

## PrisoaCOMPLETE®



### Overall Nutrient Complex

42 plant extracts | 16 amino acids | 13 minerals + micronutrients  
13 vitamins | 250 capsules

#### For a healthy supply with all important nutrients

- over 84 bioactive nutrients, vitamins, plant and herbal extracts from natural sources
- all essential and semi-essential amino acids
- all essential minerals and micronutrients
- with glutathione, alpha lipoic acid and other cofactors
- to support all energy and metabolic processes
- for healthy cells and a strong immune system
- healthy nutritional supplements in capsule form, easily usable in everyday life – non-perishable – perfect for on-the-go consumption

One capsule of PrisoaCOMPLETE® provides the right nutrients for almost all important structural components. The assorted nutrients are exactly dosed to meet the needs of the human metabolism. An overall mix of vital substances to maintain health and support vitality also in stressful times – to prevent effectively nutritional deficiencies.

#### Suggested use

Unless otherwise advised, take nine capsules throughout the day with sufficient fluid. Note: Do not exceed the recommended dose. Food supplements are not a substitute for a balanced diet. A balanced diet and a healthy lifestyle are still important. Store at room temperature (max 25 ° C) in a dry, light-protected place. Keep out of reach of small children. Contains dairy products, soy and nuts.

#### Sanopoly's warranty

PrisoaCOMPLETE® is gluten-free and contains no artificial preservatives. Except for milk sugar and the vitamin D obtained from wool fat, all ingredients, including the capsule shell, are not from animal origin. PrisoaCOMPLETE® is, therefore, perfect for vegetarians.

**Ingredients:** Capsule shell of hypromellose (coating agent), L-methionine, potassium chloride, coral calcium, magnesium bisglycinate, Camu Camu extract, tagetes flower extract, L-lysine hydrochloride, L-valine, L-isoleucine, calcium L-ascorbate, L-phenylalanine, L-Tryptophan, alfalfa, sodium bicarbonate, apricot kernel meal, L-glutathione reduced, R(+) alpha lipoic acid, L-cysteine hydrochloride, L-threonine, sodium chloride, vitamin E, tomato extract, calcium D-pantothenate, L-tyrosine, L-leucine, iron gluconate, pomegranate peel extract, green tea leaf extract, L-aspartic acid, fennel seed extract, para-aminobenzoic acid, broccoli powder, gentian root extract, caraway seed powder, L-glutamic acid, nicotinamide, taurine, vermouth extract, silica, zinc citrate, brown algae extract, Curcuma extract, iodinated seaweed extract, linseed extract, L-Glutamine, L-Histidine, sea buckthorn powder, **soy** lecithin, L-ornithine hydrochloride, apple pectin, nettle extract, carrot powder, **milk** thistle extract, paprika powder, parsley extract, beetroot powder, **soybean** extract, artichoke extract, chlorella microalgae, cranberry extract, methylsulfonylmethane (MSM), grape seed extract, vitamin B6, L-arginine hydrochloride, vitamin B1, citrus fruit extract, vitamin K2 oil preparation, ginger extract, dandelion extract, sage extract, manganese gluconate, lactose, shiitake mushroom extract, **walnut** extract, rosehip peel, blueberry extract, elderberry extract, garlic extract, yarrow, spirulina platensis, β-carotene preparation, bitter orange extract, vitamin D preparation, sodium selenite, Chamomile extract, Aloe Vera extract, Vitamin B2, melon juice concentrate (hardened vegetable oil, cellulose filler, melon juice concentrate), chromium (III) chloride, copper sulfate, folic acid, sodium molybdate, boric acid, D-biotin, vitamin B12, potassium iodide.

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#### All important nutrients in a single capsule

PriosaCOMPLETE® contains highly-dosed vitamins, many healthy medical herbs and plant compounds, all the essential minerals and micronutrients, the radical scavengers r+alpha lipoic acid, glutathione and SOD and proteinogenic amino acids. All of the mentioned help to produce sulfur, which is important for cell metabolism. Not included are ingredients that require special medical consideration (e.g. excessive iodine doses), substances that should not be taken for long periods of time (e.g. creatine or fluorine), substances that are prohibited in official competitions and substances that are not authorized as additives in Germany (e.g. germanium).

