

WELLOSOPHY™

PRODUCT GUIDE





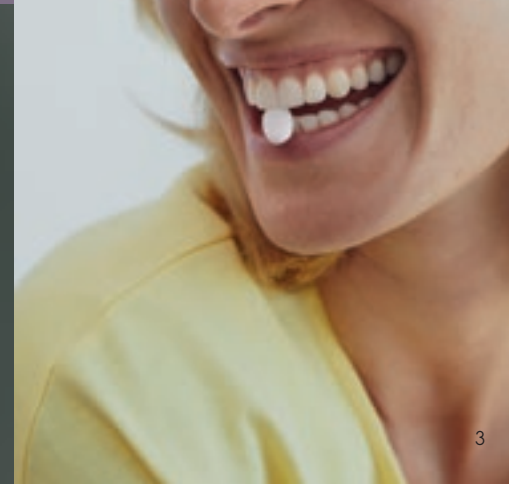
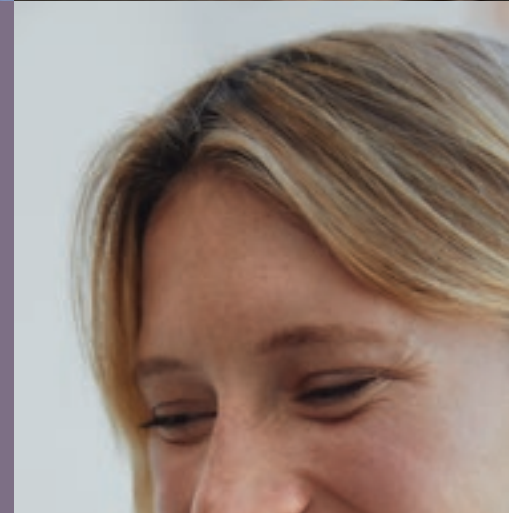
Discover the joy of healthy living!



Our products – performing, safe, responsible



WELLOSOPHY™
Lifestyle wisdom for true wellbeing



WELLOSOPHY™

Our products – performing, safe, responsible

Lasting change starts with a healthy lifestyle, but we can all use a little help from time to time! Wellosophy offers a range of products to support your needs and lifestyle – from everyday nutritional supplements, to healthy snacking solutions and products to help you manage your weight.

Our products – complementing your healthy lifestyle

Every Wellosophy product is driven by need and underpinned by the latest health research. We focus on developing products that help bridge any gaps between your healthy lifestyle and your wellbeing goal. We never mega-dose ingredients, but provide ingredient levels with proven scientific benefits, which are safe, comply with strict European and local legislation and support a varied and balanced diet. Our food products have a thoughtfully developed texture and flavour profile to provide a rewarding sensory experience.

Our ingredients – high quality, healthy and safe

Wellosophy products focus on the increasing the intake of ingredients we generally don't get enough of in our diet – including

protein, dietary fibre, omega-3, vitamins and minerals and antioxidants. Our ingredients are inspired by the principles of the Nordic Diet – a way of eating in the Nordic countries including Sweden – focusing on locally-sourced, seasonal whole foods including berries, fruit and vegetables, whole grains and healthy fat. We strive to use natural origin, non-GMO ingredients, and avoid artificial colours, flavours and preservatives where possible.

Sustainable nutrition

Sustainable nutrition is nutrition that is healthy for both people and the planet. As well as ensuring our products provide high nutritional quality and contribute to human health, we also strive to use plant-based and sustainably-sourced ingredients where possible.

"Wellosophy products – developed to the highest standards."



No preservatives, artificial colours or flavours



Quality Standards
Produced in accordance with strict EU safety standards and GMP (Good Manufacturing Process)



Non-GMO



The fish oil used is sustainable and certified by FRIEND OF THE SEA

WELLOSOPHY™ WITH YOU EVERY STEP OF THE WAY



THAT FIRST SMALL
STEP TODAY MAY JUST
BE THE GREATEST STEP
OF YOUR LIFE - LET'S
TAKE IT TOGETHER.

Wellosophy has the **holistic advice**, the products and the support to help you reach your goals – and beyond. You can make it with Wellosophy!

