

en



She<sup>+</sup>  
by Fisher

**She<sup>+</sup>**  
by Fisher

**High quality  
food supplements  
designed by women  
for women**



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## Designed by women, for women

*Fisher is a Belgian company specialised in the field of food supplements.*

*At Fisher, quality is at the core of product development, which is why production is carried out in GMP pharma certified laboratories. Each ingredient is carefully selected to be as pure and natural as possible. No compromise is made on quality!*

*To guarantee optimal assimilation, Fisher selects the most bioavailable and patented forms of ingredients. Each formula is thus refined until the perfect dosage is obtained to be adapted to each phase of a woman's life. The ultimate goal is to ensure superior vitality and well-being to each woman.*

*Fisher's philosophy is to unite a team of women around a common project: women's lives.*

*Developed by women, the She+ by Fisher brand is designed for women.*

*Whether they are active, sportive, pregnant, mothers or menopausal, no woman is left out! The experience of each woman reinforces the expertise and experience of the team to create quality products that meet the needs in the different stages of a woman's life.*



Brand designed  
by women for women



Optimal  
bioavailability



Selection of  
the most natural  
raw materials



Patented  
ingredients



No sweeteners  
GMO-free



Products  
certified  
GMP pharma



# Ingredients of the highest quality



## Natural vitamins

Vitamins A, D3, E and K2 are fat-soluble and can be stored by the body. For this reason, they are deliberately and rigorously selected in natural forms.



## Metafolin<sup>®\*</sup>

The patented Metafolin<sup>®\*</sup> is an innovative form of bioactive vitamin B9, also known as natural folic acid, which is very well absorbed and used by the body.



## Naticol<sup>®</sup>

Naticol<sup>®</sup> is composed of natural fish collagen peptides, easily assimilated by the body. It helps to replenish collagen reserves to slow down the visible signs of skin ageing.



## SOD<sup>®</sup> de melon biologique

Melon-derived SOD<sup>®</sup> is an enzyme extracted from organic, non-GMO melons that helps to limit the visible signs of ageing, such as the appearance of wrinkles.



## **Pycnogenol®**

Pycnogenol® is a 100% natural ingredient of plant origin. This patented extract of maritime pine bark reduces the visible signs of ageing and helps preserve the skin's elasticity.



## **Fish omega-3**

Our omega-3 from fish oil is of unequaled purity thanks to the removal of impurities from marine pollution. The choice of the natural form of triglycerides guarantees better stability.



## **Algal omega-3**

Our omega-3 from microalgae oil is 100% vegetable and of great purity. A patented process combining vegetable antioxidants stabilises the oil and prevents its oxidation.



## **Natural marine calcium & magnésium**

Lithothamnion is a red seaweed from the Icelandic Sea that is very rich in minerals. Our calcium and magnesium are derived from this marine source for an optimised quality.



# Formulas

# 1 active

She+ active, to help women regain vitality and energy

To live your life to the fullest by giving 150% to all your activities, a lot of energy is needed. Fisher provides the energy that may be lacking.

With 25 essential nutrients including high quality omega-3 from fish oil, She+ active provides the energy and vitality needed to succeed in any project.



## INGREDIENTS · NUTRIENT COMPLEX TABLETS

Natural marine magnesium hydroxide; microcrystalline cellulose, hydroxypropyl (methyl)cellulose (bulking agents); vitamin C (L-ascorbic acid); ferrous bisglycinate; di and tricalcium phosphate, magnesium carbonate, magnesium salts of fatty acids, stearic acid (anti-caking agents); taurine; natural vitamin E (D-alpha-tocopheryl acetate); zinc bisglycinate; para-aminobenzoic acid; natural vitamin A (beta-carotene); vitamin B3 (nicotinamide); citrus bioflavonoids; natural vitamin K2 (menaquinone); L-selenomethionine; manganese gluconate; vitamin B5 (calcium D-pantothenate); natural vegan vitamin D3 (cholecalciferol); copper bisglycinate; vitamin B6 (pyridoxal 5'-phosphate); vitamin B2 (sodium riboflavin 5'-phosphate); vitamin B1 (thiamin hydrochloride); vitamin B9 (calcium-L-methylfolate); chromium picolinate; vitamin B8 (D-biotin); vitamin B12 (methylcobalamin).

