

JOYYOU

WELLNESS GUIDE

RESULTS YOU WOULD LIKE TO SHARE



CONTENTS

08 WEIGHT LOSS

10	SLIMFLOW
12	DRAIN BOOSTER
14	EASYBLOK
16	BURNMAX
18	SLIMTEA

26 GENERAL HEALTH

28	BIOMATRIX PRO
30	SPIRULIFE
32	MAGNEFLOW
34	HEARTSMART OMEGA
36	C-BOOSTER
38	BRAINBUZZ B12
40	IMMUNITEA

20 DETOX

22	PURE & BALANCED
24	G-MATRIX

42 BEAUTY

44	BEAUTY ELIXIR 2.0
46	HYALURONIC ACID
48	SKINMATRIX
50	BEAUTEA

52 FOOD AND HEALTH

54	SMART GO
56	SMART GO PROBAR
58	SMART GO FRUIT BAR
60	CITRUS SPICE TEA
62	BERRY POP TEA

Joyou is a team of nutrition enthusiasts who select the best scientific developments and technologies to offer you effective and understandable health solutions. Our products support detox, weight management, energy and beauty, helping you become the best version of yourself every day.

Upgrade yourself.

We build bridges between advanced laboratories and your everyday habits. We select only those formulas whose effect has been confirmed by research, and bring them to a perfect taste and convenient format.



YOU

Efficiency and convenience.

Some of our solutions positively impact the functioning of the digestive system, which in turn supports the balance of the nervous system – after all, a sound body truly harbors a sound mind. All products work in synergy with the body, helping you feel better every day.


Every minute is important for our clients and partners: they lead a dynamic lifestyle and are constantly on the move. Our products are easy to use on the go – they are specially designed to keep you mobile without changing your rhythm and habits. Their shape and composition ensure high efficiency, quick absorption, and ease of use in any situation.





Wellness is a community.

The Joyou Business Model is a referral ecosystem. We are sure that the best promotion channel is personal experience and genuine recommendation. After achieving results, our users share them with their friends and receive rewards for every order placed through their link. The referral program is transparent and encourages support for the wellness community: you help your loved ones take care of their health, and together with Joyou, you get a fair income. This approach allows the brand to scale organically, maintaining trust and the values of mutual care.



*We believe that everyone can raise
the bar of personal health and life if
given simple and effective tools.*

*We combine scientific
research, strict selection
and thoughtful taste form to
make the wellness routine
your favorite ritual.*

Brand philosophy.

*Detox, Weight Control, Wellness, and
Beauty Lines are comprehensive solutions
in single-dose products that are compatible
with each other.*



Maintains your daily fluid balance

Some products must be diluted in water, gently reminding you to drink enough fluids.



«Smart single doses»

The ideal format in the form of a single dose: easy to take, maximum effect, convenient to carry.



Sugar free & Tasty

No added sugar, with flavors that are pleasant to drink daily.



Gut-Brain Axis

Formulas support a healthy microbiome and neurobalance, helping with energy and mood.



Compatibility

The products are designed like a building set: they can be combined for a multi-purpose effect.



