



SOMAPUR



Nutritional **supplements**

for a maximum of wellbeing

SOMAPUR

www.soma-handel.com

EN



WHAT IS SOMAPUR?

SOMAPUR
rethinking nutrition

We want to offer our customers optimal benefits. To do this, our specialists develop new and unique nutrient formulas that help with the daily nutrition. Our understanding: With the right nutrition, you can achieve anything.

SOMAPUR helps to focus your energy and support your body for a healthy lifestyle. No matter what the life situation may be.

Our products are supplemented with only the highest quality ingredients from around the world.

FROM PEOPLE
FOR PEOPLE <<

20 Topseller Products

SOMA Handels GmbH

We put purpose at the heart of what we do at SOMA to make a difference along the supply chain and in partnership. Our goal is to develop the supply chain of the future to help our customers navigate the digital economy and improve the lives of millions of people in the supply chain.

To drive this strategy forward, we founded SOMA Handels GmbH as a trading company in 2020.

German Roots. Global Network.







Our products are free from toxins, rich in ingredients and excellent in their effects. Only when our standards are fully met do the ingredients find their way into our products.

SOMAPUR
make wellbeing a matter of course



SOMAPUR

» Products in our ASSORTMENT

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SOMAPUR

» INDEX

A Z Premium

B Complex Premium

Vitamin D3 1000 IE

Vitamin E 300

Carotene (natural)

Q10 Plus

Ubiquinol 50mg u. 100mg

Calcium & Magnesium Complex

Potassium 200mg u. 400mg

Selenium 100 natural

ZMA Zinc-Magnesium

Lecithin 1200

Omega 3 Extra 400/200

Lactase 4000 u. 12000 FCC

Curcuma

Milk Thistle Premium

Premium OPC 150 MG

Capsules A-Z Premium

In our A-Z Premium you will find all the important vitamins, minerals and trace elements that the body needs every day. From vitamin A to zinc, you will find those micronutrients that are essential for bodily functions and must be taken with food.

The minerals and trace elements are added in this product as citrate salts and are therefore particularly well tolerated.

In addition, vitamins B2, B6 and B12 are present in activated form, which has a positive effect on your performance. Additionally, we rely on the supplementation of coenzyme Q10, lutein and OPCs (oligomeric proanthocyanidins) from grape seed extract to offer a complete product.

Active ingredients

Calcium 10 mg, potassium 16.67 mg, magnesium 77.33 mg, chromium 33.33 µg, manganese 0.33 mg, molybdenum 16.67 µg, selenium 20 µg, zinc 2.5 mg, vitamin B1 1.2 mg, vitamin B2 act. 1.2 mg, vitamin B6 act. 1.4mg, nicotinamide 3 mg, pantothenic acid (vitamin B5) 3.33 mg, beta-carotene 0.33 mg contains vitam A 55.33 µg RE. Vitamin B12 act. 8 µg, vitamin C 40 mg, vitamin D3 6,67 µg = 266,67 IU, vitamin E 11,2 mg = 16,67 IU, biotin 133,33 µg, folic acid act. 66,67 µg, coenzyme Q10 5 mg, grape seed extract 10 mg, iron 0,67 mg.

Ingredients

Magnesium citrate, hydroxypropyl methylcellulose (capsule shell), potassium citrate, calcium citrate, vitamin C, vitamin E natural, Lalmin™ SE 2000 (selenium yeast), grape seed extract, zinc citrate, ferrous gluconate, coenzyme Q10 natural, filler calcium carbonate, calcium D-pantothenate, nicotinamide, corn starch, beta-carotene, manganese citrate, vitamin B2 activated (riboflavin-5-phosphate sodium), vitamin B6 activated (pyridoxal-5-phosphate), vitamin B1-HCL (thiamine hydrochloride), sodium molybdate, maltodextrin, sucrose, chromium picolinate, antioxidants sodium citrate and alpha-tocopherol, biotin, Quatrefolic® (5-methyltetrahydrofolate), glucosamine, vitamin D3, vitamin B12 activated (methylcobalamin).



12 -24 months shelf life



1 - 3 capsules per day



Tablets

B Complex Premium

B vitamins can change everyday life, especially when mental performance and healthy nerves are required in hectic phases. B Complex Premium combines the eight B vitamins in one capsule in particularly good quantities: B1 (thiamine), B2 (riboflavin), B6 (pyridoxine), B12 (cobalamin), biotin, folic acid (folate), niacin and pantothenic acid (vitamin B5). They all make an important contribution to many bodily functions.

