturally present in the Himalayan salt and sodium bicarbonate of the mineral complex.



MINERAL TROPICAL MINERAL SPARKLING WATER 330 ML

- Lightly sparkling mineral water with no added sugar
- Contains magnesium, potassium and sodium
- Provides 40% of the recommended daily intake of magnesium per can
- Natural flavourings
- Suitable for vegans

A lightly sparkling mineral water that helps restore the body's mineral balance and supports daily well-being. Enriched with the Be More mineral complex containing magnesium, potassium and sodium, it is designed to complement an active lifestyle and everyday hydration.

One 330 ml can covers 40% of the daily reference amount of magnesium for an average adult. Magnesium helps reduce fatigue and supports energy metabolism, the nervous system and normal muscle function. Potassium contributes to the functioning of the nervous system and muscles.

INGREDIENTS

Water, monomagnesium citrate, mineral mixture (magnesium citrate, potassium bicarbonate, Himalayan salt, sodium bicarbonate), flavorings (mango, pineapple), carbon dioxide.

TASTE

It has a tropical flavour with notes of juicy mango and sweet pineapple.



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BE MORE
MINERAL COMPLEX



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FREE



MAGNESIUM,
POTASSIUM
AND SODIUM

AVERAGE NUTRITIONAL VALUE PER	100 ML	330 ML
Energy value	3,4 kJ / 0,8 kcal	11,2 kJ / 2,7 kcal
Fats	0 g	0 g
- of which saturated fatty acids	0 g	0 g
Carbohydrates	0 g	0 g
- of which sugars	0 g	0 g
Protein	0 g	0 g
Salt *	0,04 g	0,14 g
Magnesium	45,6 mg (12% NRV)	150 mg (40% NRV)

* Salt content is based on the sodium naturally present in the Himalayan salt and sodium bicarbonate of the mineral complex.



MINERAL REFRESH MINERAL SPARKLING WATER 330 ML

- Lightly sparkling mineral water with no added sugar
- Contains magnesium, potassium and sodium
- Provides 40% of the recommended daily intake of magnesium per can
- Natural flavourings
- Suitable for vegans

A lightly sparkling mineral water that helps restore the body's mineral balance and supports daily well-being. Enriched with the Be More mineral complex containing magnesium, potassium and sodium, it is designed to complement an active lifestyle and everyday hydration.

One 330 ml can covers 40% of the daily reference amount of magnesium for an average adult. Magnesium helps reduce fatigue and supports energy metabolism, the nervous system and normal muscle function. Potassium contributes to the functioning of the nervous system and muscles.

INGREDIENTS

Water, monomagnesium citrate, mineral mixture (magnesium citrate, potassium bicarbonate, Himalayan salt, sodium bicarbonate), flavorings (citrus, lime), carbon dioxide.

TASTE

It has a citrusy flavour with notes of lime and lemon.



ENRICHED WITH
BE MORE
MINERAL COMPLEX



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MAGNESIUM,
POTASSIUM
AND SODIUM

AVERAGE NUTRITIONAL VALUE PER	100 ML	330 ML
Energy value	1,8 kJ / 0,4 kcal	6,1 kJ / 1,5 kcal
Fats	0 g	0 g
- of which saturated fatty acids	0 g	0 g
Carbohydrates	0 g	0 g
- of which sugars	0 g	0 g
Protein	0 g	0 g
Salt *	0,04 g	0,14 g
Magnesium	45,6 mg	150 mg

* Salt content is based on the sodium naturally present in the Himalayan salt and sodium bicarbonate of the mineral complex.

RAW BARS





BE BEAUTIFUL COCONUT-RASPBERRY RAW BAR 35G

Our raspberry flavoured Be Beautiful raw bar is a perfect and healthy snack for Your everyday life!

- 100% natural
- Contains no added sugars or additives
- Gluten free
- Vegan
- Free from preservatives



VEGAN



GLUTEN
FREE



PRESERVATIVE
FREE



HIGH IN
FIBER

INGREDIENTS

Dates, coconut (21%), CASHEW NUTS, gluten free oats, virgin coconut oil, freeze-dried raspberries (6%), rosehip powder (2%), baobab powder (1%), pea protein powder (1%), chia seeds (1%), acai powder (0,6%).

AVERAGE NUTRITIONAL VALUE PER	100 G	35 G
Energy value	1897 kJ/455 kcal	664 kJ/159 kcal
Fats	27 g	10 g
- of which saturated fatty acids	18 g	6 g
Carbohydrates	48 g	17 g
- of which sugars *	32 g	11 g
Fiber	7 g	3 g
Protein	8 g	3 g
Salt **	0,06 g	0,02 g

* Product contains only natural sugars.

** Product contains only natural sodium.

BE FIT PEANUT BUTTER-PROTEIN RAW BAR 35G

Our raw cocoa and peanut butter flavoured Be Fit raw bar is a perfect and healthy snack for Your everyday life!

- 100% natural
- Perfect snack to recover from the workout
- Contains no additives
- Gluten free
- Vegan
- Free from preservatives

INGREDIENTS

Dates, coconut (21%), CASHEW NUTS, gluten free oats, virgin coconut oil, freeze-dried raspberries (6%), rosehip powder (2%), baobab powder (1%), pea protein powder (1%), chia seeds (1%), acai powder (0,6%).



