

VITASTRONG.

CATALOG 2026

VITASTRONG. ENERGY



RETAIL

CATALOG



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Food supplements should not be considered as a substitute for a balanced diet and a healthy lifestyle.

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VITASTRONG.

QUALITY

The Vitastrong range is designed to meet the needs of athletes of all levels, thanks to formulations based on rigorous scientific research and selected and certified ingredients. Production takes place in cutting-edge laboratories, with advanced technologies that guarantee precision, purity and efficacy. Each phase, from the sourcing of raw materials to packaging, is subjected to strict quality controls.

Our supplements, notified to the main European Ministries of Health, can be marketed throughout Europe thanks to the principle of mutual recognition. Free from doping substances, gluten and lactose free since May 2023, the products are packaged with vegetable capsules with three levels of safety, guaranteeing high standards of safety and reliability.

We also offer excellent multilingual customer service, ready to respond to every need and provide personalized support. With over 2.000 positive reviews and an average of 4.9 stars on Trustpilot, Vitastrong stands out for the quality of its products and the attention dedicated to its customers



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VITASTRONG ENERGY
NOVELTY 2025

VITASTRONG.

Z-F FAT BURNER

FAT BURNER

Advanced supplement designed to support weight loss and improve muscle definition. Thanks to a balanced mix of natural ingredients such as Caffeine, L-Tyrosine and Mate, it stimulates metabolism, increases energy and helps control appetite. Ingredients such as Chili Pepper and Piperine promote thermogenesis, while Chromium and Iodine support macronutrient metabolism and thyroid function. A complete solution for those looking to optimize body composition and improve performance during training.



GLUTEN FREE



LACTOSE FREE



PREMIUM QUALITY



60CPS



60 CPS

B0025



Average Values	for 1 cps	% NRV
Caffeine	100mg	*
L-Tyrosine	100mg	*
Cocoa Seed Extract	100mg	
of which: Theobromine	6mg	**
of which: Caffeine	1.5mg	*
Mate	50mg	*
of which: Xanthines	1.8mg	*
Rhodiola Rosea	20mg	*
of which: Salidroside	0.6mg	*
Green Coffee	10mg	**
of which: Chlorogenic Acid	5mg	56.3%
Niacin	9mg	*
Chilli Pepper	1.5mg	*
Piperine	1.35mg	124%
Chrome	49.6mcg	34%
Iodine	51mcg	

Ingredients: Caffeine, L-tyrosine, cocoa (*Theobroma cacao* L., seeds) es tit. 6% in theobromine and 1.5% in caffeine, capsule shell (glazing agent: hydroxypropyl methylcellulose), mate (*Ilex paraguariensis* A. St.-Hil., leaves) es tit. 3.6% in xanthines, rhodiola (*Rhodiola rosea* L., root) es tit. 3% in salidroside, green coffee (*Coffea arabica* L., seeds) es tit. 50% in chlorogenic acid, nicotinamide (niacin), maltodextrin, anti-caking agents: magnesium salts of fatty acids, silicon dioxide, chilli pepper (*Capsicum frutescens* L., fruit) es, piperine from black pepper fruit (*Piper nigrum* L.), chromium picolinate, potassium iodide.

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BRAINBOOSTER

COGNITIVE ABILITIES

Supplement formulated to improve cognitive functions, enhance concentration and support mental well-being. The presence of Coenzyme Q10 and Carnitine promotes energy production, while Caffeine increases alertness and reduces fatigue. The complex of B vitamins (B1, B2, B6, B12, Niacin, Biotin, Folic Acid and Pantothenic Acid) supports energy metabolism and the health of the nervous system. Perfect for those who want to maximize mental performance and maintain concentration even in situations of strong physical and mental stress.



GLUTEN FREE



LACTOSE FREE



PREMIUM QUALITY



30 CPR



30 TBL

B0022



Average Values	for 1 tbl	% NRV
Coenzyme Q10	50mg	*
Carnitine	300mg	*
Caffeine	180mg	*
Thiamine (vit. B1)	4.2 mg	382%
Riboflavin (vit. B2)	4.8 mg	343%
Niacin	36 mg	225%
Pantothenic acid	18 mg	300%
Vitamin B6	6 mg	429%
Biotin	450 µg	900%
Folic acid	400 µg	200%
Vitamin B12	18 µg	720%

Ingredients: Bulking agents: cellulose, tricalcium phosphate; L-carnitine tartrate, caffeine, coating agents: hydroxypropyl methylcellulose, calcium carbonate, talc, polyethylene glycol; coenzyme Q10, nicotinamide (niacin), calcium D-pantothenate, anti-caking agents: magnesium salts of fatty acids, silicon dioxide; pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1), riboflavin (vitamin B2), colourings: iron oxides and hydroxides, riboflavin; D-biotin, pteroylmonoglutamic acid, cyanocobalamin (vitamin B12).

VITASTRONG.

DRAIN PURE

DRAINING - DAY

Supplement designed to support the drainage of liquids and promote the purification of the body. Thanks to a mix of plant extracts such as Birch, Couch Grass and Dandelion, it stimulates diuresis, supports kidney function and reduces swelling. Ingredients such as Bromelain and Lespedeza Capitata promote digestion and detoxification, while Orthosiphon and Mais Stigmi enhance the elimination of liquids. An ideal solution for those looking for natural support for well-being and muscle definition.



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PREMIUM QUALITY



60 TBL



60 TBL

B0072



Average Values	for 2 tbl	% NRV
Bromelain	30 mg	*
Birch	390 mg	*
Couch grass	179 mg	*
Lespedeza Capitata	157.5 mg	*
Dandelion	147 mg	*
Corn stigmas	200 mg	*
Orthosiphon	126 mg	*
Goldenrod	200 mg	*
Pennywort	30 mg	*

Ingredients: Thickener: microcrystalline cellulose; Birch (*Betula pendula* Roth., leaves) dry extract titrated at 2.5% hyperoside; Corn (*Zea mays* L., stigmas) dry extract; Goldenrod (*Solidago virgaurea*, flowering aerial parts) dry extract; Couch grass (*Elymus repens* L. Gould, rhizome) dry extract, Lespedeza (*Lespedeza capitata* Michx., aerial parts) dry extract titrated at 4% rutin; Dandelion (*Taraxacum officinale* (L.) Weber ex FHWigg., root) dry extract; Orthosiphon (*Orthosiphon aristatus* (Blume) Miq., leaves) dry extract titrated at 0.1% sinensetin; Bromelain; anti-caking agents: magnesium salts of fatty acids, silicon dioxide; Centella (*Centella asiatica* (L.) Urb., leaves) dry extract titrated at 0.1% rutin; 20% in total triterpene derivatives.

VITASTRONG.



CREATINE CREA STRONG
BEST SELLER

VITASTRONG.

TESTOBOOSTER

MEN'S WELLBEING

Advanced supplement designed to support natural testosterone production, improve strength and endurance, and support overall well-being in men. Combining natural ingredients and essential nutrients, including Ashwagandha KSM-66, Tribulus Terrestris (Standardized at 95%), Iron, Zinc, Folic Acid, and Vitamin D. Helps optimize physical performance and promote effective recovery. The powerful and balanced formula is designed to stimulate testosterone production, improve muscle growth, and increase energy to support high intensity workouts. Ideal for athletes, sportspeople, and anyone looking to improve their physical performance.



