



Practical application of «MyRealWay» multi-component bioregulators for prevention of age-related changes in structure and functions of organs and systems, and for additional correction of various diseases

2016

The programs designed under the supervision of the European Academy of the Natural Sciences and the European Scientific Society (Germany)

Two-weeks preventive programs:

In insomnia	p.-3
For stress relief	p.-3
For cleansing the body from harmful substances	p.-3
To normalize functions of blood circulation	p.-3
To normalize functions of digestive system	p.-4
To normalize functions of cardiovascular system	p.-4
To normalize functions of liver	p.-4
To normalize functions of respiratory system	p.-4
To normalize functions of joints	p.-5
To normalize functions of the reproductive system in women	p.-5
To normalize functions of the reproductive system in men	p.-5

Practical application of “MyRealWay” bioregulators for prevention of diseases and as an additive in treatment of diseases:

In dysfunctions of the immune system	p.-6
In diseases involving acute and chronic intoxication	p.-8
In dysfunctions of the reproductive system in women	p.-9
In dysfunctions of the reproductive system in men	p.-13
In dysfunction of the urinary system	p.-15
In diseases of the liver	p.-16
In dysfunctions of the musculoskeletal system	p.-18
In age-related structural changes («Active longevity»)	p.-22
In dysfunctions of the respiratory system	p.-26
In dysfunctions of the digestive system	p.-27
In dysfunctions of the nervous system	p.-29
In dysfunctions of the cardiovascular system	p.-30
In dysfunctions of the endocrine system	p.-30
In dysfunction of organs of vision	p.-33
In dysfunction of organs of hearing	p.-34
Neoplasms of different localization	p.-35
Program «Cosmetology for women»	p.-36
Program «Cosmetology for men»	p.-37
Increased physical activity	p.-38

**TWO-WEEKS EXPRESS PROGRAMS
of “My Real Way” bioregulators practical application**

Program 1. *In insomnia*

MyRealWay complex	Dosage and duration 15 days	Expected effect
DetoxiTIDE PLUS	1 capsule in the morning	Activation of natural detoxification
VesselTIDE PLUS	1 capsule in the afternoon	Correction of vessels dysfunction
NervesTIDE PLUS	2 capsules at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 2. *Stress relief*

MyRealWay complex	Dosage and duration 15 days	Expected effect
ImmuneTIDE PLUS	1 capsule in the morning	Increasing nonspecific resistance of the immune system
AdrenalTIDE PLUS	1 capsule in the afternoon	Normalization of the adrenal glands functions
LiverTIDE PLUS	2 capsules at night	Improvement of reparative and regenerative processes in the liver

Program 3. *Body cleansing from harmful substances*

MyRealWay complex	Dosage and duration 15 days	Expected effect
ThymusTIDE PLUS	1 capsule in the morning	Improving the adaptogenic properties of the organism
UrinaTIDE PLUS	1 capsule in the afternoon	Increasing diuresis, decreasing „volume“
DetoxiTIDE PLUS	2 capsules at night	Activation of natural detoxification

Program 4. *Normalization of blood circulation processes*

MyRealWay complex	Dosage and duration 15 days	Expected effect
VesselTIDE PLUS	1 capsule in the morning	Correction of vessels dysfunction
CardioTIDE PLUS	1 capsule in the afternoon	Improvement of coronary circulation and metabolism in the myocardium

MemoryTIDE PLUS	2 capsules at night	Normalization of cerebral circulation processes
-----------------	---------------------	---

Program 5. *Normalization of the digestive function*

MyRealWay complex	Dosage and duration 15 days	Expected effect
Hyperacid TIDE PLUS	1 capsule in the morning	Improvement of reparative and regenerative processes in esophagus and stomach
MicrofloraTIDE PLUS	1 capsule in the afternoon	Normalization of intestinal microflora
PancreaTIDE PLUS	2 capsules at night	Improvement of reparative and regenerative processes in the pancreas gland

Program 6. *Normalization of the cardiovascular system function*

MyRealWay complex	Dosage and duration 15 days	Expected effect
FlatuTIDE PLUS	1 capsule in the morning	Improving the processes of food digestion and nutrient absorption
CardioTIDE PLUS	1 capsule in the afternoon	Improvement of coronary circulation and metabolism in the myocardium
BrainTIDE PLUS	2 capsules at night	Exerts neuroprotective, neurotrophic and neurometabolic effect on brain tissues

Program 7. *Normalization of the liver function*

MyRealWay complex	Dosage and duration 15 days	Expected effect
VesselTIDE PLUS	1 capsule in the morning	Correction of vessels dysfunction
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of natural detoxification
LiverTIDE PLUS	2 capsules at night	Improvement of reparative and regenerative processes in the liver

Program 8. *Normalization of the respiratory system dysfunction*

MyRealWay complex	Dosage and duration 15 days	Expected effect
ImmuneTIDE PLUS	1 capsule in the morning	Increasing nonspecific resistance of the immune system

MicrofloraTIDE PLUS	1 capsule in the afternoon	Normalization of intestinal microflora
BreathTIDE PLUS	2 capsules at night	Reducing inflammatory process in the mucosa of the respiratory tract

Program 9. Restoration of joints function

MyRealWay complex	Dosage and duration 15 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning	Restoration of structures and mobility of joints
KidneyTIDE PLUS	1 capsule in the afternoon	Normalization of kidney functions
LiverTIDE PLUS	2 capsules at night	Improvement of reparative and regenerative processes in the liver

Program 10. Normalization of female reproductive system function

MyRealWay complex	Dosage and duration 15 days	Expected effect
VesselTIDE PLUS	1 capsule in the morning	Correction of vessels dysfunction
WomenTIDE PLUS	1 capsule in the afternoon	Prevention of pre-mature ageing and improving the health of women
NervesTIDE PLUS	2 capsules at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 11. Normalization of male reproductive system function

MyRealWay complex	Dosage and duration 15 days	Expected effect
VesselTIDE PLUS	1 capsule in the morning	Correction of vessels dysfunction
ActiManTIDE PLUS	1 capsule in the afternoon	Improving the health of men, prevention of sexual disorders
NervesTIDE PLUS	2 capsules at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PRACTICAL APPLICATION
of “MyRealWay” bioregulators as preventive agent and additive in the integrated
treatment of diseases

PROGRAMS
of diseases prevention and restoration of the immune system

I. Secondary immunodeficiency

Program 12. (*chronic infections, parasitic infestations, intoxication, stress syndrome, eating disorders, exhaustion, autoimmune diseases, endocrine diseases, injuries, and operations, receiving medications, accompanied by the development of secondary immunodeficiency and also for prevention of immune status in the period of seasonal respiratory virus infections and flu*)

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
ImmuneTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Increasing nonspecific resistance of the immune system
ThymusTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improving the adaptogenic properties of the organism
MicrofloraTIDE PLUS	1 capsule in the afternoon	Normalization of intestinal microflora

II. Allergosis (*respiratory allergy, atopic dermatitis*)

Program 13. *Allergosis in acute condition*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
DetoxiTIDE PLUS	1 capsule in the morning; 1 capsule in the evening	Activation of natural detoxification
ImmuneTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Increasing nonspecific resistance of the immune system

Non-acute condition

Restoration of digestive system functions

Program 14. To increase the resistance of the mucous membrane of the gastrointestinal tract

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
DuodenumTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improvement of reparative and regenerative processes in the duodenum, the normalization of its secretory function
FlatuTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Improving the processes of food digestion, nutrient absorption

