

ÉLÈVE



NIKI
Natural Alchemy

HEALTHIER
LONGER

PNEI and NATURAL REMEDIES
ANTI-AGING

There is a way of understanding with cognitive power
dictated by love.

Paul Lissoni

What is the scientific truth?
The sum of errors that illuminates knowledge.

Nicoletta Merli

It is only by following unexpected paths, among the
infinite paths of science, that it is possible to bring out
new opportunities for well-being.

Francesca Mauro

***The story
of this project
it begins
in a distant time***

In 2008, cervical cancer unexpectedly struck my life. It was an advanced cancer, despite my regular prevention: two pap tests in the last year and five visits had not detected it. I felt, however, that I had something serious and, during the August holidays, I decided to seek a visit with another gynecologist for further investigation.

I was seen on August 11th and on the 13th I was in hospital for the biopsy which confirmed my suspicions. I was prescribed chemotherapy with Cisplatin and concomitant radiotherapy, in order to reduce the tumor, which had taken almost all of my cervix, and then I underwent surgery.

My cancer stage only gave me a 30% chance of survival and my little girl was just 8 years old. After three days of despair and tears I decided I wanted to be in that 30%.

I started researching all the protocols used for cases like mine. After

Having read hundreds of them, I came across one from the San Gerardo Hospital in Monza by Prof. Paolo Lissoni: chemotherapy with low-dose Cisplatin and concomitant radiotherapy plus high-dose Melatonin.

The results were excellent! This protocol was used for lung and brain cancer but the drugs and radiation therapy coincided with the therapy I was assigned.

I had decided to be treated at the Nocera Inferiore Hospital, a small hospital in the province of Salerno, for chemotherapy, and at a center of excellence, also in Nocera Inferiore, for radiotherapy.

I met Dr. Grimaldi, the hospital's chief physician, for a preventive visit, after waiting in a room packed with people waiting their turn. I entered shortly before midnight and found myself in front of a sunny, open person, a person of great humanity.

Serenity and courage were the feelings I experienced.

I told him about the protocol I wanted to follow, which was basically the one prescribed to me but with the difference of the lower dosage of Cisplatin and the intake of high doses of Melatonin.

The goal was to reduce the size of the tumor and then proceed with the operation that would remove my uterus and ovaries. We discussed it and finally decided to use it.

At the end of the visit, to my great surprise, I didn't pay anything, like all the people waiting in that room. Dr. Grimaldi explained to me that he visited until that hour and outside the hospital because during working hours he didn't have enough time to see all the patients.

The radiation oncologist, Dr. Barone, instead, spared me, after external radiotherapy, brachytherapy, that is, the insertion into the vagina of a radioactive applicator that remains in situ for a few days. He replaced it, preserving the surrounding tissues, with three applications of high-dose radiotherapy only on the cervix (until then they had used it exclusively on the lung and brain).

I had been fortunate to meet two people of great humanity and professionalism, two people of light!

I reached the end of the therapy, also thanks to Melatonin, with a perfectly normal blood count: lymphocytes, hemoglobin, platelets were within their reference values. With the MRI, then, we discovered that my tumor had disappeared: complete remission! Obviously I decided not to have surgery.

The only negative consequence was the sudden menopause, actinic/iatrogenic, that is, due to the radiotherapy and the chemotherapy drug.

I stopped taking Melatonin and, within a very short time, I began to have all the symptoms of menopause: insomnia, sweating, joint pain. I remembered that among the hundreds of studies I had read about Melatonin there were some on its use in menopause. I started taking it again and the symptoms quickly disappeared.

Since then I have been taking Melatonin, without ever stopping it, together with other endogenous molecules and phytotherapeutics, I regularly do physical activity and I follow a low glycemic index diet. All this allows to keep under control the inflammation defined as silent or low grade which is the main cause of any pathology.

My cancer never returned and my life went on, focused mostly on work.

A few years ago a company offered us the opportunity to distribute their Melatonin in pharmacies.

I accepted, even though the contract was only for one year, to have the opportunity to inform customers and consumers of the many properties of this magical endogenous molecule, known almost exclusively for its activity on sleep and jet lag.

At the end of that year I felt orphaned and asked Francesca Mauro, my excellent Scientific Director, to identify a company that could produce Melatonin for us, accompanied by clinical studies that would demonstrate its potential and efficacy.

Scrolling through the many studies he submitted to me, I identified the name of Paolo Lissoni, whose protocol, without ever having known him, I had chosen to follow to treat my tumor and who had cured me. A sign of destiny.

I immediately decided to contact that Research Group. We met and immediately a deep empathy was created between us.

In the Group there was Dr. Nicoletta Merli, a person of great professionalism and competence, with an immense knowledge of Phytotherapy, as well as other disciplines, and an excellent formulator. Two more people of light, in my life, and of great humanity.

Prof. Paolo Lissoni, Oncologist, Endocrinologist, Internal Medicine Specialist, Researcher brilliant, he is the father of clinical PNEI (Psychoneuroendocrinoimmunology), a very recent science that has demonstrated how all the systems of our organism, the Endocrine System, the Immune System, the Central Nervous System, are connected to each other and to the Psyche and their mediators, Hormones, Lymphocytes, Neurotransmitters, are common mediators.

Clinical PNEI, therefore Paolo's PNEI, is based, in short, on the reintegration of some endogenous molecules whose levels decrease with age. The exogenous intake of such molecules brings the organism back to homeostasis, therefore to a state of equilibrium. To be used in pathology, adding it to your medications, but first and foremost as a preventative measure.

Added to this are Nicoletta's wonderful phytosynergics, formulated with a cytokine key, which act with precision and efficacy and which have given life to the Niki Natural Alchemy Line.

We have been working together for almost three years now and have conducted, with excellent results, several clinical studies published in accredited international journals.

We were also able to measure in the blood the values of an endogenous molecule, defined by Paolo as "Angioliberina" (because it could free us from all diseases), and those, measured to date only in saliva, of Interleukin IL-17, the pro-inflammatory cytokine par excellence, an indicator of the presence of silent inflammation in the body.

Paolo, after having published hundreds of studies on Melatonin and on his "Angioliberina", is currently studying other endogenous molecules and their surprising effects on our organism.

Nicoletta, in addition to the phytosynergics, which you will find in the following pages of this booklet, already has others ready, equally undeniably effective, and continues to study without interruption.

The Research goes on, it reaches far with its surprising revelations, it excites and involves and it does not stop because there are people who live for this and I have been lucky enough to meet special ones on my path.

The disease that attacked me years ago, but also changed my life, is allowing me to realize the dream that I share with Nicoletta: a Treatment and Research Center on the sea and the possibility for everyone to be able to be treated by participating in the treatments, to be able to have knowledge of everything that can successfully integrate the prescriptions of Allopathic Medicine but, above all, to reach the awareness that starting to do prevention at the right age prolongs life and allows us to arrive healthy at an advanced age in which we will still only talk about prevention!

Lilla Piccolo

Dr. Nicoletta Merli

After a degree with honors in foreign languages and literature and two master's degrees, at Bocconi University and the Catholic University of Milan, she became passionate about the natural and holistic world. She is an independent researcher.

In 2015 he obtained the title of Renacop Certified Professional Coach, after attending the University Master in "Professional Coaching" at the International University Center of Arezzo.

In 2016 she became a Consultant in Herbal Medicine at the Uni.Psi Naturopathic Counseling School.

In 2016 she graduated from the English Bach Center in Bach Flowers, obtaining the title of BFRP Practitioner.

In 2017 he obtained the title of Counselor at the Berne Institute in Milan (Higher School of Transactional Analysis).

In 2017 she specialized in Mycotherapy and Phytotherapy in prevention and follow-up of cancer patients at the Academy of Natural Science of Prof. Ivo Bianchi.

In 2017 she obtained a diploma in Nutrition and Dietetics for the management of food intolerances, at the Popular University of Psychological and Social Health Sciences (Uni. Psi).

In 2018 she specialized in relaxation techniques such as Autogenic Training and Restorative Yoga for stress management.

In 2023 he obtained a Master's Degree in General Oncology - expert in the care of patients with cancer at Gruppo Enesca Formation.

CERTIFICATES OF PARTICIPATION

March 2019 How to Read Laboratory Analysis (Scienza Natura Prof. Ivo Bianchi).

April 2019 Nutrition in cancer patients (Life Learning).

November 2019 Regional refresher course in research and integrated therapy in oncology.

February 2020 Knowing Viruses and Dealing with Them in Integrated Medicine (Scienza Natura Prof. Ivo Bianchi).

February 2020 Mycotherapy and Ozone Therapy in the control of the mechanisms of progression of oncological disease AVD Reform.

January 2021 Meta-inflamming: How metabolic alterations influence low-grade inflammation (AVD).

February 2021 Menopause: An Integrated Approach (Institute of Natural Medicine).

May 2021 PNEI (psycho-neuro-endocrine-immunology) Course LUMEN.

October 2022 1st year Natural Medicine Masterclass by Prof. Ivo Bianchi.

October 2023 2nd year Natural Medicine Masterclass by Prof. Ivo Bianchi.

October 2024 3rd year Natural Medicine Masterclass by Prof Ivo Bianchi.

Prof. Paolo Lissoni

He is a surgeon specialized in Oncology, Endocrinology and Internal Medicine and graduated in Theology. He is a well-known researcher in psycho-neuro-endocrine-immunology (PNEI) and tumor biotherapy, active in both the clinical and experimental fields.

He is considered the father of clinical PNEI, especially in the oncology field.

He boasts numerous scientific publications in internationally renowned journals, over 600 abstracts for presentations at conferences and an intense teaching activity.

He has published over 600 scientific articles in national and international journals which are the first historical example of clinical application of PNEI at a diagnostic and therapeutic level and the development of a new medical specialization.

PROFESSIONAL TASKS

2004-2005: Full Professor of the first world specialization course in psycho-neuro-endocrine-clinical immunology at the Ambrosiana University of Milan.

Since 2001: Member of the Editorial Board of the international journal Neuroendocrinological Letters.

Since 1999: Professor at the School of Specialization in Chemotherapy of the University of Milan.

Since 1999: Professor of the Oncology course at the Faculty of Medicine and Surgery of the University of Milan-Bicocca.

Since 1999/2000: Teacher of the elective course of Neuroimmunomodulation in Solid Tumors at the Faculty of Medicine and Surgery of the University of Milan-Bicocca.

Since January 1999: Medical Director 2B at the Medical Oncology Service

of the Oncology Radiotherapy department of the San Gerardo Hospital in Monza.

Since 1995: Member of the Editorial Board of the international journal Advances in Cancer Therapy.

Since 1990: Reviewer of publications on behalf of several international scientific journals, in particular British Journal Cancer, European Journal of Cancer, Oncology.

From 1985 to 1998: Medical Oncologist at the Oncology Radiotherapy Department of the San Gerardo Hospital in Monza.

From 1984 to 1985: Medical Assistant at the Drug Addiction Operations Unit of the USLL of Monza.

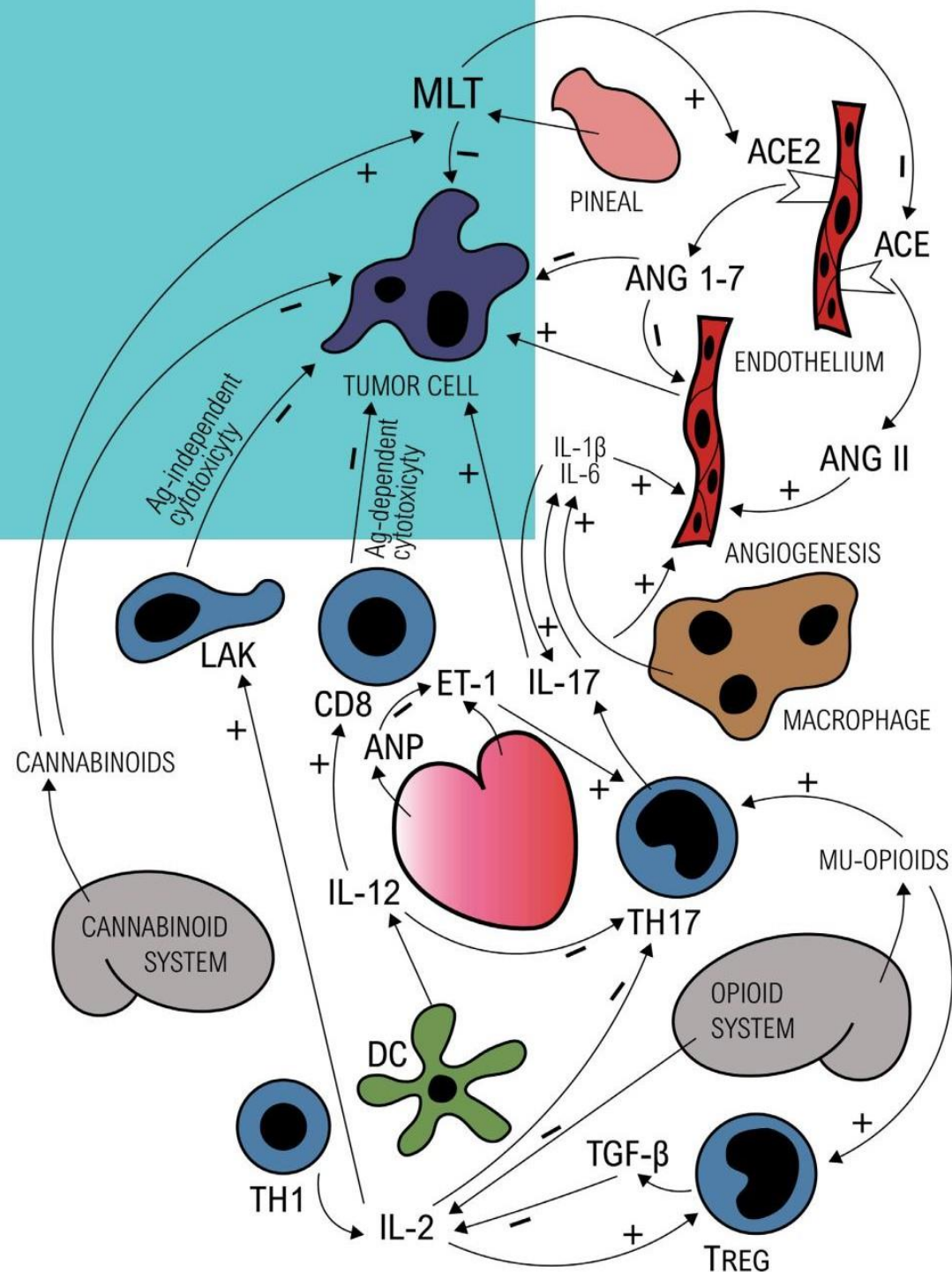
From 1980 to 1984: Medical Assistant at the Auxologico Center in Piancavallo.

AWARDS

2003: Award for research in the field of Neuroimmunotherapy of Tumors conferred by the National Cancer Institute of Washington.

1996: Award for Holistic Medicine conferred by the Ministry of Health of the Republic of San Marino.

NEUROENDOCRINE AND IMMUNE REGULATION OF CANCER GROWTH



The rebirth of medicine

Medicine or Medical Science has become increasingly distant from the study of the anatomy of the human body with its endogenous molecules with regenerative power.

It becomes necessary to recompose the shattered Medical Science both within itself and within a unitary vision of Knowledge.

The New Medicine does not want to have anything new compared to what has always been the History of Medicine, that is to know the human body in every part to cure its suffering, but it is simply the Medicine of always extended to the study of all those anatomical and functional realities of the human body, reaching knowledge unthinkable until a few years ago, such as the discovery of the existence in the human body of a trinity of systems provided with bioregenerative, antitumor and anti-inflammatory activity, the Pineal Gland, the Endocannabinoid System and the ACE2-Angiotensin 1-7 axis (angioliberin).