VEGAN



GLUTEN
FREE



PRESERVATIVE
FREE



HIGH IN
FIBER

AVERAGE NUTRITIONAL VALUE PER	100 G	35 G
Energy value	1682 kJ/402 kcal	590 kJ/141 kcal
Fats	15 g	5 g
- of which saturated fatty acids	6 g	2 g
Carbohydrates	48 g	17 g
- of which sugars *	31 g	11 g
Fiber	5 g	2 g
Protein	16 g	5 g
Salt **	0,4 g	0,1 g

* Product contains only natural sugars.

** Product contains only natural sodium.



BE ACTIVE RED VELVET BLACKCURRANT-ALMOND RAW BAR 35G

Our blackcurrant and almond flavoured Be Active raw bar is the perfect and healthy snack for Your everyday life!

- 100% natural
- Perfect snack
- Gluten-free
- Vegan
- Free from preservatives

INGREDIENTS

Dates, gluten-free oat flour, agave syrup, Be Active Superfood Mix (10%) (beetroot powder, freeze-dried blackcurrant powder, freeze-dried goji berry powder, chia seeds, freeze-dried camu-camu powder), ALMOND (10%), ALMOND FLOUR (10%), freeze-dried black currants (5%), cold-pressed coconut oil, raw cacao nibs.



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PRESERVATIVE
FREE



HIGH IN
FIBER

AVERAGE NUTRITIONAL VALUE PER	100 G	35 G
Energy value	1669 kJ/399 kcal	586 kJ/140 kcal
Fats	17 g	6 g
- of which saturated fatty acids	4 g	2 g
Carbohydrates	49 g	17 g
- of which sugars *	34 g	12 g
Fiber	7 g	3 g
Protein	10 g	3 g
Salt **	0,1 g	0,03 g

* Product contains only natural sugars.

** Product contains only natural sodium.

COLLAGEN EDITION CITRUS-COLLAGEN RAW BAR 35G

Our Collagen Edition Citrus-Collagen flavoured raw bar is a perfect and healthy snack for Your everyday life!

- One bar contains 5000 mg of bovine collagen!
- 100% natural
- Contains no added sugars or additives
- Gluten free
- Free from preservatives

INGREDIENTS

Dates, gluten-free oat meal, agave syrup, Be More COLLAGEN EDITION Buckthorn'n'Lemon (12%) (hydrolyzed collagen, freeze-dried sea buckthorn powder, freeze-dried lemon powder, freeze-dried camu-camu powder, freeze-dried gooseberry powder), ALMOND FLOUR, cold pressed coconut oil, freeze dried oranges (5%), HAZELNUTS, hydrolyzed collagen powder (2%), freeze-dried lemon puree (0,5%).



VEGAN



GLUTEN
FREE



PRESERVATIVE
FREE



HIGH IN
FIBER

AVERAGE NUTRITIONAL VALUE PER	100 G	35 G
Energy value	1648 kJ/394 kcal	577 kJ/138 kcal
Fats	16,3 g	5,7 g
- of which saturated fatty acids	7,7 g	2,7 g
Carbohydrates	43,5 g	15,2 g
- of which sugars *	32 g	11,2 g
Fiber	8,1 g	2,8 g
Protein	15,7 g	5,5 g
Salt **	0,2 g	0,07 g

* Product contains only natural sugars.

** Product contains only natural sodium.



COLLAGEN EDITION CHERRY-COLLAGEN RAW BAR 35G

Our Collagen Edition Cherry-Collagen flavoured raw bar is a perfect and healthy snack for Your everyday life!

- One bar contains 5000 mg of bovine collagen!
- 100% natural
- Contains no added sugars or additives
- Gluten free
- Free from preservatives



VEGAN



GLUTEN
FREE



PRESERVATIVE
FREE



HIGH IN
FIBER

INGREDIENTS

Dates, gluten-free oat meal, agave syrup, Be More COLLAGEN EDITION Raspberry'n'Cherry (13%) (hydrolyzed bovine collagen, freeze-dried raspberry powder, freeze-dried cherry powder, freeze-dried camu-camu powder, freeze-dried lemon powder), CASHEW NUTS, cold pressed coconut oil, freeze dried cherries (6%), hydrolyzed collagen powder (3%), freeze-dried raspberries (1%).

AVERAGE NUTRITIONAL VALUE PER	100 G	35 G
Energy value	1676 kJ/399 kcal	586 kJ/140 kcal
Fats	13,8 g	4,8 g
- of which saturated fatty acids	7,9 g	2,8 g
Carbohydrates	49,5 g	17,3 g
- of which sugars *	36,7 g	12,8 g
Fiber	7,4 g	2,6 g
Protein	16,1 g	5,6 g
Salt **	0,2 g	0,07 g

* Product contains only natural sugars.

** Product contains only natural sodium.



MARINE COLLAGEN STRAWBERRY'N'BLACKCURRANT SUPERFOOD RAW BAR 35 G

Our Marine Collagen Strawberry' n ' Blackcurrant flavoured raw bar is a perfect and healthy snack for Your everyday life!

