

**ATZG – HV**

**ATLANTIC**  
GRUPA

# Useful Military Daily Supplementation

This list contains list of products from renown brands that can help provide your military forces and supporting staff with useful daily supplementation and refreshment.

Selected items have earned a place on the list by providing high quality, clear functional benefits and great taste at the same time.

## MULTIPOWER

### 1.-2. Protein Layer Bar



- It is an ideal snack after exercise which contributes to the growth and maintenance of muscle mass.
- In addition to its excellent taste and great protein boost, it contains only 1,3g-2g of sugar – depending on flavour.
- Flavours: - Caramel Peanut Crunch  
- Cookies & Cream

### 3.-4. 53% Protein Boost



- Offers important proteins almost completely without consuming carbohydrates.
- Ideal after a workout or intense physical activity with its 27 grams of muscle-building protein.
- Flavours: - Berry Yoghurt  
- Coconut

## 5.-6. Multi carbo energy gel



- Glycogen from the gel will within minutes "wake up" the part of our body that feeds on glucose from the blood - **the brain!**
- Contains: maltodextrin, isomaltulose (10%), fructose, sodium chloride, potassium chloride, potassium citrate, l-carnitine, acid Isomaltulose which ensures fast absorption without consuming additional liquid.
- Effect: impulse maximum recovery
- Flavours: - Lemon  
- Orange

## 7. Magnesium Liquid ampules



- Magnesium supports the maintenance of acid-base balance in the organism and is essential in neuromuscular contractions - especially for the good function of nerves and muscles.
- Magnesium Liquid is gluten free product which contains water, magnesium citrate, fructose, flavour, acid (lactic acid), preservative (potassium sorbate).
- Comes in liquid form which provides faster absorption and is best suited to prevent muscle cramps, fatigue, migraines and chronic fatigue.
- Flavour: - Peach

## ARGETA

### 8.-10. Pâté



- Great combination of carefully selected high quality ingredients.
- Ensures the highest standards and proves with each product that a small meal can offer the highest quality.
- Flavours: - Chicken Spread
  - Tuna Pâté
  - Tea Time Spread
- No artificial flavour enhancers, no artificial colors, no preservatives added, gluten free.

## NATURAVITA

### 11.-12. Teas



- Camomile will help with muscle relaxation, has an anti-inflammatory effect on the skin, and relieve in case of discomfort and cramps.
- Rosehip with hibiscus- a sour sweet fruit full of Vitamin C.
- Contains hibiscus flower that emphasizes the power and magic of a rich red drink, helps with its diuretic properties, and contributes to the excretion of excess fluid from the body.
- Flavour: - Camomile
  - Rosehip with hibiscus

## CEDEVITA

### 13.-18. Vitamin refreshment drink



- Prepared just before consumption by dissolving multivitamin granules in a glass of water. One serving contains 50% of the recommended daily intake of vitamins.
- Cedevita is a dietary supplement and source of 9 vitamins C, E, B1, B2, B3, B5, B6, B9, B12.
- Sizes: 1000g, 200g, 75g
- Flavours: - Orange  
- Lemon

### 19.-20. Cedevita OTG



- Prepared just before consumption by opening the lid - the multivitamin granules are released into the water and the bottle is only to be shaken.
- Ideal for any occasion on the go.
- Flavours: - Orange  
- Lemon

## COCKTA

### 21.-22. Cockta Original and Cockta Free



- Carbonated non-alcoholic carbonated soft drink, recognizable for its unique composition and superior quality.
- The production of Cockta uses CO<sub>2</sub> of natural origin. Being based on natural ingredients, it does not contain artificial flavors, sugar, caffeine, glucose-fructose syrup and orthophosphoric acid.

## DONAT MG

### 23. Natural mineral water



- Characterized by an extremely high mineral content with more than 12 g of substance per liter, of which magnesium alone has 1000 mg / l.
- It has been scientifically proven to have beneficial effects on digestive tract diseases, magnesium deficiency and many other health conditions: it prevents gallstones formation, helps with type-2 diabetes, relieves heartburn, helps with weight loss.

## **IZVORI KALNIKA**

### **24.-25. Kala and Kalnička**



- Refreshing drink that replaces lost minerals, especially calcium and magnesium, during hot weather and high physical activity.
- It is confirmed that consuming sodium hydrogen bicarbonate natural mineral water can be helpful in preventing vascular disease.

## **MULTIVITA**

### **26. EnergyUP Direct**



- Energy UP DIRECT citrus-flavoured granules as a food supplement are full of the B vitamin group that contribute to the metabolism of energy, and reduce fatigue.
- No water or cup is required for their consumption – the granules are consumed directly from the sachet.
- Thiamine (vitamin B1) and vitamin B6 contribute to normal energy metabolism.
- Riboflavin (vitamin B2) and vitamin B12 contribute to the reduction of fatigue and exhaustion.



## **27. Ralon shaving cream**



- Ralon's formula instantly moisturizes skin during shaving. Protects the skin against irritation and prevents drying out.

## **28. Ralon 2in1 Shower gel & Hair shampoo**



- With wheat protein and provitamin B5 nourishes the skin and protects and regenerates hair. It relaxes the skin and gives you a feeling of well-being. Contains the scent of Ralon Sport After Shave Lotion.

## 29. Plidenta Herbal Toothpaste



- It contains a total of six plant extracts that gently act on teeth and gums.
- Effects: Cavities, Dental plaque, Gingivitis, Bleeding gums, Parodontitis, Refreshment

## 30. Rosal lip balm sensitive



- With camomile extract, strengthens the natural resistance of very sensitive lips.
- For a long-lasting feeling of nourishment and perfect natural protection with an instant soothing effect.
- Dermatologically tested.

## 31. Melem



- Melem is intended for intensive care of sensitive and dry skin of the entire body. It gives an instant feeling of pleasure and it conditions and nourishes the skin making it delicately soft and smooth.
- Dermatologically tested.

## 32. Asepsoleta Classic



- ANTIBACTERIAL WET WIPE CLASSIC Effectively cleans hands. Non-drying, non-irritating formula.
- Avoid contact with eyes.
- Dermatologically tested.