





Centromark

Ocean







PRODUCT CATALOGUE





Ocean

Who we are...

We were established in 2004 with the gathering of pharmacists, physicians and investors with professional knowledge and experience.

For the last 20 years, we have been researching, innovating, and developing an extensive line of products with natural ingredients to enhance human health, from heart and metabolism to memory and mood, and much more. We offer more than 300+ products to consumers by expanding our portfolio with additive-free and natural ingredients.



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[1] According to a study conducted by Akademetre Research in December 2025 with 1,200 participants across 12 provinces.
[2] According to the Akademetre Research Pharmacists Testimonial Survey, Turkey Nationwide, October 2025.
[3] According to the Akademetre Research Pediatricians Testimonial Survey, Turkey Nationwide, October 2025.

THE MOST REPUTABLE BRAND OF THE YEAR[1]
Dietary Supplement Category

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PHARMACISTS[2]

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PEDIATRICIANS[3]



Ocean
Plus
30 / 50 Softgel Capsules

Per Capsule		
Name	**Amount**	***NRV**
Total Omega 3	780 mg	**
- EPA	384 mg	**
- DHA	252 mg	**
- Other Omega 3 Fat Acids	144 mg	**

*NRV: Nutrient Reference Value
** There is no Nutrient Reference Value

Ocean Plus contains 1200 mg Fish Oil, 780 mg Omega-3, 384 mg EPA and 252 mg DHA. EPA and DHA help support and maintain the health of your cardiovascular and neurological system. Omega-3 fatty acids are considered “good” fats important for cellular, heart and metabolic health and help maintain triglyceride levels already within a normal range.

Directions: As a food supplement for adults, take one (1) softgel daily, preferably with a meal, or as directed by a healthcare practitioner.

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Ocean
500 mg
60 Softgel Capsules

Per Capsule		
Name	**Amount**	***NRV**
Total Omega 3	160 mg	**
- EPA	90 mg	**
- DHA	60 mg	**
- Other Omega-3 Fatty Acids	10 mg	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value

Ocean 500 mg Fish Oil contains 160 mg Omega-3, 90 mg EPA and 60 mg DHA. EPA and DHA help support and maintain good general and metabolic health.

Directions: As a food supplement for adults, take one (1) softgel daily, preferably with a meal, or as directed by a healthcare practitioner.

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Ocean
Ultimate

30 Softgel Capsules

Per Capsule		
Name	**Amount**	***NRV**
Fish Oil	1700 mg	**
Total Omega 3	1360 mg	**
EPA	680 mg	**
DHA	510 mg	**
Other Omega 3 Fat Acids	170 mg	**

*NRV: Nutrient Reference Value
** There is no Nutrient Reference Value

Premium high-dose Omega-3 softgel supplying triglyceride-form fish oil with strong EPA + DHA content. Ideal for cardiovascular, cognitive, and anti-inflammatory support.

Directions: The recommended daily use dosage is 1 softgel forms for adults 11 years and older.

Per Capsule
1360 mg Total Omega 3
1700 mg Fish Oil

This product has been developed with Istanbul University Technology Transfer Office.



Ocean
Ocean Omega 3 & QH

30 Softgel Capsules

Per Capsule		
Name	**Amount**	***NRV**
Total Omega 3	640 mg	**
EPA	324 mg	**
DHA	234 mg	**
Other Omega 3 Fatty Acids	82 mg	**
Coenzyme Q10 (Ubiquinol)	100 mg	

*NRV: Nutrient Reference Value
** There is no Nutrient Reference Value

Ocean Omega 3&QH contains high concentrated Omega-3 essential fatty acids EPA and DHA and also ubiquinol, the active form of coenzyme Q10, a powerful antioxidant that helps support cellular energy production. Recommended for people with cardiovascular concerns, performance athletes, and individuals over the age of 40.

Directions: As a food supplement for adults, take one (1) softgel up to two times daily, preferably with meals or as directed by a healthcare practitioner.

This product has been developed with Istanbul University Technology Transfer Office.

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Ocean
Pulse

30 Softgel Capsules

Per Capsule

Name	Amount	*BRD
Fish Oil	1100 mg	**
Total Omega 3	781 mg	**
- EPA	396 mg	**
- DHA	264 mg	**
- Other Omega 3 Fat Acids	121 mg	**
Coenzyme Q10 (Ubiquinol)	50 mg	**
Viamin K_2 (Menaquinone-7)	50 µg	67%
Vitamin D_3 (Cholecalciferol)	10 µg	200%

*NRV: Nutrient Reference Value
** There is no Nutrient Reference Value

Ocean Pulse is formulated specifically to help maintain a healthy heart, brain, and bones. Recommended for people with cardiovascular concerns, performance athletes, and individuals over the age of 40.

Directions: As a food supplement for adults, take one (1) softgel daily, preferably with meals or as directed by a healthcare practitioner.



Ocean
Mummy

30 / 60 Softgel Capsules

Per Capsule

Name	Amount	*NRV	Name	Amount	*NRV
Fish Oil	400 mg	**	Vitamin B_6	1,4 mg	100%
•Total Omega 3	268 mg	**	Vitamin B_1	1,1 mg	100%
– EPA	40 mg	**	Vitamin D_3	25 µg (1000IU)	500%
– DHA	200 mg	**			
– Other Omega 3 Fatty Acids	28 mg	**	Folic Acid (Methyl Folate)	400 µg	200%
Iron	16 mg	114%			
Vitamin C	40 mg	50%	Iodine	150 µg	100%
Vitamin B_3	16 mg	100%	Selenium	55 µg	100%
Zinc	10 mg	100%	Biotin	50 µg	100%
Vitamin B_5	6 mg	100%	Vitamin B_{12} (Methyl B_{12})	2,5 µg	100%
Copper	1000 µg	100%			
Vitamin B_2	1,4 mg	100%			

*NRV: Nutritional Reference Value. **There is no nutritional reference value.

Ocean Mummy, which has a comprehensive high potency multivitamin and the multimineral formula with 200 mg DHA in each capsule, provides essential nutrients for mother & baby. It's specially designed for women during pregnancy and lactation.

Directions: As a food supplement for adults, take one (1) capsule daily, or as directed by a healthcare practitioner.

IFOS ★★★★★ Quatrefolic® MecobalActive® The active form of B_{12} SUGAR FREE GLUTEN FREE COLORANT FREE PRESERVATIVES FREE SWEETENER FREE

OMEGA3



Ocean
Krill Oil

30 Softgel Capsules

Per Capsule		
Name	**Amount**	***NRV**
Krill Oil	500 mg	**
Phospholipids	200 mg	**
Total Omega 3	110 mg	**
- EPA	60 mg	**
- DHA	32,5 mg	**
Astaxanthin	0,1 µg	**

*NRV: Nutrient Reference Value.
**There is no nutritional reference value.

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Ocean Krill Oil is a dietary supplement containing omega-3 in phospholipid form, derived from Antarctic krill harvested from sustainable sources in compliance with fishing restrictions. The producers of Ocean Krill Oil are regulated by the Commission for the Conservation of Antarctic Marine Living Resources (CCAMLR).

Directions: As a food supplement for adults, take one (1) softgel daily, preferably with meals or as directed by a healthcare practitioner.



Ocean
DHA

30 Softgel Capsules

Per Capsule		
Name	**Amount**	***NRV**
DHA	552 mg	**

*NRV: Nutrient Reference Value
** There is no Nutrient Reference Value

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Ocean DHA is a food supplement providing 552 mg of DHA derived from 1,301 mg of algal oil in each softgel capsule. DHA (docosahexaenoic acid) is a long-chain omega-3 fatty acid found in cell membranes, particularly in the brain and retina, and contributes to the maintenance of normal brain function and normal vision. These beneficial effects are obtained with a daily intake of 250 mg of DHA. Free from sugar, gluten, sweeteners and preservatives, Ocean DHA is available in packs of 30 softgel capsules.

Directions: As a food supplement for adults, take one (1) softgel twice daily, preferably with a meal, or as directed by a healthcare practitioner.







Ocean
Fish Oil Syrup

150 ml Lemon - Orange - Tutti Frutti Flavored

Per 5 ml

Name	Amount	*NRV
Fish Oil	4506 mg	**
Total Omega 3	1480 mg	**
- EPA	740 mg	**
- DHA	470 mg	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value

Award-winning Ocean Fish Oil liquid forms are specially formulated specifically for children.
Directions: The recommended daily intake is 5 mL taken after meals for children aged 4–10 and adults. Consult a physician about consumption methods for children 3 years and under.

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Ocean
Multi

150 ml Honey & Orange Flavored

Per 5 ml

Name	Amount	*NRV	Name	Amount	*NRV
Fish Oil	500 mg	**	Vitamin B1	1,1 mg	100%
Total Omega 3	160 mg	**	Manganese	1 mg	50%
Vitamin C	80 mg	100%	Vitamin A	500 µg RE[C]	63%
Vitamin B3	16 mg NE[A]	100%	Folic Acid	200 µg	100%
Vitamin E	12 mg α-TE[B]	100%	Iodine	75 µg	50%
Zinc	7,5 mg	75%	Selenium	55 µg	100%
Vitamin B5	6 mg	100%	Molybdenum	50 µg	100%
Vitamin B2	1,4 mg	100%	Vitamin D3	10 µg	200%
Vitamin B6	1,4 mg	100%	Vitamin B12	2,5 µg	100%

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value.

Taste and quality award-winning Ocean Multi is a premium food supplement specifically developed for children, contains multivitamins and multiminerals along with Omega 3 fatty acids.

Directions: The recommended daily intake is 5 mL taken after meals for children aged 4–10 and adults. Consult a physician about consumption methods for children 3 years and under.

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Vitamin & Mineral Category





Efervit
Defence

20 Effervescent Tablets

Per Tablet		
Name	**Amount**	***NRV**
Vitamin C	1000 mg	1250%
Zinc	10 mg	100%
Vitamin D_3	400 IU	200%

*NRV: Nutrient Reference Value.

Efervit Defence provides triple protection to your immune system with vitamin C, zinc and vitamin D3 in its composition. It has the advantage of easy consumption with its delicious taste. Its solubility is fast and does not leave a residue.

Directions: As a food supplement for adults, take one (1) effervescent tablet once once per day, or as directed by a healthcare practitioner. Drop 1 tablet in 200 ml water and allow it to dissolve completely.



Efervit
Sambucus Nigra

20 Effervescent Tablets

Per Tablet		
Name	**Amount**	***NRV**
Black Elderberry	200 mg	**
Vitamin C	80 mg	100%
Zinc	10 mg	100%

*NRV: Nutrient Reference Value
** There is no Nutrient Reference Value

Efervit Sambucus Nigra contains black elderberry, vitamin C and zinc. With vitamin C and zinc in its composition; it contributes to the normal function of the immune system. It has the advantage of easy consumption with its delicious taste. Its solubility is fast and does not leave a residue.

Directions: As a food supplement for adults, take one (1) effervescent tablet once per day or as directed by a healthcare practitioner. Drop 1 tablet in 200 ml water and allow it to dissolve completely. water and allow it to dissolve completely.

EFFERVESCENT



Efervit
Vitamin Mineral

20 Effervescent Tablets

Per Tablet

Name	Amount	*NRV	Name	Amount	*NRV
Calcium	200 mg	25%	Vitamin B5	6 mg	100%
Phosphorus	105 mg	15%	Manganese	2 mg	100%
Vitamin C	80 mg	100%	Vitamin B2	1,4 mg	100%
Magnesium	56,3 mg	15%	Vitamin B6	1,4 mg	100%
Vitamin B3	16 mg NE**	100%	Vitamin B1	1,1 mg	100%
Vitamin B12	1000 µg	100%	Copper	1000 µg	100%
Vitamin E	12 mg α-TE***	100%	Folic Acid	400 µg	200%
Zinc	10 mg	100%	Vitamin K1	75 µg	100%

*NRV: Nutrient Reference Value
** There is no Nutrient Reference Value

MecobalActive® The active form of B_{12}

Efervit Vitamin Mineral provides support throughout the day with 10 vitamins and 6 minerals. It has the advantage of easy consumption with its delicious taste. Its solubility is fast and does not leave residue.

Directions: As a food supplement for adults, take one (1) effervescent tablet once a day, or as directed by a healthcare practitioner.



Efervit
Vitamin C 1000 mg

20 Effervescent Tablets

Per Tablet

Name	Amount	*NRV
Vitamin C	1000 mg	1250%

*NRV: Nutrient Reference Value
** There is no Nutrient Reference Value

Efervit Vitamin C has the advantage of easy consumption with its delicious taste. Its solubility is fast and does not leave residue.

Directions: As a food supplement for adults, take one (1) effervescent tablet once or twice per day, or as directed by a healthcare practitioner. Drop 1 tablet in 200 ml water and allow to dissolve completely.



Ocean
Microfer C
60 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Iron	17 mg	121,40%
Vitamin C	80 mg	100%

*NRV: Nutrient Reference Value

Ocean Microfer Capsule is a dietary supplement produced using microencapsulation technology that contains 17 mg of iron and 80 mg of vitamin C. It contains no gluten, sugar, sweeteners, or preservatives.

Directions: The recommended daily use dosage is 1 capsule for adults 11 years and older.

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Ocean
Microfer
30 Tablets

Per Tablet		
Name	**Amount**	***NRV**
Iron	17 mg	121,40%

*NRV: Nutrient Reference Value

Ocean Microfer Iron Tablets are an iron-containing dietary supplement developed for children 11 years of age and older and adults. They contain no gluten, sugar, sweeteners, preservatives, or artificial colors.

Directions: As a food supplement for adults, take one (1) tablet daily, or as directed by a healthcare practitioner.

