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 @nutramorlifestyle



*7 days

BARAMOR NUTRIMOR PROFIBER Food Supplement Containing Hydrolyzed Collagen, Whey Protein Isolate and Corn Fiber

Energy and Nutrients	32 grams of Powdered Food
Energy	494 kJ / 118 kcal
Fat	0,67 g
-Saturated Fat	0,43 g
Carbohydrate	1,89 g
-Sugars	0,93 g
Fibre	4,48 g
Protein	25,38 g
Salt	0,15 g

Preparation:

1- It is recommended to consume 1 sachet per day. The amount you consume during the day in accordance with your diet is suitable to vary.

2- You can consume 1 sachet with 200 ml of liquid at once. (You can also consume 1 sachet by dividing it into 2 by 3 days and mixing it with half milk and half water.)

3- Prepare and consume the product fresh, do not wait and shake for a long time. The product is also suitable for preparation without using a mixer. You can prepare it simply by mixing it with a spoon.

4- It can be added to all liquids consumed in the diet. It can be added to your soups, omelets and all other meals you prepare. We recommend that you do not expose it to high temperatures.





*7 days

BARAMOR
PROFIBER COFFEE
 Coffee Flavored
 Supplement Containing
 Whey Protein Isolate,
 Hydrolyzed Collagen
 and Corn Fiber

Energy and Nutrients	40 grams of Powdered Food
Energy	615 kJ / 147 kcal
Fat	1,4 g
-Saturated Fat	0,9 g
Carbohydrate	4,4 g
-Sugars	1,92 g
Fibre	7,28 g
Protein	27,64 g

Preparation:

1- It is recommended to consume 1 sachet per day. The amount you consume during the day in accordance with your diet is suitable to vary.

2- You can consume 1 sachet with 200 ml of liquid at once. (You can also consume 1 sachet by dividing it into 2 by 3 days and mixing it with half milk and half water.)

3- Prepare and consume the product fresh, do not wait and shake for a long time. The product is also suitable for preparation without using a mixer. You can prepare it simply by mixing it with a spoon.

4- You can consume it with milk, decaffeinated coffee or water.



BARAMOR
PROFIBER STRAWBERRY
Strawberry Flavored
Supplement Containing
Whey Protein Isolate,
Hydrolyzed Collagen
and Corn Fiber



*7 days

Energy and Nutrients	40 grams of Powdered Food
Energy	615 kJ / 147 kcal
Fat	1,4 g
-Saturated Fat	0,9 g
Carbohydrate	4,4 g
-Sugars	1,92 g
Fibre	7,28 g
Protein	27,64 g

Preparation:

1- It is recommended to consume 1 sachet per day. The amount you consume during the day in accordance with your diet is suitable to vary.

2- You can consume 1 sachet with 200 ml of liquid at once. (You can also consume 1 sachet by dividing it into 2 by 3 days and mixing it with half milk and half water.)

3- Prepare and consume the product fresh, do not wait and shake for a long time. The product is also suitable for preparation without using a mixer. You can prepare it simply by mixing it with a spoon.

4- It is suitable to be used with milk, yogurt, kefir or water.



**BARAMOR
PROFIBER BANANA**
Banana Flavored
Supplement Containing
Whey Protein Isolate,
Hydrolyzed Collagen
and Corn Fiber



*7 days

Energy and Nutrients	40 grams of Powdered Food
Energy	615 kJ / 147 kcal
Fat	1,4 g
-Saturated Fat	0,9 g
Carbohydrate	4,4 g
-Sugars	1,92 g
Fibre	7,28 g
Protein	27,64 g

Preparation:

1- It is recommended to consume 1 sachet per day. The amount you consume during the day in accordance with your diet is suitable to vary.

2- You can consume 1 sachet with 200 ml of liquid at once. (You can also consume 1 sachet by dividing it into 2 by 3 days and mixing it with half milk and half water.)

3- Prepare and consume the product fresh, do not wait and shake for a long time. The product is also suitable for preparation without using a mixer. You can prepare it simply by mixing it with a spoon.

4- It is suitable to be used with milk, yogurt, kefir or water.