- One bar contains 3500 mg of marine collagen!
- 100% natural
- Contains no added sugars or additives
- Gluten free
- Free from preservatives



VEGAN



GLUTEN
FREE



PRESERVATIVE
FREE



HIGH IN
FIBER

INGREDIENTS

Dates, gluten-free oatmeal, agave syrup, CASHEW BUTTER, Be More MARINE COLLAGEN Strawberry'n'Blackcurrant powder (Hydrolysed marine collagen (FISH), freeze-dried strawberry powder, freeze-dried blackcurrant powder, freeze-dried lemon puree powder, freeze-dried Camu-Camu powder), cashews, hydrolized marine collagen powder, freeze-dried strawberries, cold-pressed coconut oil, freeze-dried blackcurrants.

AVERAGE NUTRITIONAL VALUE PER	100 G	35 G
Energy value	1603 kJ/382 kcal	561 kJ/134 kcal
Fats	12,4 g	4,3 g
- of which saturated fatty acids	4,9 g	1,7 g
Carbohydrates	48,3 g	16,9 g
- of which sugars *	34,5 g	12,1 g
Fiber	8,2 g	2,9 g
Protein	15,2 g	5,3 g
Salt **	0,1g	0,0 g

* Product contains only natural sugars.

** Product contains only natural sodium.

DATE BALLS





FILLED DATE BALLS WITH PISTACHIO 100 G

Filled date balls with pistachio are an energy-rich snack for Your everyday life!

AVERAGE NUTRITIONAL VALUE PER	100 G
Energy value	1591 kJ / 378 kcal
Fats	10.3 g
- of which saturated fatty acids	2.0 g
Carbohydrates	61 g
- of which sugars	41 g
Fiber	8.1 g
Protein	6.0 g
Salt *	0.08 g

* Product contains only natural sodium.

INGREDIENTS

Dates, pistachio butter (pistachio 60 %, coconuts sugar), gluten-free oats, rapeseed oil, diced pistachios. The product may contain nut particles.



VEGAN



GLUTEN
FREE

COLLAGEN MIXES



COLLAGEN EDITION RASPBERRY'N'CHERRY 150 G

COLLAGEN EDITION Raspberry'n'Cherry is designed for people who want to support their natural beauty, skin, joints and muscles.

COLLAGEN EDITION Raspberry 'n' Cherry is a great source of collagen. This beauty blend supports your body's natural collagen formation process, containing vitamin C, manganese, folic acid and copper in addition to hydrolyzed collagen. The potassium in the mixture supports your nervous system. Vitamin E acts as an antioxidant, supporting the skin's natural beauty.

INGREDIENTS

Hydrolysed bovine collagen (66%), freeze-dried raspberry powder (20%), freeze-dried cherry powder (7%), freeze-dried Camu-Camu powder, freeze-dried lemon powder. This mix supports your beauty, muscles and joints.

USE

Add collagen mix to a smoothie, yogurt, water, porridge, desserts, etc.



GRASSFED
COLLAGEN



GLUTEN
FREE



NO ADDED
SUGARS



PRESERVATIVE
FREE

AVERAGE NUTRITIONAL VALUE PER

100 G

Energy value	1448 kJ/ 346 kcal
Fats	1,5 g
- of which saturated fatty acids	0,2 g
Carbohydrates	18 g
- of which sugars *	16 g
Fiber	6,8 g
Protein	62 g
Salt **	1,3 g

* Product contains only natural sugars.

** Product contains only natural sodium.

COLLAGEN EDITION BUCKTHORN'N'LEMON 150 G

100% Natural Collagen Mix with berries to support your beauty!
COLLAGEN EDITION Buckthorn'n'Lemon is designed for people who want to support their natural beauty, skin, joints and muscles.

COLLAGEN EDITION Buckthorn'n'Lemon is great source of collagen. This beauty blend supports your body's natural collagen formation process, containing vitamin C and manganese in addition to hydrolyzed collagen. Vitamin E acts as an antioxidant, supporting the skin's natural beauty.

INGREDIENTS

Hydrolysed bovine collagen (74%), freeze-dried sea buckthorn powder (15%), freeze-dried lemon powder (4%), freeze-dried Camu-Camu powder, freeze-dried gooseberry powder. Buckthorn'n'Lemon combination supports your beauty, muscles and joints.

USE

Add collagen mix to a smoothie, yogurt, water, porridge, desserts, etc.



GRASSFED
COLLAGEN



GLUTEN
FREE



NO ADDED
SUGARS



PRESERVATIVE
FREE

AVERAGE NUTRITIONAL VALUE PER

100 G

Energy value	1481 kJ/ 354 kcal
Fats	5,3 g
- of which saturated fatty acids	0,9 g
Carbohydrates	17 g
- of which sugars *	8,4 g
Fiber	7,7 g
Protein	68 g
Salt **	1,5 g

* Product contains only natural sugars.

** Product contains only natural sodium.

MARINE COLLAGEN STRAWBERRY'N'BLACKCURRANT 120 G

100% natural MARINE COLLAGEN Strawberry'n'Blackcurrant is designed for people who want to support their natural beauty, skin, joints and muscles.