#### Healthy with the right supplies

Vitamins, micronutrients and macronutrients interact with each other constantly during all metabolic processes. Therefore, the effect of high-dosed mono-supplements is highly questionable. PriosaCOMPLETE® is an overall nutritional supplement that brings together the practical experience and medical knowledge of Sanopoly. It has been developed in collaboration with physicians and athletes over several years. It has been improved until all important ingredients for a healthy metabolism were dosed in the right quantity and ratio to support the organism in producing long-lasting energy.

Ingredients:	per 9 Caps.	per 100g	NRV %*											
<b>Vitamins:</b>				L-glutathione	126 mg	1,65 g		Broccoli powder	36 mg	0,47 g		Melon juice concentrate	2,7 mg	0,04 g
Vitamin D3 = 720 IE pro Tagesdosis	18 µg	0,24 mg	360 %	Para-aminobenzoic acid	40,5 mg	0,53 g		Chlorella microalgae	18 mg	0,24 g		- of which superoxid dismutase (SOD)	32 IU	/
Vitamin E	27 mg a-TE	0,35 g	225 %	Taurine	36 mg	0,47 g		Citrus fruit extract	14,4 mg	0,19 g		Pepper powder	22,5 mg	0,29 g
Vitamin K2	36 µg	0,47 mg	48 %	<b>Amino acids:</b>				- of which hesperidin	9 mg	0,12 g		Parsley extract	22,5 mg	0,29 g
Vitamin C	270 mg	3,53 g	338 %	L-methionin	693 mg	9,05 g		Cranberry extract	18 mg	0,24 g		Beetroot powder	22,5 mg	0,29 g
Vitamin B1	13,5 mg	0,18 g	1227 %	L-valin	216 mg	2,82 g		- o. w. proanthocyanidine	9 mg	0,12 g		- of which betain	72 µg	0,94 mg
Riboflavin (Vit. B2)	2,7 mg	0,04 g	193 %	L-isoleucin	189 mg	2,47 g		Curcuma extract	27 mg	0,35 g		Sage extract	13,5 mg	0,18 g
Niacin (Vit. B3)	36 mg NE	0,47 g	225 %	L-lysin	189 mg	2,47 g		- of which curcumin	25,65 mg	0,33 g		- of which rosemary acid	342 µg	4,47 mg
Folic acid (Vit. B9/11)	810 µg	10,58 g	405 %	L-phenylalanin	162 mg	2,12 g		Enzian extract	36 mg	0,47 g		Sea buckthorn powder	27 mg	0,35 g
Vitamin B12	270 µg	3,53 mg	10800 %	L-tryptophan	162 mg	2,12 g		Fennel seed extract	40,5 mg	0,53 g		Yarrow powder	9 mg	0,12 g
Biotin (Vit. B7/8)	720 µg	9,40 mg	1440 %	L-glutamic acid	36 mg	0,47 g		Pomegranate peel extract	45 mg	0,59 g		- of which polysaccharides	3,24 mg	0,04 g
Panthenic acid (Vit. B5)	81 mg	1,06 g	1350 %	L-threonin	108 mg	1,41 g		- of which ellagic acid	18 mg	0,24 g		Soy bean extract	22,5 mg	0,29 g
Beta-carotene	144 µg RE	1884 µg	/	L-cystein	79,2 mg	1,03 g		Green tea leaf extract	45 mg	0,59 g		- of which isoflavone	9 mg	0,12 g
<b>Mineralstoffe:</b>				L-tyrosin	67,5 mg	0,88 g		- of which polyphenols	27 mg	0,35 g		Soy lecithin	23,4 mg	0,31 g
Calcium	180 mg	2,35 g	23 %	L-leucin	54 mg	0,71 g		- of which catechins	15,75 mg	0,21 g		- o.w. phosphatidylcholine	7,2 mg	0,09 g
Magnesium	56,7 mg	0,74 g	15 %	L-aspartic acid	45 mg	0,59 g		Blueberry extract	9 mg	0,12 g		Spirulina algae powder	9 mg	0,12 g
Potassium	306 mg	4,00 g	15 %	L-glutamine	27 mg	0,35 g		- of which anthocyanidins	2,25 mg	0,03 g		- of which chlorophyll	90 µg	1,18 mg
Sodium	72,9 mg	0,95 g	/	L-histidine	27 mg	0,35 g		Elderberry berry extract	9 mg	0,12 g		Tagetes extract	270 mg	3,53 g
<b>Micronutrients:</b>				L-arginine	13,5 mg	0,18 g		- of which polyphenols	2,25 mg	0,03 g		- of which lutein	54 mg	0,71 g
Iron	5,6 mg	0,07 g	40 %	<b>Plant extracts and plant powder:</b>				- of which anthocyanidins	450 µg	5,88 mg		Tomato extract	90 mg	1,18 g
Zinc	9 mg	0,12 g	90 %	Apricot kernel	126 mg	1,65 g		Ginger extract	13,5 mg	0,18 g		- of which lycopene	18 mg	0,24 g
Copper	720 µg	0,01 g	72 %	Alfalfa extract	135 mg	1,76 g		- of which gingerol	675 µg	8,81 mg		Grape extract	18 mg	0,24 g
Manganese	1,44 mg	0,02 g	72 %	Aloe leaf extract	3,6 mg	0,05 g		Chamomile extract	4,5 mg	0,06 g		- of which polyphenols	17,1 mg	0,22 g
Selenium	27 µg	0,35 mg	49 %	- of which alain	675 µg	8,81 mg		Carrot powder	22,5 mg	0,29 g		OPC	5,4 mg	0,07 g
Chromium	27 µg	0,35 mg	68 %	Apfel pectin	22,5 mg	0,29 g		Garlic extract	9 mg	0,12 g		Walnut shell extract	10,8 mg	0,14 g
Molybdenum	18 µg	0,24 mg	36 %	- of which alacturonic acid	14,4 mg	0,19 g		- of which alliin	225 µg	2,94 mg		wormwood leaf extract	36 mg	0,47 g
Iodine	117 µg	1,53 mg	78 %	Artichoke extract	18 mg	0,24 g		Caraway powder	36 mg	0,47 g				
Boron	153 µg	2,00 mg	/	- of which cynarin	0,9 mg	0,01 g		Flaxseed extract	27 mg	0,35 g				
<b>Others:</b>				Bitter orange extract	7,2 mg	0,09 g		- of which lignans	5,4 mg	0,07 g				
R-alpha-lipoic acid	117 mg	1,53 g	/	- of which hesperidin	6,48 mg	0,08 g		Dandelion extract	13,5 mg	0,18 g				
Methylsulfonylmethane (MSM)	18 mg	0,24 g	/	Cranberry extract	27 mg	0,35 g		- of which flavonoids	270 µg	3,53 mg				
				Nettle extract	22,5 mg	0,29 g		Milk thistle extract	22,5 mg	0,29 g				
				- of which sitosterol	450 µg	5,88 mg		- of which silymarin	18 mg	0,24 g				