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Ocean Microfer
30 ml Oral Drops

Per 1 ml		
Name	**Amount**	***NRV**
Iron	8,5 mg	61%

- Each drop contains (0.42 mg of iron)
- Each 1 ml contains (8.5 mg of iron)

*NRV: Nutrient Reference Value

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Ocean Microfer Drops is a supplement food developed to meet the daily iron need containing iron source produced by microencapsulation technology.

Directions: As a food supplement for children, take one (1) ml daily, or as directed by a healthcare practitioner.





Ocean Microfer
250 ml Liquid

Per 2,5 ml		
Name	**Amount**	***NRV**
Iron	10 mg	71,4%

*NRV: Nutrient Reference Value

SWEETENER FREE

Ocean Microfer Syrup is an iron-containing dietary supplement produced using microencapsulation technology. It contains no added sugar or sweeteners. It is a tasty iron supplement with a measuring cap that makes it easy to take the correct dose.

Directions: As a food supplement for children, take 2.5 ml daily, or as directed by a healthcare practitioner.





Ocean
Zinc Bisglycinate

150 ml / Banana Flavored

Per 5 ml		
Name	**Amount**	***NRV**
Zinc	10 mg	100%

*NRV: Nutrient Reference Value

Ocean Bisglycinate syrup contains zinc in the highly absorbable, chelated form of zinc bisglycinate which is easily recognized by the gastrointestinal tract as an organic, pre-digested compound, ensuring gentle stomach comfort and optimal absorption in the gut

Directions: The recommended daily intake for children aged 4-10 is 5 ml per day. For adults aged 11 and above, the advised daily dosage is 10 ml.

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Ocean
Picozinc

30 Tablets

Per Tablet		
Name	**Amount**	***NRV**
Zinc	15 mg	150%

*NRV: Nutrient Reference Value

Ocean Picozinc tablet contains zinc in the highly absorbable, chelated form of zinc picolinate.

Directions: As a food supplement for adults, take one (1) tablet daily, preferably at mealtime, or as directed by a healthcare practitioner.

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Ocean
Iodine

30 ml Oral Drops

Per Drop (0,05 ml)		
Name	**1 Drops (0.05 ml)**	***NRV**
Iodine	150 µg	**

*NRV: Nutrient Reference Value

Ocean Iodine Drops contain 150 mcg of iodine in the form of potassium iodide in each drop. Iodine is designed to provide natural support for the thyroid gland and helps to maintain healthy cellular metabolism. Iodine is absorbed by the thyroid gland and supports the formation of thyroid hormones.

Directions: As a food supplement, 1 drop into a into a glass of water (200 ml) or as directed by a healthcare practitioner.

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Ocean ExtraMag

30 & 60 Tablets

Per Tablet

Name	Amount	*NRV
Magnesium**	200 mg	53%
Vitamin B_6 (P5P)	10 mg	714%

*NRV: Nutrient Reference Value
**Elemental magnesium from 618.69 mg Magnesium Citrate: 100 mg
**Elemental magnesium from 354.7 mg Magnesium Malate: 50 mg
**Elemental magnesium from 321 mg Magnesium Bisglycinate: 50 mg

Ocean ExtraMag serves 3 magnesium salts, which have several health benefits for adults, in its formulation. Each tablet contains 200 mg "magnesium citrate, magnesium malate and magnesium glycinate combination". Since it is a combination of high bioavailability and intestinal absorption, it is a product that consumers can get maximum benefit from.

Directions: The recommended daily use dosage is 1-2 tablets for adults 11 years and older.

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Ocean ExtraMag Fibra

60 Tablets

Per 2 Tablets

Name	Amount	*NRV
Magnesium	240 mg	64%
L-Tryptophan	60 mg	**
Pyrroloquinoline Quinone	12 mg	**
Vitamin B_6	6,66 mg	476%
Vitamin B_{12}	100 µg	4000%

*NRV: Nutrient Reference Value **No Nutrient Reference Value. High bioavailability with magnesium malate and citrate forms. Special formula supplemented with tryptophan and PQQ.

ExtraMag Fibra provides 240 mg of elemental magnesium sourced from magnesium malate and citrate in every two tablets. Enriched with L-tryptophan, PQQ (pyrroloquinoline quinone), active vitamin B6 (P5P), and vitamin B12 (Methyl B12), its specialized formula supports your daily rhythm with easy-to-swallow tablets. The magnesium, vitamin B6, and B12 in its formulation contribute to the reduction of tiredness and fatigue, normal energy-yielding metabolism, and the proper functioning of the nervous system.

Directions: The recommended daily use dosage is 2 tablets for adults 11 years and older.

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Ocean ExtraMag ThreoG®

60 Tablets

Per Tablet

Name	Amount	*NRV
Magnesium**	100 mg	26,6%
Vitamin B6	5 mg	357,1%
Vitamin D3	10 µg	200%

*NRV: Nutritient Reference Value.
**605.83 Elemental magnesium from Magnesium L-Threonate: 50 mg
**354.7 Elemental magnesium from Magnesium Bisglycinate: 50 mg

Magnesium L-threonate has a unique ability to cross the blood-brain barrier, which can positively impact overall brain health and communication between neurons. Ocean ExtraMag ThreoG® contains magnesium l-threonate, a new form of magnesium, and magnesium bisglycinate combination supplemented with vitamins B6, D3, and C. Its molecular structure has been tested and approved by independent laboratories. Ocean ExtraMag ThreoG® tablet is in an easy-to-swallow form. It does not contain gluten, sugar and lactose.

Directions: The recommended daily use dosage is 2 tablets for adults 11 years and older.

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NEW

Ocean ExtraMag Magnesium Bisglycinate + P5P

60 Tablets

Per 2 Tablets		
Name	**Amount**	***NRV**
Magnesium**	240 mg	64%
Vitamin B_6 (P5P)	10 mg	714%

*NRV: Nutrient Reference Value

Ocean ExtraMag Magnesium Bisglycinate is specially formulated to provide 240 mg of elemental magnesium from magnesium bisglycinate, along with 10 mg of Vitamin B6 per 2 tablets. Magnesium contributes to normal muscle function, normal functioning of the nervous system, electrolyte balance, and the reduction of tiredness and fatigue. The bisglycinate form is selected for individuals seeking support for sleep quality and relaxation. Choosing bisglycinate when it aligns with an individual's relaxation-related needs may help enhance patient satisfaction and compliance, reflecting the targeted approach of the ExtraMag series.

Directions: The recommended daily use dosage is 2 tablets for adults 11 years and older.

SUGAR FREE · GLUTEN FREE · COLORANT FREE · PRESERVATIVES FREE · SWEETENER FREE

Ocean ExtraMag Magnesium Malate + P5P

60 Tablets

Per 2 Tablets		
Name	**Amount**	***NRV**
Magnesium**	240 mg	64%
Vitamin B_6 (P5P)	10 mg	714%

*NRV: Nutrient Reference Value

Ocean ExtraMag Magnesium Malate is specially formulated to provide 240 mg of elemental magnesium from magnesium malate, along with 10 mg of Vitamin B6 per 2 tablets. Magnesium contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.
The malate form is selected to support energy production and help reduce fatigue. Choosing malate when it aligns with an individual's energy-related needs may help enhance patient satisfaction and compliance, reflecting the targeted approach of the ExtraMag series.

Directions: The recommended daily use dosage is 2 tablets for adults 11 years and older.

SUGAR FREE · GLUTEN FREE · COLORANT FREE · PRESERVATIVES FREE · SWEETENER FREE

Ocean ExtraMag Magnesium Taurate + P5P

60 Tablets

Per 2 Tablets		
Name	**Amount**	***NRV**
Magnesium**	240 mg	64%
Vitamin B_6 (P5P)	10 mg	714%

*NRV: Nutrient Reference Value

Ocean ExtraMag Magnesium Taurate provides 240 mg of elemental magnesium from magnesium taurate and 10 mg of Vitamin B6 per 2 tablets. Magnesium supports normal nervous system function, muscle function, and energy-yielding metabolism while helping reduce tiredness and fatigue. The taurate form is selected for individuals seeking support for stress management and busy lifestyles. Choosing taurate when it aligns with an individual's stress-management needs may help enhance patient satisfaction and compliance, reflecting the targeted approach of the ExtraMag series.

Directions: The recommended daily use dosage is 2 tablets for adults 11 years and older.

SUGAR FREE · GLUTEN FREE · COLORANT FREE · PRESERVATIVES FREE · SWEETENER FREE



Ocean
ExtraMag + P5P

30 Sachets

Per Sachet

Name	Amount	*NRV
Magnesium	250 mg	66,67%
Vitamin B_6 (P5P)	10 mg	714,30%

*NRV: Nutrient Reference Value

Magnesium citrate is the type of magnesium that is the fastest to pass into the muscle within 24 hours. Active form Vitamin B6 (P-5-P) increases the absorption of magnesium from the intestine. It facilitates the uptake into the cell. Magnesium and P-5-P support energy production in the muscle while reducing the body's stress levels. Ocean ExtraMag P-5-P contains 250 mg of Magnesium citrate and 10 mg of Vitamin B6 in active form (P5P) in each sachet that dissolves quickly in water. It does not contain sugar or artificial sweetener.

Directions: As a food supplement for adults, take 1 sachet by adding to 1 glass (200 ml) of water and mixing it.



Ocean
ExtraMag Migra

NEW

60 Tablets

Per 2 Tablets

Name	Amount	*NRV
Magnesium Taurate	100 mg	26,70%
Magnesium Bisglycinate	130 mg	34,70%
CoQ10	130 mg	*
Vitamin B_2	130 mg	9285,70%
Vitamin B_{12}	130 mcg	5200%

*NRV: Nutrient Reference Value

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Ocean ExtraMag Migra is formulated for people seeking nutritional support in managing migraine attacks and their intensity. Each 2-tablet serving provides 230 mg of elemental magnesium from magnesium taurate and bisglycinate, 130 mg of CoQ10, 130 mg of vitamin B2, and 130 µg of vitamin B12. This targeted combination offers a supportive approach alongside individual migraine care.

Directions: The recommended daily use dosage is 2 tablets for adults 11 years and older.



Ocean
Magnesium Complex

60 Tablets

Per Tablet

Name	Amount	*NRV
Magnesium	125 mg	33%
Vitamin B_6	5 mg	357%

*NRV: Nutrient Reference Value

GLUTEN FREE · PRESERVATIVES FREE · SWEETENER FREE

Ocean Magnesium Complex is specially formulated to provide 125 mg of elemental magnesium from magnesium bisglycinate, magnesium malate, trimagnesium citrate, and magnesium taurate, along with 5 mg of Vitamin B6 per tablet. Magnesium contributes to the reduction of tiredness and fatigue, normal energy-yielding metabolism, normal functioning of the nervous system, and electrolyte balance. Its combination of magnesium citrate, malate, bisglycinate and taurate. Brings together forms selected for energy production and fatigue support, relaxation and sleep quality, and stress management for busy lifestyles. Selecting a magnesium formula that matches each individual's needs may help enhance patient satisfaction and compliance; this multi-form formulation offers a combination of magnesium forms for varied needs.

Directions: The recommended daily use dosage is 1-2 tablets for adults 11 years and older.



Ocean
Vitamin D3

1000 IU 50 ml Drops / 1000 Drops

Per Drop		
Name	**Amount**	***NRV**
Vitamin D3	25 µg (1000 IU)	500%

*NRV: Nutrient Reference Value

Quali-D® SUGAR FREE GLUTEN FREE COLORANT FREE PRESERVATIVES FREE SWEETENER FREE LACTOSE FREE

Ocean Vitamin D3 1000 IU is a dietary supplement in drop form containing 1000 IU of vitamin D3 under the Quali-D patent. Pure olive oil is used as a carrier and preservative. Vitamin D3 contributes to the normal function of the immune system, the maintenance of normal bones, normal blood calcium levels, and the maintenance of normal muscle function.

Directions: As a food supplement for adults, take 1 drop daily, or as directed by a healthcare practitioner.



Ocean
D3K2

20 ml Drops / 400 Drops

Per Drop		
Name	**Amount**	***NRV**
Vitamin D3	25 µg (1000 IU)	500%
Vitamin K2	11,25 µg	15%

*NRV: Nutrient Reference Value

Quali-D® SUGAR FREE GLUTEN FREE COLORANT FREE PRESERVATIVES FREE SWEETENER FREE LACTOSE FREE

Ocean Vitamin D3K2 Drops is a dietary supplement containing 1,000 IU of vitamin D and 11.25 mcg of vitamin K2. Pure olive oil is used as the carrier and preservative. It contains no preservatives, additives, colorants, sweeteners, artificial flavors, or added sugar. Its droplet form makes it easy to use, and with 400 drops per bottle, it offers long-term use. Vitamin D3 contributes to the normal function of the immune system, the maintenance of normal bones, normal blood calcium levels, and the maintenance of normal muscle function.

Directions: As a food supplement for adults, take 1 drop daily, or as directed by a healthcare practitioner. practitioner.



Ocean
Vitamin D3

400 IU 20 ml Spray / 130 Puffs

Per Puff		
Name	**Amount**	***NRV**
Vitamin D3	10 µg (400 IU)	200%

*NRV: Nutrient Reference Value

Ocean Vitamin D3 400 IU contains only vitamin D and pure olive oil. It contains 400 IU of vitamin D in each puff. Vitamin D is a fat-soluble vitamin that has important functions in the body. As we age, our bodies struggle to produce and absorb this important nutrient. That's why vitamin D supplements are important to the maintenance of good health. Ocean Vitamin D3 products do not contain protective additives, colorant, sweetener, artificial flavoring and added sugar. This "sunshine vitamin" supplement is vital to your healthy diet, which may lack vitamin D.

Directions: As a food supplement for adults, orally take 1 puff daily, or as directed by a healthcare practitioner.



