

Description of active substances

Glucomannan

Glucomannan is a natural polysaccharide extracted from the root of the konjac plant that has a number of positive health benefits. This soluble type of fibre breaks down in the stomach and provides a feeling of satiety, which can help with weight loss. It also relieves constipation by regulating bowel movements. It also promotes healthy fat metabolism. It has a beneficial effect on the proliferation of bifidobacteria and lacto-bacilli in the intestines and helps maintain normal cholesterol and blood sugar levels.

Green tea

Green tea extract is a treasure trove of vitamins and minerals with beneficial effects on the body. It has a beneficial effect on fat burning, stimulates metabolism and, according to studies, has the ability to suppress appetite, making it an ideal companion for weight loss. Green tea also benefits cognitive functions such as attention and memory. Thanks to its high content of polyphenols, it protects cells from oxidative stress and contributes to overall health and vitality.

Gynostemma pentaphyllum

Nicknamed the herb of immortality, this species of ginseng offers a wide range of health benefits. According to scientific studies, it can positively promote fat burning, help manage stress, suppress overeating and improve physical performance. It can help regulate blood sugar levels and optimize cholesterol levels, which may help protect the heart. Thanks to its antioxidant and anti-inflammatory effects, it supports the strengthening of the body's overall immunity and vitality.

Hops

It is an excellent antioxidant contributing to the maintenance of normal digestion and natural cholesterol levels. Hops have a positive effect on the nervous system, have a calming effect and promote restful and healthy sleep. According to studies, it can also help reduce appetite and contains substances that can stimulate the metabolism to burn fat.

Chromium

Chromium is an essential trace element necessary for the proper development and functioning of the body. It plays a key role in carbohydrate metabolism and blood sugar regulation, which may help reduce sweet cravings and stabilize energy levels. It may also contribute to more efficient use of nutrients from food and reduction of body fat. According to scientific studies, chromium can promote muscle growth.

Coenzyme Q10 (ubidecarenone)

A powerful antioxidant that is a completely natural part of our body. It is found in every cell of our body and is involved in energy production. Studies attribute to it a positive effect on the protection of cells from oxidative stress, regeneration and normal heart function. As we age, its production decreases, so we need to supply it externally. It can also support our nervous system. It has a beneficial effect on improving metabolism and thus can promote burning.

Soluble corn fibre

It is strongly prebiotic, i.e. it promotes the multiplication of friendly bacteria in our gut. It works in all parts of the gut, both small and large. Parts of corn fiber cannot be used, digested or absorbed by our body, but they can be an important nutrient for our beneficial gut bacteria. In the colon, they also increase butyrate production by friendly gut bacteria. Butyrate is a highly beneficial substance for our body. It also serves as a source of energy for the cells of the intestinal lining, thus helping to restore its integrity.

Dosage

20 ml once a day in the morning after a meal. The product can be consumed directly or you can dilute the recommended dose in tea, water or another drink. This is a dietary supplement that is not suitable for pregnant or lactating women and for children under the age of 3. This supplement is not intended as a substitute for a varied diet. Do not exceed the recommended dosage. Keep out of reach of children. Shake before use. Sediment occurs naturally.

Ingredients: Soluble corn fiber, glucomannan (*Amorphophallus konjac*), L-carnitine (*Levocarnitinum*), Garcinia cambogia extract (*Garcinia gummi-gutta*), maca extract (*Lepidium meyenii*), guarana extract (*Paullinia cupana*), microbially activated Gynostemma pentaphyllum, hop extract (*Humulus lupulus*), Coenzyme Q10 (*Ubidecarenone*), chromium (*Chromium picolinate*), green tea extract (*Camellia sinensis*) with 12.4 mg EGCG epigallocatechin-3-gallate per serving, acidity regulator, preservatives, sweetener (*Stevia rebaudiana*), natural wild orange flavor.



harmonelo

SLIMFIT

A helping hand for burning calories

Harmonelo SLIMFIT is a great support for a healthy body and immune system. Thanks to its extraordinary composition consisting of substances such as L-carnitine, five-leaf ginseng, garcinia, maca, guarana, glucomannan, hop, chromium, coenzyme Q10 or green tea extract, it contributes to faster calorie burning and weight loss when on a low-calorie diet, helps maintain normal cholesterol and blood glucose levels and aids with normal macronutrient metabolism.



