

# PHYTOPHARMACY for Urogenital Health

ALIVIT<sup>pharm</sup>



## THE UROGENITAL TRACT FUNCTIONAL SYSTEM OF SYSTEMIC IMPORTANCE

PHYTOTHERAPY, WITH ITS ANTIMICROBIAL, ANTI-INFLAMMATORY, AND IMMUNE-BOOSTING PROPERTIES, IS A VALUABLE SOLUTION IN COMBATING URINARY INFECTIONS AND ANTIBIOTIC RESISTANCE.

THE SCIENCE BEHIND PHYTOTHERAPEUTIC MALE HEALTH SUPPLEMENTS

botanical treasures offer a wide range of bioactive compounds that contribute to health and wellness.

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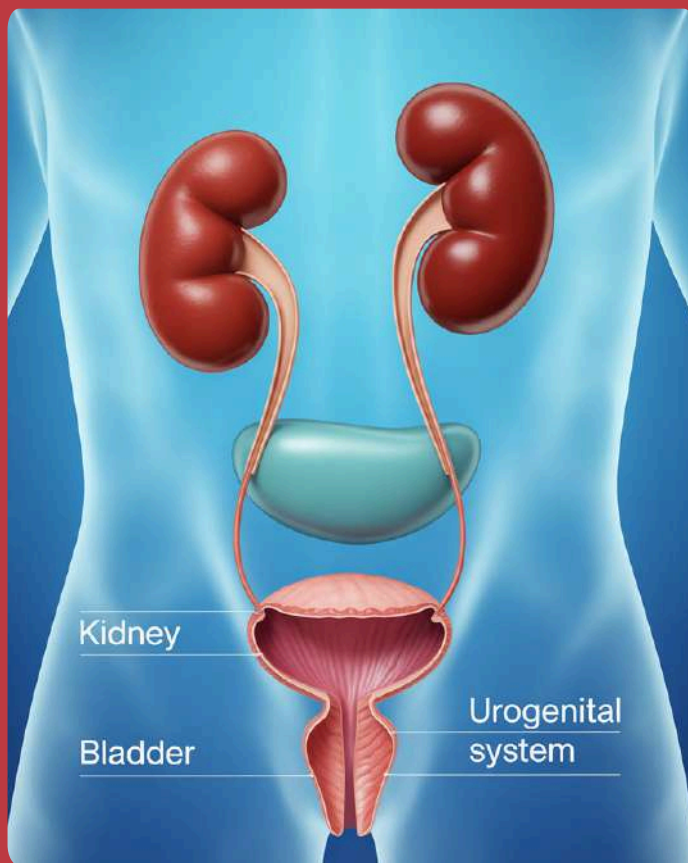
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# Introduction:

The urogenital tract consists of a set of interconnected organs that play a crucial role in maintaining the body's homeostasis, regulating body fluids, eliminating metabolic waste, and ensuring reproductive function. Although the urinary and reproductive systems are often studied separately, their close anatomical connection and physiological interaction justify a unified approach when it comes to preserving their functionality and health.

The urinary system includes the kidneys, ureters, bladder, and urethra. Its primary function is blood filtration, elimination of harmful metabolic byproducts, and regulation of fluid volume and composition. Through this sophisticated mechanism, the body maintains optimal levels of electrolytes, acid-base balance, and blood pressure. Any changes in the efficiency of this system affect not only the local level but also the overall state of the body, including the cardiovascular, nervous, and endocrine systems.

The reproductive system, in both men and women, performs functions that are not solely related to fertility but also to hormonal regulation, maintenance of secondary sexual characteristics, and immune processes. In men, the prostate and testes, in addition to their role in semen production and hormone secretion, also participate in the systemic protection of tissues through the secretion of bioactive substances. In women, the complex mechanisms of the ovaries and uterus operate in synchrony with central hormonal axes, indicating the deep connection between reproductive health and overall bodily well-being.

The functional stability of the urogenital tract depends on a range of factors: balanced hormonal regulation,

a healthy vascular system, optimal smooth muscle tone, immune resistance, and biochemical tissue homeostasis. The maintenance of this balance relies on proper nutrition, a healthy lifestyle, and the availability of targeted systemic support, particularly through bioactive compounds of natural origin. In this context, modern phytopharmacy offers valuable insights into the power of the plant world, with bioactive components that can be successfully integrated into formulations with a precisely defined goal: supporting urinary tract function, protecting prostate tissue, preserving hormonal stability, and enhancing physiological endurance.