Program 15. To eliminate motor and valve violations of the intestinal tube, to normalize biocenosis of intestine

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
MicrofloraTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of intestinal microflora
NervesTIDE PLUS	2 capsules in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 16. Restoration of the respiratory system function:

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
BreathTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Reduction of inflammatory process in the mucosa of the respiratory tract
ThymusTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Improving the adaptogenic properties of the organism

Program 17. Restoration of the urinary system function:

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
KidneyTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of kidney function
ThymusTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Improving the adaptogenic properties of the organism

Program 18. Restoration of the immune system function:

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
BreathTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Reduction of inflammatory process in the mucosa of the respiratory tract
ThymusTIDE PLUS	2 capsules in the afternoon, 2 capsules in the evening	Improving the adaptogenic properties of the organism
KidneyTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of kidney function

III. Anemia

Program 19. Nutrients deficiency anemia (iron-deficiency anemia, vitamin B12-deficiency anemia, folic-acid deficiency anemia, protein-deficiency anemia, copper-deficiency anemia, zinc-deficiency anemia, etc.).

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
Bone-marrowTIDE PLUS	1 capsule in the morning and in the evening	Normalization of hematopoiesis, prevention of iron-deficiency anemia
ThymusTIDE PLUS	1 capsule in the morning and in the evening	Improving the adaptogenic properties of the organism

Program 20. Anemia caused by various toxic agents ((idiopathic aplastic anemia, medicamentous aplastic anemia, aplastic anemia, caused by other external agents, medicamentous neutropenia, toxic neutropenia)

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
Bone-marrowTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of hematopoiesis, prevention of iron-deficiency anemia development
ThymusTIDE PLUS	1 capsule in the afternoon	Improving the adaptogenic properties of the organism
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PROGRAMS
of MyRealWay bioregulators applications as an additive
in the integrated treatment of diseases involving acute and chronic intoxication

Program 21. *Intoxication with dysuric (urination violations) symptoms*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Increasing diuresis, decreasing „volume“
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 22. *Intoxication with symptoms of secondary immunodeficiency*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification
ImmuneTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Increasing nonspecific resistance of the immune system
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 23. *Intoxication with symptoms of liver failure*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification
LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Reducing manifestations of cardiac cirrhosis
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 24. *Intoxication with symptoms of cardiac insufficiency*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification
CardioTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Improve the contractility and metabolism of heart muscle
VesselTIDE PLUS	1 capsule in the evening	Correction of vessels dysfunction

Program 25. *Intoxication with symptoms of respiratory failure*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification
BreathTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Reduction of inflammatory process in the mucosa of the respiratory tract
VesselTIDE PLUS	1 capsule in the evening	Correction of vessels dysfunction

Program 26. *Immune disorders during infectious and inflammatory diseases. The recovery period after infectious and inflammatory diseases. Prevention of seasonal viral respiratory infections and flue. Prevention of unfavorable environmental factors influence (environmental, industrial, geopathic).*

MyRealWay complex	Dosage and duration 20-30 days	Expected effect
ImmuneTIDE PLUS	1 capsule 2 times a day	Restoring the immune status
ThymusTIDE PLUS	1 capsule a day	Improving the adaptogenic properties of the organism
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification

Program 27. *Acute and chronic intoxications caused by unfavorable environmental factors, medications, alcohol, infectious or parasitic agents, insufficient functioning of organs and systems of the body (chronic cardiac, renal, hepatic, respiratory failure)*

MyRealWay complex	Dosage and duration 20-30 days	Expected effect
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
ThymusTIDE PLUS	1 capsule a day	Improving the adaptogenic properties of the organism
VesselTIDE PLUS	1 capsule 2 times a day	Improving microcirculation and hemorheologic properties of blood
Complex for a target organ (CardioTIDE PLUS or BreathTIDE PLUS or KidneyTIDE PLUS or UrinaTIDE PLUS or LiverTIDE PLUS, etc.)	1 capsule 2 times a day	Improvement of metabolism and functions of target organ

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PROGRAMS

«REPRODUCTIVE HEALTH OF WOMEN»

I. Climacteric syndrome

Group 1: early symptoms (vasomotor and psycho-emotional disorders). Hot flashes, night sweats, heart attacks, shivers, irritability, drowsiness, weakness, anxiety, forgetfulness

Program 28.

MyRealWay complex	Dosage and duration 15-30 days 1 time in 3-6 months	Expected effect
MenoTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
NervesTIDE PLUS	2 capsules in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
CardioTIDE PLUS	2 capsules in the afternoon	Improve the contractility and metabolism of cardiac muscle

Group 2: middle-term "deferred" symptoms (urogenital and "atrophy" symptoms-changes and aging of skin and hair) Dryness in the genitals, itching, burning, recurrent inflammation of genitals, frequent urination, involuntary urination, cystitis. Dry and brittle hair and nails, wrinkles

Program 29.

MyRealWay complex	Dosage and duration 15-30 days 1 time in 3-6 months	Expected effect
MenoTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Increasing diuresis, decreasing „volume“
SkinTIDE PLUS	2 capsules in the afternoon	Normalization of the structure and functions of skin

Program 30.

MyRealWay complex	Dosage and duration 15-30 days 1 time in 3-6 months	Expected effect
MenoTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
NervesTIDE PLUS	2 capsules in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
HairTIDE PLUS	2 capsules in the afternoon	Restoring the structure of hair and nails

Group 3: late symptoms (metabolic syndrome, neurological symptoms, musculoskeletal disorders) Osteoporosis, osteoarthritis, heart disease, loss of memory, vision, hearing

Program 31.

MyRealWay complex	Dosage and duration 15-30 days 1 time in 3-6 months	Expected effect
MenoTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
Bone TIDE PLUS	2 capsules in the afternoon	Compensation for calcium, magnesium and vitamin D3 deficiency
Vision TIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of metabolism in cells and tissues of the organ of vision

Program 32.

MyRealWay complex	Dosage and duration 15-30 days 1 time in 3-6 months	Expected effect
Urina TIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Increasing diuresis, decreasing „volume“
Joints TIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
Brain TIDE PLUS	2 capsules in the afternoon	Normalization of cerebral circulation

Program 33.

MyRealWay complex	Dosage and duration 15-30 days 1 time in 3-6 months	Expected effect
Cardio TIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improve the contractility and metabolism of cardiac muscle
NervesTIDE PLUS	2 capsules in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
Hear TIDE PLUS	2 capsules in the afternoon	Restoration of metabolism in cells and tissues of the organ of hearing

II . Premenstrual syndrome**Program 34.** *Swelling. Swelling of face, feet, lower belly, swelling and pain of mammary glands*

MyRealWay complex	Dosage and duration 15 days before menstruation	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
UrinaTIDE PLUS	1 capsule in the afternoon	Increasing diuresis, decreasing „volume“
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 35. *Cephalgia. Strong headache several days before a menstrual period, nausea, vomiting, dizziness*

MyRealWay complex	Dosage and duration 15 days before menstruation	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
Cardio TIDE PLUS	1 capsule in the afternoon	Improve the contractility and metabolism of heart muscle
BrainTIDE PLUS	1 capsule in the evening	Normalization of cerebral circulation

Program 36. *Neuropsychic disorders. Irritability, aggressiveness*

MyRealWay complex	Dosage and duration 15 days before menstruation	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
NervesTIDE PLUS	2 capsules in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