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PREMIUM QUALITY



90 TBL



90 TBL

B0123



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Average Values	for 3 tbl	% NRV
Ashwagandha KSM-66®	750 mg	*
Tribulus Terrestris	750 mg	*
of which Saponins	712.5 mg	*
Iron	30 mg	213%
Zinc	15 mg	150%
Folic Acid	400 mcg	200%
Vitamin D	50 mcg	1000%

Ingredients: Bulking agent: microcrystalline cellulose, Ashwagandha KSM-66® (Withania somnifera (L.) Dunal, root) dry extract, Tribulus (Tribulus terrestris L., fruit) e tit. 95% in saponins, iron fumarate, zinc bisglycinate, folic acid (pteroyl-monoglutamic acid), vitamin D (cholecalciferol), anti-caking agents: magnesium salts of fatty acids, silicon dioxide



KSM-66
Ashwagandha®

VITASTRONG.

CYCLODEXTRIN

100% CYCLODEXTRINE CLUSTER DEXTRIN™

Supplement formulated to optimize physical performance and promote rapid muscle recovery. Thanks to the presence of Cluster Dextrin™, an innovative carbohydrate, it offers constant energy during intense and prolonged workouts, without unwanted glycemic peaks. Its high solubility makes it easy to take, while the guaranteed purity of the ingredients ensures a high-quality product. Ideal for athletes of all levels, it supports recovery, maintains high energy levels and optimizes physical performance.



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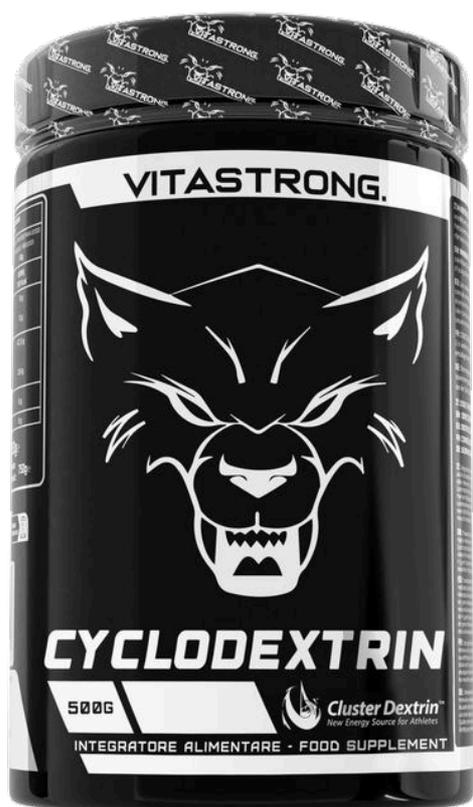
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PREMIUM QUALITY



500G



Average Values	for 30g	% NRV
Energy value	114 kcal	*
Fat	0 g	*
of which saturated	0 g	*
Carbohydrates	29.1 g	*
of which sugars	0.03 g	*
of which polyols	0 g	*
Fiber	0 g	*
Protein	0 g	*
Salt	0 g	*

Ingredients: Cluster Dextrin™ (highly branched cyclodextrins) 100%.



Cluster Dextrin™
New Energy Source for Athletes

500G

B0297



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MALTODEXTRIN

100% MALTODEXTRIN

Food supplement based on maltodextrin, a complex carbohydrate that provides a gradual energy release. Ideal for athletes and sportsmen, it supports prolonged training and intense physical activities, optimizing the recovery of muscle glycogen and maintaining high performance. Maltodextrin is perfect for ensuring continuous energy during exercise, contributing to recovery after training and helping to support resistance in long-lasting sports.



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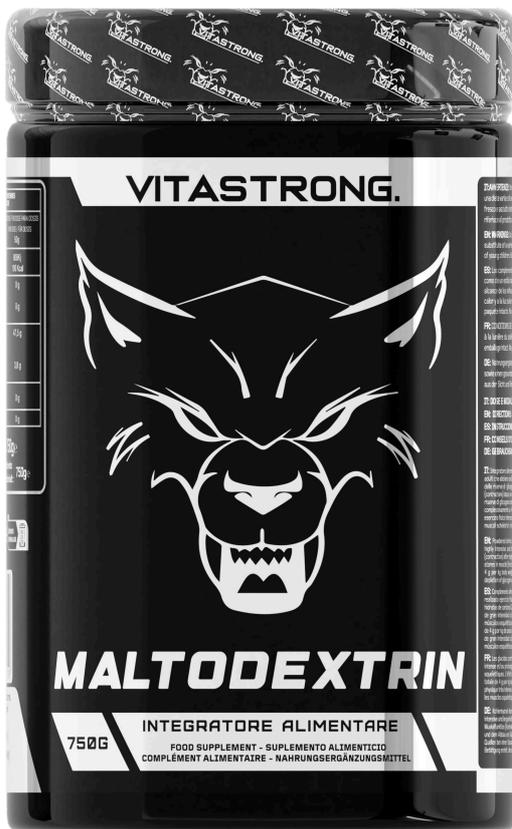
LACTOSE FREE



PREMIUM QUALITY



750G



750G

B0069



Average Values	for 50g	% NRV
Energy value	190 kCal	*
Fat	0 g	*
Carbohydrates	47.5 g	*
Salt	0 g	*

Ingredients: Whey protein concentrate, maltodextrin, fructose, dextrose, cocoa powder (7.3%), cream powder (contains milk and derivatives, including lactose), creatine monohydrate, cyclodextrin (cluster dextrin)

VITASTRONG.

L-GLUTAMINE

100% PURE L-Glutamine

High-quality supplement formulated to support muscle recovery, immune function, and intestinal health. Each 3,000 mg serving provides an optimal amount of L-Glutamine obtained through vegetable fermentation, characterized by high purity and quality. This formulation helps optimize recovery after intense physical activity, maintain the integrity of the intestinal barrier, and support the immune system. Ideal for athletes and active individuals who want to maximize performance and improve muscle recovery.



GLUTEN FREE



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PREMIUM QUALITY



250G



Average Values	for 1 scoop	% NRV
L-Glutamine	3,000 mg	*

Ingredients: L-Glutamine

250G

B0049



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EAA PRO

BESTSELLER

VITASTRONG.

L-ARGININE KYOWA®

L-ARGININE HCL KYOWA QUALITY®

Formulated to support protein synthesis, improve blood flow and increase nitric oxide production, optimizing physical performance and endurance. Each dose provides L-Arginine HCl KYOWA QUALITY®, ensuring superior purity and efficacy. Enriched with Vitamin B6, it supports energy metabolism and reduces tiredness and fatigue. It is ideal for athletes who want to improve vasodilation and oxygen supply to the muscles, for higher performance during training



GLUTEN FREE



LACTOSE FREE



PREMIUM QUALITY



120 TBL



Average Values	for 6 tbl	% NRV
L-arginine HCl Kyowa®	4,500mg	*
Vitamin B6	0.6mg	42.8%

Ingredients: L-Arginine HCl (KyowaQuality®), bulking agents: cellulose, hydroxypropylcellulose; corn starch, anti-caking agents: fatty acids, magnesium salts of fatty acids, silicon dioxide; pyridoxine hydrochloride (vitamin B6)



120 TBL

B0269



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ZMA

ZINC - MAGNESIUM - VITAMIN B6

A powerful formula combining Magnesium, Zinc and Vitamin B6, designed to optimize muscle recovery, improve sleep quality and enhance strength and athletic performance. This supplement is ideal for athletes and sportsmen who want to maximize their results in terms of fitness, well-being and recovery. With high-quality ingredients, VITASTRONG ZMA supports the muscular system, energy metabolism and hormonal balance, promoting complete recovery and superior athletic performance.



