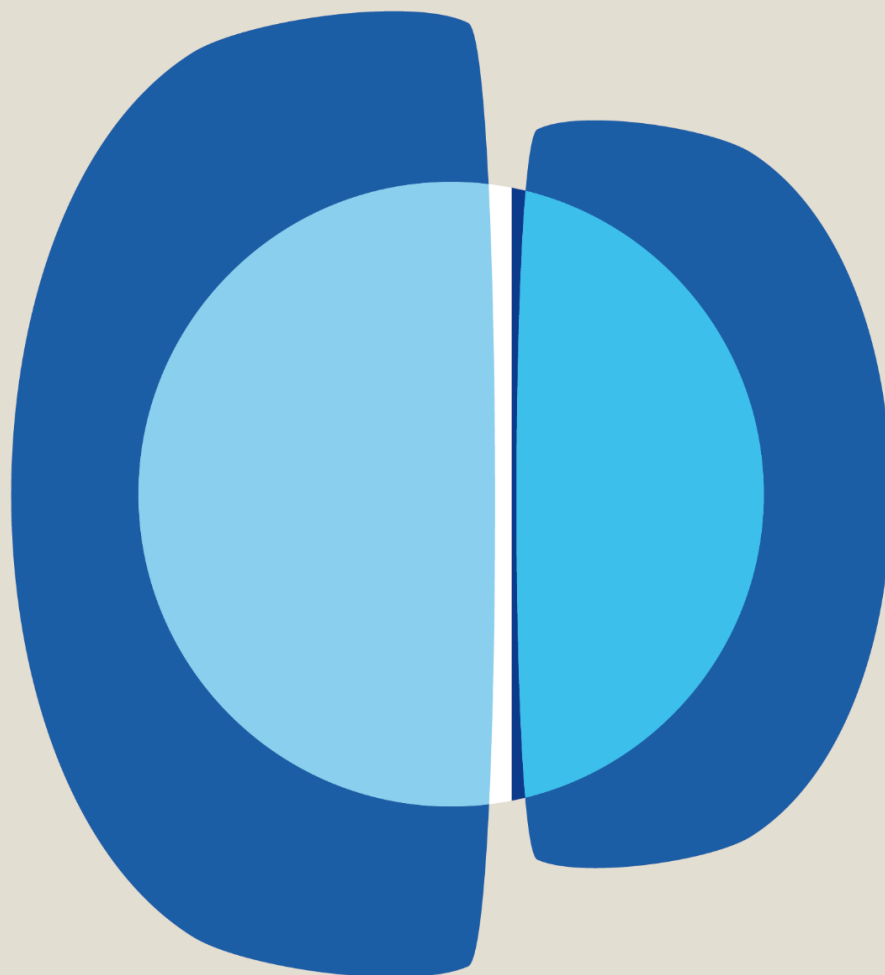




Mediterranation[®]
product portfolio



by Sky Premium Life





Walking down a path towards a Greek coast in the summer, passing through fig trees, olive trees and grape yards, feeling the sun and the sea breeze on your face, you get an incredible gift: a glance on the world, through nature's eyes.

On a magical moment like this, the idea of our Mediterranean line was born.

Beginning the study of the precious herbs of our land, plenty of stories, from the ancient Greek medicine, revealed in front of us. All these fascinating adventures, often tight up with mythology, gave breath and life to our vision.

When Crocus was playing in the fields with god Hermes, he accidentally got hurt and when blood dropped on the earth, the flower with the deep red stamens was born. When the beautiful nymph Minth fell in love with god Pluton, that caused Dimitra's anger, who metamorphosed her to plant mint. When the nymphs Amalthea and Melissa, were raising baby Zeus on the mountains of Crete, they created the honey so as to feed him and he became the father of the Gods...

All those plants and herbs - such as Krataigos, Althea, Dittany of Crete, Oregano from Olympus, Mastic from Chios and Kritamos from Ikaria - have been used as medicines in the ancient times and their legacy has been traveling till nowadays, through the legendary Hippocrates' bibliography and Asclepius' tales.

Mediterranean line, reflects that spirit and tradition - adapted to modern times - and comes to complete our main Sky Premium Life nutritional supplements line, which embodies all basic vitamins and formulas, produced by our own facilities in Athens, following all the European quality standards, in a high-end packaging.

A unique experience starts from the moment you hold one of our products.
Life is great, embrace it!







editerranean diet lifestyle consists of a plant-based cuisine that uses vegetables, fruits, cereals, nuts, and legumes, most of them cooked with adding substantial amounts of extra virgin olive oil.

The culture behind, is that from every meal we should intake all the necessary nutrients and vitamins our body needs to achieve longevity.



ELEONAS*

Food Supplement with organic, extra virgin olive oil,
with high concentration in polyphenols, from Ilia, Peloponnese.

Also contains herbal extracts and vitamins.

60 soft gels

nutrients	amount per soft gel
sage, mint, basil & sideritis extracts, in organic extra virgin olive oil	800mg
vitamin E	10mg
vitamin K2	32.9mcg
vitamin D3	5mcg



dosage: 1-2 soft gels daily after food or as directed by a healthcare professional

+cardiovascular system support

+antioxidant action

+Polyphenol compounds are reducing agents, referred to as antioxidants,
that may protect the body's tissues against oxidative stress and associated pathologies



*field of olive trees in Greek



TERRA CRETA

Vegetarian food supplement with Sideritis,
Cistus Creticus (Cretan rockrose), Dittany of Crete & Carob Honey.
480ml

nutrients	amount per dose 20ml
Sideritis syriaca	116.3mg
Origanum dictamnus	116.3mg
Cistus creticus	116.3mg
Carob Honey	1mg



dosage: 20ml daily after meal or as directed by a healthcare professional

+wellness and longevity

+Cistus Creticus, Ladanina in Greek, is one of those medicinal herbs that continue to demonstrate their benefits through the ages. Rich source of polyphenols, was used in traditional practice for its antioxidant and detoxifying properties

+Dittany is a wonderful Cretan herb, with uses that our grandparents taught us and passed down from generation to generation, like digestive, antimicrobial, antiseptic and soothing stomach aches properties. Dittany has been the subject of scientific research until today.



