

THE REVOLUTION OF NUTRITIONAL SUPPLEMENTS IN SPRAY FORM



1

Nano + sublingual
sprays

2

High
absorbency

3

Quick start
2-10 min

4

Better absorption
and easier digestion

Dear friends,

You are receiving a brochure that is intended for everyone interested in health and a healthy lifestyle. Main target is to introduce you a revolutionary type of nutritional supplements – sublingual and transdermal sprays.

This brochure contains a lot of information about these nutritional supplements, their use and effects. We believe that you will find answer to all your questions. We will show you options for preventing health problems, maintaining your health, and most importantly, we will provide options for solving existing health problems naturally.

We are happy to show you the path to your journey to health.

What are dietary supplements

Nowadays, health and quality of life have become one of the top priorities of people around the world. When a person is trying to improve their quality of life, the main topic of discussion is diet and nutritional supplements.

Our diets have changed so much due to lifestyle changes, environmental factors, and industrial food production that deficiencies of essential nutrients are becoming more common. The main task of dietary supplements is to fill these gaps and replenish essential nutrients, minerals, vitamins, but also to supply special substances. The necessity of incorporating dietary supplements into everyday life is now more topical and critical than ever. Food supplements play a key role in promoting a healthy lifestyle. The importance of these supplements for human health is also that their supply to the body is not only beneficial, but often necessary for some groups of the human population (vegetarians, vegans, people suffering from diseases of mineral or vitamin absorption, etc.).

The concept of dietary supplements dates back several millennia, with historical texts detailing the use of herbs and natural substances to improve health. Today's advances in nutrition science have provided a clearer understanding of how specific minerals, vitamins, or other inorganic and organic substances affect physical and mental function, thus contributing to overall mental and physical well-being.

A food supplement is defined as a food supplementing a natural diet that is a concentrated source of nutrients, such as vitamins, minerals, or other substances with a nutritional or physiological effect, which is placed on the market, individually or in combination, in dosed form.

Nowadays, there has been a return to natural nutritional supplements, mainly from medicinal plants, vitamins and minerals, which are best absorbed by the human body. Taking nutritional supplements can be very beneficial for our body, for our vitality and overall health. According to many researches, regular intake of high-quality nutritional supplements can help prevent many diseases and various health problems, improve immunity and increase energy levels.

The main reasons for the necessity of taking dietary supplements result from the fact that the human body is constantly in the phase of construction, reconstruction and regeneration. According to data from the scientific study "A New You in 80 Days" published in the prestigious scientific journal *Scientific American Magazine*, in April 2021 by experts

from the Weismann Institute in Israel (according to data from 2024, the sixth most important scientific institution in the world), the human body of an average man weighing 70 kg is made up of 30 trillion cells ($30 \times 10^{12} = 30,000,000,000,000$ cells). Some of these cells have a longer lifespan, for example, muscle fiber cells or fat cells persist on average from 12 to 20 years, red blood cells survive from 3 to 120 days, and intestinal epithelial cells are renewed within one week. After calculating all the data, the researchers found that a total of 330 billion cells die every day and must be replaced by new ones ($330 \times 10^9 = 330,000,000,000$), which represents 1 percent of all cells in the human body. This means that virtually all cells of the human body are renewed (replaced) within 80 to 100 days. In fact, the equivalent of the whole organism is created – simply put, a whole new person (in terms of the number of cells). This includes many processes such as cell division preceded by a phase of DNA synthesis, cell division itself (mitosis), the formation of new cell structures such as mitochondria, the Golgi complex, ribosomes, new membrane structures that envelop both structures within the cell and the cells as such, and so on. For all these processes, it is necessary for the body to have enough minerals, vitamins and other building blocks such as amino acids and others. Therefore, one of the main tasks of dietary supplements is **to supplement essential nutrients** that we may not get enough of in the average daily diet. Many individuals do not meet the recommended daily intake (ODP) for essential nutrients. This can be due to poor eating habits or a hectic lifestyle or special dietary restrictions, whether voluntary such as veganism or involuntary such as lactose intolerance and the like. For example, vitamin B12, which is found primarily in animal products, is often lacking in vegan and vegetarian diets. Research and experience show that vitamin B12 deficiency can lead to serious health problems such as anemia or neurological disorders. Therefore, vitamin B12 supplementation within the vegan and vegetarian population becomes vital for maintaining optimal health (ACTIV B SPRAY).

Dietary supplements, especially vitamins and minerals, play a significant role in **strengthening the immune system**. The proper functioning and setting of the immune system depends on adequate levels of essential nutrients. As an example, let's take vitamin C. It is one of the most well-known antioxidants that supports various functions of the immune system. On the other hand, our body cannot produce it on its own and we are dependent on its intake from food or supplementation with nutritional supplements. Scientific studies have shown that regular vitamin C supplementation can reduce the duration and severity of the common cold. Therefore, preventive supplementation of these nutrients can be one of the strategic approaches to strengthen the immune system, especially

during periods of illness or high stress or other stress (ACTIV C CITRUS, ACTIV C LEMON GRASS).

Dietary supplements are of great importance in the prevention and management **of chronic diseases** such as cardiovascular or inflammatory diseases. For example, the NO molecule (nitric oxide) is a signaling molecule that is of key importance for the cardiovascular system. Its delivery to the body (e.g. in the form of ACTIV LIFE SPRAY, ACTIV MAN or ACTIV NO SPRAY) significantly contributes to the protection of the vascular system, mainly by maintaining the elasticity of blood vessels. Interestingly, nitroglycerin also works only after it is formed into NO, which releases the spasm of muscle cells *causing angina*. NO strongly binds to the heme part of guanylate cyclase in muscle cells and activates it. This substance acts as a secondary messenger for many cellular functions, especially as a signal for muscle cell relaxation. In addition, NO has a protective effect on a number of other processes: it has an antithrombotic effect (inhibits the adhesion of platelets to the vascular endothelium), has an anti-inflammatory effect (inhibits the adhesion of leukocytes to the endothelium and destroys the superoxide anion) and has an antiproliferative effect, thereby inhibiting hyperplasia (enlargement) of muscle cells of the smooth muscle of the heart around the heart vessels. With reduced production or increased disposal of NO, hypertension, thrombosis, endothelial inflammation and vascular hypertrophy occur.

Likewise, antioxidants, including vitamins, fight oxidative stress, which contributes to the development of oncological diseases as well as other, such as degenerative diseases.

Many minerals and vitamins are essential for **supporting and maintaining the health of individual organs and organ systems**. The minerals calcium and magnesium are crucial for maintaining bone health, which becomes increasingly important as we age. For example, osteoporosis, which is manifested by weakened bones and an increased risk of fractures, is a cause for concern in the elderly population. Research in this area has confirmed that calcium supplementation together with vitamin D significantly contributes to an increase in bone density and reduces the occurrence of fractures in postmenopausal women. Therefore, from a certain age, it is necessary to supplement these substances with nutritional supplements (ACTIV D3 + K2 SPRAY, ACTIV MAGNESIUM + B6 + K SPRAY).

Regeneration is also necessary for the proper functioning of the human body, both at the cellular level and at the whole organism. Regeneration at the cellular level includes getting rid of unnecessary substances such as metabolic products, unnecessary substances from food

or toxins that are produced in the body by parasites or microorganisms (ACTIV ANTI PARASITE). Regeneration at the level of the whole organism is closely related to the regeneration of individual organ systems and, last but not least, to quality and sufficient sleep. ACTIV DREAM or ACTIV DREAM KIDS dietary supplements can also contribute to this.

Currently, there is a current solution to **increase physical performance** for athletes, or for people visiting gyms or fitness centers or people working manually (ACTIV BODY SPRAY, ACTIV LIFE SPRAY, ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV MAN). Another requirement for the use of dietary supplements is **to improve mental well-being and mental health** or improvement of attention in a hurried time. For example, B vitamins, especially pyridoxine (B6) and folic acid (B12), are essential for neurobiological function and therefore addressing deficiencies of these vitamins plays a big role in improving mental health (ACTIV RELAX SPRAY, ACTIV B SPRAY, MAGNESIUM + B6 + K SPRAY).