\* NRV % = Reference values as set in Directive (EU) No. 1169/2011.  
/ = no existing references.  
Vitamins and minerals below 15% NRV not listed.

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#### Helps active people every day to stay in top condition

With nutrients matched to the daily requirements and needs of human cell metabolism, PrisoaCOMPLETE® provides the foundation of holistic health. Only 9 capsules a day support cell health, strengthen the immune system, activate energy reserves and help the body achieve high performance even under stress.

#### A perfect foundation for health and vitality

Everybody knows how crucial the right nutrient supply is for a high physical performance and well-being. And yet: only few are sufficiently supplied with all the important nutrients. Especially under stress this can have negative physical and mental effects. The result: Everybody thinks of a lack of energy, concentration problems, muscle pain or joint wear-outs as normal side effects or long term consequence. Those who want to prevent these nutritional deficiency symptoms should supplement their diet with Sanopoly nutrients.

#### A healthy nutrient supplementation for conscious people

It is technically impossible to combine plant extracts, micronutrients, minerals, amino acids and vitamins together with oils and fats in one capsule with high tolerability. For a complete and healthy nutritional supplementation we recommend the additional use of PrisoaLIPID® beside PrisoaCOMPLETE®. The gel capsule with a mix of omega fatty acids and healthy oils makes the nutritional supplementation throughout complete.

If you need to lose weight for health or professional reasons we recommend PrisoaSHAPE® Day & Night. These shakes are low-calorie vegan meal replacements made only from natural ingredients and almost 100 % organic. High-quality nutrients from Sanopoly – nutritional supplements for everyday use.



