

Wellness redefined.

The FitLine Product Catalog



Experience Results.

FitLine[®]



Because I am a vivacious guy.

I am old enough to know that I cannot dismiss the topic of a healthy and balanced diet simply with a bowl of muesli every morning. My body needs more, because I also demand more from it. Fatigue and apathy - everyone goes through it sometime. And that's exactly why I find it worthwhile to regulate my wellbeing from the inside. Many people do benefit from my fitness, after all.

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Billions of cells are waiting for it.

We humans often enough think in big, even gigantic, dimensions and so lose sight of the important diminutives. For example, the many billion body cells that make our lives possible day-by-day. Do we always give them everything they need so that body and soul can master the challenges of everyday life?

Of course you cannot permanently think about the numerous minerals, vitamins and enzymes your cells desperately depend on. But you can clear your way to comprehensive cell supply by relying on FitLine.

The product concept, exclusively developed for PM-International, makes FitLine nutrient supplementation something you will soon no longer want to do without. Keep fit!





FitLine Activize Oxyplus

More Energy and Performance

FitLine Activize Oxyplus supplies exactly those ingredients which our body needs to produce energy. Ideally in the morning.

Taste Lemongras

One month supply
Art.-Nr. 0708018*

NEW!

Taste Cassis

One month supply
Prod. No.0708002*

Just a low cost per day

Also available as a "Sensitive" version!
Prod. No.0708003*

- Supports energy gain from food (carbohydrate combustion)
- Supplies the body with all B-vitamins for concentration and performance ability
- Contains maritime algae powder (brown algae)
- Stimulating, invigorating and refreshing

** especially well tolerated, even by sensitive people

PATENTED!



FitLine Basics

Only the best for the intestines

Our digestive system is cared for several times over with the best of fruit, vegetables and cereals, fibers, life lactic bacteria and enzymes as well as valuable herbal extracts.

One month supply

Prod. No.0705002*

Just a low cost per day

Also available as a "Sensitive" version!

Prod. No.0705014*

- For the body's supply of nutrients and vital substances
- Promotes healthy intestinal flora and vitalizes the digestive system
- Strengthens the body's natural defenses
- With many antioxidative vital substances
- Contains an absorption-promoting Ayurvedic herbal aroma
- Provides important soluble and insoluble fibers, secondary vegetable compounds and enzymes
- Contains live lactic acid bacteria

** especially well tolerated, even by people with sensitive stomach and intestines

Special discounts in a set on page 8

PATENTED!





FitLine Restorate

Quick Regeneration

Through high-quality use of minerals, trace elements and Vitamin D in combination with our "absorption-promoting Ayurvedic herbal aroma," Restorate is an ideal "night cap."

One month supply

Prod. No. 0702005

Just a low cost per day

Also available as a "Sensitive"*** version!

Prod. No. 0702006

- Alkaline effect (as a buffer)
- Promotes mineral balance
- For more beautiful hair (copper), skin (zinc) and nails
- For regeneration (e.g. after training)
- With calcium, magnesium and vitamin D for healthy bones and teeth
- Strengthens the body's own immune defenses
- For improved well-being

*** especially well tolerated, even by people with sensitive stomach and intestines

FitLine PowerCocktail

FitLine PowerCocktail combines the advantages of both the products FitLine Activize Oxyplus and FitLine Basics. Its simple handling guarantees easy dosage through the individual serving bags.

The FitLine PowerCocktail in practical serving bags is ideal for short trips and long journeys.

One month supply

Prod. No. 0705012

Just a low cost per day



Special discounts in a set on page 8



FitLine Cell Energie-Set

"You cannot think of everything! That is right, but I also do not have to. I see to my basic supply quite simply through Auto-ship. That secures a continuous supply of important vitamins, minerals and trace elements. And I also save a considerable amount of money."

The Cell Energy-Set provides the nutrients exactly when the body needs them (morning and evening) thanks to the modular product concept.