It is in this spirit that modern natural preparations have been developed, acting synergistically with physiological processes in the body without disturbing the delicate biochemical balance. Such products, based on carefully selected plant extracts, oils, and micronutrients, are increasingly playing an important role in supporting urogenital health.

In the following segments, we will present products whose composition, pharmacological properties, and targeted application contribute to the preservation of urogenital system integrity, improvement of its functions, and support for the body in the everyday challenges of modern life.

# Understanding Urogenital System Functions

## Urinary System

It filters the blood and eliminates waste products through a sophisticated mechanism that maintains optimal electrolyte levels, acid-base balance, and blood pressure.

Changes in the efficiency of this system affect not only its local function but also the cardiovascular, nervous, and endocrine systems.

## Reproductive System

Performs functions beyond fertility, including hormonal regulation and maintenance of secondary sexual characteristics.

In men, the prostate and testes participate in systemic tissue protection through bioactive substance secretion. In women, the ovaries and uterus synchronize with the central hormonal axes.

## Functional Stability

It depends on balanced hormonal regulation, a healthy vascular system, optimal smooth muscle tone, immune resistance, and biochemical tissue homeostasis.

These functions are maintained through proper nutrition, a healthy lifestyle, and targeted systemic support from bioactive compounds of natural origin.

## Advances in Phytopharmacy for Urogenital Health

In this context, modern phytopharmacy provides valuable insights into the power of the plant kingdom, offering bioactive compounds that can be successfully integrated into formulations with clearly defined objectives:



supporting urinary tract function, protecting prostate tissue, preserving hormonal balance, and enhancing physiological resilience. Modern natural preparations have thus been developed in line with this approach, acting synergistically with the body's physiological processes without disrupting its delicate biochemical balance. Such products, based on carefully selected plant extracts, essential oils, and micronutrients, are playing an increasingly important role in the support of urogenital health.

In the following sections, we will present products whose composition, pharmacological properties, and targeted application contribute to maintaining the integrity of the urogenital system, improving its functions, and supporting the body in meeting the everyday challenges of modern life.

## Challenges The Role of Phytotherapy in Modern Approaches

## Urinary Infections

Urinary infections (UIs) are among the most common infectious syndromes encountered in clinical practice, particularly in women, where the lifetime prevalence reaches 50–60%. The predominant etiological agent is *Escherichia coli*, identified as the primary pathogen in over 80% of lower urinary tract infections. In addition to *E. coli*, other microorganisms—such as *Klebsiella* spp., *Proteus mirabilis*, *Enterococcus faecalis*, and, in immunocompromised patients, fungi from the *Candida* genus—are increasingly identified as causative agents.

An imbalance in these protective mechanisms—whether due to hormonal changes (e.g., menopause), disturbances in the vaginal flora, frequent urinary tract manipulations (e.g., catheterization), or excessive antibiotic use—can facilitate the colonization of the uroepithelium by pathogenic microorganisms and lead to the development of infection.

Such imbalances compromise the local immune response and disrupt the natural antimicrobial environment of the urogenital tract, making it more susceptible to both recurrent and complicated infections. In particular, estrogen deficiency in postmenopausal women leads to thinning of the urogenital epithelium, reduced glycogen content, and a decline in lactobacilli, all of which favor pathogen overgrowth. Additionally, repeated instrumentation or antibiotic exposure can alter microbial diversity and impair mucosal integrity, further increasing infection risk.

## Microbial Balance, and Therapeutic

A healthy urinary tract has sophisticated local protective mechanisms, including:

- A physiological microbiota that competes with pathogens,
- Uroepithelial cells with receptors that prevent microbial adherence,
- Antimicrobial peptides, such as defensins and uromodulin,
- Local immune responses dependent on IgA secretion and urological homeostasis.





# Antibiotic Resistance: An Escalating Therapeutic Challenge

One of the most serious issues in the modern treatment of urinary infections is the increased bacterial resistance to antibiotics, particularly in recurrent cases. Often caused by inappropriate and excessive prescribing of antibiotics, this phenomenon leads to the selection of multi-resistant strains, which become therapeutically challenging to eradicate.

Most Common Forms of Resistance Include:

- Production of extended-spectrum beta-lactamases (ESBL) by *E. coli* and *Klebsiella* spp.,
- Intrinsic and acquired vancomycin resistance in enterococci,
- Formation of biofilms, which enable microorganisms to survive therapeutic antibiotic concentrations.