Ocean
Vitamin D3

600 IU 20 ml Spray / 130 Puffs

Per Puff		
Name	**Amount**	***NRV**
Vitamin D3	15 µg (600 IU)	%300

*NRV: Nutrient Reference Value

Ocean Vitamin D3 600 IU contains only vitamin D and pure olive oil. It contains 600 IU of vitamin D in each puff. Vitamin D is a fat-soluble vitamin that has important functions in the body. As we age, our bodies struggle to produce and absorb this important nutrient. That's why vitamin D supplements are important to the maintenance of good health. Ocean Vitamin D3 products do not contain protective additives, colorant, sweetener, artificial flavoring and added sugar. This "sunshine vitamin" supplement is vital to your healthy diet, which may lack vitamin D.

Directions: As a food supplement for adults, orally take 1 puff daily, or as directed by a healthcare practitioner.



Ocean
Vitamin D3

1000 IU 20 ml Spray / 130 Puffs

Per Puff		
Name	**Amount**	***NRV**
Vitamin D3	25 µg (1000 IU)	500%

*NRV: Nutrient Reference Value

Ocean Vitamin D3 1000 IU contains only vitamin D and pure olive oil. It contains 1000 IU of vitamin D in each puff. Vitamin D is a fat-soluble vitamin that has important functions in the body. As we age, our bodies struggle to produce and absorb this important nutrient. That's why vitamin D supplements are important to the maintenance of good health. Ocean Vitamin D3 products do not contain protective additives, colorant, sweetener, artificial flavoring and added sugar. This "sunshine vitamin" supplement is vital to your healthy diet, which may lack vitamin D.

Directions: As a food supplement for adults, orally take 1 puff daily, or as directed by a healthcare practitioner.

COMPLEX



Ocean
B Complex

60 Capsules

Per Capsule

Name	Amount	*NRV
Vitamin B_1	50 mg	4545%
Vitamin B_2	50 mg	3571%
Vitamin B_3	50 mg NE*	313%
Vitamin B_5	50 mg	833%
Vitamin B_6 (P5P)	10 mg	714%
Vitamin B_{12} (Methyl B12)	50 µg	2000%
Folic acid (Methyl Folate)	400 µg	200%
Biotin	100 µg	200%
Myo-Inositol	50 mg	**
Choline	20 mg	**

*NRV: Nutrient Reference Value. **No Nutrient Reference Value. *NE: Niacin Equivalent.

Ocean B Complex is a high-strength vitamin B complex formulation providing essential B-group vitamins together with myo-inositol and choline. It is designed to support energy production, normal metabolism, psychological function, red blood cell formation, and overall cellular health. The formulation includes active, bioavailable forms such as Quatrefolic® folate and MecobalActive® vitamin B12, ensuring efficient absorption and utilization. Suitable for daily use in individuals aged 11 and older.

Directions: The recommended daily use dosage is 1 capsule for individuals 11 years and older.

Quatrefolic® MecobalActive® The active form of B_{12}

SUGAR FREE · GLUTEN FREE · PRESERVATIVES FREE · SWEETENER FREE



Ocean
Daily One Energy

30 Tablets

Per Tablet

Name	Amount	*NRV	Name	Amount	*NRV
Calcium	200 mg	25%	Vitamin B_1	1,1 mg	100%
Vitamin C	80 mg	100%	Copper	1 mg	100%
Magnesium	60 mg	16%	Vitamin A	800 µg RE[C]	100%
Panax Ginseng	50 mg	**	Folic Acid	200 µg	100%
Iron	14 mg	100%	Iodine	150 µg	100%
Vitamin B_3	16 mg NE[A]	100%	Selenium	55 µg	100%
Vitamin E	12 mg α-TE[B]	100%	Molybdenum	50 µg	100%
Coenzyme Q10	10 mg	**	Biotin	50 µg	100%
Zinc	10 mg	100%	Chromium	40 µg	100%
Vitamin B_5	6 mg	100%	Vitamin K_2	25 µg	33%
Manganese	2 mg	100%	Vitamin D_3	10 µg	100%
Vitamin B_2	1,4 mg	100%	Vitamin B12	2,5 µg	100%
Vitamin B_6	1,4 mg	100%	(Methylcobalamin)		

**NRV: Nutrient Reference Value. **No Nutrient Reference Value.
NE[A]: Niacin equivalent, α-TE[B]: α-Tocopherol equivalent, RE[C]: Retinol equivalent

Ocean Daily One Energy offers support for energy metabolism and helps maintain cellular energy levels. It's formulated for anyone who is seeking daily support for chronic fatigue. Panax ginseng and coenzyme Q10 in the formula are the key players for boosting your energy. Besides, it contains 13 vitamins and 10 minerals.

Directions: As a food supplement for adults, take one (1) tablet daily, or as directed by a healthcare practitioner.

MecobalActive® The active form of B_{12}



Ocean
Biotin

60 Vegetable Capsules

Per Capsule		
Name	**Amount**	***NRV**
Biotin	5000 µg	10000%

*NRV: Nutrient Reference Value.

VEGAN · SUGAR FREE · GLUTEN FREE · PRESERVATIVES FREE

Ocean Biotin contains 5000 mcg biotin in vegetable capsules. Biotin is a water-soluble B-vitamin and necessary to be taken by food supplements. It's mostly found in oatmeal, vegetables, and soy.

Directions: As a food supplement for adults, take one (1) capsule daily, or as directed by a healthcare practitioner.



Ocean
Biotin Complex

60 Tablets

Per Tablet		
Name	**Amount**	***BRD**
Vitamin E	α-TE⁺	100%
Zinc	15 mg	150%
Hydrolyzed Keratin	10 mg	**
Vitamin B5	6 mg	100%
Biotin	5,000 µg	10,000%
Copper	500 µg	50%
Selenium	55 µg	100%

*NRV: Nutrient Reference Value.
**NRV not established.
α-TE+: Alpha-Tocopherol Equivalent.

SUGAR FREE · GLUTEN FREE · PRESERVATIVES FREE

Ocean Biotin Complex combines 5,000 µg of biotin with hydrolyzed keratin, zinc, copper, selenium and vitamins E and B5 in a once-daily tablet. Biotin and zinc contribute to the maintenance of normal hair and skin, while zinc also contributes to the maintenance of normal nails.

Directions: For individuals aged 11 and over, take one (1) tablet daily.



Ocean
Methyl B12

10 ml Sublingual Spray / 66 Puffs

Per Puff		
Name	**Amount**	***NRV**
Vitamin B12 (Methylcobalamin, Mecobalactive®)	1000 µg	40000%

*NRV: Nutrient Reference Value. *Mecobalactive® is an active B12 source manufactured by Ferrer.

Ocean Methyl B12 is a food supplement containing active vitamin B12 in methylcobalamin form. It provides the advantage of fast and easy use with its sublingual spray form.

Directions: As a food supplement for adults, take one (1) sublingual spray daily, or as directed by a healthcare practitioner. When needed,

MecobalActive® The active form of B12 · SUGAR FREE · GLUTEN FREE · PRESERVATIVES FREE · SWEETENER FREE



Ocean
Methyl B12

5 ml Sublingual Spray / 30 Puffs

Per Puff		
Name	**Amount**	***NRV**
Vitamin B12 (Methylcobalamin, Mecobalactive®)	1000 µg	40000%

*NRV: Nutrient Reference Value *Mecobalactive® is an active B12 source manufactured by Ferrer.

Ocean Methyl B12 is a food supplement containing active vitamin B12 in methylcobalamin form. It provides the advantage of fast and easy use with its sublingual spray form.

Directions: As a food supplement for adults, take one (1) sublingual spray daily, or as directed by a healthcare practitioner. When needed, daily doses can be increased by the healthcare professional.

MecobalActive® The active form of B12 · SUGAR FREE · GLUTEN FREE · PRESERVATIVES FREE · SWEETENER FREE



Ocean
Methyl B12

5 ml Sublingual Spray / 30 Puffs

Per Puff		
Name	**Amount**	***NRV**
Vitamin B12 (Methylcobalamin, Mecobalactive®)	500 µg	20000%

*NRV: Nutrient Reference Value *Mecobalactive® is an active B12 source manufactured by Ferrer.

Ocean Methyl B12 is a food supplement containing active vitamin B12 in methylcobalamin form. It provides the advantage of fast and easy use with its sublingual spray form.

Directions: As a food supplement for adults, take one (1) sublingual spray daily, or as directed by a healthcare practitioner. When needed, daily doses can be increased by the healthcare professional.

MecobalActive® The active form of B12 · SUGAR FREE · GLUTEN FREE · PRESERVATIVES FREE · SWEETENER FREE



Ocean
Vitamin E

NEW

30 Softgel Capsules

Per Capsule		
Name	**Amount**	***NRV**
Vitamin E	46 mg α-TE* (100 IU)	383%

α-TE*: Alpha tocopherol equivalent
*NRV: Nutrient Reference Value.

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Ocean Vitamin E (400 IU) contains naturally sourced vitamin E acetate (d-alpha-tocopheryl acetate) in each soft gel capsule. Naturally sourced Vitamin E acetate is highly bioavailable to the body compared to synthetic forms of Vitamin E and more stable than naturally sourced vitamin E (d-alpha tocopherol)

Directions: As a food supplement, take one (1) capsule daily, or as directed by a healthcare practitioner.



Ocean
Vitamin C 1000 mg

30 Tablets

Per Tablet		
Name	**Amount**	***NRV**
Vitamin C	1000 mg	1250%
Citrus Bioflavonoids	100 mg	**
Rutin	7,5 mg	**
Hesperidin	7,5 mg	**

*NRV: Nutrient Reference Value.
**There is no Nutrient Reference Value.

Ocean Vitamin C 1000 mg contains 1000 mg vitamin C, 100 mg citrus bioflavonoids, 7,5 mg hesperidin and 7,5 mg rutin in each tablet. Vitamin C is a water-soluble vitamin that helps fight free radicals that can cause oxidative stress. One of its primary functions is collagen formation and the functioning of white blood cells, which are important for the immune system. In addition to this, citrus bioflavonoids included in the formula may also help increase resistance to diseases.

Directions: As a food supplement for adults, take one (1) tablet daily, or as directed by a healthcare practitioner.



Ocean
Vitamin C-SR

30 Tablets

Per Tablet		
Name	**Amount**	***NRV**
Vitamin C	500 mg	%1250

*NRV: Nutrient Reference Value.

TÜBİTAK

Ocean Vitamin C-SR contains 500 mg vitamin C in sustained-release tablets which are developed with a unique R&D coating project. Unlike regular vitamin C products, Ocean Vitamin C-SR provides vitamin C support throughout the day. Its unique technology ensures non-acidic reaction for the sensitive stomach.

Directions: As a food supplement for adults, take one or two (1 or 2) tablets daily,
or as directed by a healthcare practitioner.



Ocean
Selenium

100 µg / 30 Tablets

Per Tablet		
Name	**Amount**	***NRV**
**Selenium	100 µg	182%

*NRV: Nutrient Reference Value. **Selenium (L-Seleno-methionine) is a product of Sabinsa® company, Selenium SeLECT®.

Ocean Selenium 100 mcg is an essential trace mineral that is a component of the antioxidant enzyme glutathione peroxidase, which helps to fight free-radicals. It's also known as thyroid function support and immune system support.

Directions: As a food supplement for adults, take one (1) tablet daily, or as directed by a healthcare practitioner.



Ocean
Selenium

200 µg / 60 Tablets

Per Tablet		
Name	**Amount**	***NRV**
**Selenyum	200 µg	364%

*NRV: Nutrient Reference Value. **Selenium (L-Seleno-methionine) is a product of Sabinsa® company, Selenium SeLECT®.

Ocean Selenium 200 mcg is an essential trace mineral that is a component of the antioxidant enzyme glutathione peroxidase, which helps to fight free-radicals. It's also known as thyroid function support and immune system support.

Directions: As a food supplement for adults, take one (1) tablet daily, or as directed by a healthcare practitioner.



Ocean
Chromium Picolinate

90 Vegetable Capsules

Per Capsule		
Name	**Amount**	***NRV**
Chromium	200 µg	500%

*NRV: Nutrient Reference Value.

Ocean Chromium Picolinate is a food supplement containing 200 mg of chromium in each vegetable capsule.

Directions: As a food supplement for adults, take one (1) capsule daily, or as directed by a healthcare practitioner.



Ocean
Methyl Folate

30 Tablets / 90 Tablets

Per Tablet		
Name	**Amount**	***NRV**
Folate (**Quatrefolic®)	400 µg	200%

*NRV: Nutrient Reference Value.
Quatrefolic® is a patented active folic acid source from Gnosis.

Quatrefolic®

Ocean Methyl Folate contains 400 mcg of active methyl folate in its formulation. Folate is an important nutrient especially for pregnant women. As a preparation for pregnancy, it's necessary to start 3 months before pregnancy. It may be help reduce a woman's risk of having a child with a spinal cord birth defect.

Directions: As a food supplement for adults, take one (1) tablet daily, or as directed by a healthcare practitioner.



Ocean
Menaquinone-7

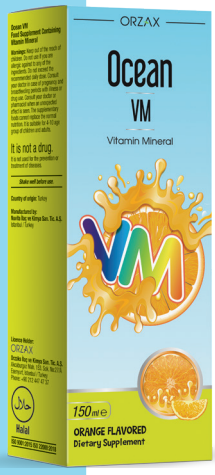
30 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Vitamin K_2 (Menaquinone-7)	100 µg	**

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value.

Ocean Vitamin K2 contains 100 mcg Menaquinone-7. Mk-7 provides the most bioavailable form of Vitamin K to support strong bones and healthy cardiovascular function. Its duty is to carry calcium directly to the bones.

Directions: As a food supplement for adults, take one (1) capsule daily, or as directed by a healthcare practitioner.



