



**LIVE AN
EFFECTIVE LIFE**

 **SINCE 2002**



Kompava

Company



The company Kompava was based on **April 1st, 2002** in **Nové Mesto nad Váhom**, where it still operates today and is constantly growing. From the very beginning of its establishment we focus not only on development, production, and sales nutritional supplements, but also for overall care about the health of customers, which is also reflected in the motto itself:

LIVE AN EFFECTIVE LIFE

We manufacture every single product so that it has maximum functionality and contains the highest quality raw materials.

We do not use any artificial dyes, flavors or preservatives during production. Products are manufactured from pure food and pharmaceutical raw materials, which are allowed within the European Union. Health of each and every customer matters to us, that's why we have an implemented control system and certificate **FSSC 22000**, with which we can guarantee **100% quality and product safety**.

Kompava's portfolio consists of more than **80 products** which are divided into three lines: **Sports line, health support products, and anti age-line**. You can also find various nutritional supplements from the **body hydration, through fat-burners, proteins, or energizers to products for better digestion and protection of joint apparatus or cardiovascular system**. 2 to 4 new products are added to our portfolio every year, prepared by our development team.

You can find our products in sports shops, fitness centers, pharmacies, organic stores, drugstores,

DM Markt, or in e-shops with nutritional supplements.

We run our online store **www.kompava.eu** and we provide all the important information about individual products on the pages: **www.acidofit.sk, www.k2antiage.sk, www.skinbooster.sk, www.l-carnosine.sk, www.veganprotein.sk**.

We're constantly trying to keep up with the times, so we follow the leading global trends in the field of nutrition, sports, and support of a healthy lifestyle. All our products are designed not only for elite athletes and active individuals but also for people who like to improve their lives and strengthen their overall health.

In addition to the production and distribution of nutritional supplements, the Kompava company also focuses on **diagnostics**. We are aware that every organism is special and unique therefore not always one product works for everyone. It was also one of the many reasons why we decided to also provide customers with the possibility of diagnostics at different levels (sports, health diagnostics) in our diagnostic center Metflex in Nové Mesto nad Váhom.

Every positive experience you have with our products makes us happy and motivates us to move forward. Our customers are the driving force for us to constantly make progress and create premium products of the highest quality.

Your **Kompava** team



Contents

AntiAge

Nutrition of skin, hair and nails

Skinbooster® / K2 AntiAge	5
Collagen Coffee Cream / Premium L-Carnosine	6

Health Support

Vitamins and minerals

Fit C Vitamin / C Vitamin in powder	8
B complex Extra / Vitamin D3	9
Magnesium Chelate / Zn and Se	10

Immunity

Premium Colostrum / Premium Lactoferrin	11
L-lysine Extra	12

Detox

Yucca Shidigera / AcidoFit MD	13
Glutathione	14

Digestion

Belly Fyto Detox / FytoEnzyme Complex	15
Probiodom / Vitamin U	16

Heart and blood vessels

Nattokinase Plus / Omega 3	17
Lecithin	18

Nervous system/Stress/Sleep

Tryptophan B+ / DLPA Extra	19
Nonmigran	20

Joints

Gelo-3 complex® / Joint Bar	21
FitArtro Active / MSM	22



Sports nutrition

Hydration

HypoFit® / EnergoFit	24
----------------------	----

Energy sources

K-4 Power Gel / 3Energy Bar	25
Premium Energy / Creatine Creapure	26
Pudding extra mass / Glucose	27
Maltodextrin	28

Muscle mass growth and regeneration

Gainer cocktail / Protein Fit 50	29
Premium Protein / Wellness Daily Protein	30
Protein Fit 70 / Protein Fit 80	31
LactoFree 90 / Vegan Protein	32

Weight loss/Burners

ThermoFit / L-Carnitine	33
BodyFit / Lady Fit Protein	34

Stimulating substances and amino acids

K4 Power BCAA / ArgiNO Drink	35
Tribulus Terrestris / Amino BCAA Forte	36
Taurine / A-AKG	37
HMB / Glutamine	38
Amino 2500 / Beef Amino	39

Supplements for children

JAMI drink / JAMI dezert	40
--------------------------	----

SCAN
AND SHOP
>>>



AntiAge

AntiAge



SkinBooster®

Complex nutrition for skin, hair, and nails



- > **collagen** enriched with a complex of active substances (elastin, keratin, ceramides, **hyaluronic acid**, selenium, and vitamin C), which work in every layer of the skin
- > **prevents the deepening of wrinkles** and reduces the wrinkles that have formed
- > ensures elasticity of the skin and reduces the signs of cellulite
- > **nourishes the hair**, improves its quality and strength
- > prevents splitting of **nails** and gives them strength and a healthy appearance
- > thanks to **ceramides** and **hyaluronic acid**, the skin will remain **hydrated** for a long time



AntiAge

1 DOSE

10 g

PACKING



ACTIVE SUBSTANCES

collagen peptides Verisol®, Fortigel®
TM elastin peptides ProLastin
keratin peptides Cynatine® HNS
TM ceramides Ceramoides™
hyaluronic acid
L-citrulline
vitamin C

K2 AntiAge

The product contains the „Day and Night“ complex



„Day“ – white dose

- > **activates the production of cellular energy** and supports the vitality of the organism
- > improves concentration, **work, and mental performance**
- > Cordyceps Sinensis supplies the body with important **micronutrients**
- > ginseng and coenzyme Q10 **stimulate the brain, heart, and muscles**

„Night“ – black dose

- > **improves detoxification** and regeneration of cells during the night
- > **supports liver activity** at night
- > **Broccoli extract** with high **sulforaphane** content
- > it is important to protect the body against cell damage
- > **grape seed extract** **protects** the body's cells against **oxidative damage** and its antioxidant activity prevents cell mutations



1 DOSE

4+2 cps

PACKING



ACTIVE SUBSTANCES

Cordyceps sinensis (Chinese caterpillar fungus)
true ginseng
coenzyme Q10
broccoli extract
grape seed extract

Collagen Coffee Cream

Unique collagen for coffee with taste of soft cream without lactose



- > a **delicious alternative** to coffee creamer
- > dose contains **3 g of collagen, 1 g of taurine and MCT fats**
- > **branded collagen peptides** form a complex of amino acids with high nutritional value
- > MCT fats as a **quick source of energy** for the body and brain, which is not stored as body fat
- > taurine supports **concentration** and stimulates **brain activity** "enrich your coffee **nutritionally and make it more delicious**"



1 DOSE

6 g

PACKING



ACTIVE SUBSTANCES

Fortigel® collagen peptides
MCT fats
Taurine

Premium L- Carnosine

Protection and regeneration of brain cells



- > it supplies **cells with energy**, improves your performance, strength, and endurance
- > **protects neurons** from oxidative and degenerative damage
- > chelates heavy metals (removes heavy metals from the cells)
- > **L-carnosine** improves the transmission of nerve impulses, **regenerates damaged nerve cells** and prolongs their lifespan
- > **coenzyme Q10 and vitamin E** are essential for active use of carnosine in the body
- > eliminates signs of cell aging – **ANTIAGE**



1 DOSE

1-2 cps

PACKING



ACTIVE SUBSTANCES

L-carnosine
coenzyme Q10
vitamin E

Health Support

Health Support



Fit C Vitamin

Vitamin supplement with gradual release effect of vitamin C for 8-12 hours.