1 each of FitLine PowerCocktail, Restorate

One month supply

Prod. No. 9700376

One month supply on Autoship

Prod. No. 9700365



**10 % discount
on Autoship**

FitLine Basics Junior

Cell Supply

One month supply

Prod. No. 0705007

- developed especially for children
- basic product for children from school age
- no sugar
- gluten-free
- suitable for warm and cold drinks
- through the unique combination of 11 essential vitamins with minerals and prebiotic fibers, you give your child exactly what is needed



The FitLine Kid's Bar

5 bars

Prod. No. 9711023

- gluten-free
- the FitLine Kid's Bar is the practical basic supply of nutrients for kids at kindergarten and school.
- tasty snack when out and about
- careful combination of ingredients



FitLine Cell Energy-Set Family

So that the family always stays super fit: The FitLine Cell-Energy Family set brings an essential additional benefit to your diet.

For 2 adults and one child

2 each of FitLine PowerCocktail, Restorate,
1 Basics Junior included for free

One month supply

Prod. No. 9700494

One month supply on Autoship

Prod. No. 9700367

Just a low cost per day

**10 % discount
on Autoship**



FitLine Vitality Set

Is the Cell Energy-Set for everyone who additionally needs Q10 and Omega 3 +E with Vitamin D3 for their daily vitality. Q10 supports the heart's energy gain and the body's own immune defenses. Omega 3 +E with Vitamin D3 for a fit cardiovascular system and healthy blood vessels. More information on page 19.

1 each of FitLine PowerCocktail, Restorate, Omega 3 +E,
Q10 Plus

One month supply

Prod. No. 9700495

One month supply on Autoship

Prod. No.9700377

Just a low cost per day

**10 % discount
on Autoship**



FitLine XXS-Set

FitLine XXS

stimulates fat burn and aids weight control as part of a weight-controlling diet.

FitLine XXS is a nutritional supplement with choice vegetable ingredients and valuable herbal extracts from Indian Ayurvedic teachings based on green tea with nutritious polyphenoles.



- stimulates **fat burn**
- supports **metabolic rate**
- helps to **reduce appetite**

Supporting measures are necessary. Make sure that all other meals are also low-fat and low-calorie. The product will only achieve the desired effect as part of a low calorie diet.

FitLine Gourmet Shakes

Support weight loss as part of a low-calorie diet.

Using the FitLine Gourmet Shakes your body receives everything it needs as part of a well-balanced diet: proteins, vitamins, minerals including trace elements and fibers.

- replaces a meal according to EU Directive 96/8/EC for weight reduction
- with fibers to promote satisfaction for a longer period and to support weight control
- with all essential amino acids which are needed to retain muscles
- with all important B-vitamins for performance and concentration
- protein supports the build up and maintenance of a strong body
- NTC: the target nutrient absorption is as high as possible



Because I have had enough of my weight.

No one is helped by 'oh so clever' suggestions. "If you want to lose weight, you must first eat fewer candies." Or, "You should pay more attention to low-fat food." I have heard it all a thousand times and taken it to heart just as often. And to finish with, I was left alone with my desires and problems. And my weight went back off the scales.



FitLine Restorate

promotes the balance of minerals and has an alkaline effect.

With high-quality calcium, magnesium, iron, zinc, potassium, selenium, copper, manganese, chromium and vitamin D.

- For more beautiful hair skin and nails
- With calcium, magnesium and vitamin D for healthy bones and teeth
- More restful sleep
- For regeneration
- NTC: the target nutrient absorption is as high as possible



FitLine XXS-Trainer (Exercise DVD)

Sufficient and correct exercise is of central importance to living slimmer and more healthily long-term. The FitLine XXS-Trainer on our DVD shows you effective exercises that you can do without aids and training equipment and they will lead you to success.

Free as part of the set.



FitLine XXS-Broschüre

Here you will find a detailed description of our weight-loss concept and a whole range of recipe suggestions

Free as part of the set.



FitLine XXS-Coach

You can use our Internet-supported "DIY Program" almost anywhere to learn more about healthy food, exercise, relaxation and positive methods of behavior. Get your motivation and practical tips for a more healthy way of life, analyze your eating behavior and the amount of fluid you drink every day while dieting – and accept rewards for your successes!