## INGREDIENTS · OMEGA-3 FISH OIL CAPSULES

See page 28

**Reduces**  
fatigue

Supports the  
**energy**  
**metabolism**

**Contributes**  
to normal  
intellectual  
performances

**Maintains**  
**the health**  
of the skin,  
hair and nails

## NUTRITION TABLE · NUTRIENT COMPLEX

Nutrients	Per tablet	% Reference intake
Citrus bioflavonoids	10 mg	–
Taurine	50 mg	–
PABA	30 mg	–
Natural vitamin A (beta-carotene)	2 mg (334 µg RE <sup>1</sup> )	41%
Vitamin B1	1,1 mg	100%
Vitamin B2	1,4 mg	100%
Vitamin B3	16 mg	100%
Vitamin B5	6 mg	100%
Vitamin B6	1,4 mg	100%
Vitamin B8 (biotin)	50 µg	100%
Vitamin B9 Metafolin®* (folic acid)	200 µg	100%
Vitamin B12	2,5 µg	100%
Vitamin C	80 mg	100%
Natural vitamin D3	10 µg	200%
Natural vitamin E	12 mg	100%
Natural vitamin K2	20 µg	26%
Magnesium	125 mg	33%
Iron	12 mg	85%
Zinc	10 mg	100%
Copper	1 mg	100%
Manganese	1 mg	50%
Selenium	50 µg	90%
Chrome	25 µg	62%

<sup>1</sup> RE: Retinol equivalents(provitamin A)

\* Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

## NUTRITION TABLE · OMEGA-3 FISH OIL

Nutrients	Par capsule
Omega-3	380 mg
<i>EPA</i>	255 mg
<i>DHA</i>	45 mg

# 2 pre-pregnancy

She+ pre-pregnancy, to promote fertility and prepare for pregnancy

Thanks to its unique nutritional complex of 24 nutrients, including omega-3, She+pre-pregnancy provides women who wish to become pregnant with a high quality supplement specifically adapted to this period. In this way, fertility is stimulated, specific nutrients are provided for the proper development of the foetus and the nutritional reserves of the mother-to-be are preserved.



## INGREDIENTS · NUTRIENT COMPLEX TABLETS

Natural marine magnesium hydroxide; choline bitartrate; hydroxypropyl cellulose, microcrystalline cellulose, hydroxypropyl methylcellulose, isomalt, calcium carbonate (bulking agents); vitamin C (L-ascorbic acid); inositol; ferrous bisglycinate; di and tricalcium phosphates, magnesium carbonate, stearic acid, magnesium salts of fatty acids (anti-caking agents); L-arginine hydrochloride; natural vitamin E (D-alpha-tocopheryl acetate); natural vitamin A (beta-carotene); vitamin B3 (nicotinamide); zinc bisglycinate; alpha-lipoic acid; pregelatinised starch; natural vegetal vitamin D3 (cholecalciferol); natural vitamin K2 (menaquinone); vitamin B5 (calcium D-pantothenate); L-selenomethionine; vitamin B6 (pyridoxal 5'-phosphate); vitamin B2 (sodium riboflavin 5'-phosphate); vitamin B1 (thiamin hydrochloride); copper bisglycinate; vitamin B9 (calcium-L-methylfolate as Metafolin®\*); potassium iodate; vitamin B8 (D-biotin); vitamin B12 (methylcobalamin).