- > the most effective vitamin for supporting the immune system
- > contributes to the proper **functioning of the immune system**, to normal collagen production, proper **bones** function and **cartilage, gums, and skin**
- > protects cells from **oxidative stress**
- > L-ascorbic acid in the form of "beads" which ensure the gradual release of vitamin C
- > one capsule represents the **daily recommended dose of vitamin C**



1 DOSE

1 cps

PACKING



ACTIVE SUBSTANCES

vitamin C

C Vitamin in powder

Vitamin C in refreshing powder form



- > vitamin that supports the immune system throughout the year
- > contributes to the normal formation of **collagen** necessary for healthy cartilage, tendons, and **skin**
- > protects cells from **oxidative stress** and damage
- > L-ascorbic acid in the **form of a powder** that you can **sprinkle into water** or other cold drink for individual dosing
- > one scoop contains 1000 mg of vitamin C



1 DOSE

1000 mg
(1measure)

PACKING



ACTIVE SUBSTANCES

vitamin C

B-Complex Extra

A unique complex of B vitamins in a vegan version.



- > contains a high dose of all B vitamins with **extra dose of vitamin B6 and B12**
- > contributes to the reduction of **exhaustion, and fatigue** and ensures proper functioning of the **psyche**
- > contains eight B vitamins
- > it is additionally enriched with **vitamins C and E**



1 DOSE

1 cps

PACKING



ACTIVE SUBSTANCES

vitamin B1, B2, B3, B5,
B6, B7, B9, B12
vitamin C
vitamin E

Vitamin D3

Effective liposomal form of vitamin D3 with the best absorption in human organism.



- > **liposomal vitamin D3 (3000 IU)** is important for good activity of immune cells
- > **supports the immune system** and contributes to the correct absorption of **calcium and phosphorus**
- > the supplement also contains **200 mg of vitamin C** in each dose for effective immune support
- > **vegans and vegetarians, elderly people and people who stay indoors a lot** often suffer from vitamin D3 deficiency



1 DOSE

1 cps

PACKING



ACTIVE SUBSTANCES

liposomal vitamin D3
vitamin C

Magnesium Chelate

Magnesium chelate is the most effective form of magnesium on the market.



- > helps people experiencing frequent **fatigue, stress, or exhaustion**
- > it is enriched with **vitamin B6** and is also suitable for **vegans**
- > with a lack of magnesium, we can have problems **sleeping**, feeling **tired**, **muscle weakness**, **cramps**, and **twitching**
- > affects the correct functioning of several bodily functions, such as **muscle activity** and **mineralization of bones and teeth**

1 DOSE

1 cps

PACKING



ACTIVE SUBSTANCES

magnesium chelate
vitamin B6



Zn and Se

Nutritional supplement containing zinc, selenium and Cordyceps sinensis.



- > contributes to the proper functioning of the **immune system**
- > helps maintain **healthy skin, hair, and nails**
- > contributes to proper **reproductive function** and maintenance normal **testosterone levels**
- > an **organic form** in the form of lactate for better absorbability in the body
- > protects cells from oxidative stress

1 DOSE

1 cps

PACKING



ACTIVE SUBSTANCES

zinc
selenium
Cordyceps sinensis



Premium Colostrum

Certified cow's colostrum



- > contains **certified cow's colostrum** with a guaranteed content of 35% immunoglobulins
- > comes from **selected farms in the north of France** from controlled breedings
- > natural source of immunoglobulins, growth factors, **lactoferrin**, lysozyme, vitamins, minerals, and amino acids
- > regular use **supports the immune system**
- > suitable for children **from 3 years old**, **pets**, **people with allergies**, or people **after surgeries** for better recovery



1 DOSE

2 cps

PACKING



ACTIVE SUBSTANCES

colostrum

Premium Lactoferrin

A mixture of active substances contributing to the proper function of the immune system.



- > transports, binds iron and has a beneficial effect on the immune system
- > it is part of **innate immunity**
- > the main role of lactoferrin is the transport of iron in the body
- > **antiviral and antibacterial activity**
- > it is suitable not only for people with **weakened immunity** but also for people with iron deficiency
- > recommended for people with **anemia** caused by iron deficiency
- > it also contains **an organic form of selenium, zinc, and vitamin B6**



1 DOSE

2 cps

PACKING



ACTIVE SUBSTANCES

lactoferrin
selenium
zinc
vitamin B6

L-lysine Extra

Complex immunity formula containing 3 active substances:
L-lysine, vitamin B6 and Echinacea purpurea extract.



- > favorably supports the function of the **immune system** and helps prevent the outbreak of various **viral infections**
- > L-lysine is an important building material of **immune cells**
- > participates in several processes of metabolism and cell renewal
- > suitable in periods of **viral diseases** for support of the immune system and for people with weakened immunity
- > recommended for **herpes viruses and cold sores**



1 DOSE

2 cps

PACKING

60 cps

ACTIVE SUBSTANCES

L-lysine
Echinacea purpurea extract
vitamin B6



Yucca Shidigera

Plant extract specialized for removing toxins and deposits from the body.



- > the active substance is **plant saponins** (water soluble stearates and insoluble terpenes) in natural form, which has a **detoxifying effect**
- > **stearane saponins** bind fat particles in the intestine and prevent their unwanted settlement in the **digestive system**
- > **terpene saponins** can be absorbed into the bloodstream, which they then **clean**
- > it is recommended for adjusting the **cholesterol** level



1 DOSE

1-2
cps

PACKING

120 cps

ACTIVE SUBSTANCES

sterane and terpene saponins

AcidoFit MD

Vitamin-mineral drink with plant extracts.



