



1Q Health

WHITE LABEL PORTFOLIO



BE SUCCESSFUL WITH YOUR OWN PRODUCTS

OUR KNOW-HOW IS YOUR ADVANTAGE

Market-ready solutions offers fast-tracked innovation that will push your products to the next frontier in health benefit supplements. Whatever your business or consumer needs, we partner with you to deliver purpose-led, finished products that your consumers will love.

WHY 1Q Health?

- Group members have decades of experience with food supplements
- 100% made in Germany and Austria
- Newest, standardized fully automatic, high-tech, high-volume production systems
- Full-service for small to large quantities
- Careful and well-founded specialist advice on food law topics
- Intensive and personal customer support throughout the entire process
- High-quality, certified raw materials from well-known and reliable suppliers

QUALITY MAKES THE DIFFERENCE



Our aim is to ensure quality systematically already within the process and to embed supreme standards as a contribution for process excellence.

An implemented **HACCP concept** guarantees reliable safety in the production, processing and distribution of dietary supplements. **ISO 9001** and **IFS** are among our standard certifications





1Q Health



“You start or expand your food supplement portfolio? We know the market well and support you with all our knowledge to provide the right products for your customers in the shortest possible time and in line with our high-quality standards.”

Suzie and Florian from 1Q Health

READY TO CHOOSE YOUR PRODUCT?

| # | Product | Active Ingredients | Indication and Health Claims | Good to know | Packaging | Recommended daily intake per day |
|---|-----------------------------|--|---|--|--|----------------------------------|
| 1 | Monk's Pepper | Monk's Pepper Extract 4:1: 10mg | Treatment of premenstrual syndromes | Also available as BIO product, vegan, no animal testing, gmo free, gluten free, lactose free | HPMC capsule, size 1, 90 capsules / bottle | 1 capsule |
| 2 | L-Lysine | L-Lysine Hydrochloride 500mg | L-Lysine is an essential amino acid which cannot be synthesised by the body and must be obtained from food; amino acids are building blocks for proteins and contribute to the daily energy requirement | vegan, no animal testing, gmo free, gluten free, lactose free | HPMC capsule, size 0, 120 capsules / bottle | 2 capsules |
| 3 | Ashwagandha | Withania somnifera 600mg | Neuroprotective, sedative and adaptogenic effects and effects on sleep; reports of anti-inflammatory, antimicrobial, cardioprotective and anti-diabetic properties | BIO, vegan, no animal testing, gmo free, gluten free, lactose free | HPMC capsule, size 00, 180 capsules / bottle | 3 capsules |
| 4 | Grape Seed Extract with OPC | Grape seed extract with 70% Oligomeric proanthocyanidins; 500mg equals 350mg OPC | Oligomeric proanthocyanidins have a strong antioxidant effect | vegan, no animal testing, gmo free, gluten free, lactose free | HPMC capsule, size 0, 120 capsules / bottle | 1-2 capsules |
| 5 | Zinc + Vitamin C | Zinc bisglycinate chelate 30% zinc (21.7 mg equals 6.5 mg zinc) Acerola extract 17% vitamin C (470 mg equals 80 mg vitamin C) | Zinc contributes to the maintenance of normal bones, hair, nails and skin Zinc contributes to the maintenance of normal testosterone levels in the blood Zinc contributes to the normal function of the immune system Zinc contributes to the protection of cells from oxidative stress Vitamin C contributes to normal collagen formation for the normal function of bones, blood vessels, teeth, skin and many more | vegan, no animal testing, gmo free, gluten free, lactose free | HPMC capsule, size 0, 120 capsules / bottle | 1 capsule |

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| 6 | Milk Thistle | Milk thistle extract >80% silymarin 25:1 (250 mg; equivalent to 200 mg silymarin) Artichoke leaf extract 2.5% cynarin (160 mg, equivalent to 4 mg cynarin) Dandelion root extract (100 mg) | Silymarin supplements exhibit potential for hepatoprotection by ameliorating liver enzyme levels across diverse conditions | | HPMC capsule, size 0, 90 capsules / bottle | 1 capsule |
| 7 | Magnesium Complex 400mg | Magnesium oxide 60% (380 mg Magnesium) Tri-Magnesium Dicitrat Anhydrat 15% Magnesium (53,00 mg=8 mg Magnesium) Chelated Magnesium Bisglycinate 14% (35,71 mg = 5 mg Magnesium) Magnesiummalat 15% Magnesium (26,66 mg = 4 mg Magnesium) magnesium ascorbate 10% (30,00 mg = 3 mg Magnesium) | Magnesium contributes to a reduction of tiredness and fatigue, contributes to electrolyte balance, normal energy-yielding metabolism and to normal functioning of the nervous system | | HPMC capsule, size 00, 90 capsules / bottle | 2 capsules |
| 8 | Magnesium 97,5mg | Magnesium glycinate 14% magnesium (750mg equals 97.5 mg magnesium) | Magnesium contributes to a reduction of tiredness and fatigue, contributes to electrolyte balance, normal energy-yielding metabolism and to normal functioning of the nervous system | vegan, no animal testing, gmo free, gluten free, lactose free | HPMC capsule, size 00, 90 capsules / bottle | 3 capsules |
| 9 | Tumeric + Black Pepper | Turmeric extract (590 mg) Turmeric powder (80 mg) Black pepper extract 95 % piperine (21,052 mg equals 20 mg Piperine) | Curcumin has antioxidant, anti-inflammatory properties; Black pepper piperine increases the bioavailability of curcumin | vegan, no animal testing, gmo free, gluten free, lactose free | HPMC capsule, size 00, 90 capsules / bottle | 1 capsule |
| 10 | Glucosamine-Chondroitin | Glucosamine hydrochloride 83 % glucosamine (500 mg, equivalent to 415 mg glucosamine) Chondroitin sulfate bovine 90% (250 mg) Ascorbic acid (40 mg) | Glucosamine can provide pain relief and improved function in people who experience regular knee pain; Long-term treatment with glucosamine sulfate delayed the progression of knee osteoarthritis Chondroitin can alleviate symptoms of osteoarthritis | vegan, no animal testing, gmo free, gluten free, lactose free | HPMC capsule, size 00, 180 capsules / bottle | 2 capsules |