Types of nutritional supplements on the market.

In general, the human body allows various pathways through which drugs or active ingredients from dietary supplements can reach their destination - the effect. These are shorter and therefore faster routes, but also roads that are longer and significantly slower. In addition, active substances may be exposed to adverse effects on their way to their destination, which may lead to their modification or degradation. The percentage of usability of the amount of active substances administered into the body is also important.

In order for the active ingredients to work, they must reach the bloodstream and there they are transported by the cardiovascular system to the desired place – the place where they are supposed to act. The fastest way is to inject directly into the cardiovascular system by intravenous injection or infusion. However, this is practically impossible in the case of daily application of dietary supplements.

The easiest way is to take dietary supplements orally. There is a wide range of nutritional supplements on the market, from classic pills, capsules, powders for preparing drinks or healthy drinks. This form of taking and taking nutritional supplements is very simple and, most importantly, it is very pleasant for everyone. The disadvantage is that the active ingredient can only enter the bloodstream after it has passed through the digestive tract. This is where the first-pass effect (**the so-called presystemic**

metabolism) occurs. It is a phenomenon in the metabolism of active substances, where the concentration of some active ingredients is substantially reduced before they enter the systemic bloodstream. Orally ingested substances are absorbed in the digestive system and enter the hepatic portal system before reaching the rest of the body and the site of action. The liver metabolizes many substances, sometimes so actively that only a small percentage of the ingested substance enters the systemic bloodstream. This first pass through the liver significantly reduces the bioavailability of effective doses and thus reduces the effectiveness or even degrades and inactivates the administered active substance.

The table shows the possibilities of administration of active substances and the speed of onset of their action:

| Administration of the active substance | Expected onset of effect |
|---|---------------------------------|
| into the artery – intraarterial | Immediately |
| into a vein – intravenously | within 1 minute |
| under the tongue – sublingual | within 1-2 minutes |
| to the nasal mucosa – nasal | within 1-2 minutes |
| through the skin – transdermal | within 5-10 minutes |
| under the skin – subcutaneously | within 5-10 minutes |
| into the muscle – intramuscularly | within 5-10 minutes |
| into the vagina – vaginal | within 15 minutes |
| into the rectum – rectally | within 15 minutes |
| by mouth – oral | within 30 minutes |

ACTIVSTAR has brought to the market **innovative dietary supplements** that use alternative routes of administration of active ingredients. They are **transdermal and sublingual sprays** that prevent the first-pass effect, as they allow the active ingredients to enter directly into the systemic bloodstream quickly and with almost 100% usability.

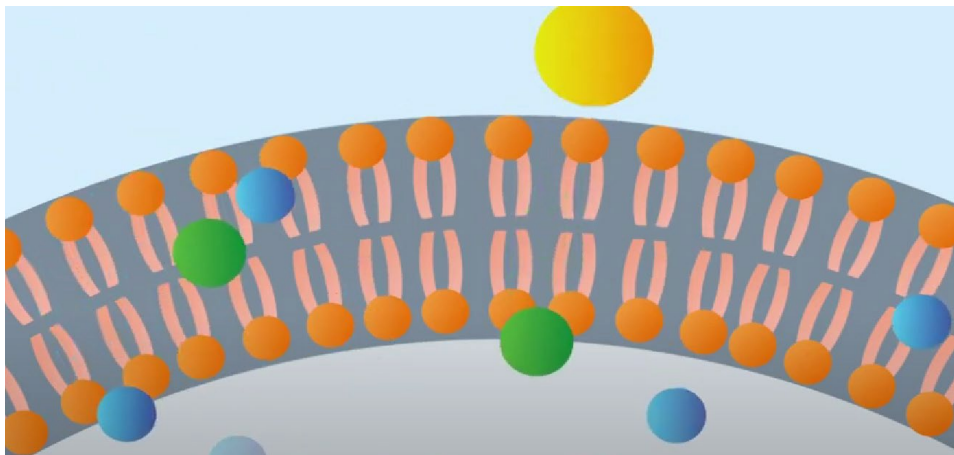
ACTIVSTAR's sublingual and transdermal sprays represent groundbreaking products in the field of dietary supplements. These are sprays made **using a special technology**, which contributes to better absorption and effectiveness of the active ingredients. Their advantages lie mainly in the almost 100 percent absorption of active ingredients and the speed of onset of action, which ensures an almost immediate effect after administration.

ACTIVSTAR sprays are revolutionary, they are characterized by the simplicity of administration of active ingredients, maximum absorption, speed of onset of action, do not burden the digestive system and have no competition in terms of quality. ACTIVSTAR offers the widest range of transdermal and sublingual sprays on a global scale.

Product uniqueness and innovative technologies

Transdermal and sublingual sprays are unique. They gain exceptional effectiveness and almost 100 percent absorption of active ingredients mainly thanks to innovative technologies used in their preparation. Nanotechnology and other methods such as filtration and microfiltration or ultrafiltration are used in production, and in the final form we work with structures and substances that are large in the range of units to hundreds of nanometers (nano = 10^{-6} , i.e. 0.000,000,001 meters). Matter whose dimensions are so small can have properties completely different from macroscopic properties, because the properties of quantum physics begin to manifest. Substances of the order of units, tens or hundreds of nanometers, penetrate more easily and intensively into cells through the cell membrane. This contributes to better penetration of the active ingredients through the skin or through the mucous membrane of the oral cavity directly into the bloodstream.

Transfer of active substances through the cell membrane

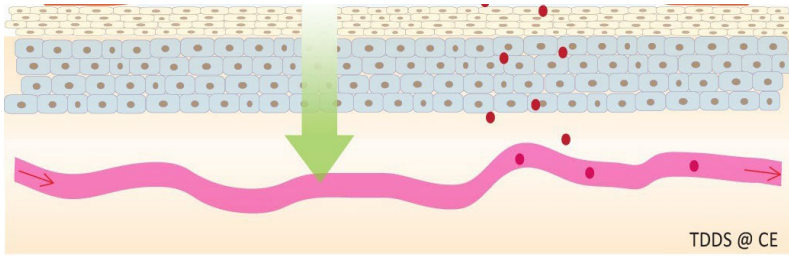


The figure shows the principle of penetration of substances through the membrane. Particles 1-100 nm in size penetrate the cell membrane faster than larger particles. (Image taken from the site www.activstar.eu/category/spreje),

Transdermal sprays

Transdermal sprays are designed to be applied to the skin, through which the active ingredients are gradually absorbed into the bloodstream. This technology is suitable for such substances that have the ability to pass through the skin. The mechanism of transdermal sprays is based on the skin's ability to carry drugs to deeper layers. However, the skin naturally acts as a barrier, which is why special formulations are needed that can overcome this barrier. The development of transdermal technologies focuses on improving the penetration of drugs through the skin, using various formulations of chemical substances, or the use of nanotechnologies that increase the possibilities of penetration through the skin. A particle size of less than 100 nm is used.

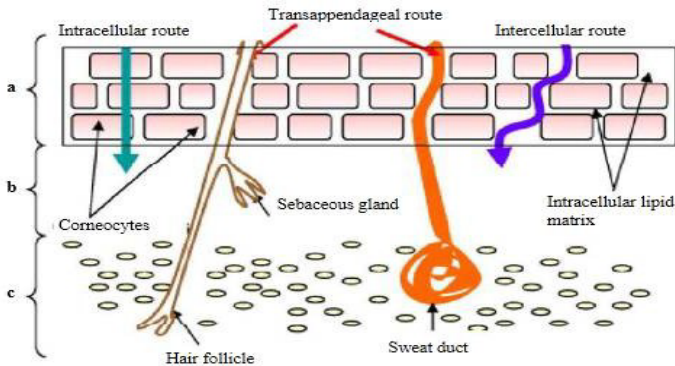
Previous clinical applications of transdermal sprays in medicine have mainly included painkillers, where it is an ideal option for patients with chronic pain, where the drug is released evenly throughout the day (patches). It is also hormone replacement therapy, where transdermal sprays were used in the administration of estrogens or testosterone. And last but not least, there are nicotine substitutes – patches and sprays, which are used to help quit smoking (nicotine is slowly released into the body).