Wellosophy is a different kind of wellness brand – whatever **your goal**, we want you to **succeed** – for the **long term**.

We believe that **true wellbeing** starts with a **healthy lifestyle** – and we are committed to help you change yours for the **better**.



YOU CAN MAKE IT WITH WELLOSOPHY!

1. Identify realistic **goal** and **steps** to get there

2. Lifestyle and product **advice** to build **healthy** new habits

FOUR STEPS
TO WELLNESS
SUCCESS!

4. Reach your **goal** and feel **empowered** to make a **new** one!

3. Support from our **Wellosophy** community

Wellosofhy – driven by scientific expertise

Underpinned by credible wellness research.

The Oriflame Nutrition Council



The Oriflame Nutrition Council: (from left to right) - Caroline Cummins, MSc., Global Nutrition Manager; Marlene Nordlander, MSc., Senior Global Wellness Trainer; Isabella Lee, PhL., Global Senior Nutritional Scientist.

Oriflame's Nutrition Council consists of experienced nutritionists and dietitians that are highly competent experts within nutrition and health. They are involved in a wide range of initiatives including:

- Guiding product development
- Providing nutrition education and training
- Speaking at events and
- Defining the nutritional philosophy across the business

The Oriflame Scientific Advisory Board

We also have an independent Scientific Advisory Board comprised of international distinguished researchers in specialist fields of nutrition and health. We work with this board to help steer and fuel ideas for our future research, product development and offering today – and into the future



Prof. Claude Marcus MD, PhD.
Karolinska Institute, Sweden
Expertise: Obesity prevention & treatment



Assoc. Prof. Frida Fåk Hållenius, PhD.
Lund University, Sweden
Expertise: Gut health & microbiome



Assoc. Prof. Brendan Egan, PhD.
Dublin City University, Ireland
Expertise: Sports performance & healthy ageing



A broad spectrum of **antioxidants** to enhance **immune response**.



ASTAXANTHIN



OMEGA 3

Your daily dose of **essential nutrients** for **heart, brain** and **eye health**.



A complex of **22 essential vitamins** and **minerals** in **1 tablet**.

MULTIVITAMIN & MINERAL



IRON COMPLEX

A convenient source of **iron** to support any iron shortfalls in **your diet**.



CALCIUM, VIT D & MAGNESIUM

Three important **nutrients** to support for **healthy bones** and **teeth**.



WELLNESS PACK



NUTRISHAKE



NUTRIMEAL

Your versatile **high protein** and **dietary fibre** ready-to-mix powder.

≈ **WELLOSOPHY™**

WHAT POLLUTION IS DOING TO YOUR SKIN?

After the sun, pollution is your skin's worst enemy.

If you live in the city, avoiding car emissions, air conditioning and industrial smoke is impossible. Scientists have linked pollutants to the acceleration of **skin ageing, causing wrinkles, dark spots and redness.**

Pollution – as well as UV – decreases the production of skin collagen, which results in accumulation of free radicals that can contribute to skin ageing, rougher complexion and early on-set wrinkles.

That's why you need antioxidants.

Studies have shown that natural astaxanthin is **100 times stronger than Vitamin E** at scavenging free radicals and **6000 times more powerful than Vitamin C!**

Antioxidants are a powerful way of targeting free radicals and minimising their damage.

- **Start with your diet:** citrus fruits, berries and carrots are jam-packed with Vitamin A and C.
- **Add a daily supplement that contains Astaxanthin:** a powerful antioxidant derived from microalgae commonly found in the Stockholm archipelago.

POLLUTED CITIES HAVE AN INCREASED NUMBER OF FREE RADICALS IN THE AIR.

Wellosophy Astaxanthin & Bilberry Extract complements a healthy balanced diet to support the body's own antioxidant defences and help to combat oxidative stress.

Build a new, healthy habit!

Get into the habit of taking Astaxanthin by keeping it close at hand and take it with the same meal every day.

“Unlike UV rays, air-pollution does not take into account day and night, or indoors and outdoors, so you need to guard it at all times.”

EXPERT ADVICE

Nutrition Council

"Different coloured fruits and vegetables contain different types of antioxidants with different benefits - so eat the rainbow!"