MARINE COLLAGEN Strawberry'n'Blackcurrant is great source of collagen. This blend supports your body's natural collagen formation process, containing vitamin C in addition to hydrolyzed marine collagen. Collagen is an important protein in our body, mainly found in the skin, bones and tendons.

INGREDIENTS

Hydrolysed marine collagen (FISH) (60%), freeze-dried strawberry powder (20%), freeze-dried blackcurrant powder (12%), freeze-dried lemon puree powder, freeze-dried Camu-Camu powder. This blend supports your body's natural collagen formation process, containing vitamin C in addition to hydrolyzed marine collagen. Collagen is an important protein in our body, mainly found in the skin, bones and tendons.

USE

Add collagen mix to a smoothie, yogurt, water, porridge, desserts, etc.



MARINE
COLLAGEN



GLUTEN
FREE



NO ADDED
SUGARS



PRESERVATIVE
FREE

AVERAGE NUTRITIONAL VALUE PER

100 G

Energy value	1439 kJ/ 340 kcal
Fats	0,9 g
- of which saturated fatty acids	0,1 g
Carbohydrates	23 g
- of which sugars *	18,9 g
Fiber	8,7 g
Protein	56,1 g
Salt **	0,4 g

* Product contains only natural sugars.

** Product contains only natural sodium.

MARINE COLLAGEN MANGO'N'LEMON 120 G

100% Natural Marine Collagen Mix with mango and lemon to support your beauty! MARINE COLLAGEN Mango'n'Lemon is designed for people who want to support their natural beauty, skin, joints and muscles.

MARINE COLLAGEN Mango'n'Lemon is great source of collagen. This blend supports your body's natural collagen formation process, containing vitamin C in addition to hydrolyzed marine collagen. Collagen is an important protein in our body, mainly found in the skin, bones and tendons.

INGREDIENTS

Hydrolysed marine collagen (FISH) (60%), freeze-dried mango puree flour (30%), freeze-dried quince (*Cydonia oblonga*) flour (5%), freeze-dried lemon puree powder (2%), freeze-dried Camu-Camu powder. This blend supports your body's natural collagen formation process, containing vitamin C in addition to hydrolyzed marine collagen. Collagen is an important protein in our body, mainly found in the skin, bones and tendons.

USE

Add collagen mix to a smoothie, yogurt, water, porridge, desserts, etc.



MARINE
COLLAGEN



GLUTEN
FREE



NO ADDED
SUGARS



PRESERVATIVE
FREE

AVERAGE NUTRITIONAL VALUE PER

100 G

AVERAGE NUTRITIONAL VALUE PER	100 G
Energy value	1551 kJ/ 366 kcal
Fats	1,1 g
- of which saturated fatty acids	0,2 g
Carbohydrates	30,2 g
- of which sugars *	28,1 g
Fiber	7,0 g
Protein	55,6 g
Salt **	0,4 g

* Product contains only natural sugars.

** Product contains only natural sodium.



COFFEE COLLAGEN CAROB'N'CACAO 200G

Coffee collagen powder with carob and raw cacao is a great addition to your morning coffee routine. Carob powder is a naturally sweet tasting powder that is high in fiber and low in fat. Thanks to its high fiber content, it helps to feel full. Thanks to the natural sweetness, there is no need to add additional sweeteners to the coffee! Collagen makes up about 25-35% of the total protein content in our body and is an important protein for bones, muscles, joints, tendons, skin, and other important body tissues. Collagen helps to be more beautiful, because it strengthens nails, hair and has a good effect on the skin!

INGREDIENTS

Hydrolyzed collagen powder (55%), carob powder, pea protein powder, raw cacao powder (3%). Nutrient rich carob powder contains plenty of fiber and calcium. Fiber and protein from pea protein powder helps to feel full. Collagen is good for joints and skin and helps keep nails strong. Coffee collagen powder gives coffee a pleasant chocolate taste.

USE

Recommended daily intake is 2 tsp to add to the coffee.



BOVINE
COLLAGEN



GLUTEN
FREE



NO ADDED
SUGARS



PRESERVATIVE
FREE

AVERAGE NUTRITIONAL VALUE PER

100 G

Energy value	1541 kJ/ 365 kcal
Fats	1,1 g
- of which saturated fatty acids	0,2 g
Carbohydrates	18,4 g
- of which sugars *	14,7 g
Fiber	15,2 g
Protein	63 g
Salt **	0,3 g

* Product contains only natural sugars.

** Product contains only natural sodium.



COFFEE COLLAGEN VANILLA'N'INULIN 200 G

Coffee collagen powder with vanilla and inulin is a great addition to your morning coffee routine. Inulin powder is a naturally sweet tasting powder that is high in fiber and low in fat. Thanks to its high fiber content, it helps to feel full. Thanks to the natural sweetness, there is no need to add additional sweeteners to the coffee! Collagen makes up about 25-35% of the total protein content in our body and is an important protein for bones, muscles, joints, tendons, skin, and other important body tissues. Collagen helps to be more beautiful, because it strengthens nails, hair and has a good effect on the skin! Coffee collagen with vanilla and inulin supports your natural beauty, joints and muscles.