Ocean
VM
150 ml Liquid / Orange Flavor

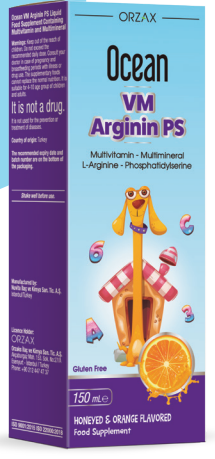
Per 10 ml

Name	Amount	*NRV	Name	Amount	*NRV
Vitamin C	80 mg	100%	Vitamin A	500 µg RE[C]	63%
Vitamin B_3	16 mg NE[A]	100%	Folic Acid	200 µg	100%
Vitamin E	12 mg α-TE[B]	100%	Lodine	75 µg	50%
Zinc	7,5 mg	75%	Selenium	55 µg	100%
Vitamin B_5	6 mg	100%	Biotin	50 µg	100%
Vitamin B_2	1,4 mg	100%	Molybdenum	50 µg	100%
Vitamin B_6	1,4 mg	100%	Vitamin D_3	10 µg	200%
Vitamin B_1	1,1 mg	100%	Vitamin B_{12}	2,5 µg	100%
Manganese	1 mg	50%			

*NRV: Nutrient Reference Value.
NEA: Niacin equivalent, α-TEB: α-Tocopherol equivalent, REc: Retinol equivalent

Ocean VM is a liquid dietary supplement that provides the vitamins and minerals children need for their growth and development. Its orange flavor makes it easy and enjoyable for children to take.

Directions: As a food supplement it's recommended 10 ml daily for 3+ years old kids with food, or as directed by your health care professional or pharmacist. Consult a physician about consumption methods for children 3 years and under. For the picky eaters, Ocean VM can be easily mixed into a juice or shake.



Ocean
VM Arginin PS
150 ml Liquid / Honey - Orange Flavor

Per 5 ml

Name	Amount	*NRV	Name	Amount	*NRV
L-Arginine	300 mg	**	Vitamin B2	1,4 mg	100%
Vitamin C	80 mg	100%	Vitamin B6	1,4 mg	100%
Vitamin E	12 mg α-TE[B]	100%	Vitamin B1	1,1 mg	100%
Zinc	7,5 mg	75%	Folic Acid	200 µg	100%
Phosphatidylserine	10 mg	**	Molybdenum	50 µg	100%
Vitamin B_3	16 mg	100%	Iodine	75 µg	50%
Vitamin K_2	30 µg	40%	Selenium	55 µg	100%
Vitamin B_5	6 mg	100%	Chromium	6 µg	15%
Vitamin D_3	400 IU (10 µg)	200%	Biotin	50 µg	100%
Vitamin A	500 µg RE[C]	62,50%	Vitamin B_{12} (Methylcobalamin)	2,5 µg	100%

*NRV: Nutrient Reference Value.
NEA: Niacin equivalent, α-TEB: α-Tocopherol equivalent, REc: Retinol equivalent

MecobalActive® The active form of B_{12} GLUTEN FREE

Ocean VM Arginine PS contains 13 different vitamins and 6 different minerals in addition to L-Arginine and phosphatidylserine. The formulation is created with clean ingredients and quality production meticulousness. It includes stevia and honey for sweetness; has an orange flavor.

Directions: For children aged 4-11 years and adults 1 x 2 (2.5 ml) or 1 x 1 (5 ml) on a full stomach.

Chewable Gummies Category



[1] According to a study conducted by Akademetre Research in December 2025 with 1,200 participants across 12 provinces.
[2] According to the Akademetre Research Pharmacists Testimonial Survey, Turkey Nationwide, October 2025.
[3] According to the Akademetre Research Pediatricians Testimonial Survey, Turkey Nationwide, October 2025.

THE MOST REPUTABLE BRAND OF THE YEAR[1]
Dietary Supplement Category

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PHARMACISTS[2]

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PEDIATRICIANS[3]



Ocean Gummies Iron

60 Gel Forms

Per 2 Chewable Gel Form

Name	Amount	*NRV
Iron	17 mg	121,4%

*NRV: Nutrient Reference Value
** There is no Nutrient Reference Value

Ocean Gummies Iron contains 17 mg iron in two chewable gels to support your daily iron intake. Ocean Gummies has iron source produced with microencapsulated technology for effective absorption.

Directions: As a food supplement for adults above 11 years, take two (2) chewable gels daily, or as directed by a healthcare practitioner.

GLUTEN FREE · PRESERVATIVES FREE · COLORANT FREE

Ocean Gummies Iron Extra

60 Gel Forms

17 mg IRON

Per 1 Chewable Gel Form

Name	Amount	*NRV
Iron	17 mg	121,4%

*NRV: Nutrient Reference Value
** There is no Nutrient Reference Value

Ocean Gummies Iron contains 17 mg iron in one chewable gel to support your daily iron intake or support iron deficiency treatments. Ocean Gummies has iron source produced with microencapsulated technology for effective absorption. Ocean Gummies Iron is free from glucose syrup, artificial preservatives and colourants. Sweetened with stevia and apple juice concentrate. Enjoy the taste of strawberry!

Directions: The recommended daily use dosage is 1 chewable gel form for adults 11 years and older.

GLUTEN FREE · PRESERVATIVES FREE · COLORANT FREE



GUMMY

Ocean Gummies Vitamin D3

60 Gel Form

Per 2 Chewable Gel Form		
Name	**Amount**	***NRV**
Vitamin D3	15 µg (600 IU)	500%

*NRV: Nutrient Reference Value
**There is no nutritional reference value.

Ocean Gummies Vitamin D3 contains 600 IU vitamin D in each gummy gel for daily "sunshine vitamin" support. Ocean Gummies Vitamin D3 is the innovative form to increase vitamin D intake in order to support immune system, strong bones and teeth, nerve and muscle functions, heart and cardiovascular health. Ocean Gummies Vitamin D3 is free from glucose syrup, artificial preservatives and colourants. Sweetened with stevia and apple juice concentrate. Enjoy the taste of orange!

Directions: As a food supplement for individuals aged 11 years and older, take one (1) chewable gel daily, or as directed by a healthcare practitioner.

GLUTEN FREE PRESERVATIVES FREE

Ocean Gummies Vitamin D3

60 Gel Form

Per 2 Chewable Gel Form		
Name	**Amount**	***NRV**
Vitamin D3	25 µg (1000 IU)	500%

*NRV: Nutrient Reference Value
**There is no nutritional reference value.

Ocean Gummies Vitamin D3 contains 1000 IU vitamin D in each gummy gel for daily "sunshine vitamin" support. Ocean Gummies Vitamin D3 is the innovative form to increase vitamin D intake in order to support immune system, strong bones and teeth, nerve and muscle functions, heart and cardiovascular health. Ocean Gummies Vitamin D3 is free from glucose syrup, artificial preservatives and colourants. Sweetened with stevia and apple juice concentrate. Enjoy the taste of orange!

Directions: As a food supplement for adults above 11 years, take one (1) chewable gel daily, or as directed by a healthcare practitioner.

GLUTEN FREE PRESERVATIVES FREE

Ocean Gummies D3K2

60 Gel Form

Per 2 Chewable Gel Form		
Name	**Amount**	***NRV**
Vitamin D3	25 µg (1000 IU)	500%
Vitamin K2	12,5 µg	17%

*NRV: Nutrient Reference Value
**There is no nutritional reference value.

Ocean Gummies Vitamin D3K2 contains 1000 IU vitamin D3 and 22,5 mcg K2 in each each gummy gel for daily "sunshine vitamin" support. Ocean Gummies Vitamin D3K2 is the innovative form to increase vitamin D3 intake in order to support immune system, strong bones and teeth, nerve and muscle functions, heart and cardiovascular health. Ocean Gummies Vitamin D3K2 is free from glucose syrup, artificial preservatives and colourants. Sweetened with stevia and apple juice concentrate. Enjoy the taste of orange!

Directions: The recommended daily use dosage is 1 chewable gel form for adults 11 years and older.

GLUTEN FREE PRESERVATIVES FREE



Ocean
Gummies Apple Cider Vinegar

60 Chewable Gel Form

Per 2 Chewable Gel Form		
Name	**Amount**	***Nrv**
Vitamin B_3	2,4 mg NE*	15%
Vitamin B_6	0,6 mg	42,80%
Folic Acid	400 mcg	200%
Chromium	200 mcg	500%
Vitamin B_{12}	5 mcg	200%

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value.

SUGAR FREE · LACTOSE FREE · COLORANT FREE

Ocean Gummies Apple Cider Vinegar is formulated for supporting weight and appetite control by contributing energy-yielding metabolism, suppressing appetite and maintenance of normal blood glucose levels. Ocean Gummies Apple Cider Vinegar is free from glucose syrup, artificial preservatives and colourants. Sweetened with stevia and apple juice concentrate. Enjoy the taste of apple!

Directions: The recommended daily use dosage is 2 chewable gel forms for adults 11 years and older.



Ocean
Gummies HSN

60 Chewable Gel Form

Per 2 Chewable Gel Form					
Name	**Amount**	***NRV**	**Name**	**Amount**	***NRV**
Vitamin C	30 mg	38%	Folic Acid	400 mcg	200%
Hydrolyzed Keratin	20 mg	**	Vitamin A	200 mcg RE*	25%
Vitamin B_3	16 mg NE*	100%	Vitamin B_{12}	54 mcg	2160%
Vitamin E	6 mg α-TE*	50%	Iodine	30 mcg	20%
Vitamin B_6	3 mg	214%	Vitamin D_3	25 mcg	500%
Zinc	2 mg	20%	Selenium	20 mcg	36%
Biotin	5000 mcg	10000%			

*NRV: Nutrient Reference Value. **No Nutrient Reference Value. *NE: Niacin equivalent
*α-TE: Alpha-tocopherol equivalent *RE: Retinol equivalent

GLUTEN FREE · COLORANT FREE · PRESERVATIVES FREE

Ocean Gummies HSN is specially formulated to support the health of your skin, hair, and nails. With key ingredients like Vitamin C and Hydrolyzed Keratin, it boosts collagen production, helping to strengthen hair and nails. This all-in-one formula is perfect for those looking to improve the overall appearance and vitality of their skin, hair, and nails.

Directions: The recommended daily use dosage is 2 gummies for adults 11 years and older.



Ocean

Gummies Multivitamin Adult

60 Chewable Gel Form

Per 2 Chewable Gel Form

Name	Amount	*NRV	Name	Amount	*NRV
Vitamin C	40 mg	50%	Vitamin A	450 mcg RE*	56,20%
Vitamin B_3	16 mg NE*	100%	Folic Acid	400 mcg	200%
Vitamin E	7,68 mg α-TE*	64%	Iodine	84 mcg	56%
Vitamin B_5	3,82 mg	63,60%	Biotin	50 mcg	100%
Vitamin B_6	1,4 mg	100%	Vitamin D_3	10 mcg	200%
Vitamin B_1	2 mg	181,80%	Vitamin B_{12}	2,5 mcg	100%
Zinc	2 mg	20%			

*NRV: Nutrient Reference Value
** There is no Nutrient Reference Value

Ocean Gummies Multivitamin Adult provides 11 vitamins and 2 minerals minerals to support general well-being. Helps eats healthy while having a delicious taste with peach flavors. Ocean Gummies Multivitamin Adult is the easy and safe support for picky eaters who need vitamin minerals for their daily life!

Directions: The recommended daily use dosage is 2 gummies for adults 11 years and older.

GLUTEN FREE PRESERVATIVES FREE

Ocean

Gummies Omega-3 Kids

60 Chewable Gel Form

Per 2 Chewable Gel Form

Name	Amount	*NRV
Fish Oil	456 mg	**
• Total Omega 3	383,8 mg	**
- DHA (Docosahexanoic Acid)	273,6 mg	**
- EPA (Eicosapentaenoic Acid)	49,4 mg	**
- Other Omega 3 Fatty Acids	60,8 mg	
• Vitamin C	26,6 mg	
• Vitamin D3	10 µg	

*NRV: Nutrient Reference Value
**There is no nutritional reference value.

A child-friendly Omega-3 supplement rich in DHA & EPA, paired with Vitamin D3 and C for immune and cognitive support.

Directions: The recommended daily use dosage is 2 chewable gel forms for 4-10 age group of children

IFOS ★★★★★ GLUTEN FREE PRESERVATIVES FREE

Ocean

Gummies Multivitamin Kids

60 Chewable Gel Form

Per 2 Chewable Gel Form

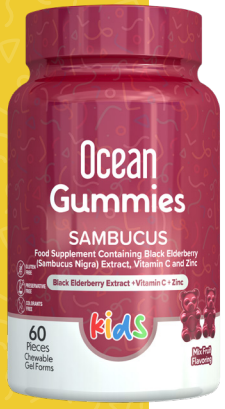
Name	Amount	*NRV	Name	Amount	*NRV
Vitamin C	40 mg	50%	Inositol	0,01 mg	**
Vitamin B3	8 mg NE*	50%	Vitamin A	200 mcg RE*	25%
Vitamin E	6 mg α-TE*	50%	Folic Acid	100 mcg	50%
Zinc	3 mg	30%	Iodine	30 mcg	20%
Vitamin B_5	3 mg	50%	Vitamin D_3	5 mcg	100%
Vitamin B_6	0,7 mg	50%	Vitamin B_{12}	1,25 mcg	50%
Manganese	0,4 mg	20%			

*NRV: Nutrient Reference Value
** There is no Nutrient Reference Value

Ocean Gummies Multivitamin Kids serves 10 vitamins and 3 minerals for your child's general wellbeing and development. Helps eats healthy while having a delicious taste with orange & strawberry flavors. Ocean Gummies Multivitamin is the easy and safe support for picky eaters who need vitamins minerals for their development!

Directions: As a food supplement for kids between 4-10 ages and adults, take two (2) chewable gels daily, or as directed by a healthcare practitioner.