Schematic representation of the passage of active substances through the skin and their transport through the capillaries into the bloodstream.
 (Taken from: International j. of research publication and reviews No.3, p 321-329, 2022)

ACTIVSTAR transdermal sprays are innovative products that allow the absorption of active ingredients directly through the skin. The active ingredient enters the bloodstream directly through the blood capillaries. There are a number of benefits to this method of application, including ease of use and quick absorption. Studies show that transdermal administration can increase the bioavailability of nutrients, thereby optimizing their effectiveness. It also relieves a digestive problem that can affect the absorption of some supplements. This achieves almost 100% absorption, effectiveness and speed of onset of action.

Penetration of active ingredients through the skin (dermis)



The figure shows the different ways in which substances pass through the skin. Intracellular (intracellular) uses the transfer of substances through skin cells, intercellular (extracellular) uses the transfer of substances through the intercellular space around skin cells. "Transappendageal" pathways through hair follicles or sweat ducts in the skin are also possible.
 (Retrieved from: www.researchgate.net/The-pathways-for-absorbtion)

Benefits of transdermal sprays:

- **Easy application to the pulse site and to the affected area**
- **effective supplementation of vitamins, minerals and other active ingredients**
- **almost 100 percent absorption**
- **Rapid onset of action**
- **without burdening the gastrointestinal tract**
- **suitable for people with digestive system absorption disorders**

Sublingual sprays

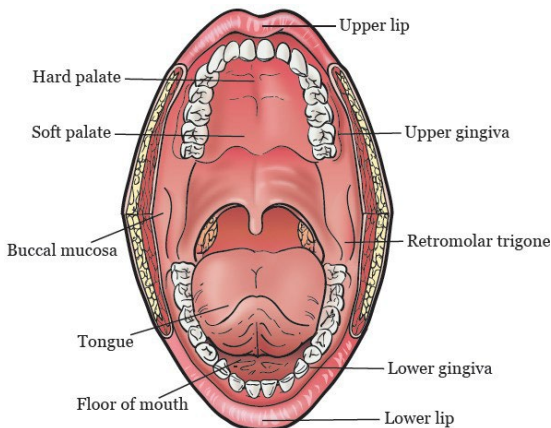
Sublingual sprays offer another interesting approach to taking supplements. These The sprays are designed to be applied into the oral cavity under the tongue, where the active ingredients are quickly absorbed through the oral mucosa directly into the bloodstream. Sublingual Taking dietary supplements is extremely effective because it bypasses the digestive system and minimizes the loss of effectiveness, as well as the side effects associated with taking pills, for example. This method of use It is particularly beneficial for active ingredients that require a rapid onset of action. The advantage is also that the active ingredient avoids the first phase of hepatic metabolism, thereby increasing its amount and thus its effectiveness.

Sublingual administration is especially beneficial for seniors or children, for whom swallowing tablets and capsules may be problematic or even impossible. It is an excellent option to supplement vitamins, minerals and other active substances in the body of people with gastrointestinal problems.

Advantages of sublingual sprays:

- **rapid absorption through microvessels (1-2 minutes)**
- **easy application – with an oral dispenser under the tongue**
- **100 percent usability**
- **Rapid onset of action**
- **without burdening the gastrointestinal tract**
- **does not cause swallowing problems (tablets, capsules)**

Oral cavity



Sublingual sprays are absorbed in the oral cavity, mainly under the tongue, where there is soft tissue and a dense tangle of capillaries. From there, it almost immediately enters the bloodstream.

(Taken from: Tráviaca_sústava_človeka PDF cloud-7.edupage.org)

Possible ways to obtain active ingredients

In the preparation of ACTIVSTAR sublingual and transdermal sprays, the following procedures are used to extract active substances from plants.

Hydrolates are formed as a by-product of the production of essential oils by steam distillation. Hydrolates are made according to the purpose of use from flowers, fruits, aerial parts or plant roots. Hydrolate is water that is created by distilling these plants and contains a high amount of active substances in a concentration that is safe to use directly without the need for dilution. The method of their production is called water distillation, from which the name itself, **water distillate - hydrolate, is derived**. In short, this process can also be described by the fact that water vapor passes through a reservoir where flower petals, seeds, shoots, dried fruits or dried roots are located. The steam then condenses and is collected in a pre-prepared container. The resulting condensed "water" is just distillate - flower water containing valuable and beneficial substances for internal and external use, as well as for skin and skin care.

An extract is a substance made by extracting a portion of a raw material using a solvent such as ethanol, oil, or water. An extract is an extract from mushrooms or plants, with a high concentration of substances in the

final product, which contributes to the high bioavailability of active ingredients. You can try the beneficial effects of extracts in some ACTIVSTAR sprays.

A decoction is not the same as tea. Herbs, mostly their roots or tree bark, are not watered with hot water, but boiled. For a decoction, parts of plants that contain slow-release active substances (bark, horsetail, fruiting bodies of mushrooms) are suitable. We use chopped herbs in dried or fresh form. The cooking itself is important, it should take from 5 to 20 minutes. The leaves and especially the fresh herbs are boiled for about 5 minutes. Dried herbs, especially the bark and roots, are boiled for up to 20 minutes. After cooking, leave the herbs in the covered container for about 10 more minutes. Then drain and use as needed.

Essential oils (essential oils, fragrance oils, essential oils) are fragrant volatile substances in a liquid consistency, extracted from the flowers, stems, roots, leaves or fruits of plants. Essential oils are naturally present in most plants in minuscule amounts. The plant uses essential oil to defend itself or attract pollinating insects. Pure essential oils are obtained by distillation, cold pressing, or maceration.

Options and solutions

The table lists health problems and suggestions for their solutions with sprays. You can use one of the sprays or combine them. It is important to remember that it is better to use a small amount and more often, it is usually more effective. The exact dosage of all products can be found on the label or on the **www.activstar.eu website**. We believe that the table will help you solve your health problems. However, the preventive use of dietary supplements is also important. This will help you improve your health, overall well-being and prevent health problems, thus improving your quality of life.

Health problems and their possible solutions with ACTIVSTAR sprays

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|---------------------|------------|--|
| ACNE | Try it out | ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV C CITRUS, ACTIV C LEMON GRASS, ACTIV B SPRAY, ACTIV D3 + K2 SPRAY, ACTIV WOMAN |
| CANKER SORES | Try it out | ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV 3 SPRAY, ACTIV B SPRAY, ACTIV D3 + K2 SPRAY |
| ALLERGIES | Try it out | ACTIV STOP ALLERGY +, ACTIV 3 SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV AG SPRAY, ACTIV C CITRUS, ACTIV C LEMON GRASS, ACTIV RED GINSENG SPRAY |
| ALLERGY FOR INSECTS | Try it out | ACTIV STOP ALLERGY +, ACTIV BOSWELLIA SPRAY, ACTIV AG SPRAY, ACTIV C CITRUS, ACTIV C LEMON GRASS, ACTIVBODY SPRAY |
| ANEMIA | Try it out | ACTIV FE, ACTIV B SPRAY |
| ARTHRITIS | Try it out | ACTIV BODY SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV COLLAGEN, ACTIV HELP |
| ASTHMA | Try it out | ACTIV MUCOL, ACTIV ANTI TUSSIN, ACTIV BODY SPRAY, ACTIV 3 SPRAY, ACTIV AG SPRAY |
| PAIN | Try it out | ACTIV HELP, ACTIV BODY SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV MAGNESIUM + B6 + K SPRAY (cramps and muscle contractions) |
| SINUS PAIN | Try it out | ACTIV ANTI TUSSIN, ACTIV MUCOL, ACTIV HELP, ACTIV AG SPRAY (for the nose) |
| HEADACHE | Try it out | ACTIV HELP, ACTIVBODY SPRAY (massage on the temples and neck), ACTIV BOSWELLIA SPRAY, ACTIV MAGNESIUM + B6 + K SPRAY |
| BACK PAIN | Try it out | ACTIV BODY SPRAY, ACTIV HELP, ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV MG OIL LAVENDER 60 % |
| JOINT PAIN | Try it out | ACTIV HELP, ACTIVBODY SPRAY, ACTIV BOSWELLIA, ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV 3 SPRAY, ACTIV COLLAGEN |
| BONE PAIN | Try it out | ACTIV BODY SPRAY, ACTIV HELP, ACTIV MAGNESIUM + B6 + K SPRAY |
| NECK PAIN | Try it out | ACTIV ANTI TUSSIN, ACTIV MUCOL, ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY |

| | | |
|------------------|------------|---|
| MUSCLE PAIN | Try it out | ACTIV BODY SPRAY, ACTIV HELP, ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV MG OIL LAVENDER 60 % |
| TOOTH PAIN | Try it out | ACTIV HELP, ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY |
| STOMACH PAIN | Try it out | ACTIV HELP, ACTIV BODY SPRAY, ACTIV MAGNESIUM + B6 +K SPRAY |
| WARTS | Try it out | ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY |
| BRONCHITIS | Try it out | ACTIV MUCOL, ACTIV ANTI TUSSIN, ACTIV BODY SPRAY, ACTIV AG SPRAY |
| ABDOMINAL CRAMPS | Try it out | ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV HELP |
| HEART PULLING | Try it out | ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV NO SPRAY, ACTIV MAN, ACTIV WOMAN |
| CELLULITE | Try it out | ACTIV ANTI CELLULITE SPRAY, ACTIV LYMPH, ACTIV BOSWELLIA SPRAY, ACTIV WOMAN |
| CROHN'S DISEASE | Try it out | ACTIV 3 SPRAY, ACTIV FE, ACTIV B SPRAY, ACTIV D3 + K2 SPRAY |
| CHRONIC FATIGUE | Try it out | ACTIV LIFE SPRAY, ACTIV RED GINSENG SPRAY, ACTIV MAN, ACTIV RELAX SPRAY, ACTIV D3 + K2 SPRAY, ACTIV YOUNG |
| CHRONIC PAIN | Try it out | ACTIV HELP, ACTIV BODY SPRAY, ACTIV RELAX SPRAY, ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV RED GINSENG SPRAY |
| DIABETES | Try it out | ACTIV 3 SPRAY, ACTIV RELAX SPRAY, ACTIV RED GINSENG SPRAY |
| CYST | Try it out | ACTIV 3 SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV RELAX SPRAY |
| DEPRESSION | Try it out | ACTIV RELAX SPRAY, ACTIV B SPRAY, ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV GINSENG SPRAY, ACTIV WOMAN |
| ECZEMA | Try it out | ACTIV AG SPRAY, ACTIV CANNABIS, ACTIV BOSWELLIA SPRAY, ACTIV B SPRAY, ACTIV 3 SPRAY, ACTIV LIVER |
| HALUX | Try it out | ACTIV BODY SPRAY, ACTIV BOSWELLIA SPRAY |
| HEMORRHOIDS | Try it out | ACTIV BOSWELLIA SPRAY, ACTIV AG SPRAY, ACTIV HELP, ACTIV FE, ACTIV B SPRAY |

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|---------------------------|------------|---|
| HERPES | Try it out | ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV B SPRAY, ACTIV C CITRUS, ACTIV C LEMON GRASS, ACTIV D3 + K2 SPRAY, ACTIV RED GINSENG SPRAY |
| DIARRHEA | Try it out | ACTIV 3 SPRAY, ACTIV ANTI PARASITE |
| FEVER | Try it out | ACTIV HELP, ACTIV BOSWELLIA SPRAY |
| FLU | Try it out | ACTIV HELP, ACTIV MUCOL, ACTIV ANTI TUSSIN, ACTIV 3 SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV RED GINSENG SPRAY, ACTIV YOUNG |
| IMPOTENCE | Try it out | ACTIV MAN, ACTIV PROSTATE SPRAY, ACTIV 3 SPRAY, ACTIV NO SPRAY, ACTIV LIFE SPRAY, ACTIV RED GINSENG SPRAY |
| IMMUNITY | Try it out | ACTIV 3 SPRAY, ATCIV B SPRAY, ACTIV FE, ACTIV C CITRUS, ACTIV C LEMONGRASS, ACTIV D3 + K2 SPRAY, ACTIV RED GINSENG SPRAY, ACTIV YOUNG |
| INFECTION | Try it out | ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV 3 SPRAY, ACTIV RED GINSENG SPRAY |
| SCARS | Try it out | ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV COLLAGEN, ACTIV NATURAL |
| COUGH | Try it out | ACTIV ANTI TUSSIN, ACTIV MUCOL, ACTIV BOSWELLIA SPRAY, ACTIV AG SPRAY |
| COLIC | Try it out | ACTIV HELP, ACTIV BODY SPRAY |
| COLITIS (INFLAMMATION) | Try it out | ACTIV HELP, ACTIV 3 SPRAY, ACTIV BOSWELLIA SPRAY |
| CRAMPS | Try it out | ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV MG OIL LAVENDER 60 % |
| YEASTS | Try it out | ACTIV AG SPRAY, ACTIV BOSWELLIA, ACTIV 3 SPRAY, ACTIV WOMAN |
| VARICOSE VEINS | Try it out | ACTIV BODY SPRAY, ACTIV NO SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV MAN |
| LEG CRAMPS | Try it out | ACTIVBODY SPRAY, ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV MG OIL LAVENDER 60 %, ACTIVBODY SPRAY |
| BLEEDING | Try it out | ACTIV FE, ACTIV B SPRAY, ACTIV AG SPRAY, |
| BLEEDING FROM THE GUMS | Try it out | ACTIV FE, ACTIV B SPRAY, ACTIV C CITRUS, ACTIV C LEMON GRASS, ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY |

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|------------------|------------|---|
| DANDRUFF | Try it out | ACTIV HAIR SPRAY, ACTIV CANNABIS SPRAY |
| OILY HAIR | Try it out | ACTIV HAIR SPRAY, ACTIV AG SPRAY, ACTIV 3 SPRAY |
| MENOPAUSE | Try it out | ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV MAGNESIUM OIL LAVENDER 60 %, ACTIV RELAX SPRAY, ACTIV NATURAL, ACTIV COLLAGEN, ACTIV ANTI CELLULITE, ACTIV C CITRUS, ACTIV C LEMON GRASS, ACTIV LYMPH, ACTIV WOMAN, ACTIV YOUNG |
| MENSTRUAL PAIN | Try it out | ACTIV HELP, ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV MAGNESIUM OIL LAVENDER 60 %, ACTIV BODY SPRAY, ACTIV RED GINSENG SPRAY, ACTIV WOMAN |
| MIGRAINE | Try it out | ACTIV HELP, ACTIV BODY SPRAY, ACTIV MAGNESIUM + B6 + K SPRAY (spray and massage on the temples and neck), ACTIV RED GINSENG SPRAY, ACTIV MAGNESIUM OIL LAVENDER 60% (bath), ACTIV WOMAN |
| BRUISE | Try it out | ACTIV BODY SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV B SPRAY, ACTIV FE |
| RHINITIS | Try it out | ACTIV MUCOL, ACTIV ANTI TUSSIN, ACTIV 3 StPRAY, ACTIV BOSWELLIA SPRAY, ACTIV AG SPRAY, ACTIV RED GINSENG SPRAY |
| INFLATION | Try it out | ACTIV 3 SPRAY, ACTIV HELP |
| HOT FLASHES | Try it out | ACTIV MAGNESIUM+B6+K SPRAY, ACTIV HELP, ACTIV BODY, ACTIV 3, ACTIV WOMAN |
| LACK OF APPETITE | Try it out | ACTIV 3 SPRAY, ACTIV B SPRAY |
| INSOMNIA | Try it out | ACTIV DREAM, ACTIV DREAM KIDS, ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV MAGNESIUM OIL LAVENDER 60 % |
| LOW PRESSURE | Try it out | ACTIV HELP, ACTIV B SPRAY, ACTIV MAN, ACTIV NO SPRAY, ACITV LIFE SPRAY |
| KIDNEYS | Try it out | ACITV HELP, ACTIV 3 SPRAY, ACTIV LYMPH, ACTIV BOSWELLIA SPRAY |
| COLD SORE | Try it out | ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV 3 SPRAY, ACTIV B SPRAY, ACTIV D3 + K2 SPRAY |
| OSTEOPOROSIS | Try it out | ACTIV BODY SPRAY, ACTIV MAGNESIUM OIL LAVENDER 60 %, ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV HELP, ACTIV D3 + K2 SPRAY |

