

FLAVON

Vital



BOOST YOUR HEALTH WITH
COLOURS
THANKS TO THE
FLAVON *Vital* **PROGRAM!**



THE FLAVON VITAL PROGRAM IS A WAY TO
CHANGE YOUR LIFESTYLE WITHIN 60 DAYS

which leads your nutrition and lifestyle to the healthy way. Flavon Vital fills you – by taking a few doses a day – with vitamins, minerals, trace elements, pigments and other valuable elements by

APPROXIMATELY 135 994 T-ORAC PER DAY!

Use the products including more than 40 fruit and vegetable ingredients offered by Flavon Vital!



A man with short dark hair and glasses is shown in profile, covering his face with his hands. He appears to be stressed or tired. He is wearing a blue and white striped button-down shirt. The background is a soft, out-of-focus indoor setting with warm lighting.

DUE TO THE BUSY LIFESTYLE OF THE 21ST CENTURY

there is an urgent need for this natural dietary supplementation program because of our nutritional habits, stress and other environmental impacts affecting our body.

We offer a complex Flavon charge with fruit- and vegetable based products including healthy and natural ingredients as a solution for poor daily diet and bad individual habits.

We warmly recommend this program for adults who have decided to supplement their diet for two months by different Flavon products several times a day at stated intervals.

THE FLAVON VITAL PROGRAM HELPS YOU CREATE A HEALTHY LIFESTYLE IN EVERY SEASON

Let it be autumn when we are stressful and full of work after the summer vacation! Let it be winter when the open-air fruits and vegetables are poor and low in vitamins! Let it be spring when our cells are hungry for vitamins and other valuable nutrients, or summer when we particularly need antioxidants against the harmful UV radiation!





BIORHYTHM HAS A SIGNIFICANT ROLE IN THE HEALTHY HUMAN BODY

What, when and how much we eat matters a lot. Our body must be prepared for processes going on both at night and in the day-time. Flavon products are high-quality dietary supplements with high nutritional value and unique combination of ingredients which provide outstanding bioavailability. Health supporting nutrients ensure the necessary substances for the consumers during the day and night, in other words, any time of the day.

Besides the biorhythm, our health is defined by the oxygen, too. It's the base of our life, but it can also be the source of ageing and health problems.

Reactive forms – needed in a defined amount – are developed from the oxygen, but **if the amount increases, the redox homoestases, in other words the balance would be upset.** It is essential to maintain the healthy redox balance – the balance we experience every day and it's based on a well-functioning antioxidant defence system.

Regular consumption of Flavon products may optimize this balance.

All our products support the metabolic processes which depend on the biorhythm. One of the conditions of the well-balanced metabolism is healthy nutrition. As an effect of the well-functioning metabolism, our cells receive everything they need and their constant by-products, the waste materials pass out of our body.



FIRST MONTH OF FLAVON VITAL PROGRAM:

AFTER BREAKFAST: 1 SPOONFUL OF **FLAVON PROTECT**

FORENOON: 1 SPOONFUL OF **FLAVON MAX**

AFTER LUNCH: 1 SPOONFUL OF **FLAVON ACTIVE**

LATE AFTERNOON: 1 SPOONFUL OF **FLAVON MAX**

AFTER DINNER: 1 SPOONFUL OF **FLAVON GREEN** 2 HOURS BEFORE SLEEP

SECOND MONTH OF FLAVON VITAL PROGRAM:

AFTER BREAKFAST: 2 SPOONFULS **FLAVON MAX+**

AFTER LUNCH: 1 SPOONFUL OF **FLAVON JOY**

AFTER DINNER: 1 SPOONFUL OF **FLAVON GREEN+**

FIRST MONTH:

AFTER BREAKFAST: FLAVON PROTECT

FORENOON: FLAVON MAX

AFTER LUNCH: FLAVON ACTIVE

LATE AFTERNOON: FLAVON MAX

AFTER DINNER: FLAVON GREEN



SECOND MONTH:

AFTER BREAKFAST: FLAVON MAX +

AFTER LUNCH: FLAVON JOY

AFTER DINNER: FLAVON GREEN +



FLAVON MAX +



FLAVON GREEN +



THE FLAVON VITAL PROGRAM IS A GOOD CHOICE BECAUSE THE PRODUCTS:

