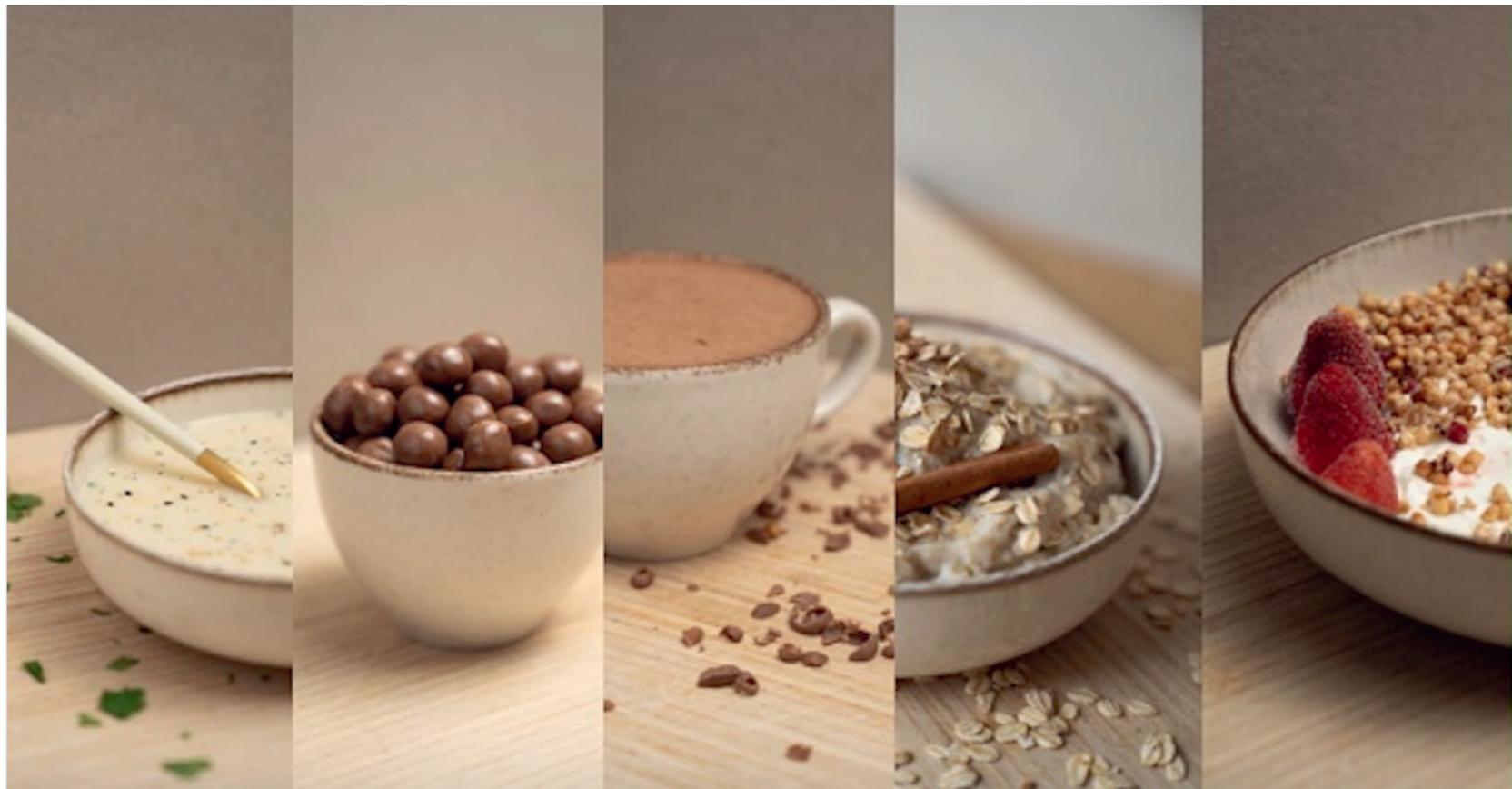


TULASSAY NUTRITION



NUTRITION CANNOT BE UNDERESTIMATED.
IT IS THE
MEDICINE, WE TAKE EVERYDAY.

