



FIT WATER STUDY

In this review, the principal ingredients of our product, the Fit Water, will be assessed in order to justify its benefits



Fit Water is a nutricosmetic that, in just a few seconds, can turn your water into a powerful draining, cleansing and invigorating treatment for your body following these simple steps:

- 1** First of all, add 1 vial to 500 ml of water.
- 2** Shake the mix for 20 seconds. Your water is now Dietox water.
- 3** Start drinking your Dietox water and enjoy it during the day.

Fit Water is an exclusive and safe formula that provides high bioavailability and flash effect instant absorption of its highly effective ingredients, which are absorbed directly into the bloodstream without needing to be digested, achieving the best possible results.

Thus, some of the benefits of taking Fit Water daily are:

- ✓ Weight loss effect
- ✓ Cleansing detox effect
- ✓ It maintains muscle tone
- ✓ It treats water retention
- ✓ It increases cell oxygenation



DANDELION

Dandelion (*Taraxacum officinale*) is a plant of the genus *Taraxacum* and a member of the Asteraceae family rich in **vitamins, minerals, terpenoids, caffeic acid**, and numerous other compounds. Specifically, our formula contains a concentration of 7,5% of this ingredient.

Also, it is important to mention that its roots contain high concentrations of **inulin**, a prebiotic fibre highly beneficial for our gut microbiota because it nourishes the good bacteria in the intestine. Also, the consumption of inulin has been linked with weight loss, because it is a natural appetite suppressant as it is very satisfying.



On the other hand, it has been used as a medicinal herb for a long time as it offers a compelling profile of **bioactive components** with potential **anti-diabetic properties**.

The anti-diabetic properties of dandelion are attributed to bioactive chemical components; these include **chicoric acid, taraxasterol (TS), chlorogenic acid, and sesquiterpene lactones**. Studies have outlined the useful pharmacological profile of dandelion for the treatment of an array of diseases.

LEAF AND STEM COMPONENTS

- B-sitosterol
- α -amyrin
- Stigmasterol
- Quercetin glycosides
- Monocaffeoyltartaric acid
- Sesquiterpene lactones (taraxinic acid β -D glucopyranosides)
- Chicoric acid

FLOWER COMPONENT

- Caffeic acid
- Chlorogenic acid
- Chrysoeriol
- Luteoline 7-O-glucoside
- Chicoric acid
- Monocaffeoyltartaric acid



Figure 1. Image of dandelion and some components present at the level of flowers, stems, and leaves.

ROOT COMPONENT

- Taraxasterol
- Caffeic acid
- Ixerine
- Chicoric acid
- Ainsloside
- Tetrahydridentin B
- Monocaffeoyltartaric acid
- $11 \beta, 131$ -dihydrolactucin
- Taraxacolide β -D glucoside
- Taraxinic acid β -D glucoside

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- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5553762/>

MILK THISTLE

Milk thistle (*Silybum marianum*) is the most used plant in the treatment of liver disease and gallbladder disorders. The active complex of milk thistle is a lipophilic extract from the seeds of the plant and is composed of three isomer **flavono-lignans** (silybin, silydianin, and silychristin) collectively known as **silymarin**. Specifically, our formula contains up to 7,5% of milk thistle.

Silymarin acts as an **antioxidant** by reducing **free radical production** and **lipid peroxidation**, has **antifibrotic activity** and may act as a **toxin blockade agent** by inhibiting binding of toxins to the hepatocyte cell membrane receptors. Also, milk thistle is known to have properties antiviral and **anti-inflammatory**.

As mentioned before, milk thistle is often promoted for its **liver-protecting effects** and it's regularly used as a complementary therapy by people who have **liver damage, non-alcoholic fatty liver disease, hepatitis** and even **liver cancer**.



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HORSETAIL



- Horsetail (*Equisetum arvense*) contains antioxidants and silica, which helps support bone health. For that reason, some practitioners recommend horsetail as a treatment for osteoporosis. Also, it is used as a diuretic to treat “fluid retention”, as it helps the body get rid of excess fluid by increasing urine output. Specifically, our formula contains up to 7,5% of horsetail.
- Also, the consumption of horsetail may benefit your hair due to its silicon and antioxidant contents. On the one hand, antioxidants help reduce micro-inflammation and the aging of hair fibers caused by free radicals. On the other hand, the silicon content in hair fibers results in a lower rate of hair loss, as well as increased brightness.

