

ALL YOU NEED TO KNOW
ABOUT OUR

bears



EVERYTHING AT A GLANCE

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DAILY CONSUMPTION









WHEN IS IT BEST TO TAKE THE BEARS?

There is no set time when it is best to take our bears.

You can eat them all at once or snack them throughout the day - it is entirely up to you. They also do not need to be combined with your meals as they already have a high bio availability on their own and thanks to the addition of valuable oils.

Please note: our **Burn Baby Burn Shape Vitamins** should not be taken on an empty stomach.

CAN I COMBINE DIFFERENT TYPES OF BEARS?

Our bears have been specifically developed in a way that you can combine different types. In general, you can take all our bears at the same time, as there are no interactions between them. However, we would recommend that you take the collagen products **Born This Way Skin Vitamin** and **Bootilicious Shape Vitamin** in order to unfold their full effects even better.



HOW LONG DO I HAVE TO TAKE THE BEARS TO ACHIEVE FIRST RESULTS?

It is very individual when you will see the first changes. We and our bodies are unique and other factors such as exercise, eating and sleeping habits as well as hormones and genetics play their part. Generally, you should be able to see and feel first results after 6-8 weeks of regular consumption.



OUR PMS BEARS AND THE CONTRACEPTIVE PILL

Unfortunately, medical research in this area of use is not fully established yet and no solid scientific information can be found about a possible interaction between monk's pepper and the hormones contained in the contraceptive pill. Before taking it, please talk to your gynaecologist to find out whether they think it is safe to take the bears in combination with your pill and if the protection will be preserved.

A TIP FROM US: In principle, the pill should reduce the typical PMS symptoms, but if you are still having problems, talk to your doctor and consider together whether it could be due to the hormonal combination.



ARE THERE BEARS FOR LITTLE ONES?

As the demand for special food supplements for children was very high, we developed our **Doin' it For The Kids Vitamin** bears, which can be taken by children from the age of 4. Our multivitamin kick provides children with all Are there bears for little ones? every day and also contains biotin, zinc and iodine. These can be taken by children aged 4 and up to strengthen the immune system during the cold season.

The daily recommended quantity is one per day. Starting from the age of 6, our **One Bear A Day Vitamin** can also be taken, a full transition to One Bear A Day Vitamin should be latest made between 10-12 years.

As all our other bears are designed for adults regarding their dosage and ingredients, we do not recommend any consumption below the age of 16.



DO THE BEARS CONTAIN ALCOHOL?

Our sugar-free bears contain so-called sugar alcohols, which are used as additives in the production of flavourings. But don't worry: polyhydric alcohols are not „alcohol“ in the traditional sense and as we associate it with wine, beer and other beverages. Instead, they are sugar alcohols or sugar substitutes. They are used as tooth-friendly and low-carbohydrate sweeteners and are listed as additives. They do not increase the blood alcohol level. Polyhydric alcohols do not have an intoxicating effect and therefore cannot be categorised as „haram“.



CONSUMPTION DURING PREGNANCY / LACTATION

With the exception of our **Keepin'it Calm**, **Spicy Girl Curcuma**, **Wake up Call**, **Burn Baby Burn** and **PMS** Bears, all varieties can be taken during pregnancy and breastfeeding. However, we always recommend consulting a doctor beforehand, as this is a sensitive period. Your doctor knows your blood values and can therefore advise you whether it is safe to take them - it's better to be safe than sorry.



WHICH BEARS ARE VEGAN?



WHICH VEGETARIAN?



Our **Born This Way**, **Bootylicious** and **Keratin** bears are neither vegan nor vegetarian.

ARE THESE BEARS GLUTEN-FREE?

All our bears are gluten- and lactose-free. They do not contain artificial flavourings or artificial colourings.



WHICH BEARS ARE SUGAR-FREE?



WHICH BEARS HAVE NO ADDED SUGAR OR LOW SUGAR CONTENT?



OUR BEARS AND THEIR

benefits

FOR THE FAT METABOLISM

- Chromium and biotin contribute to the normal metabolism of macronutrients.
- Chromium contributes to the maintenance of normal blood glucose levels.
- Zinc contributes to normal acid-base metabolism and normal fatty acid metabolism.

[SHOP NOW](#)



FOR STRONG NAILS & HEALTHY HAIR

- Zinc and selenium contribute to the maintenance of normal nails.
- Biotin, zinc and selenium contribute to the maintenance of normal hair.
- Copper contributes to normal hair pigmentation.