(DR. ROBERT LUFKIN M.D.)



HOW IT ALL BEGAN...

DR. RÉKA TULASSAY



Welcome to Tulassay Nutrition, where wellness meets innovation. A concept in which we connect beauty, health and harmony.

As a member of a medical dynasty, my old dream is coming true with the launch of Tulassay Nutrition. As a mother and entrepreneur, I know that quality life is an invaluable, and achieving a healthy lifestyle and aesthetic appearance presents us with an insurmountable task in our everyday lives.

My goal is to introduce a health program, where my clients will receive all the support, they need to get the perfect solution in today's world full of misconceptions and mixed information. With the help of international team of doctors, we provide a comprehensive, uniquely innovative and personalized solution, whether it be weight loss, health maintenance or beauty.

Our mission is to help as many people as possible to achieve mental and physical wellbeing. Whether you're an athlete, a busy professional or just starting your wellness journey - we've got you covered

We know how important time management is in our everyday lives, which is why we created Tulassay Nutrition - our ready-to-eat and quick-to-prepare meals help you stay on track even on the busiest days.



HEALTH CONCERNS

AT CONVENTIONAL NUTRITION SOURCES

WE CANNOT ALWAYS GET THE RIGHT QUALITY PROTEIN BY EATING MEAT. DURING THE PROCESSING OF MEAT, MANY SUBSTANCES (GMO SOY, ADDITIVES, FEEDS, ANTIBIOTICS, ETC.) ARE ADDED THAT **DISRUPT THE HORMONAL SYSTEM.**

PLANT PROTEIN CANNOT COVER THE NECESSARY PROTEIN NEEDS (PROTEINS THAT CAUSE BLOATING), THE BODY NEEDS ANIMAL PROTEIN OF THE RIGHT QUALITY, FROM THE RIGHT SOURCE.

IN THE LONG TERM, **CONSUMING PROCESSED FOODS CAN LEAD TO SERIOUS DISEASES**, AS THEY HAVE A LOW CONTENT OF USEFUL NUTRIENTS, BUT ARE HIGH IN CALORIES, SUGAR, FAT AND SALT.

THE **AMOUNT OF ADDED SUGAR IN FOODS IS CONSTANTLY INCREASING**, AND ADDICTION DEVELOPS VERY QUICKLY.

CONSCIOUS NUTRITION

WITH THE HELP OF
PROVEN MEDICAL BACKGROUND



NUTRITION IMPACTS

AT WEIGHT LOSS & MANAGEMENT

OBESITY IS A DEBILITATING CONDITION **AFFECTING 80% OF THE POPULATION**, SHORTENING LIFE BY AN AVERAGE OF 5 TO 8 YEARS AND SERVES AN EARLY SIGNAL FOR OVER 200 CHRONIC DISEASES.

NUTRITIONAL SCIENCE HAS SHIFTED ITS **FOCUS TO THE IMPORTANCE OF LIFESTYLE CHANGES**.

THE CORRECT DETERMINATION OF CALORIE INTAKE IS NECESSARY FOR EACH INDIVIDUAL AND MUST BE DETERMINED BASED ON OUR LIFESTYLE AND GOALS.

THE CONSUMPTION OF THE RIGHT MACRONUTRIENTS IS EQUALY IMPORTANT FOR EVERYONE AND IS VITAL FOR WEIGHT MANAGEMENT.

SUSTAINABLE HEALTH
THROUGH
METABOLISM AND MUSCLE PRESERVATION



ANTI-AGING EFFECTS OF REAL PROTEINS

THE „ANTI-AGING PROTEINS” SLOW DOWN OR REVERSE THE AGING PROCESS AND **PROTECT AGAINST AGING-RELATED DISEASES** AT A CELLULAR LEVEL.

IT EXISTS IN SEVERAL FORMS AND HELPS KEEP THE BODY'S ION LEVELS BALANCED. IT ALSO PROTECTS ORGANS AND MAY HELP **PREVENT DISEASES LIKE ALZHEIMER'S AND HEART DISEASE**.

