



DUOLIFE

LATVIJA

SET FOR THE SKELETAL-MUSCULAR SYSTEM

Regular physical activity is one of the key factors in maintaining health. The DUOLIFE products included in this skeletal-muscular set are tailored solutions to meet the needs of today's athletes—both professionals and amateurs.

This is recommended for those who exercise regularly or experience physical overexertion. It is beneficial for individuals with joint and back pain, stiffness, and reduced range of motion. It is also a valuable aid in cases of bone fractures and lig

Fiber

Collagen

My Blood

SHAPE CODE® Protein Shake

2x Collagen Powder

ProStik®

ProSelect®

FIZZY EASY Electrolyte Complex



USAGE:

Morning:

- Collagen 25 ml before meals
- ProStik 2 capsules with meals
- My Blood 25 ml after meals

Lunch:

- Collagen Powder 1 sachet per glass of water

Evening:

- Fiber 25 ml during meals, with a glass of water
- ProSelect 2 capsules after meals

FIZZY EASY Electrolyte Complex 1 tablet per glass of water during training 3-4 times a week.

SHAPE CODE® Protein Shake 1 serving with water or alternative milk after physical activity 3-4 times a week.