



PROUVÉ  
GOOD LIFE LABS



# HOW TO NATURALLY TAKE CARE OF YOURSELF EVERY DAY?

We know very well that nature gives us the best and helps take care of our health and well-being. That's exactly why the **GOOD LIFE LABS** series of **natural, vegan dietary supplements** was created.

When creating them, we focused on combating very common problems - overweight, stress, lowered immunity, lack of energy or the need to support one's body in cleansing processes.

# IN EACH CAPSULE

of **GOOD LIFE LABS** dietary supplements you will find **richness of carefully selected plant extracts, vitamins and micronutrients** that will help you maintain proper weight, well-being, give you energy and support your immune system. Their composition is designed to make the most effective use of the power of individual ingredients. This is a simple and effective way to support your body every day.



*immunity*



*weight control*

*stress management*

*energy  
and vitality*



*body cleansing*

*vitamin c*

# WHAT DISTINGUISHES OUR SUPPLEMENTS



GLUTEN-FREE



WITHOUT SWEETENERS, COLORS AND FLAVORS



GMO-FREE



HIGHEST SAFETY AND QUALITY STANDARDS



# WEIGHT CONTROL

**NEW  
FORMULA**

**Want to fight off unnecessary pounds more easily to regain a slim figure?**

Reach for the **WEIGHT CONTROL** supplement with chromium, which supports the maintenance of normal blood glucose levels and the correct metabolism of macronutrients. It contains kelp and extracts of Indian nettle, cayenne pepper, gumar and garcini.

Supports weight loss and maintenance of normal body weight.

Helps curb appetite and regulate fat burning.

Supports the digestive process.



### Chromium :

supports the maintenance of normal blood glucose levels and normal macronutrient metabolism.



## DISCOVER THE POWER OF PLANT EXTRACTS



### Garcinia

is a plant that has been used in traditional Indian medicine for years. It helps to burn faster the body fat and suppress the appetite.



### Gurmar

is a plant that got called the „sugar slayer“ due to its properties. It helps to reduce cravings for sweet foods.



### Indian nettle

contains forskoline, which helps regulate fat burning and contributes to weight control.



### Kelp

is one of the varieties of brown algae. It contains a lot of mineral components and trace elements, including iodine. Supports the regulation of metabolism.



### Cayenne pepper

contains capsaicin, which supports weight reduction.

Do not exceed the recommended daily serving. The products are not to be used as a substitute for a varied diet. Maintaining good health requires a balanced diet and a healthy lifestyle.



### What will you find in it?

chromium, kelp and extracts of Indian nettle, cayenne pepper, gurmar and garcini



### How does it work?

- supports weight loss
- supports the maintenance of a healthy body weight and shapely figure
- helps curb appetite and regulate fat burning
- supports the digestive process



### How to use it?

take 1 capsule 2 times a day with water (250 ml). The recommended daily serving is 2 capsules.



# STRESS MANAGEMENT

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**Would you like to cope more easily with daily stress and improve your mood?**

Too intense lifestyle, stressful work, excess of responsibilities and not enough sleep is a daily life for many of us. It's time to end with that and bring to your life so much-needed harmony and tranquility. Having this in our mind, we have created a **STRESS MANAGEMENT** dietary supplement that helps to cope with irritation, nervousness and tension.



## DISCOVER THE POWER OF PLANT EXTRACTS



### Ashwagandha

or Indian ginseng, is a plant that has been used for centuries in the Ayurvedic tradition. It is primarily known as an adaptogen which means that it helps the body to cope with nervous tension.



### Lemon balm

helps to relax and regain a well-being. It helps also to fall asleep.



### Valerian

supports coping with daily stress and tensions and helps to maintain a good mood.



### What will you find in it?

extracts of lemon balm, valerian and ashwagandha



### How does it work?

- helps to reduce tension caused, among other things, by an intensive lifestyle
- helps to maintain a good mood
- soothes irritability and tension
- increases resistance to stress



### How to use it?

take 1 capsule 2 times a day with water (250 ml). The recommended daily serving is 2 capsules.