IT IS ESSENTIAL FOR THE BODY'S ADAPTATION TO EXERCISE. PROTEIN INTAKE HELPS **INCREASE MUSCLE STRENGTH AND BONE DENSITY**.

THE SKIN'S STRUCTURE DEPENDS ON COLLAGEN AND ELASTIN, PROTEIN FIBERS THAT KEEP IT **STRONG AND ELASTIC**. ENOUGH GOOD-QUALITY SUBSTANCE HELPS THE BODY MAKE COLLAGEN AND **SUPPORTS HEALTHY SKIN AND HAIR**.

IDEAL SUPPORT
TO
SLOW DOWN EFFECTS OF AGING



TULASSAY **NUTRITION**



CHOCOLATE
WAFER

TULASSAY **NUTRITION**



VANILLA
CRISP BAR

GLUTEN FREE & HIGH FIBER

HIGH PROTEIN

TULASSAY **NUTRITION**
PREMIUM SELECTION

IMMUNE BOOSTING BY REAL PROTEINS

PROTEINS ARE VITAL FOR A STRONG IMMUNE SYSTEM. GETTING ENOUGH PROTEIN IN **SUPPORTS BOTH INNATE AND ADAPTIVE IMMUNITY** AND HELPS MAINTAIN IMMUNE BALANCE.

IT CAN ALSO **REDUCE CHRONIC INFLAMMATION** - A MAJOR FACTOR IN AUTOIMMUNE DISEASES - AND PROMOTE GUT AND MICROBIOME HEALTH.

LEAN, HIGH-QUALITY PROTEIN SOURCES LIKE THOSE USED BY TULASSAY NUTRITION ARE GENERALLY MORE ANTI-INFLAMMATORY THAN PROCESSED MEATS.

BALANCE IS KEY: IMMUNE STRENGTH DEPENDS ON BOTH **SUFFICIENT PROTEIN AND OVERALL DIET QUALITY**.

BALANCED WELLBEING
FOR
SUSTAINABLE LONGEVITY



PROTEIN & FIBRE AT A GLANCE

QUALITY PROTEIN PLAYS A ROLE IN THE **PRODUCTION OF HORMONES AND ENZYMES**, AS WELL AS IN BLOOD CLOTTING, FLUID REGULATION AND OXYGEN TRANSPORT.

PROTEIN CONSUMPTION IS KEY FOR THE **MUSCLE DEVELOPMENT, BONE AND TISSUE HEALTH AND THE REGENERATION OF MICRO-INJURIES**. IT REDUCES APPETITE AND CONTRIBUTES TO THE REGULATION OF BLOOD SUGAR LEVELS.

IN ADDITION TO CARBOHYDRATES, PROTEIN IS ALSO A **SOURCE OF ENERGY**, ESPECIALLY DURING SPORTS WHEN THE CARBOHYDRATE STORE DEPLETES.

REGULAR FIBER INTAKE IS EQUALLY IMPORTANT FOR BALANCED NUTRITION AND ORGAN HEALTH. FIBER SUPPORTS GUT FLORA, **STRENGTHENS THE IMMUNE SYSTEM, AND HELPS REGULATE CHOLESTEROL LEVELS**.

ESSENTIAL ELEMENTS
FOR
ENERGY, STRENGTH & BODY HEALTH



CLEAN AND GENTLE PROTEIN SOURCES

MANY PEOPLE THINK LACTOSE CAUSES STOMACH PROBLEMS FROM DAIRY, BUT THE **REAL ISSUE OFTEN COMES FROM OTHER NATURAL MILK SUBSTANCES THAT AREN'T TRUE PROTEINS.**

MOST INDUSTRY TESTS DON'T SEPARATE REAL PROTEIN FROM THESE SUBSTANCES, SO **TWO PROTEIN POWDERS MIGHT LOOK SIMILAR ON PAPER BUT FEEL VERY DIFFERENT WHEN YOU DIGEST THEM.**