Biotin and niacin are particularly important for healthy energy metabolism, and vitamins B6, B12 and folate play a role in stable homocysteine metabolism. In addition, pantothenic acid has an influence on excitation conduction and the regulation of hormone activity in the organism.

Active ingredients

Vitamin B1 1,10 mg, Vitamin B2 1,40 mg,
Vitamin B6 1,40 mg, Vitamin B12 2,50 µg,
Nicotinamid 16,00 mg, Calcium-D-
Pantothenat 6,00 mg, Folsäure 200,00 µg,
Biotin 50,00 µg

Ingredients

MC Cellulose (Microcel MC-102), DiCaPhos
- [anhydrous], Nicotinamide (Niacinamide),
Calcium-D Pantothenate, Vitamin B12 0.1%
Cyanocobalamin, Vitamin B6 HCl [ACT /
VAN EEGHEN], Vitamin B2, Vitamin B1 HCl
[ACT / VAN EEGHEN], Folic Acid, Biotin,
Magnesium Stearate (RSPO MB).



12 -24 months shelf life



3 tablets per day



4 - 8 weeks



Bottle content

90 tablettes



Made in
Germany

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Capsules

Vitamin D3 1000 IE

On the one hand, our vitamin D supply comes from food, on the other hand, vitamin D3 is formed in the skin through sun exposure (UVB). Insufficient exposure to sunlight can lead to an acute vitamin D deficiency. Especially in the winter months, the radiation intensity in our region north of the 40th parallel is not sufficient for a sufficient vitamin D supply through the skin.

Acute vitamin D deficiency can also occur in the summer months if you do not spend enough time in the sun.

Vitamin D contributes significantly to the maintenance of healthy bones, normal muscle function, healthy teeth and normal immune system function.

Bottle content

90 capsules

further concentrations

Vitamin D3 2000 IE

Vitamin D3 3000 IE



Active ingredients

Vitamin D3 25 µg = 1000 IE

Ingredients

Filler microcrystalline cellulose, hydroxypropylmethylcellulose (capsule shell), maltodextrin, corn starch, sucrose, vitamin D3.



12 -24 months shelf life



1 capsul per day



4 - 8 weeks



Capsules Vitamin E 300

Vitamin E is an essential nutrient for the body, but it can only be synthesized by plants. Humans need to take vitamin E with food. Vitamin E acts as a protective system for a wide variety of cells through its antioxidant function. It protects against possible damage to cell membranes and stabilizes their function. In addition, it strengthens the immune system and is important for the formation of tissue mediators which, among other things, influence blood clotting and inflammatory reactions.



SOMAPUR

Active ingredients

Vitamin E 200mg

Ingredients

Vitamin E natürlich (D-Alpha-tocopherylsuccinat),
Hydroxypropylmethylcellulose
(Kapselhülle)



12 -24 months shelf life



1 capsule per day



Made in
Germany

Capsules

Carotene (natural)

Carotene contains beta-carotene, which is a precursor of vitamin A, also known as provitamin A. It contributes to healthy vision and can support the body in many ways. It contributes to a healthy visual process and can support the body in many ways. Among other things, it can contribute to a normal iron metabolism, the skin and the normalfunktion of the mucous membranes. It can also support the normal function of the immune system.



SOMAPUR

Active ingredients

Beta-carotene natural 4.8mg contains vitamin A 800µg RE

Ingredients

Filler microcrystalline cellulose, Vegetarian - HPMC, olive oil, sucrose, hydroxypropylmethylcellulose (capsule shell), natural beta-carotene, antioxidant ascorbyl palmitate and mixed tocopherols, anti-caking agent silicon dioxide.



12 -24 months shelf life



2 capsules per day



Capsules

Q10 Plus

Coenzyme Q10 is an important component of our daily diet. With increasing age and with an unbalanced diet, supplementation is recommended. In addition to Q10, selenium protects the body from oxidative stress, i.e. free radicals, and contributes to the normal function of the immune system. This is enhanced by the addition of vitamins C and E. The vitamin C additionally ensures normal function of the skin.

With the addition of beta-carotene (precursor of vitamin A) reduces fatigue and fatigue symptoms and also supports the natural appearance of the skin.

further concentrations

- Q10 30 mg natural
- Q10 100mg natural
- Q10 120mg natural
- Q10 150 mg natural



Active ingredients

Q10 nat. 30 mg, selenium yeast 15 mg contains nat. selenium 30 µg, beta-carotene 4.8 mg, vitamin E nat. 12 mg = 18 IU, vitamin C 75 mg.