- > replenishes **vitamins and minerals** after demanding physical activity, and **prevents muscle spasms**
- > first aid for **increased acid formation** (excessive intake of sugars and proteins) and "overacidified organism"
- > minerals **calcium, magnesium, potassium and sodium** ensure proper muscle functioning and participate in muscle contraction
- > **green tea extract** acts as an **antioxidant** and contributes to the body's defenses
- > **extract from Aloe vera and Alfalfa** ensures normal function of intestinal tract and supports **detoxification of the body**



1 DOSE

1 tbl

PACKING

14 tbl

10 tbl
10 tbl
100 pcs
MIX PACKAGE

ACTIVE SUBSTANCES

green tea
aloe vera
alfalfa
calcium
sodium
magnesium
potassium
vitamins B, C, E, H

FLAVORS

kiwi
raspberry
grapefruit/ lemon
orange/ lime

Glutathione

A powerful antioxidant to protect liver and kidney cells.



- the main **antioxidant** for strengthening and proper **liver** function during its load
- protection of cells from substances causing irreversible aging (**anti-age effect**)
- to reduce cell damage caused by **smoking, stress, illnesses, alcohol and use of medication**
- better regeneration during high physical load and intense training of **athletes**
- effective recovery after injuries, surgeries, and **viral diseases**
- in an **acid-resistant capsule** preventing decomposition of glutathione in the stomach for its higher absorbability



1 DOSE

1-2
cps

PACKING

90 cps

ACTIVE SUBSTANCES

L-glutation

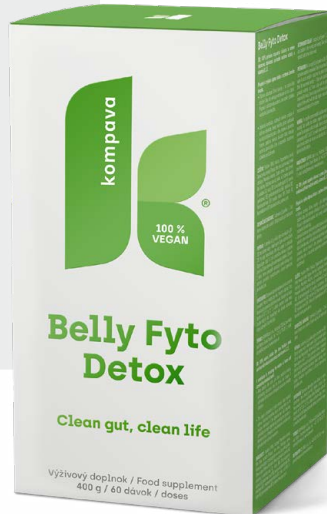


Belly Fyto Detox

10 plant extracts for comfortable digestion.



- > a combination of soluble and insoluble **fiber**, and ten **plant extracts**
- > improves stool consistency, **facilitates emptying**, and **supports intestinal peristalsis**
- > a complex of plant extracts **soothes the intestinal mucosa**
- > hibiscus ensures the excretion of **excess water** from the body, Aloe vera cleans and **detoxifies the body**
- > Fennel, licorice and palm rhubarb contribute to **normal digestion**
- > Lucerne seeds have a positive effect on **metabolic functions**
- > a **sufficient body hydration** is important while using



1 DOSE

6,5 g

PACKING



ACTIVE SUBSTANCES

psyllium from plantain
extracts: peppermint
papaya
aloe vera, lantern seeds,
common fennel
bearberry, licorice
red elm, medicinal ibis
palm rhubarb
flax flour
vitamins B, C, E

FytoEnzyme Complex

A complex of plant extracts, oil and Lactobacillus sporogenes.



- > contains plant enzymes for more **efficient digestion** of the main food components and their better use in the body
- > supports digestion in case of **intolerances** (suitable for lactose, and histamine intolerance) and **after meals hard to digest**
- > vegetable oils **calm** the digestive system, relief of **bloating and flatulence**
- > Lactobacillus sporogenes is a **probiotic bacteria** supporting food decomposition
- > pleasant and soothing aroma of herbal capsules



1 DOSE

1-2
cps

PACKING



ACTIVE SUBSTANCES

pancreatin, papain
bromelain, lipase
cellulase, lactase
peppermint, spearmint oil
fennel, Iowa oil

Probiodom

Contains 8 stable strains of probiotic cultures

- > probiotic cultures are mixed so that they colonize the **whole digestive tract**
- > 1 gram contains up to **2.5 billion** probiotic cultures
- > Probiodom is a **symbiotic containing prebiotics**
- > prebiotics fructooligosaccharides (FOS), form in nutritional supplement ideal source of energy for the growth of **friendly intestinal bacteria**
- > they maintain the correct balance of intestinal bacteria, and thus they contribute to **proper digestion**
- > suitable during **antibiotics and medicine treatments**



1 DOSE

2 cps

PACKING



ACTIVE SUBSTANCES

Bifidobacterium lactis W51 a W52
 Enterococcus faecium W54
 Lactobacillus acidophilus W22
 Lactobacillus paracasei W20
 Lactobacillus plantarum W21
 Lactobacillus salivarius W24
 Lactococcus lactis W19

Vitamin U

To support the normal function of the digestive tract, especially the stomach.

- > a derivative of the amino acid methionine (methyl-methionine sulfonium chloride)
- > a natural substance found in **cabbage**, leaves of green vegetables and in the yolk
- > has a beneficial effect on excessive **gastric production acids and reflux**
- > its effect will also interest people with a tendency to **stomach problems**, and **duodenal ulcers**
- > contributes to the **protection of the gastric mucosa**, and has a beneficial effect on the overall function of the digestive system
- > recommended for **Helicobacter pylori**



1 DOSE

2 cps

PACKING



ACTIVE SUBSTANCES

methyl-methionin sulfonium chlorid

Nattokinase Plus

Highly effective plant proteolytic enzyme.



- > the only approved form in the EU **NSK-SD® Nattokinase**
- > **cleans the blood** from excessive amounts of unwanted fibrin
- > an excessive amount of fibrin causes **thickening blood and causes blood clots**
- > proteolytic enzyme improves **wound healing** after **injuries or surgeries**
- > improves **blood circulation** in the limbs during long flights, long-term standing and sitting
- > reduces the risk of **blood clots**



1 DOSE

1 cps

PACKING



90 cps

ACTIVE SUBSTANCES

nattokinase enzyme
inullin

Omega 3

Essential unsaturated fatty acids.



- > Omega-3 fatty acids contain the right ratio of **EPA** (eicosapentaenoic) and **DHA** (docosahexaenoic) acids, whose source is **sea fish from the Nordic regions**
- > they contribute to the maintenance of normal **blood pressure, and normal blood cholesterol levels**
- > they contribute to the **proper function of the heart**, maintaining a **good brain function** and support normal vision
- > important for **pregnant women** and for the proper development of the child
- > a **lack of omega-3 fatty acids** can manifest itself by increased fatigue, dry skin, worsened memory and concentration, breaking nails and hair



1 DOSE

1 cps

PACKING



30 cps

100 cps

ACTIVE SUBSTANCES

fish oil

Lecithin

Made from natural 100% soybean oil without additives.



- > improves **memory** and overall **physical and mental condition**
- > prevents the deposition of harmful LDL **cholesterol** in blood vessels
- > has a preventive effect against **cardiovascular diseases**
- > reduces the risk of **liver** damage and protects **nerve cells**
- > improves **skin quality and the shine of the hair**



1 DOSE

1-2
cps

PACKING



ACTIVE SUBSTANCES

soy lecithin



Tryptophan B+

Made from natural 100% soybean oil without additives.



