

VITAMINS & MINERALS

Vitamins: They are considered micronutrients, they are elements that are ingested in small quantities and are necessary to maintain a good physiological and metabolic activity of the organism. They are divided into liposoluble vitamins (soluble in fatty medium) and hydrosoluble vitamins (soluble in aqueous medium).

Minerals: Some are considered macronutrients and are those that are required in significant quantities (Ca, Cl, Mg, P, Na, K); and others are considered micronutrients and are those that are required in small amounts (Cr, Co, F, I, Fe, Mn, Se, Zn, Mo).

Ingredient		Health benefits
Inositol		Cardiovascular health (regulation of cholesterol in the blood and stimulates the metabolism of fats), energy, mental and cognitive health,
D-Calcium pantothenate		Beauty from within, mental and cognitive health, well-being
Pyridoxal 5-phosphate (Active form of Vitamin B6)		Mental and cognitive health, energy
D-alpha tocopheryl succinate (Active form of Vit. E)		Antioxidant, cardiovascular health, visual health
Calcium ascorbate (Salt of ascorbic acid, Vit. C).		Antioxidant, immune system, bones and joint, mental and cognitive health, energy, well-being
D-alpha tocopheryl acetate (50) (Type of Vit. E)		Antioxidant, beauty from within, healthy aging
Riboflavin (VIT B2)		Energy, mental and cognitive health, beauty from within, muscle health, vision health
DL-alpha tocopheryl acetate (50) (Type of Vit. E)		Antioxidant, beauty from within
Zinc gluconate		Immune system, cardiovascular system, beauty from within, visual health, well-being
Magnesium glycerophosphate (Magnesium salt)		Energy, muscle health, mental and cognitive health, well-being, bones and joint
Zinc citrate trihydrate (Zinc salt of citric acid)		Immune system, men health, reproductive health, mental and health cognitive, bones and joint, visual healt, beauty from within, well-being

OTHERS

Ingredient		Category	Health benefits
D(+)Mannose		SWEETENER	Digestive health (cystitis and bladder and urinary tract problems), immune system



Gonmisol
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Your favourite source
for functional ingredients



We supply **high quality ingredients** for the manufacture of **dietary supplements**.



FUNCTIONAL ingredients are ingredients that have a **tradition of use as nutraceuticals**.



We offer a **wide variety of products**, as well as different certifications, such as organic, kosher, halal and fair trade.



CERTIFICATES:



BOTANICAL & BLENDS

They are ingredients of botanical origin, mainly produced by solvent extractive processes from different parts of botanical species containing bioactive compounds with proven benefits or tradition of use. They are usually sold in powder form (*there are also liquid versions for use in syrups, e.g.*).

Blends are mixtures of several botanical ingredients. Depending on the selectivity of the extraction process, the ingredient can be offered as a ratio or as a standardized

Ingredient	Health benefits
Grape seed extract	Antioxidant, anti-inflammatory, cardiovascular health, immune system, beauty from within
Green tea extract	Antioxidant, mental and cognitive health, digestive system, weight management, immune system
Milk thistle extract (80% Silymarin)	Digestive system, immune system, beauty from within
Ginkgo biloba extract (24-6)	Antioxidant, mental and cognitive health, cardiovascular health
Dandelion root extract (2%)	Digestive system, immune system
Sophora Japonica extract (95%)	Anti-inflammatory, antioxidant, cardiovascular health, well-being, immune system, beauty from within