**BARAMOR
PROFIBER CHOCOLATE**
Chocolate Flavored
Supplement Containing
Whey Protein Isolate,
Hydrolyzed Collagen
and Corn Fiber



***7 days**

Energy and Nutrients	40 grams of Powdered Food
Energy	615 kJ / 147 kcal
Fat	1,4 g
-Saturated Fat	0,9 g
Carbohydrate	4,4 g
-Sugars	1,92 g
Fibre	7,28 g
Protein	27,64 g

Preparation:

- 1- It is recommended to consume 1 sachet per day. The amount you consume during the day in accordance with your diet is suitable to vary.
- 2- You can consume 1 sachet with 200 ml of liquid at once. (You can also consume 1 sachet by dividing it into 2 by 3 days and mixing it with half milk and half water.)
- 3- Prepare and consume the product fresh, do not wait and shake for a long time. The product is also suitable for preparation without using a mixer. You can prepare it simply by mixing it with a spoon.
- 4- It would be appropriate to use it with milk or water.





*7 days

BARAMOR PRORIBER BROTH

Broth Flavored Food Supplement Containing Whey Protein Isolate, Hydrolyzed Collagen and Corn Fiber

Energy and Nutrients	30 grams of Powdered Food
Energy	615 kJ / 147 kcal
Fat	1,4 g
-Saturated Fat	0,9 g
Carbohydrate	4,4 g
-Sugars	1,92 g
Fibre	7,28 g
Protein	27,64 g
Salt	0,822 g

Preparation:

1- It is recommended to consume 1 sachet per day. The amount you consume during the day in accordance with your diet is suitable to vary.

2- It can be added to soups that are cooked or like a glass of soup with warm water.





*7 days

BARAMOR PROFIBER LEMON Lemon Flavored Supplement Containing Whey Protein Isolate, Hydrolyzed Collagen and Corn Fiber

Energy and Nutrients	40 grams of Powdered Food
Energy	615 kJ / 147 kcal
Fat	1,4 g
-Saturated Fat	0,9 g
Carbohydrate	4,4 g
-Sugars	1,92 g
Fibre	7,28 g
Protein	27,64 g

Preparation:

1- It is recommended to consume 1 sachet per day. The amount you consume during the day in accordance with your diet is suitable to vary.

2- You can consume 1 sachet with 200 ml of liquid at once. (You can also consume 1 sachet by dividing it into 2 by 3 days and mixing it with half milk and half water.)

3- Prepare and consume the product fresh, do not wait and shake for a long time. The product is also suitable for preparation without using a mixer. You can prepare it simply by mixing it with a spoon.

4- You can consume it with yogurt or cool water.





*7 days

BARAMOR PROFIBER FOREST FRUIT Powder Mixture Containing High Protein, High Fiber, Collagen and Forest Fruit Flavor

Energy and Nutrients	40 grams of Powdered Food
Energy	562 kJ / 133 kcal
Fat	0 g
-Saturated Fat	0 g
Carbohydrate	3,5 g
-Sugars	2 g
Fibre	7,3 g
Protein	26,2 g
Salt	0,4 g

Preparation:

1- It is recommended to consume 1 sachet per day. The amount you consume during the day in accordance with your diet is suitable to vary.

2- You can consume 1 sachet with 200 ml of liquid at once. (You can also consume 1 sachet by dividing it into 2 by 3 days and mixing it with half milk and half water.)

3- Prepare and consume the product fresh, do not wait and shake for a long time. The product is also suitable for preparation without using a mixer. You can prepare it simply by mixing it with a spoon.

4- You can consume it with milk, yogurt, kefir or water.





*7 days

**BARAMOR
PROFIBER MANGO
Powder Mixture
Containing High Protein,
High Fiber, Collagen
and Mango Flavor**

Energy

Energy and Nutrients	40 grams of Powdered Food
Energy	562 kJ / 133 kcal
Fat	0 g
-Saturated Fat	0 g
Carbohydrate	3,5 g
-Sugars	2 g
Fibre	7,3 g
Protein	26,2 g
Salt	0,4 g

Preparation:

1- It is recommended to consume 1 sachet per day. The amount you consume during the day in accordance with your diet is suitable to vary.