- > the unique composition will support **quality sleep** and a **good mood**
- > contributes positively to mood improvement, better **copng with stressful situations**
- > precursor of the neurotransmitter serotonin (**good mood hormone**), and the pituitary hormone melatonin (**sleep hormone**)
- > **vitamins B6 and B3** contribute to proper functioning nervous system and psyche
- > improves sleep and regeneration **during difficult training sessions**



1 DOSE

1-2
cps

PACKING



ACTIVE SUBSTANCES

L-tryptophan
vitamin B6
vitamin B3

DLPA Extra

Nutritional supplement containing an essential amino acid phenylalanine, vitamin C and B6.



- > a combination of two forms of the amino acid phenylalanine - the L-form, and D-forms
- > designed to **improve mood** (proper production of endorphins), and help with **mental fatigue**
- > it is recommended to be used in difficult **psychological periods**, and for **students** during their exams
- > improves the ability to **learn and remember**
- > reduces excessive appetite, which is why it is used in diets



1 DOSE

1-5
cps

PACKING



ACTIVE SUBSTANCES

DL-phenylalanine
vitamin C
vitamin B6

Nonmigran

Thanks to its composition, it supports normal functions of circulatory and nervous system.



- > first aid for **headaches and migraines**
- > Tanacetum parthenium in combinations with **nerve vitamins**
- > thanks to the combination of natural ingredients, it has a beneficial effect on the overall function of the **circulatory and nervous system**
- > enriched with vitamins B2 and C, was developed on the initiative of **Slovak neurologists**
- > a unique 100% natural product, the only one on the European market



1 DOSE

1 cps

PACKING



ACTIVE SUBSTANCES

Tanacetum parthenium
(parthenolides)
vitamin B2
vitamin C



Gelo-3 complex®

Complex nutrition for joints, cartilage and connective tissues in the form of a drink



- > **joint collagen** enriched with a complex of active substances (glucosamine sulfate, chondroitin sulfate, vitamins and minerals)
- > for nutrition and regeneration of joints, tendons and cartilage
- > a **high dose of collagen (8 g)** in one dose in the form of easy absorbable **collagen peptides**
- > suitable for athletes and ordinary people for a quick convalescence after **injuries and surgery**
- > regenerates **tendons and soft structures** and is suitable as prevention and supportive treatment of osteoarthritis (degenerative cartilage disease)
- > supports the treatment of degenerative diseases of the joint apparatus



1 DOSE

13 g

PACKING

390g

ACTIVE SUBSTANCES

collagen peptides
glucosamine sulfate
chondroitin sulfate
calcium
magnesium
vitamin C, B, E, H

FLAVORS

orange
peach
exotic

Joint Bar

Collagen joint bar in three great flavors.



- > a complex of necessary substances for the nutrition and protection of **joints and tendons** and **ligaments** hidden in a tasty bar
- > one bar contains up to **6 g of collagen peptides**, necessary dose of **calcium and magnesium** to maintain **good and healthy condition of bones, cartilages and skin**
- > strengthens and regenerates stressed joints of not only athletes
- > **nutritional snack** for travel, hiking, sports and school



1 DOSE

40 g

PACKING

6 pcs

32 pcs

ACTIVE SUBSTANCES

collagen peptides
whey protein
minerals Ca, Mg
vitamins of group B, C, E

FLAVORS

coconut
mango
chocolate / banana

FitArtro Active

100% pure glucosamine sulfate in capsules.



- > contributes to proper **hydration and flexibility of joint cartilage**
- > **protects joints and tendons** from overload during sports or high physical activity
- > recommended for people after **injuries** and damages of musculoskeletal system
- > we recommend using with **Gelo-3 complex** as a complex nutrition for joints and cartilage
- > suitable **during convalescence and after-surgery care**



1 DOSE

1-2
cps

PACKING



ACTIVE SUBSTANCES

glucosamine sulfate

MSM

An organic source of sulfur known as a beauty mineral.



- > registered form of **OptiMSM®** is currently number one on the market because of the high purity of the product
- > MSM (methylsulfonylmethane) is a source of organic sulfur with a strong **detoxifying effect**
- > has a positive effect on **connective tissues** and promotes formation amino acids for the production of the body's own **collagen**
- > 1-3 g of MSM per day supports the reduction of visible signs of **aging and problematic skin**
- > suppresses the negative effects of **allergies**



1 DOSE

1-2
cps

PACKING



ACTIVE SUBSTANCES

methylsulfonylmethane

Sports nutrition

Sports nutrition



HypoFit®

Hypotonic drink containing antioxidants, vitamins, and minerals designed for all kinds of sports.



- > before and during sports performance
- > ensures **long-term body hydration**, eliminates the overheating and overloading of the body
- > green tea extract has a **strong antioxidant** effect
- > stimulates heart and brain activity
- > vitamin C, E, beta-carotene, and selenium have a **protective effect**, they prevent the action of harmful radicals appearing during increased physical activity
- > minerals maintain an optimal water level in the body and **prevent muscle spasms**
- > for professional and recreational athletes and for people who work physically



1 DOSE

6 g

PACKING



ACTIVE SUBSTANCES

glucose
maltodextrin
green tea extract
vitamins C, E
beta-carotene
minerals Na, Ca, K, Mg, Se

FLAVORS

orange
mango
grapefruit
lemon / lime
blackcurrant
sour cherry
exotic
apple/lime

EnergoFit

Energy-hydration drink for quick replenishment of energy, vitamins, minerals and amino acids.



- > **source of energy** during and after sport performance
- > **increases performance** and improves **endurance**
- > amino acids save muscle glycogen, support the activity of the heart and nervous system
- > vitamins slow down the onset of fatigue, speed up regeneration of organism and support the immune system
- > minerals prevent muscle **spasms** and maintain the optimal balance of body fluids
- > glucose and maltodextrin **prevent body exhaustion** and **provide energy**



1 DOSE

17 g

PACKING



ACTIVE SUBSTANCES

maltodextrin, glucose
green extract tea
L-glutamine
taurine
L-carnitine
Glycine
B vitamins
C, E, PP
minerals Na, Ca, K, Mg

FLAVORS

orange
grapefruit
sour cherry
exotic
lemon / lime
blackcurrant
apple / lime

K-4 Power Gel

Functional energy gel to increase energy and endurance.