FitLine XXS Set

It has never been easier to lose weight. Anyway you will have fun as the pounds fall off. Here the contents of your personal XXS case: 2 each of XXS, Shakes of your choice, Restorates, 1 each of XXS Accompanying Brochure with Personal Trainer DVD, measuring tape, XXS Coach

Prod. No. 9700542*



FitLine XXS - 2 Week Program

1 each of XXS, Shake of your choice, Restorate, XXS Accompanying Brochure with Personal Trainer DVD, measuring tape, XXS Coach

Prod. No. 9700718*

FitLine XXS



90 capsules

Prod. No. 0704019*

- stimulates fat burning
- aids weight control as part of a well-balanced diet
- patent pending

Note: FitLine XXS capsules will only achieve the best results in combination with Restorate and the Shakes. See the recommended FitLine XXS Set.

FitLine Gourmet Shakes

FitLine Gourmet Shakes Soya

Cappuccino, 10 Servings

Prod. No. 0701015*

Vanilla, 10 Servings

Prod. No.0701016*

FitLine Gourmet Shakes with milk protein

Mousse au Chocolat, 10 Servings

Prod. No. 0701012*

Bourbon Vanilla, 10 Servings

Prod. No.0701013*

Strawberry, 10 Servings

Prod. No. 0701014*

Banana, 10 Servings

Prod. No. 0701023*

**Special
discounts
in a set on
page 15**



FitLine Choco Slim FitLine White Choco Slim

Choco Slim, 5 bars

Prod. No. 9711030*

White Choco Slim

Mandel-Cranberry, 5 bars

Prod. No. 9711044*

- replaces a meal acc. to EU Directive 96/8/EC on foods intended for use in energy-restricted diets for weight reduction
- made of natural pine nuts
- increases satiety and suppresses hunger pangs
- with a tasty, plain or white chocolate coating



FitLine Herbaslim Herbal Tea

Prod. No. 0709006*



- supports kidneys' excretory function
- helps the body to flush out waste products
- supports the body's fluid balance
- high quality herbs, unique mixture
- delicious taste



Diverse Products for an active life.

It is often just the little things that make the difference between "I'm fine" and "I feel top fit and enjoy being in my own skin". A balanced intake of vitamins can be decisive.

"Anyone wanting to optimize their wellbeing ought to optimize their diet first of all," a clever scientist once said. The satisfaction of FitLine users confirms this a million times over, time and again.



FitLine Q10 Plus

One month supply
Prod. No. 0712014*

- stimulates energy production in the cells
- supports the cells under oxidative strain
- NTC: the target nutrient absorption is as high as possible
- vitamin E supports Q10
- easy-to-take, liquid form
- with unique microSolve technology
- new innovative, tightly-sealed dosage system

FitLine Omega 3+E with Vitamin D3

One month supply
Prod. No. 0712033*

- for healthy cardiovascular functions
- with micellized omega-3 for healthy blood vessels
- plays an important role in brain metabolism (supports brain functions)
- NTC: the target nutrient absorption is as high as possible
- vitamin E to support omega-3
- easy-to-take, liquid form
- unique microSolve technology
- Omega-3 from high-quality tuna fish oil
- fresh and fruity taste with the popular Florida orange flavor.
- new innovative, tightly-sealed dosage system for easy dosage

NEU
+ Vitamin D3
NEW



FitLine Cardiovascular Set

For a fit cardiovascular system. FitLine Q10 Plus and the new FitLine Omega 3+E with vitamin D3 together as a set.

Advantage Set

One month supply
Prod. No. 9712045*

Just a low cost per day

* For prices see your country's price list

Claims have been checked against the European Health Claims Directive, HCVO (EC No. 1924/2006) Claims acc. to consol. list EFSA (from January 2009).