[SHOP NOW](#)



VEGAN ANTI-AGING POWER

- Vitamin C contributes to the protection of cells from oxidative stress.
- Biotin and Zinc contribute to the maintenance of normal skin.
- Zinc plays an important role in the process of cell division.

SHOP NOW



WITH COLLAGEN VERISOL®, Q10 & HYALURONIC ACID

- Vitamin C and Vitamin E contribute to the protect of cells from oxidative stress.
- Vitamin C contributes to normal collagen formation for the normal function of skin.

SHOP NOW



FOR RADIANT SKIN

- With hemp seed oil.
- Zinc and biotin contribute to the maintenance of normal skin.
- Vitamin C and E help to protect the cells against oxidative stress.

SHOP NOW



FOR HAIR, SKIN & NAILS

- Biotin and zinc contribute to the maintenance of normal hair.
- Zinc and biotin contribute to the maintenance of normal skin.
- Zinc contributes to the maintenance of normal nails.

SHOP NOW



FOR A STIMULATED METABOLISM

- Naturally harmonised complex of apple cider vinegar, vitamin B12, folic acid, iodine and vitamin B6.
- Vitamin B6 contributes to normal energy metabolism.

SHOP NOW



ENERGY BOOSTER

- Guarana is considered a superfood and a natural caffeine substitute.
- Vitamin B6 contributes to normal energy metabolism.
- Vitamin B6 contributes to the normal functioning of the nervous system.
- Vitamin B6 contributes to the reduction of tiredness and fatigue.

SHOP NOW



YOUR IMMUNE BOOSTER

- Elderberry extract and honey as all-rounders for the cold season
- Zinc and vitamin C contribute to the normal functioning of the immune system
- Low in sugar

SHOP NOW



VEGAN POWER

- With iron, calcium, zinc, iodine & vitamin complex.
- Vitamin B2, B12, calcium, iron and iodine contribute to normal energy metabolism.
- Calcium contributes to normal muscle function.

SHOP NOW



FOR STRONG NAILS & HEALTHY HAIR

- Zinc and selenium contribute to the maintenance of normal nails.
- Biotin, zinc and selenium contribute to the maintenance of normal hair.
- Copper contributes to normal hair pigmentation.

SHOP NOW



YOUR SUMMER PREPARATION

- With patented RED ORANGE COMPLEX® blood orange extract.
- Vitamin C and E help to protect the cells against oxidative stress.

SHOP NOW



FOR YOUR HORMONAL ACTIVITY

DEVELOPED WITH GYNAECOLOGISTS

- With vitamin B6, monk's pepper extract, lemon balm extract and dong quai extract.
- Vitamin B6 contributes to the regulation of hormonal activity and normal energy metabolism.
- Vitamin B6 contributes to normal mental function and normal functioning of the nervous system.

SHOP NOW



WE LOVE YOUR CURVES

- With the patented collagen peptides VERISOL® as well as OPC.
- Vitamin C contributes to normal collagen formation for the normal function of skin.

SHOP NOW



BYE BYE BLOATED STOMACH

- Naturally harmonised complex of Bacillus coagulans and inulin.
- Vitamin B6 contributes to the normal function of the immune system.

SHOP NOW



THE COMPLEX FOR BREASTFEEDING

DEVELOPED WITH GYNAECOLOGISTS

- For all new mums to cover the increased nutritional requirements postpartum.
- Folic acid contributes to normal mental function.
- Selenium and biotin contribute to the maintenance of normal hair.
- Iron contributes to the normal formation of red blood cells and haemoglobin.

SHOP NOW



FOR INNER PEACE

- KSM-66®: Premium organic ashwagandha extract
- Thiamine (Vitamin B1), Riboflavin (Vitamin B2), Vitamin B6 and Vitamin B12 contribute to normal functioning of the nervous system.

SHOP NOW



THE GREENER, THE BETTER

- With barley grass, moringa & 6 other greens.
- Vitamin B12, B6, iron, folic acid and zinc contribute to the normal function of the immune system.
- Vitamin B6, B12, iron, niacin and folic acid contribute to the reduction of tiredness and fatigue.
- Iron and zinc contribute to normal cognitive function.