GLUTEN FREE



LACTOSE FREE



PREMIUM QUALITY



120 CPS



120 CPS

B0082



Average Values	for 3 cps	% NRV
Magnesium	338mg	90%
Zinc	9mg	90%
Vitamin B6	7.2mg	514%

Ingredients: Magnesium citrate, magnesium oxide; bulking agent: microcrystalline cellulose; capsule shell (hydroxypropyl methylcellulose, zinc oxide); zinc citrate, anti-caking agents: magnesium salts of fatty acids, silicon dioxide; zinc mono-L-methionine sulphate; vitamin B6 (pyridoxine hydrochloride).

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VITAMINS AND ANTIOXIDANTS WELLNESS



VITASTRONG
VITAMIN C
Maximum Concentration
ASCORBIC ACID

500mg Vitamin C 156

VITASTRONG
VITAMIN C + ZINC
High Concentration

100mg Vitamin C + Zn 150

VITASTRONG
VITAMIN C + ZINC
High Concentration

100mg Vitamin C + Zn 150

VITASTRONG
MAGNESIUM
Complex

5-IN-1 MAGNESIUM
Citrate, Bisglycinate, Picolinate, Malate, Carbonate

150 Tablets Complex

VITASTRONG
MAGNESIUM
Complex

5-IN-1 MAGNESIUM
Citrate, Bisglycinate, Picolinate, Malate, Carbonate

400mg Magnesium Per Daily Dose 150 Tablets Complex

VITASTRONG
GLUCOSAMINE
Complex

OPTIMISM® + CHONDROITIN
Boswellia, Collagen, Hyaluronic Acid, Zinc, Selenium

500mg Chondroitin 200mg 120 Tablets

VITASTRONG
GLUCOSAMINE
Complex

OPTIMISM®
Boswellia, Collagen, Hyaluronic Acid, Zinc, Selenium

500mg Chondroitin 200mg 120 Tablets

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MAGNESIUM BISGLYCINATE

MAGNESIUM BISGLYCINATE

Highly bioavailable supplement designed to support energy, mental balance, and muscle function throughout the day. In its bisglycinate form, magnesium is bound to two glycine molecules, improving absorption and reducing the likelihood of gastrointestinal discomfort compared to other magnesium forms. The addition of Vitamin B6 supports normal energy metabolism, nervous system function, and helps reduce tiredness and fatigue. It is particularly useful during periods of physical or mental stress, muscle tension, or low energy levels. The formula is gluten-free and lactose-free, suitable for daily use. The 240-capsule format provides a long-lasting supply to support vitality, muscle recovery, and overall well-being.



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PREMIUM QUALITY



240 CPS



240 CPS

B0444



Average Values	per 3 cps	% NRV
Magnesium Bisglycinate	2.2250mg	*
equal to magnesium	450mg	120%
Vitamin B6	100mg	100%

Ingredients: Magnesium bisglycinate; capsule shell (hydroxypropyl methylcellulose); anti-caking agent: magnesium salts of fatty acids; bulking agent: cellulose; Vitamin B6 (pyridoxine hydrochloride).

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ALPHA LIPOIC ACID

ALPHA LIPOIC ACID

Powerful antioxidant that supports cellular function and energy metabolism. Known for its ability to regenerate other antioxidants such as vitamins C and E, this supplement helps protect the body from oxidative stress and promotes neurological health. It is ideal for those who want to optimize their physical performance, improve energy and defend themselves from damage caused by free radicals. Thanks to its universal antioxidant properties, It promotes general well-being and cellular health, making it a valuable ally for anyone who wants to improve their health and vitality.



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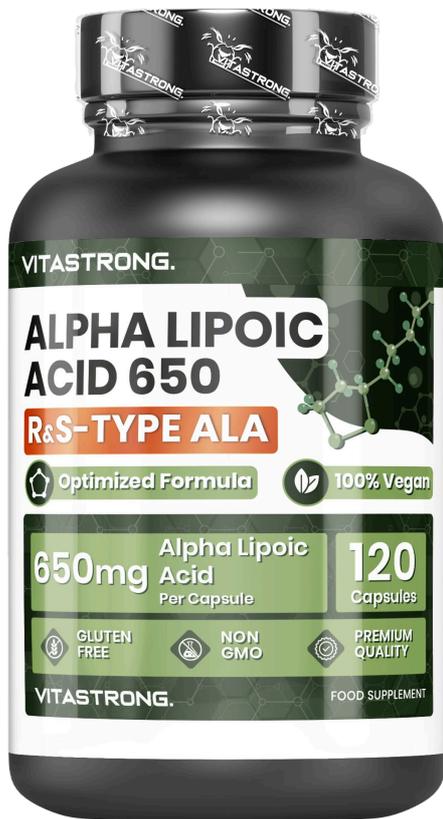
LACTOSE FREE



PREMIUM QUALITY



120 CPS



Average Values	for 1 cps	% NRV
Alpha Lipoic Acid	650mg	*
Zinc	2.96mg	29.6%

Ingredients: Alpha lipoic acid, capsule shell (coating agent: hydroxypropyl methylcellulose, zinc oxide), anti-caking agents: magnesium salts of fatty acids, silicon dioxide.

120 CPS

B0365



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COLLAGEN

Collagen Peptides 100% Pure - COLLinstant®

Powdered supplement made from 100% hydrolyzed bovine collagen COLLinstant®, ideal for supporting the daily well-being of skin, joints, and connective tissue. Thanks to the high bioavailability and premium quality of the ingredient, it promotes skin elasticity, firmness, and joint function. Its pure formula offers essential and complete supplementation: no sugar, no fillers, just what is needed to nourish the body's deep structure. Its neutral flavor and high solubility make it perfect for adding to any beverage, hot or cold, at any time of day. Gluten-free, lactose-free, and GMO-free, it is suitable for those seeking effective support for skin, muscles, tendons, and cartilage, for sports, anti-aging, or for everyday health.



GLUTEN FREE



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PREMIUM QUALITY



300G



Average Values	for 10g	% NRV
Hydrolysed Collagen	10 g	*

Ingredienti: Hydrolysed Collagen COLLinstant®



300G

B0393



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NAC

N-ACETYL-CYSTEINE

Food supplement based on N-acetyl-cysteine, a stabilized form of the amino acid cysteine, which supports respiratory health, detoxification and strengthens the immune system. It is known for its protective effect on the liver, as it stimulates the production of glutathione, a powerful antioxidant that helps protect the liver from damage from oxidative stress. In addition to supporting lung function, NAC is also useful for recovery after intense workouts and to improve general well-being. Ideal for athletes and anyone who wants to improve liver health and strengthen the body's natural defenses.



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PREMIUM QUALITY



150 TBL



Average Values	for 1 tbl	% NRV
N-Acetyl-Cysteine	600 mg	*

Ingredients: N-acetylcysteine, bulking agent: microcrystalline cellulose; anti-caking agents: stearic acid, magnesium salts of fatty acids, silicon dioxide

150 TBL

B0248



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COENZYME Q10

COENZYME Q10

Provides 200mg of Coenzyme Q10 per capsule, an essential nutrient for cellular energy production and powerful antioxidant properties. Coenzyme Q10 supports cardiovascular health, stimulates energy production at the cellular level and helps reduce fatigue. This product is ideal for those looking to improve their physical performance, increase energy and support general well-being. It is especially recommended for athletes, sportspeople and anyone looking for nutritional support to maintain high energy levels during physical activity and contribute to heart and cardiovascular health.