THIS IS WHY WE CAREFULLY **SELECT PROTEIN SOURCES THAT ARE EASIER TO DIGEST AND LESS LIKELY TO CAUSE DISCOMFORT.**

PLANT-BASED PROTEINS OFTEN CANNOT MEET THE BODY'S FULL PROTEIN NEEDS AND MAY CAUSE BLOATING, SO **HIGH-QUALITY ANIMAL PROTEINS FROM TRUSTED SOURCES ARE ESSENTIAL FOR GOOD HEALTH.**

WHILE THERE ARE CONCERNS REGARDING ULTRA-PROCESSED SOY PRODUCTS **SOY CAN BE A SAFE AND HEALTHY PART OF A BALANCED DIET. WE ENSURE THE QUALITY AND SAFETY OF OUR SOY-BASED INGREDIENTS THROUGH FDA CERTIFICATION.**

SUPPORT SENSITIVE DIGESTION AT REGULAR USE ENJOYABLE AND GENTLE ON THE STOMACH

TULASSAY
NURITION



STRAWBERRY, VANILLA & CHOCOLATE
POWDER SELECTION

GLUTEN FREE & LOW CARB
HIGH PROTEIN & SOURCE OF FIBER



VANILLA
WAFER

HIGH PROTEIN

CHOCOLATE
WAFER

HIGH PROTEIN



CHOCOLATE
WAFER
HIG

BER.
REE

OUR PREMIUM PRODUCTS

ARE

RICH IN PROTEIN AND FIBER

LOW IN OR FREE OF CARBOHYDRATES AND FATS

SUGAR AND PALM OIL FREE

FORTIFIED WITH VITAMINS AND MINERALS

CRAFTED FROM TESTED PREMIUM INGREDIENTS

THE IDEAL BALANCE OF NUTRIENTS

COMBINING

SCIENCE, CONVENIENCE AND TASTE



OFFERING CHOICES

FOR

SUGAR FREE

PALM OIL FREE

GLUTEN FREE

VEGETARIAN

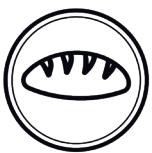
VEGAN



HIGH PROTEIN



GLUTEN FREE