Ingredients

Filler microcrystalline cellulose, hydroxypropyl methylcellulose (capsule shell), coenzyme Q10 natural, vitamin C, corn starch, vitamin E natural (D-alpha-tocopheryl succinate), Lalmin™ Se 2000 (selenium yeast), corn starch, beta-carotene, antioxidant alpha-tocopherol.



12 -24 months shelf life



1 tablet per day



4 - 8 weeks



Capsules

Ubiquinol 50mg

Ubiquinol is the active form and not oxidized of coenzyme Q10 and can thus be used directly by the body. Ubiquinol is the coenzyme Q10 which can be absorbed most quickly, and it is also the strongest fat-soluble antioxidant in the body.

Thus, it protects the cells from free radicals, which can have a positive effect especially in the aging process.

Bottle content

90 capsules

further concentrations

Ubiquinol 100mg



Active ingredients

Ubiquinol 100mg Lecithin 5mg

Ingredients

Rapeseed oil (refined), fish gelatin, ubiquinol (bioactive form of coenzyme Q10), humectant glycerol, beeswax, glycerol monostearate, purified water, lecithin (sunflower oil-based), colorant iron oxide.



12 -24 months shelf life



1-2 capsules per day



4 - 8 weeks



Tablets Calcium & Magnesium Complex

B vitamins can change everyday life, especially when mental performance and healthy nerves are required in hectic phases. B Complex Premium combines the eight B vitamins in one capsule in particularly good quantities: B1 (thiamine), B2 (riboflavin), B6 (pyridoxine), B12 (cobalamin), biotin, folic acid (folate), niacin and pantothenic acid (vitamin B5). They all make an important contribution to many bodily functions.

Biotin and niacin are particularly important for healthy energy metabolism, and vitamins B6, B12 and folate play a role in stable homocysteine metabolism. In addition, pantothenic acid has an influence on excitation conduction and the regulation of hormone activity in the organism.

Bottle content

90 tablettes



Active ingredients

Calcium carbonate heavy, Granules type 140, Magnesium oxide granules PH, MC Cellulose (Microcel MC-102) Magnesium stearate (RSPO MB)



12 -24 months shelf life



1 tablet per day



4 - 8 weeks

Ingredients

Calciumcarbonat 400,00 mg,
Magnesiumoxid 200,00 mg



Capsules

Potassium 200mg & 400mg

Potassium plays an important role in the electrolyte balance in the cells. Furthermore, potassium has an additional effect on the balance of the acid-base balance in the body. In addition, potassium has a central role, together with sodium, on the transmission of nerve impulses. For this reason, it is also necessary for heart function, muscle work and regulation of blood pressure.



SOMAPUR

Active ingredients

Potassium citrate 552,5mg contains potassium 200mg

Ingredients

Potassium citrate, filler microcrystalline cellulose, hydroxypropylmethylcellulose (capsule shell).



12 -24 months shelf life



2 - 4 capsules per day



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Capsules Selenium 100 natural

Selenium is one of the most vital trace elements. It is involved in many functions in the human body, such as normal sperm formation, normal thyroid function, the maintenance of a healthy immune system and the maintenance of normal hair and healthy nails. Selenium 100 contains 100 µg of selenium as selenium yeast and supplements the daily selenium requirement in one capsule.



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Dosage form

90 capsules

further concentrations

Selenium 200 natural



Active ingredients

Selenium yeast 50mg contains nat. selenium 100 µg.

Ingredients

Filler microcrystalline cellulose, hydroxypropylmethylcellulose (capsule shell), Ialmin™ Se 2000 (selenium yeast).



12 -24 months shelf life



1 tablet per day



4 - 8 weeks



Tablets

ZMA Zinc-Magnesium-Vitamin B6

ZMA is a dietary supplement based on the interaction of two very important minerals for the body.

Zinc supports normal regulation of sexual organs, normal supply of nails and skin, normal protein metabolism, normal metabolism of vitamin A and B complexes and regulation of essential fatty acids.

Magnesium relieves signs of fatigue, provides a

electrolyte balance and ensures normal energy metabolism and muscle function.

Vitamin B6 conditions normal cysteine synthesis, normal energy metabolism, a well-functioning nervous system and normal protein and glycogen metabolism.

Active ingredients

Magnesium 375.00 mg,

Zinc 6,50 mg,

Vitamin B6 1.40 mg

Ingredients

Magnesium oxide granules PH, Magnesium oxide powder (heavy) PharMagnesia MO Type N, MC Cellulose (Microcel MC-102), DiCaPhos - [anhydrous], Zinc gluconate 11.5%, Vitamin B6 HCl [ACT / VAN EEGHEN], Magnesium stearate (RSPO MB).