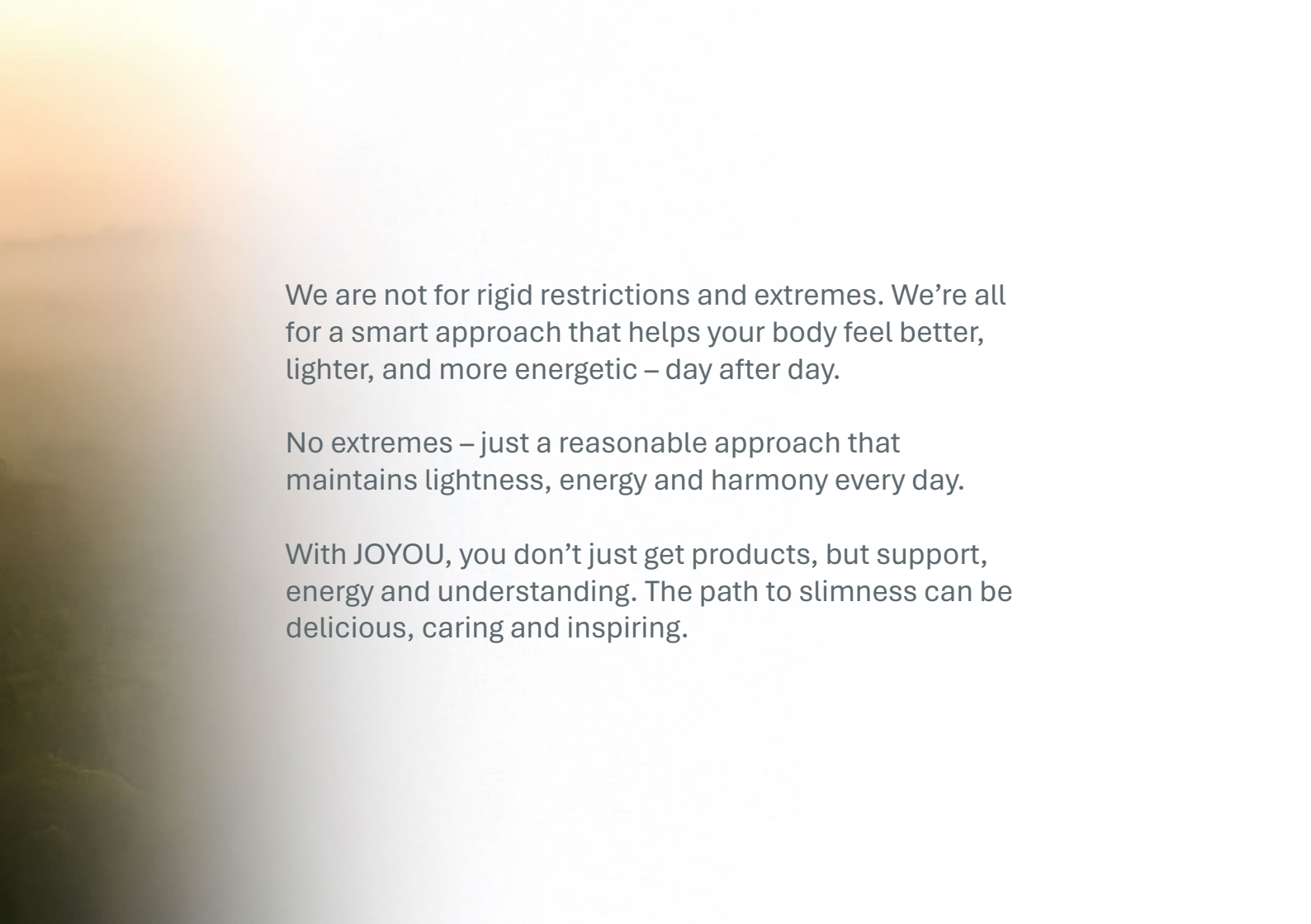
Working recipes

Each ingredient is presented in the optimal amount for synergy. When creating our products, we rely on the latest developments, and use modern scientific data and an evidence-based approach.

WEIGHT LOSS

Weight control without stress.





We are not for rigid restrictions and extremes. We're all for a smart approach that helps your body feel better, lighter, and more energetic – day after day.

No extremes – just a reasonable approach that maintains lightness, energy and harmony every day.

With JOYOU, you don't just get products, but support, energy and understanding. The path to slimness can be delicious, caring and inspiring.

SLIMFLOW

When you need to feel lightness – not tomorrow, but today.



Fluid retention, bloating, swelling are what prevents you from feeling 100%. **Slimflow** helps to restore balance and gently «free» the body from the excess. Inside there are natural components that act deeply but gently.

How does it work?

Accelerates
lymphatic drainage
and reduces
swelling

Improves digestion
and microflora

Helps weight
control and fat
burning

Supports liver
and skin health



Lemongrass, asparagus, mint, opuntia,
artichoke, green tea.

DRAIN BOOSTER

Balance, lightness, lymphatic drainage.



DRAIN BOOSTER is a clever blend of extracts that eliminate excess fluid, activate metabolism, improve digestion and boost energy. Works as a detox + light thermogenic + digestive support.

How does it work?