GLUTEN FREE PRESERVATIVES FREE



Ocean
Gummies Sambucus Kids

60 Chewable Gel Forms

Per 2 Chewable Gel Form

Name	Amount	*NRV
Black Elderberry Extract	50 mg	**
Vitamin C	45 mg	56,20%
Zinc	3,75 mg	37,50%

*NRV: Nutrient Reference Value
** There is no Nutrient Reference Value

GLUTEN FREE · COLORANT FREE · PRESERVATIVES FREE

Ocean Gummies Sambucus Kids boosts your child's immune system with Sambucus Nigra extract, Vitamin C and Zinc while having a delicious taste! Free from glucose syrup, artificial preservatives and colourants. Sweetened with stevia and apple juice concentrate.

Directions: As a food supplement for kids between 4-10 ages, take two (2) chewable gels daily, or as directed by a healthcare practitioner.





Ocean
Gummies Defence Kids

60 Chewable Gel Forms

Per 2 Chewable Gel Form

Name	Amount	*NRV
Vitamin C	80 mg	100%
Zinc	7,5 mg	75%
Vitamin D3	10 mcg	200%

*NRV: Nutrient Reference Value
** There is no Nutrient Reference Value

GLUTEN FREE · PRESERVATIVES FREE

Ocean Gummies Defence Kids contains Vitamin C, Zinc and Vitamin D to support your children's immune system with a strong formula. A great tasting combination that you can be sure is great for your children. Enjoy the taste of peach & orange juice.

Directions: As a food supplement for kids between 4-10 ages, take two (2) chewable gels daily, or as directed by a healthcare practitioner.



Musculoskeletal Category



[1] According to a study conducted by Akademetre Research in December 2025 with 1,200 participants across 12 provinces.
[2] According to the Akademetre Research Pharmacists Testimonial Survey, Turkey Nationwide, October 2025.
[3] According to the Akademetre Research Pediatricians Testimonial Survey, Turkey Nationwide, October 2025.

THE MOST REPUTABLE BRAND OF THE YEAR[1]
Dietary Supplement Category

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PHARMACISTS[2]

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PEDIATRICIANS[3]



Ocean
OsteoFine

60 Tablets

Per Tablet		
Name	**Amount**	***NRV**
Calcium	400 mg	50%
Magnesium	125 mg	33,3%
Zinc	7,5 mg	75%
Boron	0,3 mg	**
Copper	500 µg	50%
Selenium	25 µg	45,4%
Vitamin D_3	10 µg (400 IU)	200%

*NRV: Nutrient Reference Value.
**There is no Nutrient Reference Value.

Ocean Osteofine is ideal for supporting your bone health. It's formulated carefully by balancing calcium, magnesium, vitamin D and zinc for your muscle and bone functions.

Directions: As a food supplement for adults, take one or two (1 or 2) tablets daily, or as directed by a healthcare practitioner.



Ocean
Colflex

30 Sachet

Per Sachet		
Name	**Amount**	***NRV**
Type I-Type III Collagen Peptides	4960 mg	**
Glucosamine Sulfate	750 mg	**
Methylsulfonylmethane (MSM)	500 mg	**
Chondroitin Sulfate	300 mg	**
Hyaluronic Acid	100 mg	**
Bromelain	100 mg	**
Turmeric Extract	50 mg	**
Standardized Chicken Breast Cartilage	40 mg	**
Vitamin C	100 mg	125%
Zinc	5 mg	50%
Manganese	2 mg	100%
Copper	150 µg	15%
Vitamin D_3	25 µg	500%
	12 µg	16%

*NRV: Nutrient Reference Value. **There is no Nutrient Reference Value.

SUGAR FREE · LACTOSE FREE · PRESERVATIVES FREE

Ocean Colflex, with its advanced formula containing UC-II®, is not only designed to support joint health, but also to accompany the continuity of movement in daily life as a modern and holistic solution. It is designed not only for those who do sports, but for everyone who wants to stay active in everyday life.

Directions: The recommended daily intake for adults aged 18 years and older is 1 sachet. Add one sachet to a glass of water (200 mL), stir well, and drink.



Ocean
Nem Complex

30 Tablets

Per Tablet		
Name	**Amount**	***NRV**
Eggshell Membrane	300 mg	**
Boswellia Serrata Extract	100 mg	**
Turmeric Extract	50 mg	**

*NRV: Nutrient Reference Value.
**There is no Nutrient Reference Value.

Ocean NEM Complex is ideal for pain relief of the cartilage and joints. The eggshell membrane is a natural source of chondroitin sulfate, hyaluronic acid, collagens and glycosaminoglycans. Also the formula contains curcumin extract that ensures the anti-inflammatory effect.

Directions: As a food supplement for adults, take one (1) tablet daily, or as directed by a healthcare practitioner.



Ocean
Glucosamine Complex

60 Tablets

Per 2 Tablets		
Name	**Amount**	***NRV**
Glucosamine Sulfate	1500 mg	**
Chondroitin Sulfate	400 mg	**
MSM (Methylsulfonylmethane)	250 mg	**
Harpagophytum Procumbens	100 mg	**
Magnesium	60 mg	16%
Unmodified Type 2 Collagen	30 mg	**

*NRV: Nutrient Reference Value.
**There is no Nutrient Reference Value.

Ocean Glucosamine Complex is ideal for anyone seeking extra strong Nutrient support for the cartilage and joints. This product contains glucosamine, chondroitin and MSM plus type II collagen. Type II collagen meets the need for cartilage by increasing the effectiveness of the product.

Directions: As a food supplement for adults, take two (2) tablets daily, or as directed by a healthcare practitioner.



Cosakondrin
OP

30 Tablets

Per Tablet		
Name	**Amount**	***NRV**
Calcium (Eggshell)	400 mg	50%
Magnesium	80 mg	21%
Zinc	5 mg	50%
Vitamin K_2 (Menaquinone-7)	50 µg	67%
Vitamin D_3	10 µg	200%

*NRV: Nutrient Reference Value.
**There is no Nutrient Reference Value.

Cosakondrin OP is ideal for bone health. Calcium, magnesium, zinc, vitamin K and vitamin D contained in the product keep bones strong and healthy.

Directions: As a food supplement for adults, take one or two (1-2) tablet daily, or as directed by a healthcare practitioner.



Cosakondrin
NEM

30 Tablets

Per Tablet		
Name	**Amount**	***NRV**
Eggshell Membrane	500 mg	**
Boswellia Extract	100 mg	**
Devil's Claw Extract	100 mg	**
Hyaluronic Acid	25 mg	**

*NRV: Nutrient Reference Value.
**There is no Nutrient Reference Value.

Cosakondrin NEM is ideal for anyone seeking pain relief of the cartilage and joints. Eggshell membrane is a natural source of chondroitin sulfate, hyaluronic acid, collagens and glycosaminoglycans. These components in eggshell membrane work synergistically to support your joints' comfort, flexibility and mobility.

Directions: As a food supplement for adults, take one (1) tablet daily, or as directed by a healthcare practitioner.



Cosakondrin
MSM

60 Tablets

Per 2 Tablets		
Name	**Amount**	***NRV**
Glucosamine Sulfate	1500 mg	**
Chondroitin Sulfate	1200 mg	**
MSM (Methylsulfonylmethane)	250 mg	**

*NRV: Nutrient Reference Value.
**There is no Nutrient Reference Value.

Cosakondrin MSM is ideal for anyone seeking Nutrient support for the cartilage and joints. This product contains glucosamine, chondroitin and MSM that support healthier joints and cartilage.

Directions: As a food supplement for adults, take two (2) tablets daily, or as directed by a healthcare practitioner.



Cosakondrin
Complex Gel

Per ml Contains Mix of Ingredients	
Name	**Name**
Hyaluronic Acid	Menthol
Glucosamine Sulfate	Ginger Oil
Chondroitin Sulfate	Eucalyptus Oil
Boswellia Serrata Extract	Lavender Oil
Capsicum	Clove Oil
Camphor	Arnica Extract

Cosakondrin Complex Gel has a rich composition containing hyaluronic acid, glucosamine sulfate, chondroitin sulfate, boswellia serrata extract and several herbal ingredients and is a unique product that combines both cooling and heating effects. It's quickly absorbed and does not leave a greasy feeling.

Directions: A sufficient amount of gel is applied to the desired area by massaging. It is not applied to open wounds and face areas.



Cosakondrin
Plus

60 Tablets

Per 2 Tablets

Name	Amount	*NRV
Glucosamine Sulfate	1500 mg	**
Chondroitin Sulfate	1200 mg	**
MSM (Methylsulfonylmethane)	252 mg	**
Vitamin C	60 mg	75%
Type II Collagen	30 mg	**
Manganese	2 mg	100%
Selenium	55 µg	100%

*NRV: Nutrient Reference Value.
**There is no Nutrient Reference Value.

Cosakondrin PLUS is ideal for anyone seeking extra strong Nutrient support for the cartilage and joints. This product contains glucosamine, chondroitin and MSM plus type II collagen. Type II collagen meets the need of cartilage by increasing the effectiveness of the product.

Directions: As a food supplement for adults, take two (2) tablets daily, or as directed by a healthcare practitioner.

Immunity Category



[1] According to a study conducted by Akademetre Research in December 2025 with 1,200 participants across 12 provinces.
[2] According to the Akademetre Research Pharmacists Testimonial Survey, Turkey Nationwide, October 2025.
[3] According to the Akademetre Research Pediatricians Testimonial Survey, Turkey Nationwide, October 2025.

THE MOST REPUTABLE BRAND OF THE YEAR[1]

Dietary Supplement Category

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PHARMACISTS[2]

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PEDIATRICIANS[3]



İmunol
Complex

30 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Beta Glucan	100 mg	**
Vitamin C	80 mg	100%
Citrus Bioflavonoids	50 mg	**
Zinc	7,5 mg	75%
Copper	750 µg	75%
Selenium	55 µg	100%
Vitamin D_3	10 µg (400 UI)	200%

*NRV: Nutrient Reference Value.
**There is no Nutrient Reference Value.

İmunol Complex is a food supplement containing beta glucan, vitamin C, citrus bioflavonoids, zinc, copper, selenium and vitamin D3. Vitamin C in its content contributes to the reduction of fatigue and exhaustion, and the normal function of the immune system. Zinc, selenium and vitamin D3 in its content contribute to the normal function of the immune system. It is offered for sale in herbal capsules.

Directions: As a food supplement for adults, take one or two (1 or 2) capsules daily, or as directed by a healthcare practitioner.



İmunol
Capsule

40 Capsules

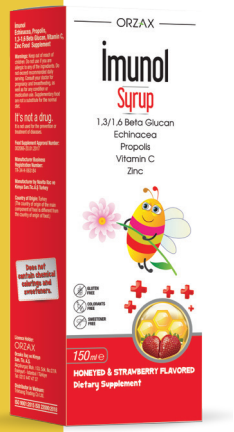
Per Capsule		
Name	**Amount**	***NRV**
Beta Glucan 1,3/1,6	50 mg	**
Vitamin C	80 mg	100%

*NRV: Nutrient Reference Value.
**There is no Nutrient Reference Value.

Imunol Capsule, which contains beta glucan 1,3 / 1,6, contributes to the reduction of tiredness and fatigue and the normal function of the immune system with Vitamin C in its composition. Made with a plant-based capsule.

Directions: As a food supplement for adults, take one or two (1 or 2) capsules daily, or as directed by a healthcare practitioner.





İmunol

150 ml Liquid / Honey-Strawberry Flavor

Per 5 ml

Name	Amount	*NRV
Echinacea Extract	300 mg	**
1,3-1,6 Beta Glucan	50 mg	**
Vitamin C	40 mg	50%
Zinc	5 mg	50%
Propolis	3,5 mg	**

*NRV: Nutrient Reference Value.
**There is no Nutrient Reference Value.

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İmunol Liquid Form is a food supplement developed for children. Immunol Liquid Form contains beta glucan 1,3/1,6, echinacea, propolis, vitamin C and zinc. With vitamin C and zinc in its content, it contributes to the normal function of the immune system. Does not contain coloring, sweetening, artificial flavoring. Imunol Liquid Form, which is deemed worthy of the America Food Awards with its honey and strawberry flavor, is produced in a taste children would love to consume.

Directions: As a food supplement, take 5 ml for children 4 years to 10 years old and 10 ml for adults on a full stomach daily, or as directed by a healthcare practitioner.



İmunol Sambucus

150 ml Liquid / Cherry Flavor

Per 5 ml

Name	Amount	*NRV
Black Elderberry Extract	100 mg	**
Vitamin C	60 mg	75%
Grape Seed Extract	50 mg	**
Zinc	5 mg	50%

*NRV: Nutrient Reference Value.
**There is no Nutrient Reference Value.

GLUTEN FREE

İmunol Sambucus Liquid Form contains sambucus nigra (black elderberry), vitamin C, grape seed extract and zinc. It is suitable for children with its delicious taste. Its vitamin C content contributes to the reduction of tiredness and fatigue and the normal function of the immune system. Its zinc content contributes to the normal function of the immune system.

Directions: As a food supplement, take 5 ml for 4-10 years old children, 10 ml for individuals over 11 years old and adults.



İmunol
Pastilles

12 Soft Pastilles / Orange Flavored

In each lozenge					
Name	**Amount**	***NRV**	**Name**	**Amount**	***NRV**
Vitamin C	60 mg	75%	Turmeric Extract	2 mg	**
Turmeric Extract	10 mg	**	Black Pepper Oil	1,6 mg	**
Blackcurrant Extract	32 mg	**	Eucalyptus Oil	3,6 mg	**
Licorice Root Extract	18 mg	**	Ginger Oil	1,25 mg	**
Zinc	3 mg	30%	Lemon Oil	1,1 mg	**
Ginger Extract	2 mg	**	Orange Oil	1 mg	**

*NRV: Nutrient Reference Value.
**There is no Nutrient Reference Value.