III. Inflammations of urogenital organs (*Chronic inflammatory diseases of urogenital system, inflammatory diseases of female genital organs, inflammation of the uterus and appendages: ovaries and fallopian tubes*)

Program 37. *To strengthen host defense and stimulate the immunity*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
ImmuneTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Increasing nonspecific resistance of the immune system

Program 38. *In acute inflammation, or presence of concomitant urinary tract infections (cystitis, urethritis)*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
Urina TIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Increasing diuresis, decreasing „volume“

Program 39. *When taking antibacterial drugs in inflammation or acute inflammation of genitals or hormonal drugs in menstrual disorders.*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improving the health of liver

IV. Dyshormonal-dystrophic diseases of urogenital organs

Program 40. *Dyshomonal-dystrophic diseases of uteris: myoma (fibroid) uterus, endometriosis, hyperplasia of endometrium, polyps*

MyRealWay complex	Dosage and duration 15-30 days 2-3 times a year	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification

Program 41. *Dyshormonal diseases of mammary glands- diffuse mastopathy (fibrocystic), nodular and cystic mastopathy (before and after surgery).*

MyRealWay complex	Dosage and duration 15-30 days 2-3 times a year	Expected effect
WomenTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of pre-mature ageing and improving the health of women

LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improving the health of the liver
----------------	---	-----------------------------------

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PROGRAMS

«REPRODUCTIVE HEALTH OF MEN»

I. Androgen deficiency

Program 42. *To normalize hormonal metabolism, increase potency, libido, function of genitals, to increase level of testosterone and sperm quantity, to enhance host defense and stimulate the immunity*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
ActiManTIDE PLUS	2 capsules in the morning	Improving the health of men, prevention of sexual disorders
ThymusTIDE PLUS	2 capsules in the evening	Improving the adaptogenic properties of the organism

Program 43. *Nervousness, increased excitability, insomnia, night sweating, sudden feeling of fever in the whole body*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
ActiManTIDE PLUS	2 capsules in the morning,	Improving the health of men, prevention of sexual disorders
NervesTIDE PLUS	2 capsules in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 44. *When taking medicines, with deposit of fat in the breast, thighs, buttocks*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
ActiManTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Improving the health of men, prevention of sexual disorders
LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improving the health of liver

II. Chronic prostatitis

Program 45. *Chronic prostatitis with dysuric (violations of urination) and pain symptoms*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Increasing diuresis, decreasing „volume“
ProstaTIDE PLUS	1 capsule in the afternoon 1 capsule in the evening	Strengthening the health of men

Program 46. *Chronic prostatitis with sexual dysfunction (erectile dysfunction, ejaculation etc.)*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect

ActiManTIDE PLUS	2 capsules in the morning	Improving the health of men, prevention of sexual disorders
ProstaTIDE PLUS	1 capsule in the afternoon 1 capsule in the evening	Strengthening the health of men

III. Benign prostate hypertrophy (BPH, prostate adenoma)

Program 47. *At the early stages of the disease (1 stage of BPH), as well as to men over 60 (delay of urination, weak stream of urine, feeling of incomplete emptying of the bladder, abdominal muscle tension when urinating, intermittent urination, "drop by drop" urinating, incontinence of urine)*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Increasing diuresis, decreasing „volume“
ProstaTIDE PLUS	1 capsule in the afternoon 1 capsule in the evening	Strengthening the health of men

Program 48. *At the later stages of the disease (2 stage), when refusing surgical treatment, as well as to men over 75 to prevent pyelonephritis, urolithiasis, chronic renal failure*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
UrinaTIDE PLUS	1 capsule in the morning	Increasing diuresis, decreasing „volume“
ProstaTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Strengthening the health of men
DetoxiTIDE PLUS	1 capsule in the evening	Activation of natural detoxification

IV. Erectile dysfunction

Program 49. *To normalize hormonal metabolism and blood circulation, functions of genitals, to increase potency, libido, testosterone levels, to strengthen host defense and stimulate the immunity*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
ActiManTIDE PLUS	2 capsules in the morning	Improving the health of men, prevention of sexual disorders
ImmuneTIDE PLUS	1 capsule in the afternoon	Increasing nonspecific resistance of the immune system
VesselTIDE PLUS	1 capsule in the evening	Correction of vessels dysfunction

Program 50. *Nervousness, increased excitability, psycho-emotional tension, static loads at work*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
ActiManTIDE PLUS	2 capsules in the morning	Improving the health of men, prevention of sexual disorders
NervesTIDE PLUS	2 capsules in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 51. *When taking medicine, alcohol, smoking, if overweight, jet lag, inflammation in the prostate*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
ActiManTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Improving the health of men, prevention of sexual disorders
ProstaTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Strengthening the health of men
DetoxiTIDE PLUS	1 capsule in the evening	Activation of natural detoxification

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PROGRAMS

of diseases prevention and restoration of the urine system function

Program 52. *Glomerular disease (glomerulonephritis, nephrotic syndrome, nephritic syndrome), glomerular lesions in diabetes, glomerular lesions in diseases endocrine, metabolic and nutritional disorders, tubulointerstitial nephritis, glomerular lesions in infectious and parasitic diseases)*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
KidneyTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of kidney function
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Activation of natural detoxification
VesselTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Correction of vessels dysfunction

Program 53. *In chronic condition of diseases*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
KidneyTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of kidney function
VesselTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Correction of vessels dysfunction

Program 54. *In acute infections of the urinary tract (acute pyelonephritis, acute cystitis, acute urethritis), chronic urinary tract infections (chronic pyelonephritis, chronic cystitis, urethritis) to reduce toxic symptoms, reduce inflammation in the kidney, activate the lymphatic drainage and enhanced diuresis (urination)*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Increasing diuresis, decreasing „volume“
VesselTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Correction of vessels dysfunction
DetoxiTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Activation of natural detoxification

Program 55. *In chronic condition of diseases (remission)*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Increasing diuresis, decreasing „volume“
ImmuneTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Increasing nonspecific resistance of the immune system
VesselTIDE PLUS	1 capsule in the afternoon	Correction of vessels dysfunction

Program 56. *In chronic renal failure* to improve reparative and regenerative processes in cells of parenchyma and kidney stroma, to improve microcirculation in the kidney, to activate natural detoxification process, to enhanced diuresis (urination)

MyRealWay complex	Dosage and duration 30-45 days*	Expected effect
KidneyTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Normalization of kidney function
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Increasing diuresis, decreasing „volume“
DetoxiTIDE PLUS	1 capsule in the evening	Activation of natural detoxification
VesselTIDE PLUS	1 capsule in the evening	Correction of vessels dysfunction

*Recommended frequency 3-4 times a years

Program 57. *Urolithiasis* - to reduce symptoms of intoxication, for strengthening of urination, for prevention of inflammatory process in urinary organs, for normalization of food digestion and absorption processes.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
UrinaTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Increasing diuresis, decreasing „volume“
MicrofloraTIDE PLUS	1 capsule in the afternoon	Normalization of the intestine function and metabolism
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PROGRAMS

of diseases prevention and restoration of liver function

Program 58. *Chronic inflammatory diseases of the liver (hepatitis)* to reduce inflammation and intoxication symptoms, cholestasis and asthenovegetative citolitic syndrome

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
-------------------	-----------------------------------	-----------------

LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improvement of the health of liver
DetoxiTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Activation of natural detoxification
ImmuneTIDE PLUS	1 capsule in the afternoon	Increasing non-specific resistance of the immune system

Program 59. *Drug-induced liver injury and for prevention of pathological changes of medicinal origin for hepatoprotection and activation of hemopoiesis, reducing intoxication symptoms*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improvement of the health of liver
DetoxiTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Activation of natural detoxification
ThymusTIDE PLUS	1 capsule in the morning	Improvement of adaptogenic properties of the organism

Program 60. *Alcohol-induced liver injury of acute and chronic genesis - to prevent and restore autoimmune and degenerative liver and pancreatic injuries, to normalize blood circulation.*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improving the health of liver
PancreaTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function
VesselTIDE PLUS	1 capsule in the afternoon	Correction of vessels dysfunction

Program 61. *Cholelithiasis – for prevention of bile stagnation, formation of gallstones in gallbladder, settled sludge, biliary dyskinesia; for normalization of biliary excretion; for restoration of liver injury; for prevention of the pancreas injury (an increase of pressure in pancreatic duct) and normalization of duodenal motility.*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
LiverTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improving the health of liver
DuodenumTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Improvement of reparative and regenerative processes of the duodenum, stimulation of its secretion function
PancreaTIDE PLUS	1 capsule in the afternoon	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function

Program 62. *Nonspecific reactive hepatitis, chronic hepatitis (including viral), liver fibrosis*, cirrhosis, fatty degeneration of liver***

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
LiverTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the liver
VesselTIDE PLUS	1 capsule 2 times a day	Microcirculation improvement in the

		liver
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

*Recommended frequency of use is 3-4 times a year and according to needs

Program 63. *Liver failure**

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
LiverTIDE PLUS	1 capsule 2 times a day	Improvement of metabolic processes in the liver, strengthening cell membranes of hepatocytes
VesselTIDE PLUS	1 capsule 2 times a day	Improvement of microcirculation in the liver
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
BrainTIDE PLUS	1 capsule 2 times a day	Reduction of toxic effect on the brain

*Recommended frequency of use is 3-4 times a year and according to needs

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PROGRAMS

«THE HEALTH OF THE MUSCULOSKELETAL SYSTEM»

I. Osteoporosis

Program 64. *In postmenopausal osteoporosis (mostly in women over 60)* - as preventive and additive means of integrated correction of climacteric syndrome, for normalization of suction and calcium absorption in the gut

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
BoneTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Correction of calcium, magnesium and vitamin D3 deficiency
MenoTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Pre-mature ageing prevention and improvement of the health of women
DuodenumTIDE PLUS	1 capsule in the afternoon	Improvement of reparative and regenerative processes in the duodenum, normalization of its secretory function.

Program 65. *In senile osteoporosis (in men and women over 70)* as a preventive and adjunctive agent in the integrated diet correction and for normalization of suction and calcium absorption in the gut

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
BoneTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Correction of calcium, magnesium and vitamin D3 deficiency
MicrofloraTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of the intestinal function and metabolic processes
DuodenumTIDE PLUS	1 capsule in the afternoon	Improvement of reparative and

		regenerative processes in the duodenum, normalization of its secretory function
--	--	---

Program 66. *For prevention of osteoporosis in women with menstrual cycle disorders; in thyroid gland diseases after removal of the ovaries at a young age; when taking hormonal drugs* for normalization of suction and calcium absorption in the gut

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
BoneTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Correction of calcium, magnesium and vitamin D3 deficiency
WomanTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Prevention of premature ageing and strengthening of the health of women
MicrofloraTIDE PLUS	1 capsule in the afternoon	Normalization of the intestinal function and metabolic processes

II. Rheumatoid arthritis

Program 67. *In rheumatoid arthritis with kidneys affection (glomerulonephritis, pyelonephritis, amyloidosis)* to normalize functions of joints, increase urination and reduce the severity of inflammation symptoms

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
KidneyTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Normalization of kidney function
UrinaTIDE PLUS	1 capsule in the afternoon	Increasing diuresis, decreasing „volume“

Program 68 *In rheumatoid arthritis with cardio-vascular affection (arterial hypertension, myocarditis, pericarditis, endocarditis, etc.)* to normalize the function of joints, central and peripheral blood circulation and for reducing inflammation symptoms

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
CardioTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Improvement of coronary circulation and metabolism in the myocardium
VesselTIDE PLUS	1 capsule in the afternoon	Correction of vessels dysfunction

Program 69. *In rheumatoid arthritis with lungs affection (pericardial effusion, interstitial fibrosis, etc.)* to normalize functions of joints, respiratory function and reduce inflammation symptoms

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
BreathTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Reduction of inflammatory processes in the mucosa of the respiratory tract

DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of natural detoxification
-----------------	----------------------------	--------------------------------------

Program 70. *In rheumatoid arthritis with nervous system affection (vegetative dystonia, polyneuritis, diencephalic syndrome, etc.)* to normalize joints function, reduce symptoms of inflammation, normalize mental and regulatory functions of the nervous system

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
NervesTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
MemoryTIDE PLUS	1 capsule in the morning	Activation of bioenergetic processes in the central nervous system

Program 71. *In rheumatoid arthritis with eye affection (scleritis, Sjögren's syndrome, etc.)* to normalize functions of joints, reduce symptoms of inflammation, normalize metabolism and blood circulation in eyes

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
VisionTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Prevention of age-related eye diseases
VesselTIDE PLUS	1 capsule in the morning	Correction of vessels dysfunction

III. Osteoarthritis (deforming osteoarthritis)

Program 72. *For normalization of joints function (mobility restoration), cartilage surface, tendons and ligaments*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
LigamentTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Strengthening of ligamentous apparatus
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

IV. Gouty arthritis

Program 73. *To normalize the function of joints (mobility restoration) and kidneys, relieve the symptoms of intoxication*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning,	Restoration of structures and mobility of joints

	1 capsule in the evening	
KidneyTIDE PLUS	1 capsule in the morning	Normalization of kidney function
DetoxiTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Activation of natural detoxification processes

V. Osteochondrosis

Program 74. *For normalization of the vertebral column function (mobility, flexibility restoration), reduce inflammation and pain symptoms, swelling*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
LigamenTIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Strengthening of ligamentous apparatus
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

VI. Prevention of muscles and ligaments diseases

Program 75. *In myositis, tendovaginitis, ligamentitis, bursitis, epicondylitis, etc. to normalize functions of joints and muscles, reduce symptoms of inflammation and pain, swelling*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
Vessel(Ligamen)TIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Correction of vessels dysfunction
Joints(Muscle)TIDE PLUS	1 capsule in the morning, 1 capsule in the afternoon	Restoration of structures and mobility of joints (strengthening muscular system)
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

VII. For musculoskeletal system, immune status and overall tone of the organism in accordance with the annual seasonal cycles, for people professionally or actively engaged in sport, fitness and with high physical exertion related to professional activities

To increase the hemoglobin in the blood, accelerate tissue healing, enhance physical and mental performance, for stimulation of blood circulation, immune system and body detoxification, anti-stress processes activation, to reduce feelings of anxiety and stress, for adaptation to changing seasons, normalization of sleep

Program 76. *Autumn-winter seasons (1 time in a quarter – 30 days).*

MyRealWay complex	Dosage and duration 15 days	Expected effect
ImmuneTIDE PLUS	1 capsule in the morning	Increasing nonspecific resistance of the immune system

Vessel TIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Correction of vessels dysfunction
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 77. *Autumn-winter seasons* (1 time in a quarter – 30 days).

