

# NEW ROOTS

NATURAL HEALTH PRODUCTS  
WWW.NEWROOTSHERBAL.EU

## HERBAL

### » SPORTS

ENERGY / EFFORT / RECOVERY



- Exclusive information for health-care professionals-



# MaCRO NUTRIENTS

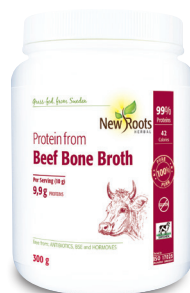


## BONE BROTH PROTEIN

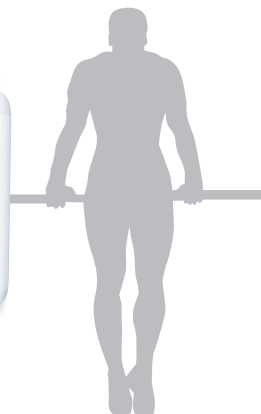
**SUPPLIES.** High value protein.

**USEFULNESS.** Broad range of amino acids, glycine and glutamine to **favour muscle recovery**.

**ADVANTAGES.** Free-range, **pasture-fed** cattle. **High bioavailability** in powder form, easy to dissolve.



Format: 300 g.



	Per serving 10 g	Per 100 g
Energy (kJ/kcal)	178/42	1.783/420
Fats	0,3 g	2,7 g
Saturates	0,1 g	0,9 g
Mono-unsaturates	0,1 g	1,1 g
Polyunsaturates	0,1 g	0,5 g
Carbohydrate	0,0 g	0,0 g
Sugars	0,0 g	0,0 g
Fibre	0,0 g	0,0 g
Protein	9,9 g	99,2 g
Salt	0,2 g	1,7 g

**Recommended daily dose:** 1 tablespoon (10 g) daily.

## MCT from Coconut

**SUPPLIES.** Healthy fat.

**USEFULNESS.** Rapidly absorbed energy. Promotes the use of lipids as an energy source, improving **resistance to fatigue**.

**ADVANTAGES.** **Powder format.** With acacia gum, a prebiotic fibre that dissolves easily.



Format: 150 g.

	Per serving 5 g	Per 100 g
Energy (kJ/kcal)	142/34	2 807/671
Fats	3,5 g	70,0 g
Saturates	3,5 g	70,0 g
Carbohydrate	0,0 g	0,0 g
Sugars	0,0 g	0,0 g
Fibre	1,3 g	25,5 g
Protein	0,0 g	0,8 g
Salt	0,0 g	0,08 g

**Recommended daily dose:** 1 teaspoon (5 g) daily dissolved in liquid or with food.

- » 70% medium chain triglycerides (MCT): 50% caprylic acid (C8) and 35% capric acid (C10).
- » 30% acacia gum.



## AMINO-MIX

**SUPPLIES.** Free amino acid formula.

**USEFULNESS.** Helps to **cover** amino acid **deficiencies** and needs that can result from **physical exertion**.

**ADVANTAGES.** Broad and **complete** amino acid composition.



Format: 240 tablets

Nutritional information		6 tablets	
Hydrolyzed <i>alpha</i> -lactalbumin		5 100 mg	
Providing (typical profile of free-form amino acids):			
L-Glutamic acid		683 mg	
L-Leucine (BCAA)*	414,9 mg	L-Phenylalanine*	120,4 mg
L-Asparatic acid	403,4 mg	L-Tyrosine	111,7 mg
L-Lysine*	364,1 mg	L-Arginine	106,4 mg
L-Threonine*	266,8 mg	L-Methionine*	88,0 mg
L-Valine (BCAA)*	224,3 mg	L-Cysteine	80,8 mg
L-Proline	222,5 mg	L-Glycine	70,4 mg
L-Isoleucine (BCAA)*	220,2 mg	L-Histidine*	68,3 mg
L-Serine	195,0 mg	L-Tryptophan*	64,3 mg
L-Alanine	191,9 mg		

\*Essential amino acids. BCAA: Branched-chain amino acid.

**Recommended daily dose:** 2 tablets three times daily



Format: 300 g.