## INGREDIENTS · VEGETAL OMEGA-3 (ALGAL OIL) CAPSULES

See page 29

For normal  
**fertility** and  
**reproduction**

**Contributes**  
to the good  
development  
of the foetus

**Reduces**  
fatigue

**Protects**  
the cells against  
oxidative stress

## NUTRITION TABLE · NUTRIENT COMPLEX

Nutrients	Per tablet	% Reference intake
Alpha lipoic acid	20 mg	-
Choline	100 mg	-
Inositol	80 mg	-
L-arginin	50 mg	-
Natural vitamin A (beta-carotene)	3 mg (501 µg RE <sup>1</sup> )	62%
Vitamin B1	1,4 mg	127%
Vitamin B2	1,6 mg	114%
Vitamin B3	20 mg	125%
Vitamin B5	6 mg	100%
Vitamin B6	2 mg	142%
Vitamin B8 (biotin)	50 µg	100%
Vitamin B9 Metafolin®* (folic acid)	500 µg	250%
Vitamin B12	10 µg	400%
Vitamin C	90 mg	112%
Natural vitamin D3	25 µg	500%
Natural vitamin E	12 mg	100%
Natural vitamin K2	20 µg	26%
Copper	0,50 mg	50%
Iodine	150 µg	100%
Iron	14 mg	100%
Magnesium	100 mg	26%
Selenium	25 µg	45%
Zinc	6 mg	60%

<sup>1</sup> RE: Retinol equivalents(provitamin A)

\* Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

## NUTRITION TABLE · VEGETAL OMEGA-3

Nutrients	Par capsule
DHA	300 mg

# 3 pregnancy

She+ pregnancy, to provide pregnant women with essential nutrients for the healthy development of the foetus

She+ pregnancy contains 22 bioactive ingredients selected for their high assimilation. The various active ingredients, such as omega-3, provide the necessary energy and nutritional reserves for the mother and the foetus.



## INGREDIENTS · NUTRIENT COMPLEX TABLETS

Choline bitartrate; calcium carbonate; hydroxypropyl cellulose, hydroxypropyl methylcellulose, microcrystalline cellulose, isomalt, calcium carbonate (bulking agents); vitamin C (L-ascorbic acid); di and tricalcium phosphates, magnesium carbonate, stearic acid, magnesium salts of fatty acids (anti-caking agents); ferrous bisglycinate; natural vitamin E (D-alpha-tocopheryl acetate); zinc bisglycinate; natural vitamin A (beta-carotene); vitamin B3 (nicotinamide); natural vegetal vitamin D3 (cholecalciferol); L-selenomethionine; pregelatinised starch; natural vitamin K2 (menaquinone); vitamin B5 (calcium D-pantothenate); vitamin B6 (pyridoxal 5'-phosphate); vitamin B2 (sodium riboflavin 5'-phosphate); vitamin B1 (thiamin hydrochloride); copper bisglycinate; vitamin B9 (calcium-L-methylfolate as Metafolin®\*); chromium picolinate; potassium iodide; vitamin B8 (D-biotin); vitamin B12 (methylcobalamin).

## INGREDIENTS · VEGETAL OMEGA-3 (ALGAL OIL) CAPSULES

See page 29

### Participates

to the good development of the foetus

### Reduces

fatigue

**Helps**  
to the normal formation of red blood cells

Contributes to the growth of the placenta thanks to a **patented form of folic acid**

## NUTRITION TABLE · NUTRIENT COMPLEX

Nutrients	Per tablet	% Reference intake
Choline	150 mg	-
Vitamine A naturelle (bêta-carotène)	3 mg (501 µg RE <sup>1</sup> )	62%
Vitamine B1	1,4 mg	127%
Vitamine B2	1,7 mg	121%
Vitamine B3	18 mg	112%
Vitamine B5	6 mg	100%
Vitamine B6	2 mg	142%
Vitamine B8 (biotine)	50 µg	100%
Vitamine B9 Metafolin®* (acide folique)	400 µg	200%
Vitamine B12	5 µg	200%
Vitamine C	110 mg	137%
Vitamine D3 naturelle	25 µg	500%
Vitamine E naturelle	12 mg	100%
Vitamine K2 naturelle	20 µg	26%
Calcium	120 mg	15%
Chrome	30 µg	75%
Cuivre	0,50 mg	50%
Iode	150 µg	100%
Fer	14 mg	100%
Sélénium	60 µg	109%
Zinc	10 mg	100%