- > **quick and gradual source of energy** (carbohydrates + MCT fats) during high physical and mental stress
- > **easily digestible**, does not burden the stomach
- > L-arginine and citrulline ensure the **NO effect** in the body and increase **blood oxygenation**
- > amino acids **stimulate performance**, support heart activity and speed up the regeneration of the body
- > minerals ensure perfect hydration, eliminate **occurrence of muscle spasms**
- > stimulants (caffeine and taurine) **suppress fatigue**, they increase concentration and performance



1 DOSE

70 g

PACKING



ACTIVE SUBSTANCES

carbohydrate syrup
MCT fats
arginine
citrulline
taurine
L-carnitine
minerals Na, K, Mg, Ca

FLAVORS

orange/lime
raspberry/lime

3Energy Bar

Energy bar with a stimulating effect.



- > energy cereal bar with **delicious fruit jelly**
- > the bar contains **complex carbohydrates**, L-carnitine, taurine, inosine, chromium, lecithin, vitamins, and minerals
- > **energy in your hand**, for hiking, **biking**, and traveling
- > extra energy during and between sport performances
- > functional and practical **delicacy** for athletes or in the purse.



1 DOSE

40 g

PACKING



ACTIVE SUBSTANCES

taurine
inosine
L-carnitine
chrome
B vitamins,
C, E, H
minerals Ca, Mg

FLAVORS

sour cherry
strawberry
orange

Premium Energy

Professional performance without energy fluctuations.

- > contains a special **Superstarch®** brand polysaccharide, which has a high similarity to **muscle glycogen Superstarch®** - the so-called slow-carb that will provide long-term supply of energy
- > **delivers stable energy** that prevents rapid rush of hunger and a additional craving for sweet foods
- > **prevents hypoglycemia** and balances the **glucose level** without insulin stimulation
- > suitable for **endurance and highly dynamic sports** as a stable source of energy
- > for more stable performance, and better endurance without **feeling tired**



1 DOSE

30 g

PACKING

390g

ACTIVE SUBSTANCES

SuperStarch starch
MCT fats
BCAA 4:1:1
L-lysine
minerals Mg,K,Na
vitamin C

FLAVORS

orange
strawberry / lime
apple / lime

Creatine Creapure®

100% creatine monohydrate Creapure® the highest quality form of creatine on the market.

- > **ATP energy** source for muscles and the brain
- > increases **strength and dynamism**, suitable for developing muscle strength
- > improves overall physical condition
- > accelerates the regeneration process during rehabilitation after serious illnesses and injuries
- > essential energy for **vegetarians** (not contained in a plant-based diet)
- > **increases the bulk** of muscle cells by over **15 g per day**
- > does **not require glucose** when used, does not lose effectiveness in the water



1 DOSE

5 g

PACKING

500g

ACTIVE SUBSTANCES

creatine



We also offer **creatine** in **Pure form**

Pudding extra mass

Carbohydrate-protein pudding that adds energy and regeneration.

- > easily digestible pudding with quick preparation **without cooking**
- > intended for people and children with **high energy usage**
- > ideal as the last filling meal **before training**, as morning or afternoon snack
- > **26% protein**, glutamine and BCAA for effective **regeneration** and supplementing the necessary energy



1 DOSE

35 g

PACKING

6x
35g

ACTIVE SUBSTANCES

whey protein
glucose
maltodextrin
BCAA 2:1:1
L-glutamine
chrome
vitamins C, E, H a B

FLAVORS

vanilla
chocolate
chocolate / vanilla

Glucose

Simple (grape) sugar as a quick source of energy.

- > intended mainly for athletes and active people to **increase energy intake**
- > **immediately absorbed into the blood** without burdening the digestive system
- > **energy for the brain**, especially for children
- > for people with excessive **physical and mental stress**
- > **to strengthen the organism** exhausted by sport activity, due to excessive workload and after illness
- > used in the body as a constant **fast source of energy**
- > stored in the form of muscle glycogen



1 DOSE

20 g

PACKING

2000g

ACTIVE SUBSTANCES

glucose

Maltodextrin

Long-term influx of energy during physical activity or for an exhausted body

- > contains 20 glucose units **gradually releasing** in the form of energy
- > optimally **replenishes muscle glycogen** during sports performance
- > **easily digestible**, does not burden the stomach
- > polysaccharide that is broken down into glucose only in the digestive tract
- > **with energy deficit** in sports children



1 DOSE

20 g

PACKING

1500g

ACTIVE SUBSTANCES

maltodextrin



Gainer cocktail

Carbohydrate-protein cocktail for athletes with high energy expenditure.



- > a source of **immediate and long-term energy** for athletes with high energy expenditure and **fast metabolism**
- > effective **muscle regeneration and increase in muscle mass** for people, who cannot gain weight
- > L-carnitine important for the breakdown of fats that are converted for the necessary **energy**
- > plant enzymes ensure **easy digestibility** without burdening digestion

1 DOSE

40 g

PACKING



ACTIVE SUBSTANCES

whey and soy protein
maltodextrin
glucose
L-carnitine
vitamins
minerals

FLAVORS

chocolate
vanilla
strawberry
banana
cappuccino



Protein Fit 50

A universal protein cocktail intended mainly for athletes with high energy expenditure.



- > contains 50% protein and 38% both **fast and slow carbohydrates**
- > the protein contains high-quality milk ultrafiltrate whey and milk protein
- > for all kinds of sports with versatile use
- > suitable for athletes with a **fast metabolism**, that need to gain weight

1 DOSE

35 g

PACKING



ACTIVE SUBSTANCES

whey protein
milk protein
BCAA 2:1:1
glutamine
enzymes
vitamins C, E, B, H
minerals

FLAVORS

chocolate
vanilla
strawberry
banana



Premium Protein

Improves regeneration after difficult physical activity, and endurance performance.

- > contains a special **Superstarch® brand polysaccharide**
- > helps use and burn energy from fat stores, at the same time, it has a **low glycemic index**
- > **one dose contains 20 g of beef hydrolyzate and 14 g of Superstarch® polysaccharide**
- > thanks to the special composition, the protein is **easy to digest**
- > **provides stable energy** that prevents rapid rush of hunger and a additional craving for sweet foods



1 DOSE

40 g

PACKING



ACTIVE SUBSTANCES

hydrolyzed beef protein
SuperStarch starch
BCAA 4:1:1
MCT fats
minerals Mg, K, Na

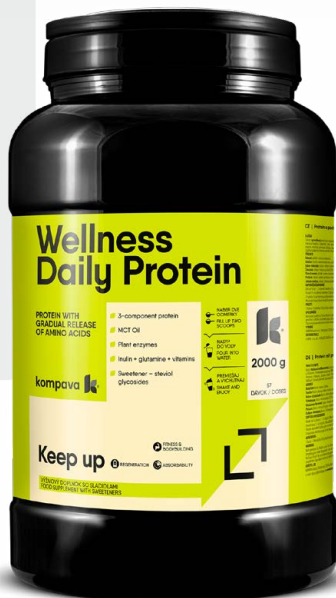
FLAVORS

chocolate
nougat

Wellness Daily Protein

A unique complex of substances with immediate energetic effect on the organism.