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|-------------------------|------------|---|
| PYROSIS (HEARTBURN) | Try it out | ACTIV HELP |
| PERIODONTAL DISEASE | Try it out | ACTIV B SPRAY, ACTIV C CITRUS, ACTIV C LEMON GRASS, ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY |
| PARASITES | Try it out | ACTIV ANTI PARASITE, ACTIV 3 SPRAY, ACTIV AG SPRAY |
| LIVER | Try it out | ACTIV FE, ACTIV B SPRAY, ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV LIVER |
| MOLD | Try it out | ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV 3 SPRAY |
| BLISTERS ON THE FEET | Try it out | ACTIV BODY SPRAY, ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY |
| LUNGS | Try it out | ACTIV MUCOL, ACTIV ANTI TUSSIN, ACTIV 3 SPRAY, ACTIV AG SPRAY (inhale), ACTIV BOSWELLIA SPRAY, ACTIV BODY SPRAY (spray on back and chest) |
| BURNS | Try it out | ACTIV AG SPRAY, ACTIV CANNABIS, ACTIV BOSWELLIA SPRAY, ACTIV COLLAGEN, ACTIV B SPRAY, ACTIV D3 + K2 SPRAY |
| CRACKED SKIN | Try it out | ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV CANNABIS SPRAY, ACTIV COLLAGEN, ACTIV B SPRAY, ACTIV D3 + K2 SPRAY |
| PROSTATE | Try it out | ACTIV PROSTATE SPRAY, ACTIV MAN, ACTIV HELP, ACTIV LIFE SPRAY |
| PSORIASIS | Try it out | ACTIV CANNABIS SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV B SPRAY, ACTIV 3 SPRAY, ACTIV D3 + K2 SPRAY |
| WOUNDS | Try it out | ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV CANNABIS SPRAY |
| CUTTING INJURY | Try it out | ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV CANNABIS SPRAY, ACTIV HELP |
| REPELLENT | Try it out | ACTIV BODY SPRAY |
| DRY SKIN | Try it out | ACTIV COLLAGEN SPRAY, ACTIV NATURAL, ACTIV B SPRAY, ACTIV D3 + K2 SPRAY |
| MUSCLE SPAMPS | Try it out | ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV MAGNESIUM OIL LAVENDER 60 % (bath), ACTIV BODY SPRAY |
| STAFYLOCOCCUS | Try it out | ACTIV AG SPRAY, ACTIV 3 SPRAY |

| | | |
|---------------|------------|---|
| MEMORY LOSS | Try it out | ACTIV NO SPRAY, ACTIV MAN, ACTIV B SPRAY, ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV RED GINSENG SPRAY |
| ITCH | Try it out | ACTIV STOP ALLERGY +, ACTIV BOSWELLIA SPRAY, ACTIV AG SPRAY, ACTIV BODY SPRAY |
| STRETCH MARKS | Try it out | ACTIV COLLAGEN, ACTIV BOSWELLIA SPRAY, ACTIV CANNABIS SPRAY, ACTIV B SPRAY, ACTIV C CITRUS, ACTIV C LEMON GRASS, ACTIV ANTI CELLULITE |
| SUNBURN | Try it out | ACTIV COLLAGEN, ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV B SPRAY |
| TENNIS ELBOW | Try it out | ACTIV BODY SPRAY, ACTIV COLLAGEN, ACTIV HELP |
| FATIGUE | Try it out | ACTIV RED GINSENG SPRAY, ACTIV B SPRAY, ACTIV FE, ACTIV 3 SPRAY, ACTIV RELAX SPRAY, ACTIV MAN, ACTIV HELP, ACTIV LIFE SPRAY, ACTIV NO SPRAY, ACTIV D3 + K2 SPRAY, ACTIV YOUNG |
| HEAT STROKE | Try it out | ACTIV HELP, ACTIV B SPRAY, ACTIV D3 + K2 SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV 3 SPRAY |
| CLOGGED PORES | Try it out | ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV C CITRUS, ACTIV C LEMON GRASS |
| EAR PAIN | Try it out | ACTIV HELP, ACTIV BOSWELLIA SPRAY, ACTIV AG SPRAY, ACTIV BODY SPRAY (massage the cervical spine) |
| BEE STING | Try it out | ACTIV STOP ALLERGY +, ACTIV BOSWELLIA SPRAY, ACTIV AG SPRAY, ACTIV BODY SPRAY |
| ANXIETY | Try it out | ACTIV RELAX SPRAY, ACTIV LIFE SPRAY, ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV MAGNESIUM OIL LAVENDER 60%, ACTIV RED GINSENG SPRAY, ACTIV WOMAN |
| WRINKLES | Try it out | ACTIV NATURAL, ACTIV C CITRUS and ACTIV C LEMON GRASS (spray on the skin 2-5 times a day) |
| GALLBLADDER | Try it out | ACTIV HELP, ACTIV 3 SPRAY, ACTIV LIVER |

| | | |
|-------------------------------|------------|--|
| EXHAUSTION | Try it out | ACTIV RELAX SPRAY, ACTIV B SPRAY, ACTIV MAN, ACTIV LIFE SPRAY, ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV RED GINSENG SPRAY, ACTIV MAGNESIUM OIL LAVENDER 60 %, ACTIV YOUNG |
| HAIR LOSS | Try it out | ACTIV HAIR SPRAY, ACTIV B SPRAY, ACTIV D3 + K2 SPRAY, ACTIV 3 SPRAY |
| RASHES | Try it out | ACTIV B SPRAY, ACTIV D3+K2 SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV AG SPRAY, |
| HIGH BLOOD PRESSURE | Try it out | ACTIV MAN, ACTIV NO SPRAY, ACTIV MAGNESIUM + B6 + K SPRAY, ACTIV MAGNESIUM OIL LAVENDER 60 % |
| MUCUS HYPERSECRETION | Try it out | ACTIV MUCOL, ACTIV ANTI TUSSIN, ACTIV 3 SPRAY |
| INFLAMMATION | Try it out | ACTIV BOSWELLIA SPRAY, ACTIV AG SPRAY, ACTIV 3 SPRAY, ACTIV RED GINSENG SPRAY, ACTIV YOUNG |
| SINUSITIS | Try it out | ACTIV MUCOL ACTIV HELP, ACTIV BOSWELLIA SPRAY, ACTIV AG SPRAY, ACTIV BODY SPRAY (massage the temples and forehead) |
| GINGIVITIS | Try it out | ACTIV C CITRUS, ACTIV C LEMON GRASS, ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY |
| SORE THROAT | Try it out | ACTIV ANTI TUSSIN, ACTIV BOSWELLIA SPRAY, ACTIV AG SPRAY |
| INFLAMMATION OF URINARY TRACT | Try it out | ACTIV HELP, ACTIV 3 SPRAY, ACTIV B SPRAY, ACTIV C CITRUS, ACTIV C LEMON GRASS, ACTIV PROSTATE SPRAY, ACTIV WOMAN |
| EAR INFLAMMATION | Try it out | ACTIV HELP, ACTIV BOSWELLIA SPRAY, ACTIV AG SPRAY |
| DENTAL INFLAMMATION | Try it out | ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV HELP |
| CONSTIPATION | Try it out | ACTIV 3 SPRAY, ACTIV BODY SPRAY (massage around the navel) |
| SCARRING | Try it out | ACTIV COLLAGEN, ACTIV NATURAL, ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV CANNABIS, ACTIV D3 + K2 SPRAY |
| DENTAL INFECTION | Try it out | ACTIV AG SPRAY, ACTIV BOSWELLIA SPRAY, ACTIV HELP |
| STOMACH | Try it out | ACTIV HELP, ACTIV 3 SPRAY |

Sublingual sprays, their effects and dosage

ACTIV 3 SPRAY 30 ml

- immune system support
- improving immune response
- increases the body's defences
- keeps immunity in an active state - ready to fight infections
- prevention of viral and bacterial infections
- prevention of chronic and civilization diseases
- cancer prevention

Active ingredients: beta-glucans, triterpenes, enzymes, minerals (potassium, magnesium, calcium) from the fruiting bodies of oyster mushrooms, reishi and shiitake mushrooms,

Dosage: adults 2 sprays 3 x daily
children from 3 years old 2 sprays into the oral cavity 2 x daily

ACTIV ANTI PARASITE 100 ml

- effectively helps the body fight parasites that can disrupt immunity and become triggers for many diseases (including chronic ones)
- cleanses the digestive tract from microbial toxins
- has anthelmintic (anti-worm) and disinfectant effect
- has anti-inflammatory, antibacterial and antioxidant effects
- individual active ingredients act synergistically
- The product is suitable for a preventive antiparasitic and detoxification treatment once a year for a duration of three months.