<sup>1</sup> RE: Retinol equivalents(provitamin A)

\* Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

## NUTRITION TABLE · VEGETAL OMEGA-3

Nutrients	Per capsule
DHA	300 mg

# 4 post-pregnancy

She+ post-pregnancy, to allow the young mother to quickly regain energy and well-being

She+ post-pregnancy contains 26 bioactive vitamins, minerals, active substances and high quality omega-3s which allow the young mother to enjoy her child to the fullest and regain her usual energy.



## INGREDIENTS · NUTRIENT COMPLEX TABLETS

Calcium carbonate; choline bitartrate; hydroxypropyl cellulose, hydroxypropyl methylcellulose, microcrystalline cellulose (bulking agents); vitamin C (L-ascorbic acid); ferrous bisglycinate; di and tricalcium phosphates, magnesium carbonate, stearic acid, magnesium salts of fatty acids (anti-caking agents); L-cysteine; coenzyme Q10; natural vitamin A (beta-carotene); L-methionine; natural vitamin E (D-alpha-tocopheryl acetate); zinc bisglycinate; natural vegetal vitamin D3 (cholecalciferol); sodium hyaluronate; vitamin B3 (nicotinamide); L-selenomethionine; manganese gluconate; vitamin B5 (calcium D-pantothenate); vitamin B6 (pyridoxal 5'-phosphate); vitamin B2 (sodium riboflavin 5'-phosphate); vitamin B1 (thiamin hydrochloride); copper bisglycinate; chromium picolinate; vitamin B9 (calcium-L-methylfolate as Metafolin®\*); vitamin B8 (D-biotin); potassium iodate; vitamin B12 (methylcobalamin).

## INGREDIENTS · VEGETAL OMEGA-3 (ALGAL OIL) CAPSULES

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**Reduces**  
fatigue

Supports the  
**energy**  
**metabolism**

**Contributes**  
to the beauty  
of the skin  
and hair

**Supports**  
a good  
psychological  
function

## NUTRITION TABLE · NUTRIENT COMPLEX

Nutrients	Per tablet	% Reference intake
Choline	100 mg	-
Coenzyme Q10	50 mg	-
Hyaluronic acid	20 mg	-
L-Cystein	40 mg	-
L-Methionin	40 mg	-
Natural vitamin A (beta-carotene)	4 mg (668 µg RE <sup>1</sup> )	83%
Vitamin B1	1,4 mg	127%
Vitamin B2	1,6 mg	114%
Vitamin B3	20 mg	125%
Vitamin B5	6 mg	100%
Vitamin B6	2 mg	142%
Vitamin B8 (biotin)	200 µg	400%
Vitamin B9 Metafolin®* (folic acid)	200 µg	100%
Vitamin B12	10 µg	400%
Vitamin C	100 mg	125%
Natural vitamin D3	50 µg	1000%
Natural vitamin E	12 mg	100%
Calcium	120 mg	15%
Chrome	40 µg	100%
Copper	0,50 mg	50%
Iodine	75 µg	50%
Iron	14 mg	100%
Manganese	1 mg	50%
Selenium	50 µg	90%
Zinc	10 mg	100%

<sup>1</sup> RE: Retinol equivalents(provitamin A)

\* Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

## NUTRITION TABLE · VEGETAL OMEGA-3

Nutrients	Per capsule
DHA	300 mg

# 5 sport

She+ sport, to support sports dynamism and maintain an optimal body balance during intensive sports activities

It's impossible to imagine life without sport? To keep your body fit and healthy, it is essential to eat properly. That's why it's important to give your body the nutrients it needs. She+ sport provides 35 highly assimilable ingredients, including omega-3, to support women in their physical effort.