All in One

GLUTEN FREE
SWEETENER FREE
COLORANT FREE
PRESERVATIVES FREE



İmunol
Pastilles

12 Soft Pastilles / Black Elderberry & Strawberry Flavored

In each lozenge					
Name	**Amount**	***NRV**	**Name**	**Amount**	***NRV**
Vitamin C	50 mg	62,5%	Turmeric Extract	2 mg	**
Turmeric Extract	10 mg	**	Black Pepper Oil	1,3 mg	**
Blackcurrant Extract	32 mg	**	Eucalyptus Oil	3,5 mg	**
Licorice Root Extract	18 mg	**	Ginger Oil	1,25 mg	**
Zinc	3 mg	30%	Black Elderberry Extract	18 mg	**
Ginger Extract	7 mg	**			**

*NRV: Nutrient Reference Value.
**There is no Nutrient Reference Value.

All in One

GLUTEN FREE
SWEETENER FREE
COLORANT FREE
PRESERVATIVES FREE

Imunol Lozenges establish a protective barrier in the mouth and throat, defending against viruses and bacteria, and simultaneously providing relief from cough symptoms through unique ingredients. This formulation is free from lactose, gluten, preservatives, and sugar, offering a balanced taste sweetened with stevia. By harmoniously uniting immune protection and cough relief, Immunol Pastilles offer holistic support for respiratory well-being.

Directions: For adults aged 11 and above, the advised daily intake is 3 soft lozenges.

Special Supplements Category



[1] According to a study conducted by Akademetre Research in December 2025 with 1,200 participants across 12 provinces.
[2] According to the Akademetre Research Pharmacists Testimonial Survey, Turkey Nationwide, October 2025.
[3] According to the Akademetre Research Pediatricians Testimonial Survey, Turkey Nationwide, October 2025.

THE MOST REPUTABLE BRAND OF THE YEAR[1]
Dietary Supplement Category

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PHARMACISTS[2]

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PEDIATRICIANS[3]



Ocean
Enzymes Lactase

20 ml Oral Drops

Per Drop

Name	1 drop (0,05 mL)	8 drop (0,4 mL)	28 drop (1,4 mL)
Lactase	16,5 mg	132 mg	462 mg
*USP U / FCC	165	1320	4620

*Unit (U): the amount of enzyme that catalyzes the conversion of one micromole of substrate per minute. *FCC: Food Chemicals Codex. *USP: United States Pharmacopeial Convention (USP).

SUGAR FREE · GLUTEN FREE · PRESERVATIVES FREE · COLORANT FREE · SWEETENER FREE

Ocean Enzym Lactase a fast-acting, natural lactase enzyme solution designed to help individuals with lactose intolerance enjoy dairy products comfortably. Easy to use and versatile, it improves digestion without altering the taste of milk or dairy-based foods, ensuring convenience for both adults and infants.

Directions: The recommended daily use dossage is 28 drops in milk during the day for 4-10 age group of children and adults 11 years and older. It is recommended to consume within 28 days after opening.



Ocean
Enzymes Pancron

60 Vegetable Capsule

Per 2 Capsules

Name	Amount
• Digestive Enzyme Blend:	• 955,3 mg
Protease	440 mg (2000 FIPU)
Amylase	360 mg (24000 FIPU)
Lipase	104 mg (32000 FIPU)
Glucoamylase	24 mg (30 AGU)
Lactase	10 mg (1400 ALU)
Cellulase	10 mg (1200 CU)
Malt Diastase	3 mg (28 DP)
Invertase	3 mg (400 SU)
Alpha-Galactosidase	1,3 mg (60 GalU)

SUGAR FREE · PRESERVATIVES FREE · SWEETENER FREE

Ocean Enzym Pancron a multi-enzyme supplement in convenient capsule form, designed to enhance digestive health by breaking down proteins, fats, carbs, and lactose. This gluten-free, vegetarian-friendly product is perfect for individuals seeking a clean-label solution to improve nutrient absorption and reduce post-meal discomfort. Its versatile formula appeals to a broad audience, ensuring effective support for modern dietary needs.

Directions: The recommended daily intake for adults aged 11 and older is 2 capsules per day—one capsule taken with meals.



Ocean
Betain HCl + Pepsin

120 Tablets

Per Tablet

Name	Amount	*NRV
Betaine HCl	654 mg	**
Pepsin	50 mg	**

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

Ocean Betain HCl + Pepsin Tablets contain 654 mg Betaine HCl and 50 mg Pepsin in each tablet. Betain HCl and pepsin are naturally occurring gastric-juice components that render nutrients available for absorption and biological activity. Specifically, Betain HCl is an acidic form of betaine, which promotes optimal gastric lumen acidity and pepsin is a protein-digesting enzyme

Directions: The recommended daily intake for adults aged 11 and older is 1–2 tablets taken with plenty of water 3 times a day at mealtimes.



Ocean

Feminex

30 Tablets

Per Tablet		
Name	**Amount**	***NRV**
Calcium	200 mg	25%
Magnesium	75 mg	20%
Ginseng Extract	50 mg	**
Vitex Agnus Castus Extract	40 mg	**
Vitis Vinifera Extract	25 mg	**
Vitamin B_6	10 mg	714%

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

Feminex is a food supplement developed for the use of women with herbal extracts, vitamins and minerals.

Directions: As a food supplement for adults, take one (1) tablet daily, or as directed by a healthcare practitioner.



Ocean

Minomin

60 Tablets

Per 2 Tablets		
Name	**Amount**	***NRV**
Calcium	400 mg	50%
Panax Ginseng Extract	100 mg	**
Soy Isoflavones	50 mg	**
Black Cohosh Rood Extract	40 mg	**
Folic Acid	400 µg	200%
Vitamin B_{12}	12 µg	480%
Vitamin D_3	10 µg	200%

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

Minomin is a food supplement developed for women with its formula containing herbal extracts, vitamins and minerals.

Directions: The recommended daily dosage and method of use for adults is 2 tablets per day.



Ocean
Alfa Lipoic Acid

30 Herbal Capsules

Per Capsule		
Name	**Amount**	***NRV**
R-Alfa Lipoic Acid	600 mg	**

*NRV: Nutrient Reference Value.
**Nutrient reference value has not been established.

SUGAR FREE · GLUTEN FREE · PRESERVATIVES FREE · SWEETENER FREE

Ocean Alpha Lipoic Acid 200 mg is a dietary supplement containing 200 mg of R-alpha lipoic acid in its active form per capsule. This simple, single-ingredient product features a clean formula free of sugar, gluten, preservatives, and sweeteners. It is manufactured using Vcaps capsule technology.

Directions: The recommended daily dosage and method of use for adults is one capsule per day.



Ocean
Neurobexol

30 + 30 Capsules

In Per Total Unique Capsules		
Name	**Amount**	***NRV**
Vitamin B1	75 mg	(6818% NRV)
benfotiamine	25 mg	**
Vitamin B6 (P5P)	10 mg	(714% NRV)
Vitamin B12 (Methylcobalamin)	1000 µg	(40000% NRV)
R-Alpha Lipoic Acid	600 mg	**

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

SUGAR FREE · GLUTEN FREE · PRESERVATIVES FREE · SWEETENER FREE

A high-strength nerve health formula combining active B-vitamins and R-Alpha Lipoic Acid. Designed to support neurological functions in diabetes, energy metabolism, and overall nerve wellness.

Directions: The recommended daily use dosage is 1+1 capsule for adults 11 years and older.



Ocean
Cogniven

30 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Citicoline	250 mg	**
Phosphotidylserine	100 mg	**
Uridine Monophosphate	50 mg	**
Vitamin B2 (Riboflavin 5'-Phosphate, Sodium)	1,4 mg	100%
Vitamin B6 (Pyridoxal 5'-Phosphate)	1,4 mg	100%
Vitamin B1	1,1 mg	100%
Vitamin B12 (Methylcobalamin)	25 µg	1000%

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

SUGAR FREE · GLUTEN FREE · PRESERVATIVES FREE · SWEETENER FREE · LACTOSE FREE

Ocean Cognive helps enhance brain function by supporting concentration, focus, and memory retention. It boosts mental energy, combats chronic fatigue, and promotes emotional balance, potentially reducing anxiety and depression. Additionally, it may provide cognitive benefits for those with age-related conditions like dementia and Alzheimer's disease.

Directions: The recommended daily serving for individuals aged 11 and older is 1 or 2 capsules per day.

Formula supported by clinical research**

Cognizin®

** Özge, A.; Bingöl, A.; Eyüboğlu, S.; Can, A.İ.; Taşdelen, B.; Uluduz, E.; Uludüz, D. The Real-World Early Neuroprotective Effects of Oral Citicoline Combination in Prodromal Dementia. Nutrients 2026, 18, 595



Ocean
Cogniven

150 ml Liquid

Per 5 ml		
Name	**Amount**	***NRV**
Citicoline	150 mg	**
Phosphotidylserine	750 mg	**
Uridine Monophosphate	50 mg	**
Vitamin B2 (Riboflavin 5'-Phosphate, Sodium)	1,4 mg	100%
Vitamin B6 (Pyridoxal 5'-Phosphate)	1,4 mg	100%
Vitamin B1	1,1 mg	100%
Vitamin B12 (Methylcobalamin)	25 µg	1000%

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

Cognizin® MecobalActive® The active form of B_{12}

Ocean Cognive helps enhance brain function by supporting concentration, focus, and memory retention. It boosts mental energy, combats chronic fatigue, and promotes emotional balance, potentially reducing anxiety and depression.

Directions: The recommended daily serving is 5 ml or 10 ml for adults aged 11 and older.



Ocean
Mood

30 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Passionflower Extract	150 mg	**
Valerian Extract	100 mg	**
5-Hydroxytryptophan (5-HTP)	50 mg	**
Lemon Balm Extract	40 mg	**
Vitamin B6	5 mg	357,1%

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

SUGAR FREE · GLUTEN FREE · COLORANT FREE · PRESERVATIVES FREE · SWEETENER FREE · LACTOSE FREE

A mood-supporting botanical blend combining 5-HTP, Valerian, Melissa, Passiflora and Vitamin B6 to support relaxation, balanced mood, and emotional wellbeing.

Directions: The recommended daily serving for individuals aged 11 and older is 1 or 2 capsules per day.



Ocean
L-Teanin

30 Herbal Capsules

Per Capsule		
Name	**Amount**	***NRV**
L-Teanin	200 mg	**

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

Vcaps

L-theanine is an amino acid found in green tea leaves. Suitable for vegan and vegetarian use thanks to its patented Vcaps capsules.

Directions: The recommended daily intake is 1 capsule per day, to be taken with meals, for adults aged 11 and older.



Ocean
5-HTP

30 Herbal Capsules

Per Capsule		
Name	**Amount**	***NRV**
5-Hydroxytryptophan (5-HTP)	100 mg	**

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

Vcaps

5-HTP is a compound produced by extraction from seeds of Griffonia simplicifolia and has been used clinically safely for over 30 years. Suitable for vegan and vegetarian use thanks to its patented Vcaps capsules.

Directions: The recommended daily intake is 1 or 2 capsules for adults aged 11 and older.



Ocean
Coenzyme Q10
30 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Coenzyme Q10 (Ubiquinone)	200 mg	**
Black Pepper Extract	5 mg	**

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

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Ocean Coenzyme Q10 200mg supports energy production by boosting ATP levels and offers strong antioxidant protection. It promotes healthy skin and may help reduce muscle pain and fatigue from statin use. Additionally, it may be effective for managing migraines and improving sperm quality. Black pepper, known for enhancing nutrient absorption, plays a beneficial role in maximizing the effectiveness of these benefits. Experience the natural synergy of Coenzyme Q10 and black pepper for comprehensive health support.

Directions: The recommended daily serving for adults is one capsule, to be taken after a meal.



Ocean
Coenzyme Q10
30 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Coenzyme Q10 (Ubiquinone)	100 mg	**
Black Pepper Extract	5 mg	**

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

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CoQ10 (or coenzyme Q10) is an essential nutrient for healthy mitochondrial function, a process that produces energy at the cellular level. Therefore CoQ10 is concentrated in high-energy organs such as your brain, liver, kidneys and heart. Thus, it could be named as a vital antioxidant found in your heart, liver and kidneys. CoQ10 also has powerful antioxidant properties, protecting important proteins and mitochondrial DNA from oxidative damage. CoQ-10 levels may decline with age and may be affected by taking statin drugs. Levels are also affected by exercise and environmental stressors.

Directions: The recommended daily serving for adults is one capsule, to be taken after a meal.



Ocean
Coenzyme QH
30 Softgel Capsules

Per Capsule		
Name	**Amount**	***NRV**
Coenzyme QH (Ubiquinone)	100 mg	**

Ubiquinol, the active form of Coenzyme Q10, is a patented compound owned by Kaneka.
*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

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CoQ10 (or coenzyme Q10) is an essential nutrient for healthy mitochondrial function, a process that produces energy at the cellular level. Therefore CoQ10 is concentrated in high-energy organs such as your brain, liver, kidneys and heart. Thus, it could be named as a vital antioxidant found in your heart, liver and kidneys. CoQ10 also has powerful antioxidant properties, protecting important proteins and mitochondrial DNA from oxidative damage. CoQ-10 levels may decline with age and may be affected by taking statin drugs. Levels are also affected by exercise and environmental stressors. Coenzyme Q10 is transformed into coenzyme QH after it is ingested to involve mitochondrial functions. Therefore, coenzyme QH is ready to use in the form of the coenzyme Q10, which means higher bioavailability. Patented Kaneka ubiquinol is highly bioavailable, which means it's easy for the body to absorb.

Directions: The recommended daily serving for adults is one capsule, to be taken after a meal.