## D-RIBOSE + MAGNESIUM

**SUPPLIES.** Ribose, a rapidly assimilated carbohydrate, and magnesium in the form of high bioavailability **citrate**.

**USEFULNESS.** **Energy** supply before and during workout/competition, and as a great contributor to recovery afterwards.

**ADVANTAGES.** Powder format. Improved dosage and exclusive combination with magnesium in the form of citrate, which **reinforces the energy effect and muscle recovery**.



Nutritional information	1 teaspoon
D-Ribose	5 000 mg
Magnesium (from Mg citrate)	80 mg (21%*)

\*NRV: Nutrient Reference Value in %

**Recommended daily dose:** 1 teaspoon daily mixed well in a cup of water or juice (250-500 ml). Recommended are 2 teaspoons daily in 1-2 cups of water or juice 45-90 minutes before exercise.



Format: 100 g.

## L-GLUTAMINE

**SUPPLIES.** Glutamine in free form.

**USEFULNESS.** It favours **muscle recovery** by helping to eliminate toxins generated by exertion, and **prevents the loss of muscle mass**.

**ADVANTAGES.** **100 % pure** glutamine in free form.



Nutritional information	1 teaspoon
L-Glutamine	5 g

**Recommended daily dose:** 1 teaspoon (5 g) with cold liquid once daily.



# MICRONUTRIENTS

## MULTI NUTRI MAX



**Format:** 60 capsules  
**Recommended daily dose:** 2 capsules daily with food.

Nutritional information 2 capsules

### Vitamines:

Vitamin D3 (from cholecalciferol)	1,425 µg (57 UI) (290%*)
Vitamin E (from D- <i>alpha</i> -tocopheryl acid succinate)	33,44 mg α-TE (50 UI) (279%*)
Vitamin C (calcium-L-ascorbate)	43,75 mg (55%*)
Thiamin (vit. B1) (from 8,25 mg thiamin hydrochloride)	7,36 mg (669%*)
Riboflavin (vit. B2) (from 5 mg riboflavin + 1,25 mg riboflavin 5'-phosphate, sodium)	5,94 mg (424%*)
Niacin (vit. B3) (from 7,5 mg nicotinamide + 5 mg inositol hexanicotinate)	12,2 mg NE (76%*)
Vitamin B6 (from 5 mg pyridoxine hydrochloride + 1,25 mg pyridoxal-5'-phosphate)	4,97 mg (355%*)
Folate (from calcium-L-methylfolate)	95 µg (48%*)
Vitamin B12 (methylcobalamin)	75 µg (3.000%*)
Biotin (D-biotin)	16,5 µg (33%*)
Pantothenic acid (vit. B5) (from 11,5 mg D-pantothenate, calcium)	10,5 mg (175%*)
<b>Minerals:</b>	
Magnesium (from magnesium citrate)	112,5 mg (30%*)
Zinc (from zinc citrate)	3,75 mg (38%*)
Manganese (from manganese citrate)	1 mg (50%*)
Copper (from cupric gluconate)	250 µg (25%*)
Boron (from boric acid)	0,125 mg
Iodine (from kelp)	25 µg (17%*)
Chromium (HVP** chelate)	12,5 µg (31%*)
Selenium (HVP** chelate)	12,5 µg (23%*)

### Amino acids:

L-Proline	22,5 mg
N,N-Dimethylglycine (DMG)	20 mg
L-Cysteine	7,5 mg

### Nutraceutical:

Green tea ( <i>Camellia sinensis</i> ) (50% polyphenols) (3 mg EGCG/capsule)	60 mg
Citrus bioflavonoids (50% hesperidins)	50 mg
Bee pollen	35 mg
D-Ribose	30 mg
Alpha-lipoic acid	25 mg
Chlorella (broken-cell) ( <i>Chlorella vulgaris</i> )	18 mg
Spirulina ( <i>Spirulina platensis</i> )	18 mg
Betaine (hydrochloride)	12,5 mg
Lecithin (from sunflower)	8,25 mg
para-Aminobenzoic acid (PABA)	6,25 mg
Coenzyme Q10 (ubiquinone-10)	6 mg
Rutin	5 mg
Choline (citrate)	4,15 mg
Inositol (myo-inositol)	4,075 mg
Hesperidin	2,5 mg
Quercetin	2,5 mg
Tomato ( <i>Solanum lycopersicum</i> ) (20% lycopene)	750 µg
Piperine (black pepper extract)	190 µg

\*VRN: valor de referencia de nutrientes en %.