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PREMIUM QUALITY



120 CPS



Average Values	for 1 cps	% NRV
Coenzyme Q10	200 mg	*

Ingredients: Coenzyme Q10, bulking agent: cellulose; capsule shell (coating agent: hydroxypropyl methylcellulose); anti-caking agents: magnesium salts of fatty acids, silicon dioxide

120 CPS

B0263



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MELATONINE COMPLEX

MELATONIN, VALERIAN, LAVENDER AND CHAMOMILE

Food supplement formulated to promote relaxation and support natural and restful sleep. Combining traditional herbs such as Valerian, Chamomile and Lavender with Melatonin and Vitamin B6, this product helps regulate the sleep-wake cycle, reducing the time it takes to fall asleep and improving the quality of sleep. It is ideal for those looking for a natural aid to help them sleep, particularly useful in times of stress or when dealing with jet lag. Melatonin Complex helps promote general well-being, for optimal rest that supports physical and mental recovery.



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LACTOSE FREE



PREMIUM QUALITY



365 TBL



Average Values	for 1 tbl	% NRV
Valerian d.e.	15mg	*
Chamomile d.e.	5mg	*
Lavender d.e.	5mg	*
Melatonin	1mg	*
Vitamin B6	50mcg	35.7%

Ingredients: Bulking agent: microcrystalline cellulose; valerian (*Valeriana officinalis* L. root) dry extract tit. 0.8% in valerenic acid, chamomile (*Matricaria chamomilla* L. flower) dry extract tit. 1% in apigenin-7-glucoside, lavender (*Lavandula angustifolia* Mill. flower) dry extract tit. 0.5% in essential oil, melatonin, anti-caking agents: magnesium salts of fatty acids, silicon dioxide; pyridoxine hydrochloride (vitamin B6)

365 TBL

B0270



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ASHWAGANDHA

MENTAL WELL-BEING AND NATURAL RESILIENCE

Natural supplement based on Ashwagandha KSM-66®, formulated to support mental and physical well-being and improve the ability to adapt to stress. Each tablet contains 600 mg of highly concentrated full-spectrum extract (5% withanolides), clinically tested to promote relaxation, energy, and concentration. Ideal for times of mental fatigue or a lack of motivation, it helps restore balance between mind and body without the use of stimulants. Thanks to its tonic and adaptogenic properties, it supports cognitive function, daily vitality, and the immune system.



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PREMIUM QUALITY



60 TBL



Average Values	for 2 tbls	% NRV
Ashwagandha	600 mg	*

Ingredients: Ashwagandha (*Withania somnifera* (L.) Dunal, root) dry extract tit. 5% in total withanolides, bulking agent: cellulose; anti-caking agents: silicon dioxide, magnesium salts of fatty acids.

60 TBL

B0413



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PROSTAPRO

PROSTATE SUPPORT

PROSTA PRO is an advanced supplement designed to support prostate health and male urinary well-being, with a complete formula of standardized plant extracts, zinc, and vitamins B6 and D3. The synergistic action of Saw Palmetto, Willowherb, Nettle, Pumpkin Seed, Pygeum, and Lycopene promotes normal prostate function and helps reduce common symptoms like urinary frequency and urgency, especially after the age of 40. Zinc and vitamin B6 support hormonal balance and healthy testosterone levels, while vitamin D3 and antioxidants help protect cells from oxidative stress. The formula is gluten- and lactose-free, with just one capsule per day, making it ideal for naturally improving comfort, sleep quality, and overall quality of life.



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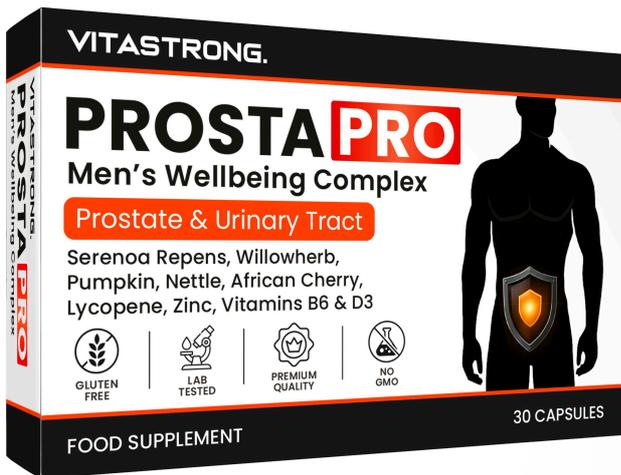
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PREMIUM QUALITY



30 TBL



30 TBL

BL0441



Valori Medi	per 2 cpr	% NRV
Saw Palmetto d.e.	320 mg	*
of which fatty acids	144 mg	*
Willowherb d.e.	15 mg	*
Pumpkin seed d.e.	15 mg	*
of which fatty acids	3 mg	*
Nettle root d.e.	15 mg	*
of which beta-sitosterol	0,12 mg	*
Zinc	5 mg	50%
Pygeum d.e.	5 mg	*
of which phytosterols	0,5 mg	*
Vitamin B6	1,4 mg	100%
Tomato d.e.	200 mcg	*
of which lycopene	20mcg	*
Vitamin D	25mcg	500%

Ingredients: Saw Palmetto (Serenoa repens (W.Bartram) Small, fruit) dry extract std. to 45% fatty acids; capsule shell (coating agent: hydroxypropylmethylcellulose; zinc oxide); bulking agent: dicalcium phosphate; Willowherb (Epilobium angustifolium L., aerial part) dry extract; Pumpkin (Cucurbita pepo L. var. oleifera Pietsch, seed) dry extract std. to 20% fatty acids; Nettle (Urtica dioica L., root) dry extract std. to 0.8% beta-sitosterol; anti-caking agents: magnesium salts of fatty acids, silicon dioxide; zinc bisglycinate; Pygeum (Pygeum africanum Hook.f., root) dry extract std. to 10% phytosterols; pyridoxine hydrochloride (Vitamin B6); Tomato (Solanum lycopersicum L., fruit) dry extract std. to 10% lycopene; cholecalciferol (Vitamin D).

VITASTRONG.

KILO-CUT

METABOLISM SUPPORT

Advanced food supplement, formulated to support fat metabolism, promote optimal body definition and improve physical well-being. Thanks to its combination of selected ingredients and high doses, including Glucomannan, L-carnitine, Garcinia and Prickly Pear, Kilo-Cut is the ideal solution for those looking for natural, safe and effective support for weight management, metabolism acceleration and body composition improvement. This supplement is perfect for athletes, fitness enthusiasts and anyone who wants to optimize their training results and achieve their physical goals in a natural and lasting way.



GLUTEN FREE



LACTOSE FREE



PREMIUM QUALITY



120 TBL



Average Values	for 2 tbl	% NRV
Garcinia es	200mg	*
Glucomannan	200mg	*
L-Carnitine	100mg	*
Matcha powder	100mg	*
Choline	82.5mg	*
Nopal powder (prickly pear)	90mg	*
Chromium	80mcg	200%

Ingredients: Bulking agent: cellulose; choline bitartrate, garcinia (Garcinia cambogia (Gaernt) Desr., fruit) e tit. 60% in hydroxycitric acid, glucomannan (konjac mannan), L-carnitine tartrate, matcha (Camellia sinensis (L.) Kuntze, leaf) powder, nopal (prickly pear) (Opuntia ficus-indica (L.) Mill., cladodium) powder, anti-caking agents: magnesium salts of fatty acids, silicon dioxide; chromium picolinate.