Ocean
Methyl Balance

30/60 Vegetable Capsules

Per Capsule

Name	Amount	*NRV
Betaine (Trimethylglycine)[1]	500 mg	**
L-Serine[2]	50 mg	**
Vitamin B2 (R-5-P)	25 mg	1786%
Vitamin B6 (P-5-P)	10 mg	714%
Zinc (Zinc Bisglycinate)	10 mg	100%
Vitamin B12 (Methylcobalamin, Mecobalactive®)+	1000 µg 400 µg	40000% 200%

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.
+Mecobalactive®: A patented source of active vitamin B12 owned by Ferrer.
++Quatrefolic®: A patented source of active folic acid owned by Gnosis.

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Ocean Methyl Balance addresses all cycles in methylation steps with 7 active ingredients in its content. It contains betaine, L-serine, B2, B6, B12 vitamins, methyl folate and zinc. While supporting optimal methylation, it is exceptional for those with defective MTHFR genes.

Directions: The recommended daily serving amount and method of use is the consumption of one capsule for adults.



Ocean
D-Ribose

30 Sachets

Per Sachet		
Name	**Amount**	***NRV**
D-Ribose	5000 mg	**

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

D-Ribose is a five-carbon sugar found in the structure of ATP, also known as cellular energy packets. Ribose is an important component of cells, including muscle cells, and is traditionally used during and post-exercise. Ocean D-Ribose Sachet is a food supplement containing 5000 mg of D-Ribose in each sachet.

Directions: As a food supplement for adults, take one (1) sachet daily, or as directed by a healthcare practitioner. One sachet is consumed by mixing into a glass of water (200 ml).



Ocean
L-Arginine

60 Sachets

Per Sachet		
Name	**Amount**	***NRV**
L-Arginine	1000 mg	**

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

L-arginine is an amino acid that helps the body to build proteins and it's necessary for the production of nitric oxide, a signaling molecule that's needed for a variety of processes in the body including blood flow regulation. Ocean L-Arginine contains 1000 mg L-arginine in 1 sachet.

Directions: As a food supplement, take one, two or three (1, 2 or 3) sachets daily, or as directed by a healthcare practitioner. One sachet is consumed by mixing it into a glass of water (200 ml).

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Ocean
L-Glutamine

60 Sachets

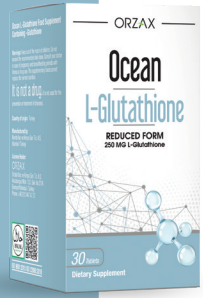
Per Sachet		
Name	**Amount**	***NRV**
L-Glutamine	5000 mg	**

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

Glutamine is an amino acid with many roles in the body and its main purpose is to help body build proteins and supports gastrointestinal tract health and functions. L-glutamine is the form of glutamine found in supplements. Ocean L-glutamine contains 1000 mg glutamine in 1 sachet.

Directions: As a food supplement, take one or two (1 or 2) sachets daily, or as directed by a healthcare practitioner. One sachet is consumed by mixing into a glass of water (200 ml).

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Ocean
L-Glutathione

30 Tablets

Per Tablet		
Name	**Amount**	***NRV**
L-Glutathione	250 mg	**

*NRV: Nutrient Reference Value.

Ocean L-Glutathione is a biologically reduced food supplement. Glutathione is a low molecular weight but functional tripeptide composed of glutamic acid, cysteine and glycine.

Directions: As a food supplement for adults, take one (1) tablet daily, or as directed by a healthcare practitioner.



Ocean
Hyaluronic Acid

30 Herbal Capsules

Per Capsule		
Name	**Amount**	***NRV**
Hyaluronic Acid	150 mg	**
Vitamin C	60 mg	75%

*NRV: Nutrient Reference Value.

Hyaluronic acid helps keep skin plump and hydrated. This vegan formula combines high-purity, fermentation-derived sodium hyaluronate with vitamin C to support collagen production and antioxidant protection. Non-GMO, Kosher and Halal certified.

Directions: As a food supplement take one (1) capsule daily, or as directed by a healthcare practitioner.



Ocean
Astaxanthin

30 Softgel Capsules

Per Capsule		
Name	**Amount**	***NRV**
Astaxanthin	4 mg	**

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

Ocean Astaxanthin is a food supplement produced from Haematococcus pluvialis, containing 4 mg of astaxanthin in each capsule. Astaxanthin is an important antioxidant pigment that naturally gives colors to animals such as krill, flamingo and

Directions: As a food supplement for adults, take one (1) capsule daily, or as directed by a healthcare practitioner.

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Proceive F

30 Sachets

Per Sachet					
Name	**Amount**	***NRV**	**Name**	**Amount**	***NRV**
Inositol (Myo-Inositol)	2000 mg	**	Vitamin B_6	5 mg	%357%
Vitamin C	180 mg	225%	Astaxanthin	1 mg	**
Magnesium	100 mg	27%	Folic Acid	400 µg	200%
Coenzyme Q10	100 mg	**	Selenium	50 µg	91%
Glutathione	50 mg	**	Vitamin B_{12}	50 µg	2000%
Zinc	15 mg	150%	Vitamin D_3	15 µg	300%
Vitamin E	12 mg α-TE[+]	100%			

*NRV: Nutrient Reference Value. **No Nutrient Reference Value Established. +α-TE: Alpha-tocopherol equivalent.

MecobalActive® The active form of B_{12} Quatrefolic® GLUTEN FREE SUGAR FREE

Proceive F is a dietary supplement containing inositol, coenzyme Q10, glutathione, vitamins, and minerals. It provides optimal benefits thanks to the patented active forms of vitamin B12 (MecobalActive) and folic acid (Quatrefolic) it contains. It is sugar- and gluten-free.

Directions: The recommended daily serving for adults is one sachet per day. One sachet is consumed by adding it to a glass of water (200 ml) and stirring.



Proceive M

30 Sachets

Per Sachet					
Name	**Amount**	***NRV**	**Name**	**Amount**	***NRV**
L-Carnitine	1500 mg	**	Glutathione	50 mg	**
Magnesium	60 mg	16%	Zinc	15 mg	150%
Vitamin E	75 mg α-TE[+]	625%	Vitamin B_6	2 mg	143%
L-Arginine	250 mg	**	Maritime Pine Bark Extract	1,5 mg	**
Vitamin C	150 mg	188%			
Coenzyme Q10	100 mg	**	Beta-Carotene	1,5 mg	**
Oat Extract	100 mg	**	Folic Acid	400 µg	200%
Korean Ginseng Extract	100 mg	**	Selenium	50 µg	91%
Furostanol Saponins (derived from Tribulus terrestris extract)	80 mg	**	Vitamin D_3	10 µg	200%
			Vitamin B_{12}	3 µg	120%

*NRV: Nutrient Reference Value. **No Nutrient Reference Value Established. +α-TE: Alpha-tocopherol equivalent.

MecobalActive® The active form of B_{12} Quatrefolic® GLUTEN FREE

Proceive M is a dietary supplement containing L-carnitine, L-arginine, coenzyme Q10, glutathione, vitamins, minerals, and herbal extracts. It provides optimal benefits thanks to the patented active forms of vitamin B12 (MecobalActive) and folic acid (Quatrefolic) it contains.

Directions: The recommended daily serving for adults is one sachet per day. One sachet is consumed by adding it to a glass of water (200 ml) and stirring.



Ocean Formera

NEW

30 Vials + 60 Capsules

Per Tube (40 ml)	
Name	**Amount**
Conjugated Linoleic Acid (CLA)	1240 mg
L-Carnitine	800 mg
Green Tea Extract	100 mg
Caffeine	100 mg

Per 2 Capsules	
Name	**Amount**
Glucomannan	850 mg
Chitosan	350 mg

GLUTEN FREE · SUGAR FREE

Ocean Formera, with its synergistic dual-formula combining capsule and liquid shot, is designed not only to support weight management, but also to make the weight loss journey more sustainable and easier to maintain as part of a healthy lifestyle. It is developed not only for those aiming

Directions (Tube): The recommended daily use dosage is 1 tube for adults aged 11 years and over.
Directions (Capsule): The recommended daily use dosage for adults aged 11 years and over is 1 capsule before each meal, twice a day.



Ocean Polysitol

30 Sachets

Per Sachet		
Name	**Amount**	***NRV**
Inositol (Myo-Inositol)	2000 mg	**
L-Arginine	500 mg	**
L-Carnitine	100 mg	**
Vitamin E	30,64 mg α-TE+	%255,33
Folic Acid (Quatrefolic®)	400 µg	%200

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.
+α-TE: Alpha-tocopherol equivalent.
Quatrefolic®: A patented active folic acid source owned by Gnosis.

Quatrefolic · GLUTEN FREE · PRESERVATIVES FREE · LACTOSE FREE

Ocean Polysitol is a food supplement containing inositol along with L-arginine, L-carnitine, vitamin E, and folic acid in active form.

Directions: As a food supplement for adults, take one (1) sachet daily on a full stomach, or as directed by a healthcare practitioner. 1 sachet is consumed by dissolving in 1 glass of water (200 ml).

Herbal Supplement Category



[1] According to a study conducted by Akademetre Research in December 2025 with 1,200 participants across 12 provinces.
[2] According to the Akademetre Research Pharmacists Testimonial Survey, Turkey Nationwide, October 2025.
[3] According to the Akademetre Research Pediatricians Testimonial Survey, Turkey Nationwide, October 2025.

THE MOST REPUTABLE BRAND OF THE YEAR[1]
Dietary Supplement Category

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PHARMACISTS[2]

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PEDIATRICIANS[3]



Ocean
Propolis

20 ml Spray

Per Puff	
Name	**1 puff contains**
Propolis (25%)	4,375 mg
-Pure Propolis (Polyphenols) (Green Brazilian Propolis)	(0,875 mg)

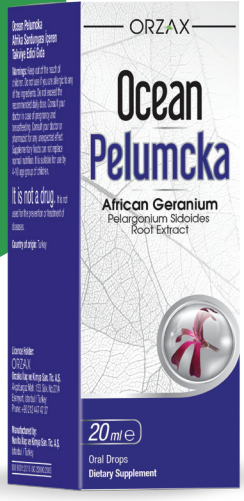
GREENART

GLUTEN FREE · PRESERVATIVES FREE · COLORANT FREE

*M.E.D.: With this extraction method, polyphenolic compounds are obtained in a standardized, pure, and highly concentrated form. Patent No. MI2014A001434

Ocean Propolis Spray contains 35 mg of Green Brazilian Propolis which is obtained by the exclusive patented M.E.D* extraction method in each puff. Propolis is a substance that has been valued for a long time. Also known as “bee glue”, it helps strengthen the immune system. Green Brazilian Propolis, which is included in the composition of Ocean Propolis, is the only type of propolis that contains a component called Artepillin-C, which is thought to be responsible for the effects of propolis on the immune system.

Directions: For adults, spray 2 times a day and for children 4-10 years old spray 3 times a day.



Ocean
Pelumcka

20 ml Oral Drop

Per Drop	
Name	**Amount**
Pelargonium Sidoides *Pelargonium Sidoides Root Extract*	30 mg

This product has been developed with Istanbul University Technology Transfer Office.

Ocean Pelumcka contains 30 mg Pelargonium sidoides root extract in each drop. The active ingredient of Ocean Pelumcka, African Geranium is obtained from the root of the Pelargonium sidoides plant. Pelargonium sidoides roots have long been used to help relieve respiratory and digestive systems. Ocean Pelumcka provides ease of use with its alcohol-free formula and calibrated dropper.

Directions: As a food supplement, take 1 ml (20 drops) three times a day for children 4 years to 10 years old and 1,5 ml (30 drops) three times for adults, or as directed by a healthcare practitioner.



Ocean
Oregano Oil

20 ml Oral Drop

Per Drop	
Name	**Amount**
Oregano Oil	800 mg
Eucalyptus Oil	269 mg
Rosemary Oil	134 mg
Lavender Oil	133 mg
Peppermint Oil	72 mg
Laurel Oil	46 mg
Myrtle Oil	45 mg

Ocean Oregano Oil Drop contains seven different herbal essential oils, mainly Oregano (Origanum onites L.) oil, eucalyptus oil, rosemary oil, lavender oil, pepperment oil, myrtle oil. Ocean Oregano Oil Drop's content of Origanum onites L. Oil has 88.6% Carvacrol was documented by the GC-MS analysis report.

Directions: As a food supplement for adults, take 2 ml daily, or as directed by a healthcare practitioner. It is recommended to drip 8 drops into boiling water 5 times a day and inhale the steam.



Ocean
Oregano Oil

30 Softgel Capsules

Per Capsule	
Name	**Amount**
Oregano Oil	430 mg
Zinc	7,5 mg

Ocean Oregano Oil Softgel Capsules contains 430 mg Oregano Oil (Origanum onites L.) and 7,5 mg Zinc. Ocean Oregano Oil Softgel Capsules content of Origanum onites L. Oil has 88.6% Carvacrol was documented by the GC-MS analysis report.

Directions: As a food supplement for adults, take one or two (1 or 2) capsules daily, or as directed by a healthcare practitioner.



Ocean
Hepalex

60 Softgel Capsules



Per 2 Capsules		
Name	**Amount**	***NRV**
Choline	165 mg	**
Dandelion Extract	130 mg	**
Artichoke Extract	130 mg	**
Silybin (derived from Milk Thistle extract)	100 mg	**
Vitamin E	50 mg α-TE[x]	416,60%
Alpha-Lipoic Acid	40 mg	**
Glutathione	40 mg	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value.
α-TE[x]: Alpha-tocopherol equivalent

Ocean Hepalex is a food supplement containing Milk Thistle Extract, Artichoke Extract, Dandelion Extract, Choline, Alpha Lipoic Acid, L-glutathione and Vitamin E. Ocean Hepalex is specially formulated to support liver health and detoxification. With its hepatoprotective properties, it aids in preserving liver function and assists in detoxifying the body.