12 -24 months shelf life



1 - 2 capsules per day



4 - 8 weeks



Bottle content

90 tablettes



Capsules Lecithin 1200

Lecithin is found in all human cells as well as in all animal cells; as a component of the cell membrane, it stabilizes the body's cells. Above all, the active ingredient strengthens the brain and nerve cells and can thus help the body in stressful situations, nervous strain and performance pressure. Lecithin has a positive effect on concentration disorders and serves to increase performance.



SOMAPUR

Active ingredients

Soy lecithin contains 1200mg -
phospholipids 720mg

Ingredients

Soy lecithin, gelatin (bovine), humectant
glycerin, water



12 -24 months shelf life



2 capsules per day



4 - 8 weeks



Bottle content

90 capsules



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Capsule

Omega 3 Extra 400/200

Omega-3 fatty acids serve to support the heart, circulation and blood vessels. Particularly noteworthy is the high content of EPA (400 mg) and DHA (200 mg) per capsule. These highly unsaturated fatty acids are mainly found in cold-water fish such as herring, salmon and mackerel, as well as in vegetable oils such as flaxseed, rapeseed and soybean oil.

EPA and DHA contribute to the normal function of the heart. In addition, DHA supports the maintenance of vision and normal brain function.



SOMAPUR

Active ingredients

Omega-3 Concentrate 1000mg
contains: Eicosapentaenoic acid (EPA)
400mg, docosahexaenoic acid (DHA)
200mg, other omega-3 fatty acids
150mg.

Ingredients

Epax® marine omega-3 concentrate
(fish), gelatin (bovine), humectant
glycerin, water



12 -24 months shelf life



2 capsules per day



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Capsules Lactase 4000

The enzyme lactase helps the body to break down milk sugar into its two components glucose and galactose. This enables the body to absorb and digest these two substances. About 15% of all adults cannot tolerate dairy products because they lack the enzyme lactase. In such cases, one speaks of lactose intolerance, since the milk sugar cannot be broken down and thus cannot be absorbed by the body.



SOMAPUR

Active ingredients

Lactase 12000 FCC , Lactase 4000 FCC



12 -24 months shelf life

Ingredients

Filler microcrystalline cellulose, lactase, hydroxypropylmethylcellulose (capsule shell), maltodextrin



1 capsule per day



Further concentrations

Lactase 12000 FCC



Capsules Curcuma

In India, turmeric is considered a sacred plant. It is said to have numerous positive effects. It is a proven medicinal plant in Ayurvedic medicine.

Turmeric contains the secondary plant substance curcumin. This is responsible for the bright yellow color of the spice and is known for its positive effects on the intestines and digestion.



SOMAPUR

Active ingredients

Curcuma extract 400mg contains curcuminoids 380mg of which curcumin 285 mg demethoxycurcumin 57 mg, bisdemethoxycurcumin 8.4 mg.

Ingredients

microcrystalline filler microcrystalline cellulose, hydroxypropylmethylcellulose (capsule shell), Curcuma longa extract



12 -24 months shelf life



2 capsules per day



Capsules Milk Thistle Premium

The herbal dietary supplement contains the substance mixture silymarin, which is said to have a positive antioxidant property. Especially in a high-fat and high-calorie diet with additional alcohol consumption, the liver can be severely attacked. Milk Thistle Premium can positively support the liver during such phases of life.



SOMAPUR

Active ingredients

Milk thistle extract 500mg contains silymarin 400mg.

Ingredients

Milk thistle extract,
hydroxypropylmethylcellulose (caspel shell).



12 -24 months shelf life



2 capsules per day



4 - 8 weeks



Bottle content

90 capsules



Capsules

Premium OPC 150 MG

OPC is the abbreviation for "Oligomeric Proanthocyanidins". It is a biochemical group of substances found in plants with a high antioxidant effect. Many processes in the cardiovascular system are influenced by OPCs. In addition, they strengthen the strength of veins and capillaries.



SOMAPUR

Active ingredients

Filler microcrystalline cellulose, hydroxypropylmethylcellulose (capsule shell), red grape seed extract.

Ingredients

Red grape seed extract 199.7 mg contains OPC 150 mg.