The study of the entire human body, in particular the study of cytokines produced by activated immune cells, allows a reinterpretation of the pathogenesis of systemic human diseases, which in turn requires new laboratory diagnostics, but which already allows a new therapy aimed simply at re-establishing the neuropsychology of the state of health using first and foremost the molecules of the human body, responsible for natural antitumor resistance and completely devoid of toxicity.

In the future, healing will mean re-establishing the perfect functionality of the aforementioned regenerative trinity in a human body.

Restoring the balance: the PNEI approach

PNEI, psycho-neuro-endocrine-immunology, is a science born in the mid-80s that, with its modern approach, has revolutionized the idea of health by considering the well-being of man in his totality as an organism without limiting itself to considering only the single organ.

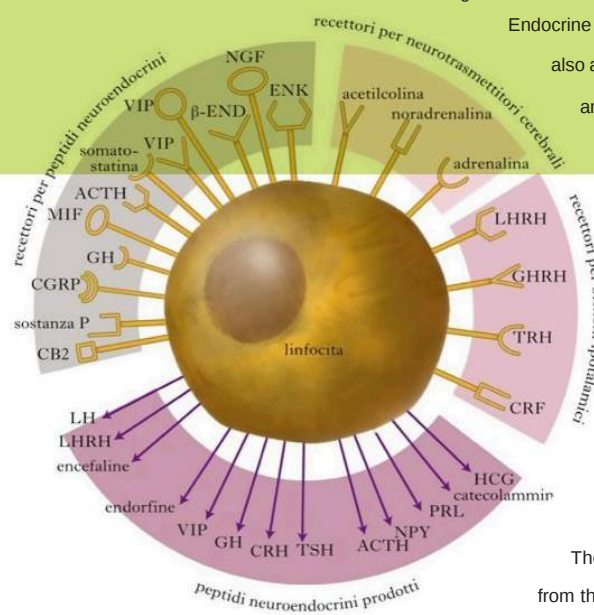
In fact, PNEI aims to scientifically study the connections between the main regulatory systems of the human body, which until then had been studied in separate compartments.

This science has thus demonstrated the connection between the Nervous System, the Endocrine System, the Immune System and the Psyche, which are in reality a single functional and integrated network. All these systems interconnect and influence each other through chemical mediators capable of communicating with each other through a common language. The three systems are connected in a bidirectional way, that is, from the brain to the immune cells and from these to the brain, as well as from the brain to the endocrine cells and to the immune cells and vice versa. For example, the lymphocyte, a type of white blood cell belonging to the Immune System, can receive

signals from both the Central Nervous System and the Endocrine System. PNEI research has

also allowed to identify the structures

anatomical ones connected to life and those, instead, connected to death.



The path of Life is characterized by the

Pineal Gland, from the System

Endocannabinoid and the System

ACE2-Angiotensin 1-7. PNEI is

managed to identify the three in them

bio-regenerative systems of the body human and to demonstrate that old age

it is nothing more than the progressive reduction of the functionality of these systems.

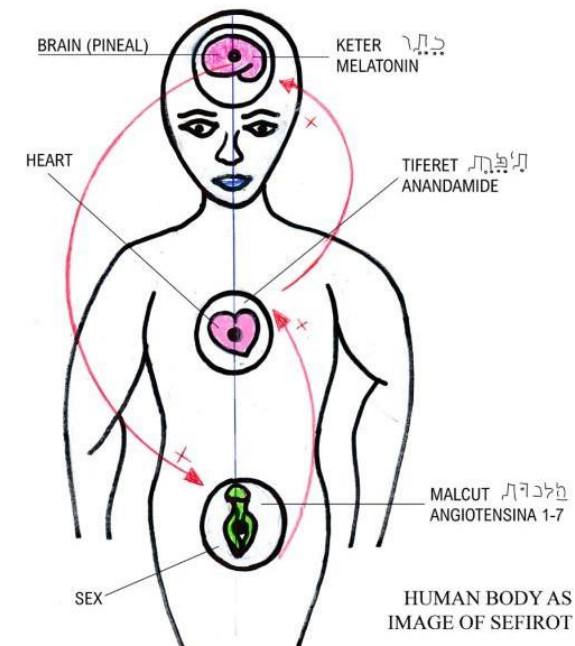
The path of Death is characterized instead

from the Adeno-Hypophysis, the Opioid System and the

ACE- Angiotensin 2 system. Angiotensin 2

causes hypertension, cardiac hypertrophy, thrombosis and fibrosis and stimulates tumor growth, while Angiotensin 1-7 promotes regeneration, having hypotensive, cardioprotective, antithrombotic and antitumor action.

According to recent advances in the area of PNEI, the ACE2-Ang 1-7 axis cannot be investigated separately, since it is part of a systemic, anti-inflammatory and anti-tumor neuroendocrine system, which is essentially constituted by Ang 1-7 itself, by the Pineal Gland, through its most well-known hormone, Melatonin (MLT), and by the Endocannabinoid System with Endocannabinoids and PEA. To understand the path to healing, it is essential to understand the mechanisms that lead an individual on the path to disease.



It is evident that the mind is from to mean as a reality that acts and operates on the body and that, vice versa, the body is equipped with autonomous chemical-physical mechanisms and properties that influence the mind.

The key point is that thanks to an active and well-functioning PNEI system working you get an effective

disease prevention. The psychoemotional and affective state of a person influences and modifies the course of a disease. A

individual may develop a disease due to a huge

variability of genetic and environmental factors that go to modify

precisely the balance of the PNEI. Factors such as having good psychological health, following a correct diet and having a strong immune system help in maintaining

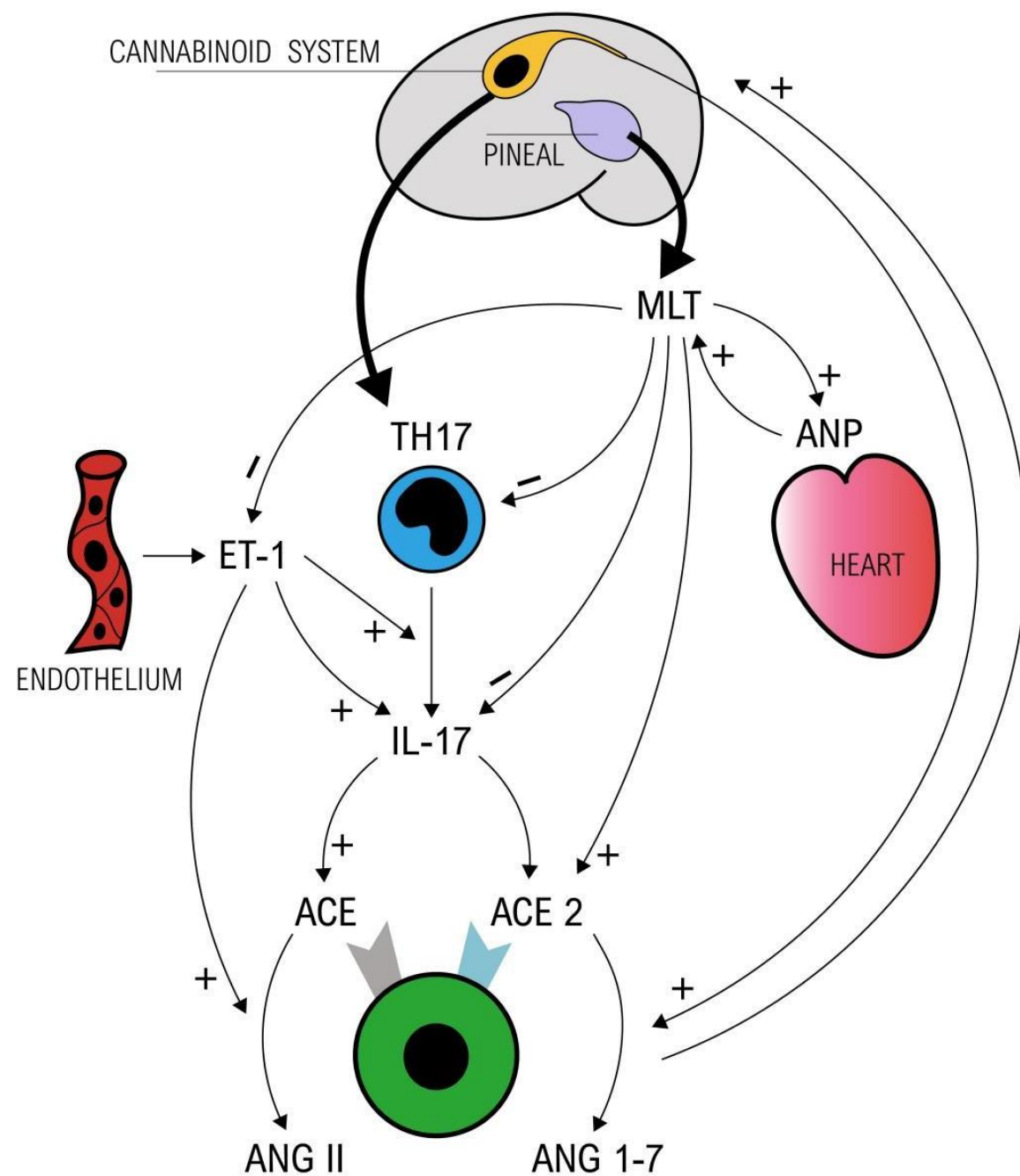
of this balance. With PNEI, a model of research and interpretation of health and disease is created that sees the human organism as a structured and interconnected unit, where psychic and biological systems influence each other reciprocally.

This provides the basis for proposing new integrated approaches to the prevention and treatment of the most common diseases, especially chronic ones, and at the same time, it configures the possibility of going beyond the historical opposition between medicine and psychology, which assigns the body to the former and the psyche to the latter. If the disorder involves the emotional sphere, there are also repercussions on a physical level. In fact, all psychic processes, whether they belong to the sphere of thought or that of feeling or will, produce real chemical processes in the organism and, therefore, the treatment is oriented towards phytotherapy combined with psychotherapy.

If the disorder involves the body, the imbalance will lead to physical-anatomical alterations that can be documented at a diagnostic level and the treatment involves the administration of the same molecules of the human body that are missing or no longer functioning).

Biological systems connected to biological regeneration processes that promote life and health are:

- The Pineal Gland (stimulated thanks to Melatonin).
- The Endocannabinoid System (stimulated by Cannabidiol).
- The ACE-ACE2 axis and Angiotensin 1-7 (acts at an anti-inflammatory level and with antioxidant activity) bioregenerative on all tissues).



NEUROENDOCRINE REGULATION OF ACE-ACE2 SYSTEM
 (MLT: Melatonin; ANP: Atrial Natriuretic Peptide; ET-1: Endothelin1; ANG II: Angiotensin II; ANG 1-7: Angiotensin 1-7)

At the PNEI clinic

CLINICAL PNEI is the only Science that applies a BIOLOGICAL REGENERATION of the human body by administering the same endogenous molecules that are lacking as we progress of age.

The PNEI approach to anti-aging and related disorders consists in the correction of the main neuro-immuno-chemical alterations typical of the aging process.

- The pineal melatonin deficiency is corrected by administration of Melatonin in the evening hours.
- Increased expression of ACE type 1, with a reduction of ACE-2, can be corrected by taking Angiotensin 1-7 or Resveratrol in the morning (see page 32)
- The endo-cannabinoid defect can be corrected through the administration of Palmitoylethanolamide (PEA).

The strength of this method is knowing the rules and therefore playing in advance both in a preventive and "curative" way.

Aging, and therefore the reduction in the production of beneficial substances in our body, favors the action of negative substances, altering the state of health and balance according to PNEI, thus favoring the establishment of pathological processes.

The correct approach is therefore to integrate the fundamental endogenous substances that govern the three pillars of anti-aging:

- Melatonin
- Angiotensin 1-7
- PEA (Palmitoylethanolamide)

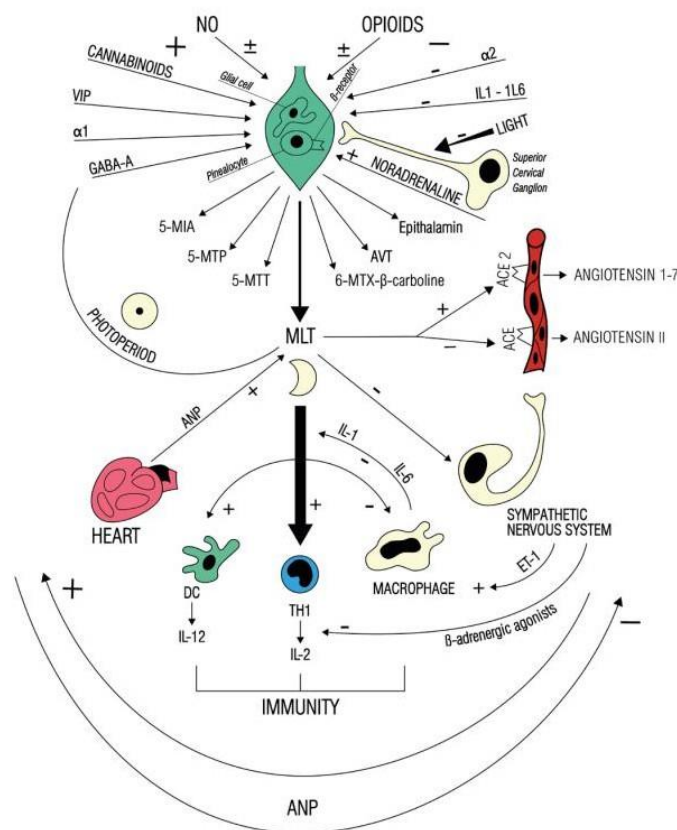
The Pineal Gland, a small gland in the brain, plays a fundamental and irreplaceable role in regulating the interaction between the Nervous, Endocrine and Immune Systems as it is the only organ capable of modulating biological life in relation to universal energetic conditions, in particular the light/dark rhythm. It is secreted during the night in response to the lack of stimulation of retinal photoreceptors by daylight.

The Pineal Gland

and its magic hormone:

to Melatonin

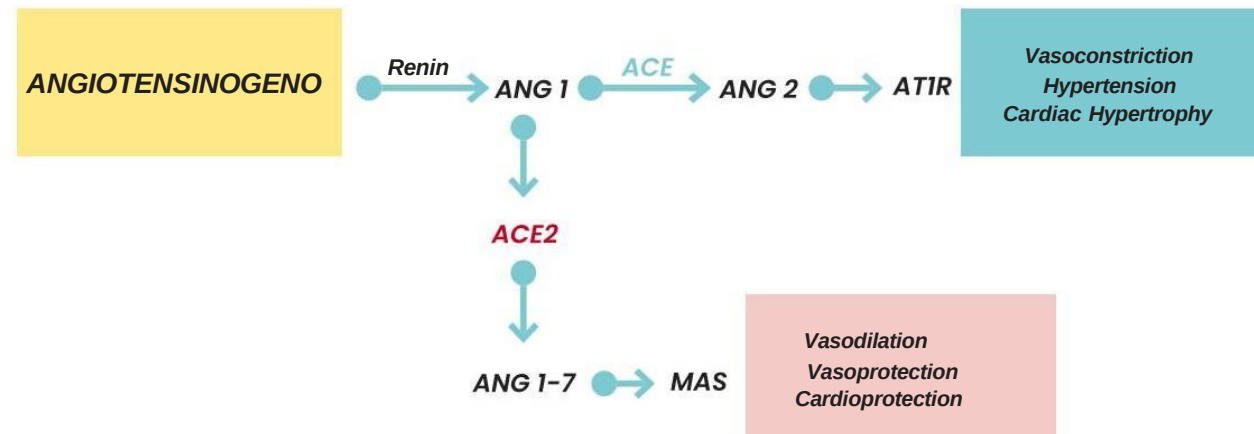
Melatonin production decreases with age: it reaches its maximum levels around the age of 20 and progressively decreases. At 40, its concentration is a quarter of what it was at 20, until it reaches levels close to zero after 65-70 years.



