

STRONG & FIT

WIN YOUR LIFE! NOT JUST ONE GAME

ENDURANCE, RESISTANCE
& STRENGTH NATURALLY

Tiens 

TIENS





Foundation of health:

Healthy diet

Adequate nutritional intake

Physical activity

TIENS FOR ACTIVE LIFE



TIENS CORDYCEPS CAPSULES



Cordyceps sinensis has a long tradition of use in Chinese medicine. It is a species of fungus that has been widely used by Chinese herbalists for its adaptogenic properties. Adepts of Traditional Chinese Medicine also recommend cordyceps to increase energy, enhance stamina and reduce fatigue.

Recent scientific research on cordyceps has proved a broad range of biological actions.

The mechanism of these actions have been primarily explained through high polysaccharide content in cordyceps and a presence of cordycepin and adenosine, substances with a large spectrum of biological activities, such as energy transfer. It has been found that cordyceps boosts athletic performance.

CORDYCEPS SINENSIS

- Boosts athletic performance
- Used traditionally in ancient China as an adaptogen

The main ingredients of cordyceps are cordycepin and adenosine. They can play a role in a wide spectrum of biological processes, for instance in intercellular transport of energy. Other active ingredients are polysaccharides, cordycepic acid and vitamin A, B, C, E, 16 amino acids, superoxide dismutase (SOD) as well as zinc, selenium, magnesium, iron and potassium.

ACTIVE INGREDIENTS (2 CAPSULES)

Cordyceps sinensis 1000 mg

CONTENT: 100 capsules.



TIENS SPIRULINA CAPSULES

SPIRULINA:

- Antioxidant activity
- Immunostimulant



Spirulina first appeared on earth some 3.5 billion years ago, and is one of the oldest lifeforms on the planet. TIENS Spirulina is derived from the Chenghai lake in Yunnan Province in China. It's a pure area free of pollutants.

Tiens Spirulina Capsules contains the extract of *Arthrospira platensis* - one of spirulina species. Up to 55-70 percent of Spirulina composition is easily digestible protein (including all exogenous amino acids, those the body cannot synthesise on its own, and hence must be provided with food). Furthermore, spirulina contains numerous polysaccharides (glucosamine, glycogen), easily assim-

ilable macro- and micro-elements (iron, phosphorus, potassium, calcium, zinc, selenium, chromium, copper), vitamins (of the B-group as well as C, D and E), unsaturated fatty acids (GLA – gamma-linolenic acid), pigments (including carotenoids, chlorophyll, xanthophylls and phycocyanin). It has been scientifically proven that spirullin does not contain toxic compounds produced by other cyanobacteria.

The cellular walls of spirulina cells do not contain cellulose, that is why their contents are readily absorbed (between 85 and 95%) - much more efficiently than in the case of animal or plant protein.

ACTIVE INGREDIENTS (6 CAPSULES)

Dried spirulina powder	1500 mg
β-carotene	0.9 mg

CONTENT: 100 capsules.



TIENS NUTRIENT SUPER CALCIUM POWDER

- Supports cognitive functions
- Healthy bones and teeth

This food supplement is a valuable source of well-absorbed organic calcium, vitamin C and vitamin A. Calcium is a nutrient necessary for the proper growth and development of bones and teeth. It also supports the proper functioning of digestive enzymes.

Along with vitamin D it helps in normal functioning of the muscles, also helping those working both physically and mentally in energy-yielding processes. Knitted synergistically, calcium and vitamin C support the maintenance of normal psychological function and cognition.

ACTIVE INGREDIENTS (1 SACHET)

Dietary fibre from corn	3890 mg
Calcium hydroxyapatite	1600 mg
- Calcium	400 mg
- Phosphorus	176 mg
Vitamin C	12 mg
Vitamin A	120 µg
Vitamin D	2 µg

CONTENT: 10 sachets.



TIENS FLEXI TABLETS

In order to maintain the joints in good shape, appropriate physical exercise, a calcium-rich diet, vitamins D, B and C may prove helpful. However to protect joint cartilage from degradation and defects, it is important to apply proper supplementation.

TIENS Flexi combines biochemical compounds (glucosamine, chondritin, hyaluronic acid) with ingredients drawing from nature and traditional Chinese medicine (Brazilian mushroom, devil's claw, turmeric). This mixture can reinforce the joints and help fight inflammation.

ACTIVE INGREDIENTS (1 TABLET)

Glucosamine (vegetal)	250 mg
Chondroitin (marine)	100 mg
Agaricus blazei extract 5:1	50 mg
Curcuma (95% Curcumine)	50 mg
Devil's claw extract 10:1	50 mg
Hyaluronic acid	5 mg

CONTENT: 60 tablets

DOSING: 1 tablet twice a day, preferably in the morning and in the evening.

RECOMMENDATIONS

The preparation is particularly recommended for individuals whose joints and muscles are exposed to strain due to excessive physical activity, sports, physical work or obesity. The use of the supplement is also recommended for the elderly.



TIENS NUTRI-SHAPE SHAKE

NUTRI SHAPE SHAKE WITH REISHI

14 portions (one portion = 35g)

High content of Reishi - the mushroom of long life - 500 mg in one portion.

NUTRI SHAPE SHAKE WITH GOJI

14 portions (one portion = 35g)

High content of Goji in one portion 500 (mg).

24
vitamins
& minerals

Only
212
calories
per one portion
(strawberry)

Only
216
calories
per one portion
(chocolate)

23g
protein
in one
portion



EFFECTS OF REISHI:

- supports the immune system and detoxes the body
- activates the body stamina and endurance
- reduces the cholesterol level
- contributes to maintaining a healthy circulatory function
- improves the cellular metabolism
- eliminates toxins from the body that build up in the liver, and it protects it from the build-up of harmful substances



EFFECTS OF GOJI

- is a powerful antioxidant
- improves the memory and eyesight
- improves blood count
- boosts & balances the Yin & Yang elements in the body
- strengthens the heart, liver and kidney activity
- makes the tendons and nails stronger, strengthens the bones and muscles
- improves gut activity
- helps in weight reduction



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HARMONY
RESPONSIBILITY
PROSPERITY

TIENS