Active ingredients: extract from unripe black walnut fruit, hydrolate from fragrant clove buds, hydrolate from lemon orange peel

Dosage: adults 2 sprays 3 x daily
children from 3 years old 2 sprays into the oral cavity 2 times a day

ACTIV ANTI TUSSIN 30 ml

- reduces cough irritation and promotes expectoration
- helps with inflammation of the upper respiratory tract

- relieves chronic and acute sore throat and respiratory tract pain effectively and immediately relieves sore throat, hoarseness
- has anti-inflammatory effects, helps with sinusitis, bronchitis
- helps with coughing
- is a disinfectant for the lungs and respiratory tract

Active ingredients: elderflower hydrolate, thyme hydrolate, plantain hydrolate and eucalyptus essential oil

Dosage: adults 2 sprays 3 x daily

children from 3 years old, 2 sprays into the oral cavity twice a day.

ACTIV B SPRAY 50 ml

- actively supplements and helps maintain optimal levels of B vitamins in the body
- B vitamins are important for the proper functioning of the nervous and immune systems
- helps prevent fatigue, stress and weakened immunity
- regular application supports healthy metabolism and cell regeneration
- ideal for everyday use, especially for vegetarians and vegans
- contributes to reducing fatigue and exhaustion
- supports the production of red blood cells
- contributes to the proper functioning of the psyche
- contributes to proper homocysteine metabolism and protein synthesis
- B vitamins, especially vitamin B12, are essential for the cell division

Active ingredients: vitamin B6 pyridoxine, vitamin B9 folic acid and vitamin B12 cobalamin

Dosage: adults 2-3 times a day 2 sprays into the oral cavity

children from 3 years 1-2 sprays into the oral cavity 2 times a day

ACTIV C CITRUS 50 ml

- It is indispensable for humans – the human body cannot create it, we only get it ready-made from food and nutritional supplements
- It is necessary to constantly replenish it for proper cell division so that regenerative and repair processes can take place properly – this helps prevent civilization and cancer diseases
- is an important antioxidant that protects the body from the effects of free radicals and aging

- increases the body's defenses against infections and viruses
- participates in the synthesis of collagen and its incorporation into body tissues – bones, cartilage, skin, teeth and gums
- contributes to skin regeneration and elasticity
- stimulates the production of white blood cells, aids wound healing
- is needed to regulate normal body growth
- protects against cardiovascular diseases

Active ingredients: ascorbic acid, acerola extract (*Malpighia emarginata*)

Dosage: adults 3 times a day 2-3 sprays into the oral cavity

children from 3 years 1-2 sprays into the oral cavity 2 times a day.

ACTIV D3 + K2 SPRAY 50 ml

- helps in the proper absorption of calcium and phosphorus
- maintains the correct level of calcium in the blood
- is important for bone and dental health in children and adults
- Supportive agent for osteoporosis
- effectively affects the proper function of muscles
- is irreplaceable for the proper functioning of the immune system
- supports a strong anti-inflammatory effect, especially in autoimmune diseases
- participates in cell division processes – helps proper cell division

Active ingredients: vitamin D3 – cholecalciferol, vitamin K2 – menaquinone (MK-7) and sunflower oil containing tocopherols (vitamin E)

Dosage: adults 1 x daily 2 sprays into the oral cavity

ACTIV DREAM 30 ml

- contributes to reducing the time it takes to fall asleep
- has a positive effect on healthy and restful sleep
- sleep is of high quality and uninterrupted
- relieves subjective feelings of fatigue by flying to a different time zone (jet lag)

Active ingredients: melatonin - "sleep hormone", anise hydrolate

Dosage: 2 sprays in the mouth before bedtime, hold for 30 seconds and swallow

ACTIV DREAM KIDS 30 ml

- contributes to reducing the time it takes to fall asleep
- has a positive effect on healthy and restful sleep
- sleep is of high quality and uninterrupted
- relieves subjective feelings of fatigue by flying to a different time zone (jet lag)

Active ingredients: melatonin "sleep hormone", star anise hydrolate

Dosage: children from 3 years of age 2 sprays in the mouth before bedtime, hold for 30 seconds and swallow

ACTIV FE 30 ml

- works effectively in iron deficiency in people with anemia
- replenishes iron stores and eliminates the symptoms of anemia
- restores energy levels
- thanks to the synergistic action of vitamin C and arginine, it can increase the absorption of iron into the body
- contributes to the transport of iron throughout the body
- suitable for vegetarians and vegans, does not contain ingredients of animal origin

Active ingredients: ferrous gluconate, arginine, vitamin C

Dosage: adults 2-3 sprays into the oral cavity 2-3 times a day

ACTIV HELP 30 ml

- A natural product that helps relieve pain in a natural way
- relieves fever
- effective against headaches, migraines, toothaches and muscle pain, rheumatism
- supports the overall well-being of the human body
- has an antiseptic effect
- has an anti-inflammatory effect
- helps with a wide range of pain
- effective against inflammation in the oral cavity and throat
- reduces the likelihood of developing arthritis and joint pain
- increases the pain sensitivity threshold with repeated use

Active ingredients: white willow bark extract, common rimbaba, 3hydrolate of clove, peppermint essential oil

Dosage: adults 3 times a day 2 sprays into the oral cavity
children from 3 years 2 times a day 2 sprays into the oral cavity.

ACTIV LIVER 50 ml

- improves liver regeneration
- contributes to the cleansing of the body
- effectively regenerates and detoxifies liver cells
- supports liver health and improves liver function
- has a positive effect on cholesterol metabolism

Active ingredients: phospholipids, choline, inositol, milk thistle, Ceylon cinnamon and vitamin E

Dosage: adults 3 times a day 2 sprays into the oral cavity
children from 3 years of age 1-3 times a day 1 spray

ACTIV LYMPH 50 ml

- effectively supports the function of the lymphatic system
- helps get rid of excess water in the body
- speeds up metabolism
- supports the removal of toxins and cellular waste from cells and from the body
- dehydrates the body
- supports proper kidney function
- helps control body weight
- it is suitable during hormonal changes and during menopause in women
- has a positive effect on the metabolism of sugars and fats
- Relieves swelling of the lower extremities

Active ingredients: extract of stinging nettle, horsetail, grayling, garden parsley and green tea

Dosage: 3-5 times a day 2 sprays into the oral cavity

ACTIV MAN 30 ml

- maximizes blood supply to the muscles and ensures an effective supply of oxygen, amino acids, glucose and NO
- ensures that the best possible performance is achieved
- it is effective during exercise, increases stamina
- improves muscle mass growth
- contributes to better production of creatine phosphate, a growth hormone
- contributes to better post-workout regeneration
- has a preventive effect against cardiovascular problems
- improves oxygen transport to all organs and tissues
- improves blood circulation
- helps remove pollutants such as ammonia
- increases the production of nitric oxide (NO) in the bloodstream in the long term
- has a positive effect on a firm erection (even repeatedly) and on its maintenance