- > **3-component protein** WPC, MPC, EGG which contains up to 65% of protein designed to efficiently supply the body with all the necessary substances and the right combination of proteins, carbohydrates and healthy fats
- > **enriched with MCT fats**, fiber, L-glutamine, BCAA 2:1:1, enzymes and vitamins C, E
- > **Long-Term-Fuel effect** - proteins and fats that are excluded into the blood slowly, so it helps in the long term organism regeneration
- > its formula **has no competition on the market**



1 DOSE

35 g

PACKING



ACTIVE SUBSTANCES

WPC, MPC
EGG protein
MCT fats
inuline
L-glutamine
BCAA 2:1:1
enzymes
vitamins B, E, C
chrome

FLAVORS

natural
vanilla
chocolade
coconut / chocolade
salted caramel
strawberry / raspberry

Protein Fit 70

Easily digestible protein with a high content of quality proteins for maximum muscle regeneration during the night.

- > **multi-ingredient 70% night protein** with gradual release of amino acids over a period of 4 to 5 hours
- > the optimally **balanced composition** does not burden the stomach and digestion
- > **perfectly saturates** the organism, suitable for diets
- > **improves** post-training **regeneration**



Sports nutrition

1 DOSE

30 g

PACKING



ACTIVE SUBSTANCES

whey concentrate(WPC)
milk protein. conc. (MPC)
soy isolate
EGG protein
BCAA 2:1:1
L-glutamine
enzymes
zinc
vitamins C, B, E, H

FLAVORS

banana
chocolate
vanilla
cappuccino

Protein Fit 80

High-quality 80% protein for athletes.

- > **microfiltered 100% whey protein** with the enzyme complex especially suitable during the muscle definition period
- > **unique taste** and strong support of the maximum anabolic effect and increase in high quality muscle mass
- > **high bioavailability**, easy and quickly absorbed by the added enzymes
- > suitable for diabetics



1 DOSE

30 g

PACKING



ACTIVE SUBSTANCES

WPC, WPI
L-glutamine
BCAA 2:1:1
taurine
enzymes
vitamins C, E, B
minerals

FLAVORS

chocolate
vanilla
strawberry
banana

LactoFree 90

"Ultra pure" instant form of lactose-free whey protein



- > **lactose-free whey protein** suitable for people with lactose intolerance, casein allergy, sensitive digestion
- > **one dose (30 g)** contains 28 g of protein and up to **3,5 g of L-leucine and 4,5 g of L-glutamine**
- > in use of water, it has a **clear appearance and easy digestibility**
- > suitable for people with **sensitive digestion** and low carb diet
- > it is characterized by **fast absorption**



1 DOSE 30 g

PACKING



ACTIVE SUBSTANCES

WPI
L-leucine
L-glutamine
BCAA 2:1:1
mixture of amino acids
vitamins B, C, E

FLAVORS

chocolate
vanilla / bourbon
chocolate / banana
raspberry

Vegan Protein

100% vegetable protein suitable for vegetarians and vegans.



- > composed of **3 types of vegetable proteins – pea, hemp and rice**
- > **lactose-free**, suitable for celiacs, vegans, vegetarians and diabetics
- > contains a **complete spectrum of amino acids** additionally contains **B group vitamins (including vitamin B12) and vitamin D3**
- > **excellent taste**, easily absorbed and does not burden the stomach



1 DOSE 35 g

PACKING



ACTIVE SUBSTANCES

pea protein
hemp protein
rice protein
vitamin D3, B12
BCAA
vitamins B, C, E
minerals

FLAVORS

chocolate / sour cherry
chocolate / orange
chocolate / cinnamon

ThermoFit

Thermogenic fat burner.

- > a complex of 10 powerful natural stimulants to support the reduction of **subcutaneous fat**
- > provides the necessary **energy** for the body, **improves the performance** and removes the **feeling of fatigue**
- > tyrosine positively affects the activity of the thyroid gland and has a positive effect on fat metabolism
- > **Citrus aurantium (synephrine)** is considered a 100% substitute of ephedrine without side effects
- > **White willow bark behaves like acylpyrine, thus acting as analgesic, has an anti-inflammatory and strengthening effect**
- > suitable for people with **cold limbs, for warming up the organism**, better concentration when **working and driving**, also suitable for **winter sports**



1 DOSE

2-3
cps

PACKING



ACTIVE SUBSTANCES

green tea extract
caffeine
citrus aurantium
L-carnitine
naringin
guggul sterones
white willow bark
L-tyrosine
selenium

L-Carnitine

Effective energizer and fat burner.

- > a popular **weight loss** substance in the form of **L-carnitine tartrate**
- > without the presence of carnitine, the body cannot **burn fat** efficiently
- > it supplies the body with **energy**, increases **strength** and reduces **physical and mental fatigue**
- > supports the activity of the heart
- > also called the **"heart vitamin"**
- > muscle protection from lactic acid ("muscle fever")
- > one capsule contains **500 mg of L-carnitine**
- > especially important for **vegans and vegetarians** who do not receive it in animal food



1 DOSE

2-3
cps

PACKING



ACTIVE SUBSTANCES

L-carnitine

BodyFit

Low calorie protein for women, only 90 kcal in 1 serving.

a unique formula designed **especially for women**

- > contains a **high-quality protein source (40%)** with a balanced spectrum of amino acids
- > also contains plant **isoflavonoids** that have positive effect on the activity of **female organs**
- > delicious and tasty **meal replacement**
- > contains the **necessary dose of calcium**, iron and vitamins necessary for women



1 DOSE

28 g

PACKING



ACTIVE SUBSTANCES

proteins, inulin
isoflavones
HCA
L-carnitine
taurine
chrome
selenium, Ca, Fe,
Mg, Zn
vitamins B, C, H, E
dietary fiber
enzymes

FLAVORS

chocolate
vanilla
strawberry

Lady Fit Protein

70% great tasting protein for muscle strengthening.

- > suitable **especially for women**
- > for strengthening muscles, during **reduction diets** and during the period of muscle gain
- > composed of **high-quality whey and milk protein concentrate**
- > high content of the essential amino acid **L-lysine, vitamins, minerals**
- > **contains an enzyme complex** (papain, amylase, protease, lactase, lipase, cellulase, bromelain)
- > for easier digestion, **protein with excellent taste** and solubility sweetened with stevia



1 DOSE

30 g

PACKING



ACTIVE SUBSTANCES

WPC, MPC
L-lysine
mixture of amino acids
BCAA 2:1:1
vitamins B, E, C, H
enzymes
minerals Ca, Mg, K, P, Na

FLAVORS

chocolate / sour
cherry
vanilla / heavy cream
strawberry / raspberry

K4 Power BCAA

Plant-based amino acids BCAA (4:1:1) in practical powder form.