FitLine All-In-1000 Plus

6 x 50.5 g (1.78 oz)

Prod. No. 9709001*

produces 6 x 1 Liter Yogurt Drink



- contains very many health-promoting, living probiotic bacteria
- supports a healthy digestive system
- good for healthy intestinal flora
- supports natural immune defenses
- contains an absorption-promoting, Ayurvedic herbal aroma
- natural, no additives

Yogurt Maker for a probiotic drink

Prod. No. 071300100*

FitLine Antioxy (Zellschutz)

60 servings

Prod. No. 0707003*



- supports the body's own immune system
- citrus extracts rich in natural bioflavonoids support the antioxidative team
- citrus extracts in the cell-guard team with vitamin C, provitamin A and the trace element selenium are especially effective in the antioxidative network
- quicker and greater absorption of fat-soluble vitamin E and provitamin A in a water-soluble, easily absorbable form
- even better fresh and fruity taste with the popular flavor of the Florida orange

FitLine Joint Health (Gelenk-Fit)

90 servings

Prod. No. 0709011*



- glucosamine and chondroitin to build cartilage and for synovia
- enhances the elasticity of cartilage and joints
- supplies vitamin C for maintenance of bones and tissues
- with natural algae powder (brown algae) and Ayurvedic herbal extract
- taken in liquid form for better intake
- NTC: the target nutrient absorption is as high as possible

FitLine Isoflavon

One month supply

Prod. No. 0712021*



- for improved well-being during the Menopause
- enhances balance and well-being
- isoflavon product made from the whole soy shoot
- with unique microSolve technology
- in liquid form for better bioavailability

FitLine Fitness Drink

One month supply

Prod. No. 0703001*



- enhances performance ability and regeneration
- for energy gain and concentration
- supports the body's own immune defenses
- contains a choice combination of B-vitamins and minerals
- provides many antioxidative protective substances
- improved fluid and mineral intake isotonically

FitLine Lutein

One month supply
Prod. No. 0712020*



- supports eye metabolism with the nutrients lutein and zeaxanthin
- first lutein/zeaxanthin product in microSolve micellized, liquid form
- greatly improved bioavailability through liquid, micellized form
- patent pending

FitLine Sesame Snack Bar

12 Bars
Prod. No. 0711003*



- delicious taste of sesame and honey
- simple, natural enjoyment!

FitLine Deoral

30 capsules
Prod. No. 0704003*



- for long-lasting refreshment for body, breath and skin
- ideal for athletes, smokers, after enjoying garlic and for fresher breath

FitLine Basen Plus

One month supply
Prod. No. 0702007*



- additional alkaline buffer to Restore
- valuable calcium and magnesium for healthy bones and teeth
- supplies essential minerals and trace elements
- FitLine Restore Sensitive and Restore Additive complement one another in their alkaline effects

FitLine Protein Ultra

5 bars
Prod. No. 9711003*



- protein contributes to build up and retention of a strong body
- with all essential amino acids which are needed for retaining muscles
- contains 30% high-quality protein
- with important B-vitamins for achievement and concentration

FitLine Quicky

5 bars
Prod. No. 9711001*



- provides energy between meals
- made of natural components of fruit and cereals
- natural, without hardened fats/transfats
- ideal for school, sports and office
- contains only 144 calories

FitLine Anti-Aging Set CC-Cel

1 each of 60 FitLine CC-CelCapsules,
CC-Cel-Lotion 125 ml/4.23 fl.oz.



- supports fat burn
- CLA beneficially influences fat metabolism
- L-carnitine to free energy

Prod. No. 9700014*
Also available individually

FitLine CC-Cel Capsules
60 capsules
Prod. No. 0704002*

FitLine CC-Cel Lotion,
125 ml /4.23 fl.oz.
Prod. No. 0110036*

PM-International AG

The Number 1 in innovative Direct Marketing

As an owner-run family company, trend-setting and market leader in innovation we are daily committed to delivering you quality products with top quality, effects and safety.

One of the 100 most innovative companies

Top-Innovator 8 years in succession.

NTC: the target nutrient absorption is as high as possible

* Ascertained among those companies taking part in the competition



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Simple. Successful.

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