120 TBL

B0306



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L-CARNITINE

ACETYL L-CARNITINE

Food supplement formulated to support energy metabolism and improve physical endurance, thanks to the presence of Acetyl L-Carnitine, a highly bioavailable form of L-Carnitine. This key ingredient promotes the transport of fatty acids into the mitochondria for energy production, helping to reduce fatigue and optimize physical performance. Ideal for athletes and sportsmen who practice endurance disciplines such as running, cycling and swimming, as well as for those who train with the aim of improving body composition and muscle definition. Recommended before training to maximize the use of fats as an energy source, it is also useful in the morning to support cognitive function and daily metabolism.



GLUTEN FREE



LACTOSE FREE



PREMIUM QUALITY



60 TBL



Average Values	for 1 tbl	% NRV
Acetyl L-Carnitine	1.000mg	*

Ingredients: Acetyl L-carnitine, anti-caking agents: fatty acids, silicon dioxide, magnesium salts of fatty acids; bulking agent: microcrystalline cellulose, stabilizer: hydroxypropyl methylcellulose

60 TBL

B0051



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VITASTRONG.

VITAMIN C

VITAMIN C 1000

Food supplement designed to provide essential nutritional support thanks to a high intake of vitamin C. With 1000 mg per dose, this supplement helps promote general health, strengthen the immune system and protect cells from oxidative stress. Ideal for athletes, sportspeople and anyone who wants to maintain an active and healthy lifestyle, it helps support the body during periods of physical and mental stress. Perfect for promoting iron absorption and collagen formation, it is an indispensable ally for optimizing daily health and well-being.



GLUTEN FREE



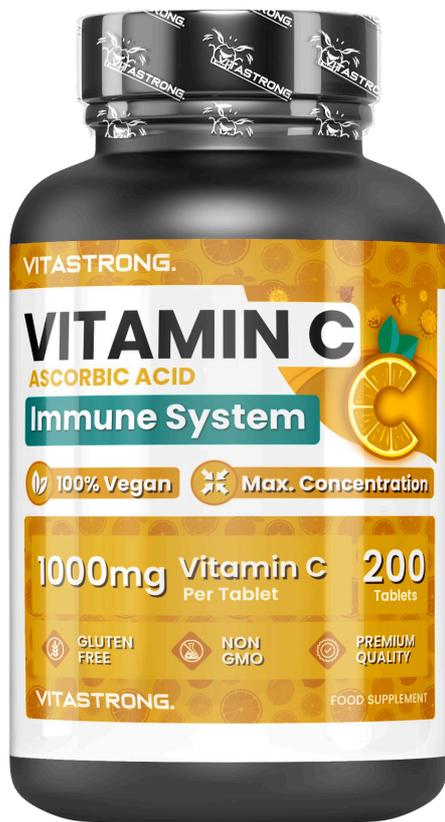
LACTOSE FREE



PREMIUM QUALITY



200 TBL



Average Values	for 1 tbl	% NRV
Vitamin C	1.000mg	1250%

Ingredients: L-ascorbic acid, protected vitamin C (L-ascorbic acid, coating agent: ethyl cellulose), bulking agent: microcrystalline cellulose, anti-caking agents: fatty acids, magnesium salts of fatty acids, silicon dioxide.

200 TBL

B0349



8 055774 502535

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VITAMIN C + ZINC

VITAMIN C 1000 + ZINC

A complete food supplement designed to provide essential nutritional support thanks to the combination of high-dose vitamin C and zinc. With 1000 mg of vitamin C and 10 mg of zinc per dose, this supplement helps to strengthen the immune system, protect cells from oxidative stress and promote healthy skin. Ideal for athletes, sportspeople and anyone who wants to maintain an active and healthy lifestyle, it supports the body during periods of physical and mental stress, promoting iron absorption and supporting healing processes. It is the ideal companion to optimize health, well-being and daily performance.



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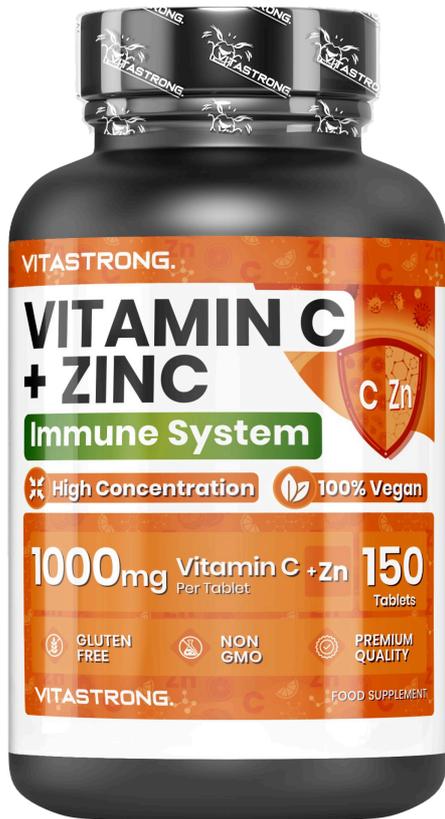
LACTOSE FREE



PREMIUM QUALITY



150 TBL



Average Values	for 1 tbl	% NRV
Vitamin C	1,000 mg	1250%
Zinc	10 mg	100%

Ingredients: L-ascorbic acid (Vitamin C), bulking agent: microcrystalline cellulose; zinc gluconate, anti-caking agents: stearic acid, magnesium salts of fatty acids, silicon dioxide

150 TBL

B0265



8 055774 501439

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VITAMIN B COMPLEX

VITAMIN B COMPLEX

A complete food supplement designed to provide essential nutritional support with a broad spectrum of B vitamins. With a balanced formula that includes niacin, thiamine, riboflavin, pantothenic acid, vitamin B6, biotin, folic acid and vitamin B12, this supplement helps support energy metabolism, improve physical and mental performance and promote general well-being. Ideal for athletes, sportspeople and anyone who wants to maintain an active and healthy lifestyle, it helps fight fatigue, support the nervous system and improve resilience to stress. It is an indispensable ally for optimising energy, health and daily performance.