INGREDIENTS

Hydrolyzed collagen powder (56%), inulin powder, pea protein powder, bourbon vanilla powder. Inulin is a soluble dietary fiber with positive effects on the gut microbiome. Fiber and protein from pea protein powder helps to feel full. Collagen is good for joints and skin and helps keep nails strong. Coffee collagen powder gives coffee a pleasant vanilla flavor and wonderful aroma.

USE

Recommended daily intake is 2 tsp to add to the coffee.



BOVINE
COLLAGEN



GLUTEN
FREE



NO ADDED
SUGARS



PRESERVATIVE
FREE

AVERAGE NUTRITIONAL VALUE PER

100 G

Energy value

1434 kJ/ 342 kcal

Fats

0,8 g

- of which saturated fatty acids

0 g

Carbohydrates

5,5 g

- of which sugars *

4,8 g

Fiber

28,8 g

Protein

63,8 g

Salt **

0,3 g

* Product contains only natural sugars.

** Product contains only natural sodium.

FOOD SUPPLEMENTS





JOINT COLLAGEN VANILLA 200G

Joint Collagen is a collagen blend combining bovine collagen, MSM, magnesium and vitamin C. Magnesium contributes to normal muscle function. Vitamin C contributes to normal collagen formation for the normal function of cartilage.

INGREDIENTS

Bovine collagen (79%), freeze-dried banana powder, MSM (methylsulfonylmethane), magnesium citrate, bourbon vanilla powder, vitamin C (L-ascorbic acid), Himalayan salt.

USE

For adults, 15 g (1 heaping tbsp) of powder daily. Mix the powder with cool or room-temperature water, smoothie or another (non-carbonated) beverage of your choice.

WARNINGS

The food supplement is not intended to replace a varied diet. It is important to eat a varied and balanced diet and lead a healthy lifestyle. The recommended daily intake must not be exceeded.



JOINT
SUPPORT



ACTIVE
LIFESTYLE

	PER DAILY DOSE (15 G – 1 HEAPING TBSP)	NRV *
Magnesium	109 mg	29%
CVitamin C	75 mg	94%
Collagen	11,8 g	-
MSM	0,8 g	-

* NRV – Nutrient Reference Value for adults



BEAUTY PROTEIN WITH PASSION FRUIT 200G

Beauty Protein combines beauty-supporting nutrients and protein with collagen, plant-based protein, vitamin C and biotin. Biotin contributes to the maintenance of normal hair. Vitamin C contributes to normal collagen formation for the normal function of skin.

INGREDIENTS

Pea protein (38,8%), bovine collagen, freeze-dried raspberry powder, freeze-dried banana powder, freeze-dried passion fruit powder, vitamin C (L-ascorbic acid), biotin.

USE

For adults, 15 g (1 heaping tbsp) of powder daily. Mix the powder with cool or room-temperature water, smoothie or another (non-carbonated) beverage of your choice.

WARNINGS

The food supplement is not intended to replace a varied diet. It is important to eat a varied and balanced diet and lead a healthy lifestyle. The recommended daily intake must not be exceeded.



FOR SKIN



FOR HAIR

	PER DAILY DOSE (15 G – 1 HEAPING TBSP)	NRV *
Vitamin C	100,5 mg	126%
Biotin	2535 µg	5070%
Collagen	5,25 g	-
Protein	9,8 g	-

* NRV – Nutrient Reference Value for adults

RELAX CAPSULES N60

Food supplement with valerian, linden, hawthorn and passion flower extracts to support your peace of mind!

- Contains soothing medicinal plant extracts and vitamins for nerve support
- The product has been developed in cooperation with the Institute of Pharmacy of the University of Tartu
- 100% natural
- Can help relieve mild anxiety and stress
- Reduces mental fatigue
- Increases body's resistance to nervous tension
- One jar lasts for 15 days
- Suitable for vegetarians

INGREDIENTS

Valerian (*Valeriana officinalis*) root and rhizome dry extract, linden (*Tilia platyphyllos*) flower dry extract, hawthorn (*Crataegus oxyacantha*) leaves and flowers dry extract, hydroxypropylmethylcellulose (capsule shell), passionflower (*Passiflora incarnata*) flowers dry extract, cyanocobalamin (vitamin B12), cholecalciferol (vitamin D3).

USE

For adults (from 18 years old) take two capsules with half a glass of water in the morning and in the evening 20-30 minutes before eating. The recommended course is 2-3 months. Relax hard capsules are not recommended for pregnant and breastfeeding mothers.

WARNINGS

The food supplement is not intended to replace a varied diet. It is important to eat a varied and balanced diet and lead a healthy lifestyle. The recommended daily intake must not be exceeded.



DEVELOPED
WITH THE
UNIVERSITY
OF TARTU

THE DAILY DOSE CONTAINS	1 CAPSULE (NRV*)	4 CAPSULES (NRV*)
Valerian extract	200 mg	800 mg
Linden extract	200 mg	800 mg
Hawthorn extract	150 mg	600 mg
Passionflower extract	25 mg	100 mg
Vitamin B12	1,5 µg (60 %)	6 µg (240 %)
Vitamin D3	1,5 µg (30 %)	6 µg (120 %)
Vitamin B12	1,5 µg (60 %)	6 µg (240 %)
Vitamin D3	1,5 µg (30 %)	6 µg (120 %)

* Percentage of daily reference amount for adults. There is no recommended daily dose.



