

## INGREDIENTS

---

**Ingredients:** Short chain chitosan (from *shrimp exoskeleton*) in gelatin capsules.

**Directions for use:** Adults should take 2 capsules a day (each capsule contains 300mg short chain chitosan).

**Information:** Do not exceed recommended dose. Benecta should not be used as a substitute for a balanced, varied diet.

Benecta should not be taken by people who are under 18 years of age, pregnant (or likely to become pregnant) or have an allergy to shellfish.

**Storage information:** Benecta should be stored at room temperature, protected from humidity and kept out of the reach of children.

Benecta is sourced and manufactured in Iceland by Genis, hf. Packaged in the UK.

No artificial colours, flavours or preservatives.

## OUR PHILOSOPHY

---

At Benecta we believe passionately that the quality of your life needn't be compromised or determined by your age.

We think the time has come to reframe the narrative around ageing and challenge outdated assumptions about how people should behave past a 'certain' age.

We don't intend to retreat into older age quietly, and we don't expect our customers to either.

## OUR SUPPLEMENT

---

Developed in 2005 in Siglufjörður, Iceland, today Benecta is one of the country's fastest growing, most popular food supplements.

Benecta is the result of over 10 years research and development into the use and benefits of short chain chitosan to help support the body as it ages.

Made from natural ingredients, Benecta can be taken alongside any other food supplements or medication.

## TAKING BENECTA

---



NATURAL  
INGREDIENTS



JUST 2  
CAPSULES  
A DAY



SOURCED AND  
PROCESSED IN  
ICELAND



PATENTED  
PROCESS



FEEL THE  
DIFFERENCE IN  
JUST 4 WEEKS



CAN BE TAKEN  
ALONGSIDE OTHER  
MEDICATION  
& SUPPLEMENTS



SUSTAINABLY  
SOURCED



DO NOT TAKE  
IF ALLERGIC TO  
SHELLFISH  
OR PREGNANT

---

Visit the home town of Benecta.  
[www.siglohotel.is](http://www.siglohotel.is)



## THE BENECTA EFFECT

---

From wind surfers to golfers, hikers to skiers, fishermen to weightlifters, gardeners to dog walkers the 'Benecta effect' is the phrase often used to describe the broad range of benefits they have experienced after taking Benecta.

Taking just two capsules every day can help with a variety of complaints often associated with 'getting older'.

**"BENECTA, HAS BEEN THE BEST IMPROVEMENT TO MY HEALTH FOR 28 YEARS"**

K. BALDVINSSON, HIKER, ICELAND

**"I'VE SEEN A SIGNIFICANT DIFFERENCE IN MY ENERGY LEVELS, RECOVERY AND MOBILITY, WHICH ALL HELPED IMPROVE MY GOLF GAME. I DON'T NEED CAFFEINATED ENERGY DRINKS ANYMORE TO GET ME THROUGH THE BACK 9!"**

G. CORBETT, GOLFER, UK

**"I SKIED FOR 2 HOURS YESTERDAY, TODAY MY KNEES ARE GREAT AND MY JOINTS ARE FINE. THAT WOULDN'T HAVE HAPPENED BEFORE BENECTA"**

DAVE SALES, SKIER, UK

**"I'VE GOT MY GET-UP-AND-GO BACK! I FEEL LIKE MY YOUNGER SELF. MY MOBILITY HAS IMPROVED WHICH MEANS I'M WINDSURFING BETTER AND RECOVERING QUICKER."**

J.MERRIMAN, WINDSURFER, UK

**"AFTER JUST 4 WEEKS OF TAKING BENECTA I STARTED TO FEEL LESS ACHY WHICH HAS ALLOWED ME TO SWIM MORE OFTEN. WHICH HAS HAD A GREAT EFFECT ON MY MOOD."**

M. DONNACHIE, SWIMMER, UK

**"I'VE DEFINITELY NOTICED MY ENERGY LEVELS HAVE INCREASED SINCE TAKING BENECTA. SHOULD HAVE DONE IT YEARS AGO."**

A. RAVAN, CYCLIST, UK

## OUR PARTNERS

---

Benecta has been developed in association with the following institutions:



Genis, hf.



Innovation Center Iceland



Bolder BioPath, Inc.



Herlev Hospital



The University of Iceland



The University of Potsdam



ArticMass



Nordic Bioscience



Landspítali

## CONTACT

---

**Benecta (Fylkir Ltd.)**

Fylkir

Suite 1, Lower Ground Floor  
One George Yard,  
London EC3V 9DF

0208 123 6400

[www.benecta.co.uk](http://www.benecta.co.uk)

[info@genis.is](mailto:info@genis.is)