## INGREDIENTS · NUTRIENT COMPLEX TABLETS

Hydroxypropyl cellulose, hydroxypropyl methylcellulose, microcrystalline cellulose (bulking agents); taurine; choline bitartrate; vitamin C (L-ascorbic acid); guarana extract (Paullinia cupana); ferrous bisglycinate; L-glutamine; L-carnitine tartrate; L-cysteine hydrochloride; boswellia extract (Boswellia serrata); natural vitamin E (D-alpha-tocopheryl acetate); di and tricalcium phosphate, magnesium carbonate, stearic acid, magnesium salts of fatty acids, (anti-caking agents); zinc bisglycinate; green tea extract (Camellia sinensis); ubiquinone; natural vitamin A (beta-carotene); caffeine; inositol; para-aminobenzoic acid; white turmeric (Curcuma zedoaria); vitamin B3 (nicotinamide); L-selenomethionine; natural vitamin K2 (menaquinone); natural vegan vitamin D3 (cholecalciferol); manganese gluconate; vitamin B5 (calcium D-pantothenate); vitamin B6 (pyridoxal 5'-phosphate); copper bisglycinate; vitamin B2 (sodium riboflavin-5'-phosphate); vitamin B1 (thiamine hydrochloride); chromium picolinate; vitamin B9 (calcium L-methylfolate); sodium molybdate; vitamin B8 (D-biotin); vitamin B12 (methylcobalamin).

## INGREDIENTS · OMEGA-3 FISH OIL CAPSULES

See page 28

**Innovative  
raw  
materials:**

Boswellia, guarana,  
white turmeric,  
L-glutamine

Supports the  
**energy  
metabolism**

Healthy  
**muscle  
function**

**Flexibility**  
of the joints

## NUTRITION TABLE · NUTRIENT COMPLEX

Nutrients	Per tablet	% Reference intake
Guarana extract	80 mg	—
Boswellia extract	50 mg	—
Green tea extract	25 mg	—
White turmeric (zedoary)	20 mg	—
L-glutamine	75 mg	—
L-cysteine	50 mg	—
Choline	40 mg	—
Taurine	100 mg	—
L-carnitine	50 mg	—
Coenzyme Q10	20 mg	—
Caffeine	20,25 mg	—
Inositol	20 mg	—
PABA	20 mg	—
Vitamin A natural (beta-carotene)	2 mg (334 µg RE <sup>1</sup> )	41%
Vitamin B1	1,4 mg	127%
Vitamin B2	1,6 mg	114%
Vitamin B3	18 mg	112%
Vitamin B5	6 mg	100%
Vitamin B6	2 mg	142%
Vitamin B8 (biotin)	50 µg	100%
Vitamin B9 Metafolin®* (folic acid)	200 µg	100%
Vitamin B12	5 µg	200%
Vitamin C	80 mg	100%
Natural vitamin D3	20 µg	400%
Natural vitamin E	15 mg	125%
Natural vitamin K2	20 µg	26%
Iron	14 mg	100%
Zinc	10 mg	100%
Copper	1 mg	100%
Manganese	1 mg	50%
Chrome	40 µg	100%
Molybdenum	30 µg	60%
Selenium	55 µg	100%

<sup>1</sup> RE: Retinol equivalents(provitamin A)

\* Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

## NUTRITION TABLE · OMEGA-3 FISH OIL

Nutrients	Per capsule
Omega-3	380 mg
EPA	255 mg
DHA	45 mg

# 6 mature & fit

She+ mature & fit, to help reduce fatigue, weight gain or other common menopausal ailments

As women enter their forties, they slowly approach the menopause. This is an important stage when the body undergoes hormonal changes that can disturb the overall balance. During this period, the body has specific needs. This is why our supplement provides 35 nutrients, including fish oil rich in omega-3.