#### PrisoaCOMPLETE® is great for people

- who do not have enough time to absorb and metabolize sufficient amounts of nutrients, eg. due to a demanding job, extreme sports activities or when travelling;
- who need to reduce their weight - a restricted diet also reduces the intake of nutrients;
- who eat vegetarian or choose a similar type of diet. Vegetarians and vegans must pay particular attention to supplement their diet with appropriate nutrients;
- who suffer from food intolerance or other symptoms, and therefore, can not absorb enough nutrients from their food;
- who expect a high performance from their bodies and want to prevent nutritional deficiency symptoms and wear-outs;

#### Highest quality of raw materials and safety

With PrisoaCOMPLETE®, active and health-conscious people improve their nutritional intake and supplement their nutrition with high-quality plant extracts, vitamins, amino acids and minerals. An attentive mind, a healthy body and respect for nature play important roles in life. That's why it's important to us that PrisoaCOMPLETE®

- is produced in Austria according to the strictest quality guidelines for food production - the ISO 22.000,
- is free of genetically modified additives,
- contains no genetically modified ingredients or organisms,
- and has all plant extracts tested for pesticide residues and don't exceed the allowed limits (EU Regulation 396/2005).

We call this „EU compliant tested quality!“



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#### First-class supplies

PriosaCOMPLETE® helps regulating and supports the following body and metabolic functions:

- carbohydrate metabolism, protein metabolism, fatty acid metabolism, acid-base metabolism, vitamin-A metabolism, vitamin-D metabolism, glycogen metabolism, homocysteine metabolism, cysteine synthesis<sup>1</sup>
- absorption and utilization of macronutrients, calcium, phosphorus and sulfur-containing amino acids, protein synthesis, DNA synthesis, synthesis of neurotransmitters and steroid hormones and electrolyte balance<sup>1</sup>
- energy metabolism and reduction of fatigue<sup>2</sup>
- function and maintenance of muscles, bones and connective tissue<sup>3</sup>
- mental performance, mental and cognitive functions, eyesight, function of the nervous system<sup>4</sup>
- cell division and cell protection against oxidative stress<sup>5</sup>
- formation of red blood cells, iron and oxygen transport, blood clotting, blood sugar levels, calcium levels<sup>6</sup>
- strong immune system and hormonal balance<sup>7</sup>

The recommended daily dose of PriosaCOMPLETE® (9 capsules) include: chromium, iron, iodine, copper, magnesium, manganese, molybdenum, selenium, zinc, vitamin B6, vitamin D, vitamin E, vitamin K and pantothenic acid:

<sup>1</sup> Vitamin D contributes to a normal absorption of calcium and phosphorus. Vitamin B6 supports the protein, glycogen and homocysteine metabolism as well as the cysteine synthesis. Magnesium contributes to a functioning protein synthesis and a healthy electrolyte balance. Zinc supports the fatty acid metabolism. Chromium supports the metabolism of macronutrients. Molybdenum supports the metabolism of sulfur-containing amino acids. Zinc contributes to a functioning DNA synthesis and supports a healthy acid-base metabolism, carbohydrate metabolism and vitamin A metabolism. Pantothenic acid supports the normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters.

<sup>2</sup> Iron, magnesium, pantothenic acid and vitamin B6 support the energy metabolism and reduce fatigue.

<sup>3</sup> Selenium is important for healthy hair. Iodine and zinc are important for beautiful skin. Copper supports the formation of connective tissue, skin pigmentation and hair pigmentation. Magnesium supports healthy bones and muscle function. Selenium and zinc support strong nails. Vitamin D is important for healthy teeth.

<sup>4</sup> Pantothenic acid supports high mental performance. Iodine contributes to the functioning of the nervous system. Iron supports cognitive functions. Zinc contributes to the maintenance of good eyesight. Vitamin B6 supports mental functions. <sup>5</sup> Iron, magnesium, vitamin D and zinc are important for cell division. Copper, manganese, selenium, vitamin E and zinc protect the cells from oxidative stress.

<sup>6</sup> Vitamin K contributes to normal blood clotting. Iron and vitamin B6 support the formation of red blood cells and hemoglobin. Chromium contributes to maintain blood sugar on a normal level. Vitamin D helps to reach a healthy calcium level in the blood. Copper supports iron transport. Iron contributes to a normal oxygen transport in the body.

<sup>7</sup> Vitamin D and zinc strengthen the immune system. Vitamin B6 supports hormone activity. Iodine contributes to a normal production of thyroid hormones and normal thyroid function. Zinc helps to maintain a normal level of testosterone in the blood.