Plant extracts act through multiple mechanisms simultaneously (multi-target effect), reducing the likelihood of resistance development compared to conventional antibiotics.



In light of growing resistance, phytotherapy is playing an increasingly important role in the therapeutic approach, both in prevention and as an adjunct to conventional treatment for mild to moderate urinary infections (UI). Clinical trials and pharmacological research are progressively supporting the effectiveness of herbal preparations, whose active compounds work by inhibiting pathogen adhesion, offering mild antibacterial effects, modulating the immune response, and maintaining the microbiological balance of the urinary tract mucosa.

## Key Benefits of Phytotherapeutic Preparations Include

### Low risk of developing resistance



Plant extracts act through multiple mechanisms simultaneously (multi-target effect), reducing the likelihood of resistance development compared to conventional antibiotics.

### Enhanced antibiotic efficacy



Herbal preparations can increase the effectiveness of antibiotics through synergistic effects, improving the penetration of active substances and supporting targeted action.

### Preservation of saprophytic flora



Phytotherapeutic treatments help maintain the beneficial microorganisms in the urinary tract, which are essential for the long-term stability of the urological barrier and overall health.

### Safety for long-term use



Phytotherapeutic preparations are generally safe for extended periods, making them especially beneficial for patients with recurrent urinary infections or those requiring ongoing therapy.

# Alisept: The Synergy of Natural Plant Extracts in the Fight Against Urinary Tract Infections

In modern clinical practice, there is an increasing need for effective, safe, and long-term sustainable solutions for the prevention and treatment of urinary infections (UI), particularly in the context of growing antimicrobial resistance and the need to preserve the microbiological homeostasis of the urinary tract. Alisept is a modern phytopharmaceutical developed in line with contemporary pharmacological principles and clinical phytotherapy experiences. It is formulated as a complex blend of oily extracts from plants and essential oils, whose synergistic action provides multi-layered support for the urinary system while preserving its natural physiological and microbiological balance.



## Mechanisms of Action of the Key Ingredients in Alisept:

### Oily Extract of Garlic Bulb (*Allium sativum*)

Garlic is known for its potent antimicrobial potential, attributed to allicin, a bioactive component released when the plant's tissues are damaged. Allicin exerts bactericidal effects by disrupting bacterial cell membrane synthesis and inhibiting enzymes essential for microorganism survival. This activity covers a wide range of pathogens, including antibiotic-resistant strains. Garlic helps prevent bacterial colonization of the bladder and urethral mucosa and has immunomodulatory effects by stimulating phagocytic activity and IgA secretion, enhancing mucosal defense.

### Oily Extract of Parsley Leaf (*Petroselinum crispum*)

Parsley contains active phytoconstituents like flavonoids, apiol, and myristicin, which exert mild diuretic effects and promote the mechanical flushing of microorganisms from the urinary tract. Its anti-inflammatory properties help reduce edema, pain, and irritation, and support tissue repair.

### Oily Extract of Peppermint Leaf (*Mentha piperita*)

Peppermint contains menthol and terpenes that reduce muscle spasms, relieve discomfort, promote diuresis, and calm inflamed tissues.

### Oily Extract of Cornelian Cherry Fruit (*Cornus mas*)

Cornelian cherry contains flavonoids, anthocyanins, and tannins that inhibit bacterial enzymes, reduce inflammation, and promote mucosal regeneration. This contributes to faster recovery and reduced recurrence.

### Oily Extract of Horseradish Root (*Armoracia rusticana*)

Iso-thiocyanates and glucosinolates in horseradish have antiseptic and diuretic effects, improve microcirculation, and support immune response. They relieve dysuria and suprapubic pain.

### Oily Extract of Cranberry Fruit (*Vaccinium macrocarpon*)

Cranberry's proanthocyanidins prevent *E. coli* adhesion to uroepithelial cells, helping to prevent recurrence. Its antioxidant and anti-inflammatory actions protect tissues and enhance therapy outcomes.

### Oily Extract of Oregano Herb (*Origanum vulgare*)

Rich in carvacrol and thymol, oregano disrupts bacterial biofilms and increases antibiotic efficacy by enhancing penetration. It also has anti-inflammatory and analgesic effects.