Supports
digestion
and liver

Improves
concentration
and energy

When you need to feel
lightness – not tomorrow,
but today

Removes
excess fluid

Helps
control weight

DRAIN BOOSTER



Green tea leaf extract, guarana seed extract, papaya fruit extract, dandelion leaf extract, pineapple, fructooligosaccharides.

EASYBLOCK

A shield for your figure. Need help controlling your appetite? There is a smart solution.



EASYBLOCK is a formula that helps control the absorption of carbohydrates and fats from food and reduce appetite.

How does it work?

Protects the
microflora

Reduces
appetite

JOYOU™

EASYBLOCK

WELLNESS+

FOOD SUPPLEMENT
FOR CARBOHYDRATE AND
MACRONUTRIENT METABOLISM
UŽTURA BĖGĖTINĖJIS
OGĖIDRATŲ IR MAKROELEMENTŲ
VIEĖMAJIS
NAHRUNGSGÄNZUNGSMITTEL
FÜR DEN KOHLENHYDRAT- UND
MAKRONÄHRSTOFFWECHSEL

Controls the absorption of
fats and carbohydrates

Supports
metabolism and
blood sugar levels



Chitosan, white bean extract, green coffee extract, zinc,
vitamin B6, chromium.

BURNMAX

When not just activity is important, but the result.



BURNMAX is designed for active people who know that the result is not magic, but energy and discipline. This smart thermogenic enhances the effect of training, supports metabolism and does not allow you to go out of the race.

How does it work?

Improves
concentration
during workouts

Accelerates
metabolism
and fat breakdown

Increases
endurance
and energy

Helps to cope
with stress
and plateau



L-carnitine, coco mineral, piperine, caffeine, tyrosine,
choline, yerba mate, chromium, theanine.

SLIMTEA

Lightness from the first cup. Natural drainage and digestive support.



SLIMTEA is designed for those who want to gently maintain their weight and improve digestion. Contains: hibiscus, rosehip, elderberry, dandelion, coriander, and yarrow.

How does it work?

Metabolism
support

In combination with
proper nutrition,
it will help to lose
weight

Improves
digestion


Helps to lower blood
cholesterol levels



DETOX

*The lightness you feel.
The confidence you radiate.*



A soft-focus, misty landscape featuring a calm lake in the foreground, surrounded by dense evergreen forests. In the background, rolling mountains are shrouded in a light, ethereal fog, creating a serene and peaceful atmosphere. The lighting is gentle, suggesting either dawn or dusk.

Each of us feels from time to time that the body needs to «hit the pause button» - reboot, get rid of the accumulated burden, and take a deep breath. Detox is not about strict restrictions. It is about the care that you have long dreamed of.

JOYOU products from the DETOX category are designed to give you back a sense of inner cleanliness, energy and lightness. They work carefully and precisely.

PURE & BALANCED

A detox that works for you – inside and outside.



In the routine of city life, it is easy to forget about yourself. **PURE & BALANCED** is like a breath of fresh air – it helps the body get rid of excess and restore its inner radiance.

How does it work?

Metabolism
harmony

Figure support

Gastrointestinal tract
lightness

Liver care

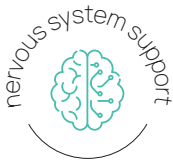


Artichoke leaf extract, birch leaf extract, milk thistle fruit extract, peppermint leaf extract, inositol, bitter orange.

G-MATRIX

*Deep support for your liver and gastrointestinal tract.
Modern formula based on humic acids.*

detox



When the body is having a hard time, you feel it: fatigue, irritation, heaviness in the body.

G-MATRIX is designed to gently support your body's main filter - the liver - as well as to improve digestion.

How does it work?

Natural compounds
with antioxidant
effects

Boosts bile
production and
helps improve
digestion

Cares for the liver
and nervous system

Metabolism
support



Humic acids, choline bitartrate,
L-methionine, artichoke leaf extract.

A silhouette of a ballerina in a light-colored tutu, standing on a large, dark rock. She is in a dynamic pose, with one leg raised and arms extended. The sun is low on the horizon, creating a strong backlight effect and lens flare. The ocean is visible in the background.