ANTIOXIDANTS

Help fight oxidative stress from the inside out

INSPIRED BY BEAUTIFUL SKIN

30
capsules
→

12 years & above

Wellosofhy
Astaxanthin &
Bilberry Extract
30 capsules. 1-2
capsules a day. 21.3g.
43687 ₹2099 •
30 B.P.

Take 1 capsule
daily with water
and a meal



DID YOU KNOW?

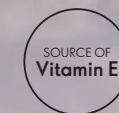
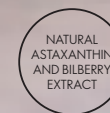
THE ANTIOXIDANT BENEFITS OF NATURAL ASTAXANTHIN:

- 4.9X more powerful than beta-carotene!¹
- 90X more powerful than synthetic Astaxanthin!²
- 110X more powerful than Vitamin E!¹
- 800X more powerful than CoQ10!¹
- 6000X more powerful than Vitamin C!¹



¹ Nishida Y, Yamashita E, Wataru M. Quenching activities of common hydrophilic and lipophilic antioxidants against singlet oxygen using chemiluminescence detection system. Carotenoid Science. 2007;11:16-20. doi: 10.11501/10996240.

² Régnier P, Bastias J, Rodriguez-Ruiz V, et al. Astaxanthin from Haematococcus pluvialis Prevents Oxidative Stress on Human Endothelial Cells without Toxicity. Mar Drugs. 2015 May 7;13(5):2857-74. doi: 10.3390/md13052857.



EXPERT ADVICE Nutrition Council

"In order to get an adequate intake of EPA and DHA it is recommended to eat 2 portions of oily fish a week."

DAILY SUPPLEMENT

Essential fatty acids your body needs the most

SUPPORT YOUR HEART, BRAIN AND EYE HEALTH

Your daily dose of EPA and DHA in two convenient capsules.

- EPA and DHA help support heart*, vision** and brain** function
- Natural origin ingredients with sustainably sourced fish oil

60 capsules

12 years & above

Wellosophy Omega 3 60 capsules. 2 capsules a day. 41.6g. 43688 ₹1899 • 27 B.P.



DID YOU KNOW?

Omega-3s are beneficial for skin health as they help fight inflammation and have been shown to improve the skin's lipid barrier

(McCusker & Grant-Kels, 2010).

DHA is the most abundant omega-3 in your brain and plays a critical role in its function. (Schaefer et al., 2006).

Higher intakes of omega-3 fatty acids protect the heart and support its function (Djuricic & Calder, 2021).

Take 2 capsules daily with water and a meal



*EPA and DHA contribute to the normal function of the heart. The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA. **DHA contributes to maintenance of normal brain function and vision. The beneficial effect is obtained with a daily intake of 250 mg of DHA.



The fish oil used is sustainable and certified by FRIEND OF THE SEA



Vitamins and Minerals.

Secure your essentials with one tablet a day.

Take 1 tablet
daily with water
and a meal

EXPERT ADVICE Nutrition Council

"Be sure you're getting your daily intake of the many vitamins and minerals by eating a varied diet with plenty of fruit and vegetables."

60
tablets



16 years & above

Wellosophy
Multivitamin &
Mineral 60
tablets. 1 tablet a
day. 58.2g. 46301
₹1399 • 20 B.P.



WHAT'S IN IT FOR YOU? 22 essentials in 1 tablet!

- High in Vitamins A, C, D, B6, B12 and E
- High in biotin, thiamine, riboflavin, niacin, folic acid & pantothenic acid
- High in iron, zinc, copper, selenium, iodine, chromium & molybdenum
- Source of manganese
- Provides calcium, magnesium and lutein

DID YOU KNOW?

Only a small minority of the world's population consumes the recommended intake of fruits and vegetables (WHO, 2003).



“
I WANT TO BE
AT MY BEST
EVERY DAY
”

1
MONTH
SUPPLY

A BROAD
SPECTRUM
OF ANTIOXI-
DANTS

22
ESSENTIAL
VITAMINS &
MINERALS

OMEGA-3
FATTY ACIDS
EPA &
DHA

WHAT'S IN IT FOR YOU?