Active ingredients: arginine alpha-ketoglutarate (AAK), citruline, malic acid

Dosage: adults 2-3 sprays a day into the oral cavity, or as needed

ACTIV MUCOL 30 ml

- has a wide range of health effects
- Powerful antioxidant
- counteracts the formation of free radicals
- effectively deworms the body and facilitates coughing
- Dilutes mucus in the respiratory tract
- effective against inflammatory diseases of the respiratory tract
- fights inflammation and infections
- increases glutathione levels and thus protects cells from oxidative stress
- helps protect the lungs, brain, heart and liver from toxic substances
- It has a protective effect on diseases such as:
 - o sinusitis
 - o laryngitis
 - o influenza
 - o bronchitis
 - o inflammation of the trachea – tracheitis
 - o bronchial asthma (bronchial asthma)
 - o cystic fibrosis (cystic fibrosis) adjunctive treatment

- According to the recommendations of veterinarians (due to the active substance), it is advisable to use it for the same or similar problems of pets - dogs and cats

Active ingredients: N-acetyl L-cysteine

Dosage: 2-3 times a day 2 sprays into the oral cavity

ACTIV PROSTATE SPRAY 50 ml

- has a positive effect on the prostate, urination and overall health of men
- effectively supports prostate health and normal urine stream
- with long-term use, improves the problem of "night urination"
- effectively supports sexual activity and performance
- maintains the proper function of the urinary tract and kidneys
- it is advisable to use it preventively

Active ingredients: extracts of serenoa (saw palmetto), nettle root, small-flowered willowherb root, tribulus terrestris root

Dosage: 2-3 times a day 2 sprays into the oral cavity

ACTIV RED GINSENG SPRAY 50 ml

- a powerful adaptogen, a superfood
- acts as an antioxidant
- actively slows down the aging of the body
- increases physical and mental performance
- improves concentration and coordination
- improves cognitive function
- neutralizes heavy metals
- has an anti-inflammatory effect
- significantly strengthens the immune system
- has a positive effect in the treatment of oncological diseases
- helps maintain mental balance
- improves resistance to fatigue
- acts as a natural aphrodisiac, improves erection

Active ingredients: Korean ginseng red root – Panax ginseng over 6 years old – extract

Dosage: 2-3 times a day 2 sprays into the oral cavity

ACTIV RELAX SPRAY 50 ml

- reduces stress and anxiety
- increases physical and mental performance, improves resistance to fatigue
- Improves post-exercise recovery
- helps relieve symptoms of depression - affects the levels of dopamine and serotonin in the brain
- improves sleep quality
- increases concentration
- strengthens immunity
- effectively supports thyroid health, which contributes to hormonal balance
- promotes good mood, overall health and well-being

Active ingredients: adaptogenic plants – ashwagandha extract (*Vitania intoxicating*) and rhodiola extract (*Rhodiola rosea*)

Dosage: 2-3 times a day 2 sprays into the oral cavity

ACTIV STOP ALLERGY + 30 ml

- alleviation of an allergic reaction to tree and herb pollen
- eliminates seasonal allergies – irritation and discharge from the eyes, swelling of the mucous membranes
- it is effective in an allergic reaction after an insect bite
- relieves the symptoms of asthma and excessive irritation of the mucous membranes

Active ingredients: methylated catechins from the leaves of the Chinese tea tree

Dosage: adults 3 x daily 2 sprays, children from 3 years 2 times a day 2 sprays into the oral cavity, or as needed

ACTIV WOMAN SPRAY 50 ml

- effectively affects the hormonal system of women
- helps to improve the mental and physical condition of the body during menopause
- it is suitable for improving hormonal activity for women of all ages

- increases a woman's activity in a natural way
- has a positive effect on libido
- effectively helps relieve urinary tract problems in women

Active ingredients: extracts of meadow clover (*Trifolium pratense*), Chinese ginseng (*Angelica sinensis*), alchemilla (*Alchemilla vulgaris*), lamb vitex (*Vitex agnus-castus*), damian (*Turnera diffusa*) and cranberry (*Vaccinium vitis-idaea*), vitamin C,

Dosage: 3-5 times a day two sprays into the oral cavity, for a long time.

ACTIV YOUNG SPRAY 50 ml

- supports the regeneration and vitality of the body.
- supports the maintenance of energy levels in cells
- contributes to rapid effective regeneration
- contributes to a longer lifespan of cells.
- supports the production of telomerase in cells and thus slows down the aging of cells and thus the whole organism
- In body care, it helps reduce inflammation and keeps the skin clean and fresh

Active ingredients: nicotinamide, d-ribose, astragalus extract

Dosage: 2-3 times a day 3 sprays into the oral cavity

Transdermal sprays, their effects and dosage

ACTIV AG SPRAY 50 ml

- Colloidal silver is considered a natural antibiotic (there is no bacterial resistance to it)
- Spray suitable for daily use for the whole family
- has antibacterial and antiviral effects
- has an anti-fungal effect
- It acts on pathogens (bacteria, viruses and fungi) by inhibiting cellular respiration in them
- helps with skin care – acne, eczema, rashes and irritation
- promotes wound healing – minor scratches and burns
- helps in the healing of inflammation of the gums and oral cavity
- is an ideal disinfectant for hands and surfaces
- In body care, it helps reduce inflammation and keeps the skin clean and fresh

Active ingredients: colloidal silver of controlled quality at a concentration of 20 ppm

Dosage: spray repeatedly on the affected area

ACTIV ANTI CELLULITE 150 ml

- helps remove the symptoms of cellulite, the so-called orange peel
- perfectly moisturizes, firms and increases skin elasticity
- pleasantly cools, induces a feeling of freshness and relaxation
- has a beneficial effect on the vascular system
- eliminates microvarices – spider veins that are located just below the surface of the skin
- With regular use, the effect increases
- helps reabsorb puffiness that is in the early stages of cellulite
- releases fats from fat cells into the bloodstream, where they can be eliminated or used as a source of energy

Active ingredients: ivy extract containing hederasaponins, rutin and coumarin - scopolin

Dosage: adults 1-2 times a day for the affected areas, preferably after a bath

ACTIV BODY SPRAY 150 ml

- effectively supports the regeneration of the musculoskeletal system
- relieves pain in muscles, tendons, bones and joints
- has a relaxing effect – relieves muscle tension
- has anti-inflammatory, antibacterial, analgesic and regenerative effects on the skin
- helps with the feeling of heavy legs
- relieves swelling and improves blood circulation in the lower extremities
- relieves pain in arthrosis, arthritis and back pain
- has beneficial effects on veins and blood vessels
- improves blood circulation on the surface of the body and thus facilitates the penetration of active substances to the affected area
- An excellent helper for regenerating the body after sports activities or after hard work
- helps to effectively relieve musculoskeletal pain in seniors
- Thanks to its active ingredients, it has an anti-inflammatory effect on tendons and joints
- absorbs quickly and leaves a pleasant, non-greasy feeling
- has strong repellent effects (repels insects)

Active ingredients: aescin, allantoin, boswellic acid, methylsulfonylmethane (MSM – beauty mineral, compound containing organically bound sulphur), panthenol, menthol, eucalyptus, camphor and rosemary essential oils

Dosage: 2-3 times a day on the affected area or as needed

ACTIV BOSWELLIA SPRAY 50 ml

- has strong anti-inflammatory and disinfectant effects
- contributes to the suppression of inflammation in arthrosis, rheumatoid arthritis, osteoarthritis, relieves joint swelling
- suitable for soothing eczema
- Boswellic acid acts as an analgesic
- stimulates the activity of the lymphatic system
- relieves the symptoms of cellulite
- has beneficial effects on the skin, smoothes small wrinkles, restores skin elasticity and reduces sebum production
- used for inhalation for asthma and respiratory problems
- helps with inflammation of the teeth, tooth roots and gums

Active ingredients: boswellic acid (frankincense extract)

Dosage: apply to the wrists or the affected area 2-3 times a day

ACTIV C LEMON GRASS 50 ml

- It is indispensable for humans – the human body cannot create it, we only get it ready-made from food and nutritional supplements
- It is necessary to constantly replenish it for proper cell division so that regenerative and repair processes can take place properly – this helps prevent civilization and cancer diseases
- is an important antioxidant that protects the body from the effects of free radicals and aging
- increases the body's defenses against infections and viruses
- participates in the synthesis of collagen and its incorporation into body tissues – bones, cartilage, skin, teeth and gums
- contributes to skin regeneration and elasticity
- stimulates the production of white blood cells, aids wound healing
- is needed to regulate normal body growth
- helps break down cholesterol from the liver
- protects against cardiovascular diseases