- > **5 g of BCAA in 1 dose** helps to increase **performance**, which adds **energy** to the body and **protects muscle tissue** during training
- > enriched with **L-glutamine, citrulline malate and vitamins group B**, which increase their effect and effectiveness
- > also suitable for vegetarians and **vegans** **accelerates the production of proteins and protect muscle proteins** before catabolism during sports and physical activities, support **immediate muscle regeneration** after intensive training



1 DOSE

11 g

PACKING



ACTIVE SUBSTANCES

BCAA 4:1:1
L-glutamine
L-citrulline-malate
B vitamins

FLAVORS

kiwi
grapefruit
raspberry
mango

Sports nutrition

ArgiNO Drink

A drink with an anabolic and a strong PUMP effect

- > an effective **pre-workout stimulant** that is guaranteed to wake you up before every training session
- > the combination of 5 amino acids ensures a **long-term NO effect** (muscle blood flow) and up to 8-hour PUMP effect
- > during training it **increases strength**, delays fatigue and gives a huge a burst of energy
- > **improves blood flow and ensures the supply of nutrients to the muscles**



1 DOSE

11 g

PACKING



ACTIVE SUBSTANCES

L-glutamine
L-arginine AGK
L-citrulline malate
L-lysine
L-ornithine
vitamin C, PP, E, B

FLAVORS

apple / lime

Tribulus Terrestris

The most effective natural stimulant for testosterone regulation with high content of biologically active substances.



- **Tribulus terrestris**, medicinal plant with a significant anabolic and stimulating effect
- contains an effective amount of **saponins and phytostimulants**
- increases protein metabolism, supports muscle growth and accelerates regeneration
- **increases libido, sexual performance**
- has a positive effect on the normal function of the urinary system, reproductive system and prostate health
- the mixture of active substances stimulates the immune system
- eliminates the negative impact of andropause (male menopause)
- known as “**natural viagra**” in combination with the A-AKG product



1 DOSE

2 cps

PACKING



ACTIVE SUBSTANCES

an extract from Tribulus terrestris

Amino BCAA Forte 2:1:1

Quickly absorbable natural form of amino acids [2:1:1] in the form of capsules.



- contains the **amino acids leucine** necessary for muscles, **isoleucine and valine**
- for even better use and faster absorption it is also **enriched with vitamin B6**
- **accelerates regeneration** after training and support the formation of muscle mass
- they represent an **immediate source of energy**, as they can be used directly from the bloodstream
- **BCAAs make up to 35% of the content of muscle mass**, and in working muscles, they are involved in energy production



1 DOSE

4-10 cps

PACKING



ACTIVE SUBSTANCES

BCAA 2:1:1

Taurine

Natural stimulant for stamina and performance.

- > improves the activity and functions of the **brain, liver and heart**
- > it is recommended for **explosive types of sports, for intense physical activity** and the need to achieve maximum performance
- > has a positive effect on the **suppression of fatigue, improvement concentration** at work and improvement of **psychological resistance**
- > positively affects the regulation of water in the cells, thereby **hydrates the body**



1 DOSE

1-3
cps

PACKING



ACTIVE SUBSTANCES

taurine

A-AKG

Amino acid in the form of arginine-alpha-ketoglutarate is the highest quality form of arginine.

- > L-arginine-alpha-ketoglutarate - the purest and **highest quality form arginine on the market**
- > L-arginine is a biological precursor of **nitric oxide (NO effect)**
- > **increases blood flow** resulting in faster delivery nutrients and amino acids
- > great **pre-workout for men** to increase performance and subsequent regeneration
- > **improves blood circulation in the genital system and genitals**, thereby improving potency and increasing libido
- > helps to **increase the level of growth hormone** to support the growth of muscle mass



1 DOSE

4-6
cps

PACKING



ACTIVE SUBSTANCES

L-arginine AKG

HMB

β -hydroxy- β -methylbutyrate, which protects muscle mass.

- > suitable for people to **maintain muscle mass** even during the muscle definition period
- > has a **significant anti-catabolic effect and protects muscle mass** from destruction
- > supports the **breakdown of fats and the reduction of subcutaneous fat**
- > **helps the body to adapt** to increased physical activity
- > suitable during the recovery period to **protect muscle mass**



1 DOSE

2-4
cps

PACKING



ACTIVE SUBSTANCES

beta-hydroxy-methyl butyrate

Glutamine

Active form of pure L-glutamine, which is the main source nitrogen for muscle recovery and growth.

- > high-quality and pure form of the amino acid L-glutamine **also suitable for vegans**
- > ensures the **protection of muscle proteins** from post-training by catabolism (breakdown of proteins) and **supports regeneration of muscle tissue**
- > it also has a **beneficial effect on the immune system and the digestive tract**
- > supports the **increase of muscle glycogen reserves** and
- > **alleviates the state of exhaustion after physical exertion** stimulates the growth of new muscle mass



1 DOSE

5 g

PACKING



ACTIVE SUBSTANCES

L-glutamine

Amino 2500

High-quality whey concentrate and BCAA [2:1:1] in tablet form.



- > tablets contain a **pure form of whey amino acids**
- > they ensure a **strong concentration of amino acids in the blood**
- > protects muscle cells and **prevents catabolism** (decomposition) of muscle proteins after training
- > **high nutritional value**
- > **high content of essential amino acids**, which the human body cannot create by itself



1 DOSE

3-5
tbl

PACKING



ACTIVE SUBSTANCES

whey protein
BCAA 2:1:1
L-glutamine

Beef Amino

Beef protein in the form of tablets composed of high quality 97% hydrolyzed beef isolate.



- > **hydrolyzed beef peptides in the form of tablets** obtained from beef using a special technology
- > contains 0% of fat, cholesterol-free, **lactose-free and dye-free**
- > has a **high biological value**, supports growth, protection, and muscle regeneration
- > **easy to digest and does not burden the stomach**
- > tablets contain **rapidly absorbable peptides** which they start the anabolic process immediately after training



1 DOSE

5-10
tbl

1 MINI DOSE

10-20
tbl

PACKING



ACTIVE SUBSTANCES

beef hydrolyzed peptides
BCAA 2:1:1

JAMI drink

Nutritional drink for children from 5 years old to support body hydration and healthy development.