## INGREDIENTS · NUTRIENT COMPLEX TABLETS

Hydroxypropyl cellulose, hydroxypropyl methylcellulose, microcrystalline cellulose (bulking agents); vitamin C (L-ascorbic acid); choline bitartrate; L-lysine; di and tricalcium phosphate, magnesium carbonate, magnesium salts of fatty acids, stearic acid (anti-caking agents); ferrous bisglycinate; L-arginine; natural vitamin E (D-alpha-tocopheryl acetate); L-glycine; zinc bisglycinate; lutein; ubiquinone; L-methionine; alpha-lipoic acid; L-carnitine tartrate; natural vitamin A (beta-carotene); inositol; para-aminobenzoic acid; grape seed extract (*Vitis vinifera*); vitamin B3 (nicotinamide); zeaxanthine; natural vitamin K2 (menaquinone); vegan natural vitamin D3 (cholecalciferol); L-selenomethionine; manganese gluconate; vitamin B5 (calcium D-pantothenate); vitamin B6 (pyridoxal 5'-phosphate); copper bisglycinate; vitamin B2 (sodium riboflavin-5'-phosphate); vitamin B1 (thiamine hydrochloride); vitamin B9 (calcium L-methyl folate); chromium picolinate; vitamin B8 (D-biotin); sodium molybdate; vitamin B12 (methylcobalamin).

## INGREDIENTS · OMEGA-3 FISH OIL CAPSULES

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**Non  
hormonal  
formula**

**Reduces  
fatigue**

**Reduces  
weight  
gain**

**Protects  
the cells against  
oxidative stress**

## NUTRITION TABLE · NUTRIENT COMPLEX

Nutrients	Per tablet	% Reference intake
L-Arginin	50 mg	–
L-Lysine	50 mg	–
L-Glycine	40 mg	–
Choline	30 mg	–
L-Methionin	25 mg	–
Alpha lipoic acid	25 mg	–
Coenzyme Q10	25 mg	–
Inositol	20 mg	–
Grape seed extract	20 mg	–
L-Carnithin	15 mg	–
Lutein	3 mg	–
Zeaxanthin	2 mg	–
PABA	20 mg	–
Vitamin A natural (beta-carotene)	2 mg (334 µg RE <sup>1</sup> )	41%
Vitamin B1	1,4 mg	127%
Vitamin B2	1,6 mg	114%
Vitamin B3	18 mg	112%
Vitamin B5	6 mg	100%
Vitamin B6	2 mg	142%
Vitamin B8 (biotin)	50 µg	100%
Vitamin B9 Metafolin®* (folic acid)	200 µg	100%
Vitamin B12	5 µg	200%
Vitamin C	80 mg	100%
Natural vitamin D3	20 µg	400%
Natural vitamin E	15 mg	125%
Natural vitamin K2	20 µg	26%
Iron	10 mg	71%
Zinc	10 mg	100%
Copper	1 mg	100%
Manganese	1 mg	50%
Selenium	45 µg	81%
Chrome	30 µg	75%
Molybdenum	20 µg	40%

<sup>1</sup> RE: Retinol equivalents(provitamin A)

\* Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

## NUTRITION TABLE · OMEGA-3 FISH OIL

Nutrients	Par capsule
Omega-3	380 mg
EPA	255 mg
DHA	45 mg

# calcium



She+ calcium, to maintain strong bones

How can we help women strengthen their bones? FISHER has the answer with She+ Calcium, a vegan product derived from natural sources. The product contains calcium and magnesium extracted from red algae harvested from the Icelandic Sea. Calcium contributes to normal bone structure. Magnesium plays a role in muscle function. Vitamins D3 and K2 work in synergy with calcium to maintain healthy bones.