MyRealWay complex	Dosage and duration 15 days	Expected effect
ThymusTIDE PLUS	1 capsule in the morning	Improving the adaptogenic properties of the organism
JointsTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Restoration of structures and mobility of joints
BrainTIDE PLUS	1 capsule in the evening	Exerts neuroprotective, neurotrophic and neurometabolic effect on brain tissues

Program 78. *Spring-summer seasons* (1 time in a quarter – 30 days).

MyRealWay complex	Dosage and duration 15 days	Expected effect
DetoxiTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Activation of natural detoxification
BoneTIDE PLUS	1 capsule in the morning, 1 capsule in the evening	Correction of calcium, magnesium and vitamin D3 deficiency

Program 79. *Spring-summer seasons* (1 time in a quarter – 30 days).

MyRealWay complex	Dosage and duration 15 days	Expected effect
Men – ActiManTIDE PLUS	2 capsules in the morning	Strengthening men's health, prevention of sexual disorders
Women – WomanTIDE PLUS	2 capsules in the morning	Prevention of premature ageing and health improving
CardioTIDE PLUS	1 capsule in the afternoon, 1 capsule in the evening	Improvement of coronary circulation and metabolism in the myocardium

If you couldn't find any suitable program, our specialists will design an individual application program for you.

ANTI-AGEING programs

PURPOSE: *maintaining self-control mechanisms at different levels of the vital activity of the body, normalization of protein synthetic functions of cells, homeostasis and trophic (feeding) of tissues.*

I. Age-related changes in the central and peripheral nervous system

For adaptation of the body to age-related changes in the nervous system (the processes of excitation and inhibition, activity modification, violation of tissues trophic (feeding) regulation, mental disorders - cognitive and mental functions).

Program 80.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
BrainTIDE PLUS	1 capsule in the morning and in the evening	Exerts neuroprotective, neurotrophic and neurometabolic effect on brain tissues
Vessel TIDE PLUS	1 capsule in the afternoon	Correction of vessels dysfunction
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 81 .

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
MemoryTIDE PLUS	1 capsule in the morning and in the evening	Activation of bioenergetic processes in the central nervous system
CardioTIDE PLUS	1 capsule in the afternoon	Improving the coronary circulation and metabolism in myocardium
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 82.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
VisionTIDE PLUS	1 capsule in the morning and in the evening	Restoration of metabolism in the cells and tissues of the organ of vision
HearTIDE PLUS	1 capsule in the morning and in the afternoon	Restoration of metabolism in the cells and tissues of the organ of hearing
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

II. Age-related changes in the cardiovascular system

Program 83 . *For the adaptation of the organism to age-related changes in cardiovascular system (reduced elasticity of the arteries walls and increased rigidity, extension of venous channel, reducing the tone of veins, reduction in the number of capillaries, tissue hypoxia, decreased myocardial contractility, etc.).*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
CardioTIDE PLUS	1 capsule in the morning and	Improving the coronary circulation and metabolism in myocardium

	in the evening	
Vessel TIDE PLUS	1 capsule in the afternoon	Correction of vessels dysfunction
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

III. Age-related changes in the respiratory system

Program 84 . *For the adaptation of the organism to age-related changes in the respiratory system (atrophy of the mucous membrane of the respiratory organs, hardening of the cartilage of the tracheobronchial tree, thinning the walls of the alveoles, bronchial obstruction, accumulation of mucus in the bronchi, violation of pulmonary gas exchange, hypoxia, etc.).*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
BreathTIDE PLUS	1 capsule in the morning and in the evening	Reduction of inflammatory activity in the mucosa of the respiratory tract
CardioTIDE PLUS	1 capsule in the afternoon	Improve the coronary circulation and metabolism in myocardium
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

IV. Age-related changes in the digestive system

For the adaptation of the organism to age-related changes in the digestive system (atrophy of the mucous membrane of the stomach and small intestine, decrease of secretory and motor functions of the stomach and small intestine, atrophy of acinous cells of the pancreas, reducing secretory function of the pancreas, decreased protein synthesis, detoxification, glikogen production and excretory function of liver, etc.).

Program 85.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
Lowacid (Hyperacid)TIDE PLUS	1 capsule in the morning and in the evening	Correction of gastric mucosa diorder
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of natural detoxification
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 86.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
DuodenumTIDE PLUS	1 capsule in the morning and in the evening	Improvement of reparative and regenerative processes in the duodenum, the normalization of its secretory function
MicrofloraTIDE PLUS	1 capsule in the afternoon	Normalization of the intestinal microflora
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central

		and peripheral nervous system
--	--	-------------------------------

Program 87.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
PancreaTIDE PLUS	1 capsule in the morning and in the evening	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function
FlatuTIDE PLUS	1 capsule in the afternoon	Improving the processes of food digestion, nutrient absorption
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 88.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
LiverTIDE PLUS	1 capsule in the morning and in the evening	Reduction in manifestations of cardiac liver cirrhosis
DuodenumTIDE PLUS	1 capsule in the afternoon	Improvement of reparative and regenerative processes in the duodenum, the normalization of secretory function
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

V. Age-related changes in the urinary system

For the adaptation of the organism to age-related changes in the urinary system (renal vessels sclerosis, decreased renal blood flow, reducing all functions of kidney – excretion of protein metabolism products, electrolytes, water, atrophy of the mucous membrane and muscular layer, the weakening of the sphincters, etc.).

Program 89.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
KidneyTIDE PLUS	1 capsule in the morning and in the evening	Normalization of kidney function
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of natural detoxification
Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 90.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
UrinaTIDE PLUS	1 capsule in the morning and in the afternoon	Increasing diuresis, reducing „volume“
VesselTIDE PLUS	1 capsule in the morning	Improving blood circulation

Nerves TIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
------------------	--------------------------	--

VI. Osteoporosis (refer to programs for the Muscularskeletal system)

VII. For women suffering from climacteric syndrome (see the Programs for female reproductive system)

If you couldn't find any suitable program, our specialists will design an individual application program for you.

**PROGRAMS
of diseases prevention and restoration of the respiratory system**

Program 91 . *Acute respiratory infections of the upper respiratory tract, acute respiratory infections of the lower respiratory tract, chronic diseases of the lower respiratory tract in the acute stage.*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
BreathTIDE PLUS	1 capsule 2 times a day	Reduction of inflammation in the mucosa of the respiratory tract
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
VesselTIDE PLUS	1 capsule 2 times a day	Improving blood circulation in the lungs

Program 92. *Acute respiratory infections of the upper respiratory tract in the recovery period, the acute respiratory infections of the lower respiratory tract in the recovery period, chronic diseases of the lower respiratory tract in remission **

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
BreathTIDE PLUS	1 capsule 2 times a day	Stimulation of reparative and regenerative processes in the various zones of the respiratory tract
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system
VesselTIDE PLUS	1 capsule a day	Correction of vessels dysfunction

Program 93. *Lung disease caused by external agents - a high level of dust and/or gases in the air at work, at home**

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
BreathTIDE PLUS	1 capsule a day	Increasing the sustainability of lung tissue to the influences of external agents
DetoxiTIDE PLUS	1 capsule a day	Activation of natural detoxification
VesselTIDE PLUS	1 capsule a day	Improvement of blood flow in the mucosa of the bronchi and lungs

Program 94. *As a supplement in dietary and nutritional correction when smoking**.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
Breath TIDE PLUS	1 capsule 2 times a day	Reduction of inflammation in the mucosa of the respiratory tract
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification

VesselTIDE PLUS	1 capsule 2 times a day	Improving blood circulation in the lungs иx
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system

*Recommended frequency of use - 3-4 times a year.