Melatonin is a
anti-aging molecule that
Prevents aging:
with the restoration of the
nocturnal youth values
protects the Gland
Pineal gland, regulates the system
Immune and the System
Endocrine, promotes
prevention of disease
and prolonging well-
being and longevity.

THE PHYSIOLOGY OF THE PINEAL GLAND

5-MIA: 5-methoxyindol-acetic acid; 5-mTP: 5-methoxytryptophol; 5-mtt: 5-metoxtryptamine; 6-MTX: 6-methoxy- 1,2,3,4-tetrahydro-betacarboline; avt: arginine-vasotocin; ANP: Atrial Natriuretic Peptide; DC: Dendritic Cell



From the ACE-ACE2 system

Angiotensin I-7

an extraordinary molecule

The Renin-Angiotensin axis is a complex system that regulates blood pressure and kidney function, indirectly influencing cardiac health as well.

The molecules that govern this system are Angiotensin II and Angiotensin 1-7: the first is associated with hypertension, vasoconstriction and cardiac hypertrophy, while the second is attributed with beneficial effects such as vasoprotection and cardioprotection. and normalization of blood pressure through a vasodilatory action.

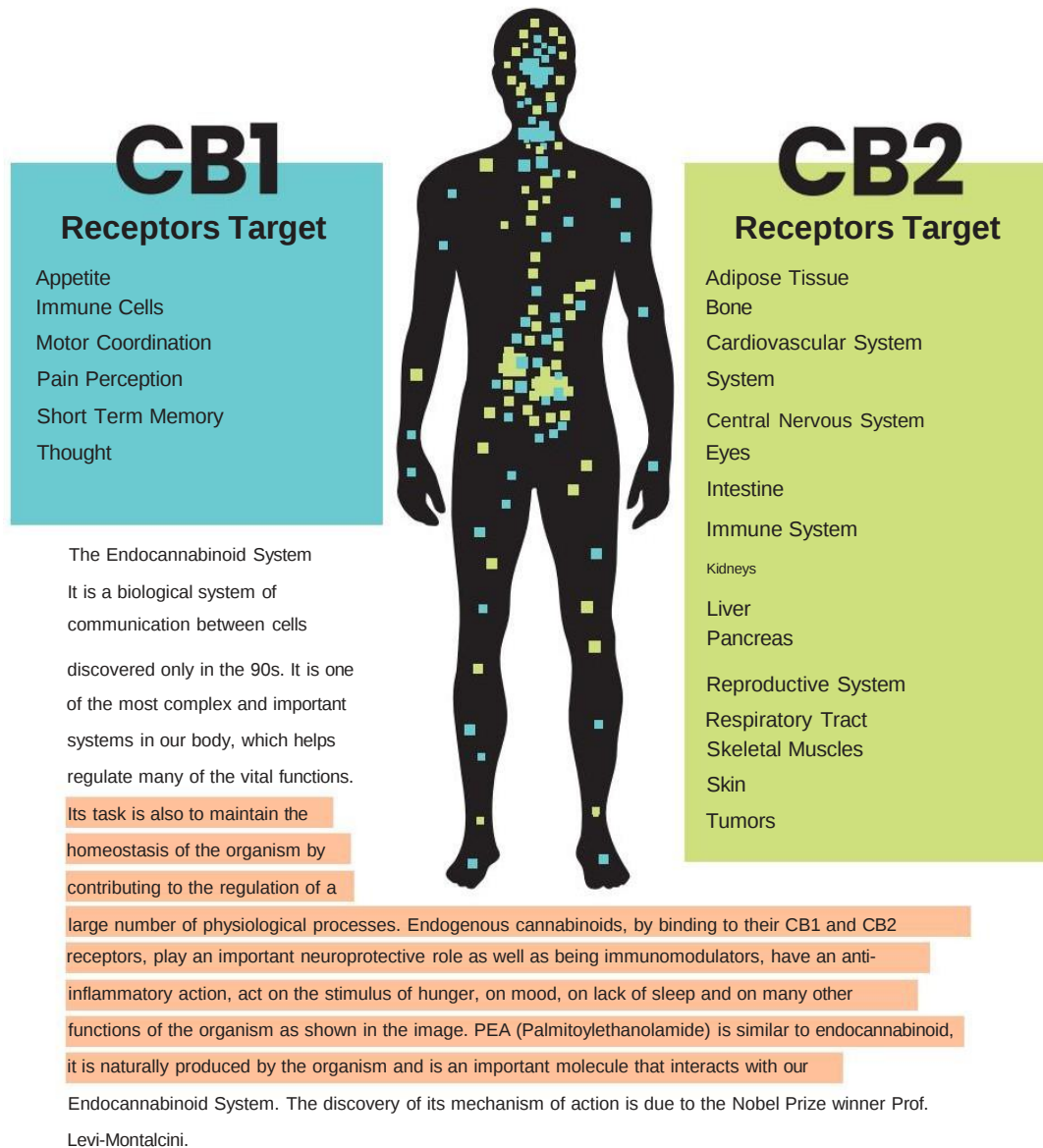
Angiotensin 1-7 is an endogenous molecule that has been particularly studied in recent decades for its countless therapeutic properties. Professor Paolo Lissoni contributed significantly increase knowledge on the beneficial effects of this substance on humans through numerous published clinical studies, conducted in various pathological states. Angiotensin 1-7 has shown an anti-inflammatory, antitumor, antifibrotic, neuroprotective and antithrombotic effect, as well as various protective biological functions on both the heart and the Nervous System.

Today we can measure Angiotensin 1-7 levels with a blood test.

It is defined by Paolo Lissoni as Angioliberina
“because it could free us from all diseases!”

Prof. Lissoni says: “it can regenerate the human body and will be the best antiaging able to cure any human pathology because it acts on the most important organ of all which are the blood vessels. If the blood vessels get sick the whole body is sick.”

The System Endocannabinoid and the Pea: a precious recent discovery



The PEA plays a key role in the following functions:

- Anti-inflammatory: controls unwanted inflammatory responses by promoting homeostasis.
- Analgesic: particularly in cases of chronic and neuropathic pain.
- Anticonvulsant and Antiepileptic: acts in neurological disorders.
- Antimicrobial and Antipyretic: It plays an important role in controlling fever associated with infections.
- Immunomodulatory: modulates the immune response and reduces chronic inflammation.
- Neuroprotective: protects nerve cells from damage and stress and prevents neurodegeneration.

As we age, endogenous molecules are produced in a reduced manner by the organism.

Their deficiency contributes to the onset of aging and related pathologies. To preserve the state of health or to support the body in case of pathologies

It is essential to integrate them by bringing their concentration back to the quantity produced during youth, benefiting from their rebalancing and regenerating action.

Nature also offers us a variety of natural and biosimilar substances that are able to both support our organism and therefore defend it from the onset of pathological processes,

both to intervene to combat diseases and therefore help him in healing.

What else happens as we age?

As time goes by, 4 interconnected phenomena appear which, together with incorrect lifestyles, unbalanced diet and unhealthy habits, contribute to an increase in the inflammatory state of the organism:

- reduction of pineal gland activity with progressive loss of circadian biological rhythms;
- increased production of free radicals resulting in oxidative stress;
- alteration of the immune response;
- increased organ fibrosis processes.

A major cause of aging: the silent inflammation

The primary cause of silent cellular inflammation is increased oxidative stress. Oxidative stress is the consequence of an increased production of free radicals that can cause serious damage to cells and DNA. However, the body contains enzymes and antioxidant substances capable of preventing or neutralizing the formation of free radicals. Oxidative stress occurs when the level of free radicals exceeds the capacity of antioxidant contrast.

Two different types of inflammation

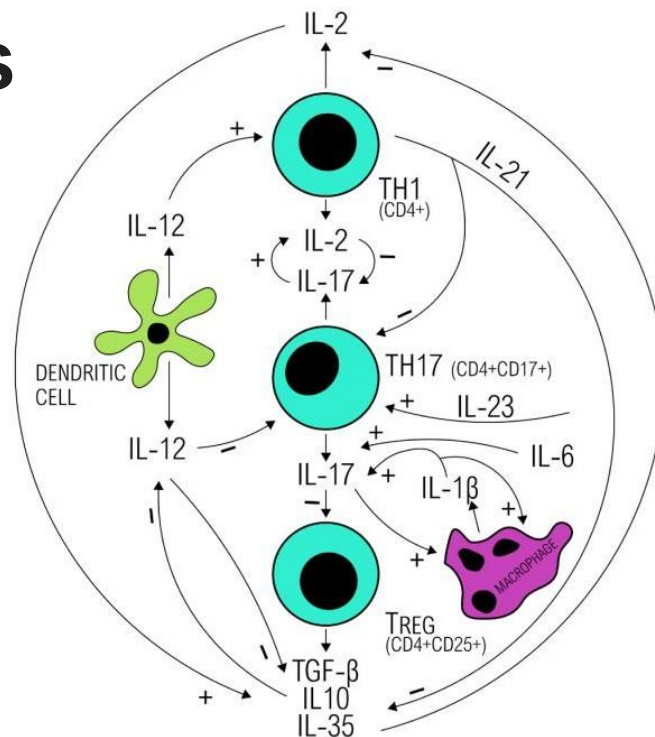
Inflammation is a weapon used by the body to fight trauma and infection. Acute inflammation is easily recognizable because it is associated with swelling, pain, redness and heat. Silent inflammation is not associated with symptoms and signs and to detect its presence it is necessary to analyze the levels of molecules involved in inflammatory processes, such as Cytokines and C-Reactive Protein (CRP).

The activity from the Cytokines

Cytokines are mediators which allow cells of the Immune System of communicate with each other but also with cells of different organs and tissues.

When the organism is faced with a threat from pathogenic microorganisms, cytokines are responsible for signalling specific cells of the

Immune System where it is it is necessary to concentrate one's efforts.



CYTOKINE REGULATION OF TH17 AND TREG CELLS

The Classification of Cytokines

Cytokines are identified into three classes based on their effects on the inflammatory response:

- Anti-inflammatory cytokines: TGF- γ , IL-10, IL-37 IL-35 and IL-27
- Cytokines with both anti- and pro-inflammatory effects: IL-2 and IL-12
- Pro-inflammatory cytokines: IL-1 γ , IL-6 and TNF- γ , IL-17, IL-4 and IL-13, IL-18

When Pro-Inflammatory Cytokines Are Harmful

Pro-inflammatory cytokines are synthesized by cells of the immune system to regulate the inflammatory response.

When produced for a limited period of time they have a positive effect.

When their production is constantly high, as in silent inflammation, they can promote the development of chronic pathologies.

The activity of cytokines can be schematically traced back to the relationship between IL-2 and IL-17.

- IL-2 represents the cytokine symbol of bio-regeneration.
- IL-17 is the symbol of the alteration of the immune response that could favor tumors and autoimmune diseases.

Decreased production of IL-2 leads to excessive production of IL-17.

New laboratory diagnostics and phytotherapy anti-inflammatory

In silent inflammation it is possible to intervene on pro-inflammatory Cytokines with Natural Substances.

Phytotherapy can stimulate anti-inflammatory Cytokines and inhibit pro-inflammatory Cytokines. Among the pro-inflammatory Cytokines, IL-17A is the most inflammatory, has pro-tumor proliferative and cardiovascular toxic effects and is the cause of the main autoimmune diseases.

We are now able to measure IL-17A levels with a blood test.

The lymphocyte/monocyte ratio

Until a few years ago, the evaluation of a person's immune status required complex laboratory tests that were not sustainable in terms of social cost, having to include at least the determination of the different lymphocyte and monocyte subpopulations and the blood levels of the main inflammatory and anti-inflammatory, immuno-activating and immunosuppressive cytokines.

It has recently been shown that the simple ratio of the absolute number of lymphocytes to monocytes in the complete blood count

It represents in itself a synthesis of the immune status.

In fact, this biological marker, representative of the general inflammatory state of the person, with prognostic significance, It is given by the Lymphocyte/Monocyte ratio (LMR).

Normally, the lymphocyte-to-monocyte ratio (LMR) must be greater than 2 and with a minimum lymphocyte number of 1,500/mm³.

It has been known for years that the finding of a reduced production of lymphocytes, regardless of the different lymphocyte subtypes, constituted one of the main negative prognostic indicators in cancer patients.

Compared to lymphocyte count alone, the LMR value has a superior prognostic predictivity, in addition to having a greater physiopathological significance, since anti-cancer immunity

it is in its synthesis the final result of the interaction between two dynamics opposite, that of immuno-activation and that of immuno-suppression, mediated fundamentally by the lymphocytic system and from the monocytic-macrophagic one, respectively.

The finding of a decrease in LMR values would have a negative prognostic significance also in ischemic cardiac disease.

For a complete PNEI diagnosis and to understand the status of an individual's well-being a new approach is necessary

laboratory diagnostics. A complete diagnostics should evaluate the light/dark rhythm of MLT (Melatonin), the blood value of Angiotensin 1-7, the lymphocyte-to-monocyte ratio (LMR) and blood levels of IL-17.

THE TWO ROUTES OF ACTION TO KEEP INFLAMMATION LOW

To regulate inflammation you can act by administering:

- the molecules of the human body, Melatonin, PEA and Angiotensin 1-7, capable of inhibiting the secretion of IL-17.
- natural plants capable of inhibiting or modulating the inflammatory action of IL-17.

The role of the phytosynergists in key cytokine

The PHYTOSYNERGICS of the NiKi Natural Alchemy line, formulated by Dr. Nicoletta Merli, are totally natural products to support the human organism.

These preparations have been designed on formulations based on the combination of plants and mycotherapeutics that work synergistically towards a specific therapeutic target. Therefore, the combination of several plants with similar properties allows

to achieve certain beneficial objectives, for example reducing blood sugar levels, reducing cholesterol, preventing degenerative or neoplastic diseases but, above all, counteracting low-grade chronic inflammation, also called silent inflammation, which is one of the main causes of fragility and the onset of pathologies.

The therapeutic action of various natural agents has been studied in relation to their possible modulatory action directly on the cytokine system to which interleukins belong, which are small protein molecules that act on the cells of the Immune System,

to induce them to communicate with each other so as to activate an immune response.

In our body there are pro-inflammatory interleukins, such as IL-17, anti-inflammatory interleukins, such as interleukin IL-37, and stimulatory interleukins.

The Immune System as IL-2. The Balance between Pro-Inflammatory Interleukins

and anti-inflammatory creates a state of health. The scientific principle with which it was formulated the NiKi Natural Alchemy line is precisely that of identifying in nature all those plants with anti-inflammatory properties capable of modulating interleukins

pro-inflammatory so as to provide assistance to the body and restore balance, "naturally" bringing the person back to a state of health.



NIKI

Natural Alchemy

The products of the NIKI Natural Alchemy line provide the body with the natural endogenous molecules that support the three fundamental systems of the human body.

Their level decreases with age.

They are able to regenerate the organism and restore balance and a state of well-being.

To the endogenous molecules yes

add phytotherapeutic and phytosynergic products rich in vitamins, minerals and botanical extracts, all functional, effective and fundamental substances to counteract alterations and deficits linked to advancing age and regain the physiological well-being.

It is safe and suitable to all types of patients

- Its products are manufactured in compliance with the highest quality standards.
- Chooses innovative and highly safe manufacturing processes.
- It uses only the finest raw materials with the highest titrations.
- Create formulas with no added sugar, free from pesticides and contaminants.
- Use only natural preservatives and flavors.
- It is also suitable for vegans because it is free from ingredients of animal origin.
- Its products are gluten and lactose free.