Active ingredients: ascorbic acid – vitamin C

Dosage: apply to the inside of the wrist or on the skin of the face 2-3 times a day

ACTIV CANNABIS SPRAY 150 ml

- It is suitable for daily care of dry, flaky, reddened skin. Atopic, itchy and irritated
- has significant antibacterial, anti-inflammatory and anti-allergic effects on the skin
- significantly contributes to skin regeneration
- It is very effective for different types of eczema
- improves the condition of problematic skin, skin and even the skin in the scalp
- It is also suitable for autoimmune diseases that also manifest themselves on the skin, such as psoriasis, atopic eczema, dermatitis

Active ingredients: hemp extract containing cannabidiol

Dosage: Apply 2 sprays to the affected area 3-5 times a day, or as needed

ACTIV COLLAGEN SPRAY 150 ml

- It works in the deeper layers of the skin, where it stimulates cell renewal and keeps the skin firm
- has a regenerative effect on cartilage, tendons and fascia (ligament structures on the surface of muscles)
- prevents rheumatism, arthritis, osteoporosis and pigment spots
- contributes to the elimination of knee and joint pain
- has a healing effect on injuries and regenerates damaged skin

Active ingredients: collagen, hyaluronic acid, natural vitamin C

Dosage: apply 2-3 sprays a day to the affected area 2-3 times a day

ACTIV HAIR SPRAY 150 ml

- improves blood circulation to the scalp and strengthens hair follicles
- contributes to better hair growth and vitality
- reduces hair loss and weakening
- Also suitable for use in alopecia in women (hormonal changes)
- regulates the activity of the sebaceous glands in the scalp
- helps against dandruff – disinfects the scalp of the scalp

Active ingredients: extracts of green tea, nettle, ginseng, Indian gooseberry, burdock, warty birch, colloidal zinc

Dosage: Apply 1-2 times a day to the scalp and massage gently

ACTIV LIFE SPRAY 150 ml

- effectively helps to improve overall physical performance
- has a refreshing and invigorating effect on the body
- induces mental balance
- awakens male strength and improves potency
- strengthens sexual libido in both men and women
- Provides energy in everyday life

Active ingredients: extracts of Tribulus terrestrium, Peruvian watercress (maca), Asian omnivorous (ginseng), medicinal scab (maral), guarana, damian and rhodioli

Dosage: apply to the pulse site 3-5 times a day for 2 sprays

ACTIV MAGNESIUM + B6 + K SPRAY 150 ml

- synergistic effect of the individual components of the product
- effectively reduces the feeling of exhaustion and fatigue
- helps the proper functioning of the nervous system, muscles, teeth and bones
- is important for maintaining a good psyche
- contributes to proper metabolism, which is important for energy production
- It is important for maintaining and properly setting the immune system
- effective and fast for cramps in the body, especially in the legs
- Magnesium is an indispensable mineral that is found in every cell of our body, it is responsible for the proper course of more than 300 chemical processes in the human body, including protein synthesis
- it is needed for the synthesis of DNA and RNA
- It plays a role in the active transport of calcium and potassium ions across cell membranes – this process is important for the functioning of nerve impulses, muscle contraction and normal heart rhythm
- Potassium also helps maintain proper blood pressure

Active ingredients: Magnesium chloride, pyridoxine (B6), potassium chloride (K)

Dosage: adults 3 -4 times a day 2-3 sprays. children from 3 years 1-2 times a day 1–2 sprays applied to the pulse site or to affected area (e.g. cramps)

ACTIV NATURAL SPRAY 150 ml

- effectively replenishes collagen, hyaluronic acid and vitamin C into the subcutaneous tissue
- supports the production of your own collagen
- moisturizes the skin – hyaluronic acid increases the "density" of the skin by binding water and the skin looks visibly plumped, tight, wrinkles are less visible
- has strong antioxidant effects, which eliminates free radicals
- vitamin C brightens the skin
- counteracts the formation of pigment spots

Active ingredients: hydrolyzed marine collagen, hyaluronic acid and vitamin C

Dosage: 2 - 3 x daily 1 - 2 sprays on the skin

ACTIV NO SPRAY 150 ml

- contains the amino acid L-arginine, which is involved in the formation of nitric oxide (NO) in the body
- effectively regulates blood pressure, improves the elasticity of blood vessels and veins
- helps in maintaining the good condition of the cardiovascular system
- helps to significantly improve blood circulation in muscles, soft tissues
- dilates blood vessels
- ensures better transport of nutrients and vitamins to the peripheral parts of the body and thus helps to increase energy for the whole body
- effectively reduces the level of homocysteine in the blood and thus reduces the risk of cardiovascular disease and heart attack

Active ingredients: AAKG (arginine alpha ketoglutarate), citrulline, betaine HCl

Dossage: Apply 2-3 times a day 2-3 sprays to the wrist or affected area, or as needed

TABLETS VS SPRAYS:

| | TABLETS | SUBLIGAL SPREE | TRANSDERMAL SPREE |
|----------------------------|-------------|-----------------|-------------------|
| Absorption | 20 % | 100 % | 96 % |
| onset of action | 30 minutes | 1-2 minutes | 5-10 minutes |
| digestion | burdens | does not burden | does not burden |
| Absorption disorder | ineffective | effective | effective |
| Price | Higher | Lower | Lower |

MODEL EXAMPLE OF DOSE AND PRICE COMPARISON - MAGNESIUM:

| | Tablets with the same amount of active ingredient in a daily dose | ACTIV MAGNESIUM +B6+K SPRAY |
|---|---|-----------------------------|
| 100% of the daily dose | 375 mg | 375 mg |
| Daily dose | 7 tablets | 12 Sprays |
| Packaging | 56 tablets | 1100 sprays |
| Package price | 4.90 - 5.90 Eur | 37.88 Eur |
| Number of daily servings in the package | 8 | 91,6 |
| Price of the daily allowance | 0.61 – 0.73 Eur | 0,42 Eur |
| The real price of the daily allowance taking into account 20% absorption from tablets | 3.05 – 3.65 Eur | 0,42 Eur |

In addition to the prices, there is an extra benefit with transdermal magnesium: simple application to the pulse site, as well as topical application to the affected area

Conclusion

Transdermal and sublingual sprays are innovative and effective methods of drug delivery that bring many advantages over traditional forms of treatment. Due to their ability to bypass the gastrointestinal tract and provide a rapid onset of action, these methods improve patient comfort and the effectiveness of therapy. Further development of these technologies is expected in the future, which will allow for wider use of transdermal and sublingual sprays. In the near future, personalized medicine will come to the fore, which will use these technologies to tailor treatment to the specific needs of individual patients. New formulations and new approaches to the method of application can be used to offer patients maximum comfort and efficiency, while minimizing side effects.

We believe that with the help of nutritional supplements – sprays from ACTIVSTAR, you will prevent health problems, help yourself solve health problems that have already arisen, and thus ensure an even more beautiful and fulfilling life.

We will be very happy to help you on your way to health.

Your ACTIVSTAR

Notifications:

- I.: The information in this guide is for educational purposes only. None of the statements in this guide are taught as a prescription or instruction to heal or prevent any injury or disease. Do not use the information in this guide as a substitute for medical consultation. If you have a medical condition, including illness or injury, that requires medical attention, seek professional health care.
- II.: According to Regulation (EC) No 1924 of 2006, no nutrition and health claims other than those authorised may be attributed to any food supplements. This information tells you about the general effects of individual ingredients, which you can read about in encyclopedias and educational literature. All the above information on nutrition and health claims is a set of information freely accessible from domestic and foreign information sources and does not provide evidence of the actual action of food supplements or their nutritional and medicinal effects. If the consumer wants accurate information supported by professional and scientific studies, it is important to get acquainted with it through all available professional sources. Possible positive as well as undesirable effects of a dietary supplement should always be consulted with your doctor in advance before use!