\*\*PVH = hydrolyzed vegetable protein.

**SUPPLIES.** Vitamins, minerals and antioxidants.

**USEFULNESS.** Guarantees an **extra supply of micronutrients** due to the demand generated by extra physical exercise.

**ADVANTAGES.** The most complete formula of vitamins and minerals in high bioavailability forms, and **reinforced with nutraceuticals** for antioxidant and immune action.

## MAGNESIUM BISGLYCINATE PLUS



**Format:** 120 capsules

**Recommended daily dose:** 1 capsule twice daily.

Nutritional information 2 capsules

### Elemental magnesium:

234 mg from 1 800 mg of Mg bisglycinate	
66 mg from 126 mg of Mg oxide	300 mg (80%*)
L-Taurine	60 mg

\*NRV: Nutrient Reference Value in %.

## MAGNESIUM BISGLYCINATE + C



**Format:** 226 g

**Recommended daily dose:** 1 scoop daily.

Nutritional information 1 scoop

Magnesium (from magnesium bisglycinate)	200 mg (53%*)
Vitamin C (L-ascorbic acid)	375 mg (469%*)

\*NRV: Nutrient Reference Value in %.

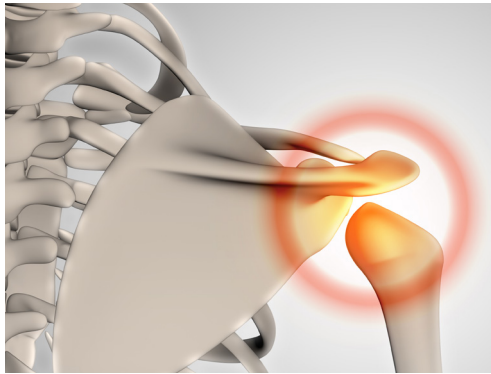
**SUPPLIES.** Magnesium.

**USEFULNESS.** Essential mineral for **musculoskeletal function and energy metabolism**.

**ADVANTAGES.** The presentations as **bisglycinate** (amino-chelated) or citrate (organic) forms are **easily assimilated** due to their water-soluble properties compared to the inorganic forms.



## WILD OMEGA-3



**Format:** 60 softgels

**Recommended daily dose:** 1 softgel twice daily

Nutritional information 2 softgels

Concentrated marine lipids (wild anchovie)	2 640 mg
Providing essential fatty acids omega-3:	
EPA (eicosapentaenoic acid)	1 320 mg
DHA (docosahexaenoic acid)	660 mg
Vitamin E (D-alpha tocopherol, 20 IU)	13,4 mg -TE (112%*)

\*NRV: Nutrient Reference Value in %.

Oils of pharmaceutical grade, molecular distillation

**SUPPLIES.** EPA and DHA fatty acids.

**USEFULNESS.** Helps to achieve adequate levels of Omega-3 to favour recovery and **reduce inflammation** as a result of physical activity.

**ADVANTAGES.** High-quality fish oil from small fish **free of heavy metals**.

## IRON BISGLYCINATE



Nutritional information	1 capsule
Iron (ferrous bisglycinate)	35 mg (250%*)
Copper (cupric citrate)	1 000 µg (100%*)
Thiamin (vit. B1)	
(from 5 mg thiamin hydrochloride)	4,5 mg (409%*)
Riboflavin (vit. B2)	
(from 5 mg riboflavin 5'-phosphate sodium)	3,75 mg (268%*)
Niacin (vit. B3) (inositol hexanicotinate)	4,5 mg NE (28%*)
Vitamin B6 (pyridoxine)	
(from 5 mg pyridoxal 5'-phosphate)	3,42 mg (244%*)
Folate (calcium-L-methylfolate)	1 000 µg (500%*)
Vitamin B12 (methylcobalamin)	1 000 µg (40 000%*)
Vitamin C (L-ascorbic acid)	75 mg (94 %*)

\*NRV: Nutrient Reference Value in %

**Format:** 30 capsules

**Recommended daily dose:** 1 capsule daily with food.

**SUPPLIES.** Iron in a high bioavailability form with cofactors.

**USEFULNESS.** Maintaining correct iron levels facilitates **oxygen** transport in the body.

**ADVANTAGES.** High bioavailability iron, reinforced **with vitamins and minerals in highly absorbable forms** that optimize iron function (copper, vitamin C, B12, folate, etc.).