Directions: The recommended daily use dosage is two (2) capsules for adults 11 years and older.

VitaCholine Supercharge Your Body and Mind · SUGAR FREE · GLUTEN FREE · PRESERVATIVES FREE · SWEETENER FREE



Ocean
Milk Thistle

30 Capsules



Per Capsule		
Name	**Amount**	***NRV**
Silybin*	300 mg	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value
*545 mg Milk Thistle Extract

Ocean Milk Thistle contains standardized milk thistle extract in each tablet. Each tablet contains 300 mg of silybin, the active ingredient of the milk thistle plant. Milk thistle extract used in Ocean Milk Thistle is a standardized plant extract that contains the same proportion of silybin, produced in line with GACP (Good Agricultural and Collection Practices).

Directions: As a food supplement for adults, take one (1) capsule daily, or as directed by a healthcare practitioner.

EUROMED · SUGAR FREE · GLUTEN FREE · PRESERVATIVES FREE



Ocean
Black Cumin Seed Oil



60 Softgel Capsules

Per Capsule		
Name	**Amount**	***NRV**
Black Cumin Seed Oil	1000 mg	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value

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Ocean Black Cumin Seed Oil is a food supplement that maintains its natural structure thanks to the black seed oil obtained by cold pressing.

Directions: As a food supplement for adults, take two (2) capsules daily, or as directed by a healthcare practitioner.



Ocean
Black Cumin Seed Oil



150 ml Liquid

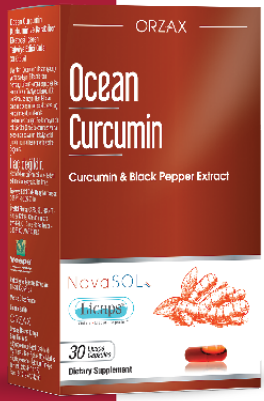
Per 5 ml		
Name	**Amount**	***NRV**
Black Cumin Seed Oil	4.600 mg	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value

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Ocean Black Cumin Seed Oil Liquid represents the epitome of farm-to-bottle control. Sourced from the pristine lands of Türkiye, our black seed oil is meticulously cultivated and cold-pressed to retain its pure, unadulterated essence. This liquid gold goes beyond oral consumption–apply it to your skin or hair for a radiant external glow.

Directions: The recommended daily use dosage is 5 ml for adults aged 11 years and over.



Ocean
Curcumin

30 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Curcuminoid (Curcumin)	42,038 mg (35,03 mg)	**
Black Pepper Extract (Piperine)	5,380 mg (5,11 mg)	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value

Ocean Curcumin is manufactured using Licaps® capsule technology. The curcumin in Ocean Curcumin has a micellar structure. The liquid content is visible and flows freely inside the capsule. It contains 30 vegetable capsules. Each capsule of Ocean Curcumin contains 35 mg of active curcumin derived from 700 mg of curcuminoids and 5 mg of black pepper extract (piperine).

Directions: As a food supplement for adults, take 1 capsule daily, or as directed by a healthcare practitioner.



Ocean
Ginkgo Biloba

30 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Ginkgo (Ginkgo Biloba) Extract	120 mg	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value.

Ocean Ginkgo Biloba is a food supplement containing 120 mg of ginkgo leaf extract in each capsule. Ocean Ginkgo Biloba is produced with Vcaps brand herbal cellulosic capsules. Suitable for vegan and vegetarian use.

Directions: As a food supplement for adults, take one (1) capsule daily, or as directed by a healthcare practitioner.



Ocean
Panax Ginseng

60 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Korean Ginseng 500 mg (Ginsenosides 25 mg)	500 mg (25mg)	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value.

Ginseng is the name given to the roots of plants of the gender Panax. It is derived from the Greek word “panacea” meaning “complete recovery”. Ocean Panax Ginseng contains 500 mg of Panax Ginseng root in 1 capsule. Each capsule contains 25 mg of ginsenoside. Suitable for vegan and vegetarian uses.

Directions: As a food supplement, take one (1) capsule daily or as directed by a healthcare practitioner.

Ocean
Tribulus Terrestris

60 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Tribulus Terrestris Extract	500 mg	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value.

Tribulus terrestris herbs constitute the main active ingredients called saponins used in traditional Unani medicine for the treatment of impotence. Ocean Tribulus Terrestris contains standardized 90 percent saponins extract in each capsule. Each capsule of Ocean Tribulus Terrestris provides 400 mg of saponin.

Directions: As a food supplement for adults, take two (2) capsules daily, or as directed by a healthcare practitioner.

Ocean
Saw Palmetto

60 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Saw Palmetto Extract	350 mg	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value.

Saw Palmetto is also known as Serenoa repens or Dwarf Palm Tree. It is an extremely slow-growing, long-lived and hardy plant. Ocean Saw Palmetto is a food supplement containing 350 mg of Saw palmetto extract in each capsule. Suitable for vegan and vegetarian use.

Directions: As a food supplement for adults, take one (1) capsule daily, or as directed by a healthcare practitioner.



Ocean
Passiflora Capsule

30 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Passiflora Extract	300 mg	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value.

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Passiflora is a ily also known as a passionflower. Ocean assiflora Liquid Form is vanilla flavore ntains 300 mg passiflora extract in every capsule.

Directions: As a food supplement, take one or two (1 or 2) capsules for adults daily, or as directed by a healthcare practitioner.



Ocean
Passiflora Liquid Form

150 ml Liquid

Per 5 ml		
Name	**Amount**	***NRV**
Passiflora Extract	600 mg	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value.

It offers a delicious taste with vanilla flavoring and ease of use.

GLUTEN FREE · COLORANT FREE

Passiflora is a plant family also known as passionflower. Ocean assiflora Liquid Form is vanilla flavored and contains 600 mg passiflora extract in every 5 ml.

Directions: As a food supplement, take 5 ml or 10 ml for adults daily, or as directed by a healthcare practitioner.



Ocean
Green Tea

60 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Green Tea Extract (45% Epigallocatechin gallate (EGCG))	500 mg (225 mg)	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value.

Ocean Green Tea contains standardized Green tea leaf extract in each capsule. Each capsule contains 500 mg of green tea extract, standardized to 98 percent polyphenols. Epigallocatechin gallat (EGCG) is the most powerful catechin in green tea extract. Green tea extract used in Ocean Green Tea is a standardized plant extract that contains the same proportion of EGCG, each capsule contains minimum 225 mg of EGCG.

Directions: As a food supplement for adults, take two (2) capsules daily, or as directed by a healthcare practitioner.



Ocean
Resveratrol

30 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Resveratrol*	200 mg	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value.
*Amount derived from 205 mg of Japanese Knotweed (Polygonum cuspidatum) extract.

SUGAR FREE GLUTEN FREE PRESERVATIVES FREE

Resveratrol is produced to create a resistance mechanism against environmental stress and diseases at any stage of the growth and development of plants. Resveratrol is mostly found in the skin of black grapes. Trans-resveratrol is the active ingredient found in resveratrol supplements. Ocean Resveratrol contains 200 mg of Resveratrol in each capsule. It does not contain gluten, glucose, and preservatives.

Directions: As a food supplement for adults, take one (1) capsule daily, or as directed by a healthcare practitioner.



Ocean
Cranberry

30 Capsules

Per 2 Capsules		
Name	**Amount**	***NRV**
PAC (Proanthocyanidin)	36 mg**	**

*NRV: Nutrient Reference Value.
**There is no Nutrient Reference Value.
**PAC derived from 514 mg Cranberry Extract (per two capsules)

Fruit d'Or Nutraceuticals

Vcaps

GLUTEN FREE

PRESERVATIVES FREE

SWEETENER FREE

Ocean Cranberry is a dietary supplement containing a patented, standardized extract (Vaccinium macrocarpon Aiton) of the cranberry plant, which is native to Canada. Each two capsules contain 36 mg of PAC (proanthocyanidin)–the primary active ingredient in cranberries–in the amount recommended by international health authorities**. Thanks to a special, patented analytical method (BL-DMAC) used for the cranberries in Ocean Cranberry, each capsule provides a guaranteed amount of standardized plant extract and guaranteed content. It contains no gluten, preservatives, or sweeteners.

** French Agency for the Safety of Health Products (AFSSAPS)

Directions: As a food supplement for adults, take 2 capsules capsules daily, or as directed by a healthcare practitioner.



Ocean
Rhodiola

30 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Rhodiola Extract	250 mg	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value.

Vcaps

Ocean Rhodiola is suitable for vegan and vegetarian use with its patented Vcaps capsules.

Directions: As a food supplement, take one (1) capsule daily, or as directed by a healthcare practitioner.



Ocean
Bromelain

30 / 60 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Bromelain	500 mg (1200 GDU)	**

*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value

Vegan · GLUTEN FREE · PRESERVATIVES FREE · COLORANT FREE

Ocean Bromelain 500 mg contains bromelain, a natural protein-digesting enzyme derived from pineapple, with an activity of 2400 GDU/g. It supports digestion, energy metabolism, and helps reduce edema by aiding protein breakdown during inflammation. The product comes in 100% natural, plant-based V-Caps capsules and is free from additives, gluten, colorings, and preservatives.

Directions: As a food supplement for adults, take one or two (1 or 2) capsules daily, or as directed by a healthcare practitioner.





Ocean
Bromelain Complex

60 Tablets

Per 2 Tablets		
Name	**Amount**	***NRV**
Bromelain*	1500 mg (3600 GDU)	**
Green Tea Extract	100 mg	**
Cherry Stalk Extract	100 mg	**
Parsley Extract	100 mg	**

*The proteolytic activity of the enzyme is 2400 GDU/g.
*NRV: Nutrient Reference Value
**There is no Nutrient Reference Value

GLUTEN FREE · PRESERVATIVES FREE · COLORANT FREE

A strengthened formulation of Bromelain with a daily enzyme activity of 3600 GDU, enriched with Green Tea, Cherry Stalk, and Parsley extracts.

Directions: The recommended daily use dosage is 2 tablet for adults 11 years and older.



Probiotic Category



[1] According to a study conducted by Akademetre Research in December 2025 with 1,200 participants across 12 provinces.
[2] According to the Akademetre Research Pharmacists Testimonial Survey, Turkey Nationwide, October 2025.
[3] According to the Akademetre Research Pediatricians Testimonial Survey, Turkey Nationwide, October 2025.

THE MOST REPUTABLE BRAND OF THE YEAR[1]
Dietary Supplement Category

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PHARMACISTS[2]

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PEDIATRICIANS[3]



Bigflor
Probiotic

10/30 Capsules

Per Capsule		
Name	**Amount**	***NRV**
Saccharomyces boulardii (5×10^9 CFU/day)	250 mg	**
Probiotic Blend (3.5×10^9 CFU/day) *(Lactobacillus acidophilus, Lactobacillus rhamnosus, Bifidobacterium longum, Streptococcus thermophilus)*	22,5 mg	**
Prebiotic (Inulin)	25 mg	**

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

Bigflor is a probiotic food supplement containing a total of 8.5 billion CFU *Saccharomyces boulardi, Lactobacillus acidophilus, Lactobacillus rhamnosus, Bifidobacterium longum, Streptococcus thermophilus* strains in Bigflor capsule content.

Directions: As a food supplement for adults, take 1 capsule daily, or as directed by a healthcare practitioner.



Bigflor
Probiotic

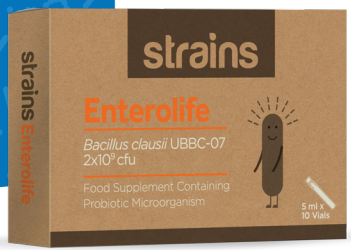
10 Sachets

Per Sachet		
Name	**Amount**	***NRV**
Probiotic Blend (3×10^9 CFU/day) *(Bifidobacterium bifidum, Bifidobacterium longum, Bifidobacterium animalis subsp. lactis, Lactobacillus acidophilus, Lactobacillus paracasei, Streptococcus thermophilus)*	22,5 mg	**
Prebiotic (Inulin)	140 mg	**

*NRV: Nutrient Reference Value.
**No Nutrient Reference Value Established.

Bigflor is a probiotic food supplement containing 3 billion CFU *Bifidobacterium bifidum, Bifidobacterium longum, Bifidobacterium animalis subsp. lactis, Lactobacillus acidophilus, Lactobacillus paracasei, Streptococcus thermophilus* strains in Bigflor sachet content.

Directions: As a food supplement for adults, take one (1) sachet daily, or as directed by a healthcare practitioner. A pack of sachet can be mixed with water, milk or fruit juice.



Strains
Enterolife

5 and 10 Vials

Supplement facts

Each 1 vial (5 mL) contains, Bacillus clausii 2×10^9 cfu*

Each 2 vials (10 mL) contain, Bacillus clausii 4×10^9 cfu*

*cfu: colony forming unit

Strains Enterolife is a probiotic food supplement containing Bacillus clausii UBBC-07 strain. It is easy to use with liquid form. Contains no preservatives, colorants, sweeteners, artificial flavorings or added sugar.

Directions: The recommended daily use dosage is 1 vial for 4-10 aged group of children, 2 vials for adults 11 years and older. Can be consumed directly or by mixing with beverages. It should be stored in a dry and cool place under 25°C.

Hair Health Category



[1] According to a study conducted by Akademetre Research in December 2025 with 1,200 participants across 12 provinces.
[2] According to the Akademetre Research Pharmacists Testimonial Survey, Turkey Nationwide, October 2025.
[3] According to the Akademetre Research Pediatricians Testimonial Survey, Turkey Nationwide, October 2025.

THE MOST REPUTABLE BRAND OF THE YEAR[1]

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PHARMACISTS[2]

THE MOST PREFERRED DIETARY SUPPLEMENT BRAND AMONG PEDIATRICIANS[3]

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