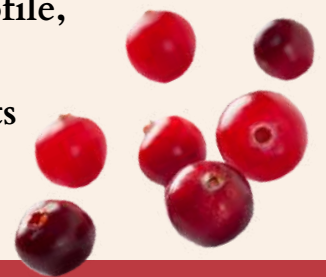


# Mechanisms of Action of the Key Ingredients in Alisept:

- **Antimicrobial Effect:** Inhibits the growth and reproduction of urinary pathogens, including biofilm-forming bacteria.
- **Anti-adhesive Effect:** Prevents bacterial adhesion to the uroepithelium.
- **Immunomodulation:** Enhances both local and mucosal immunity.
- **Anti-inflammatory Action:** Promotes mucosal regeneration and reduces inflammation.
- **Increased Urine Volume:** Stimulates diuresis, helping to flush pathogens and inflammatory mediators.
- **Synergy with Antibiotics:** Enhances antibiotic efficacy, reduces required doses, and lowers the risk of resistance.



Alisept exhibits a complex pharmacological profile, encompassing the following key aspects



Alisept is a rationally formulated phytopreparation with clearly defined pharmacological mechanisms, making it clinically justified for use in the prevention and treatment of urinary infections. Its multi-faceted approach not only provides therapeutic benefits but also ensures long-term protection of the urinary tract, while preserving its natural microbiological balance. As such, Alisept serves as an effective adjunct to conventional therapy and an important tool in integrative nephro-urological protection.

# Prostate Health: A Key Component of Male Urogenital Health

Prostat and Prostat Plus

are natural formulations that harness the power of plant extracts for effective and safe support of prostate health, reducing symptoms of BPH and prostatitis, improving urinary function, and alleviating symptoms of incontinence.



The prostate is a gland with a crucial role in male reproductive and urogenital health. It is responsible for producing seminal fluid, which is essential for fertility, as well as for the optimal functioning of the urinary system. As men age, many experience prostate issues such as benign prostatic hyperplasia (BPH) and prostatitis. BPH is the most common prostate disorder and can cause various discomforts, including difficulty urinating, frequent urination, reduced urine flow, nocturia, and incontinence. Prostate health becomes especially important with age, and herbal medicine, such as phytotherapy, plays a key role in complementing conventional treatments.

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# Prostat: The Primary Defense in Supporting Prostate Health

## Fresh Garlic Extract (*Allium sativum*)

Garlic is one of the most extensively studied plant-based ingredients for supporting prostate health. Its key active compound, allicin, exhibits well-documented antibacterial, anti-inflammatory, and antioxidant properties. Allicin helps reduce the production of dihydrotestosterone (DHT)—a hormone that plays a central role in stimulating prostate enlargement. By lowering DHT levels, garlic may contribute to reducing prostate size and alleviating common symptoms such as urinary hesitancy, nocturia (frequent nighttime urination), and urinary incontinence. Furthermore, garlic protects prostate cells by reducing oxidative stress, a major contributor to chronic inflammation and cellular damage within the prostate.

## Fermented Garlic Extract

Fermented garlic demonstrates superior antioxidant potency compared to fresh garlic, primarily due to the formation of S-allyl-L-cysteine (SAC)—a compound known for its enhanced anti-inflammatory and antioxidant activity. SAC helps reduce prostate inflammation and protects prostate cells from oxidative damage. Moreover, the fermentation process increases the bioavailability of active compounds, thereby enhancing their therapeutic effectiveness, particularly in conditions involving chronic inflammation.

## Pumpkin Seed Oil (*Cucurbita pepo*)

Pumpkin seed oil is a rich source of phytosterols, particularly  $\beta$ -sitosterol, which competes with dihydrotestosterone (DHT) for binding to androgen receptors in the prostate. This competitive inhibition reduces DHT activity, thereby suppressing prostate enlargement. In addition,  $\beta$ -sitosterol helps improve the tone of the urinary tract, alleviating discomfort and reducing bladder pressure. The oil's antioxidant content further supports urinary function, helping to reduce incontinence symptoms by enhancing urinary control and lowering frequency.



