## IRON

Iron is the main oxygen carrier in the blood and the component of numerous metalloenzymes. Its main function is to combine with proteins and copper in the formation of hemoglobin, a protein that transports oxygen to the tissues: in this way, the iron determines the quality of the blood, promotes the efficiency of energy metabolism, reduces tiredness and fatigue . and growth in children and stimulates the functions of the liver, spleen, intestines and bone marrow. Iron is also necessary for the formation of myoglobin, which provides muscle cells with the oxygen needed for muscle contraction. It is essential for the proper functioning of neurotransmitters such as serotonin and dopamine, guarantees resistance to disease and stress and is essential for the optimal efficiency of the immune system and cognitive function. Deficiency symptoms are asthenia, pallor, weakness, fatigue, muscle weakness, dry skin and in the most severe cases headache, palpitations, iron-free anemia, easy infections, neuralgia, vasomotor disorders. In FULLY UP, iron is present as a microencapsulated iron fumarate to ensure good bioavailability of ferrous ions and eliminate typical digestive problems.

## ZINC

Zinc is an essential trace mineral and makes more than 200 enzymes and many proteins. In particular, it is essential for the functioning of enzymes that regulate cellular respiration, those that have an antioxidant effect (Superoxide Dismutase) and some proteins that allow DNA to be transposed for its transcription (Zinc Fingers). It is essential for body growth and energy metabolism, for tissue repair, for DNA synthesis. It is an important mineral for the immune system. Zinc affects many aspects of the immune system including neutrophils, natural killer cells, phagocytosis, the production of cytokines, antibodies. It supports normal immune defenses by promoting their protective function in the presence of viruses and bacteria. Zinc also contributes to normal macronutrient metabolism and protein synthesis.

## SELENIUM

Selenium plays an important antioxidant function to support vitamin E and contribute to the normal functioning of the immune system. It is a component of the major cellular antioxidant enzyme, glutathione peroxidase and other proteins such as selenium methionine, but is also found in its inorganic forms, selenites and selenates. It plays a primary role in protecting the integrity of cell membranes from damage caused by oxidative stress. It also appears to play an antagonistic role against heavy metals, such as mercury, cadmium and silver.

## VITAMINE B1, B6, B12 & FOLIC ACID

Vitamins B1, B6, B12 contribute to normal energy metabolism, to the normal functioning of the nervous system and, together with folic acid, to normal psychological functioning. Vitamins B6 and B12, along with folic acid, also contribute to the normal formation of red blood cells, the normal function of the immune system and the reduction of fatigue. Vitamin B6 also supports protein and glycogen metabolism, while B1 contributes to normal heart function and folate to normal amino acid synthesis.

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CODE EAN

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QTY

**16** SACHETS

nutridag
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# FULLY UP
## 16 x SACHETS

Vitamine Booster

FOOD SUPPLEMENT BASED ON

**CREATINE, BRANCHED AMINO ACIDS, ARGININE, CARNITINE, POTASSIUM, MAGNESIUM, IRON, ZINC, SELENIUM AND VITAMINS B6, B1, B12, C, FOIL ACID ENRICHED WITH CORDYCEPS EXTRACT**

USE FOR FATIGUE AND BUSY STUDY, WORK, INTENSIVE PHYSICAL ACTIVITY, RECOVERY AND SEASONAL CHANGES. ALSO GREAT FOR ATHLETES.


- Highly nutrient-rich formula for fast recovery
- L-Arginine (Kyowa Quality®)
- Microencapsulated Iron Fumarate to ensure good bioavailability and eliminate typical digestive problems
- BCAA (Branched Chain Amino Acids in the ratio 2: 1:1)
- High quality standard of components and workmanship

GLUTEN FREE

**FULLY UP** has a balanced formulation of mineral salts, vitamins, carnitine, arginine, creatine, BCAAs (branched-chain amino acids in a ratio of 2: 1: 1) enriched with cordyceps extract, nutrients involved in various biological processes that support the body . Specifically, folic acid and vitamins C, B6, B12 together with zinc, potassium and selenium contribute to the normal functioning of the immune system and, together with iron and magnesium, to the maintenance of correct energy metabolism and to the reduction of tiredness and fatigue. Vitamin B6 also supports protein and glycogen metabolism. Vitamin C and selenium contribute to the protection of cells against oxidative stress. The magnesium and potassium salts are useful for replenishing the hydro-salt losses due to excessive sweating, promoting electrolyte balance and supporting muscle function. Potassium also maintains normal blood pressure and, together with vitamins B1, B6, B12 and C, contributes to the normal functioning of the nervous system. Folic acid, magnesium and vitamins B1, B6 and B12 help regulate normal psychological function, while zinc promotes normal cognitive function. Leucine, Isoleucine and Valine are branched chain amino acids useful for integration into the athlete's diet. Carnitine, creatine and arginine can help restore muscle tone and function by breaking down fats and converting them into energy. The formula is enriched with Cordyceps extract, a tonic adaptogen with invigorating properties that restores energy and strength.

