

DuoLife Day and Night

DuoLife DAY AND NIGHT is 100% natural dietary supplements, created for people wishing to stay in a good physical and mental shape. Additional energy for the whole day of intense work and valuable support for calming down and regeneration of the body at night. A combination of as many as 26 extracts and fruit juices, to support functions of the cardiovascular system, the gastrointestinal tract and the immune system, detoxify the body, improve the function of brain, liver and kidney. Hundreds of active substances, including valuable antioxidants, amino acids, vitamins and minerals, to make not only each day, but also each night special.



When?

The human body functions in a different way in the day and in the night. The function of many organs depends on the daily cycle, and their proper interaction is the basis of good physical and mental condition. In 2017, the Nobel Prize in Physiology and Medicine was awarded for research into the molecular mechanisms responsible for the circadian rhythm, demonstrating how important it is for the well-being of the body to adapt its physiology to the phases of the day.

DuoLife DAY and NIGHT works based on the principle of synergy, while taking into account the physiological circadian rhythm of the body, supporting its optimal functioning for people:

- ▶ wishing to stay in a good physical and mental shape and maintain their energy and vitality;
- ▶ weakened, during periods of physical and mental exhaustion;
- ▶ exposed to chronic stress;
- ▶ wishing to maintain a normal rhythm of sleep and wake;
- ▶ wishing to maintain correct blood parameters;
- ▶ suffering from gastrointestinal disorders;
- ▶ suffering from recurring infections, including in the urinary tract;
- ▶ convalescents;
- ▶ elderly people/seniors;
- ▶ post-menopausal women.

How?

DuoLife DAY and NIGHT is a wealth of ingredients supporting:

- ▶ antioxidative processes;
- ▶ immune system functions;
- ▶ functions of the gastrointestinal tract and the liver;
- ▶ cardiovascular system function;
- ▶ function of the hematopoietic system;
- ▶ physiological intestinal flora function.
- ▶ body detoxification functions and correct body weight;
- ▶ lipid and carbohydrate metabolism of the system;
- ▶ acid-base balance of the body;
- ▶ urinary system function;
- ▶ normal sleep and brain function;
- ▶ recovery of the body;
- ▶ connective tissue function, including bone and joint system function;
- ▶ skin well-being, helping to maintain its firmness and elasticity;
- ▶ repair processes in tissues, wound healing.



DuoLife Day and Night – usage:

DuoLife DAY - 25 ml a day, in the morning, preferably during the meal.

DuoLife NIGHT - 25 ml a day, in the evening, preferably during the meal.

The best results are achieved when DuoLife DAY (morning) and DuoLife NIGHT (evening) are used together, due to their synergistic effects.



DuoLife DAY:

Ingredients: grapefruit juice, rosehip fruit juice, elderberry fruit juice, hawthorn fruit juice, large cranberry fruit juice, pomegranate fruit juice, noni fruit juice, sea buckthorn fruit juice, raspberry fruit juice, rosehip fruit extract, acai berry extract, alfalfa herb extract 10:1 (45.8 mg/25 ml), ginseng root extract (27.49 mg/25 ml, including 3.79% of ginsenosides – 1.04 mg/25 ml), aloe leaf extract 200:1 (9.16 mg/25 ml, aloin content of <1 ppm).

DuoLife NIGHT:

Ingredients: beetroot juice, plum juice, grapefruit juice, chokeberry juice, acerola fruit extract, goji berry extract, artichoke leaf extract 20:1 (45.82 mg/25 ml), alfalfa herb extract 10:1 (45.82 mg/25 ml), melissa herb extract 10:1 (45.82 mg/25 ml), white mulberry leaf extract 10:1 (45.82 mg/25 ml), milk thistle seed extract (45.82 mg/25 ml), nettle leaf extract 20:1 (45.82 mg/25 ml), vilcacora stalk extract 20:1 (45.82 mg/25 ml).

The product should not be used as a substitute for a varied diet. Balanced diet and a healthy lifestyle are the basis for proper functioning of human body.



The 10:1 ratio is the so-called DER - what does it mean?

DER (drug extract ratio) specifies a number of milligrams of plant material used to obtain one milligram of the extract. If 25 ml of the preparation contains 45,8 milligrams of lucerne herb (or other extract) DER 10:1, this means that 458 milligrams of raw material have been used to obtain one portion of the product (25 ml).

DuoLife DAY contains plant components supporting physical activity and mental functions of the body, supporting immunity, blood-forming processes, good skin condition, brain, heart, urinary tract and joints.