PAU D'ARCO CAPSULES WITH SELENIUM AND VITAMIN C N100 (90 G)

- Protects cells and tissues from oxidative stress
- Supports immune system
- Reduces fatigue and exhaustion
- Keeps hair and nails normal
- Promotes the production of collagen for the normal functioning of the skin, gums, blood vessels, teeth and bones
- Suitable for vegans

INGREDIENTS

Pau D'Arco (*Tabebuia impetiginosa*) inner bark, rice flour (*Oryza sativa*) (bulking agent), hydroxypropyl methylcellulose (glazing agent), L-ascorbic acid, L-selenomethionine (carrier: dicalcium phosphate).

USE

For adults (from the age of 18), 1-2 soft capsules per day with food and water. In case of pregnancy and breastfeeding, consult a doctor.

WARNINGS

The food supplement is not intended to replace a varied diet. It is important to eat a varied and balanced diet and lead a healthy lifestyle. The recommended daily intake must not be exceeded.



THE DAILY DOSE CONTAINS	1 CAPSULE	NRV *
Lapacho	500 mg	-
Vitamin C	70 mg	87,5 %
Selenium	40 µg	72,7 %

* Percentage of daily reference amount for adults. There is no recommended daily dose.



EVENING PRIMROSE OIL SOFTGEL N60 1000 MG

- Helps to maintain the health of the skin and connective tissue
- Participates in hormone balancing
- Helps to relieve problems, which are related to menstrual cycle, such as breast tenderness, swelling and skin problems
- Affects the production of prostaglandins (a group of physiologically active hormone-like lipids), which are found in every cell and related to the body's metabolic functions
- Contains polyunsaturated omega-6 fatty acids (linoleic and gamma-linolenic acid)
- 2 months supply from one jar

INGREDIENTS

Cold pressed fatty oil from the seeds of Evening Primrose (*Oenothera biennis*), gelatin (gelling agent), glycerin (humectant), water.

USE

For adults (from the age of 18), 1 soft capsule per day with food and water. In case of pregnancy and breastfeeding, consult a doctor.

WARNINGS

The food supplement is not intended to replace a varied diet. It is important to eat a varied and balanced diet and lead a healthy lifestyle. The recommended daily intake must not be exceeded.



THE DAILY DOSE CONTAINS	1 CAPSULE	NRV *
Evening Primrose Oil	1000 mg	-
γ-linolenic acid (GLA)	90 mg	-
Linoleic acid (LA)	730 mg	-

* Percentage of daily reference amount for adults. There is no recommended daily dose.

TURMERIC AND BLACK PEPPER CAPSULES N60

- Suitable for vegans
- 60 capsules inside
- Strengthens your immune system's resistance
- Has an antioxidant effect
- Supports the nervous system and blood circulation and promotes liver function

INGREDIENTS

Turmeric (*Curcuma longa*) root powder, hydroxypropylmethylcellulose (glazing agent), black pepper (*Piper nigrum*) fruit powder.

USE

For adults (from 18 years old) 1 capsule per day swallowed with food and water. Turmeric and Black Pepper Capsules are not recommended for pregnant and breastfeeding mothers.

WARNINGS

The food supplement is not intended to replace a varied diet. It is important to eat a varied and balanced diet and lead a healthy lifestyle. The recommended daily intake must not be exceeded.



THE DAILY DOSE CONTAINS	1 CAPSULE	NRV *
Organic Turmeric	600 mg	-
Organic Black Pepper	5 mg	-

* Percentage of daily reference amount for adults. There is no recommended daily dose.

FEMALE BALANCE CAPSULES N60

- Contains a high concentration of plant extracts
- Helps relieve discomfort during the menstrual cycle
- Thanks to the Chaste tree fruit extract (also known as Monk's pepper), it may help to relieve the symptoms of menopause
- Contains a high concentration (4:1) of Dong Quai root extract, which corresponds to 1100mg of Dong Quai root powder. Dong Quai is a powerful antioxidant that helps support women's health and is helpful for hormonal issues.
- Contains 60 vegan hard capsules

INGREDIENTS

Dong Quai (*Angelica sinensis*) root extract 4:1, hydroxypropylmethylcellulose (capsule shell), citrus (*Citrus aurantium* ssp. *sinensis*) immature fruit 5-6:1 extract, soybean (*Glycine max*) seed extract 80-100:1, microcrystalline cellulose (bulking agent), chaste tree (*Vitex agnus-castus*) fruit extract 4:1, silicon dioxide (anti-caking agent), magnesium stearate (anti-caking agent).

USE

For adults from 18 years of age, swallow 1 capsule daily with food and water. Do not use during pregnancy and breastfeeding.

WARNINGS

The food supplement is not intended to replace a varied diet. It is important to eat a varied and balanced diet and lead a healthy lifestyle. The recommended daily intake must not be exceeded.