SPECIALTY

Ingredient	Health benefits
Hyaluronic acid	Beauty from within (<i>Anti-aging</i>)
Alpha lipoic acid	Antioxidant, anti-inflammatory, beauty from within (<i>anti-aging</i>), well-being, mental and cognitive health, weight management, cardiovascular health
Chondroitin	Respiratory health, visual health, women health, mental health, bones and joint
Dimethyl sulfone (MSM)	Bones and joint, well-being, beauty from within
S-Adenosyl L-methionine (SAMe) (<i>Methionine derivative</i>)	Mental and cognitive health, bones and joint, digestive health (<i>liver dissorders</i>). L-methionine: beauty from within, cardiovascular health
Choline L-bitartrate coated	Muscle health, sport nutrition, mental and cognitive health, digestive health (<i>liver function</i>)
R-Alpha lipoic acid	Antioxidant, anti-inflammatory, Beauty from within (<i>anti-aging</i>), well-being, mental and cognitive health, weight management, cardiovascular health
Chitosan high density	Cardiovascular health, weight management, digestive health (<i>healthy kidney function</i>)
Beta-Carotene 10% Beadlet CWS	Antioxidant, beauty from within, visual health, immune system
Spirulina	Anti-inflammatory, antioxidant, energy, immune system, cardiovascular health, muscle health
N-Acetyl-D-glucosamine (<i>Glucosamine derivative</i>)	Immune system, bones and joint, sport nutrition
Yeast beta-glucan 1,3/1,6 (75%)	Immune system, cardiovascular system, bones and joint, mental and cognitive health
Gamma aminobutyric acid (GABA)	Well-being, sleep & relax, mental and cognitive health, muscle health
D-Ribose	Muscle health (<i>recovery</i>), sport nutrition, energy
D-Glucosamine	Immune system, bones and joint, sport nutrition

AMINO ACIDS

Amino acids are the functional components of proteins that form tissues, enzymes and other functional compounds of the organism, such as hormones, antibodies, genetic material... There are **more than 20 different amino acids** that can form proteins. Among them there are 9 funcnional amino acids, which cannot be synthesized by the organism by itself, but must come from the diet and/or supplementation; and amino acids are considered non-functional, since the organism can produce them, even when they are not obtained from the food consumed.

Ingredient	Health benefits
L-Glutathione	Antioxidant, respiratory health, well-being, mental and cognitive health
L-Arginine	Cardiovascular health, muscle health, reproductive health, immune system, well-being, men health, sport nutrition
L-Tryptophan	Mental and cognitive health, well-being, sleep & relax
L-Carnosine	Antioxidant, beauty from within, healthy aging, bones and joint, digestive system, mental and cognitive health, cardiovascular health, muscle health
L-Carnitine tartrate	Mental and cognitive health, cardiovascular health, weight management, sport nutrition, muscle health
L-Hydroxyproline (<i>Proline derivative</i>)	Beauty from within, bones and joint
Acetyl-L-Carnitine hcl	Mental and cognitive health, healthy aging, men health, reproductive health, digestive, immune system, muscle health, well- being
L-Glutamine	Bones and joint, sport nutrition, immune system, digestive health, mental and cognitive health
L-Lysine hcl	Bones and joint, cardiovascular health, immune system, beauty from within
L-Carnitine base	Muscle health, sport nutrition, weight management, mental and cognitive health, well-being, cardiovascular health
L-Carnitine hcl	Muscle health, sport nutrition, weight management, mental and cognitive health, well-being, cardiovascular health
N-Acetyl-L-Cysteine	Antioxidant, immune system, well-being, respiratory health, beauty from within, mental and cognitive health, healthy aging, cardiovascular health
Glycine	Bones and joint, muscle health, sleep & relax, sport nutrition, well-being
L-Proline	Beauty from within, bones and joint
L-Methionine	Antioxidant, beauty from within, cardiovascular health, muscle health, sport nutrition (sports injury), digestive health (healthy liver function)
L-Ornithine hcl	Digestive health, energy, immune system, sport nutrition

The claims made are in reference to ingredients only, hence they do not refer to finished products and they may not comply with Regulation EC n. 1924/2006 or other provisions in place in your Country. These statements have not been evaluated by the Food and Drug Administration. The ingredients described herein are offered for consideration for use in health[1]food, common food, pharmaceuticals and personal care.

