



MIROS®



FOCUS



Miros Focus

Citicoline

Phosphatidylserine

Food Supplement
in Sachet Form



FOCUS AND MENTAL PERFORMANCE



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What is it used for?

- ✓ Increasing mental abilities in courses and exams that require intense mental focus
- ✓ Ability to focus in intense business meetings that last for hours
- ✓ Superior mental capacity in tasks that require intense focus and need to be completed urgently

How to use?

- ✓ Consume 1 sachet of the product by mixing it with 1 glass of water, on an empty or full stomach, 1 hour before work that requires intense mental focus.
- ✓ Honey or lemon juice can be added for taste adjustment.
- ✓ It does not cause any negative side effects when used for a long time. It can be used with other Miros products

Mechanism of Effect

- ✓ Along with the high amount of citicoline in the product, phosphotidylcholine, phosphotidylserine, choline and 5-hydroxytryptophan components are necessary for the repair of the myelin sheaths of nerve cells. It also increases the nerve cell connections necessary for intense mental activity.
- ✓ Taurine, carnitine, caffeine and theanine both provide the energy necessary for intense mental focus and reduce stress.
- ✓ Vitamins (especially B6, B12 and folic acid) and minerals are necessary for both mental activities and the healthy functioning of the body.
- ✓ Glutamine supports the liver. Thus, it prevents the rich content of the product from tiring the liver.



Active ingredient

Quantity in 1 Sachet

Citicoline Sodium	1000 mg
Phosphotidylserine	100 mg
Choline	550 mg
5-hydroxytryptophan	300 mg
Taurine	800 mg
L-glutamine	500 mg
L- carnitine	500 mg
L-theanine	300 mg
Caffeine	200 mg
Vitamin B1 (Thiamine mononitrate)	100 mg
Vitamin B5 (Calcium-D- pantetonate)	10 mg
Vitamin B6 (Pyridoxine hydrochloride)	10 mg
Vitamin B9 (Folic Acid)	60µg



MIROS®

MIROS® LAXA



MIRACULOUS INTESTINAL
DETOX DROPS





What is it used for?

- ✓ Constipation
- ✓ Gas
- ✓ Swelling
- ✓ Reflux
- ✓ General intestinal detox, which is necessary in the treatment of other diseases

How to use?

- ✓ Drink it morning and evening, on an empty stomach, by adding 3 drops into a glass of water.
- ✓ In case of extreme constipation, drinking 3 drops in 1 glass of boiling water will have a faster effect.
- ✓ It does not cause any negative side effects when used for a long time.

It can be used with other Miroso products.

Mechanism of Effect

- ✓ Prebiotic fiber, red carrot extract and Psyllium Husk extract remove harmful microorganisms in the intestines and nourish the beneficial ones.
- ✓ Hydrolyzed collagen supplements amino acids.
- ✓ Vitamin C strengthens the immune system and removes free radicals



Active ingredient	Amount in 3 Drops (0.15ml)	Amount in 10 Drops (0.5 ml)
Vitamin C (Ascorbic acid)	375 mg	125 mg
Hydrolyzed Collagen	15 mg	50 mg
Red carrot extract	7.5 mg	25 mg
Prebiotic fiber (Inulin)	1.5 mg	5 mg
Psyllium Husk extract	0.3 mg	1 mg



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Miros Prebioticus

Prebiotic Fiber

Collagen

Multivitamin

Multimineral

Food Supplement in
Sachet Form



**STRONG IMMUNITY &
HAPPY GUT**



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What is it used for?

- ✓ Vigorous and energetic life
- ✓ Better sleep
- ✓ Curing diarrhea and constipation
- ✓ Replenishing vitamin and mineral deficiencies
- ✓ Prevention and treatment of psoriasis, eczema, vitiligo, rosacea diseases
- ✓ Skin, hair and nail health

How to use?

- ✓ The sachet contained in the product is consumed by mixing it with 1 glass of boiling water.
- ✓ Honey or lemon juice can be added for taste adjustment. For general vigor, quality sleep and quality life, use once a day in the morning or evening on an empty stomach is sufficient.
- ✓ In diseases, it is recommended to use both in the morning and evening on an empty stomach (2 sachets totally).
- ✓ It does not cause any negative side effects when used for a long time.
- ✓ It can be used with other Miros products.

Mechanism of Effect

- ✓ The high amount of prebiotic fiber in the product removes harmful microorganisms that cause defecation problems and autoimmune skin disorders, thus providing the body with the opportunity to repair itself.
- ✓ The vitamins and minerals contained in the product support skin repair, immunity and general body functions. In addition to the vitamins and minerals in the product, theanine, caffeine and taurine provide vitality and energy.
- ✓ Vitamins C and E contained in the product remove free radicals.
- ✓ While biotin and zinc support hair and nail health, collagen is the source of amino acids necessary for skin beauty.