WITHOUT
SUGAR



WITHOUT
GLUTEN



VEGAN



WITHOUT
LACTOSE



AROMA
NATURAL



PACKAGING
RECYCLABLE

Respect the environment Why:

- The packaging is completely recyclable
- Use only paper from the FSC responsible supply chain
- Choose low-emission printing technology

1Molecule endogenous

Melatonin

Melatonin is a hormone produced by the Pineal Gland and its main activity is to regulate the sleep-wake rhythm. According to scientific studies PNEI this hormone also performs other important functions and it is reductive to think only of its function on sleep. Various studies have shown that Melatonin influences various biological processes. The presence of Melatonin receptors on certain tissues, such as lymph nodes, thymus and spleen, indicates that it is implicated in various immunological processes.

It is considered the molecule capable of resynchronizing the human organism and regulating the circadian rhythm. and all the functions of the organism that are related to the alternation of day and night.

In addition to regulating the sleep-wake cycle, Melatonin works as a true biological clock for the body, influencing various physiological processes. For example, the presence of receptors for Melatonin in various tissues, such as lymph nodes, thymus and spleen, indicates its role in immunological processes.

Numerous studies conducted in recent decades have demonstrated the importance of this molecule in the regulation of numerous physiological processes and its relationship with the Nervous System, the Immune System and the Endocrine System.

It is able to modulate the alternation between sleep and wakefulness, the mechanism of hunger and thirst, urine production, regulating body temperature, basal metabolism and the release of hormones and even plays a role in the emotional circuitry.

The reduction in the production of Melatonin occurs already from the age of 25, a period in which the aging process begins, albeit slowly. It is a molecule naturally produced by our body.

and its integration has been widely studied even at high doses (10mg per day) which have always shown a good tolerability profile. The numerous studies carried out on Melatonin have demonstrated the beneficial effects of the use of this substance in numerous pathologies and disorders other than sleep disorders.

In integrative medicine according to PNEI, the intake of food supplements with this molecule It is recommended to maintain the concentration of the substance in the body at youthful levels while preserving the regularity of our daily biological rhythms and thus counteracting aging and the pathological consequences that derive from alterations in circadian rhythms.

Melatonin is a powerful antioxidant capable of directly eliminating reactive oxygen and nitrogen species (free radicals) and enhancing the activity of antioxidant enzymes in our body.

Its reduction significantly affects the aging process which is closely linked to the desynchronization of circadian hormonal cycles (day-night).

Melatonin delays aging by delaying the progressive deterioration (loss of sensitivity and therefore of bidirectional response) of the central control of hypothalamic-pituitary hormonal regulation, as demonstrated by the studies of the great Russian scientist Vladimir M. Dilman.

Melatonin can slow down aging because it also mitigates degenerative diseases typical of aging and that accelerate the process, such as hypertension, degeneration of vessels and arteries (arteriosclerosis), autoimmune diseases and prevents cancer.

Several studies, both in vivo and in vitro, have shown that Melatonin exerts various antineoplastic effects through multiple mechanisms, including the reduction of tumor cell proliferation and the inhibition of metastases. According to one study, Melatonin seems to sensitize tumor cells to the ionizing effects of radiation, improving the efficacy of therapy. Studies have also shown the ability

to reduce the side effects of chemotherapy and to enhance their effect, in particular that of Cisplatin, of Doxorubicin, Gefitinib and Tamoxifen. The main tumor forms on which the antitumor effects of Melatonin have been observed are: breast, prostate, ovary, liver cancer, to the kidney, lungs, stomach, pancreas and colon rectum.

The protective ability of Melatonin against hypertension- and obesity-related damage suggests that dietary supplementation with exogenous Melatonin in later years may be an effective therapeutic intervention for these age-related conditions.

Melatonin

Concentrated Liquid

Restores biological rhythms, neutralizes free radicals, prevents aging.



SUITABLE FOR

- INSOMNIA • JET-LEG • FREQUENT AWAKENINGS
- FIGHT AGING

PLUS

- CONCENTRATED FORMULA • PRACTICAL FORMAT
- DOES NOT CONTAIN SUGARS • ONLY NATURAL FLAVOURS
- WITHOUT COLORANTS • WITHOUT ORIGINATED INGREDIENTS ANIMAL • GLUTEN FREE AND LACTOSE FREE

100ml bottle
Possible associations Pea, Resveralip

ACTIVE	QUANTITY PER DOSE DAILY	ACTION
	1 drop or 2 drops	
Melatonin	1 drop = 0.5mg 2 drops = 1.0 mg	It is a powerful antioxidant that effectively fights free radicals, restores biological rhythms and prevents aging.

Ingredients: Water, Vegetable Glycerol, Melatonin, Acidifier: Citric Acid, Preservative: Potassium Sorbate.

How to use: We recommend taking one drop directly into the mouth or diluted in a little water, corresponding to 0.5 mg of Melatonin, in case of jet lag, or two drops, corresponding to 1 mg of Melatonin, to reduce the time required. to fall asleep.

Melatonin

Zinc Selenium Vitamin C

It regulates biological rhythms, neutralizes free radicals, strengthens the immune system.



SUITABLE FOR

- INSOMNIA • FREQUENT AWAKENINGS • STRENGTHEN THE IMMUNE SYSTEM • SEASONAL CHANGES
- COLD-RELATED DISEASES

PLUS

- ENRICHED FORMULA • FOR VITAMIN E REQUIREMENTS MINERALS • DOES NOT CONTAIN SUGARS • WITHOUT COLOURINGS AND ARTIFICIAL FLAVOURS • WITHOUT ORIGINATED INGREDIENTS ANIMAL • GLUTEN FREE AND LACTOSE FREE
- WITH NATURAL EXCIPIENTS

Bottle of 60 vegetable capsules
Possible associations Pea, Resveralip

ACTIVE	QUANTITY FOR DAILY DOSE	%VNR*	ACTION
	1 capsule		
Vitamin C	40 mg	50%	Vitamin C supports the normal functioning of the immune system, counteracts the action of free radicals and protects against oxidative stress, supports the normal functioning of the nervous system and psychological function.
Melatonin	1 mg		Melatonin helps reduce the time it takes to fall asleep.
Zinc	5 mg	50%	Zinc promotes normal cognitive function. Together with Selenium it helps to counteract oxidative stress and the normal functioning of the Immune System.
Selenium	55 mg	100%	

Ingredients: Bulking agent: microcrystalline cellulose, hydroxypropyl methylcellulose (capsule); Vitamin C (L-Ascorbic Acid); Zinc Gluconate; anti-caking agents: Magnesium salts of fatty acids. Melatonin; Sodium Selenite.

Directions for use: It is recommended to take one capsule a day, swallowed with a little water. The beneficial effect is obtained by taking 1 mg of melatonin shortly before bedtime.

Maybe

(Palmitoiletanolamide)

PEA is a physiological substance normally produced by many cells in our body.

In particular, it is found in very high concentrations in brain tissue and is synthesized from from the lipid components of cell membranes. It is normally present in many of the foods listed we feed ourselves every day with foods like eggs, peas, tomatoes and soy.

As an active principle, it was identified in 1957 by Nobel Prize winner Rita Levi Montalcini who interpreted its mechanism of action in 1993. At the organism level, PEA works as a biological modulator of chronic pain of various types linked to the activation of inflammatory and painful processes.

In particular, PEA limits the release of pro-inflammatory and pain mediators by blocking mast cells and the activation of cells at the level of the spinal cord: this makes it extremely effective in containing of pain associated with an inflammatory state.

Since PEA is an endogenous modulator, i.e. a substance normally produced by our body, no side effects or interactions with other drugs have been reported, making it therefore an effective remedy for the treatment of numerous pathologies with chronic pain that, as a rule, responds poorly to standard pharmacological therapies.

The exogenous administration of PEA therefore allows the correct reserves to be reintegrated physiological properties of this substance which can be altered or reduced by particular situations in the organism.

This molecule demonstrates numerous beneficial activities for the body including:

- a modulating action on inflammatory processes that contributes to the control of unwanted inflammatory responses, thus promoting homeostasis;
- an effective analgesic action in conditions of chronic and neuropathic pain;
- antimicrobial properties that contribute to the immune system's defense against pathogens, including viral or drug-resistant ones;
- modulate the immune response by helping to maintain balance in the immune system and reducing chronic inflammation.

PEA's ability to protect nerve cells from damage and stress is particularly useful in the prevention of neurodegeneration.

In chronic pathological situations, exogenous supplementation has been shown to be effective in restoring imbalances and maintaining homeostasis.

(YES) Palmitoiletanolamide

Reduces pain and inflammation naturally.



SUITABLE FOR

- PAIN OF VARIOUS NATURES • CHRONIC PAIN
- NEUROPATHIC PAIN • RHEUMATIC PAIN
- FIBROMYALGIA • MENSTRUAL PAINS

PLUS

- HIGH DOSAGE FORMULA • DOES NOT CONTAIN SUGARS
- WITHOUT ARTIFICIAL COLOURINGS AND FLAVOURS • WITHOUT INGREDIENTS OF ANIMAL ORIGIN • GLUTEN FREE AND LACTOSE FREE • WITH NATURAL EXCIPIENTS

Bottle of 60 vegetable capsules

Possible associations Melatonin, Resveralip

ACTIVE	QUANTITY PER DOSE DAILY	ACTION
	2 capsule	
HOW (Palmitoiletanolamide)	800 mg	It has analgesic and anti-inflammatory properties and inhibits the release of pro-inflammatory mediators. It is extremely effective in containing chronic pain in various pathologies that have in common the presence of an inflammatory state.

Ingredients: PEA (Palmitoylethanolamide), Hydroxypropyl methylcellulose (capsule), bulking agent: Microcrystalline Cellulose; anti-caking agents: Magnesium salts of fatty acids.

Directions for use: We recommend taking two capsules a day, swallowed with a little water.

1

ANGIOTENSIN 1-7 is a peptide, produced in various organs through the ACE2 enzyme, which acts on the Mas receptor through which it carries out its protective action on the heart and blood vessels and normalizes blood pressure through a vasodilation mechanism.

The countless studies published in recent decades demonstrate the additional beneficial activities of the molecule including anti-inflammatory, anti-fibrotic, antiproliferative and anti-tumor protective and important capabilities in reducing metabolic syndrome. This endogenous molecule, working on blood vessels, the most important organ, can help protect the entire organism from physiopathological processes.

There are molecules, present in the products of the Niki Natural Alchemy line, which are able to interact with the ACE2-Angiotensin 1-7 axis and its Mas receptor, shifting the balance in favor of the action of Angiotensin 1-7, thus promoting its beneficial actions on the organism.

RESVERATROL: A NATURAL ALLY OF ANGIOTENSIN 1-7

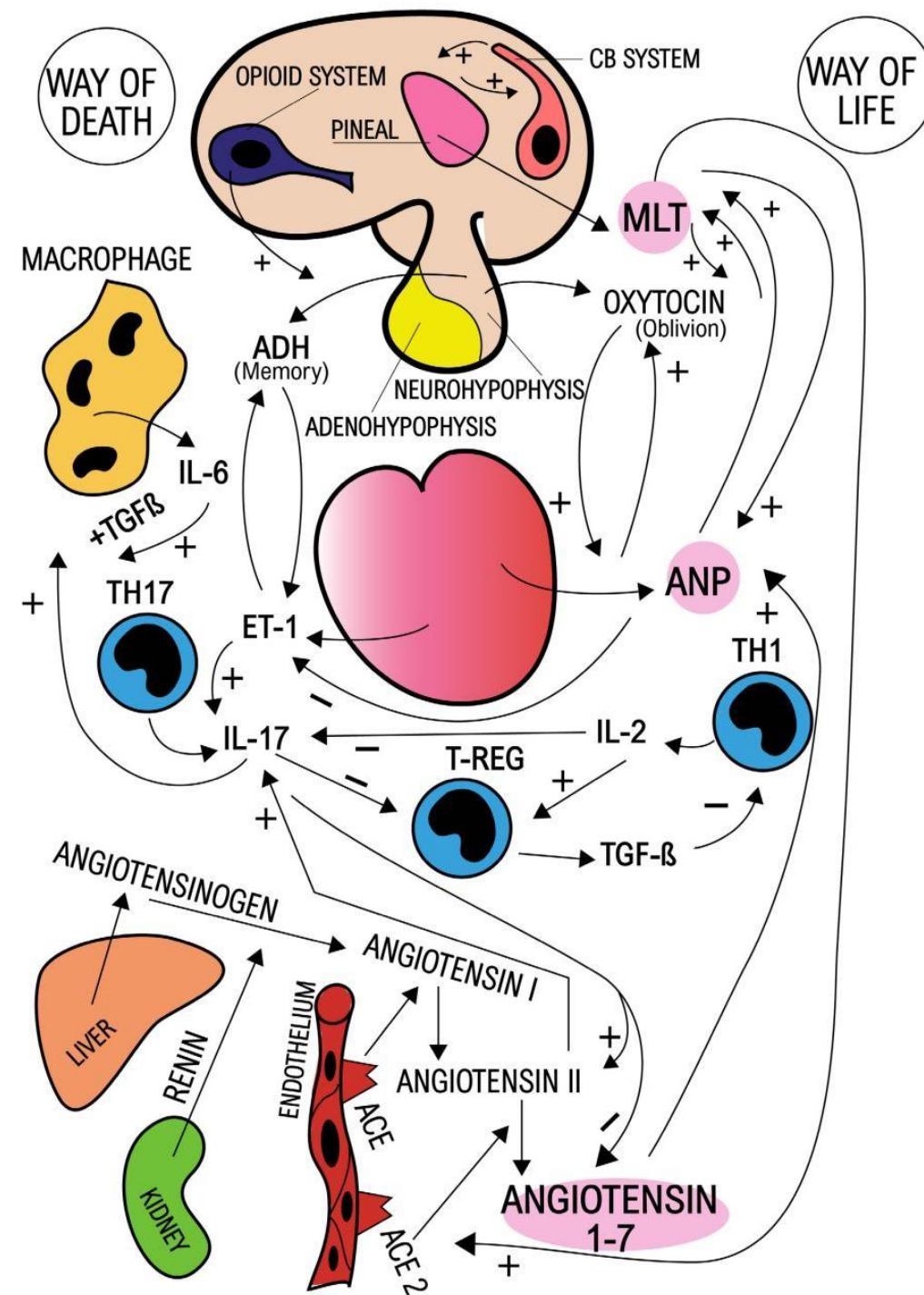
Resveratrol, a natural substance found mainly in the skin of grapes, blueberries, raspberries and mulberries, is able to lower blood levels of Angiotensin II and increase those of Angiotensin 1-7 because it has the ability to activate the same receptor as Angiotensin 1-7, the MAS.

More specifically, its action is expressed through the suppression of the ANG II/AT1R axis and the enhancement of the Ang (1-7)/Mas axis. This evidence has been demonstrated in numerous studies published in the most accredited international scientific journals.

In particular, the study "Resveratrol Confers Protection Against Ischemia/Reperfusion Injury by Increase of Angiotensin (1-7) Expression in a Rat Model of Myocardial Hypertrophy" published in the international scientific journal Journal of Cardiovascular Pharmacology highlighted the ability of Resveratrol to increase the expression of Ang 1-7, thus exerting its cardioprotective action.

Another study has shown that, following the intake of Resveratrol, plasma levels of Angiotensin 1-7 increase and this is also expressed through a protective effect at renal level and an improvement in its functionality.

Among the numerous published studies we recall "The protective effect of resveratrol on vascular aging by modulation of the renin-angiotensin system" which demonstrated the important action of Resveratrol in protecting against arterial aging and this effect is associated, in particular, with the stimulation of the ACE2-Ang-(1-7)-ATR2-Mas axis.