ARE NATURAL

CONTAIN A NUMBER OF VEGETABLES AND FRUITS

ARE PRESERVATIVE-FREE

MADE MOSTLY OF DOMESTIC INGREDIENTS

HAVE GOOD BIO-AVAILABILITY

ARE COMPLEX

GIVE A VITAMIN BOMB BOOSTING THE WHOLE ORGANISM

CONTAIN A WIDE RANGE OF INGREDIENTS

HELP TO LEAD A HEALTHY LIFESTYLE

CLEANSE THE BODY FROM HARMFUL SUBSTANCES

CONTAIN INGREDIENTS CHOSEN IN A PERFECT CONTENT AND QUANTITY

WORK IN A SYNERGISTIC NETWORK

ARE CONCENTRATED

KEEP THE BODY'S VITAL SIGNS WITHIN NORMAL LIMITS

SHOW THE WAY TO A HEALTHY, BALANCED LIFE



At the beginning of the program make up your mind **to drink the recommended amount of fluid each day which is at least 3 liters of water** or sugar-free and non-carbonated beverages, green tea, freshly squeezed fruit, vegetable juice.

STRIVE TO IMPROVE EFFECTIVENESS OF THE PROGRAM WITH ADEQUATE, QUALITY DIET!

EAT A VARIED, BALANCED DIET FIVE TIMES A DAY,
each day at the same time if possible!

BEST PROPORTIONS:

15% FAT,
15% PROTEINS,
25-30% CARBOHYDRATES*,
40-45% FRUITS, VEGETABLES, FIBERS*,

**Try to consume carbohydrates with a low glycaemic index and fruits low in sugar! Fibers keep metabolism running at optimal level and regulate blood glucose level.*

Avoid the following: sugar (glucose), sugared products, sweetened soft drinks, coffee, alcoholic beverages, energy drink, white flour, high-calorie and processed foods.



A man and a woman are running in a gym, using resistance bands. The woman is in the foreground, wearing a white sports bra and black leggings, with a resistance band around her waist. The man is behind her, wearing a blue t-shirt and grey shorts, also with a resistance band around his waist. They are both barefoot and running on a grey carpet. In the background, there are large windows, a potted plant, and a rack of purple yoga mats.

EXERCISE 45 MINUTES AT LEAST 3 TIMES A WEEK!

Find the best workout for you which may be a brisk walk in nature, running, yoga, training at the gym or swimming.

Make sure you get enough quality sleep during the Flavon Vital Program. **Recommended amount of sleep is 8 hours each night.**

The Flavon Vital Program will be effective only

IF YOU FOLLOW THE LIFESTYLE ADVICES GIVEN!

CONSUMPTION IN INDIVIDUAL CASES:

- athletes may increase the dosage by one more spoon from each product
- the program is not recommended for children under the age of 16 and pregnant women
- the program is not recommended in case of allergy to any substance of the products
- consumption of Flavon max is recommended instead of Flavon Active for people with high blood pressure, cardiovascular problems

We would like to draw attention to the fact that side effects experienced during the program may be the result of the natural cleansing process of the body. Accelerated metabolism is a sign of the program's effectiveness as well.

**IF YOU HAVE ANY QUESTIONS, CONCERNS ABOUT BEGINNING THE PROGRAM, OR IF YOU TAKE MEDICATIONS REGULARLY,
PLEASE CONSULT YOUR PHYSICIAN!**



FLAVON VITAL NOTES DURING THE PROGRAM!

Get your maximum with a new lifestyle and conscious daily activities!

THE
FLAVON
Vital
PROGRAM WILL HELP YOU!



FLAVON

Vital
FIRST MONTH

1 SPOONFUL OF
**FLAVON
PROTECT** 

2 SPOONFULS OF
**FLAVON
MAX**  

1 SPOONFUL OF
**FLAVON
ACTIVE** 

1 SPOONFUL OF
**FLAVON
GREEN** 

WHAT DID YOU EAT?

BREAKFAST: _____

FORENOON: _____

LUNCH: _____

AFTERNOON: _____

DINNER: _____

SNACKING: _____

WHAT KIND OF SPORT DID YOU DO?

WHAT AND HOW MUCH DID YOU DRINK?

LENGTH AND QUALITY OF YOUR LAST SLEEP:

OTHER COMMENTS :





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