2- You can consume 1 sachet with 200 ml of liquid at once. (You can also consume 1 sachet by dividing it into 2 by 3 days and mixing it with half milk and half water.)

3- Prepare and consume the product fresh, do not wait and shake for a long time. The product is also suitable for preparation without using a mixer. You can prepare it simply by mixing it with a spoon.

4- You can consume it with milk, yogurt, kefir or water.





Baramor Powder Vitamin Multi-Vitamins and Containing Multi-Minerals Food Supplement

*30 days

- Vitamin C improves the absorption of iron.
- Vitamin D supports muscle functions.
- Vitamin B2 contributes to the functions of iron in body.
- Vitamin B6 contributes to the mechanism of protein and glycogen.

VİTAMİN VE MİNERAL	50 mL için
A vitamini	1000 µg (RE)
D vitamini	25 µg
E vitamini	15 mg (α-TE)
C vitamini	1000 mg
B1 vitamini (tiamin)	7,2 mg
B2 vitamini (riboflavin)	1,70 mg
B3 vitamini (niasin)	30 mg (NE)
B5 vitamini (pantotenik asit)	10 mg
B6 vitamini (pidoksin)	10 mg
B7 vitamini (biotin)	1200 µg
B12 vitamini (kobalamin)	500 µg
Folik asit	400 µg
Magnezyum	60 mg
Çinko	15 mg
Manganez	1 mg
Demir	14 mg
Selenyum	1 µg
Krom	120 µg
İyot	150 µg
Bakır	1 mg
Molibden	200 µg

Preparation:

The powder form should be added to 1 tea glass of water and consumed without waiting. It can be consumed 1 hour after a morning meal a day.





***30 days**

Baramor Tablets of Vitamins Multi-Vitamins and Containing Multi-Minerals Food Supplement

- Vitamin C improves the absorption of iron.
- Vitamin D supports muscle functions.
- Vitamin B2 contributes to the functions of iron in body.
- Vitamin B6 contributes to the mechanism of protein and glycogen.

ETKEN MADDE	Miktar / 1 Tablet
C Vitamini	300 mg
Demir	14 mg
Çinko	15 mg
Magnezyum	60 mg
B3 Vitamini	30 mg NE
E Vitamini	15 mg (a-TE)
B6 Vitamini	10 mg
B5 Vitamini	10 mg
B1 Vitamini	7,2 mg
Manganez	1 mg
Bakır	1000 mg
A Vitamini	1000 mg
B2 Vitamini	1,70 mg
B7 Vitamini	1200 mg
Krom	120 mg
B12 Vitamini	500 mg
Molibden	200 mg
Folik Asit	400 mg
İyot	150 mg
D Vitamini	25 mg

Preparation:

The tablet form can be consumed 1 hour after the morning meal, once a day.





*30 Days

- Vitamin A helps keep a healthy skin.
- Selenium helps keep the nails healthy.
- Selenium helps keep the hair healthy.
- Copper supports the hair pigmentation.
- Zinc helps preserve the nails.