**Our advice:**  
other factors that helps to reduce an everyday stress are physical activity and relaxation techniques, like spending time in nature, breathing exercises, listening to the music or aromatherapy.

Do not exceed the recommended daily serving. The products are not to be used as a substitute for a varied diet. Maintaining good health requires a balanced diet and a healthy lifestyle.





# IMMUNITY

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## **Want to strengthen your body's immunity?**

If you feel that your immunity does not work correctly after being sick, you want to strengthen yourself in an autumn-winter period or you run an intense lifestyle that might weaken your body, reach for our **IMMUNITY** dietary supplement. Thanks to carefully selected plant ingredients, it will help you to take care of your immune system.



### What will you find in it?

extracts of garlic, olive and turmeric



### How does it work?

- supports the proper functioning of the immune system, e.g. during autumn and winter
- supports the proper functioning of the immune system during a stressful period in life
- helps fighting against the harmful effects of free radicals



### How to use it?

take 1 capsule 2 times a day with water (250 ml). The recommended daily serving is 2 capsules.

## DISCOVER THE POWER OF PLANT EXTRACTS



### Turmeric

is known as the gold of India. Its properties have been used for years not only there, but also in China. It supports the immune system. It has also an antioxidant properties.

### Garlic

helps to strengthen the immunity and maintain a proper functioning of the respiratory system.



### Olive

supports the natural immunity of the body. It has an antioxidant effect and protects against harmful effects of free radicals.



### Our advice:

if you want to give an extra support to your body's immunity, do not forget about the balanced diet, proper hydration, resting and regular physical activity.

Do not exceed the recommended daily serving. The products are not to be used as a substitute for a varied diet. Maintaining good health requires a balanced diet and a healthy lifestyle.



# ENERGY AND VITALITY

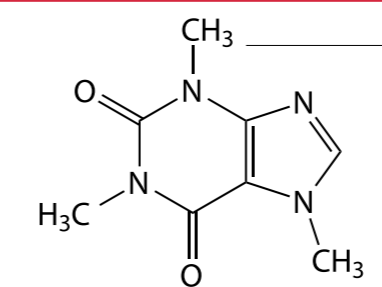
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## **Want a natural way to boost your energy?**

We all get tired and weary at times. And yet we want to be full of vitality to cope with our daily duties and pursue our passions. That's what our **ENERGY AND VITALITY** supplement was created for, to support the body to regain and maintain proper levels of mental and physical energy.



## DISCOVER THE POWER OF NATURAL INGREDIENTS



**Caffeine**  
has an energizing effect, aids concentration and focus, and helps regain a good mood.



**Ilex paraguariensis**  
has a strengthening and stimulating effect. It supports the body's immunity during periods of mental or physical fatigue.

**Siberian ginseng**  
has been popularly used in traditional Chinese medicine for years. It helps raise energy levels, increases vitality and stamina.



**Vitamin B12**  
it plays an important role in the functioning of our body, including taking part in the production of red blood cells and supporting the proper functioning of the nervous system.

Do not exceed the recommended daily serving. The products are not to be used as a substitute for a varied diet. Maintaining good health requires a balanced diet and a healthy lifestyle.



### What will you find in it?

vitamin B12, caffeine, extracts of ilex paraguariensis, Siberian ginseng, nettle and black pepper



### How does it work?

- reduces feelings of fatigue and tiredness
- helps cope with periodic drops in energy
- helps strengthen the body and increase its capacity



### How to use it?

Take 1 capsule 2 times a day, having it with water (250 ml). The recommended daily serving is 2 capsules.



# DETOX

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## **Want to support your body's natural cleansing processes?**

An unhealthy lifestyle, too many highly processed foods in the diet or stimulants are all factors that can cause harmful toxins to build up in our bodies. Our body detoxifies from them every day - the liver and intestines, among others, are responsible for this. You can support these organs by using our **DETOX BODY CLEANSING** dietary supplement.



### What will you find in it?

extracts of silybum marianum, betula pendula, field horsetail, Chinese tea and black pepper and kelp



### How does it work?

- it supports the maintenance of the physiological detoxification functions of the liver
- it supports the organs responsible for detoxification of the body



### How to use it?

Take 1 capsule 2 times a day, having it with water (250 ml).  
The recommended daily serving is 2 capsules.