# Prostat: Complementary Mechanisms of Action

Prostat combines active ingredients that work synergistically to support prostate health by reducing inflammation, inhibiting prostate enlargement, improving urinary function, and alleviating symptoms of incontinence. Fresh and fermented garlic extracts deliver potent antimicrobial and anti-inflammatory effects, protecting the prostate from infection and oxidative stress. Pumpkin seed oil, a natural source of  $\beta$ -sitosterol, inhibits dihydrotestosterone (DHT) binding in the prostate, helping to reduce symptoms of benign prostatic hyperplasia (BPH). Its additional benefits on urinary tract tone contribute to decreased urination frequency and improved bladder control. This synergy forms a comprehensive phytotherapeutic approach, offering natural and effective support for prostate and urinary health.

## Comprehensive Natural Support for Prostate Health

Prostat is a thoughtfully formulated phytotherapeutic supplement that combines powerful natural ingredients to support prostate and urinary tract health. Its synergistic action targets the root causes of discomfort while promoting long-term wellness.

Fermented and fresh garlic extracts deliver strong antimicrobial and anti-inflammatory properties, helping to defend the prostate against infections and oxidative damage. Pumpkin seed oil, rich in  $\beta$ -sitosterol, blocks DHT binding in the prostate, helping to relieve symptoms of benign prostatic hyperplasia (BPH). The formula enhances urinary tract tone, reducing urgency and improving control, especially important for men with age-related urinary symptoms.





# Prostat Plus: Advanced Support for More Severe Prostate Symptoms

When prostate symptoms become more severe or conventional therapy is no longer sufficient, Prostat Plus offers enhanced support through a broader spectrum of plant-based extracts with advanced therapeutic effects.

## Fermented Garlic Extract

As previously described, fermented garlic provides robust anti-inflammatory and antioxidant effects, reduces oxidative stress, and supports prostate health even in more advanced stages. It also helps regulate DHT levels to prevent further prostate enlargement and alleviate symptoms.

## Turmeric Root Extract (*Curcuma longa*)

Turmeric contains curcumin, a powerful anti-inflammatory and antioxidant agent. Curcumin inhibits pro-inflammatory cytokines and enzymes such as cyclooxygenase-2 (COX-2), reducing inflammation and prostate volume. Studies also suggest curcumin may inhibit prostate cancer cell proliferation, offering potential preventive benefits.

## Nettle Root Extract (*Urtica dioica*)

Nettle root is traditionally used in prostate therapy. Its phytosterols, especially  $\beta$ -sitosterol, inhibit 5-alpha-reductase—the enzyme responsible for DHT synthesis. This mechanism helps suppress excessive prostate growth and associated inflammation.

## Willowherb Extract (*Epilobium parviflorum*)

Willowherb offers anti-inflammatory and antimicrobial properties that reduce prostate inflammation, prevent infection, and alleviate pain associated with BPH and prostatitis. It may also inhibit benign prostate cell proliferation.

## Zinc and Selenium

Zinc is vital for antioxidant defense and inflammation control in the prostate, while selenium protects cells from oxidative damage and may lower prostate cancer risk. Together, they provide essential micronutrient support for prostate integrity and function.

## Piperine (Black Pepper Extract)

Piperine enhances the bioavailability of other active ingredients, amplifying the therapeutic efficacy of the entire formulation.



# Complementary Mechanisms of Action of Prostat Plus

Prostat Plus harnesses the synergistic effects of plant extracts, minerals, and bioactive compounds to address more advanced prostate issues. Fermented garlic and turmeric combat inflammation and oxidative stress. Nettle and willowherb inhibit DHT synthesis, reduce prostate volume, and relieve pain.  $\beta$ -sitosterol supports hormonal balance, while zinc and selenium contribute to antioxidative protection and cancer prevention. Piperine boosts overall bioavailability, making Prostat Plus an ideal choice for advanced, multifactorial prostate support.

Both Prostat and Prostat Plus offer safe, natural solutions for managing BPH, prostatitis, and incontinence. They use well-established phytotherapeutic ingredients with minimal risk of side effects, providing targeted therapeutic action without the drawbacks of synthetic drugs.

## Comprehensive Formula ideal for Multifactorial, Advanced Prostate care



These supplements can be safely used alongside standard therapies for BPH or prostatitis, enhancing therapeutic outcomes while reducing medication-related side effects. For individuals with mild to moderate incontinence, Prostat and Prostat Plus improve urinary control, reduce frequency and urgency, and support a better quality of life.

Their carefully selected plant-based composition makes them a natural, safe, and effective choice for men seeking to protect and enhance their prostate and urinary tract health.

Importantly, Prostat and Prostat Plus do not interfere with PSA (prostate-specific antigen) levels, unlike many conventional treatments. This ensures accurate monitoring of prostate health and early detection of potential issues, including prostate cancer.