- 1x Multivitamin & Mineral tablet to meet different needs of men & women
- 2x Omega 3 capsules to support heart*, brain** and eye health**
- 1x Astaxanthin & Bilberry Extract capsule to support the body from within

SUPPORT YOUR HEALTH AND WELLBEING FROM HEAD TO TOE

Convenient daily pack of dietary supplements to give you a broad spectrum of micronutrients with scientifically proven health benefits.

Take 1 sachet
daily with water
and a meal



16 years & above

Wellness Pack 30 sachets.
1 sachet daily. 92.4g.
45367 ~~₹3759~~ **₹3299** •
60 B.P.

*EPA and DHA contribute to the normal function of the heart. The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.
**DHA contributes to maintenance of normal brain function and vision. The beneficial effect is obtained with a daily intake of 250 mg of DHA.

EXPERT ADVICE Nutrition Council

“Healthy iron levels are essential for optimal health and neurological development”

NUTRITION

Top up on the iron you may be missing.

WHAT'S IN IT FOR YOU?

Wellosofhy Iron Complex is a convenient way to top up iron intake for men and women. As well as providing iron, it also contains supporting vitamins C, B6, B12 and Folic Acid (B9).

DID YOU KNOW?

- Your body uses iron to make hemoglobin, a protein in red blood cells that carries oxygen from the lungs to all parts of the body.
- The most common cause of anemia is iron deficiency (WHO, 2021).
- Anemia is a widespread public health issue in India, affecting over half the population (Gonmei Z & Toteja GS et al., 2018).

GIVE YOUR IRON STORES A BOOST!

Iron plus supporting vitamins C, B6, B12 and Folic Acid (B9)

Take 1 tablet daily with water and a meal

60 tablets



12 years & above

Wellosofhy Iron Complex
24.0 g
42500 ₹699 • 10 B.P.



BECAUSE I WANT TO STAY STRONG FOR LIFE.

Making sure we get enough calcium from our diet throughout life is essential to help prevent frail bones as we age – and the earlier we start the better. **Are you getting enough calcium from your diet? You can make it with Wellosophy!**

Calcium is the most abundant mineral in your body.



Take 1-2 tablets every day with a meal.

EXPERT ADVICE Nutrition Council

“Supplementation with calcium and vitamin D has shown to increase bone mineral density, which has a positive impact on bone health.”

Note: Food supplements should not be used to substitute a balanced and varied diet.

Calcium is needed for the maintenance of normal bones and teeth. Calcium contributes to normal muscle function, and normal energy-yielding metabolism. Vitamin D contributes to the maintenance of normal bones and teeth, normal absorption of calcium and phosphorus, and normal blood calcium levels.



Quality nutritional supplement with high dosage of calcium, vitamin D and magnesium that work in synergy to support healthy bones and teeth.



60 tablets

DID YOU KNOW?

- Calcium, Magnesium & Vitamin D work in synergy for optimal absorption.
- Calcium helps support the mineral density of healthy bones & teeth throughout your entire life
- Magnesium contributes to the maintenance of normal bone & teeth
- Vitamin D contributes to normal absorption of calcium and phosphorus

12 years & above

Wellosophy Calcium, Vitamin D & Magnesium Contains 60 tablets. To supplement a healthy diet, take 1-2 tablets daily with food. 84 grams. 41119 ₹799 • 11 B.P.

Zenk JL, Frestedt JL, Kuskowski MA. Effect of Calcium Derived from Lithothamnion sp. on Markers of Calcium Metabolism in Premenopausal Women. J Med Food. 2018 Feb;21(2):154-8. doi: 10.1089/jmf.2017.0023.

PROTEIN YOUR WAY, ANY TIME OF DAY.

Nutrishake is a **versatile high protein and dietary fibre ready-to-mix powder** available in three delicious flavours to enhance the protein and dietary fibre content of your meals.

Nutrishake Natural
Strawberry Flavour
28 x 18g servings. 500g.
46299 ₹3299 • 45 B.P.

Nutrishake Natural
Vanilla Flavour
28 x 18g servings. 500g.
46300 ₹3299 • 45 B.P.

Nutrishake Natural
Chocolate Flavour
28 x 18g servings. 500g.
46298 ₹3299 • 45 B.P.