## DISCOVER THE POWER OF NATURAL INGREDIENTS



### Silybum marianum,

also known as wild artichoke, supports the proper functioning of the liver and the regeneration of its cells. It assists in detoxifying the body.



### Betula pendula

helps neutralize and remove some toxins from the body. It also supports the digestive process.



### Black pepper

supports proper digestion and absorption of nutrients. The piperine it contains has a cleansing effect and speeds up metabolism.

Do not exceed the recommended daily serving. The products are not to be used as a substitute for a varied diet. Maintaining good health requires a balanced diet and a healthy lifestyle.



## VITAMIN C FROM ROSEHIP

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### **Want to naturally replenish your vitamin C levels?**

This vitamin has many important functions in the body.

We are not able to produce or accumulate it ourselves.

Therefore, we need to supply it to our body regularly.

If diet alone is not enough, it is a good idea to reach for the dietary supplement **VITAMIN C FROM ROSEHIP**.



## DISCOVER THE POWER OF NATURAL INGREDIENTS



**Rosehip** is a real superfood. It is one of the richest natural sources of vitamin C - its fruits have much more of it than citrus.

**Vitamin C**  
among other things, it helps in the proper functioning of the nervous system and increases the absorption of iron. It also contributes to maintaining normal energy metabolism.



Do not exceed the recommended daily serving. The products are not to be used as a substitute for a varied diet. Maintaining good health requires a balanced diet and a healthy lifestyle.



### What will you find in it?

rosehip fruit extract



### How does it work?

- it supports collagen production
- it supports the proper functioning of the immune system
- it supports the protection of cells from oxidative stress
- it helps in the proper functioning of the nervous system



### How to use it?

Take 1 capsule 2 times a day, having it with water (250 ml).  
The recommended daily serving is 2 capsules.



**What else is worth knowing about our dietary supplements?**

	WEIGHT CONTROL	STRESS CONTROL	IMMUNITY	ENERGY AND VITALITY	DETOX - CLEANSING THE BODY	VITAMIN C FROM ROSEHIP	LIQUID FISH COLLAGEN
<b>When to take it - before, during or after a meal?</b>	Take it about 30-50 minutes before a meal.	The time of taking the supplement depends on the individual reaction of the body and the effect you want to achieve.	Take it with a meal.	Take it after a meal.	Take it after a meal.	Take it on an empty stomach.	Take it with a meal.
<b>For how long should it be taken?</b>	To get the desired results, keep taking it for 3 months.	3 months	3 months	Depending on individual needs. The supplement can be taken ad hoc or daily for 2-3 months.	To get the desired results, keep taking it for 3 months.	The duration of vitamin C supplementation depends on the individual needs of the body, including the level of physical activity, past infections, the level of deficiency in the body, diet, etc.	To get the desired results, keep taking it for 3 months.
<b>Is it necessary to take a break in its use?</b>	After 3 months of use, take a 1 month break.	After 3 months of use, take a 1 month break.	After 3 months of use, take a 1 month break.	After 3 months of use, take a 2 week break.	After 3 months of use, take a 2 week break.	The duration of vitamin C supplementation depends on the individual needs of the body, including the level of physical activity, past infections, the level of deficiency in the body, diet, etc.	The length and timing of the break is an individual matter, depending on many factors.
<b>Can it be combined with other Good Life Labs supplements?</b>	YES	YES	YES	It is not recommended to combine it with the dietary supplement DETOX CLEANSING, due to exceeding the maximum level of piperine in a daily serving, as determined by the Dietary Supplement Panel.  It can be combined with the other supplements in this table.	It is not recommended to combine it with the ENERGY AND VITALITY supplement, due to exceeding the maximum level of piperine in a daily serving, as determined by the Dietary Supplement Panel.  It can be combined with the other supplements in this table.	YES	YES
<b>Can pregnant and breastfeeding women use it?</b>	NO	NO	NO	NO	NO	NO	NO
<b>Is it manufactured in Poland?</b>	YES	YES	YES	YES	YES	YES	YES