THE DAILY DOSE CONTAINS

1 CAPSULE

Dong Quai root extract	275 mg
Citrus immature fruit extract	68 mg
Soybean seed extract	50 mg
Chaste tree fruit extract	7 mg

DETOX SUPPORT CAPSULES N60

Food supplement with milk thistle, dandelion and black pepper to support your liver and digestion.

- Contains a high concentration of plant extracts
- Supports the liver and contributes to the body's detoxification processes
- Promotes digestion thanks to dandelion root powder and artichoke extract
- Thanks to the extract of black pepper, it contributes to a better absorption of nutrients
- Contains a high concentration (50:1) of milk thistle extract, equivalent to 200mg of milk thistle seed powder (of which 80% is the antioxidant silymarin, which is very important for the liver)
- Contains 60 vegan hard capsules

INGREDIENTS

Dandelion (*Taraxacum officinale*) root powder, turmeric (*Curcuma longa*) root powder, hydroxypropyl methylcellulose (capsule shell), artichoke (*Cynara scolymus*) leaf extract 10:1, microcrystalline cellulose (bulking agent), milk thistle (*Silybum marianum*) seed extract 50:1 (80% silymarin), black pepper (*Piper nigrum*) fruit extract 2:1, magnesium stearate (anti-caking agent), silicon dioxide (anti-caking agent).

USE

For 18 years old and older take 1 capsule per day with water and food. If you are pregnant or nursing, don't take the supplement, consult your doctor before use.

WARNINGS

The food supplement is not intended to replace a varied diet. It is important to eat a varied and balanced diet and lead a healthy lifestyle. The recommended daily intake must not be exceeded.



THE DAILY DOSE CONTAINS

1 CAPSULE

Dandelion root powder	300mg
Turmeric root powder	130mg
Artichoke leaf extract	60mg *
Milk thistle seed extract	4mg **
Black pepper extract	2mg ***

* Equivalent to 600mg artichoke powder

** Equivalent to 200mg of milk thistle seed powder

*** Equivalent to 4mg of black pepper powder



LION'S MANE CAPSULES N60

Food supplement that helps to increase the ability to concentrate and focus.

- Contributes to the ability to concentrate
- Supports the brain and nervous system
- Stimulates brain activity
- Polysaccharides in the mushroom extract help in combating fatigue
- Improves sleep quality and thus helps with daily sleep and waking rhythm
- Calms the mind
- Anti-inflammatory effects
- One jar lasts for 30 days

INGREDIENTS

Lion's Mane (*Heridium erinaceus*) extract, hydroxypropyl methylcellulose (capsule shell), magnesium stearate (anti-caking agent).

USE

Adults (from 18 years of age) – 2 capsules daily after meals. Contraindicated in pregnant and lactating women.

WARNINGS

The food supplement is not intended to replace a varied diet. It is important to eat a varied and balanced diet and lead a healthy lifestyle. The recommended daily intake must not be exceeded.



AMOUNT PER SERVING	1 CAPSULE	2 CAPSULE	DAILY VALUE *
Lion's mane extract	420 mg (-)	840 mg (-)	-

* Daily Value not established.

HIGH BIOTIN GUMMY BEARS N60

A high-biotin dietary supplement in the form of vegan gummy bears.

- High biotin content (4000 µg) – supports the health of hair, skin, and nails
- Zinc and iodine contribute to the normal condition of skin, hair, and nails
- Vitamins A, C, D3, E, B2, B6, B12 and folic acid support the immune system, energy metabolism, and protection of cells from oxidative stress
- Vitamin B6 helps regulate hormonal activity
- Sugar-free
- Suitable for vegans
- Delicious raspberry-flavored gummies

INGREDIENTS

Sweetener maltitol syrup, modified potato starch, L-ascorbic acid, acid citric acid, DL-alpha-tocopheryl acetate, coloring food (concentrate of carrot and blackcurrant), natural raspberry flavoring with other natural flavorings, zinc gluconate, D-biotin, vegetable oil (coconut, rapeseed), sweetener steviol glycosides from stevia, pyridoxine hydrochloride, choline bitartrate, riboflavin, glazing agent carnauba wax, retinyl acetate, pteroylmonoglutamic acid, potassium iodide, cyanocobalamin, cholecalciferol.

USE

For adults 1 gummy bear per day. Consult a doctor if pregnant or breastfeeding.

WARNINGS

Gummy bears include GLUTEN! The food supplement is not intended to replace a varied diet. It is important to eat a varied and balanced diet and lead a healthy lifestyle. The recommended daily intake must not be exceeded. Keep out of the reach of children.



THE DAILY DOSE	1 GUMMY BEAR	NRV *
Vitamin A	300 µg RE	37,5
Vitamin D3	5 µg	100
Vitamin E	12 mg α-TE	100
Biotin	4000 µg	8000
Folic acid (Vitamin B9)	220 µg	110
Vitamin B2	0,7 mg	50
Vitamin B12	5 µg	200
Vitamin B6	1,4 mg	100
Vitamin C	40 mg	50
Iodine	75 µg	50
Zinc	5 mg	50
Choline	1 mg	**

* Corresponds to the daily reference intakes of vitamins and minerals for adults in % (DRV).

** NRV not established.

LION'S MANE MUSHROOM EXTRACT POWDER 100 G

Boost your mental clarity and focus naturally! Discover the power of the “smart mushroom”!