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PROGRAMS of diseases prevention and restoration of the digestive system

Program 95. *Gastroesophageal reflux disease**, *esophagitis**, *esophageal erosion**, *chronic gastritis with hyperacidity**, *gastric ulcer**

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
HyperacidTIDE PLUS	1 capsule 2 times a day	Improvement of reparative, regenerative processes in the in the esophagus, stomach and duodenum, stimulation of their secretory function
VesselTIDE PLUS	1 capsule 2 times a day	Improvement of microcirculation in the mucosa of esophagus, stomach and duodenum
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

* The dosage and duration shown in a table are given for the period of acute conditions of specified diseases. Recommended preventive course is minimum 2 times a year (autumn, spring) using ½ of the dosage.

Program 96. *Chronic duodenitis**, *peptic ulcer of the duodenum**

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
DuodenumTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the duodenum, the normalization of its secretory function
VesselTIDE PLUS	1 capsule 2 times a day	Improvement of microcirculation in the mucosa of the duodenum
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

* The dosage and duration shown in a table are given for the period of acute conditions of specified diseases. Recommended preventive course is minimum 2 times a year (autumn, spring) using ½ of the dosage.

Program 97. *Chronic atrophic gastritis**, *chronic gastritis with low acidity**, *decreased appetite of various etiologies**, *indigestion**.

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
LowacidTIDE PLUS	1 capsule 2 times a day	Improvement of reparative, regenerative processes in the stomach, stimulation of secretory function
VesselTIDE PLUS	1 capsule 2 times a day	Improvement of microcirculation in the mucosa of the stomach
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

*Recommended frequency of use is 3-4 times a year.

Program 98. *Non-infectious gastroenteritis*, chronic (ulcerative) enterocolitis*, chronic (ulcerative proctitis)*, chronic (ulcerative rectosigmoidit)*.*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
FlatuTIDE PLUS	1 capsule 2 times a day	Improving the processes of food digestion, nutrient absorption
MicrofloraTIDE PLUS	1 capsule 2 times a day	Normalization of the intestinal microflora
VesselTIDE PLUS	1 capsule a day	Improvement of microcirculation in the mucosa of the stomach and intestines
DetoxiTIDE PLUS	1 capsule a day	Activation of natural detoxification

* Recommended frequency of use is 3-4 times a year.

Program 99. *Dysbacteriosis *, dyspepsia, digestive disorders *, treatment with antibacterial drugs (antibiotics for treatment of infectious diseases of any localization).*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
FlatuTIDE PLUS	1 capsule 2 times a day	Improving the processes of food digestion, nutrient absorption
MicrofloraTIDE PLUS	1 capsule 2 times a day	Normalization of the intestinal microflora

*Recommended frequency of use is 3-4 times a year.

Program 100. *Vascular disease of the bowel, chronic ischemic colitis, enteritis, enterocolitis, mesenteric arteriosclerosis*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
VesselTIDE PLUS	1 capsule 2 times a day	Improvement of microcirculation in the mucosa of the stomach and intestines
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
FlatuTIDE PLUS-	1 capsule 2 times a day	Improving the processes of food digestion, nutrient absorption
MicrofloraTIDE PLUS	1 capsule 2 times a day	Normalization of the intestinal microflora
DetoxiTIDE PLUS	1 capsule a day	Activation of natural detoxification

*Recommended frequency of use is 3-4 times a year.

Program 101. *Irritable bowel syndrome*, irritable bowel syndrome with diarrhea*, constipation*, functional diarrhea*, neurogenic excitability of intestines*.*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
FlatuTIDE PLUS-	1 capsule 2 times a day	Improving the processes of food digestion, nutrient absorption
MicrofloraTIDE PLUS	1 capsule 2 times a day	Normalization of the intestinal microflora
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

*Recommended frequency of use is 3-4 times a year.

Program 102. *Gallbladder, biliary tract and pancreas diseases: chronic cholecystitis*, dyskinesia o biliary tract*, chronic pancreatitis *, atrophy of the pancreas gland*, pancreatic fibrosis*.*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
PancreaTIDE PLUS	1 capsule 2 times a day	Improvement of reparative, regenerative processes in the mucosa of the gallbladder, biliary tract and pancreas, stimulation of the secretory function
VesselTIDE PLUS	1 capsule 2 times a day	Improvement of microcirculation in the mucosa of the gallbladder, biliary tract and pancreas
FlatuTIDE PLUS	1 capsule 2 times a day	Improving the processes of food digestion, nutrient absorption
DetoxiTIDE PLUS	1 capsule a day	Activation of natural detoxification

*Recommended frequency of use is 3-4 times a year.

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PROGRAMS of diseases prevention and restoring the nervous system functions

Program 103. *Vascular diseases of the brain (cerebral arteriosclerosis *, hypertensive encephalopathy*, consequences of cerebral infarction (ischemic stroke)*, consequences of intracranial hemorrhage (a hemorrhagic stroke)*, transient cerebral ischemic attack, vascular Parkinsonism *, cerebellar ataxia *.*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
MemoryTIDE PLUS	1 capsule 2 times a day	Activation of bioenergetic processes in the central nervous system
BrainTIDE PLUS	1 capsule 2 times a day	Exerts neuroprotective, neurotrophic and neurometabolic effect on brain tissue
VesselTIDE PLUS	1 capsule 2 times a day	Normalization of cerebral circulation processes

*Recommended frequency of use is 3-4 times a year.

Program 104. *Diseases of the peripheral nervous system (polyneuropathy, alcoholic polyneuropathy, polyneuropathy caused by other toxic substances, polyneuropathy in infectious and parasitic illnesses, diabetic polyneuropathy polyneuropathy in other endocrine diseases and metabolic disorders).*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
NervesTIDE PLUS	1 capsule at night	Normalizing metabolism of the peripheral nervous system
DetoxiTIDE PLUS	1 capsule 2 times a day	Activating processes of natural body detoxification

Program 105. *Cognitive and mental dysfunctions of the central nervous system, hyperactivity, hyperexcitability, depression, anxiety, etc. (chronic psycho-emotional overloads *, emotional (professional) exhaustion*, chronic fatigue syndrome, sleep disorders caused by "shift work"*, jet lag (quick change of time zones), increased irritability, anxiety *)*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
MemoryTIDE PLUS	1 capsule in the morning	Activation of bioenergetic processes in the central nervous system
BrainTIDE PLUS	1 capsule 2 times a day	Exerts neuroprotective, neurotrophic and neurometabolic effect on brain tissue
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

*Recommended frequency of use is 2-3 times a year and according to needs.

