

THE GUMMY WAY TO STAY IN THE GAME




SIRIO

TASTE THE DIFFERENCE.™

Premium nutrition for peak performance.

In 2024, the European supplement market **grew 6.6% to \$31.4B**, driven by an **11.6% boost in sports nutrition**. The category is expected to maintain strong single-digit growth through 2027. ¹

Sports supplements are growing fast, with a **9% global CAGR in 2024**—more than double the growth of the overall supplement market. ²

Sports nutrition launches display a **+16% growth rate** (CAGR) during Jan 2024 - Dec 2024 across Europe. ²

And this is in the context of a category that is already worth over **\$30 billion** since 2024. ¹

The most popular dosage forms are powders, bars and drinks. However, new formats are quickly taking the stage as the fastest-growing product launches: for the sports aficionados, convenience and ease of use are becoming ever more important drivers in shaping the choice of supplement.

Enter the gummy.

The most-loveable nutraceutical format around, it combines sensory delight with on-the-go convenience, and a versatility in terms of flavors, texture and ingredients combination that was unthinkable before.

But make no mistake: while they may look deceptively simple, getting the optimal active ingredient payload in the right gummy format, shape, taste and shelf life is not easy.

Well, for Sirio it is. After all, we have over three decades of nutrition and ingredient science expertise.

Taste the difference.™

From performance to healthy living.

Energy and stamina, brain-mood health, weight management and immune health claims top performance nutrition launches. ¹

Over the last decade, sports nutrition has ceased to be exclusive to a small core of consumers interested in muscle mass increase.

Instead, a larger group of casual users and healthy living enthusiasts interested in broader active nutrition goals have emerged as a critical class of consumers that drive trends in this space.

51%

of global food, drink and supplement launches with a performance nutrition claim featured an **energy and stamina claim**.¹

52%

of global costumers take sports nutrition with a focus on **multivitamin products**.¹

1| Euromonitor, 2024
2| Innova, 2024

1| Innova, 2024

CREATINE

Creatine 1 gr Gummy



Convenient power in every bite.

Easy **creatine** supplement for beginners. For those who are new in the category and look for an easy way to incorporate creatine in their workout routine, our starter creatine gummy with proven stability is just the right solution.

Nutrients (per gummy)	Quantity
Creatine Monohydrate	1.12 g, providing 1 g creatine

Gelatin based
Flavour: Lemon
Shape: Round, Colour: Yellow, Weight: 5 g per gummy
Product code: 300013225

Recommended daily dose: 3 gummies

XTRA CREATINE

Creatine 1.8 gr Gummy



For when regular just won't do.

Power up your workouts with our high-dose creatine gummy designed for **strength**, **endurance**, and **faster recovery**. Three tasty gummies a day deliver the benefits of traditional creatine in a convenient, on-the-go format.

Nutrients (per gummy)	Quantity
Creatine Monohydrate	1800 mg

Pectin based
Flavour: Lemon
Shape: Square, Colour: Yellow, Weight: 5 g per gummy
Product code: 300014077

Recommended daily dose: 2-3 gummies

FIZZYBITS™ RECOVERY

Pop. Recover. Repeat. Instand fizzy tablet



Introducing the market's first hydration instant fizzy tab designed for fast, effective post-workout recovery—no water required. FizzyBits™ combines a unique on-the-go format with a powerful blend of high-dosed **Vitamin C**, essential **B-vitamins**, magnesium, and sodium to support hydration and replenish electrolytes.

Nutrients (per tablet)	Quantity
Vitamin C	100 mg
Magnesium	28 mg
Vitamin D3	7.5 µg
Vitamin B1	0.1 mg
Vitamin B2	0.15 mg
Vitamin B6	1 mg
Sodium	50 mg

Low Sugar
Flavour: Orange
Shape: Round, Colour: Orange, Weight: 2 g per tablet
Product code: 400036152

Recommended daily dose: 2 tablets

FIZZYBITS™ ENERGY

Smart energy on the go
Instand fizzy tablet



Designed to energize your workout routine, FizzyBits™ Energy instant fizzy tab delivers a full-spectrum blend of essential **B-vitamins** in a convenient, sugar-free format. With a fast-dissolving formula and bold orange-strawberry flavor, this compact instant fizzy tab provides a refreshing energy boost without the need for water—perfect for active lifestyles.