Lion's Mane (*Hericium erinaceus*) has been valued for centuries for its natural ability to support focus, mental clarity, and memory. This 100% natural and vegan mushroom extract powder is an excellent way to bring more clarity and focus into your daily life – whether for work, studying, or creative activities.

INGREDIENTS

100% Lion's Mane (*Hericium erinaceus* (Bull.) Pers.) mushroom extract powder.

USE

Mix 1 teaspoon (5 g) daily into your favorite warm drinks, smoothies, soups, or dishes.

WARNINGS

Diabetics should consult a physician before using Lion's Mane mushroom extract supplement and use it with caution. It is recommended to stop using this powder two weeks before surgery or any other invasive medical procedure, due to a potential risk of bleeding. In case of pregnancy and breast-feeding please consult your doctor about the use of this supplement.



ASHWAGANDHA ROOT POWDER 150 G

A food supplement to support your mental and physical well-being!

- Helps create physical and emotional balance
- Contributes to overall well-being
- Promotes sleep
- Relieves stress
- Reduces anxiety

INGREDIENTS

Ashwagandha (*Withania somnifera*) Root Powder (100%).

USE

The recommended daily amount is 1 teaspoon (2,5 g). Mix it into warm water, milk, smoothies or porridge. Not suitable for children, pregnant women, or breastfeeding mothers.

WARNINGS

The food supplement is not intended to replace a varied diet! It is important to eat a varied and balanced diet and lead a healthy lifestyle! The recommended daily intake must not be exceeded!



MINERAL COMPLEX 200 G

Mineral Complex includes four components and contains significant amounts of potassium and magnesium. Potassium and magnesium both contribute to normal function of nervous system and muscles. In addition, magnesium helps to reduce tiredness and fatigue, maintain normal bones, normal electrolyte balance and protein synthesis.

INGREDIENTS

Magnesium citrate, potassium bicarbonate, Himalayan salt, sodium bicarbonate.

USE

For adults (from the age of 18) dissolve half a teaspoon (2,5 g) of the mineral mixture in 2 litres of water and consume during the day.

WARNINGS

The food supplement is not intended to replace a varied diet! It is important to eat a varied and balanced diet and lead a healthy lifestyle! The recommended daily intake must not be exceeded!



Mg²⁺
CONTAINS
MAGNESIUM

Na⁺
CONTAINS
SODIUM

K⁺
CONTAINS
POTASSIUM


PRESERVATIVE
FREE

AMOUNT PER SERVING	HALF A TEASPOON (2,5 G)	NRV *
Magnesium	85 mg	28%
Potassium	293 mg	15%
Sodium	334 mg	**

* NRV - Nutrient Reference Value

** Daily Value not established

MINERAL COMPLEX WITH PASSIONFRUIT 200G

- Supports the body's fluid and electrolyte balance
- Magnesium helps reduce tiredness and fatigue, supports energy metabolism, contributes to the normal functioning of the nervous system, psychological functions, and muscle function
- Potassium contributes to the normal functioning of the nervous system, muscle function, and helps maintain normal blood pressure
- Pleasant tropical passion fruit flavor

INGREDIENTS

Magnesium citrate, sodium bicarbonate, potassium citrate, calcium citrate, freeze-dried passion fruit powder.

USE

Mix 5 grams (approx. 1 level teaspoon) of powder into 1 liter of water. Consume throughout the day to support electrolyte balance, energy, and hydration. Do not exceed the recommended daily dose. Not for children, pregnant or breastfeeding women.

WARNINGS

The food supplement is not intended to replace a varied diet! It is important to eat a varied and balanced diet and lead a healthy lifestyle! The recommended daily intake must not be exceeded!



Mg²⁺
CONTAINS
MAGNESIUM

Na⁺
CONTAINS
SODIUM

K⁺
CONTAINS
POTASSIUM


PRESERVATIVE
FREE

AMOUNT PER SERVING	1 TEASPOON (5 G)	NRV *
Magnesium	250 mg	66,67%
Potassium	362 mg	18,1%
Calcium	211 mg	26,4%
Sodium	342 mg	**

* NRV - Nutrient Reference Value

** Daily Value not established

SUPERFOOD MIXES





**BE SLIM
SUPERFOOD MIX
150 G**

Be Slim supports weight loss and contains valuable fibres that help to create a feeling of fullness and speed up metabolism.



**LIVER DETOX
SUPERFOOD MIX
120 G**

Liver Detox super food mix helps to support body cleansing and detox processes.



**BE ACTIVE
SUPERFOOD MIX
150 G**

Be Active superfood mix supports your active lifestyle with vitamins and minerals straight from nature.



**BE SPORTY
PROTEIN POWDER
300 G**

100% natural superfood mix that supports you during and after your workout!



**100%
NATURAL**



VEGAN



**GLUTEN
FREE**



**PRESERVATIVE
FREE**



**BE SPORTY
PROTEIN POWDER
300 G**

100% natural superfood mix that supports you during and after your workout!

TEAS



OUR PRODUCTS: TEAS



100%
NATURAL



NO ADDED
SUGARS



PRODUCED
IN ESTONIA



Let Yourself Be More

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