SHOP NOW



WITH SUPERFOOD TURMERIC

- With black pepper, ginger, turmeric root extract and vitamin C as an all-rounder for the immune system and body.
- Vitamin C contributes to the normal function of the immune system.
- Vitamin C helps to protect cells from oxidative stress.

SHOP NOW



BOOST YOUR IMMUNE SYSTEM

- Your daily highly concentrated multivitamin kick.
- With vitamins A, B6, B12, C, D, E and niacin, biotin and folic acid.

SHOP NOW



FOR TANNED SKIN

- With carrot extract, calcium & lutein.
- Vitamin C and E help to protect cells from oxidative stress.
- Copper contributes to normal skin pigmentation.

SHOP NOW



SUPPORT FOR FERTILITY & PREGNANCY

DEVELOPED WITH GYNAECOLOGISTS

- As support from within for the desire to have children or as support during pregnancy.
- For optimal care of mother and child right from the start.
- The omega-3 fatty acids EPA and DHA contribute to normal heart function.
- Folic acid contributes to the growth of maternal tissue during pregnancy.

SHOP NOW



YOUR DAILY DOSE OF SUNSHINE

- Vitamin D contributes to the normal function of the immune system.
- Vitamin D contributes to the maintenance of normal bones, muscle function and teeth.

SHOP NOW



COMPLEX FOR THE MENOPAUSE

DEVELOPED WITH GYNAECOLOGISTS

- Vitamin B6 contributes to normal mental function and normal functioning of the nervous system.
- Vitamin C and B12 contribute to the reduction of tiredness and fatigue.
- Selenium and zinc contribute to the normal function of the immune system.

SHOP NOW



THE SUPERFOOD FOR YOUR LIBIDO

- Selenium contributes to normal sperm formation.
- Zinc contributes to normal fertility and normal reproduction.

SHOP NOW



BETTER CONCENTRATION AND FOCUS

- Zinc contributes to normal cognitive function.
- Vitamin B6 and vitamin B12 contribute to normal mental function.
- Pantothenic acid contributes to normal mental performance.

SHOP NOW



FOR MUSCLE FUNCTION

- Magnesium contributes to normal energy-yielding metabolism.
- Magnesium contributes to normal muscle function.
- Magnesium contributes to the maintenance of normal bones and teeth.

[SHOP NOW](#)



FOR BETTER PERFORMANCE

- Iron contributes to normal energy-yielding metabolism.
- Iron contributes to normal cognitive function.
- Iron contributes to normal formation of red blood cells and haemoglobin.

[SHOP NOW](#)



FOR THE IMMUNE SYSTEM

- Vitamin C contributes to normal energy-yielding metabolism.
- Vitamin C contributes to the normal function of the immune system.
- Vitamin C contributes to the reduction of tiredness and fatigue.

[SHOP NOW](#)



FOR COGNITIVE FUNCTION

- Vitamin B12 contributes to normal energy-yielding metabolism.
- Vitamin B12 contributes to the reduction of tiredness and fatigue.
- Vitamin B12 contributes to normal psychological function.

SHOP NOW



FOR MUSCLES AND BONES

- Calcium contributes to normal muscle function.
- Calcium is needed for the maintenance of normal bones and teeth.

SHOP NOW



FOR HAIR, SKIN & NAILS

- Zinc contributes to the maintenance of normal hair, skin and nails.
- Zinc contributes to the normal function of the immune system and to normal cognitive function.

SHOP NOW



Any questions?

OUR TEAM OF EXPERTS

We receive many questions about the „right“ nutrition every day. When answering them, we draw on the expertise of our team in the fields of nutritional medicine, pharmacy, beauty management and personal care and always refer to the latest scientific studies. Our doctors and nutritionists are highly qualified and are exclusively available to you with their knowledge.



Dr. med. Anne Latz

Dr. med. Anne Latz from the German Society for Nutritional Medicine, is personally dedicated to helping you achieve your individual beauty goals through her extensive knowledge and experience. She collaborates with a team of pharmacists in the development of our beauty vitamin complexes.



Nassim Jamalzadeh

Nassim Jamalzadeh is an accomplished nutritionist with a broad range of knowledge about food and its effects on the body. She is an expert in nutritional medicine and food law.

Did you already know? You can book a free 15-minute appointment with Nassim every Friday - easily via videocall, WhatsApp or phone!

More information can be found at
<https://www.bears-with-benefits.co.uk/pages/our-nutrition-experts-dream-team>