# CHRONIC PAIN

## PEA



Nutritional information 1 capsule  
Micronized palmitoylethanolamide 600 mg

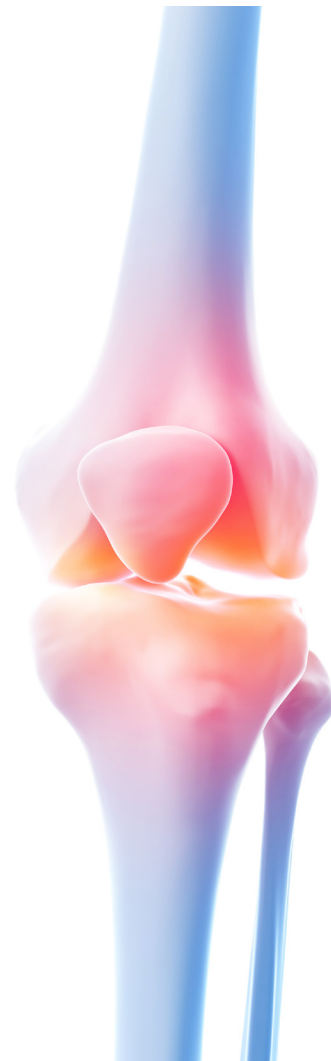
**Format:** 60 capsules

**Recommended daily dose:** 1-2 capsules daily.

**SUPPLIES.** Micronized palmitoylethanolamide.

**USEFULNESS.** Helps to reduce **chronic pain** and **inflammation**.

**ADVANTAGES.** As a coadjuvant, it **enhances the function of analgesics**. It acts upon the **cannabinoid receptors**. Produces no side effects. Does not interact with medicines. Does not produce dependence.



# JOINT PROTECTION

## JOINT COMPLEX

A synergistic formula with the supply of an innovative nutrient called **ESM**® that affords great support for joint health, improving range of motion and flexibility.



Nutritional information	2 capsules
ESM® (internal eggshell membrane)	500 mg
<i>Boswellia serrata</i> (45% boswellic acid)	300 mg
Devil's claw ( <i>H. procumbens</i> ) (10% harpagosides)	300 mg
Turmeric ( <i>C. longa</i> ) (95% curcuminoids*)	200 mg
Piperine (from black pepper, <i>Piper nigrum</i> )	4 mg

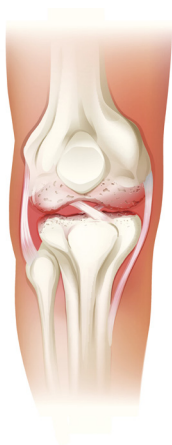
**Format:** 30 capsules

**Recommended daily dose:** 1 capsule twice daily.

**SUPPLIES.** Mucopolysaccharide supply.

**USEFULNESS.** Combats **joint wear and tear** and reduces discomfort.

**ADVANTAGES.** Contains **egg membrane**, which has proven to be highly effective in the treatment of joint pain and wear and tear, and natural anti-inflammatory elements.



**Membrane ESM**® SUPPLIES THE HIGHEST AMOUNT OF COLLAGEN ON THE MARKET.

**GLYCOSAMINOGLYCANS (GAGs):**

**GLUCOSAMINE AND CHONDROITIN:** ESSENTIAL POLYSACCHARIDES THAT SERVE AS STRUCTURAL COMPONENTS OF CONNECTIVE TISSUE, INTERSTITIAL FLUIDS AND SKELETAL STRUCTURES.

