

coralclub

Go Pack

«Go Pack» is a balanced combination of the five most popular Coral Club products that support the gastrointestinal, cardiovascular and nervous systems, improve metabolism, help the body eliminate toxins and manage stress. A pack for those taking their first steps towards a healthy lifestyle.

THE PACK HELPS WITH:

- Promoting the health of the digestive system, cardiovascular system and nervous system
- Boosting metabolism
- Stress management

THE PACK CONTAINS:

- **Griffonia** (60 capsules)
- **Coral Lecithin** (120 capsules)
- **Papaya** (100 tablets)
- **Super-Flora** (90 capsules)
- **Coral-Mine**, 3 packs (10 sachets each)

Food supplements

CORAL-MINE

a mineral mixture from deep sea corals that improves the quality of drinking water and optimizes the water-salt balance of the body.

CORAL LECITHIN

acts as an antioxidant and plays a vital role in supporting the functions of the circulatory, nervous, and immune systems. It also contributes to regulating fat metabolism.

PAPAYA

is a source of beneficial enzymes such as papain, lipase and lysozyme, which improve digestion and protein absorption.

SUPER-FLORA

a state-of-the-art pro- and prebiotic blend containing inulin, Bifido- and Lactobacteria to restore healthy microflora, normalize digestion and metabolism.

GRIFFONIA

is a natural source of the amino acid 5-HTP, which is a precursor of the happiness hormone serotonin. The product helps to improve your sleeping patterns, mood, and resistance to stress.

Directions	Dosage and use of the products
Duration of intake — 30 days. If necessary, the course of treatment can be repeated.	
 MORNING	Coral Lecithin: 1 capsule with a meal Papaya: 1 tablet after a meal Super-Flora: 1 capsule before a meal Griffonia: 1 capsule with a meal
 DAY	Coral Lecithin: 1 capsule with a meal Papaya: 1 tablet after a meal Griffonia: 1 capsule with a meal
 EVENING	Coral Lecithin: 1 capsule with a meal Papaya: 1 tablet after a meal Super-Flora: 1 capsule before a meal Griffonia: 1 capsule with a meal

Coral-Mine: Place 1 unopened sachet into 1.5 liters of drinking water. After 5 minutes the **Coral-Mine** water is ready for drinking. Drink it throughout the day.

FOODS TO AVOID:

- Fast food
- Products containing trans fats
- Fatty and fried foods
- Excessively sweet or salty foods
- Products with chemical preservatives
- Drinks with high caffeine content (coffee, tea or energy drinks)

GENERAL DIETARY GUIDELINES:

- Keep control over your body weight
- Avoid overeating by dividing meals into smaller portions, aiming for around 4–5 meals throughout the day
- Stay hydrated by drinking Coral Mine water (about 30 ml per kg of body weight)
- Avoid smoking and excessive alcohol consumption
- Engage in regular exercise and participate in sports activities

Food supplements are only intended to supplement the general diet and are not a substitute for a balanced and varied diet. **Food supplements are not medicines.**