## INGREDIENTS

Lithothamnion calcareum (natural marine calcium); natural magnesium hydroxide (marine); hydroxypropyl cellulose, hydroxypropyl methylcellulose, microcrystalline cellulose (bulking agents); di and tricalcium phosphate, magnesium carbonate, magnesium salts of fatty acids, stearic acid (anti-caking agents); natural vitamin K2 (menaquinone); natural vegan vitamin D3 (cholecalciferol).

## NUTRITION TABLE

Nutrients	Per tablet	% Reference intake
Calcium	300 mg	37%
Magnesium	80 mg	21%
Natural vitamin D3	25 µg	500%
Natural vitamin K2	25 µg	33%

**Marine calcium & magnesium**  
from Icelandic red algae

**Synergies**  
with vitamins and magnesium to maintain bone health

**Natural vitamins**  
D3 & K2

**300 mg of calcium**  
in a single tablet

# magnesium



She+ magnesium, to support physiological functions

Did you know that magnesium is involved in over 300 enzymatic reactions in every cell of our body? The formula includes a combination of highly bioavailable magnesium and vitamin B6.

## INGREDIENTS

Magnesium glycerophosphate; microcrystalline cellulose, hydroxypropyl cellulose, hydroxypropyl methylcellulose (bulking agents); natural magnesium hydroxide (marine); calcium carbonate, di and tricalcium phosphate, magnesium carbonate, magnesium salts of fatty acids, stearic acid (anti-caking agents); vitamin B6 (pyridoxal 5'-phosphate).

## NUTRITION TABLE

Nutrients	Per tablet	% Reference intake
Magnesium	150 mg	40%
Vitamin B6	2 mg	142%

**Magnesium glycerophosphate**  
easily assimilated by the body

**Marine magnesium**  
from Icelandic red algae

**Efficiency reinforced**  
by the synergy with vitamin B6

Magnesium contributes to normal **muscle** and **nervous system** functions

# omega 3



She+ omega 3, to provide DHA and EPA, two essential omega-3s for your health

High quality, filtered, sustainably caught fish oil providing 380 mg of omega-3 (DHA and EPA) for good heart function.

## INGREDIENTS

Fish oil; fish gelatin; vegetable glycerol (humectant); natural tocopherol-rich extract, rosemary extract (antioxidants).

## NUTRITION TABLE

Nutrients	Par capsule
Omega-3	380 mg
EPA	255 mg
DHA	45 mg

Fish oil from  
**sustainable  
fishing**  
preserving  
marine biodiversity

**Unequaled  
oil purity**  
thanks to a  
high-performance  
filtration system

For good  
**heart  
function**

To maintain  
a good **brain  
fonction**  
and **vision**

# omega 3 vegetal



SHE+ omega 3 vegetal, to provide pregnant women and vegetarians women with plant-based omega-3s

Omega-3s are essential nutrients for the body. To ensure that everyone can benefit from them, we have developed a 100% vegetable formula with the best quality vegetable oil available on the market.

## INGREDIENTS

Algae oil (oil from the microalgae Schizochytrium sp.); vegetable modified starch (capsule); vegetable glycerol (humectant); sunflower oil (Helianthus annuus); natural rosemary extract, natural tocopherol rich-extract (antioxidants).

## NUTRITION TABLE

Nutrients	Par capsule
DHA	300 mg

High quality  
**algal oil**  
stabilised with  
**natural**  
rosemary  
**extract**

**Unequaled**  
**oil purity**  
thanks to a  
high-performance  
filtration system

**Rich**  
in **omega-3**  
fatty acids (DHA)

To maintain  
a good **brain**  
**fonction**  
and **vision**

# skin complex

She+ skin complex, for beautiful skin and a good nutritional balance

She+ skin complex is a food supplement with 20 excellent nutrients to satisfy both the beauty of the skin and a good nutritional balance. As a result, the skin is nourished from the inside while being hydrated, vitalized and radiant on the outside.