THE BIOCHEMISTRY OF LIFE AND DEATH
WITH THE THREE MAJOR
REGENERATIVE SYSTEMS
(PINEAL, CARDIAC ANP AND ACE 2 - ANG 1-7 AXIS)

2Phytotherapeutics

Magnolia Officinalis

Magnolia (Magnolia officinalis) is a traditional Chinese medicinal plant of ancient origins. Originally from Asian countries (China, Thailand, Korea and Japan), now also widespread in Europe, It is an arboreal species considered a “primitive flower”, as this family appears to date back 95 million years.

The bark of Magnolia Officinalis has been used for centuries in preparations with marked anxiolytic effects and this activity has been the subject of several experimental studies reported in the literature. This remedy is used to treat various symptoms, especially anxiety and nervous tension. It is cited in the Japanese and Chinese Pharmacopoeias as a medicinal plant for generalized anxiety disorders.

The bark has been traditionally used for medicinal purposes in cognitive diseases and, in particular, those related to depression, anxiety, dysmenorrhea, neurovegetative symptoms of menopause, gastrointestinal spastic disorders. For about 2500 years, the ancient traditional medicine of China and Japan has used Magnolia for its relaxing and psycho-physical relaxing properties. The bark of Magnolia, in association with other medicinal plants, it is considered a source of bioactives with significant anxiolytic and antidepressant action with a marked antispasmodic and visceral antispasmodic effect, as also confirmed by the official claim of the Italian Ministry of Health (“cortex: Digestive function. Regular gastrointestinal motility”).

For this reason, Magnolia bark is traditionally used in gastrointestinal discomfort caused by stress. Recent scientific pharmacological literature also confirms its other powerful effects such as anti-inflammatory and promising anti-tumor actions.

Magnolia also has an appreciable muscle relaxant and antiarrhythmic action as well as an interesting effect against stress-related water retention (Italian Ministry of Health claim: “cortex-Drenaggio dei liquidi corporei”). It is traditionally used for the treatment of anxiety, asthma, depression, gastrointestinal disorders, headaches and other disorders. For these reasons, recent international scientific literature attributes to the extract of Magnolia bark various pharmacological activities such as anxiolytic, antispasmodic, antidepressant, antioxidant, anti-inflammatory, antibiotic.

They are botanical extracts from the plant kingdom that can exploit the beneficial power of natural plants to support the body in its physiological functions.

The phytotherapeutics of STUDENT NIKI Natural Alchemy They are based on the purest plant extracts with the highest concentrations of active substances known for their therapeutic properties and used for centuries in traditional medicine.

Magnolia

Reduces nervous tension and stress-related symptoms



SUITABLE FOR

- ANXIOUS STATES • DEPRESSIVE STATES • NERVOUS TENSIONS
- GASTROINTESTINAL SYMPTOMS • PMS
- MENOPAUSE

PLUS

- VEGETABLE FORMULA • MAXIMUM CONCENTRATION OF ACTIVE INGREDIENTS • DOES NOT CONTAIN SUGARS • WITHOUT COLOURINGS AND ARTIFICIAL FLAVOURS • WITHOUT ANIMAL INGREDIENTS
- GLUTEN-FREE AND LACTOSE-FREE
- WITH NATURAL EXCIPIENTS

Bottle of 30 vegetable capsules
Possible associations Melatonin, Pea, Resveralip

ACTIVE	QUANTITY PER DOSE DAILY	ACTION
	1 capsule	
Magnolia dry extract of which Onochiolo	500 mg 250 mg	It promotes digestive function, supports regular gastrointestinal motility and the elimination of gas, promotes the drainage of body fluids, supports the rebalancing of the oral bacterial flora and promotes the fluidity of bronchial secretions. The bark has soothing properties in case of anxiety, of depressive states, of stress-related disorders and gastrointestinal psychosomatic symptoms thanks to its simultaneous antispasmodic action. It is also effective in improving symptoms related to menopause and premenstrual syndrome.

Ingredients: Magnolia (Magnolia officinalis Rehder & Wilson) bark dry extract titrated at 50% Honokiol, Hydroxypropyl methylcellulose (capsule), bulking agent: Microcrystalline Cellulose; anti-caking agents: Magnesium salts of fatty acids.

Directions for use: We recommend taking 1 capsule per day, swallowed with a little water.

Lotus Flower

from traditional Indian and Chinese medicine for its anti-inflammatory, antioxidant, immunostimulant, antitumor and cardioprotective properties. The plant has always been appreciated for its antipyretic, cardiotonic properties and for its ability to improve circulation, especially when it is hot. The Lotus Flower (*Nelumbo Nucifera*) is an ancient aquatic plant considered sacred, used. The use of Lotus root, according to the suggested therapeutic tradition of oriental medicine, is recommended for its antidiarrheal, antipyretic, emollient and anti-catarrhal properties. Lotus root is able to perform a beneficial action on the respiratory system, helps to thin mucus and promote its elimination. the outflow. It can be useful in case of colds, congestion, sinus infections or in more problematic situations such as asthma, bronchitis, cough and whooping cough.

Furthermore, thanks to its nutritional properties, Lotus Root is also an effective solution for strengthening the Immune System. The Lotus Flower, then, acts on all states of great emotionality, accumulation of tension and internal confusion, often somatized in the body in the form of pain, accumulation of toxins or a sense of general malaise. The lotus promotes a process of physical and mental purification, helps to free the mind from negative or worrying thoughts and from distressing emotions, improves concentration, mental clarity and the ability to focus attention on a goal. The flower is considered an excellent ally in the treatment of any psychosomatic disorder, reducing generalized states of anxiety accompanied by sadness, tension and stress. The compounds present in the lotus flower have calming effects that can help improve sleep. The Lotus also promotes detoxification from toxins accumulated by the body due to pollution, the intake of chemical drugs or poor nutrition, thus facilitating general purification. Recent studies have shown a protective capacity of the liver by also reducing the accumulation of fat and providing benefits in cases of hepatic steatosis.

Finally, numerous other studies have shown that Lotus Flower extracts are potentially able to exert an antitumor action against different types of human tumors, such as colon cancer, and to inhibit the growth of different tumors in vitro, including the most aggressive ones such as triple-negative breast cancer. A study recently published in the scientific journal International Journal of Recent Scientific Research has highlighted the fact that this plant can be successfully associated with the pineal hormone Melatonin in controlling neoplastic progression and the symptoms present in patients affected by advanced cancer no longer susceptible to standard therapies. Various active substances present in this flower have shown a beneficial action in the treatment of autoimmune diseases and an anxiolytic and antidepressant action, increasing the cerebral content of serotonin. It is a plant used for millennia and well tolerated so much that, at the moment, no toxicity has been reported.

Liquid Lotus Flower

Protective of the respiratory tract, rebalancing in states of nervousness.



SUITABLE FOR

- RESPIRATORY TRACT DISORDERS • MUCOLYTIC AND FLUIDIFIER • COLD AND NASAL CONGESTION
- COUGH AND FLU • GENERALIZED ANXIETY STATES
- SUPPORT MOOD • SYMPTOMS GASTROINTESTINAL • DETOXYIFY THE BODY
- PROTECT THE LIVER • HEPATIC STEATOSIS
- PREMENSTRUAL SYNDROME • MENOPAUSE

PLUS

- VEGETABLE FORMULA • MAXIMUM CONCENTRATION OF ACTIVE INGREDIENTS • DOES NOT CONTAIN SUGARS • WITHOUT COLOURINGS AND ARTIFICIAL FLAVOURS • WITHOUT ANIMAL INGREDIENTS
- GLUTEN-FREE AND LACTOSE-FREE • WITH EXCIPIENTS NATURAL

100ml bottle

Possible associations Melatonin, Pea, Resveratrol

ACTIVE	QUANTITY PER DOSE DAILY	ACTION
	1 ml (20 drops)	
Lotus Flower Roots glyceric extract	500 mg	It has a mucolytic and fluidifying action, it is useful in case of colds, congestion, sinus infections but also in cases of asthma, bronchitis, cough, whooping cough and seasonal flu. It has a calming and relaxing effect on the nervous system, useful in generalized states of anxiety, even associated with to depression with psychosomatic repercussions. Lotus detoxifies the body, has protective capacity for the liver, providing benefits even in cases of hepatic steatosis.

Ingredients: Water, Vegetable Glycerol, Lotus Flower (*Nelumbo Nucifera* Gaertn.) Roots glyceric extract, acidifier: Citric Acid, preservative: Potassium Sorbate.

Directions for use: we recommend taking 1 ml (20 drops) per day diluted in a glass of water.



*Phytosynergists
all the strength
of NATURE in a
SINGLE capsule.*

03

By phytosynergic we mean a set of natural plants that work in synergy, according to an established principle, to achieve a specific objective.

The NIKI Natural Alchemy line was created with the aim of supporting the body by fighting the various deficiencies or excesses that can occur during the aging process.

Phytosynergics can be taken in association with the endogenous molecules of the human body, Melatonin, PEA and Angiotensin 1-7, so as to regain well-being and health.

3 The NIKI Natural Alchemy line is made up of phytosynergics

Dr. Merli, who formulated
the line of Phytosynergics, says:

"I was inspired by Ayurvedic Medicine
which combines several plants with similar properties
to achieve certain goals.
I also studied plants for their properties
on cytokines. For example in Fito ANTIFLAM IL-17
we have a set of plants that can lower
and modulate Interleukin 17.
I used a successful combination of plants
designed on the basis of scientific literature
(ad es. Fito Sugar Control).
Here we rely on a working idea of the
combination of plants capable of lowering
blood sugar levels.
The innovation lies in the conceptual idea
of combination, in the cytokine response
and in comparison with scientific studies."

natural products capable of counteracting the main causes of pathologies,
through a totally natural approach. The line, in fact, includes a balanced
combination of natural substances
able to slow down growth, reduce free radicals, modulate
inflammation, as well as counteracting various forms of neuronal degeneration.

The benefit of the synergy is greater than that which would be obtained
by taking the individual components separately precisely because the active
ingredients of specific plants are emphasized.
from the synergistic capacity of other active ingredients, thus increasing
bioavailability. Side effects are almost non-existent and their use can be
associated with traditional allopathic therapies.

The combination of phytotherapeutic products with a natural anti-inflammatory synergistic action allows to act by reducing the levels of interleukin IL-17, a cytokine that promotes inflammation and that plays an important role in chronic inflammation and in the development of autoimmune diseases, allergies.

and psoriasis. Recent studies have also shown that the concentration of IL-17 increases in the serum of subjects affected by cancer, and which can therefore have a significant prognostic value.

The modulation of this cytokine can allow for the regulation of the inflammatory state, which is essential for improving the state of health. The FITO ANTIFLAM formula IL-17 is based on the combination of the main natural substances capable of inhibiting Interleukin IL-17: Andrographis Paniculata, Quercetin, Curcumin, Resveratrol, Scutellaria and Ginseng.

These substances fight inflammation with a broad-spectrum action on the entire organism, also counteracting inflammation defined as silent or low-grade. Andrographis, according to traditional medicine, has shown numerous beneficial properties including antibacterial, anti-inflammatory, immunomodulatory and antiviral.

The anti-inflammatory properties of the plant may also be useful in the adjuvant treatment of various conditions characterized by chronic inflammation, such as ulcerative colitis, osteoarthritis and rheumatoid arthritis.

Based on recent studies, Andrographis Paniculata is useful in the treatment of colds and flu-like conditions involving the throat and tonsils.

A recent study has shown the ability to significantly reduce symptoms such as sore throat, nasal discharge and earaches in just 2 days.

PHYTOSYNERGICS anti-inflammatories

Skullcap is known in traditional medicine to support the health of the Immune System, protect against inflammation and promote relaxation. and mental well-being. Together with Andrographis

supports the immune system, provides relief from cold and flu symptoms, reduces inflammation. Scutellaria is rich in Baicalin, a flavonoid antioxidant, which can help fight oxidative stress and inflammation. It has also shown potential anti-tumor effects. For example, in vitro studies have shown that Baicalin induced cell death in prostate cancer cells

and cervical cancer, significantly inhibiting the growth of ovarian and pancreatic cancer cells.

In a study of 374 patients with rheumatoid arthritis and coronary artery disease 500 mg of Baicalin daily significantly reduced blood lipids and markers of inflammation.

Andrographis, Scutellaria and Magnolia contribute synergistically to normal immune defenses.

Ginseng has a tonic action, even in case of physical and mental tiredness, it fights free radicals and contributes to the immunomodulatory action. Ginseng is attributed with adaptogenic properties. In particular, it is believed that it is able to improve resistance, both physical and mental, to stress and fatigue, in case of convalescence and tiredness.

Curcumin, Resveratrol and Quercetin are among the most powerful antioxidants found in nature, they play a an important protective role in cells and contribute to the general anti-inflammatory action on the whole organism.

Phyto Antiflam IL-17

Plant-based anti-inflammatory



Bottle of 100 vegetable capsules

Possible associations Melatonin, Resveralip

SUITABLE FOR

- GENERAL ANTI-INFLAMMATORY STATES • INFLAMMATION AND CHRONIC FATIGUE • JOINT PAIN
- AUTOIMMUNE DISEASES • SEASONAL AILMENTS

PLUS

- DOES NOT CONTAIN SUGARS • VEGETABLE FORMULA
- WITH BOTANICAL EXTRACTS • SYNERGISTIC ACTION • WITHOUT ARTIFICIAL COLOURINGS AND FLAVOURS • WITHOUT INGREDIENTS OF ANIMAL ORIGIN • GLUTEN-FREE AND LACTOSE-FREE
- WITH NATURAL EXCIPIENTS

ACTIVE	QUANTITY PER DOSE DAILY	ACTION
	4 capsule	
HOW	390 mg	It has anti-inflammatory, analgesic and immunomodulatory action.
Andrographis leaves dry extract	240 mg	Andrographis, Scutellaria and Magnolia contribute to normal immune defenses. They have anti-inflammatory, antioxidant and antibacterial properties and antiviral by rapidly reducing the respiratory symptoms of influenza (cold, cough, sore throat, sinusitis).
of which Andrographolide	24 mg	
Magnolia bark dry extract of which Onochiol	120 mg	
	50,4 mg	
Skullcap root dry extract	90 mg	Berberine, Curcumin, Resveratrol and Quercetin are among the most powerful antioxidants present in nature, they play an important cellular protective role and contribute to the general anti-inflammatory action on the whole organism, also counteracting silent (low-grade) inflammation.
of which Baicalina	27 mg	
Berberine	120 mg	
Curcuminoids	150 mg	
Resveratrol	180 mg	It has a tonic action. It fights free radicals and has an immunostimulating action
Quercetin	180 mg	
Ginseng root dry extract of which Ginsenosides	90 mg	
	10.8 mg	

Ingredients: Micronized Palmitoylethanolamide (PEA-m); coating agent: Hydroxypropyl methylcellulose (capsule); Andrographis (Andrographis Paniculata (Burm. f.) Nees) leaves dry extract tit. at 10% in Andrographolide; Quercetin (from Sophora Japonica L., flowers); Resveratrol (from Polygonum Cuspidatum Siebold & Zucc., root); Curcuminoids (from Curcuma Longa L., rhizome); Berberine (from Berberis Aristata DC., branch bark); Magnolia (Magnolia Officinalis Rehder & Wilson) bark dry extract tit. at 42% in Honokiol; Skullcap (Scutellaria Baicalensis Georgi) root dry extract tit. at 30% in Baicalin; Ginseng (Panax Ginseng CA Mey.) root dry extract tit. 12% Ginsenosides; bulking agent: cellulose; anti-caking agent: Magnesium salts of fatty acids.

Directions for use: we recommend taking 4 capsules per day to be swallowed with plenty of water.