Nutrients (per tablet)	Quantity
Biotin	18 µg
Folic acid	120 µg
Vitamin B12	0.8 µg
Vitamin B1	1 mg
Vitamin B2	1 mg
Vitamin B6	1 mg
Vitamin B5	3.5 mg
Vitamin B3	4 mg

Sugar free
Flavour: Orange & Strawberry
Shape: Triangle, Colour: Orange, Weight: 0.6 g per tablet
Product code: 400036052

Recommended daily dose: 1 tablet

ENERGY BOOST B-COMPLEX

Vitamin B Complex
Softgel



Drop, fizz, recover.
An effervescent boost of **Vitamin C**, **magnesium**, and **electrolytes** to rehydrate, recharge, and speed up recovery after workouts—sugar-free and refreshing.

Nutrients (per softgel)	Quantity
Vitamin C	40 mg
Vitamin B1	1.65 mg
Vitamin B2	2.1 mg
Vitamin B3	24 mg
Vitamin B5	18 mg
Vitamin B6	2.1 mg
Biotin	150 µg
Inositol	10 mg
Folic Acid	200 µg
Vitamin B12	7.5 µg
Choline	15 mg

Gelatin based
Format: 11 Oval, Colour: Natural
Product code: 400020072

Recommended daily dose: 1 softgel

GINSENG VITALITY

Ginseng multivitamin Softgel



Stamina and strength, the natural way.

A powerful blend of **Panax ginseng**, **iron**, **magnesium**, and **B-vitamins** to fuel physical endurance, sharpen mental alertness, and support everyday vitality.

Nutrients (per softgel)	Quantity
Magnesium	70 mg
Vitamin C	80 mg
Lecithin	56 mg (by input)
Iron	10 mg
Selenium	50 µg
Rutin	20 mg (by input)
Nicotinamide	15 mg
Pantothenate Acid	9.2 mg
Vitamin E	10 IU
Phosphatidylserine	2.4 mg (by input)
Zinc	5 mg
Manganese	0.9 mg
Thiamine	1.6 mg
Copper	0.64 mg
Riboflavin	2 mg
Vitamin A	800 µg
Pyridoxine	0.82 mg
Folic acid	200 µg
Vitamin D3	5 µg

Gelatin based
Format: 22 Oblong, Colour: Brown
Product code: 400036626

Recommended daily dose: 1 softgel

FLEXIMOVE GINGER

Manganese & Ginger Softgel



Flexibility, mobility, and energy in motion.

A synergistic combination of **ginger**, **frankincense**, **manganese**, and **Vitamin D** to support joint flexibility, bone strength, and sustained energy levels.


Nutrients (per softgel)	Quantity
Vitamin D	5 µg
Vitamin C	40 mg
Manganese	1 mg
Borage Oil	300 mg
Ginger PE 5%	100 mg
Frankincense PE 30%	100 mg

Gelatin based
Formal: 12 Oval, Colour: Red-brown Opaque
Product code: 5012567

Recommended daily dose: 1 softgel

JOINTGUARD D3+K2

Vitamin D3 & K2 Softgel



Double-action support for lasting mobility.

Vitamin D3 and **K2** work together to optimize calcium absorption and bone strength, helping you stay agile, resilient, and ready for more.


Nutrients (per softgel)	Quantity
Vitamin K2	75 µg
Vitamin D3	50 µg (2000 IU)

Gelatin based
Formal: 3 Oval, Colour: Black
Product code: 300008522

Recommended daily dose: 1 softgel

D3 POWER

Vitamin D Softgel



Strong bones, stronger you.

A high-strength **Vitamin D3** softgel designed to support bone strength, muscle function, and immune health—ideal for active lifestyles and recovery.