## INGREDIENTS

Naticol® (marine collagen from **fish**), organic inulin, maltodextrin (bulking agent), mango powder (Mangifera indica), vitamin C (L-ascorbic acid), hyaluronic acid (sodium hyaluronate), coenzyme Q10, maritime pine bark extract (Pinus pinaster, Pycnogenol®), natural mango flavour, natural vitamin E (D-alpha-tocopheryl acetate), zinc bisglycinate, natural orange flavour, vitamin B3 (nicotinamide), superoxide dismutase from organic melon (SOD), selenium (L-selenomethionine), natural vitamin A (beta-carotene), vitamin B5 (calcium D-pantothenate), copper gluconate, vitamin B2 (riboflavin 5'-phosphate), vitamin B6 (pyridoxal-5-phosphate), vitamin B1 (thiamin hydrochloride), vitamin B9 (calcium-L-methylfolate), vitamin B8 (D-biotine), vitamin B12 (methylcobalamin).

**5 grams  
of marine  
collagen**  
to maintain skin  
firmness, elasticity  
and moisture

**Patented  
ingredients:**  
Pycnogenol®,  
Organic  
melon SOD,  
Naticol®

**Vitamins**  
to reduce fatigue  
and stress

**Minerals**  
to strengthen the  
protection of cells  
against oxidative  
stress

## NUTRITION TABLE

Nutrients	Per stick	% Reference intake
Naticol® (marine collagen)	5 g	-
Organic inulin	1 g	-
Pycnogenol®	50 mg	-
Melon SOD	10 mg	-
Hyaluronic acid	50 mg	-
Co-enzym Q10	50 mg	-
Natural vitamin A (beta-carotene)	2,4 mg (400 µg RE <sup>1</sup> )	50%
Vitamin B1	0,55 mg	50%
Vitamin B2	1,4 mg	100%
Vitamin B3	16 mg	100%
Vitamin B5	4 mg	66%
Vitamin B6	1,4 mg	100%
Vitamin B8	50 µg	100%
Vitamin B9 (folic acid)	100 µg	50%
Vitamin B12	2,5 µg	100%
Vitamin C	80 mg	100%
Natural vitamin E	12 mg	100%
Zinc	7,5 mg	75%
Copper	0,5 mg	50%
Selenium	30 µg	54%

<sup>1</sup> RE: Retinol equivalents(provitamin A)

# pure marine collagen

She+ pure marine collagen, a concentrate to improve the radiance and beauty of the skin

She+ pure marine collagen is a food supplement designed to improve the radiance and beauty of the skin. The selected ingredients help to combat premature skin ageing while contributing to good hydration.



## INGREDIENTS

Naticol® (marine collagen from **fish**), organic inulin, maltodextrin (bulking agent), mango powder (*Mangifera indica*), vitamin C (L-ascorbic acid), hyaluronic acid (sodium hyaluronate), natural mango flavour, natural vitamin E (D-alpha-tocopheryl acetate), zinc bisglycinate, natural orange flavour.

**Skin hydration**  
with collagen,  
hyaluronic acid  
and inulin

**5 grams of**  
patented  
**marine collagen**  
(Naticol®)

**Protects**  
skin cells  
against  
oxidative stress

**Preservation**  
of the skin's  
firmness and  
elasticity

## NUTRITION TABLE

Nutrients	Per stick	% Reference intake
Naticol® (marine collagen)	5 g	-
Organic inulin	1 g	-
Hyaluronic acid	50 mg	-
Vitamin C	80 mg	100%
Natural vitamin E	12 mg	100%
Zinc	7,5 mg	75%

A close-up portrait of a woman with long, dark, wavy hair. She is holding a golden, dried, feathery plant stem in front of her face, partially obscuring her eyes and nose. She has a soft smile and is looking towards the camera. She is wearing a light-colored, ribbed top and has dark nail polish on her fingers. The background is a solid, warm brown color.

# Press clippings

ELLE

***GAE*L**

PARIS  
**MATCH**

marie france

feeling

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96 pages de pur plaisir!

**SABATO.**



She<sup>+</sup>  
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