- ▶ The dog rose and sea buckthorn fruit is a true wealth of natural, well absorbed vitamin C, which supports col-lagen synthesis and red blood cell production; vitamin C also helps absorb iron, helping to maintain proper blood morphology; a valuable source of iron is lucerne contained in the product¹⁻⁴.
- ▶ Hawthorn contributes to the proper functioning of the heart, helps maintain favourable blood cholesterol levels and supports the condition of blood vessels⁵.
- ▶ Cranberry supports the urinary tract and helps maintain the correct pH of the urinary tract, thus contributing to its protection against bacterial infections⁶.
- ▶ Noni fruit supports the work of many systems and organs, including the nervous, immune, cardiovascular, joint and bone systems. They help maintain proper memory and cognitive functions and a good mood⁷.
- ▶ Aloe vera supports the processes of body cleansing and maintaining the correct body weight; it also supports the correct functioning of the intestines, ensuring a favourable bacterial balance in the large intestine⁸.
- ▶ Ginseng promotes physical and mental well-being, supports memory processes and concentration, and helps maintain proper sexual functions^{9,10}.
- ▶ Pomegranate fruits are valuable for women, as they help alleviate the symptoms of menopause; they also stimulate the growth of physiological microflora in the digestive tract^{11,12}.
- ▶ Black elderberry, raspberry, acai berries, sea buckthorn and lucerne support the body's immune system in the fight against infections^{3,4,13-15}.
- ▶ The simple sugars contained in fruit juices - glucose and fructose, are an easily assimilable source of energy so necessary for intensive work every day^{1,3,5-8,11-14,16}.

DuoLife NIGHT is based on plant ingredients that support metabolism, recovery and purification processes, as well as calm, soothing sleep. It is juices and extracts that support liver, digestive tract and bone function.

- ▶ Artichoke has a positive effect on the functioning of liver and biliary tract, helps regulate metabolism, supports protection and regeneration of liver cells^{18,19}. As cleaning of the gallbladder, regeneration of the liver cells, and metabolic processes in the liver are most intense at night, the artichoke extract is most effective when used in the evening, and hence its presence in DuoLife Night.
- ▶ The recovery and protection of the liver is also supported by *Silybum marianum*, especially the bioflavonoid complex contained in it: silymarin^{20,21}.
- ▶ White mulberry affects the body's carbohydrate balance; it helps maintain normal blood glucose levels, contributing to slowing the absorption of glucose from a meal²².
- ▶ Melissa supports normal sleep, contributes to soothing the body in states of nervous arousal, anxiety, insomnia and related disorders of heart rhythm and digestive tract work^{23,24}.
- ▶ Vilcacora supports the immune system and cleansing processes²⁵.
- ▶ Acerola fruit is rich in vitamin C, which supports, among other things, the condition of the skin, helps maintain its firmness and elasticity and also helps heal wounds^{2,26}.
- ▶ Plum has a beneficial effect on bone functions, contributes to their strengthening, density improvement and regeneration, and is particularly valuable for the elderly and postmenopausal women²⁷.
- ▶ Beetroot juice supports the blood-forming process, helps maintain proper blood pressure and cholesterol levels in blood^{28,29}.
- ▶ Nettle is a source of silica, affects the well-being of skin, hair and nails, contributes to the proper function of joints^{30,31}.

All plants contained in DuoLife DAY and NIGHT are a wealth of antioxidants with free radical neutralizing properties, protecting cells from oxidative stress and premature aging¹⁻³¹.

Natural antioxidants (polyphenols, vitamin C and E) have valuable health-supporting properties³²⁻³⁴:

- ▶ contribute to maintaining proper triglyceride, cholesterol and glucose levels in the blood;
- ▶ support the prevention of many chronic diseases, including cardiovascular diseases, diabetes and cancer;
- ▶ help keep blood vessels in good condition, contributing to maintaining proper blood pressure and helping to protect against arteriosclerosis;
- ▶ support the removal of harmful metabolites;
- ▶ support the body in the fight against inflammatory processes and infections, support the regeneration of damaged tissues;
- ▶ help maintain normal neuronal function, contributing to protection against neurodegenerative processes.

What makes DuoLife Day and Night special?

- ▶ **Ingredients separated in two products**, to better adapt their effect to the daily cycle of the body. Comprehensive support for the work of individual organs and systems, especially taking into account their natural daily rhythms, is very valuable for the body.
- ▶ **The liquid form of the preparations with the preserved biological background of the components**, facilitating the release of active compounds and their absorption into the bloodstream, as well as increased absorption, translate into more efficient distribution to the place of action (beneficial effect on LADME processes*).
- ▶ **The products preserved using IHHP™ by DuoLife** – (Innovation High Hydrostatic Process™ by DuoLife), a method based on the concept of „minimal processing“. The advantage of the method is high health quality and durability and preservation of the natural nutritional and sensory qualities, compared to products preserved by classical methods. The technological process employed is conducted at a low temperature (to protect active ingredients) and is based on the principle of synergy of multiple fixatives, allowing to

maintain the highest quality of the product without using preservatives.

- ▶ **100% natural plant ingredients and 100% of their content in each preparation;** natural vitamins and minerals are found in plants together with the „biological background“ (flavonoids and other active compounds), which has a stabilizing and synergistic effect, also facilitating their assimilation³⁵.
- ▶ **Formulation prepared in consideration of the principles of synergy and antagonism.**
- ▶ **The products DO NOT contain preservatives and are GMO FREE** - the raw materials used to develop the supplements are NOT DERIVED from genetically modified plants.
- ▶ **The products DO NOT CONTAIN gluten** – they can be used by people with gluten intolerance.
- ▶ **Special bottles from pharmaceutical-grade glass** - the dark glass protects against light and temperature fluctuations, and is resistant to release to the formulation of mineral substances from its inner surface.

i The references for DuoLife Day and Night can be found on a separate binder sheet.

**LADME – is an English abbreviation describing processes to which an active substance is subjected in the body: release from the preparation form -> absorption into a bloodstream -> distribution in the body -> metabolism -> excretion