GLUTEN FREE



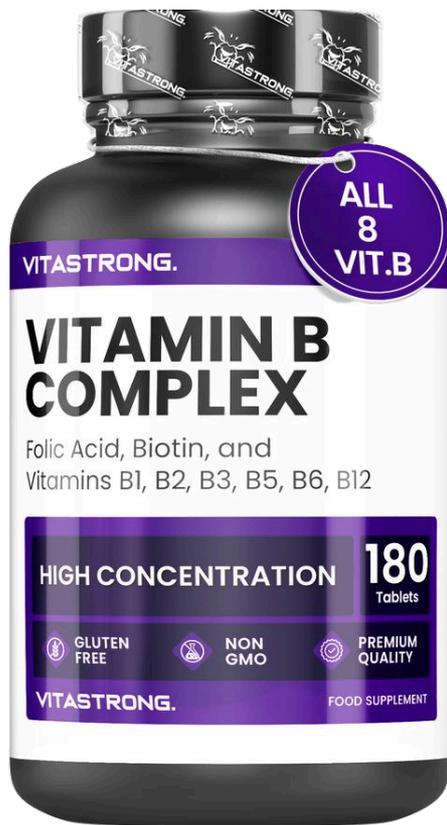
LACTOSE FREE



PREMIUM QUALITY



180 TBL



180 TBL

B0067



Average Values	for 1 tbl	% NRV
Niacin (Vit B3)	20.9 mg	130.6%
Vitamin B6	10 mg	714.2%
Pantothenic acid (B5)	7.7 mg	128.3%
Vitamin B2	1.87 mg	133.5%
Vitamin B1	1.65 mg	150%
Folic acid (Vit B9)	300 mcg	150%
Biotin (Vit B8)	25 mcg	50%
Vitamin B12	2.5 mcg	100%

Ingredients: Bulking agents: microcrystalline cellulose, maltodextrin; nicotinamide (niacin), pyridoxine hydrochloride (vitamin B6), calcium D-pantothenate (pantothenic acid), cyanocobalamin 0.1% (vitamin B12), thiamine hydrochloride (vitamin B1), anti-caking agents: magnesium salts of fatty acids, silicon dioxide; riboflavin (vitamin B2), pteroylmonoglutamic acid (folate), D-biotin.

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VITAMIN D3

VITAMIN D3

A dietary supplement formulated to support the immune system, bone health and general well-being. Providing 50 mcg of vitamin D per serving, it aids in the absorption of calcium and phosphorus, contributing to the maintenance of healthy bones, teeth and muscles. An essential for those who want to optimise vital bodily functions, this supplement helps to fill any vitamin D deficiencies, supporting vitality and proper functioning of the body.



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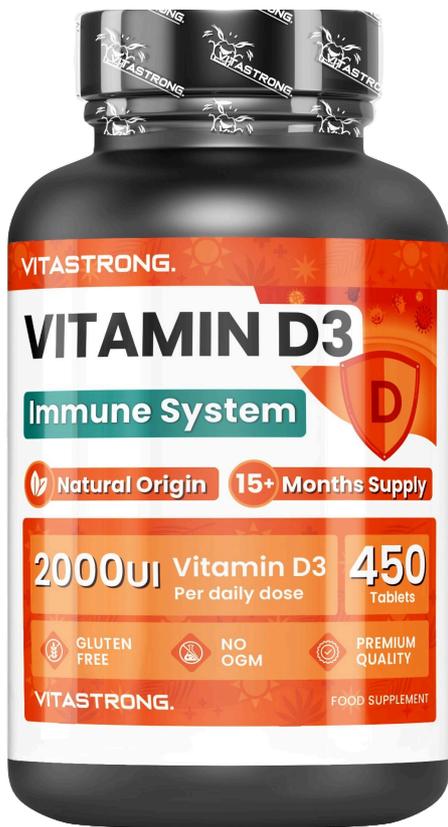
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PREMIUM QUALITY



450 TBL



Average Values	for 1 tbl	% NRV
Vitamin D3	50 mcg (2,000 IU)	1000%

Ingredients: Bulking agent: cellulose, maltodextrin, binding agents: silicon dioxide, magnesium salts of fatty acids, cholecalciferol (Vitamin D).

450 TBL

B0326



8 055774 502511

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VITAMIN K2

VITAMIN K2

Vitamin K2 is the ideal supplement for those who want to support bone health and optimize calcium utilization in the body, thanks to the presence of All-Trans MK-7 Vitamin K2, the most active and bioavailable form. This advanced form of vitamin K2 actively supports bone metabolism and blood clotting, helping the body properly bind calcium in the bones and prevent its accumulation in soft tissues or blood vessels. Particularly recommended for adults, athletes, and women in menopause, it helps maintain strong bones, healthy teeth, and cardiovascular balance. The formula is vegan, gluten-free, lactose-free and GMO-free, providing 200 mcg of Vitamin K2 per tablet.



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PREMIUM QUALITY



450 TBL



Average Values	for 1 tbl	% NRV
Vitamin K2	200 mcg	266.6%

Ingredients: Bulking agent: cellulose; maltodextrin, Trans-Menaquinone-7 (Vitamin K2), anti-caking agents: magnesium salts of fatty acids, silicon dioxide.

450 TBL

B0439



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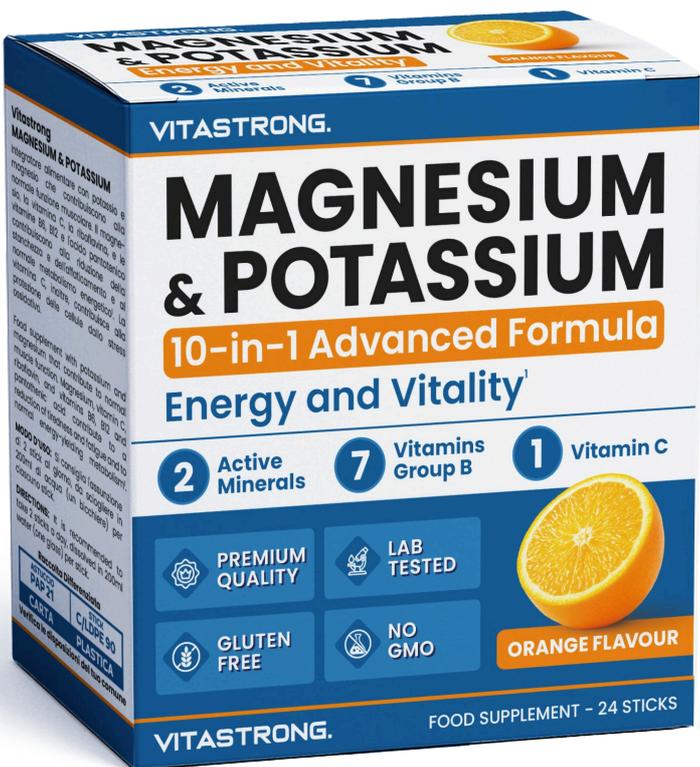
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MAGNESIUM & POTASSIUM

MAGNESIUM AND POTASSIUM IN STICKS + VITAMINS

Practical and complete stick supplement designed to support energy, hydration and well-being throughout the day. Contains Magnesium and Potassium from highly bioavailable sources, for effective assimilation and rapid replenishment of mineral salts lost due to heat, stress or daily activity. Enriched with Vitamin C and 7 B vitamins, it contributes to the reduction of tiredness, energy metabolism and the proper functioning of the nervous system. The pleasant orange flavor and the gluten-free and lactose-free formula make it suitable for the whole family, ideal in periods of fatigue, sweating or change of season.



Average Values	for 2 sticks	% NRV
Potassium	300 mg	15%
Magnesium	90 mg	24%
Vitamin C	60 mg	75%
Niacin	16 mg	100%
Pantothenic acid	6 mg	100%
Vitamin B6	1.4 mg	100%
Riboflavin	1.4 mg	100%
Thiamine	1.1 mg	100%
Vitamin B12	2.5 µg	100%
Folic acid	200 µg	100%

24 STICKS B0392



8 055774 502917

Ingredients: potassium citrate, thickener: sorbitol; acidifier: citric acid; magnesium salts of citric acid, flavouring, vitamin C (L-ascorbic acid, coating agent: ethylcellulose), sweetener: sucralose; niacin (nicotinamide), colouring: beta-carotene; pantothenic acid (D-pantothenate, calcium), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamine hydrochloride), vitamin B12 (cyanocobalamin), folic acid (pteroylmonoglutamic acid).