- > **hibiscus extract** contains antioxidants that protect cells against damage
- > fruit acids facilitate and stimulate digestion
- > soluble fiber inulin supports digestion, absorption of nutrients and helps to pass waste materials from the body
- > **vitamins and minerals** (vitamin D3, C, zinc and iron) are important for the proper **development of children**
- > simple preparation in the form of a cold drink or tea
- > suitable for children and adults



1 DOSE

13 g

PACKING

10x
13g

ACTIVE SUBSTANCES

iron
zinc
vitamin C, D3
hibiscus extract

FLAVORS

raspberry

JAMI dezert

A healthy alternative to sweets for children in the form of a tasty dessert.

- > contains important proteins, carbohydrates and healthy MCT fats for the **proper development** and growth of the child
- > **strawberry flavor** is a natural source of calcium and contains up to 3 strawberries in one portion
- > **the chocolate flavor** in the lactose-free version contains high-quality 22% cocoa powder
- > vitamin D3 for the normal functioning of the **immune system** and better absorption of calcium and phosphorus into **bones and teeth**
- > natural composition without **artificial colors and preservatives**
- > a dessert with high nutritional value suitable as a substitute breakfast or snack for **children and adults**
- > simple and quick preparation without cooking

CHOCOLATE



STRAWBERRY



1 DOSE

50 g

PACKING

6x
50g

ACTIVE SUBSTANCES

MCT fats
micellar casein
vitamin C, E, D3
vitamins B1, B2, B3,
B5, B6, B12
folic acid
biotin

FLAVORS

chocolate
strawberry

Sportmixer 2v1**BlenderBottle Radian****BlenderBottle ProStak**

[shaker – 450ml]

**Plastic shaker**

[300ml]

**Sports bottle
HypoFit/EnergoFit**

[500ml, 750ml]

**Plastic shaker**

[700ml]

**Litmus papers 3 -Test**

Litmus tests help to find out easily and simply from the urine pH of the body (to identify the acidification of the body or alkalosis), the level of excreted sugar (diabetes, kidneys), and indicate an increased amount of excreted proteins (diabetes, kidneys). All these indications lead to timely disease prevention and the healthy functioning of the body.

**Indication papers**

Easy and quick determination of the pH value. Papers serve to measure the pH of the urine, from which the condition can be determined acidification of the organism. Long-term acidification causes various diseases and inflammations in the body that can turn into chronic diseases. Based on indications papers, its status can be checked regularly, improve and heal.



Diagnostic services are adapted to their equipment and expertise at the highest level qualities for athletes, active people and people who follow a healthy lifestyle. It is the same for those who want to adjust their weight, start playing sports or change their current way of life. We do various sports and health diagnostics, customized meals, training and nutrition consulting and we offer nutritional and sports supplements from Kompava.

Diagnostic Center Kompava Metflex

What services we offer?

Spiroergometry

Based on Spiroergometry diagnostics, we can determine:

- > training zones
- > VO2 max, anaerobic threshold, maximum power
- > training level
- > metabolic flexibility
- > what energy source [fats, carbohydrates] you burn during exercise
- > the heart rate at which the body max. burns fat
- > ventilation and circulation parameters

Body analysis

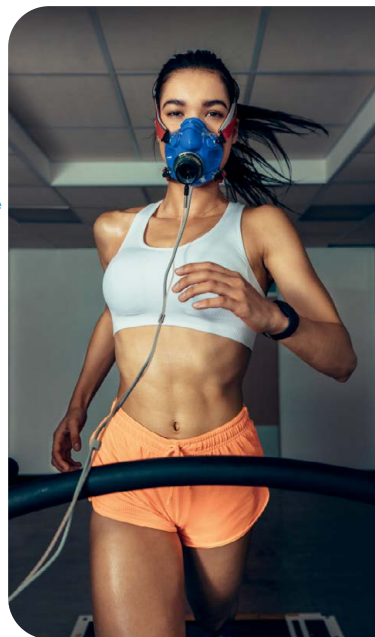
Based on InBody diagnostics, we can determine:

- > weight and % body fat
- > skeletal muscle mass
- > total body water, proteins, minerals in the body
- > muscle and fat analysis by segment [arms, legs, trunk]
- > basal metabolism
- > the level of internal [visceral] fat

Blood vessels and nerves

Based on MaxPulse diagnostics, we can determine:

- > hidden cardiac arrhythmia
- > clogging of blood vessels
- > elasticity of blood vessels
- > current stress load on the body
- > coping with stressful situations
- > level of body fatigue, lack of sleep and regeneration



Diagnostic Center Kompava

What services we offer?

Blood vessels and nerves

Based on MaxPulse diagnostics, we can determine:

- > hidden cardiac arrhythmia
- > clogging of blood vessels
- > elasticity of blood vessels
- > current stress load on the body
- > coping with stressful situations
- > level of body fatigue, lack of sleep and regeneration

„LIVE“ drop of blood

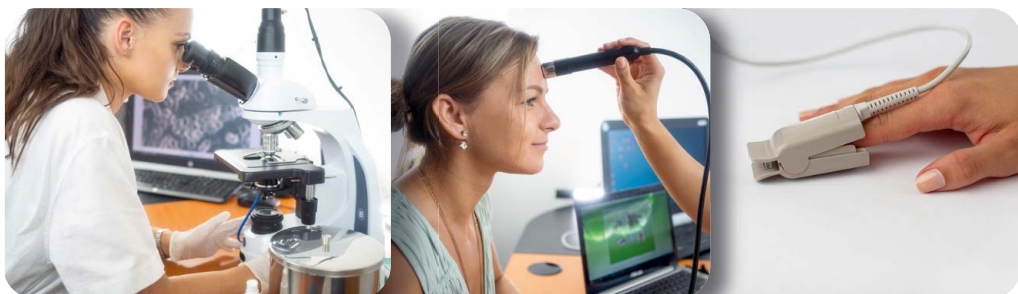
We can determine by diagnosing a drop of blood using a special microscope:

- > why don't you feel quite well
- > insufficient nutrition and protection of the body (vitamins, minerals, antioxidants)
- > inflammation and heavy metals in the body
- > the presence of bacterial and fungal infections
- > digestive problems (intestinal permeability)
- > weakened immunity
- > initial stages of diseases

Skin

We can determine with skin diagnostics:

- > hydration, elasticity, sebum,
- > pore size, wrinkles,
- > pigment spots
- > skin care from the inside
- > prevention of skin aging





www.kompava.eu

Kompava spol. s.r.o.
Piešťanská 1202/44
Nové Mesto nad Váhom
Slovak Republic

☎ +421 32 77 400 11
✉ obchod@kompava.sk

Find us here

[kompava.skcz](https://www.kompava.skcz) 

[kompava.sk](https://www.kompava.sk) 

Kompava 