**FULLY UP** is indicated for adults and the elderly who need support in case of low dietary intake of nutrients or increased need during periods of fatigue, weakness and exhaustion due to study, work, intensive physical activity,
recovery and seasonal changes. The formula supports metabolic processes and helps to keep the cellular energy reserves always active, because it returns the essential nutrients to the body for the proper functioning of energy production processes. It helps therefore to save the energy resources that are essential to offer to everyday life.

It is also suitable for athletes and can be taken before activity, as an energy source for quick use, or after activity, as a valid recovery, to restore lost mineral salts, restore functionality to muscles, and reduce lactate production and the formation of cramps and provide a portion of antioxidant vitamins that reduce oxidative stress on the muscular system.

Average composition for maximum recommended daily dose (3 sachets)

| | | |
|---|---|---|
| **Creatine** | **3000 mg** | |
| **L Arginine** | **1500 mg** | |
| **Cordyceps d.e.** | **600 mg** | |
| of which polysaccharides | 180 mg | |
| **L-leucine** | **900 mg** | |
| **L-Isoleucine** | **450 mg** | |
| **L-Valina** | **450 mg** | |
| **L-Carnitine** | **300 mg** | |
| **Vitamine C** | **150 mg** | **188% DRN*** |
| **Tiamine (vitamine B1)** | **3,3 mg** | **300% DRN*** |
| **Vitamine B6** | **4,2 mg** | **300% DRN*** |
| **Foliumzuur** | **400 µg** | **200% DRN*** |
| **Vitamine B12** | **7,5 µg** | **300% DRN*** |
| **Potassium** | **300 mg** | **15% DRN*** |
| **Magnesium** | **180 mg** | **48% DRN*** |
| **Iron** | **21 mg** | **150% DRN*** |
| **Zinc** | **15 mg** | **150% DRN*** |
| **Selenium** | **100 µg** | **182% DRN*** |

* DRN = Daily Reference Nutritional Value (adults) - Reg.(EU) n. 1169/2011

## INGREDIËNTS

Creatine Citrate, Potassium Gluconate, Bulking Agent: Sorbitol; citric acidity regulator; L-arginine, resistant dextrin (soluble fiber), magnesium citrate, L-leucine, cordyceps e.s. (Cordyceps sinensis (Berk.) Sacc.) Mycelium d.e. tit. 30% polysaccharides, anti-caking agent: silicon dioxide; aromas, L-isoleucine, L-Valine, L-Carnitine L-Tartrate, L-Ascorbic Acid (Vitamin C), Zinc Gluconate, Sweetener: Sucralose; microencapsulated ferrous fumarate (ferrous fumarate, palm oil), stabilizers: hydroxypropylmethylcellulose, sucrose esters of fatty acids; L-selenomethionine, cyanocobalamin (vitamin B12), dye: carotenes; pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1), pteroyl monoglutamic acid (folic acid). With sweetener.

## USER INSTRUCTIONS

1-3 sachets per day according to your needs. Dissolve the contents of 1 sachet (6 g) in a glass of water (180 ml) and mix well until the powder is completely dissolved. Store in a cool, dry place away from light.

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## CORDYCEPS

A rare and very precious mushroom native to the Tibetan Plateau, traditionally considered the anti-aging, anti-depressant mushroom with fortifying toning properties that restores energy and strength. Important in determining the pharmacological activities are cordycepin and cordycepic acid; equally important is the polysaccharide component, in which galactomannan is abundant. Other bioactive compounds include nucleosides (adenosine, guanosine and uridine), phytosterols (ergosterol) and zinc, magnesium and manganese in abundance among the minerals.

**Sports:** One of the peculiarities is the improvement of physical performance, especially with increased stress and sports performance. In fact, it has been shown to be helpful in promoting tissue oxygenation, through the relaxation of the bronchial, bronchiolar and vessel wall muscles. The increase in the blood flow in the muscles and the heart, the greater uptake of oxygen and the more effective use (increase in VO2 max) makes it a particularly suitable supplement for endurance sports. In athletes, it improves the rate at which lactate is eliminated and endurance during aerobic exercise a cardiotonic action was believed to support the normal mobilization of fat and beta oxidation, thus preserving the utilization of glycogen during prolonged exercise. It gives strength and energy, even in states of exhaustion and chronic fatigue, and helps reduce anxiety.