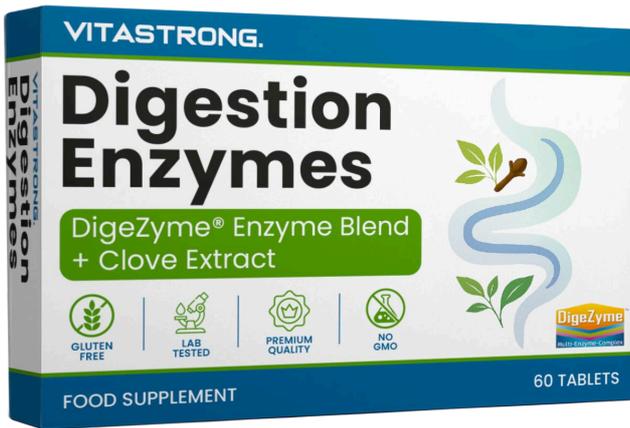


VITASTRONG.

DIGESTION ENZYMES

DIGESTIVE ENZYMES

A complete supplement in capsules designed to promote intestinal regularity and improve digestion. Thanks to the patented DigeZyme® blend—a pool of broad-spectrum digestive enzymes—it supports the breakdown of carbohydrates, proteins, fats, and lactose, helping reduce bloating, fermentation, and feelings of heaviness. Enriched with natural clove extract, which helps calm the digestive system, it is ideal after large meals or for slow digestion. It is also suitable for those with lactose intolerance or following high-protein diets. The formula is gluten-, lactose-, and GMO-free, and suitable for vegans and vegetarians.



Average Values	per 3cpr	% NRV
DigeZyme®	150 mg	*
Cloves	150 mg	*

Ingredients: Bulking agent: cellulose, DigeZyme® (multi-enzyme complex: maltodextrin, alpha amylase, protease, cellulase, lactase, lipase), Clove (*Syzygium aromaticum* (L.) Merr. et LM Perry, flower bud) dry extract, anti-caking agents: magnesium salts of fatty acids, silicon dioxide.

60 TBL BL0405



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PREMIUM QUALITY
PROTEINS

VITASTRONG.



ITALIAN QUALITY
FOOD

VITASTRONG.

PROTEIN BAR

PROTEIN BARS 40G - BOX X24

VITASTRONG CRUNCHY BARS offer a tasty and fast protein supplement, perfect for wellness lovers who want to optimize their diet with a high-quality snack. With 34-36% protein, these bars are useful for supporting muscle growth and recovery. Made in Italy with high-quality ingredients, they are ideal for a pre or post-workout snack, easy to take with you and provide an immediate protein supplement, without feelings of guilt. Available in a practical box of 24 pieces.



Average Values -	for 40g	% NRV
Energy value	142 kcal	*
Fat	5.6 g	*
of which saturated	3.2 g	*
Carbohydrates	11 g	*
of which sugars	0.6 g	*
of which polyols	9.6 g	*
Proteins	14 g	*
Salt	0.06 g	*
Fiber	3.1 g	*

Ingredients: Milk proteins, dark chocolate with sweetener (cocoa mass, sweetener: maltitol, cocoa butter, emulsifier: soy lecithin, natural flavouring (vanilla)) (20%), humectants: sorbitol and maltitol, hydrolysed collagen, fructo-oligosaccharides, vegetable fats (coconut, sunflower, water), isomalto-oligosaccharide (*source of glucose), cocoa soy extruders (isolated soy protein, cocoa, tapioca starch), cocoa powder, chocolate flavoured paste (cocoa, sunflower seed oil, emulsifier: soy lecithin, flavourings) (2%), water, flavouring, emulsifier: soy lecithin, maltodextrin, preservative: potassium sorbate, sweetener: sucralose.
*Chocolate flavour

CHOCO BR0384



BROWNIE BR0388



COCONUT BR0387



WHITE BR0385



BERRIES BR0386



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PROTEIN CREAMS

PROTEIN CREAMS 400G - GLUTEN AND LACTOSE FREE

PROTEIN CREAM offers a delicious combination of flavor and nutrition, formulated gluten- and lactose-free to suit even the most specific dietary needs. Made in Italy with select, high-quality ingredients, they are sweetened with a balanced blend and enriched with protein for a healthy, tasty, and functional snack. Perfect any time of day, they transform your breaks into a guilt-free gourmet experience. Ideal for those following a strict diet, those who practice sports, or those with intolerances, they represent a concrete contribution to daily well-being.



GLUTEN FREE



LACTOSE FREE



PREMIUM QUALITY



400G



Average Values - Dark	per 100g	% NRV
Energy value	521 kcal	*
Fat	39 g	*
of which saturated	13 g	*
Carbohydrates	29 g	*
of which sugars	0 g	*
of which polyols	26 g	*
Proteins	22 g	*
Salt	0.28 g	*
Fiber	3.8 g	*

Ingredients: sweetener: maltitol*; sunflower oil; lactose-free milk protein 25%, fat-reduced cocoa powder 13%, coconut oil, emulsifier: sunflower lecithin (E322); salt.
*Excessive consumption may produce laxative effects.

PISTACHIO B0284



8 055774 501781

DARK CHOCO B0288



8 055774 501828

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PEANUT BUTTER

100% PEANUT CREAM

VITASTRONG PEANUT BUTTER is a pure and natural source of protein and energy, perfect for those who want a healthy diet without sacrificing taste. Without additives and added sugars, it contains only selected peanuts for an intense flavor and optimal nutritional benefits. With 26g of protein per 100g, this cream is ideal for supporting a balanced and healthy diet. Made in Italy with high-quality ingredients, it is perfect for any time of the day, offering a creamy texture and an authentic taste that enhances every meal.



GLUTEN FREE



LACTOSE FREE



PREMIUM QUALITY



500G



500G

B0266



Average Values	per 100g	% NRV
Energy value	625kcal	*
Fat	49 g	*
of which saturated	7 g	*
Carbohydrates	16 g	*
of which sugars	4 g	*
Proteins	26 g	*
Salt	0,02 g	*
Fiber	8 g	*

Ingredients: Roasted Peanuts (100%)

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PEANUT BUTTER POWDER

PEANUT BUTTER POWDER

Flour made from shelled, peeled, roasted, and ground peanuts, with a reduced fat content (max 16%), ideal for those seeking a natural, versatile, and tasty protein alternative. Rich in plant-based proteins and fiber, it's perfect for enhancing pancakes, smoothies, yogurt, dough, and sweet or savory recipes, maintaining a balanced nutritional profile. Thanks to gentle processing and the controlled origin of the raw material, it retains all the aroma of roasted peanuts in a fine, easy-to-use powder. With no added sugars or additives, it's an excellent solution for those following a healthy diet. Produced in Italy according to high standards, it's designed to combine nutritional quality and everyday pleasure.