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| 11 | Probiotics Gut Health | Organic acacia fiber (145 mg, Low Water Activity), Probiotics Mix (22 Probiotics strains, 100 Mrd KBE/g, 120 mg incl. 20 % Stability Overage), Pyridoxine hydrochloride (0,32 mg incl. 25 % Stability Overage, equivalent to 0,21 mg Vitamine B6), Riboflavin (0,26 mg incl. 25 % Stability Overage, equivalent to 0,21 mg Vitamine B2) | Vitamin B6 contributes to : normal cysteine synthesis, normal energy-yielding metabolism normal functioning of the nervous system, normal homocysteine metabolism, normal protein and glycogen metabolism, to normal psychological function, normal red blood cell formation, normal function of the immune system, the reduction of tiredness and fatigue, the regulation of hormonal activity Riboflavin contributes to normal energy-yielding metabolism normal functioning of the nervous system the maintenance of normal mucous membranes the maintenance of normal red blood cells | vegan, no animal testing, gmo free, gluten free, lactose free | Acid Resistant HPMC capsules, Size 1 60 capsules / bottle | 1 capsule |
| 12 | Probiotics Anti Stress | Organic acacia fiber (145 mg, Low Water Activity), Probiotics Mix (5 Probiotics strains, 100 Mrd KBE/g, 120 mg incl. 20 % Stability Overage), Pyridoxine hydrochloride (0,32 mg incl. 25 % Stability Overage, equivalent to 0,21 mg Vitamine B6), Riboflavin (0,26 mg incl. 25 % Stability Overage, equivalent to 0,21 mg Vitamine B2) | Streptococcus salivarius Streptococcus salivarius can regulate gut microbiota balance and mitigate stress; Lacticaseibacillus paracasei / Pediococcus acidilactici / Bifidobacterium adolescentis Evidence that Lacticaseibacillus paracasei can significantly mitigate anxiety and depressive behaviors. This therapeutic effect is augmented when the 3 strains are combined. Bifidobacterium breve Evidence that Bifidobacterium breve can significantly increase the levels of dopamine and Serotonin. Dopamine and Serotonin modulate sleep and relieve stress + Claims of Vitamin B6 and Riboflavin | vegan, no animal testing, gmo free, gluten free, lactose free | Acid Resistant HPMC capsules, Size 1 60 capsules / bottle | 1 capsule |
| 13 | Hyaluron Collagen | Collagen bovine (500 mg), Sodium hyaluronate (100 mg, equivalent to 90 mg Hyaluronic acid), Ascorbic acid (40 mg), Zinc bisglycinate chelate 30% zinc (16,7 mg equals 5 mg zinc), Sodium selenite on calcium carbonate (2 mg, equivalent to 20 µg Selenium), D-Biotin (25 µg) | Vitamin C contributes to: maintain the normal function of the immune system normal collagen formation, normal energy-yielding metabolism normal functioning of the nervous system normal psychological function, the normal function of the immune system, the protection of cells from oxidative stress and many more. Zinc contributes to normal acid-base metabolism, normal carbohydrate metabolism normal cognitive function, normal DNA synthesis normal fertility and reproduction, normal macronutrient metabolism, normal metabolism of fatty acids, and many more | gmo free, gluten free, lactose free | HPMC capsule, size 00, 180 capsules / bottle | 2 capsules |
| 14 | Shilajit | Mumijo/Shilajit Powder (650 mg) | | vegan, no animal testing, gmo free, gluten free, lactose free | HPMC capsule, size 00, 120 capsules / bottle | 1 capsule |



YOUR PRODUCTS ARE VALUABLE.
PUT THEM IN PROFESSIONAL HANDS.



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