GENERAL HEALTH

*Harmony of body and mind.
The energy you choose every day.*

We live in a world where everything affects the body – stress, ecology, the rhythm of life. But you can choose yourself and restore your strength from within. JOYOU products from the WELLNESS category help the body to be resourceful, and the soul to be in harmony.



BIOMATRIX PRO

A complex for daily support and inner balance.



BIOMATRIX PRO is a natural formula based on humic acids, vitamins, and minerals. It helps to replenish nutrient deficiencies, support immunity and gently restore the body's resources.

How does it work?

Increases
endurance

Removes toxins

Replenishes
trace element
deficiencies

JOYYOU™
BIOMATRIX
PRO

Strengthens the
immune system

Increases life force,
helps fight stress



Humic acid, vitamin C, calcium chloride, silicic acid, iron,
zinc, sodium hydrogen phosphate, manganese,
copper, boron, iodine.

SPIRULIFE

A true source of natural power. Mobilization of all the body's forces on the path to beauty and health.



Liquid spirulina extract with high phycocyanin content. Contains 50% more active antioxidants than regular spirulina.

How does it work?



MAGNEFLOW

Magnesium is a mineral that plays a key role in the functioning of the human body.



The liquid form of magnesium in glycerophosphate - 100% of the daily intake. Free of sugar, gluten, lactose. Supports the nervous system, heart, bones, improves mood and sleep.

How does it work?

Improves sleep
quality

Supports immune
system

Helps in muscle recovery
after exertion

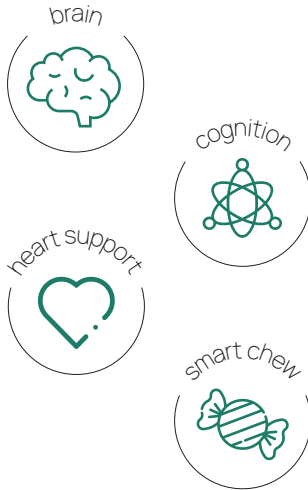
Reduces stress and
supports the
nervous system

Supports
cardiovascular
system



HEARTSMART OMEGA

*Smart Omega-3 without a fishy taste.
For heart and brain health.*



One Smart Chew candy, and you get 585 mg of Omega-3 acids (EPA + DHA). Sugar-free, using CONCORDIX technology, which allows the components to be absorbed in the body 44% more efficiently.



How does it work?

Supports brain,
memory, vision

JOYOU™

HEARTSMART
OMEGA

Reduces
cholesterol

Protects the heart
and blood vessels

Improves focus and
clarity of thought



C-BOOSTER

Liposomal vitamin C with flavonoids. Powerful and delicious.



A unique liposomal form of vitamin C that is absorbed much better than others and helps the immune system function at its maximum. Flavonoids enhance the antioxidant effect and help the body fight stress and inflammation.

How does it work?

Supports collagen
production

Protects against
viruses and
inflammation

Reduces
fatigue

Improves
iron absorption



Vitamin C, emulsifiers,
citrus bioflavonoids.

BRAINBUZZ B12

A candy that energizes. Yes, seriously!



One gummy and you get 1000 µg of vitamin B12. Sugar-free and healthy: for the brain, nervous system, mood and immunity. Produced using CONCORDIX technology, which allows the components to be absorbed 44% more efficiently.



How does it work?



IMMUNITEA

Immune system support in every cup.



This tea is created for your immunity. Ingredients: rosehips, linden, lemon balm, chamomile. Everything to gently support the protective functions of the body and give you inner peace.

How does it work?

Supports
respiratory health

Strengthens the
immune system

Reduces
inflammation


Soothes
and relaxes



BEAUTY

*Beauty is not only about appearance.
This is an internal support system.*



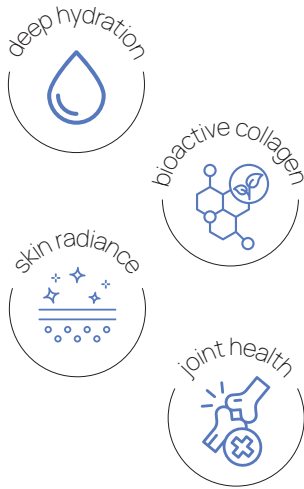


The JOYOU BEAUTY category combines products that work for the health and radiance of the skin, hair, and nails through nutrients and active compounds.