LOW CARB



HIGH FIBER



VEGAN



PALM OIL FREE



VEGETARIAN

COMPLY WITH ALL ALLERGEN DIETS

THROUGH

MULTIPLE TASTY ALTERNATIVES



QUALITY FIRST

IN ALL OF OUR PRODUCTS

FULL TRACEABILITY OF RAW MATERIALS

FUNCTIONAL TESTING PER PRODUCTION LOT

TESTING PROGRAM IN ACCREDITED LABORATORIES

CONTINUOUS QUALITY VALIDATION OF SUPPLIERS



WORLDWIDE CERTIFICATIONS

IN
EVERY CATEGORY



GLOBAL TRACK RECORD

OF

OVER 200 DIFFERENT PRODUCTS

VARIETY TO PREVENT DIETARY MONOTONY

CERTIFIED PRODUCTION, STRICT QUALITY CONTROL

ADOPTION IN MANY COUNTRIES WORLDWIDE

USED BY ATHLETES, SENIORS AND INDIVIDUALS

TRUSTED & PROVEN NUTRITION

FOR

EVERY LIFESTYLE



WIDE PORTFOLIO

OF

SINGLE USE SNACKS

SELECTED TASTING PACKAGES

HOUSEHOLD SIZES

STARTER PACKS

WEIGHT MANAGEMENT SCHEMES

FOR ALL PURPOSES

TAILORED FOR
INDIVIDUAL DIETARY NEEDS



OUR ASSORTMENT



8 DIFFERENT SINGLE TREATS



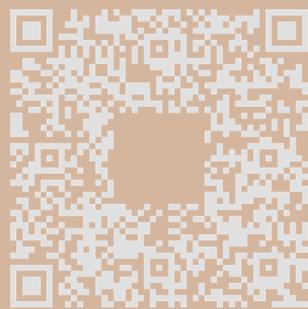
3 VARIATIONS OF SELECTION



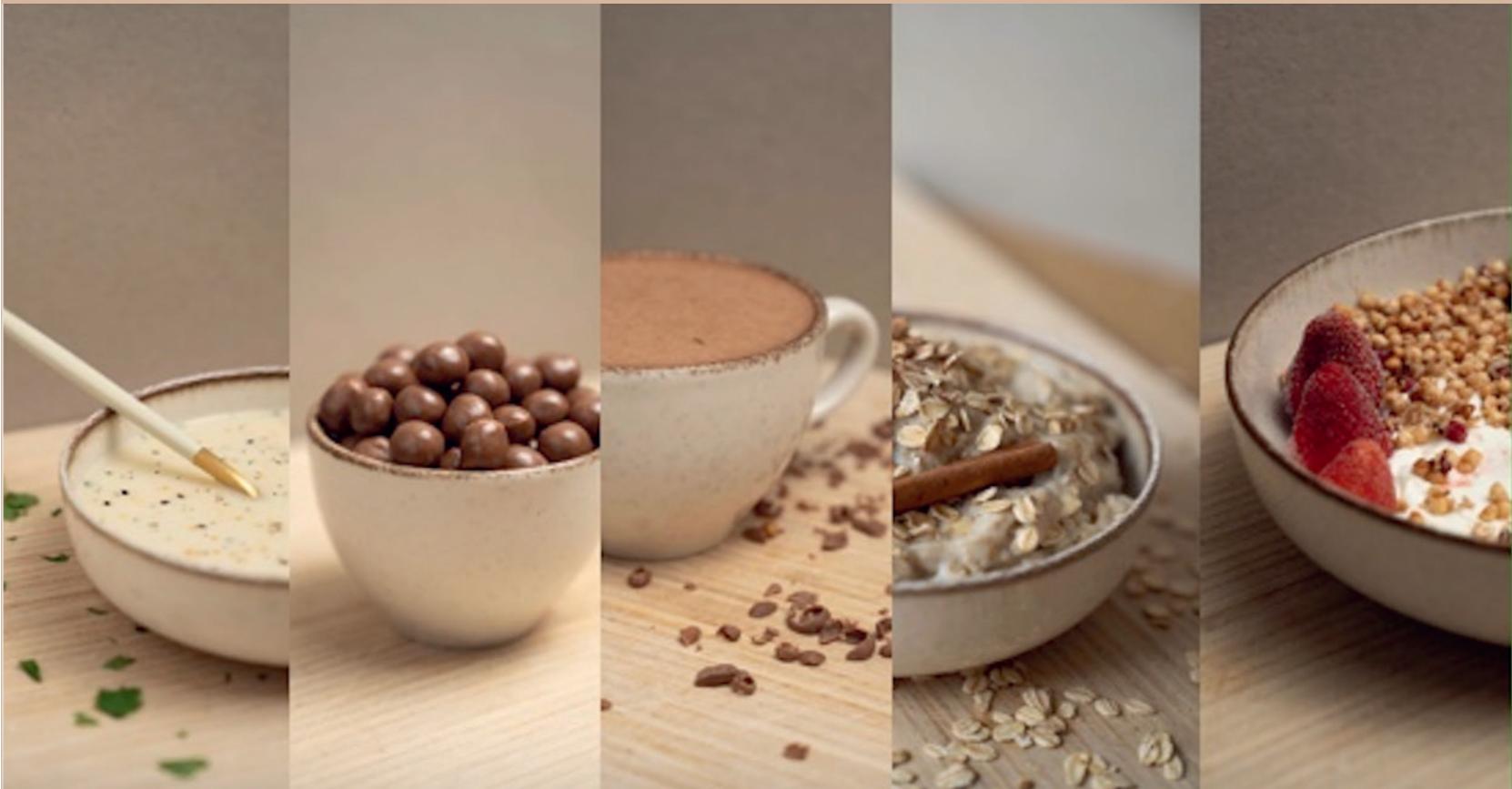
OVER 30
HOME SIZE
SNACKS, MEALS
AND DISHES

CONTINUOUS EXPANSION

MEETING THE NEEDS OF
EVERY SEGMENT & OCCASION



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HEALTH IS NOT ABOUT THE WEIGHT YOU LOSE,
BUT ABOUT
THE LIFE YOU GAIN.

(DR. JOSH AXE M.D.)