# Potent Max – Synergistic Herbal Support for Male Urogenital Health

In modern clinical practice, there is a growing need for formulations that address male urogenital dysfunctions both physiologically and comprehensively. Erectile dysfunction, hypogonadism, low libido, and subfertility are increasingly common among men of reproductive age. These conditions are often multifactorial, with contributing factors including hormonal imbalances, oxidative stress, circulatory impairment, and reduced tissue sensitivity to androgens. Potent Max is a comprehensive phytotherapeutic formulation specifically designed to target these mechanisms simultaneously.

## Diosgenin from Fenugreek – Aromatase Inhibition and Synergy with Protodioscin

To increase efficacy across a broader population, Potent Max includes diosgenin—a steroidal saponin from fenugreek (*Trigonella foenum-graecum*). Diosgenin inhibits aromatase, preventing testosterone conversion to estradiol. This supports higher free testosterone levels, enhancing protodioscin's action, even in non-responders.

## Fermented Garlic – NO Synthesis and Testicular Protection

Fermented garlic (*Allium sativum*), standardized for S-allyl cysteine (SAC), promotes nitric oxide (NO) synthesis, improving penile microcirculation—essential for erection. Its antioxidant action reduces oxidative stress in Leydig cells, supporting testosterone production. Research shows fermented garlic may increase testosterone by up to 35%, and improve sperm count, motility, and morphology.

## Tribulus Terrestris – Potential and Therapeutic Limitations

Tribulus terrestris contains protodioscin, a furostanol saponin that indirectly stimulates testosterone synthesis by increasing luteinizing hormone (LH) secretion. However, up to 30% of men may not respond to protodioscin, likely due to genetic variability in aromatase activity and functional differences within the hypothalamic–pituitary–gonadal (HPG) axis.

## Expression of Androgen Receptors – Increasing Tissue Sensitivity

Testosterone's effectiveness depends on the presence and sensitivity of androgen receptors (AR). Protodioscin and diosgenin enhance AR expression in target tissues, increasing sensitivity to androgens and amplifying effects on libido, energy, spermatogenesis, and muscle strength.



Supports testosterone, libido, fertility, and energy naturally and safely.

Ideal for active men and those planning fatherhood.

# Potent Max

is a precisely formulated supplement that acts on multiple physiological levels: it stimulates the hormonal axis, inhibits aromatase, enhances tissue sensitivity to androgens, and supports vascular function and antioxidant defense. It is particularly beneficial for men experiencing erectile dysfunction, low libido, hormonal imbalance, or subfertility. Additionally, it serves as a safe and natural anabolic support for athletes and physically active men, without the risks associated with synthetic agents. Importantly, Potent Max also provides rational and safe reproductive support for men planning fatherhood, helping to preserve fertility and maintain optimal urogenital function.

Potent Max is a powerful, natural solution designed to support male sexual and reproductive health on multiple levels. By enhancing testosterone production, improving circulation, boosting libido, and protecting fertility, it offers effective and safe support for men facing challenges like low energy, reduced performance, or hormonal imbalance. Ideal for active men and those planning fatherhood, Potent Max helps restore confidence, vitality, and overall urogenital health without side effects.



Potent Max is a safe, natural anabolic stimulant for athletes and active individuals, offering performance benefits without harmful side effects.



It also supports muscle growth and is suitable for both, men and women looking to enhance their physical strength and overall fitness.