**HYALURONIC ACID:** ABUNDANT IN SYNOVIAL FLUID, A LUBRICANT THAT FILLS THE MEMBRANE AND SURROUNDS THE JOINTS.

**COLLAGEN:** A FIBROUS PROTEIN NECESSARY FOR CARTILAGE STRENGTH AND ELASTICITY.

**Improvement of pain and flexibility in just 7-10 days**

# ERGOGENIC SUPPORT

## FERMENT-ACTIVE BEET ROOT



	Per serving 3 g	Per 100 g
Energy (kJ/kcal)	46/11	1 506/360
Fat	0,1 g	4,5 g
Saturates	0,0 g	0,5 g
Carbohydrate	0,7 g	24,0 g
Sugars	0,7 g	23,0 g
Fibre	1,0 g	30,0 g
Protein	0,5 g	16,0 g
Salt	0,1 g	3,2 g

Contains only naturally occurring sugars.

**Format:** 150 g.

**Recommended daily dose:** 1 teaspoon (3 g) daily

**SUPPLIES.** Inorganic nitrate.

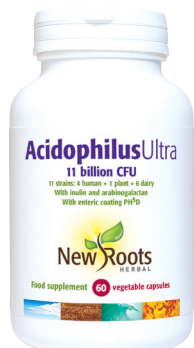
**USEFULNESS.** It increases nitric oxide levels and acts as a vasodilator, favouring muscle oxygenation and helping to **reduce fatigue**.

**ADVANTAGES.** Fermentation promotes greater bioavailability and reduces the presence of sugars. From **organic farming**.

# PROBIOTICS

## ACIDOPHILUS ULTRA

An advanced formula that helps maintain and restore flora function.



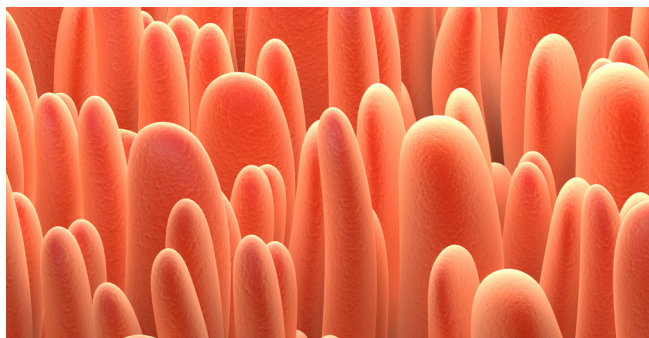
**Format:**

30, 60, 120 capsules

**Recommended daily dose:**

1-2 capsules daily.

Nutritional information		1 enteric caps.
<b>Human strains</b>		
<i>L. acidophilus</i> R0418		605 mill. UFC
<i>B. longum</i> ssp. <i>longum</i> R0175		330 mill. UFC
<i>B. infantis</i> R0033		330 mill. UFC
<i>B. breve</i> R0070		330 mill. UFC
<b>Plant Strains</b>		
<i>L. plantarum</i> R1012		440 mill. UFC
<b>Dairy strains</b>		
<i>L. rhamnosus</i> R0011		4.400 mill. UFC
<i>L. rhamnosus</i> R1039		3.300 mill. UFC
<i>L. helveticus</i> R0052		550 mill. UFC
<i>L. casei</i> R0215		440 mill. UFC
<i>S. salivarius</i>		
ssp <i>thermophilus</i> R0083		220 mill. UFC
<i>L. delbrueckii</i>		
ssp <i>bulgaricus</i> R9001		55 mill. UFC
Inulin		10 mg
Arabinogalactane		10 mg



**SUPPLIES.** Intestinal flora.

**USEFULNESS.** Maintains a **healthy microbiota**, helping to improve the immune system, favouring the absorption of nutrients and regulating the function of certain hormones.