It's not about care from the outside, but smart support from the inside, where true changes begin.

BEAUTY ELIXIR 2.0

Beauty starts from within.



A powerful everyday formula for those who want to keep their skin radiant, firm, and youthful while maintaining healthy joints, nails, and hair. 5000 mg of highly purified next-generation collagen, hyaluronic acid, biotin, vitamin C and zinc - everything works in synergy to awaken your natural beauty resource.

How does it work?

Strengthens
hair and nails

Increases tone
and accelerates
recovery

Improves skin
elasticity and
radiance

Protects cells from
premature aging

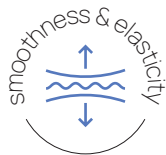
Supports joints
and cartilage



Hydrolyzed collagen, vitamin C,
hyaluronic acid, zinc, biotin.

HYALURONIC ACID

Support that works deeply.



When the skin does not have enough moisture, it loses tone, fades and ages faster. JOYOU hyaluronic acid restores the skin's ability to retain moisture, gives it smoothness and radiance, and also takes care of joints and vision.

How does it work?

Deeply
moisturizes the skin
and improves its
texture

Reduces the
appearance of wrinkles

Supports joint and
eye health

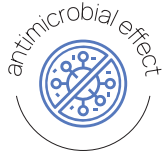
Stimulates
tissue healing

Easily and quickly
absorbed



SKINMATRIX

A formula for emergency skin care and restoration.



SKINMATRIX is a spray based on humic acids, eugenol, and lysine, designed for local application on skin areas that need care, protection, and restoration. It helps with inflammation, irritation, bites, burns, wounds, and acne. It works quickly and effectively, reducing discomfort and accelerating skin regeneration.

How does it work?

Suitable for
insect bites, sunburns,
and cold burns

Relieves
inflammation,
itching and redness

Accelerates the
healing of injuries and
microcracks

Has antimicrobial
action

Effective for acne and
skin irritation

JOYOU
SKINMATRIX

SOOTHING
BODY SPRAY

garden of eatin'
LONDON

30ml

Sodium humate, lysine, eugenol.

BEAUTEA

Antioxidant support for beauty and tranquility.



Herbal tea to maintain radiant skin, youth, and combating stress. It contains hibiscus, rose hips, rowan berries - natural allies of your radiance.

How does it work?