# The Science Behind Phytotherapeutic Male Health Supplements

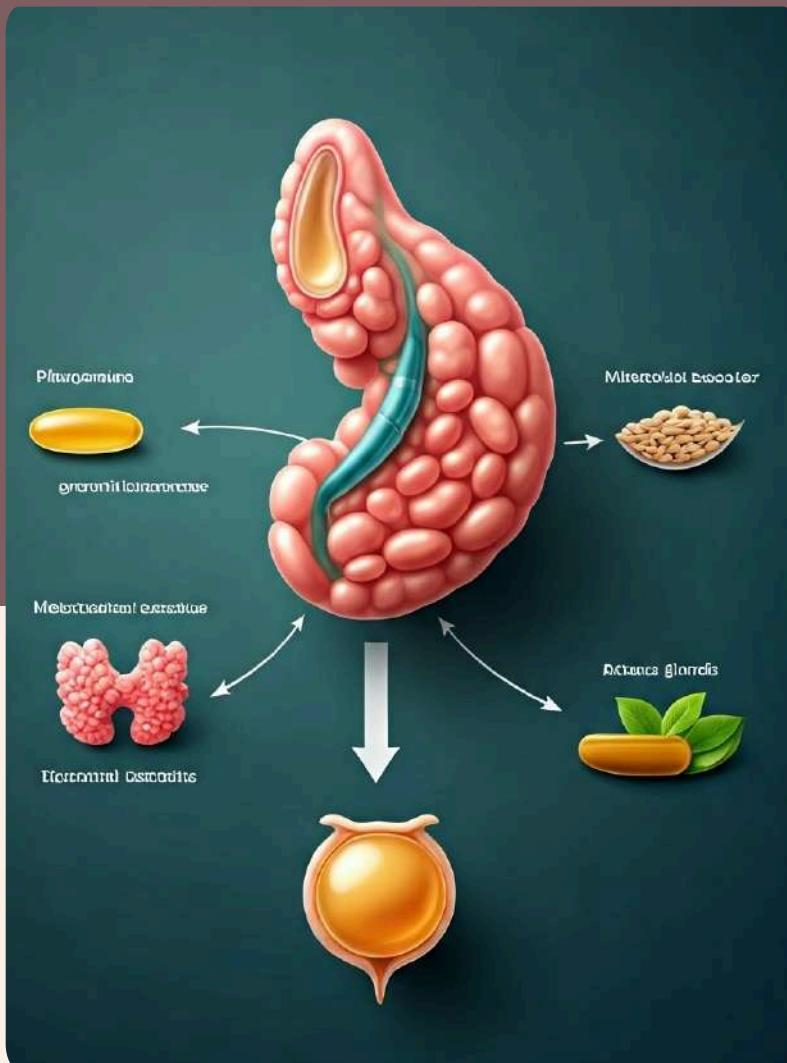
## Prostat, Prostat Plus and Potent Max

represent a comprehensive, natural approach to male health, focusing on the prostate, hormonal balance, fertility, and sexual function. These expertly formulated supplements are based on clinically relevant plant extracts and bioactive compounds that work synergistically to target key mechanisms involved in benign prostatic hyperplasia, prostatitis, erectile dysfunction, low libido, and subfertility.

By integrating anti-inflammatory, antioxidant, hormone-modulating, and circulatory-enhancing effects, they provide multi-layered support for the male urogenital system. Importantly, they do so without interfering with PSA levels, ensuring accurate monitoring of prostate health. Their natural origin makes them safe for long-term use, with minimal risk of side effects.

Together, they offer a scientifically grounded, phytotherapeutic strategy for men who seek to maintain or restore vitality, protect their prostate, enhance reproductive capacity, and support urinary and sexual function naturally, effectively, and safely.

Male urogenital health is influenced by a complex interplay of hormonal regulation, prostate function, vascular health, and cellular protection. Modern scientific research increasingly supports the role of phytotherapy plant-based medicine as a safe, effective, and multifactorial strategy for addressing common male health concerns such as benign prostatic hyperplasia (BPH), prostatitis, erectile dysfunction, low testosterone, and subfertility. Phytotherapeutic supplements like Prostat, Prostat Plus, and Potent Max are formulated using plant extracts with clinically studied bioactive compounds. These natural agents work synergistically to reduce inflammation, regulate hormone metabolism, enhance blood flow, and protect against oxidative stress, without disrupting PSA levels or causing the side effects commonly associated with synthetic drugs. Backed by science and rooted in nature, these supplements offer a rational and integrative approach to preserving and restoring male vitality and reproductive health.



2025


# SYNERGY IN SUPPLEMENTS

WHAT DOES INGREDIENT SYNERGY MEAN IN A SUPPLEMENT?

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SYNERGY MEANS BETTER RESULTS WITH LOWER DOSES

SMART COMBINATIONS – THE BODY RESPONDS BETTER TO  
TEAMWORK THAN TO RANDOMNESS



The true efficacy of a supplement lies not only in its ingredients, but in the way those ingredients work together. Our formulations are crafted to ensure that each component plays a defined role in a synergistic system, enhancing overall health outcomes



BETTER ABSORPTION AND  
EFFECTIVENESS

COMPREHENSIVE ACTION ACROSS  
BODY SYSTEMS

REDUCED SIDE EFFECTS

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