KNOW YOUR INGREDIENTS

Fibre from three natural sources:
ROSEHIP, SUGAR BEER, APPLE

Protein from three natural sources:
WHEY, SOY, PEA

- Leak-proof cap and lid
- 3 stackable compartments with removable organiser

DID YOU KNOW?

- Your bones, skin, muscles, hair, and blood all need protein to function (Morris et al., 2022).
- Proteins are present in every cell in your body (Morris et al., 2022).
- Protein is needed at all stages of life. The amount you need depends on your gender, age, activity level and health status.



Wellosophy Smartshake Bottle
Size: 22 x 9.5 cm. Liquid compartment: 600ml. Compartment with divider: 140ml. Base compartment: 200ml. Materials: PP, PE and stainless steel. 46664 ₹899 • 13 B.P.



NUTRITIONALLY COMPLETE MEAL IN SECONDS!

Wellosophy meal replacements are designed by our nutritionists for your success!* They provide a healthy, satisfying, calorie-controlled alternative to a regular main meal – high in protein, with dietary fibre, healthy fat, and vitamins and minerals. And they're so easy to make – just mix with milk** for a nutritionally complete meal in minutes!



NutriMeal

High protein, with dietary fibre, healthy fat, and **24 essential vitamins and minerals.** Sweetened with sucralose.



“ SUCCESS STORIES

“It changed my life in 360-degrees. I feel beautiful and confident inside out.”

SAVITA NAWALE, WEST PUNE
WEIGHT LOSS: **14.5 KGS**

“NutriMeal came as a saviour for me! It not only helped me lose weight but also makes you feel more energetic & light.”

PRABHA MAHINDRU, DELHI
WEIGHT LOSS: **21.3 KGS**

“I have been getting many complements from my friends & family. I feel like a celebrity.”

SEEMA DHAKAD, WEST
WEIGHT LOSS: **15 KG**

Had enough of diets that don't work?

GET YOUR HANDS ON

NutriMeal

The healthy way to your healthy weight!

With 2 Exciting Flavours



HOW TO MAKE

Mix 25g (2 rounded Wellosophy scoops) of NutriMeal powder with either 300ml cow's milk, or 275ml soy beverage..

- Use a blender or shaker
- Add powder to liquid
- Blend or shake well until powder is fully dissolved
- Drink immediately

NutriMeal Vanilla Flavour 25g per serving. 15 servings. 375g. 42808 1999 • 28 B.P.

OUR NUTRITIONIST SAYS:

"Weight management is a journey, not a race – try to shift your mindset from using extreme diets to lose a lot of weight in a short time – **a realistic and safe weight loss target is 0.5-1kg a week.**"

Gluten free and vegetarian recipe, non-GMO



DID YOU KNOW?

- Almost one in four adults in India are overweight or obese. (IIPS, 2021).
- The fundamental cause of overweight and obesity is consuming more calories than what is needed by the body.
- A minimum of 30 minutes a day of moderate- vigorous exercise is recommended to support weight loss (Rosenkilde et al., 2012).

NutriMeal Chocolate Flavour 25g per serving. 15 servings. 375g. 42736 ₹1999 • 28 B.P.

* Substituting one daily main meal of an energy restricted diet with a NutriMeal contributes to the maintenance of weight after weight loss.

** Cow's milk or soy beverage - other plant-based, non-dairy milks/beverages are nutritionally inadequate (e.g., lower protein content).



NOVAGE⁺

TOTAL ANTI-AGEING SOLUTION

WITH BIO ACTIVATING TECHNOLOGIES

Novage+ is **Bio Activating Skincare**. It delivers **cosmeceutical performance** while being **gentle to skin and nature**, thanks to our Bio Activating Technologies, which work in perfect sync with your skin's own biological functions – and each other – **POWERFULLY, GENTLY, PRECISELY.**

UNVEILING IN
MARCH 2024



Scan the QR code
to learn more



Scan this QR code to check out the best deals* on your favourite Oriflame products. Shop now!

*For latest prices, offers and discounts on Oriflame products, refer to our monthly eCatalogue and our website www.oriflame.co.in