Normalizes
digestion

Supports the
immune system

Promotes relaxation
and recovery

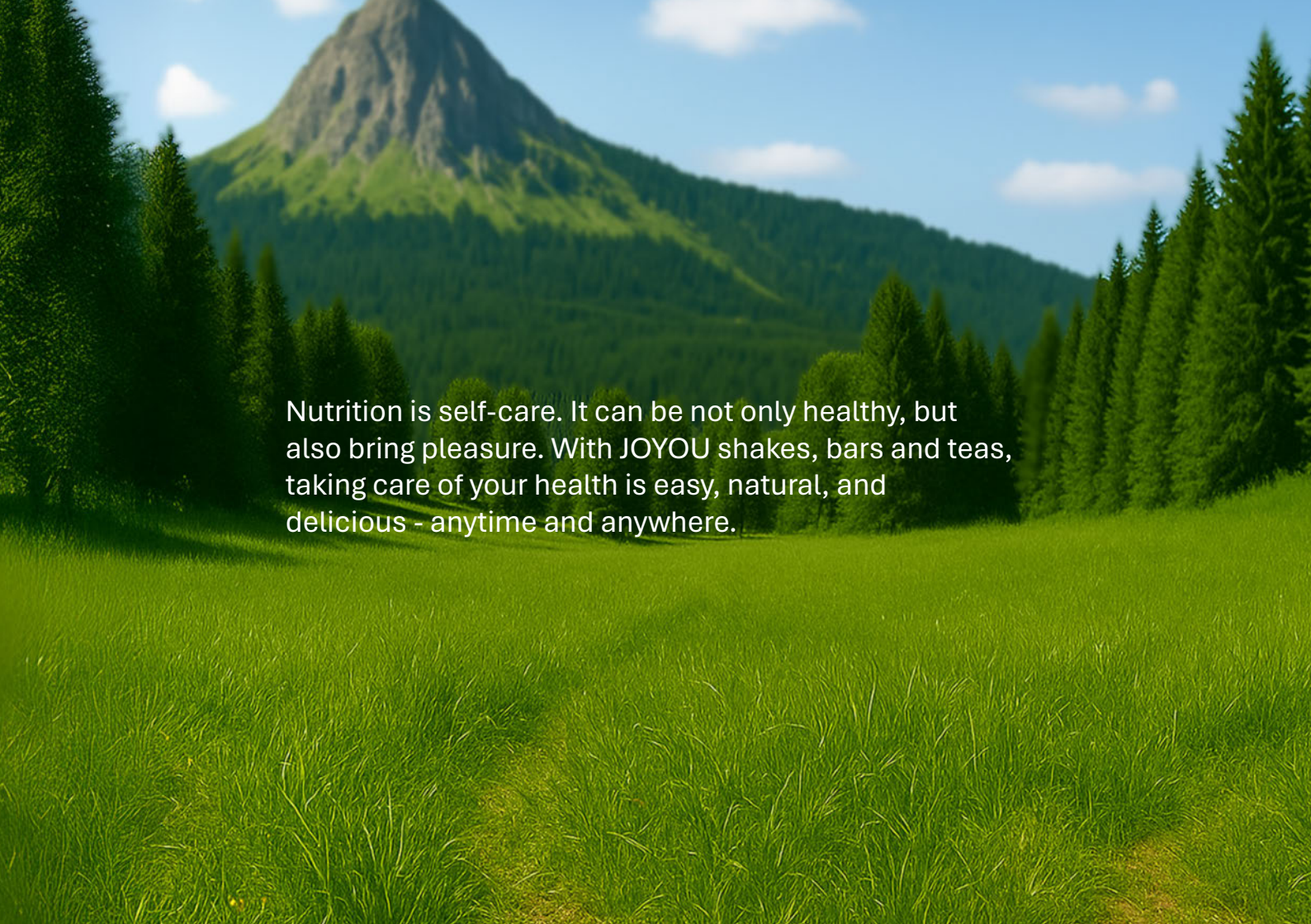
Improves skin
health



FOOD AND DRINKS

Delicious self-care every day.





Nutrition is self-care. It can be not only healthy, but also bring pleasure. With JOYOU shakes, bars and teas, taking care of your health is easy, natural, and delicious - anytime and anywhere.

SMART GO

Healthy, fast, easy - for those who are always on the move.



Smart Go is more than just a cocktail. It is your ritual of self-care: fast, tasty, balanced. Rich in proteins, vitamins, minerals, and fiber, it replaces a full meal and helps to stay in shape.

What's inside?

24 vitamins and
minerals

Fiber, fatty acids,
plant extracts

Variety
of tastes

3 types of protein:
milk, soy, pea



- control over appetite and body weight
- pleasure from taste
- simplicity and convenience of preparation
- excellent mood



SMART GO PROBAR

Guilt-free dessert. A snack that cares about you.



Smart Go ProBar protein bars are designed for those who want to have a tasty and quick snack without harming their figure. High in protein, no sugar, low in calories and a real pleasure.

How does it work?

Natural
ingredients

Helps
control
weight

Energizes and
supports
muscles

Contains
collagen



SMART GO FRUIT BAR

Fruit bars that energize.



Natural, tasty and convenient - **Smart Go Fruit Bar** are designed for those who want to have a healthy snack. Dates, nuts, coconuts, and fruits - no added sugar, no gluten, no compromise. It's energy and fiber in its pure form to stay in good shape every day.

How does it work?

Quickly satisfy
hunger and satiate

Energize, support your
activity level throughout
the day

Contain fiber
for digestion

Gluten-free, preservative-free,
suitable for vegans



CITRUS SPICE TEA

Warm immune system support in every cup.



Natural tea with apples, orange, hibiscus, cinnamon and licorice. Vitamins and antioxidants that give an exquisite taste and comfort.

How does it work?