ACTIVE INGREDIENT	QUANTITY IN 1 SACHET	QUANTITY IN 2 SACHETS
Prebiotic fiber (Inulin)	6000 mg	12000 mg
Hydrolyzed collagen	1000 mg	2000 mg
Taurine	400 mg	800 mg
L-theanine	150 mg	300 mg
Caffeine	100 mg	200 mg
Psyllium husk extract	100 mg	200 mg
Vitamin B1 (Thiamine mononitrate)	44 mg	88 mg
Vitamin B2 (Riboflavin)	14 mg	28 mg
Vitamin B3 (Niacinamide)	80 mg	160 mg
Vitamin B5 (Calcium-D- pantothenate)	500 mg	1000 mg
Vitamin B6 (Pyridoxine hydrochloride)	5 mg	10 mg
Vitamin B7 (D- biotin)	1 mg	2 mg
Vitamin B8 (Inositol)	1000 mg	2000 mg
Vitamin B9 (Folic acid)	300 µg	600µg
Vitamin B12 (Methylcobalamin)	1000 µg	2000µg
Vitamin C (L-ascorbic acid)	500 mg	1000 mg
Source of Vitamin A (Beta-carotene)	3.5 mg	7 mg
Vitamin D3 (Cholecalciferol)	12.5µg	25 µg
Vitamin E (DL-alpha- tocopheryl acetate)	72 mg	144 mg
Vitamin K2 (Menaquinone-7)	100µg	200 µg
Magnesium (Trimagnesium citrate)	125 mg	250 mg
Zinc (Zinc picolinate)	7.5 mg	15 mg
Boron (Boric acid)	0.5 mg	1 mg
Molybdenum (Sodium molybdate)	175 µg	350 µg



MIROS® Syna

Miros Syna

Phosphotidylcholine

Phosphotidylserine

Citicoline

Curcumin

Multivitamin

Multimineral

**Food Supplement in
Sachet Form**



**MULTIPLE SCLEROSIS (MS)
AND CEREBRAL PALSY NEURAL
HEALTH SPECIALIST**



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What is it used for?

- ✓ Multiple Sclerosis (MS)
- ✓ Cerebral palsy

How to use?

- ✓ One sachet of the product is consumed by mixing it with 1 glass of water on an empty stomach in the morning and evening (Total of 2 sachets per day).
- ✓ Honey or lemon juice can be added for taste adjustment.
- ✓ In case of constipation, it is recommended to use Miro Laxa and Miro Prebioticus for about 1 month before using the product.
- ✓ It does not cause any negative side effects when used for a long time.
- ✓ It can be used with other Miro products.

Mechanism of Effect

- ✓ The phosphotidylcholine , phosphotidylserine , citicoline and choline components in the product are necessary for the repair of the myelin sheaths of damaged nerve cells in MS patients . It also increases the number of connections that nerve cells make with each other.
- ✓ Ginkgo Biloba , Quercetin, curcumin, vitamins C and E are very effective antioxidants. It protects the body in general, including nerve cells, from free radicals.
- ✓ Coenzyme Q10 and 5-hydroxytryptophan (5HTP) increase mental abilities. 5HTP, together with caffeine and theanine, helps the person relax psychologically and increases the ability to focus mentally.
- ✓ Vitamins and minerals are necessary for both mental activities and the healthy functioning of the body.
- ✓ Glutamine and alanine support the liver. Thus, it prevents the rich content of the product from tiring the liver.
- ✓ Taurine and N-acetyl carnitine increase both physical and mental energy.



Active ingredient	Quantity in 1 Sachet	Quantity in 2 Sachet
Main Components		
Phosphotidylcholine	1000 mg	2000 mg
Phosphotidylserine	250 mg	500 mg
Citicoline	500 mg	1000 mg
Ginkgo biloba extract	500 mg	1000 mg
Curcumin	300 mg	600 mg
5-hydroxytryptophan	150 mg	300 mg
Quercetin	100 mg	200 mg
Coenzyme Q10	10 mg	20 mg
Vitamins		
Vitamin C (Sodium ascorbate)	250 mg	500 mg
Vitamin B2 (Riboflavin)	28 mg	56 mg
Vitamin B3 (Niacinamide)	48 mg	96 mg
Vitamin B4 (Choline chloride)	275 mg	550 mg
Vitamin B8 (D- chiro inositol)	50 mg	100 mg
Minerals		
Calcium (Calcium gluconate)	400 mg	800 mg
Magnesium (magnesium-L- threonate)	125 mg	250 mg
Zinc (Zinc gluconate)	7.5 mg	15 mg
Other Components		
N-acetyl- carnitine	1000 mg	2000 mg
L-glutamine	500mg	1000 mg
L-alanine	500mg	1000 mg
Taurine	400mg	800mg
L-theanine	150 mg	300 mg
Caffeine	100 mg	200mg



MIROS[®] Virtus

Miros Virtus

Pelargonium Extract

L-Glutamine

L-Alanine

**Liquid Food
Supplement**

**CANCER AND INFECTION
ENEMY & LUNG SPECIALIST**





What is it used for?

- ✓ Candida Species
- ✓ Asthma
- ✓ COPD
- ✓ Several cancer species
- ✓ Bronchitis
- ✓ Viral diseases such as AIDS and Hepatitis.
- ✓ Prostate

How to use?

- ✓ Use 5 ml each in the morning, noon and evening.
 - ✓ The product can be used directly or mixed with honey, or by adding it to a glass of water or fruit juice.
 - ✓ It does not cause any negative side effects when used for a long time.
- It is recommended to be used together with Miroso Laxa or Miroso Prebioticus .

Mechanism of Effect

- ✓ Pelargonium sidoides (African geranium) extract in the product has antibacterial, antifungal and antiviral properties. It is very effective in infections throughout the body, especially in infections in the lungs.
- ✓ Alanine and glutamine amino acids are effective in liver repair.
- ✓ Vitamin C supports immunity and removes free radicals.
- ✓ Boron is effective in infections in the intestine and prostate.



Active ingredient	Quantity in 15ml	Amount in 30ml (mg)
Vitamin C (Ascorbic acid)	500 mg	1000 mg
L-alanine	250 mg	500 mg
L-glutamine	250 mg	500 mg
Pelargonium sidoides (African geranium) extract	150 mg	300 mg
Boron (Boric acid)	0.5 mg	1 mg



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