Carob honey is rich in phosphorus and sodium, has antibacterial and antimicrobial properties. With low calorific value, Its soothing effect helps with insomnia, anxiety, indigestion and hypertension.





Τίς εὐδαίμων;

Ὁ τὸ μέν σῶμα ὑγιής, τὴν δὲ ψυχὴν εὖπορος,
τὴν δὲ φύσιν εὐπαιδευτος"*

*The answer of the pre-Socratic Greek philosopher Thalís in the question "Who is happy?"
"The one who has a healthy body, a wealthy soul and an erudite nature"



CHIOS MASTIC

Food Supplement with Chios Mastic and Inulin

Suitable for vegans

60 capsules

Mastic has been harvested for at least 2,500 years since Greek Antiquity and is still exclusively grown in the island of Chios.

Mastic sap drops hang from the tree and sparkle in the sunlight, this is the reason why they are said to resemble crystalline teardrops, the mastic sap is known as the 'tears of Chios'.

nutrients	amount per capsule
Chios Mastic	175mg
Inulin	95mg



dosage: 2 capsules, twice a day, after food or as directed by a healthcare professional

+digestive system support

+Inulin is a prebiotic high in fiber. It promotes digestive health and controls blood sugar



CHIOS MASTIC

Food Supplement with Chios Mastic and Glutamine

Suitable for vegans

60 capsules

Authentic Greek Mastic: Mastic is characterized as a pre-eminently Greek traditional product, which is world famous with unique place of cultivation the island of Chios. For a number of years, the mastic producers of Chios collect it from the mastic trees, through a time-consuming process.

nutrients	amount per capsule
Chios mastic	150mg
L-Glutamine	150mg



dosage: 2 capsules daily after food or as directed by a healthcare professional

+digestive system support

+Glutamine is an important amino acid for the immune system
and has a special role in intestinal health



CHIOS ISLAND

Vegan food supplement with
Chios Mastic, Lemon balm & Chamomile.
480ml

Greek Treasure: Chios mastiha (or mastic) is the treasured gem of the Aegean, sweet, clear crystal from the aromatic resin of the Mastic Tree.

This tree is extraordinarily rare and only grows in the southern part of the Greek island of Chios, in the eastern Aegean.

nutrients	amount per 10ml
Melissa officinalis	13.75mg
Chamomile (Matricaria recutita L)	13.75mg
Chios Mastic (Pistacia lentiscus L)	137.5mg



dosage: 10ml, 3 times daily, after meal or as directed by a healthcare professional

+digestive system support

+Lemon balm (Melissa officinalis), a member of the mint family, is considered a calming herb.

It was used as far back as the Middle Ages to reduce stress and anxiety, promote sleep, and ease pain and discomfort from indigestion.

Chios Mastic has been used since ancient times as a medicine for disorders of the gastrointestinal tract. Big number of studies prove its beneficial effects on the digestive system.

Taken from Mastic trees that grow in Chios island and nowhere else in the world, it is considered as one of the most important natural medicines of all times.





OLYMPUS MONS

Vegan food supplement with mint, spearmint
& thymus extracts, zinc & vitamins.
60 capsules

nutrients	amount per capsule
Mentha Spicata	75mg
Mentha Piperita	75mg
Thymus Vulgaris	75mg
Vitamin C	45mg
Vitamin D3 (vegan)	200IU
Zinc (as Zinc picolinate)	10mg



dosage: 1 capsule daily after food or as directed by a healthcare professional

+immune system support

+common cold relief

+Thyme is a Mediterranean herb with dietary, medicinal, and ornamental use.

The flowers, leaves, and oil of thyme have been used to treat a range of symptoms and complaints. From ancient times it was known for its anti-inflammatory, antimicrobial and antiseptic properties.



PERIVOLI*

Vegan food supplement with Artichoke,
Broccoli, and Beet Root extracts.

60 capsules

nutrients	amount per capsule
Artichoke extr 1:1	120mg
Broccoli extr 40:1	120mg
Beet root extr 5.5:1	120mg



dosage:1 capsule daily, after meal or as directed by a healthcare professional

+all the nutritional benefits from a fresh green salad, in a capsule!
+traditional medicinal practitioners and herbalists have long used artichoke extract
to reduce cholesterol and to support liver health.

* garden with vegetables in Greek



From the idyllic coastline of the Mediterranean Sea, to the fertile Greek inland hills and from a trip through the islands' sun, to the rest of the world, we present to you our premium nutritional supplements' line Mediterraneanation. Organic herbs' extracts, vitamins and minerals, combined in genuine formulas, to be your health ally, in that magnificent journey called "life"!



SkyPharm S.A.

5 A.Georgiou St., 57001 Thessaloniki, Greece

Decahedron Ltd

Unit 14 Spire Green Centre, Harlow, Essex, UK CM19 5TR

www.skypremiumlife.com / www.skypremiumlife.co.uk