12 -24 months shelf life



2 capsules per day



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» Products in our assortment

A Z Premium
Acacia fiber organic
Acerola Pure
Acid Bases Bath
Alkaline Citrate Capsules
Alpha Lipoic Acid 300 R (+)
Alwaysfit
Amino Acids Essential
Amino Acids K
Anti-Aging Premium
Antioxidant Capsules
Arginine 500
Arthro Joint Active
Artichoke 330
Ashwagandha 500
Astaxanthin 4 mg
BCAA
Base Citrate Sugar Free
Base Tabs
Beauty Vital
Biological Intestine Tablets
Biotin 5 mg
Black Cumin Oil Plus
Borage oil 500 Boron 3 mg
Bromelain 500 FIP
CUFCUMAa on.
Caffeine natural 200
Calcium 300 natural
Calcium D3 500/1000
Calcium citrate
Calcium magnesium
Carotene natural
Children vitamins with calcium
Chlorella
Chromium 200
Chromium pic
Cinnamon
Cistus
Cocktail for kids
Contrazep ProN
Copper 2 mg Citrate
Cor Heart Plus
Cranberry 36 OPC
Cranberry 400
Creatine 500
Curcuma with pepper extract
Diachrome Ultra Plus
Drainage natural
Energy Green
Energy B12
Enzymes Plus
Evening primrose oil
Fenugreek extract
Fish Oil 1000
Folate 800 activated
Folic acid 400 ug
Folic acid 800 ug
Folvital
Frankincense 400
Gastro
Ginkgo Plus
Glucomannan 500
Glutamine 500
Green Coffee 300
Green Lipped Mussel Concentrate
Griffonia 5-HTP 200 mg
Hair Active
Herpimmun
Hyaluronic Acid 100
Immune Premium
Inulin 420 mg
Iodine natural
Iron Plus
Iron+C Vegetable
Krill oil
L-Carnitine 250
L-Carnitine 500 K
Lactase 12000 FCC
Lactase 4000 FCC
Lactoferrin 250 Ladycaps
Lecithin 1200
Lysine 500
MSM 500 mg
Maca 2000 Plus
Magnesium 130 Citrate
Magnesium Direct
Magnesium Glycinate
Manganese 2 mg Citrate
Manganese 5 mg Citrate
Mannose Plus Cranberry
Melatonin Sleep Complex
Metabolism
Metfo Pro N
Methionine 500
Migra Active
Milk Thistle 500
Mineral Citrate Refill 734
Mineral Drink
Molybdenum
Monk's pepper 10 mg organic
Mucosa Aid
NADH 20 MG
OPC 150 mg
OPC Plus
Omega 3 extra 400/200
Omega 3 vegan
Omegas 3 forte
Ome pant Pro N
Pantothenic acid 500
Pomegranate
Potassium 200 Citrate
Potassium Magnesium TF
Power & Relax
Prebiot Bio
Pregnancy Vital
Probiot
Prosta
Protein 136 Vanilla
Pure Ginger
Pyenogenol 100 mg+C
Q10 120 mg natural
Q10 250 mg natural
Q10 30 mg natural
Q10 plus
Quercetin 250
Red Rice
Relax
Resveratrol 125
Rosehip 400
Saffron 30
Selenium 100 ACE
Selenium 100 natural
Selenium 200 natural
Seniorfit
Shiitaker
Silica
Silica / MG / CA
Silicon natural
Skin and hair capsules
Sleep Better Vegetable
Sodium selenite
Soyflavone
Spermidine 2 MG
Spirulina
Stati Pro N
Stress Capsules
Sun Mixture
Taurine 500
Ubiquinol 100 mg
Ubiquinol 50 mg
Vegetable capsule
Venactiv
Vision Fit
Vitamin B Complex Premium
Vitamin B complex F
Vitamin B complex natural
Vitamin B1 100 mg
Vitamin B12 1000 activated
Vitamin B12 500 activated
Vitamin B2 100 mg
Vitamin B6 25 activated P-5-P
Vitamin C 500 Depot
Vitamin C buffered
Vitamin D3 2000 IU
Vitamin D3 3000 IU
Vitamin D3 4000 IU
Vitamin D3 drops
Vitamin D3+K2 MK-7 Superior
Vitamin D3:1000 IU
Vitamin E 300 IU natural
Vitamin K 2 200 ug MK-7
Vitamin B12
Zinc 15 mg
Zinc Picolinate
Zinc Histidine C
Zinc Histidine Plus C+D
Zinc Plus C+D
Zinc Selenium ACE
Zinc Selenium F

Formulated in Germany - Made in Germany

NUTRITIONAL SUPPLEMENTS

Gain more quality of life



SOMAPUR



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not all products are vegan - ingredients may differ



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