**ADVANTAGES.** High bacterial content and wide range of strains, supplied in **gastroresistant capsules**.

# ANTIOXIDANTS

## VITAMIN C8



**Formato:**

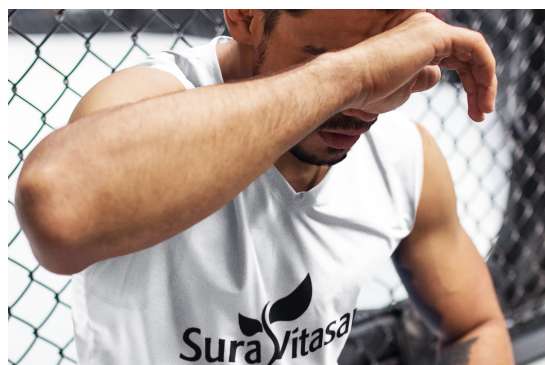
45, 90 capsules

**Recommended daily**

**dose:** 1 capsule twice daily with food.

Nutritional information		2 capsules
Vitamin C (from calcium-L-ascorbate, magnesium-L-ascorbate, potassium-L-ascorbate, sodium-L-ascorbate, L-ascorbyl 6-palmitate, zinc L-ascorbate, manganese L-ascorbate and L-ascorbic acid)		
		1 054 mg (1 318%*)
Zinc (from zinc L-ascorbate)		18 mg (180%*)
Manganese (from manganese L-ascorbate)		3,1 mg (156%*)
Selenium (from L-selenomethionine)		30 µg (55%*)
Citrus bioflavonoids (50% hesperidin)		40 mg
Quercetin		40 mg
Rutin (from <i>Styphnolobium japonicum</i> )		40 mg
Green tea ( <i>Camellia sinensis</i> ) (75% EGCG)		
(22,5 mg EGCG/caps.)		60 mg
<i>Fallopia japonica</i> (50% resveratrol)		20 mg
Berry blend (20% multianthocyanidins)		50 mg
Bilberry ( <i>Vaccinium myrtillus</i> ) (25% anthocyanosides)		20 mg
Grape seed ( <i>Vitis vinifera</i> ) (95% proanthocyanidins)		40 mg
Cranberry ( <i>Vaccinium macrocarpon</i> ) (107:1)		40 mg
Piperine (from black pepper, <i>Piper nigrum</i> )		2 mg
Bromelain (from <i>Ananas comosus</i> ) (2 400 GDU/g)		360 000 FCC-PU
Papain (from <i>Carica papaya</i> )		100 000 FCC-PU

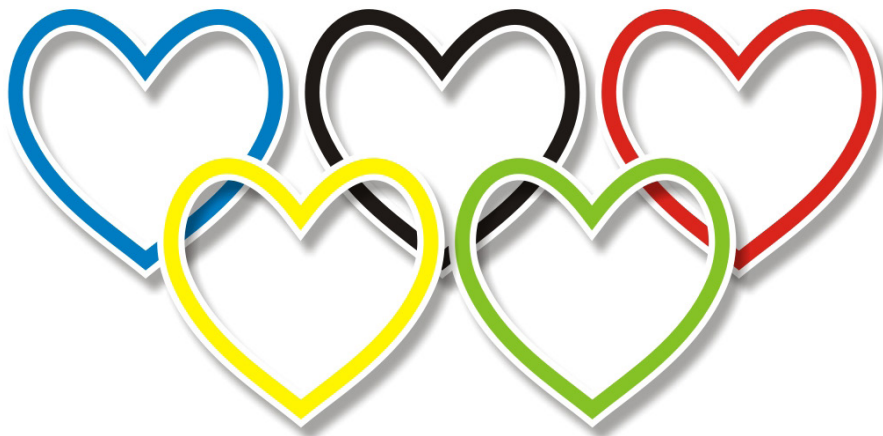
\*NRV: Nutrient Reference Value in %



**SUPPLIES.** Vitamin C and high bioavailability antioxidant.

**USEFULNESS.** It acts as a vasodilator, favouring **muscle oxygenation**, and helping to **reduce fatigue**. A combination of easily digestible mineral ascorbates with antioxidants and enzymes that contribute to absorption and functionality.

**ADVANTAGES.** A combination of **easily digestible** mineral ascorbates with antioxidants and enzymes that contribute to absorption and functionality.



## DOPING INFORMATION

With respect to the strict regulations of the World Anti-Doping Agency (WADA), we do not sell any products containing any prohibited substances as established by the WADA.

What is stated on our labels is what is in the product. All ingredients are tested for purity, identity, potency, heavy metals, pesticides, solvents and other relevant parameters to ensure **that our product is 100% compliant** with our high quality standards.

The New Roots Herbal products are manufactured in Canada under the strictest quality standards. Each step, from the choice of raw materials to manufacturing, packaging, quality control, storage and distribution, is carried out according to **Good Manufacturing Practices (GMPs)**.

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