Other potential benefits include:

- ✓ Anti-inflammatory activity as the consumption of horsetail may inhibit lymphocytes.
- ✓ Antimicrobial activity as horsetail seems to have potent activity against bacteria and fungi.
- ✓ Antioxidant activity as horsetail is rich in phenolic compounds that inhibit oxidative damage to cellular membranes.
- ✓ Antidiabetic effect as the consumption of horsetail may help lower blood sugar levels and regenerate damaged pancreatic tissue.



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HAWTHORN

Hawthorn (*Crataegus oxyacantha*) is a fruit-bearing shrub with an extensive history of medical use in many countries. Uses have included the treatment of digestive ailments, dyspnea, kidney stones, and cardiovascular disorders. Specifically, our formula contains up to 7,5% of pure hawthorn.

Its main use today is for various cardiovascular conditions as well as for ischemic heart disease (IHD). The cardiovascular effects are believed to be the result of positive inotropic activity, ability to increase the integrity of the blood vessel wall and improve coronary blood flow, and positive effects on oxygen utilization. In fact, it seems that flavonoids, polyphenols, and oligomeric procyanidins are postulated to account for all these effects.

Likewise, it has also been observed in the last years that hawthorn extracts possess serum lipid-lowering, anti-oxidative, and vascular endothelial protection properties, thus gaining popularity, especially for its anti-atherosclerosis effects.



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References:

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GREEN TEA



Green tea comes from the plant *Camellia sinensis* and is rich in antioxidants. Its antioxidant property makes it a predominant regulator in mediating free radicals, which is of significant use in healthcare. Also, green tea is composed of polyphenols, flavanols, flavonols, caffeine, minerals, and trace amounts of vitamins and amino acids. Specifically, our formula contains 7,5% of green tea.

Green tea phytochemicals are a potent source of exogenous antioxidant candidates that could nullify excess endogenous reactive oxygen species (ROS) and reactive nitrogen species (RNS) inside the body, and thereby diminish the impact of photoaging.

Regarding its benefits, green tea is known to stimulate the central nervous system and cardiac function in humans. Numerous research findings suggest the role of tea in mediating the proper functioning of the cardiovascular system, reduction of body mass, and even decreasing the risk of cancer, liver disease, and neurodegenerative diseases. Many of these beneficial effects of green tea are due to its catechin, particularly (-)-epigallocatechin-3-gallate (EGCG), content.

Regarding weight, catechins or EGCG have been observed to have a positive effect on weight loss and weight maintenance by reducing up to 5-10% of body weight, having an habitual consumption. Also, its consumption it's related with reduction in waist circumference and a decrease in total cholesterol and LDL plasma levels.

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- <https://pubmed.ncbi.nlm.nih.gov/19597519/>
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ACTIVATED CHARCOAL

Activated charcoal is a fine black powder made from bone char, coconut shells, peat, petroleum coke, coal, olive pits or sawdust.

The charcoal is activated by processing it at very high temperatures. The high temperatures change its internal structure, reducing the size of its pores and increasing its surface area.

Regarding its benefits, activated charcoal works by trapping toxins and chemicals in the gut, preventing their absorption. As activated charcoal is not absorbed by your body, it can carry the toxins bound to its surface out of your body in faeces. Specifically, our formula contains up to 5,6% of activated charcoal.

Also, activated charcoal, may help reduce cholesterol levels because it can bind cholesterol and cholesterol-containing bile acids in the gut, preventing the body from absorbing them. In one study, taking activated charcoal daily for four weeks lowered total cholesterol by 25% and bad LDL cholesterol by 25%. Also, good HDL cholesterol levels also increased by 8%.

On the other hand, it has also been described that active charcoal may help reduce gas production following a gas-producing meal and, as well, it may improve the odor of gas.



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References:

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Moreover, our formula also contains the 100% of the Recommended Daily Allowance (RDA) of Vitamin B1 of thiamine, Vitamin B6 or pyridoxine, Vitamin B9 of folic acid, Vitamin B12 or cyanocobalamin, and Vitamin C or ascorbic acid; and the 15% of the RDA of magnesium, potassium, and zinc per vial of 10 ml.