Relaxes
and warms

Supports the
immune system

Improves
digestion



BERRY POP TEA

Lightness and protection - with the aroma of berries.



Tea with raspberry, chokeberry, hibiscus and stevia. Natural sweetness without sugar, powerful antioxidant support and incredible taste.

How does it work?

Supports the
immune system

Protects cells from
stress


Helps digestion



A young woman with long brown hair, wearing a white t-shirt, is smiling and resting her chin on her hand. She is sitting at a table with various fruits like tomatoes and bananas in the foreground. In the background, there are several potted plants on a windowsill, and a window with bright light is visible.

FUNCTIONAL PROGRAMS

*Beauty, lightness, and self-care in
a convenient format.*

A small green plant in a white pot on a white surface.

JOYOU ready-made solutions – a thoughtful combination of **functional nutrition and nutraceuticals** – support your body, help you achieve your goals, whether it's strengthening health, managing weight, or gentle cleansing.

WEIGHT LOSS



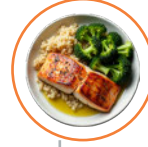
15-20 minutes before breakfast, 1-2 ampoules of **Biomatrix Pro** per glass of water
15 minutes before breakfast, 2 **EasyBlock** capsules with a glass of water.



15 minutes before lunch 2 **EasyBlock** capsules with a glass of water.



A balanced breakfast consisting of fats, proteins, carbohydrates and fibre.



For lunch - a balanced dish that will provide you with the necessary energy and nutrients to maintain your activity during the day.



DrainBooster*
1 ampoule.
OR
SlimFlow
1-2 sachets.



Smart Go Cocktail for dinner:
will provide an easy and nutritious end to the day.



Smart Go
functional cocktail for maintaining satiety.



Spirulife
1 ampoule in a glass of water.
SlimTea
1-3 tea pyramids per day.

With the Weight loss and Detox program, you can take the following simultaneously**:



C-Booster, HeartSmart Omega, Hyaluronic acid, BeautyElixir - for the beauty and health of skin and hair, strong nails and joints.



BurnMax - at any time before the workout.



MagneFlow and BrainBuzz B12 - for supporting cognitive functions and muscle tone.

DETOX



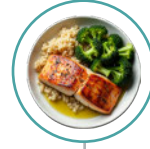
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15 minutes before lunch 2 **EasyBlock** capsules with a glass of water.



A balanced breakfast consisting of fats, proteins, carbohydrates and fibre.



For lunch - a balanced dish that will provide you with the necessary energy and nutrients to maintain your activity during the day.



Pure&Balanced
1 ampoule right after breakfast.



Smart Go Cocktail for dinner:
will provide an easy and nutritious end to the day.



Smart Go
functional cocktail for maintaining satiety.



G-Matrix
1-2 capsules with a glass of water.
Spirulife
1 ampoule in a glass of water.
SlimTea
1-3 tea pyramids per day.

*1 ampoule per 1.5 L of water, to be consumed throughout the day or 1 ampoule per glass of water, but make sure to drink at least 1.5 L of water during the day.

**For more detailed information on the differentiation of dietary supplement intake, please use the compatibility chart at joyou.co

BEAUTY AND HEALTH



15-20 minutes before breakfast, 1-2 ampoules of **Biomatrix Pro** per glass of water
15 minutes before breakfast, 2 **EasyBlock** capsules with a glass of water.



A balanced breakfast consisting of fats, proteins, carbohydrates and fibre.



Beauty Elixir 2.0
1 ampoule right after breakfast.



Smart Go
functional cocktail for maintaining satiety.



C-Booster
1 sachet after a snack.
HeartSmart Omega
1-2 Smart Chew after a snack.



15 minutes before lunch 2 **EasyBlock** capsules with a glass of water.



For lunch - a balanced dish that will provide you with the necessary energy and nutrients to maintain your activity during the day.



Hyaluronic acid
1 capsule during meals.



Smart Go Cocktail for dinner:
will provide an easy and nutritious end to the day.



MagneFlow
1 ampoule.



Spirulife
1 ampoule in a glass of water.
BeauTea
1-3 tea pyramids per day.