**Elderly:** Clinical studies have also shown an anti-fatigue and stimulant effect on the elderly and a decrease in symptoms related to aging. The antioxidant capacities in patients with senile dementia were studied, reporting the increased activity of SOD, CAR, glutathione peroxidase and decrease in free radical waste products such as MDA; in addition, it improved the typical symptoms of aging (amnesia, dizziness, nocturia, tinnitus, cooling).

Recovery: Helps the body regenerate after illness, boosts the immune system by stimulating Peyer's plaques and activating macrophages and NKs.

## POTASSIUM & MAGNESIUM

Potassium and magnesium are mineral electrolytes, which together with sodium, calcium and chloride are necessary for the conduction of electrical impulses in the body. The presence of one and the other element is closely related. In fact, they play a key role in maintaining the functional and metabolic characteristics of individual cells, tissues and entire systems, becoming part of the cofactors of numerous biological reactions. The body therefore needs adequate availability of potassium and magnesium for its vital functions to function properly. For this reason, it is essential to maintain the balance of these ions, immediately integrating the amounts lost during intense physical activity or in particular pathological conditions such as profuse diarrhea and vomiting. These minerals exert their effects on different parts of the body and perform different functions:

**POTASSIUM** represents the major intracellular ion, which, along with sodium, is responsible for both maintaining cell osmolarity and variations in the action potential of excitable cells, thereby regulating neuromuscular excitability. It therefore plays a fundamental role in muscle contraction and heart muscle in particular and in the transmission of nerve impulses. It regulates osmotic pressure, acid-base balance and water retention and, by regulating fluid balance, contributes to the maintenance of normal blood pressure.

**MAGNESIUM** is widely present in cells where it is involved in over 300 enzymatic reactions utilizing key nutrients. It performs numerous functions, including contributing to energy metabolism, muscle and nerve function, and maintaining electrolyte balance. It also intervenes in bone mineralization and protein synthesis, nucleic acids and lipids, supports the immune system, strengthens tooth enamel, improves mood and reduces anxiety and fatigue.

## VITAMINE C

It performs many essential functions: it is important for the proper functioning of the immune system, it has an antioxidant effect, it enters the energy production processes, making it useful in all cases of asthenia, fatigue, recovery and intense physical exertion.

## CARNITINE

Carnitine is the vitamin-like compound responsible for transporting long-chain fatty acids to the mitochondria, the sites responsible for their metabolic use. It therefore plays a key role in the production of cellular energy.

## CREATINE

Creatine, converted to its phosphorylated form (phosphocreatine), is involved in the maintenance of cellular energy reserves. It forms one of the muscle energy stores and is therefore used as needed during fast and intense muscle contractions, increasing muscle strength and power. From a metabolic point of view, it intervenes to meet the energy needs of the anaerobic alactacid mechanism, an energy mechanism that is activated as soon as an intense muscular effort begins. In addition, thanks to its action, creatine slows down the feeling of fatigue and accelerates muscle recovery.

## BRANCHED AMINO ACIDS

In recent years, branched-chain amino acids (BCAA) have taken the world of nutritional supplementation, especially sports, by storm. The wide use of BCAAs in sports stems mainly from their metabolic role and their high presence in muscle proteins. The muscle, which can oxidize them directly to produce energy, especially in the absence of carbohydrates, can also consume significant amounts at the expense of the contractile tissue. When integrated into the diet, these amino acids preferentially reach muscle tissue, regulating both its oxidative and biosynthetic functions, thus modulating both the catabolic and anabolic phases.
Athletes of different disciplines, both in terms of strength and endurance, use the BCAAs:

- as an ergogenic energy substrate aid - before performance
- as an anti-catabolic agent - before, during and after the performance
- as a useful supplement to reduce muscle damage caused by intense training - before, during and after performance (my protective role)
- useful as a supplement to reduce the feeling of central fatigue and muscle fatigue - before and especially during and after performance
- as a useful supplement to speed up recovery times and optimize muscle growth - especially after exercise after

## L-ARGININE

It is an amino acid classified as conditionally essential because it plays a key role in some physiological moments of life, such as adolescence and puberty, and in the course of some pathological conditions such as extensive trauma and burns. Some recognized biological functions of arginine are:

- Synthesis of glucose in particular metabolic disorders (gluconeogenesis)
- protein synthesis
- Synthesis of Creatine and Other Amino Acid Derivatives
- Detoxification of nitrogen residues
- Synthesis of nitric oxide, a fundamental element with vasodilatory power
- Immunostimulating effect
- Antioxidant action
- Insulinogenic activity (it is the amino acid that mainly succeeds in stimulating the secretion of insulin)

The use of L-Arginine has also been welcomed by sports dietetics, due to its potential myoprotective, anabolic and structural activity.