PHYTOSYNERGICS

hypoglycemics

The combination of phytotherapeutics with synergistic hypoglycemic properties is able to naturally reduce and control blood sugar levels through different mechanisms.

The FITO SUGAR CONTROL formula is the result of a combination of natural botanical and mycotherapeutic extracts with hypoglycemic and modulating action. The medicinal mushroom **Coprinus** contains **Vanadium**, a mineral that has a clear hypoglycemic effect. Thanks to this particularity, it is able to reduce glycated hemoglobin and high blood sugar. The most important medicinal property is precisely the hypoglycemic one due to the high Vanadium content and is useful in the treatment of type I and type II diabetes.

It also contains a high amount of iron which balances the concentration of Vanadium.

The mushroom works in two ways: on the one hand it improves pancreatic function with a stimulating action, of regeneration and protection of its cells, on the other hand it reduces insulin resistance, that is, it sensitizes cells to the action of the hormone. The results of a study have shown that Coprinus is superior to other mushrooms with hypoglycemic properties and that its intake reduces blood sugar levels by 41% after 90 minutes, after 3 hours the reduction persists for 30% and after 6 hours it is 20%. For people with diabetes, the administration of the mushroom, if associated with the drug, can lead to hypoglycemic conditions; therefore in this case it is recommended to use it under medical supervision. Metabolic disorders due to incorrect regulation of blood glucose are one of the causes that promote overweight and obesity. Studies on laboratory animals have verified that the administration of the mushroom can counteract the weight gain that often occurs in diabetic subjects. Furthermore, the mushroom polysaccharides are useful for reducing the state of inflammation resulting from metabolic imbalance.

Coprinus Comatus is a valid remedy useful to reduce excess weight and can therefore be important in combating the very widespread metabolic syndrome.

White Mulberry has many beneficial properties and is one of the most used plants in traditional Chinese medicine. Known since ancient times for its antibacterial properties, thanks to its hypoglycemic action, it is an excellent ally for those affected by type 2 diabetes because it regulates blood sugar levels. In particular, one study showed that the active polysaccharides in the fruits -MFP50 and MFP90- can help against type 2 diabetes mellitus. After seven weeks the two substances induced a hypoglycemic effect (lowering blood sugar levels) and demonstrated the ability to repair damaged pancreatic tissue.

Finally, clinical studies have shown that cinnamon appears to reduce the absorption of cholesterol and fatty acids in the intestine.

Cinnamon can help counteract blood sugar swings.

By using cinnamon during meals, the speed is slowed down gastric emptying and reduced the increase in blood glucose after eating.

Cinnamon also has an anti-inflammatory effect that can be beneficial in diabetes. Based on in vitro studies and in vivo, Cinnamon appears to be able to regulate glucose metabolism in tissues through an insulin-mimetic effect and improved enzymatic activity.

Fito Sugar Control

Regulates blood sugar levels



SUITABLE FOR

- HYPERGLYCEMIA • DISORDERED DIETS • IMPROVE CARBOHYDRATE METABOLISM

PLUS

- VEGETABLE FORMULA • WITH BOTANICAL EXTRACTS
- SYNERGISTIC ACTION • DOES NOT CONTAIN SUGARS • WITHOUT ARTIFICIAL COLOURINGS AND FLAVOURS • WITHOUT INGREDIENTS OF ANIMAL ORIGIN • GLUTEN-FREE AND LACTOSE-FREE
- WITH NATURAL EXCIPIENTS

Bottle of 90 vegetable capsules
Possible associations Melatonin, Pea, Resveralip

ACTIVE	QUANTITY PER DOSE DAILY	ACTION
	3 capsule	
Coprino Sporophore dry extract of which Beta-Glucani	400 mg 120 mg	This medicinal mushroom has an important hypoglycemic effect and is able to reduce glycated hemoglobin.
White mulberry leaves extract dry of which DNJ	390 mg 3,9 mg	
Cinnamon Bark dry extract	360 mg	Cinnamon helps to counteract glycemic swings, slowing down the speed of gastric emptying and therefore the glycemic peak.

Ingredients: Coprinus (Coprinus Comatus (OF Mull.) Pers) Sporophore dry extract tit. at 30% in Beta-Glucans; White mulberry (Morus alba L.) leaves dry extract tit. at 1% in 1-deoxynorijimycin (DNJ); Cinnamon (Cinnamomum Zeylanicum Blume) bark dry extract; coating agent: Hydroxypropyl methylcellulose (capsule); bulking agent: Microcrystalline Cellulose - cellulose gel, anti-caking agents: Magnesium salts of fatty acids.

Directions for use: we recommend taking 3 capsules per day, spread throughout the day, to be swallowed with plenty of water.

The combination of natural substances with synergistic action capable of modulating the inflammatory response
It aims to counteract tissue fibrosis and, therefore, that “hardening” typical of aging.
In particular, angiotensin-converting enzyme 2 (ACE2, an acronym for Angiotensin-Converting Enzyme 2), is a surface enzyme that is present on the cell membranes of lung cells,
of the arteries, heart, kidneys and intestines.

ACE-2 counteracts the activity of the angiotensin converting enzyme (ACE) by reducing the amount
of Angiotensin II and increasing Angiotensin 1-7, capable of blocking TGF-Beta and interleukin IL-17, thus carrying out a
cardioprotective and anti-fibrotic action.

The FITO ANTI-AGING PLUS formula, based on natural phytotherapeutics such as Resveratrol, Bromelain,
Lotus and Pomegranate, is able to increase the levels of angiotensin 1-7 and modulate its inflammatory action, contrasting the
tissue fibrosis typical of aging and improving the general well-being of the body.

PHYTOSYNERGICS

anti-aging

Resveratrol, one of the most powerful antioxidants found in nature, and Pomegranate extract contribute
to reduce free radicals, one of the main causes of aging.
They perform an important protective and anti-fibrotic action. The Lotus Flower is a plant used
from traditional Indian and Chinese medicine for its anti-inflammatory, antioxidant, immunostimulant, antitumor
and cardioprotective properties.
The anti-aging power of Resveratrol, which has a very powerful antioxidant action, is also effective against skin aging. This
molecule contributes to the beauty of the skin, stimulates the production
of collagen by increasing tone, reduces hyperpigmentation by increasing brightness
to strengthen the skin barrier. It is useful for fighting the action of free radicals and UV radiation, counteracting
photoaging, one of the main causes of skin aging.

and helps
Lotus Flower has hydrating properties and acts as an antioxidant, protecting the skin from damage caused by
from free radicals and helping to prevent the signs of aging.
It is soothing, reduces redness and irritation, calming sensitive skin.

Pineapple extract is mainly composed of Bromelain, an enzyme with proteolytic and anti-edema action whose function is to bring
about a general improvement in the functionality of the microcirculation.
It has soothing and anti-reddening properties, thanks to its ability to interfere with the arachidonic acid cascade, responsible
for the formation of prostaglandins with pro-inflammatory action.

Bromelain is also used in the treatment of water retention, contributes to the drainage of body fluids, to the contrast of cellulite
blemishes and to the functionality of the microcirculation.

Fito Anti-Aging Plus

Broad spectrum anti-aging



SUITABLE FOR

- FIGHT FREE RADICALS • SLOW DOWN
AGING • WATER RETENTION • STIMULATING THE
COLLAGEN • SKIN WELL-BEING

PLUS

- VEGETABLE FORMULA • WITH BOTANICAL EXTRACTS
• SYNERGISTIC ACTION • DOES NOT CONTAIN SUGARS • WITHOUT
ARTIFICIAL COLOURINGS AND FLAVOURS • WITHOUT INGREDIENTS OF
ANIMAL ORIGIN • GLUTEN-FREE AND LACTOSE-FREE
• WITH NATURAL EXCIPIENTS

Bottle of 90 vegetable capsules
Possible associations Melatonin, Pea, Resveralip

ACTIVE	QUANTITY PER DOSE DAILY	ACTION
	3 capsule	
Resveratrol	600 mg	Resveratrol, one of the most powerful antioxidants in nature, and Pomegranate extract help reduce free radicals, one of the main causes of aging. They perform an important protective, anti-inflammatory and anti-fibrotic action. They improve skin tone by stimulating collagen production. They protect against photoaging.
Pomegranate Pericarpo dust	100 mg	
Lotus leaves dry extract	200 mg	The Lotus Flower has soothing properties, anti-inflammatory and antioxidant.
of which Nuciferina	2 mg	
Bromelain	200 mg (bet 500 GDU*)	Bromelain contributes to the drainage of body fluids (heavy legs), to the contrast of cellulite blemishes and the functionality of the microcirculation.

Ingredients: Resveratrol (from Polygonum Cuspidatum Siebold & Zucc., root); coating agent: Hydroxypropyl methylcellulose (capsule shell); Bromelain 2500 GDU/g (from Ananas Comosus (L.) Merr., stem); Lotus (Nelumbo Nucifera Gaertn.) leaves dry extract titrated at 1% in Nuciferine; Pomegranate (Punica Granatum L.) pericarp powder; bulking agent: cellulose; anti-caking agents: Magnesium salts of fatty acids.

Directions for use: we recommend taking 3 capsules per day, preferably away from meals, to be swallowed with plenty of water.

The combination of natural substances with synergistic anti-inflammatory tissue action, specific for the intestine, is ideal for counteracting inflammation. The FITO INTESTINAL WELLBEING formula is a mix of natural substances with specific anti-inflammatory properties for intestinal well-being with an emollient and soothing action on the gastrointestinal system, capable of controlling secretions and reduce inflammation, preventing the evolution towards disabling forms of colitis.

Glutamine is an amino acid considered essential for the proper functioning of the intestinal mucosa and is the most important fuel for intestinal cells but also for immune system cells. Glutamine reduces the permeability of the intestinal mucosa, protecting the intestine from the entry of toxins and bacteria that can irritate the colon, resulting in diarrhea and abdominal pain. This action could prove valuable in the treatment of leaky gut syndrome, irritable bowel syndrome and inflammatory bowel diseases. Many studies have shown that Glutamine administration reduces intestinal inflammation.

A recent clinical study has shown that its administration can effectively and safely help in cases of irritable bowel syndrome that appear after an infection.

intestinal microbial.

It also plays an important role in maintaining the proper functioning of the intestinal mucosa, of the integrity of the intestinal epithelium by regulating the healthy

PHYTOSYNERGICS for intestinal well-being

functioning of the immune system in the intestine.

Berberine has been widely used in traditional Chinese medicine for the treatment of diarrhea. Initially, some studies have demonstrated its significant antimicrobial activity and its efficacy has also been demonstrated in several clinical studies, particularly in cases of secretory diarrhea.

Recent studies have shown that Berberine is well tolerated and reduces the symptoms of the syndrome of diarrhea-predominant irritable bowel syndrome, effectively improving the quality of life of patients.

Berberine has also been shown to benefit cardiovascular health. In particular, it influences the composition of the intestinal microbiota by reducing the production of the bacterial metabolite trimethyl-N-oxide, a known platelet activator, thus decreasing the risk of arterial thrombosis otherwise induced by Choline. It is able to reduce intestinal motility by preventing diarrheal episodes. and the evolution towards more severe forms of colitis. Berberine contributes to the normal functioning of the digestive system and liver function and, together with Mallow, supports the regularity of intestinal transit.

Mallow also has an emollient and soothing action on the digestive system. NAC (N-Acetyl-L-Cysteine) is a molecule that derives from the natural amino acid Cysteine and acts as an anti-inflammatory by blocking the activation of NF- κ B, a transcription factor that induces the expression of genes that code for pro-inflammatory cytokines.

Phyto Intestinal Wellness

Improves intestinal well-being



Bottle of 90 vegetable capsules

Possible associations Melatonin, Pea, Resveralip

SUITABLE FOR

• IRRITABLE BOWEL SYNDROME • SYNDROME OF THE DRIPPING BOWEL • DIARRHEA • CRAMPS AND ABDOMINAL PAIN

PLUS

• VEGETABLE FORMULA • WITH BOTANICAL EXTRACTS • SYNERGIC ACTION • DOES NOT CONTAIN SUGARS • WITHOUT ARTIFICIAL COLOURINGS AND FLAVOURS • WITHOUT INGREDIENTS OF ANIMAL ORIGIN • GLUTEN FREE AND WITHOUT LACTOSE • WITH NATURAL EXCIPIENTS

ACTIVE	QUANTITY PER DOSE DAILY	ACTION
	3 capsule	
L-Glutamine	450 mg	It reduces the permeability of the intestinal mucosa with the consequent activation of the immune system, improving leaky gut syndrome. It acts on all the symptoms associated with irritable bowel syndrome and inflammatory bowel diseases (colitis, bloating, meteorism, diarrhea, cramps and abdominal pain).
NAC	200 mg	It is a natural molecule that derives from the natural amino acid cysteine. It acts as an anti-inflammatory and reduces secretions and inflammation.
Berberine	300 mg	It influences the composition of the intestinal microbiota and reduces intestinal motility, decreasing diarrheal episodes and preventing the evolution towards forms of colitis. Berberine contributes to the normal functionality of the digestive system and liver function. Together with Mallow it supports the regularity of intestinal transit.
Mallow leaves dry extract	100 mg	Mallow has an emollient and soothing action on the digestive system.

Ingredients: L-Glutamine; Berberine (from Berberis aristata DC., branch bark); coating agent: hydroxypropylmethylcellulose (capsule); N-Acetyl-L-Cysteine (NAC); Mallow (Malva Sylvestris L.) leaves dry extract; bulking agent: Microcrystalline Cellulose - cellulose gel, anti-caking agents: Magnesium salts of fatty acids.

Directions for use: we recommend taking 3 capsules a day, swallowed with plenty of water.

The synergy of substances that promote brain health allows for the improvement of cognitive functions and protection from degenerative brain diseases.

The FITO BRAIN PLUS formula, based on

Boswellia, Ginko, PEA, Curcumin, Quercetin and Red Grape, was created with the aim of promoting mental well-being and preventing various forms of neuronal degeneration.

Ginko-Biloba has the property of stimulating the blood microcirculation of the brain, improving its brain activity and has a neuroprotective action, significantly improving memory consolidation in both young and elderly subjects: it is often used, in fact, against memory disorders and for conditions that, especially during old age, are associated with a reduction in blood flow to the brain (such as headaches, dizziness and vertigo, tinnitus, difficulty concentrating and mood disorders). It is also used in other problems associated with circulation disorders (such as leg pain while walking, typical of claudication, and Raynaud's syndrome).

It is useful in the treatment of tinnitus and vertigo syndromes of vascular origin. Scientific evidence suggests that Ginkgo extract could be really effective in case of anxiety, to improve mental performance, in case of dementia, against vision problems associated with diabetes, against glaucoma, to fight premenstrual syndrome, against schizophrenia and dyskinesia.

PHYTOSYNERGICS

for the well-being of the mind

Ginko, together with Red Grapes, has antioxidant properties and they act in synergy to improve cerebral blood microcirculation and therefore blood flow. Together they protect against oxidative stress. Vitis Vinifera has been used for thousands of years for its nutritional and medicinal properties

and is traditionally used in the treatment of capillary bleeding, edema and inflammation.

Red Vine is particularly appreciated for its antioxidant and vasoprotective properties, it has also shown beneficial effects on memory and cognitive functions and contributes to brain health.

The flavonoids and anthocyanins present in red vine fight free radicals, protecting brain cells from oxidative stress, preventing cognitive deterioration and improving neuronal function.

PEA (Palmitoylethanolamide), the discovery of whose mechanism of action is due to the Nobel Prize winner

Prof. Levi-Montalcini, has an anti-inflammatory action of all brain connections and has cannabinergic effects. The structural analogy with the endocannabinoid molecule AEA (Anandamide) gives the lipid the ability to bind peripheral cannabinoid receptors CB2, positively modulating the expression of these receptors. Curcumin, on the other hand, is able to cross the blood-brain barrier and is a powerful anti-inflammatory. Quercetin helps promote neurogenesis in the hippocampus area of the brain responsible for learning and memory function. Finally, Boswellic Acids have a strong anti-inflammatory action, acting with a mechanism similar to the NSAID drug, but without causing side effects, and are useful in the reabsorption of cerebral edema.