Nutrients (per softgel)	Quantity
Vitamin D3	1520 IU

Gelatin based
Formal: 2 Oval, Colour: Natural
Product code: 300012365

Recommended daily dose: 1 softgel

CURCUMIN JOINT RECOVERY

Curcumin & Vitamin D Softgel



Soothe and strengthen from within.

A powerful blend of **turmeric**, **Vitamin D3**, **lutein**, and **zeaxanthin** to support joint comfort, muscle recovery, and antioxidant defense.

Nutrients (per softgel)	Quantity
Turmeric Extract	providing curcumins 150 mg
Lutein	20 mg
Zeaxanthin	4 mg
Vitamin D3	15 µg

Gelatin based
Formal: 24 Oblong, Colour: Up to customer
Product code: 400036613

Recommended daily dose: 1 softgel

OMEGAFLEX TRIPLE ACTION

Omega 3, Vitamin D3 & Vitamin K2 Softgel



Joint flexibility, heart health, and bone strength – all-in-one.

This triple-action softgel blends **Omega-3s**, **Vitamin D3**, and **K2** to support active recovery, cardiovascular wellness, and long-term mobility.

Nutrients (per softgel)	Quantity
Fish Oil (50/25 TG)	500 mg, providing 250 mg EPA, 125 mg DHA and 400 mg total Omega-3
Vitamin D3	12.5 µg
Vitamin K2	25 µg (MK-7)

Gelatin based
Formal: 10 Oval, Colour: Up to customer
Product code: 400022821

Recommended daily dose: 1 softgel

HYDRAPOWDER ENERGY

Your pre-work out energy boost.
Powder



HydraPowder Energy delivers an advanced formula in a convenient powder sachet, designed to rehydrate and replenish electrolytes for an energy boost—without any added sugar. It combines key minerals like **potassium**, **magnesium**, and **sodium** with a clinically supported blend of **B-vitamins** and **Vitamin C** to reduce fatigue, support energy metabolism, and restore optimal hydration levels.

Nutrients (per sachet)	Quantity
Potassium	300 mg
Sodium	312 mg
Magnesium	57 mg
Vitamin C (L-Ascorbic Acid)	200 mg
Thiamine	2 mg
Vitamin B3 (Nicotinamide)	3 mg
Vitamin B6	2 mg
Vitamin B5 (Calcium Pantothenate)	2 mg
Vitamin B12	50 µg

Flavor: Pineapple & Passion fruit
Formal: Powder (8g/sachet) Colour: Natural, Weight: 8 g per sachet
Product code: 400038331

Recommended daily dose: 1 sachet

HYDRAPOWDER RECOVERY

Hydrate smart. Perform longer.
Powder



HydraPowder Recovery is a scientifically formulated powder supplement designed for energy and electrolyte replenishment during physical activity. With a clinical glucose-to-sodium ratio and high doses of essential electrolytes such as **potassium**, **magnesium**, and **sodium**, this powder format delivers rapid hydration and supports muscle recovery where it's needed most.

Nutrients (per sachet)	Quantity
Potassium	300 mg
NaCl	253.5 mg
Magnesium	57 mg
Vitamin C (L-Ascorbic Acid)	200 mg
Thiamine	2 mg
Vitamin B3 (Nicotinamide)	3 mg
Vitamin B6	2 mg
Vitamin B5 (Calcium Pantothenate)	2 mg
Vitamin B12	50 µg
Taurine	100 mg

Flavor: Pineapple & Passion fruit
Formal: Powder (8g/sachet) Colour: Natural, Weight: 8 g per sachet
Product code: 400038324

Recommended daily dose: 1 sachet



This is a B2B communication intended for professionals only; it should not be shared with the general consumer as this communication falls outside the scope of the Nutrition and Health Claims Regulation.

SIRIO Europe GmbH & Co. KG

Am Hünengrab 20
16928 Pritzwalk
Germany

sirio.info@siriopharma.eu

Commercial Office

Friedrich-Ebert-Anlage 49
60308 Frankfurt am Main
Germany