Scan the QR code for information in electronic form.



Main features

- High bioavailability
- 100% vegan
- Soy-free
- No artificial colours
- Gluten free
- Lactose free
- Low glycemic index
- No artificial sweeteners

What it supports

- Weight loss when on a low-calorie diet
- Maintaining proper blood cholesterol levels
- Maintaining normal blood glucose levels
- Maintaining normal metabolism of macronutrients (carbohydrates, fats and proteins)
- Stimulating the organism
- Supporting digestion and the immune system
- Supporting the nervous system

Glucomannan

Soluble fibre with a beneficial effect on healthy fat metabolism. Supports the proliferation of bifidobacteria and lactobacilli in the intestines.



L-Carnitine

A substance related to amino acids that helps our body utilise the energy from fat.

Garcinia

It can have a positive effect on weight loss, metabolism and anti-inflammatory effects.



Peruvian ginseng

A superfood with the potential to support vitality, libido, hormonal balance and weight loss.

Guarana

It has stimulating effects that can lead to the reduction of excess fat.



Gynostemma pentaphyllum

By regulation of energy metabolism it may promote the breakdown of excess fat and stress management.

Green tea

Stimulant and antioxidant with a high content of polyphenols. May reduce appetite.



Hops

It can have a positive effect on the regeneration of the body and the reduction of adipose tissue.

Coenzyme Q10

It is a key component of every cell in our body. It is involved in the production of energy.



Chromium

Essential for the proper functioning of the body. May reduce sweet cravings and body fat.

L-Carnitine

L-carnitine is the body's own substance related to amino acids that promotes the use of energy from fat. It is a naturally occurring substance in the human body. L-carnitine acts as a transporter of fatty acids into cell organelles (mitochondria) where they are processed as a source of energy. L-carnitine is considered one of the most effective fat burners, promoting endurance, providing energy and regenerating muscle mass, especially after exercise. Fatty acids are converted into energy during combustion, which is what we use during exercise. L-carnitine also helps to improve insulin sensitivity and lower blood triglyceride levels, so it may also be beneficial for the cardiovascular system.

Garcinia

Garcinia cambogia is a tropical fruit boasting a long history of use within Asian medicine. It contains hydroxycitric acid, which has a positive effect on several aspects of health. It can block the enzyme citratylase, which can reduce fat production from excess carbohydrates. It can help suppress appetite by stimulating the production of serotonin. Increases fat oxidation, thereby promoting more efficient burning. It also regulates cholesterol and benefits cardiovascular health. It promotes blood sugar stabilization, may help reduce visceral fat around internal organs, and has anti-inflammatory and antioxidant effects.

Peruvian ginseng

Peruvian ginseng (*Lepidium meyenii*) is a plant that has been cultivated for 200 years, especially in high mountain areas, mainly the root of this beneficial plant is used. It is classified as one of the so-called superfoods of our time. It can have an effect on weight loss and is attributed many positive effects on the human body, which have been confirmed by numerous studies. In particular, it supports vitality, libido, mental health and hormonal balance. Traditionally, maca peruviana has also been used as an aphrodisiac. It is rich in a number of vitamins. It is also popular among athletes. It is also valued for its antioxidant properties, as it contains several types of antioxidant compounds.

Guarana

Guarana is a traditional plant that has been valued by the natives of the Amazon region for its stimulating effects. It contains a high amount of caffeine and thus boasts stimulating effects. It also benefits from substances such as theobromine and treophylline. Guarana is a valued stimulant that has the ability to provide vitality and delay fatigue. It may also be useful as a memory and cognitive support. It can also have a positive effect on our immune system. Overall, it can benefit our physical and mental vitality. It may also be suitable for athletes as a performance support. Guarana promotes thermogenesis and accelerates metabolism, thus contributing to fat burning. Some studies attribute to this plant the ability to reduce the feeling of hunger, which helps to control food intake.