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PROGRAMS
of diseases prevention and restoring the cardiovascular system function

Program 106. *Acute rheumatic cardiac disease, acute endocarditis (infectious), acute myocarditis (infectious), acute pericarditis (infectious), cardiomyopathy in infectious and parasitic disease, cardiomyopathy in metabolic and nutritional disorders.*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
CardioTIDE PLUS	1 capsule 2 times a day	Improving the contractility and metabolism of cardiac muscle
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
VesselTIDE PLUS	1 capsule 2 times a day	Strengthening of the vessel wall
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system

Program 107. *Chronic ischemic cardiac disease, hypertension (essential hypertension)*, secondary hypertension*, atherosclerosis*, neurocirculatory dystonia*, chronic impaired cardiac function in the stage of compensation*.*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
Cardio TIDE PLUS	1 capsule 2 times a day	Improving the contractility and metabolism of cardiac muscle
Vessel TIDE PLUS	1 capsule 2 times a day	Strengthening of the vessel wall
Nerves TIDE PLUS	1 capsule 2 times a day	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 108. *Chronic cardiac decompensation*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
CardioTIDE PLUS	1 capsule 2 times a day	Improving the contractility and metabolism of cardiac muscle
VesselTIDE PLUS	1 capsule 2 times a day	Strengthening of the vessel wall
UrinaTIDE PLUS	1 capsule 2 times a day	Increased diuresis, reducing „volume“
LiverTIDE PLUS	1 capsule 2 times a day	Reducing manifestations of cardiac cirrhosis

*Recommended frequency of use is 3-4 times a year.

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PROGRAMS
of diseases prevention and restoring of the endocrine system function

Program 109. *Diffuse (endemic) goitre related to iodine deficiency*, other thyroid diseases related to iodine deficiency*, subclinical hypothyroidism as a result of iodine deficiency*, hypothyroidism induced by drugs and*

*other exogenous substances *, post-viral hypothyroidism *, atrophy of thyroid (acquired)*, thyroiditis (autoimmune, medical, with transient thyrotoxicosis, fibrous)*.*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
ThyroidTIDE PLUS	1 capsule 2 times a day	Normalization of the thyroid gland function
VesselTIDE PLUS	1 capsule 2 times a day	Improving microcirculation in the thyroid gland
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system

*Recommended frequency of use is 3-4 times a year.

Program 110. *Thyrotoxicosis with diffuse goitre *, thyrotoxicosis with simple nodular toxic goitre *, thyrotoxicosis with multinodular toxic goiter*, other forms of thyrotoxicosis*.*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
ThyroidTIDE PLUS	1 capsule 2 times a day	Normalization of the thyroid gland function
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
VesselTIDE PLUS	1 capsule a day	Strengthening of the vessel wall
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

*Recommended frequency of use is 3-4 times a year.

Program 111. *Primary and secondary hyperparathyroidism*, hypoparathyroidism*, osteoporosis (postmenopausal*, postsurgical*, drug-induced *, bad or slow healing of fracture).*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
ParathyroidTIDE PLUS	1 capsule 2 times a day	Normalization of the parathyroid gland function
VesselTIDE PLUS	1 capsule 2 times a day	Improving microcirculation in parathyroid gland
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system

*Recommended frequency of use is 3-4 times a year.

Program 112. *Primary and secondary hyperaldosteronism*, primary and secondary adrenal insufficiency*, drug-induced failure of adrenal cortex**

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
AdrenalTIDE PLUS	1 capsule 2 times a day	Normalization of the adrenal glands function
VesselTIDE PLUS	1 capsule 2 times a day	Improving microcirculation in the adrenal glands
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system

*Recommended frequency of use is 3-4 times a year.

Program 113. *Insulin dependent diabetes*, achrestic diabetes*, diabetes associated with malnutrition*.*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
-------------------	-----------------------------------	-----------------

PancreaTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function
VesselTIDE PLUS	1 capsule 2 times a day	Improving microcirculation in the pancreas
DetoxiTIDE PLUS	1 capsule a day	Activation of natural detoxification

Program 114. Defeat of kidneys in diabetes (diabetic nephropathy)*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
PancreaTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function
LiverTIDE PLUS	1 capsule in the morning and in the evening	Improvement of reparative and regenerative processes in the liver
KidneyTIDE PLUS	1 capsule in the morning and in the evening	Normalization of the kidney function

Program 115. Eye involvement in diabetes (diabetic retinopathy)*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
PancreaTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function
LiverTIDE PLUS	1 capsule in the morning and in the evening	Improvement of reparative and regenerative processes in the liver
VisionTIDE PLUS	1 capsule in the morning and in the evening	Restoration of metabolism in cells and tissues of the organ of vision
MemoryTIDE PLUS	1 capsule 2 times a day	Activation of bioenergetic processes in the central nervous system

Program 116. Defeated blood vessels in diabetes*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
PancreaTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function
VesselTIDE PLUS	1 capsule in the morning and in the evening	Improving microcirculation in the pancreas
BrainTIDE PLUS	1 capsule 2 times a day	Exerts neuroprotective, neurotrophic and neurometabolic effect on brain tissue

Program 117. Diabetic gastropathy (gastroduodenopathy)*

MyRealWay complex	Dosage and duration 30-45 days	Expected effect
PancreaTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the pancreas, stimulation of its secretion function
VesselTIDE PLUS	1 capsule in the morning and in the evening	Improving microcirculation in the pancreas and mucosa of the duodenum
DuodenumTIDE PLUS	1 capsule 2 times a day	Improvement of reparative and regenerative processes in the duodenum, the normalization of secretory function

*Recommended frequency of use is 3-4 times a year.

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PROGRAMS

of diseases prevention and restoring function of organs of vision

Program 118. *In dystrophic diseases of the retina and vitreous diseases, violation of colour perception, violations of eye sight (hyperopia, myopia, astigmatism)*

MyRealWay complex	Dosage and duration 15-30 days*	Expected effect
VisionTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of organs of vision
BrainTIDE PLUS	1 capsule in the morning	Normalization of cerebral circulation
VesselTIDE PLUS	1 capsule in the afternoon	Correction of vascular disorders

*Recommended frequency of use is 3-4 times a year.

Program 119. *Eye sight problems in women over 45*

MyRealWay complex	Dosage and duration 15-30 days*	Expected effect
VisionTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of organs of vision
MenoTIDE PLUS	1 capsule in the morning	Prevention of premature aging and improving the health of women
BoneTIDE PLUS	1 capsule in the morning/in the afternoon	Correction of calcium, magnesium and vitamin D3 deficiency
VesselTIDE PLUS	1 capsule in the afternoon	Correction of vascular disorders

*Recommended frequency of use is 3-4 times a year.

Program 120. *Computer vision syndrome*

MyRealWay complex	Dosage and duration 15-30 days*	Expected effect
VisionTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of organs of vision
BrainTIDE PLUS	1 capsule in the morning	Normalization of cerebral circulation
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
VesselTIDE PLUS	1 capsule in the afternoon	Correction of vascular disorders

*Recommended frequency of use is 3-4 times a year.

Program 121. *Prevention of age-related eye diseases.*

MyRealWay complex	Dosage and duration 15-30 days*	Expected effect
VisionTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of organs of vision
VesselTIDE PLUS	1 capsule in the morning	Correction of vascular disorders
DetoxiTIDE PLUS	1 capsule in the morning/in the afternoon	Activation of natural detoxification
CardioTIDE PLUS	1 capsule in the afternoon	Improvement of coronary circulation and metabolism in the myocardium
BrainTIDE PLUS	1 capsule in the afternoon	Normalization of cerebral circulation

*Recommended frequency of use is 3-4 times a year.