Fito Brain Plus

Promotes memory and cognitive functions



Bottle of 90 vegetable capsules

Possible associations Melatonin, Pea, Resveralip

SUITABLE FOR

• SUPPORT COGNITIVE FUNCTIONS • PERIODS OF INTENSE STUDY AND WORK • MENTAL FATIGUE • MIGRAINE

PLUS

• VEGETABLE FORMULA • WITH BOTANICAL EXTRACTS
• SYNERGISTIC ACTION • DOES NOT CONTAIN SUGARS • WITHOUT ARTIFICIAL COLOURINGS AND FLAVOURS • WITHOUT INGREDIENTS OF ANIMAL ORIGIN • GLUTEN-FREE AND LACTOSE-FREE
• WITH NATURAL EXCIPIENTS

ACTIVE	QUANTITY PER DOSE DAILY	ACTION
	3 capsule	
Ginkgo leaves dry extract	300 mg	Ginkgo Biloba has a neuroprotective action, significantly improving memory consolidation in both young and elderly subjects. Together with Red Grapes, it has antioxidant properties. It is known, together with Vitis Vinifera extract, for its properties of improving cerebral blood micro-circulation, therefore blood flow, and protecting from oxidative stress. Excellent for migraines.
of which Ginkgo Flavonoids	48 mg	
Red grape seeds dry extract of which Proanthocyanidine	200 mg 95 mg	
Maybe	200 mg	PEA has an anti-inflammatory effect on brain connections.
Curcuminoids	100 mg	Curcumin has been shown to cross the blood-brain barrier and is a potent anti-inflammatory.
Quercetin	100 mg	Quercetin has been shown to promote neurogenesis in the hippocampal area.
Boswellia rubber-resin dry extract	400 mg	Boswellia is a powerful anti-inflammatory, useful in the reabsorption of cerebral edema.
of which Acids Boswellic	260 mg	

Ingredients: Boswellia (Boswellia serrata Roxb. ex Colebr.) gum-resin dry extract tit. at 65% in Boswellic Acids; coating agent: Hydroxypropyl methylcellulose (capsule); Ginkgo (Ginkgo Biloba L.) leaves dry extract tit. at 24% in Ginkgoflavonoid Glycosides; Micronized Palmitoylethanolamide (PEA-m); Curcuminoids (from Curcuma longa L., rhizome); Quercetin (from Sophora Japonica L., flowers); Red Grape (Vitis vinifera L.) seeds dry extract tit. at 95% in Proanthocyanidins; bulking agent: cellulose; anti-caking agents: Magnesium salts of fatty acids.

Directions for use: we recommend taking 3 capsules a day, swallowed with plenty of water.

PHYTOSYNERGICS for lipid control in the blood

The formula was created according to a synergy of substances that promote fat metabolism by improving cholesterol and triglyceride levels in the blood. Adansonia Digitata known as “Baobab”,

It is a legendary African tree commonly called the “magic tree”, “pharmacist tree” and “tree of life”. It is traditionally used in Africa for the therapeutic properties attributed to its high content in polyphenols, but more recently it has shown promising results in controlling blood sugar levels and in the management of metabolic syndrome. Recent studies have shown that extracts obtained from Baobab are able to significantly reduce the postprandial glycemic response and the hypoglycemic effect through an increase in insulin secretion.

Baobab leaf extract has been found to be an antihypertensive and antidiabetic agent and is effective in the processes involved in the development of metabolic syndrome. Berberine has shown effects on glucose metabolism, insulin resistance, hypercholesterolemia and also on endothelial function and is, therefore, particularly useful in metabolic syndrome. In particular, the effect on glycemia induced by Berberine seems to be such as to determine a decrease in glycated hemoglobin even superimposable to that of Metformin. It has shown a hypolipidemic action through the increase in the expression of receptors

membrane capable of internalizing LDL and reducing its levels in the blood. It has also shown an action capable of reducing cholesterolemia by inhibiting the absorption of cholesterol and increasing, at the same time, its excretion. This mechanism (different from that of statin-based drugs) makes Berberine a useful and effective active ingredient even in subjects with cholesterol resistant to statin therapy (alone or in combination). DHA ALGA Biotis® is an extract based on the microalgae Schizochytrium, a rich source of unsaturated fatty acids with low iodine content. It has a high content of DHA (Docosahexaenoic Acid) and EPA (Eicosapentaenoic Acid), omega 3 and omega 6, essential for the correct functioning of our body. Its vegetal origin makes it also suitable for vegans.

EPA helps our body maintain normal blood pressure, the correct level of lipids in the blood and supports cardiac function. DHA contributes, instead, to brain function and the maintenance of normal visual faculty.

Coenzyme Q10 is a powerful antioxidant produced in all cells of our body and for this reason it is called “Ubiquinone” (from the Latin ubi, everywhere). Many scientific studies have revealed the usefulness of this molecule for the treatment of cholesterol and to promote good cardiovascular health.

The administration of coenzyme Q10 is, in fact, associated with a significant improvement in arterial endothelial function, support for the energy demand of the myocardium and a reduction in the amount of oxidized LDL. Consequently, it counteracts the damage caused by hypertension and the formation of atherosclerotic plaques. Vitamin B6 can be helpful in cardiovascular diseases because it is able to control and reduce homocysteine levels in the blood which, if in excess, can increase the risk of cardiovascular diseases.

Fito Colest Free

Improves Cholesterol and Triglyceride Levels in the Blood



Bottle of 60 sachets

Possible associations Melatonin, Pea, Resveratrol

SUITABLE FOR

- HYPERCHOLESTEROLEMIA • HYPERTRIGLYCERIDEMIA
- COMBINED HYPERLIPIDEMIA

PLUS

- VEGETABLE FORMULA • WITH BOTANICAL EXTRACTS
- SYNERGISTIC ACTION • DOES NOT CONTAIN SUGARS • WITHOUT ARTIFICIAL COLOURINGS AND FLAVOURS • WITHOUT INGREDIENTS OF ANIMAL ORIGIN • GLUTEN-FREE AND LACTOSE-FREE
- WITH NATURAL EXCIPIENTS

ACTIVE	QUANTITY PER DOSE DAILY	ACTION
	1 sachet	
IS ALGA Biotis® DHA 14 Vegan Algae	500 mg	It is a rich plant source of essential unsaturated fatty acids for cardiovascular health and blood lipid control.
BAOBAB	1000 mg	It has a hypoglycemic action through increased secretion of insulin and the reduction of glucose absorption. It reduces cholesterol synthesis and regulates blood pressure.
Berberine (from Berberis aristata DC., bark of the branches)	500 mg	It is able to act on insulin resistance by reducing glycated hemoglobin levels, on hypercholesterolemia by increasing LDL absorption, and on endothelial function: it is, therefore, particularly useful in metabolic syndrome.
CoQ10	150 mg	It is useful for the treatment of cholesterol and to promote good cardiovascular health. It improves arterial endothelial function, supports the energy demand of the myocardium and reduces the amount of oxidized LDL, counteracting the damage caused by hypertension and the formation of atherosclerotic plaques.
VIT B6	2 mg	It reduces homocysteine levels, protecting against cardiovascular risk and the formation of blood vessel plaque.

Ingredients: Erythritol; DHA ALGA Biotis; Adansonia Digitata Baobab; Berberine (from Berberis Aristata DC; branch bark); CoQ10; Vitamin B6; flavor.

Directions for use: we recommend taking 1 sachet dissolved in water at main meals.

Plus of the line

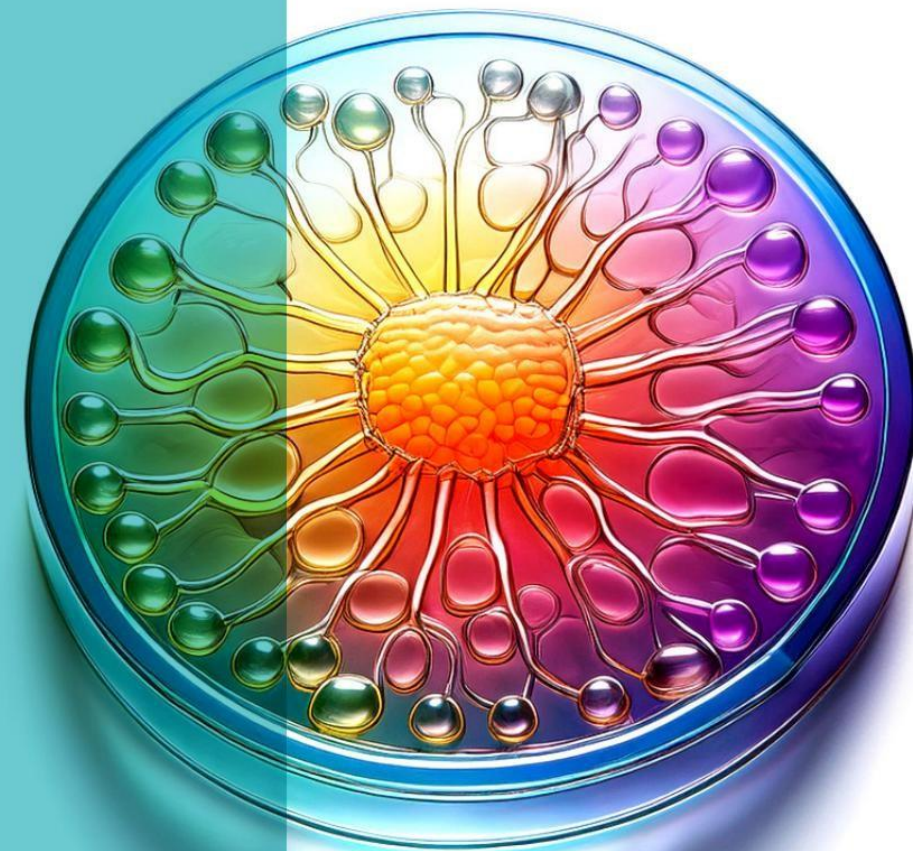
4Liposomal

The liposomal products of the NIKI NATURAL ALCHEMY line have been created in compliance with the highest quality standards, using an innovative manufacturing process that gives them unique characteristics and maximum effectiveness. In particular, liposomes are microspheres capable of trapping active substances and conveying them into the body, improving their absorption and therefore effectiveness.

The main advantage of using liposomal technology is that it provides nutrients and functional substances that are easily absorbed from the gastrointestinal tract and available to the body.

This line uses the strongest antioxidants found in nature and delivers them to maximize their effects.

- HIGH BIOAVAILABILITY
- STICK PACK PRONTO ALL'USO
- MAXIMUM CONCENTRATION OF ACTIVE INGREDIENTS
- EASY-TO-TAKE OROSOLUBLE SACHETS
- SINGLE-DOSE SACHETS
- VEGETABLE FORMULA
- DOES NOT CONTAIN SUGARS
- WITH NATURAL EXCIPIENTS
- WITHOUT ARTIFICIAL COLOURINGS AND FLAVOURS
- WITHOUT INGREDIENTS OF ANIMAL ORIGIN



Turmeric is a spice with countless beneficial properties that have been attributed in particular to Curcumin as the active substance.

Curcumin is a powerful antioxidant capable of activating various enzymes and enhancing the physiological antioxidant system.

and is therefore very useful in the prevention and treatment of pathologies characterized by oxidative stress (aging, diabetes, cardiovascular diseases, neurodegenerative diseases, cancer).

Unlike many other antioxidants, Curcumin has a dual activity in that it is able to both prevent the formation of free radicals and neutralize existing free radicals.

Curcumin is a powerful anti-inflammatory and is very useful in the prevention and treatment of inflammatory diseases, especially at the gastrointestinal level, it improves the functionality

of the stomach and intestines, is useful in disorders such as colitis, Crohn's disease, gastritis, neurodegenerative diseases, cardiovascular diseases, autoimmune diseases, inflammatory bowel diseases (Crohn's disease), diabetes, obesity, respiratory diseases such

as asthma and bronchitis, psoriasis and cancer. According to a recent study, Curcumin in the body is transformed into a substance with neuroprotective capacity capable of

reducing oxidative stress and neuroinflammation by improving neurological function. It can also prevent neurodegeneration typical of Parkinson's disease and may be useful in Alzheimer's disease as it maintains

Curcumin

normal structure and function of cerebral vessels and synapses.

Curcumin, after oral ingestion, can exert regulatory effects on the intestinal microbiota, helping to improve well-being and problems related to alterations in this balance.

Curcumin supplementation may also be useful in the treatment of type 2 diabetes mellitus: a 2019 study showed that treating diabetic mice with curcumin resulted in improved insulin sensitivity, reduced blood sugar levels, and improved dyslipidemia.

Curcumin is very effective in treating cardiovascular diseases through several mechanisms:

reduction of plasma lipids, increase in HDL levels, reduction of lipid peroxidation, reduction of atherosclerotic lesions and improvement of endothelial function. There is evidence in the literature of the efficacy of Curcumin especially in the treatment of the following forms of cancer: Breast cancer, Lung cancer, Hematological and lymphatic system tumors, Stomach cancer, Oral cavity cancer, Colorectal cancer, Pancreatic cancer, Liver cancer, Prostate cancer, Brain tumors, Mesothelioma, Fibrosarcoma and Melanoma. Various studies have shown that Curcumin is also an excellent aid in counteracting the typical side effects of chemotherapy such as gastrointestinal toxicity, cardiotoxicity and hepatotoxicity.

Despite all the health benefits and numerous properties of Turmeric, one of the main critical issues with Curcumin is its poor bioavailability.

The liposomal solution allows maximum absorption. The liposome formulation also allows you to avoid all those products that contain "piperine", a highly inflammatory and irritating substance, not recommended for those suffering from gastric disorders or for cancer patients.

Curcuminlip

Antioxidant, gastrointestinal anti-inflammatory, counteracts metabolic syndrome



Flacone 30 stickpack da 1 g

Possible associations Melatonin, Pea, Resveralip, Fito Intestinal Wellness

SUITABLE FOR

- GASTROINTESTINAL DISORDERS (COLITIS, IRRITABLE BOWEL)
- DIGESTIVE DIFFICULTIES • METABOLIC SYNDROME • STRESS OXIDATIVE

PLUS

- READY-TO-USE STICK PACK • MAXIMUM CONCENTRATION ACTIVE INGREDIENTS • EASY USE OF SOLUBLE SACHETS
- HIGH BIOAVAILABILITY • DOES NOT CONTAIN SUGARS
- WITHOUT ARTIFICIAL COLOURINGS AND FLAVOURS • WITHOUT INGREDIENTS OF ANIMAL ORIGIN • GLUTEN-FREE AND LACTOSE-FREE
- WITH NATURAL EXCIPIENTS

ACTIVE	QUANTITY PER DOSE DAILY	ACTION
	1 stick pack	
Curcuma Liposomiale	20 mg	It is a powerful antioxidant very useful in prevention and in the treatment of pathologies characterized by oxidative stress such as aging, diabetes, cardiovascular diseases, neurodegenerative diseases, cancer. Improves stomach and intestinal function and aids digestion. Improves insulin sensitivity, reduces blood sugar and improves dyslipidemia. It is protective in cardiovascular diseases.

Ingredients: Erythritol, flavourings, liposomal turmeric (coating agents: sunflower lecithin, inulin, phosphatidylcholine, trehalose, histidine).

How to use: It is recommended to take one stick pack per day, as is. The product can be taken at any time of the day.