GLUTEN FREE



LACTOSE FREE



PREMIUM QUALITY



250G



Average Values	per 100g	% NRV
Energy value	470 kcal	*
Fat	14 g	*
of which saturated	2 g	*
Carbohydrates	32 g	*
of which sugars	8.8 g	*
Protein	47 g	*
Salt	1.9 g	*
Fiber	14 g	*

Ingredients: Roasted Peanuts (100%)

250G

BG0400



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TOPPING ZERO

ZERO SUGAR SYRUP - 300G

VITASTRONG TOPPING ZERO are designed to offer a unique and concentrated taste experience, thanks to the presence of maltitol syrup that gives them a dense and creamy consistency, without the use of water or thickeners. Free from sugar and artificial flavors, they are perfect for enhancing yogurt, pancakes, and many other recipes. Available in 9 delicious flavors, Topping Zero offers intense sweetness and flavor, ideal for those who want a touch of taste without compromise.



Average Values - Caramel	for 100g	% NRV
Energy value	183 kcal	*
Fat	0 g	*
of which saturated	0 g	*
Carbohydrates	76 g	*
of which sugars	0 g	*
of which polyols	76 g	*
Proteins	0.5 g	*
Salt	0 g	*
Fiber	0.28 g	*

Ingredients: maltitol syrup; flavourings; inulin; salt; caramel colouring (E150a) *Caramel Milk flavour

PISTACCHIO B0308-46708 	HAZELNUTS B0308-46712 	CARAMEL B0308-46705 	COFFEE B0308-46700 	STRAWBERRY B0308-46704
ZABAIONE B0308-46713 	MANGO B0308-46707 	MANDARIN B0308-46702 	BANANA B0308-46709 	

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INSTANT OATMEAL

INSTANT OAT FLOUR - 1KG

VITASTRONG INSTANT OATMEAL is ideal for those looking for a nutritious breakfast or snack without sacrificing taste. Available in 6 delicious flavors, this oatmeal, composed mainly of selected oats, offers a perfect balance between pleasure and nutrition. With a high fiber and protein content, it supports a constant release of energy, making every meal a moment of pure well-being. Produced in Italy with high-quality ingredients, it transforms every recipe into a promise of health and satisfaction.



Average Values - Milk	per 100g	% NRV
Energy value	397 kcal	*
Fat	7.3 g	*
of which saturated	1.6 g	*
Carbohydrates	66.0 g	*
of which sugars	0.6 g	*
Fiber	5.6 g	*
Protein	14.0 g	*
Salt	0.1 g	*

Ingredients: oat flour 97%; low fat cocoa powder 2.4%; flavouring; sweetener: sucralose.

*Chocolate flavour

COOKIES **BG0275**



DOUBLE CHOCO **BG0276**



CHOCOLATE **BG0274**



PEANUT BUTTER **BG0277**



HAZELNUT **BG0278**



NATURAL **BG0279**



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INSTANT RICE FLOUR

INSTANT RICE FLOUR - 1KG

VITASTRONG INSTANT RICE FLOUR offers an exceptional taste experience combined with excellent nutritional value. Available in 4 flavors, this instant rice flour is ideal for those looking for a nutritious and delicious option for breakfast or snack. With a very low sugar content and a composition that supports a constant energy release. Made in Italy with high-quality ingredients, it is the perfect choice for those who want a healthy diet without sacrificing taste.



Average Values - Milk	per 100g	% NRV
Energy value	397 kcal	*
Fat	7.3 g	*
of which saturated	1.6 g	*
Carbohydrates	66.0 g	*
of which sugars	0.6 g	*
Fiber	5.6 g	*
Protein	14.0 g	*
Salt	0.1 g	*

Ingredients: rice flour (95%), low fat cocoa powder (4.8%), sweeteners: sucralose.

*Chocolate flavour

COCONUT **BG0275**



COOKIES **BG0276**



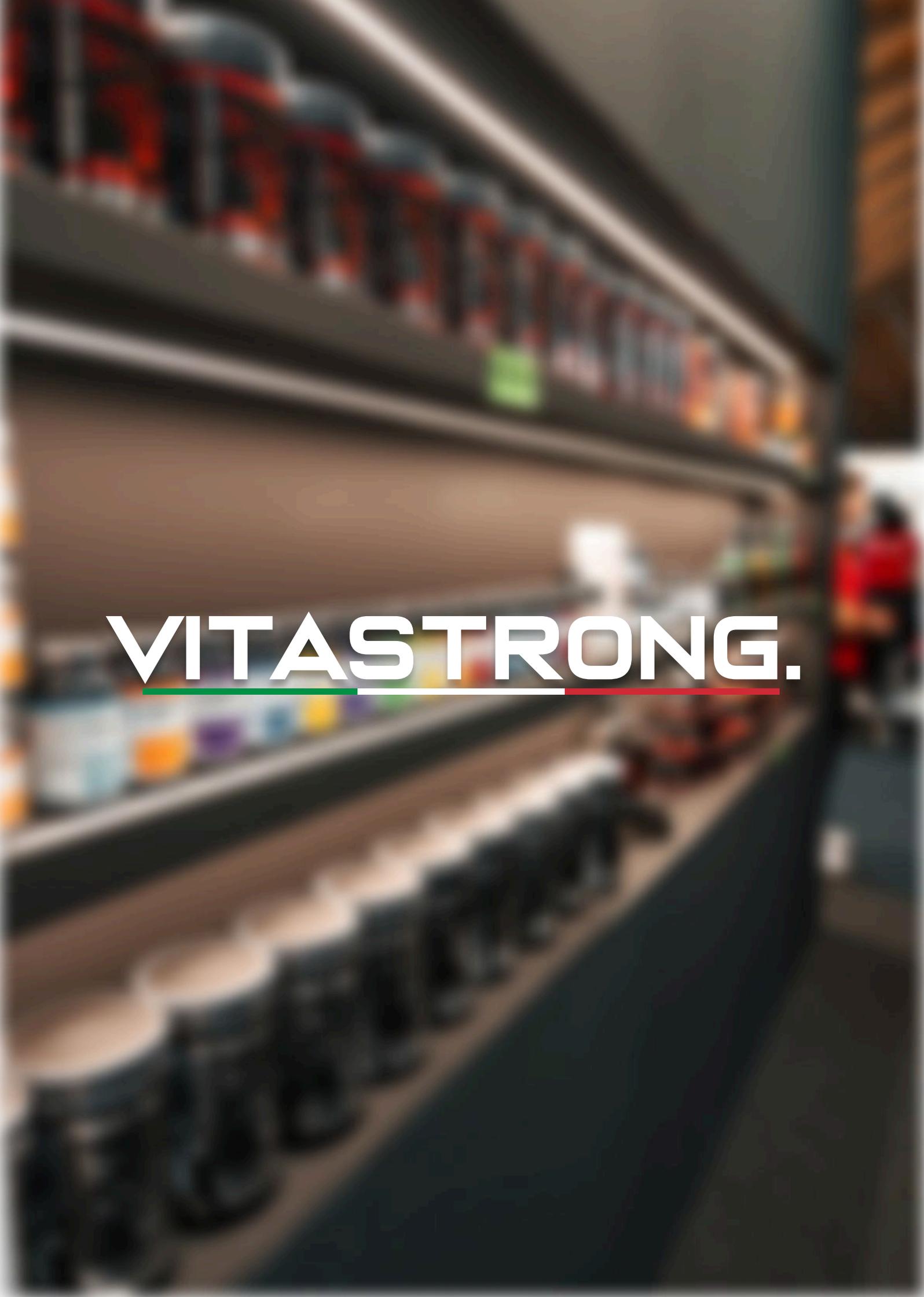
W.CHOCO **BG0274**



CHOCOLATE **BG0274**



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