BELLAMOR HYDROLYZED COLLAGEN HIGH BIOTIN, B12, SELENIUM

ENERJİ VE BESİN ÖĞELERİ*	100 ml için	100 ml için %RA**	50 ml için***	50 ml için %RA**
Enerji / Energy	216 kJ / 51 kcal	3 %	136 kJ / 32 kcal	1 %
Yag/Fat	0 g	0 %	0 g	0 %
-Dogmus Yag / of which saturated	0 g	0 %	0 g	0 %
Karbonhidrat/Carbohydrate	1,6 g	1 %	0,8 g	0 %
-Sekerler / of which sugars	1,6 g	2 %	0,8 g	1 %
LiF/Fibre	4 g	16 %	2 g	8 %
Protein / Protein	9,2 g	18 %	4,6 g	9 %
Tuz / Salt	0 g	0 %	0 g	0 %
VİTAMİN VE MINERAL	100 ml için	100 ml için %BRD***	50 ml için***	50 ml için %BRD***
A Vitamini / Vitamin A	1640 mg (RE)	205 %	820 mg (RE)	103 %
D Vitamini / Vitamin D	40 µg	800 %	20 µg	400 %
E Vitamini / Vitamin E	24 mg (α-TE)	200 %	12 mg (α-TE)	100 %
C Vitamini / Vitamin C	1640 mg	2050 %	820 mg	1025 %
B1 Tiamin / B.1 Thiamine	12 mg	1091 %	6 mg	545 %
B2 Riboflavin / B.2 Riboflavin	2,8 mg	200 %	1,4 mg	100 %
B3 Niasin / B.3 Niacin	48 mg (NE)	300 %	24 mg (NE)	150 %
B5 Pantotetik Asit / B.5 Pantothenic acid	16,4 mg	273 %	8,2 mg	137 %
B6 Pridoksin / B.6 Pyridoxine	6,4 mg	457 %	3,2 mg	229 %
B12 Kibalamini / B.12 Cobalamine	820 µg	32800 %	410 µg	16400 %
Biotin / Biotine	984 µg	1968 %	492 µg	984 %
Folik Asit	656 µg	328 %	328 µg	164 %
Magnezyum / Magnesium	98,4 mg	39 %	49,2 mg	13 %
Çinko / Zinc	24 mg	240 %	12 mg	120 %
Manganez / Manganese	1,6 mg	80 %	0,8 mg	40 %
Demir / Iron	22,8 mg	163 %	11,4 mg	81 %
Selenyum	116 µg	231 %	58 µg	105 %
Krom / Chromium	196 µg	490 %	98 µg	245 %
Lyot / Iodine	246 µg	164 %	123 µg	82 %
Bakır / Copper	1,64 mg	164 %	0,82 mg	82 %
Molibden / Molybdenum	328 µg	656 %	164 µg	328 %

* Enerji ve Besin Öğeleri miktarları ortalama değerler üzerinden verilmiştir.

** Değerler ortalama bir yetişkinin referans alım (RA) düzeyini belirtir. (8400 kJ / 2000 kcal)

*** Beslenme Referans Değeri (BRD)

**** Tarifine göre hazırlanmış 1 litre için birimi: 1 suya (10 g) + 50 ml su.

Preparation:

Mix it into 50 ml of water at room temperature.





BARAMOR AMINO ACID CONTAINING AMINO ACID POWDER MIX

***15 days**

Energy and Nutrients	1 Tüketim Birimi 25 g
Energy	381 kJ / 90 kcal
Fat	0 g
-Saturated Fat	0 g
Carbohydrate	2,48 g
-Sugars	2,43 g
Fibre	0 g
Protein	19,95 g
Salt	0 g

Preparation:

The powder form should be added to a little more than 1 glass of water (200 ml) and consumed without waiting. It can be consumed in 1 day per day. It can be used preferably in the morning. There is no harm in consuming Baramor powder mixed with vitamin. It can be mixed with other foods that are not hot according to taste.





*30 Days

BARAMOR NUTRI FIBER

Energy and Nutrients	100 g	%RA*	1 Consumption Unit 6.5 Grams	%RA*
Enerji / Energy	953 kj / 234 kcal	% 12	59/15 kcal	% 1
Yağ / Fat	1.9 g	% 3	0.1 g	% 0
-Doymuş yağ / Saturated Fat	1.3 g	% 7	0.1 g	% 0
Karbonhidrat / Carbohydrate	14.4 g	% 6	0.9 g	% 0
- Şekerler / Sugars	1.7 g	% 2	0.1 g	% 0
Lif / Fibre	78.9 g	% 316	5 g	% 20
Protein / Proteins	0.4 g	% 1	0 g	0
Tuz / Salt	0 g	% 0	0 g	0

Preparation:

Use 6 scales a day during the first week. During the following weeks, use 3 scales a day. 1 portion consists of 3 scales thus 6,5 g of fiber.

Recipe:

Since it has a mild flavor you may consume as a snack by mixing into yoghurt.





BarAmor

Details of nutrition

**NUTRAMOR SAĞLIKLI BESİN
ÜRÜNLERİ SAN. TİC. A.Ş.**

**Şht. Hasan Yılmaz Sk. No:20/A
Küçükbakkalköy
Ataşehir / İSTANBUL**

+90 216 575 55 74

+90 553 615 13 00

info@nutramor.com.tr