04 Resveratrol

Resveratrol is a naturally occurring molecule found in the skin of red grapes, peanuts, in blueberries and some other berries. It is a powerful antioxidant produced by plants in response to stress, injury, infection or ultraviolet (UV) radiation. These antioxidant properties give it an anti-aging action by counteracting the damage caused by free radicals and allowing it to fight premature aging of the body's tissues.

Resveratrol is a powerful antioxidant that can also regulate the synthesis of antioxidant enzymes and therefore reduce the production of free radicals. Resveratrol is able to modulate a large number of cellular signaling pathways involved in the regulation of inflammatory processes, in the immune response to infections and stress and in tumor formation processes. Resveratrol is an anti-inflammatory, inhibits the proliferation of tumor cells, causes apoptosis (programmed cell death), reduces their ability to invade healthy tissue and the ability to form new blood vessels, necessary for tumor development. According to recent studies, Resveratrol could act on a key molecule in the energy regulation mechanisms of the cell, leading to the conversion of white adipose tissue into brown adipose tissue, with a consequent reduction in body weight in treated animals.

Numerous studies have shown the ability of Resveratrol to increase the expression of Angiotensin 1-7 through the suppression of the ANG II/AT1R axis, through the enhancement of the Ang (1-7)/Mas axis and through the increase in plasma levels of Angiotensin 1-7 itself. Resveratrol therefore acts, with its protective effect and its ability to counteract aging, on the Cardiovascular System and the Renal System, improving their functionality.

Resveratrol can inhibit some processes that lead to the development of cardiovascular diseases, protects vessels from plaque formation and proliferation of smooth muscle tissue, stimulates the production of nitric oxide responsible for vasodilation processes and inhibits activation and platelet aggregation, the first step in the formation of clots that can cause

heart attacks and strokes. Resveratrol has a protective action against neurodegenerative diseases. It stimulates neurogenesis and the formation of new vessels in the brain, stimulates the removal of the γ -amyloid peptide, a constituent of the amyloid plaque, which accumulates in certain areas of the brain in subjects affected by Alzheimer's disease, and reduces inflammatory processes and oxidative stress at the level of neurons.

Finally, some studies have shown the importance of using Resveratrol as a chemoprotective, useful in resistance to chemotherapy. Some studies have shown that Resveratrol has reduced cardiac toxicity from Doxorubicin, decreasing cardiovascular risk, eliminating reactive oxygen species (ROS) and protecting tissues. In addition, Resveratrol has shown in some studies an increase in antitumor efficacy and has reduced the cardiotoxic and nephrotoxic effect of arsenic trioxide in hematological neoplasms, activating antioxidant defense mechanisms.

Resveralip

Cardiovascular protective, neuroprotective



Flacone 30 stickpack da 1 g

Possible associations Melatonin, Pea, Quercilip, Fito Brain Plus, Fito Anti-Aging

SUITABLE FOR

- OXIDATIVE STRESS • PROTECT THE SYSTEM
- CARDIOVASCULAR AND NERVOUS SYSTEM • INCREASE
- ANGIOTENSIN 1-7 LEVELS

PLUS

- READY-TO-USE STICK PACK • MAXIMUM CONCENTRATION
- ACTIVE INGREDIENTS • EASY USE OF SOLUBLE SACHETS
- HIGH BIOAVAILABILITY • DOES NOT CONTAIN SUGARS
- WITHOUT ARTIFICIAL COLOURINGS AND FLAVOURS • WITHOUT INGREDIENTS
- OF ANIMAL ORIGIN • GLUTEN-FREE AND LACTOSE-FREE
- WITH NATURAL EXCIPIENTS

ACTIVE	QUANTITY PER DOSE DAILY	ACTION
	1 stick pack	
Resveratrol Liposomiale	130 mg	Resveratrol is a powerful antioxidant. It can inhibit some processes that lead to the development of cardiovascular diseases, protects vessels from plaque formation, stimulates vasodilation and inhibits platelet activation and aggregation, first step for the formation of clots that can cause heart attacks and strokes. It has a protective action against neurodegenerative diseases. It stimulates neurogenesis and the formation of new vessels in the brain, reduces inflammatory processes and oxidative stress at the neuronal level. It is able to increase the levels of Angiotensin 1-7 and thus perform a beneficial action on the Cardiovascular System and on the Renal System protecting them from aging and improving its functionality.

Ingredients: Erythritol, Liposomal Resveratrol (coating agents: Sunflower Lecithin, Inulin, Phosphatidylcholine, Trehalose, Histidine), flavourings.

How to use: It is recommended to take one stick pack per day, as is. The product can be taken at any time of the day.

Quercetin

Quercetin is found in foods but is found exclusively in foods of plant origin. The richest food sources are: capers, tomatoes, broccoli, asparagus, onions, apples, grapes, coffee. The typical characteristic of Quercetin is the presence, in its chemical structure, of different phenolic groups that allow the compound to function as a powerful antioxidant through different mechanisms of action: it neutralizes free radicals and increases the production of antioxidant enzymes by the body.

Many in vivo and in vitro studies have shown that Quercetin also has powerful anti-inflammatory and immunostimulant properties: it inhibits the resulting inflammatory cascade, inhibits the production of enzymes that produce inflammation: cyclooxygenase (COX) and lipoxygenase (LOX), inhibits the release of pro-inflammatory cytokines, inhibits the production of inflammatory mediators. Thanks to its antioxidant and anti-inflammatory properties, Quercetin exerts several biological effects: it prevents myocardial cell damage and protects the heart from cardiac dysfunction, prevents neurodegenerative diseases but also anxiety and depression, reduces the toxicity of some pharmacological and non-pharmacological agents (for example Cyclophosphamide, Cisplatin, Ciprofloxacin, Manganese, Cadmium, Arsenic), improves idiopathic pulmonary fibrosis and acute lung injury, prevents type II diabetes, improves osteoarthritis.

Studies have also demonstrated anti-cancer effects of Quercetin which are based on its ability to reduce cell proliferation and induce apoptosis of cancer cells.

Quercetin can enhance the effect of anti-cancer therapies, both chemo and radiotherapy, making tumor cells more sensitive and protecting healthy cells.

This effect has been observed especially in case of therapy with Irinotecan, Fludarabine, Platinum, Doxorubicin, Cyclophosphamide, Docetaxel. The main forms of cancer on which antitumor effects of Quercetin have been observed are: ovarian cancer, leukemia, lymphoma, breast cancer, prostate cancer, osteosarcoma, melanoma, lung cancer and colorectal cancer.

Generally taken at low concentrations, it works as an antioxidant protecting cells from damage by radicals (cancer-protective effect), while at high concentrations it works as a pro-oxidant with consequent cytotoxicity at the level of tumor cells.

Quercetin is poorly bioavailable due to its low intestinal absorption (ranging from 17 to 50%), and its rapid metabolism and excretion. All this leads to a short half-life of Quercetin metabolites in the blood. It is possible to improve the effectiveness of Quercetin by transporting it in liposomes that facilitate its absorption.

Quercilip

Chemoprotective, radioprotective, antioxidant



Flacone 30 stickpack da 1 g

Possible associations Melatonin, Pea, Resveralip, Fito Antiflam IL-17

SUITABLE FOR

- CHEMOPROTECTION • OXIDATIVE STRESS

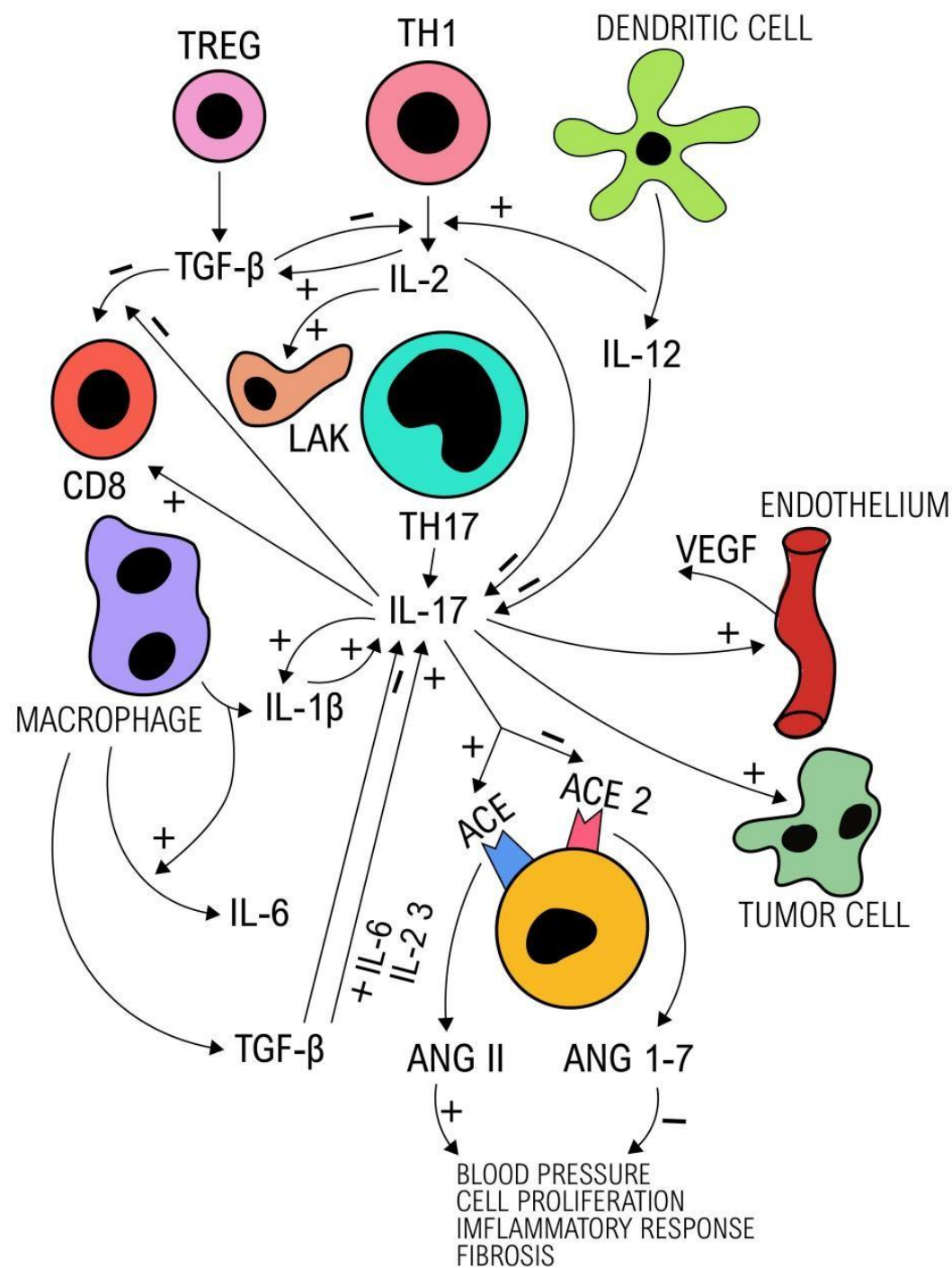
PLUS

- READY-TO-USE STICK PACK • MAXIMUM CONCENTRATION ACTIVE INGREDIENTS • EASY USE OF SOLUBLE SACHETS
- HIGH BIOAVAILABILITY • DOES NOT CONTAIN SUGARS
- WITHOUT ARTIFICIAL COLOURINGS AND FLAVOURS • WITHOUT INGREDIENTS OF ANIMAL ORIGIN • GLUTEN-FREE AND LACTOSE-FREE
- WITH NATURAL EXCIPIENTS

ACTIVE	QUANTITY PER DOSE DAILY	ACTION
	1 stick pack	
Quercetin Liposomiale	260 mg	Quercetin is a powerful antioxidant that works through two mechanisms of action: neutralizes free radicals, increases the production of antioxidant enzymes by the body. Studies have also shown anti-cancer effects of Quercetin which are based on its ability to reduce cell proliferation and induce apoptosis of cancer cells. Quercetin is able to enhance the effect of anti-cancer therapies, both chemo and radiotherapy, making tumor cells more sensitive and protecting healthy cells. This effect has been observed especially in case of therapy with Irinotecan, Fludarabine, Platinum, Doxorubicin, Cyclophosphamide, Docetaxel.

Ingredients: Erythritol, Liposomal Resveratrol (coating agents: Sunflower Lecithin, Inulin, Phosphatidylcholine, Trehalose, Histidine), flavourings.

How to use: It is recommended to take one stick pack per day, as is. The product can be taken at any time of the day.



Usage and charity recommendations

To effectively combat aging, it is recommended to replenish endogenous substances whose production by the body decreases over time:

- in the morning PEA, RESVERALIP -
in the evening MELATONIN.

To improve physiological functions and obtain greater benefits, endogenous molecules can be combined with Phytotherapeutics, Phytosynergics and Liposomals based on the specific condition:

SYNERGY	USE PREVENTION / SUPPORT	HOW TO USE IT
PEA + BRAIN FOOD	Cefalea, Alzheimer, Parkinson, Patologie neurodegenerative	1 cap of PEA 400 mg in the morning after breakfast (in pathology it is possible to increase to 2 caps) 2 caps of FITO BRAIN after breakfast + 1 cap after dinner
PHYTO WELLBEING INTESTINAL + CURCUMINLIP	Colitis, Crohn's disease, Irritable bowel syndrome	1 capsule 3 times a day of FITO BENESSERE INTESTINAL (after breakfast-lunch-dinner) 1 stick of CURCUMINLIP away from meals
PHYTO WELLBEING INTESTINAL + HEART	Fatty liver	1 capsule 3 times a day of FITO BENESSERE INTESTINAL (after breakfast-lunch-dinner) LOTO 20 drops twice a day away from meals
FITO ANTIPLAM 17 + QUERCILIP	In case of silent inflammation: useful support for Autoimmune Diseases and Cancer	2 caps of FITO ANTIPLAM IL-17 after lunch and after dinner QUERCILIP 1 stickpack away from meals
EXIT SUGAR CONTROL + PHYTO ANTIPLAM 17	High blood sugar, Type 2 diabetes	1 capsule 3 times a day of FITO SUGAR after breakfast, lunch and dinner 2 capsules of FITO ANTIPLAM IL-17 after lunch and dinner
FITO ANTI-AGING + MAGNOLIA	Woman in menopause	FITO ANTI-AGING 3 capsules per day (after breakfast-lunch and dinner) MAGNOLIA 1 capsule after breakfast
MELATONIN + CURCUMINLIP + QUERCILIP + RESVERALIP	Cholesterol, Triglycerides, Heart disease, Circulatory problems, Pulmonary fibrosis, Blood pressure	RESVERALIP 1 stickpack in the morning away from meals CURCUMINLIP 1 stickpack after lunch QUERCILIP 1 stickpack in the evening away from meals

WARNINGS: Supplements should not be considered as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended daily dose. Keep out of reach of children under three years of age.

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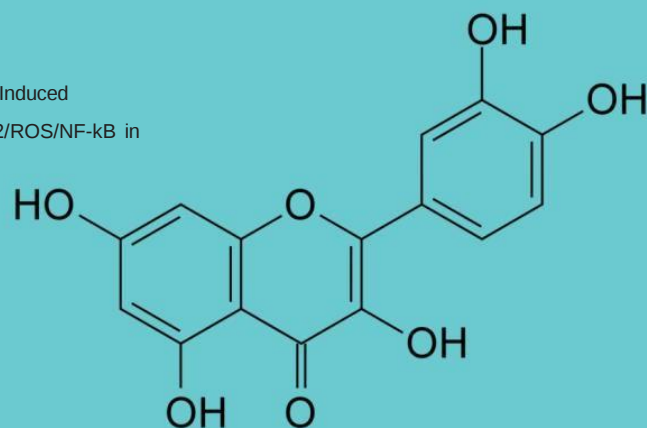
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