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PROGRAMS

of diseases prevention and restoring functions of organs of hearing

Program 122. *Sensorineural hearing loss, the weakening of the sense of hearing. Prevention of hereditary predisposition to early hearing loss.*

MyRealWay complex	Dosage and duration 15-30 days*	Expected effect
HearTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of the organs of hearing
MemoryTIDE PLUS	1 capsule in the morning	Strengthening the transmission of nervous excitement in brain tissue
VesselTIDE PLUS	1 capsule in the afternoon	Correction of vascular disorders
BrainTIDE PLUS	1 capsule in the afternoon	Normalization of cerebral circulation processes

*Recommended frequency of use is 3-4 times a year

Program 123. *Age-related hearing loss (senile hearing loss). Subjective ear noise (Tinnitus) - acoustic sensation arising in the absence of an external audio source*

MyRealWay complex	Dosage and duration 15-30 days*	Expected effect
HearTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of the organs of hearing
VesselTIDE PLUS	1 capsule in the morning	Correction of vascular disorders
DetoxiTIDE PLUS	1 capsule in the morning/in the afternoon	Activation of natural detoxification
CardioTIDE PLUS	1 capsule in the afternoon	Improvement of coronary circulation and metabolism in the myocardium
BrainTIDE PLUS	1 capsule in the afternoon	Normalization of cerebral circulation processes

*Recommended frequency of use is 3-4 times a year

Program 124. *Earlier viral infections, diseases of bacterial etiology with complication on the organ of hearing. Recovery period after inflammatory diseases of different genesis*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
HearTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of the organs of hearing
DetoxiTIDE PLUS	1 capsule in the morning/in the afternoon	Activation of natural detoxification
ImmuneTIDE PLUS	1 capsule in the morning	Strengthening the immunity and vitality

Program 125. *A high level of background noise - exceeding the permitted level of noise at work or at home. Acoustic and mechanical trauma in the organs of hearing.*

MyRealWay	Dosage and duration	Expected effect
-----------	---------------------	-----------------

complex	15-30 days	
HearTIDE PLUS	1 capsule in the morning	Restoration of metabolism in the cells and tissues of the organs of hearing
NervesTIDE PLUS	1 capsule in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system
VesselTIDE PLUS	1 capsule in the afternoon	Correction of vascular disorders

*Recommended frequency of use is 3-4 times a year

PROGRAMS of treatment in neoplasms of different localizations

Program 126. *Neoplasms of different localization, accompanied by intoxication syndrome*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system
MyRealWay bioregulator for a target organ	1 capsule 2 times a day	Improving function of an affected organ

Program 127. *Neoplasms of different localization, accompanied by dyspeptic symptoms*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system
FlatuTIDE PLUS	1 capsule 2 times a day	Improving the processes of food digestion, nutrient absorption
MicrofloraTIDE PLUS	1 capsule 2 times a day	Normalization of the intestinal microflora

Program 128. *Neoplasms of different localization, causing asthenic syndrome*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
ImmuneTIDE PLUS	1 capsule 2 times a day	Increasing non-specific resistance of the immune system
MemoryTIDE PLUS	1 capsule in the morning	Activation of bioenergetic processes in the central nervous system
NervesTIDE PLUS	1 capsule at night	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

Program 129. *Neoplasms of different localization against a background of ongoing chemotherapy or radiation treatment**

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
DetoxiTIDE PLUS	1 capsule 2 times a day	Activation of natural detoxification
MyRealWay bioregulator for a target organ	1 capsule 2 times a day	Improving functions of an affected organ
FlatuTIDE PLUS	1 capsule 2 times a day	Improving the process of food digestion, nutrient absorption
LiverTIDE PLUS	1 capsule 2 times a day	Improving reparative and regenerative processes in the liver

*Recommended frequency of use: in accordance with the frequency of chemotherapy or radiation therapy courses.

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PROGRAMS

«COSMETOLOGY for women»

*Health and Beauty recipe 18+**
Program 130.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
ImmuneTIDE PLUS	1 capsule in the morning	Strengthening the immunity and vitality
SkinTIDE PLUS	1 capsule in the morning	Normalization of the structure and functions of the skin
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of host defense
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

*Recommended frequency of use is once a quarter.

*Health, Youth and Beauty recipe 35+**

Program 131.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
SkinTIDE PLUS	1 capsule in the morning	Normalization of the structure and functions of the skin
MicrofloraTIDE PLUS	1 capsule in the morning	Normalization of the intestine and metabolism
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of host defense
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

*Recommended frequency of use is 2-3 times a year.

Program 132.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
-------------------	-----------------------------------	-----------------

ImmuneTIDE PLUS	1 capsule in the morning	Strengthening the immunity and vitality
WomanTIDE PLUS	1 capsule in the afternoon	Prevention of premature aging and improving the health of women
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

*Recommended frequency of use is 2-3 times a year.

*Health, Youth and Beauty recipe 45+**

Program 133.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
SkinTIDE PLUS	1 capsule in the morning	Normalization of the structure and functions of the skin
ThyroidTIDE PLUS	1 capsule in the morning	Normalization of the thyroid gland function and metabolism
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of host defense
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

*Recommended frequency of use is 2-3 times a year.

Program 134.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
ImmuneTIDE PLUS	1 capsule in the morning	Strengthening the immunity and vitality
SkinTIDE PLUS	1 capsule in the morning	Normalization of the structure and functions of the skin
MenoTIDE PLUS	1 capsule in the morning/in the afternoon	Prevention of premature aging and improving the health of a woman
VisionTIDE PLUS	1 capsule in the afternoon	Prevention of age-related eye diseases
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PROGRAMS

«COSMETOLOGY for men»

*Healthy skin, hair and nails 18+**

Program 135.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
ActiManTIDE PLUS	1 capsule in the morning	Strengthening men's health, prevention of sexual disorders

SkinTIDE PLUS	1 capsule in the morning	Normalization of the structure and functions of the skin
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of host defense
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

*Recommended frequency of use is once a quarter.

*Healthy skin, hair and nails 45+**

Program 136

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
ProstaTIDE PLUS	1 capsule in the morning	Improving the health of men
SkinTIDE PLUS	1 capsule in the morning	Normalization of the structure and functions of the skin
DetoxiTIDE PLUS	1 capsule in the afternoon	Activation of host defense
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

*Recommended frequency of use is 2-3 times a year.

Program 137.

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
SkinTIDE PLUS	1 capsule in the morning	Restoration of the structure and functions of the skin
LiverTIDE PLUS	1 capsule in the morning	Improving the health of liver
VisionTIDE PLUS	1 capsule in the afternoon	Prevention of age-related eye diseases
HairTIDE PLUS	1 capsule in the afternoon	Restoring the structure of hair and nails

*Recommended frequency of use is 2-3 times a year.

If you couldn't find any suitable program, our specialists will design an individual application program for you.

PROGRAMS

for sportsmen and people who actively take up sports and fitness

I. In increased physical activity related to occupation

see Programs 76, 77, 78, 79

II. During sports competitions

Program 138. *To reduce the emotional stress, for adaptation to time zones changes, for strengthening the immune system, increasing hemoglobin in the blood, accelerating process of tissues healing, enhancing exercise and mental performance*

MyRealWay complex	Dosage and duration 15-30 days	Expected effect
ImmuneTIDE PLUS	1 capsule in the morning	Strengthening the immunity and resistance of the body

JointsTIDE PLUS	1 capsule in the afternoon	Restoring and strengthening structure and mobility of joints
NervesTIDE PLUS	2 capsules in the evening	Normalization of metabolism and the regulatory function of the central and peripheral nervous system

If you couldn't find any suitable program, our specialists will design an individual application program for you.