PRODUCT COMPATIBILITY TABLE



	BEAUTEA	BEAUTY ELIXIR 2.0	BIOMATRIX PRO	BRAINBUZZ B12	BURNMAX	C-BOOSTER	DRAIN BOOSTER	EASYBLOCK	G-MATRIX	HEARTSMART OMEGA	HYALURONIC ACID	IMMUNITEA	MAGNEFLOW	PURE&BALANCED	SLIMFLOW	SLIMTEA	SPIRULIFE
BEAUTEA	✓	✓	✓	✓	✓	✓	30-90 interval	✓	✓	✓	✓	✓	✓	30-90 interval	✓	✓	✓
BEAUTY ELIXIR 2.0	✓	✓	✓	✓	✓	✓	30-90 interval	✓	✓	✓	✓	✓	30-90 interval	30-90 interval	✓	✓	✓
BIOMATRIX PRO	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
BRAINBUZZ B12	✓	✓	✓	✓	✓	60-90 interval	✓	60-90 interval	✓	✓	✓	✓	✓	✓	✓	✓	✓
BURNMAX	✓	✓	✓	✓	✓	✓	60-90 interval	60-90 interval	✓	✓	✓	✓	30-90 interval	30-90 interval	60-90 interval	30-90 interval	✓
C-BOOSTER	✓	✓	✓	60-90 interval	✓	✓	✓	60-90 interval	✓	✓	✓	✓	✓	✓	✓	✓	✓
DRAIN BOOSTER	30-90 interval	30-90 interval	✓	60-90 interval	✓	✓	✓	30-90 interval	30-90 interval	✓	30-90 interval	30-90 interval	✓	—	—	60-90 interval	✓
EASYBLOCK	✓	✓	✓	60-90 interval	60-90 interval	60-90 interval	60-90 interval	✓	✓	60-90 interval	✓	✓	30-90 interval	30-90 interval	30-90 interval	✓	✓
G-MATRIX	✓	✓	✓	✓	✓	✓	30-90 interval	✓	✓	✓	✓	✓	✓	30-90 interval	✓	✓	✓
HEARTSMART OMEGA	✓	✓	✓	✓	✓	✓	✓	60-90 interval	✓	✓	✓	✓	✓	✓	✓	✓	✓
HYALURONIC ACID	✓	✓	✓	✓	✓	✓	30-90 interval	✓	✓	✓	✓	✓	✓	30-90 interval	✓	✓	✓
IMMUNITEA	✓	✓	✓	✓	✓	✓	30-90 interval	✓	✓	✓	✓	✓	✓	30-90 interval	✓	✓	✓
MAGNEFLOW	✓	30-90 interval	✓	✓	30-90 interval	✓	✓	30-90 interval	✓	✓	✓	✓	✓	✓	✓	✓	✓
PURE&BALANCED	30-90 interval	30-90 interval	✓	✓	30-90 interval	✓	—	30-90 interval	30-90 interval	✓	30-90 interval	30-90 interval	✓	✓	—	60-90 interval	✓
SLIMFLOW	✓	✓	✓	✓	60-90 interval	✓	—	30-90 interval	✓	✓	✓	✓	✓	—	✓	60-90 interval	✓
SLIMTEA	✓	✓	✓	✓	30-90 interval	✓	60-90 interval	✓	✓	✓	✓	✓	✓	60-90 interval	60-90 interval	✓	✓
SPIRULIFE	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Do not combine

Can be taken with a
30 to 90 minutes interval.

Can be taken with a 60 to 90 minutes interval. Keep your daily caffeine intake. Do not exceed the EFSA recommended daily dose of 400 mg.

Combine

WARNINGS

Not recommended for pregnant or breastfeeding women, and for children under 18 years of age.
Do not exceed the recommended daily dose.

Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

In case of allergy or individual intolerance, discontinue use and consult a doctor.

If you have chronic medical conditions or are taking medication, consult your doctor before use.

The background is black and features several large, abstract geometric shapes. In the top left, there are blue and orange shapes resembling stylized letters. At the top center is a large yellow circle. To the right is a purple shape. At the bottom are two teal vertical bars and a blue circular arc.

UPGRADE YOURSELF