

**FOCUSED GAMING  
MADE SIMPLE**

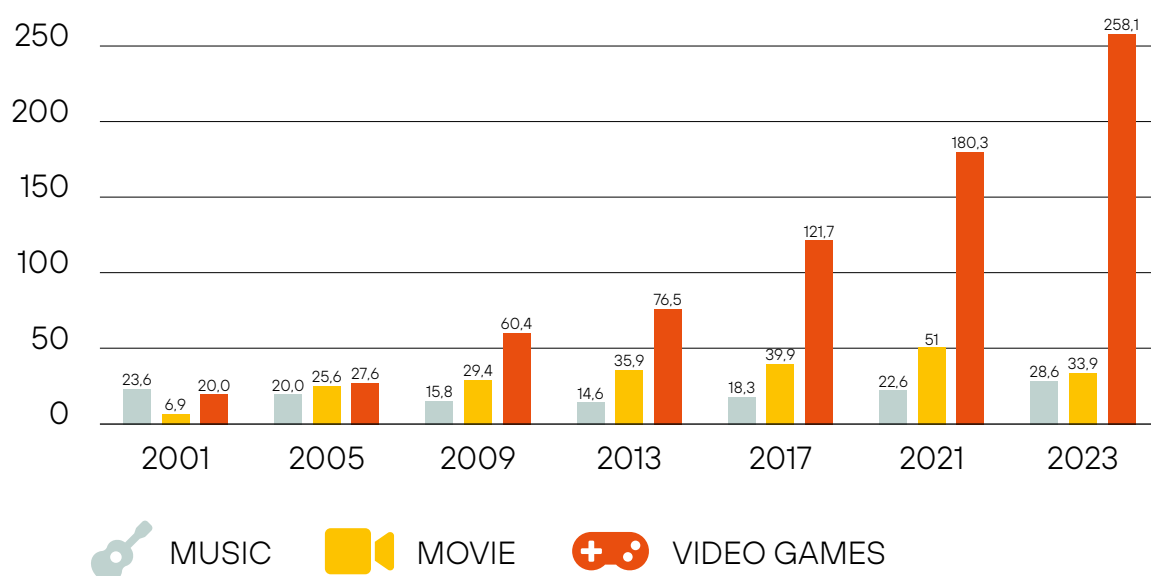
**FTWIN<sup>®</sup>**  
NUTRITION



# FROM THE CHILDREN'S BEDROOM TO THE ARENAS

The gaming industry has long been the big player in the entertainment market. Since the early 2000s, the video gaming industry has been beating both the music and film industries in terms of annual turnover. In 2017, it generated twice the turnover of those two taken together for the first time. The forecasts for the forthcoming years only know one direction: **GROWTH!**

## ANNUAL SALES FIGURES IN BILLION \$



Starting in the Asian continent, the gigantic hobby segment has been increased by an e-sports section that keeps right up with traditional sports in terms of professionalism. Many European top football clubs, for example, have recognised the trend and built their own e-sports teams. Of course, the players of those teams are genuine and serious athletes as well.

Millions of people are excitedly following the tournaments on Twitch.tv, Youtube.com and other platforms. Accordingly, those events enjoy great attention and reach. E-sports has become more than just entertainment and excitement. It can also pay extremely well to become an e-athlete: in 2019, the prize money pool for the international DOTA 2 tournament was in excess of USD 30 M! In 2021 it even increased to USD 40 M.

The e-sports world has athletes of all kinds. Each of them has their own unique needs and requirements. In order to play at a consistently high level, they need the right nutrients. Proper supply enables them to maintain high performance, mental focus, and general well-being.

# WHO WE ARE

**FTWIN® NUTRITION** is an established brand that specializes in the development and manufacture of dietary supplements for professional e-sports athletes and ambitious hobby gamers. Originally founded as an autonomous start-up division within the parent company Euro OTC Pharma GmbH, **FTWIN® NUTRITION** has since gained a strong position in the market. Our team consists of highly qualified experts who specialize in product development, country-specific product design, as well as ATL and BTL marketing. We are proud to oversee all aspects of the **FTWIN® NUTRITION** brand in-house, thus ensuring a perfectly coordinated all-round support. When developing our products, we place particular emphasis on the use of high-quality, non-genetically modified raw materials as well as perfectly coordinated nutrient combinations.

This enables us to create products that are not only effective, but also taste great. As an independent company, we leverage synergies through our close connection to the parent company Euro OTC Pharma GmbH to ensure high action dynamics and flexibility. We are proud that our small but highly dedicated team convinces through the competence of its members in their respective areas of responsibility. We are convinced that our products can help improve the performance and well-being of e-sports athletes and hobby gamers.

## ABOUT EURO OTC PHARMA

**Euro OTC Pharma GmbH** was founded in 1993 and has since become one of the most important German suppliers of pharmaceutical raw materials. It supplies pharmacies, hospitals, pharmaceutical wholesalers and the industry with a comprehensive range of high-quality pharmaceutical active substances.

Since 2005, **Euro OTC Pharma GmbH** has been selling high-quality food supplements and cosmetics under the brand of **EuRho® Vital**, enjoying constant growth on the international market.

- **Euro OTC Pharma GmbH** has been internationally successful for more than two decades.
- Innovation and further development are key factors of the corporate philosophy.
- Product development follows European directives and utilises the latest scientific findings.
- Certified laboratories ensure the highest quality in accordance with GMP-standard.





# OUR PHILOSOPHY

**FTWIN® NUTRITION** is striving to be the first brand to support professional e-athletes, as well as ambitious hobby gamers in their sports in an integrated approach. For this, we develop food supplements precisely tailored to e-sports and to support personal performance in the game. We distinguish the application areas of our products in 3 phases: **PRE**, **PLAY** and **POST**.



**PRE** – Some vital substances should be taken daily to realise their maximum effect. Pre products contain these ingredients, thereby promoting the mental performance of the players. During the game, their eyes, brains, and bodies are subject to special stress. Increased screen times, permanent focus, and a high level of stress, as well as lack of movement, put a strain on the body. On the other hand, certain ingredients positively affect brain performance and nerve connections, thereby promoting information processing and reflexes of the player.

**PLAY** – Only best performance counts during the game. To this end, our Play products supply the extra boost to support the gamer's attention, focus, and reflexes. In contrast to other competitors, our products contain less sugar and have other ingredients that support mental performance. This way, Play products achieve long-term effects that do not suddenly wear off.

**POST** – After the game is before the game. Optimal regeneration is at the focus here, directly influencing performance in the next game. Bad sleep and too-short recovery times reduce focus and slow down reflexes. Post products enforce mental regeneration, promoting restorative sleep to bring back full attention for the next game.



**FTWIN<sup>®</sup>**  
NUTRITION  
**HIGH  
VOLTAGE  
BOOSTER**



**FTWIN® NUTRITION HIGH VOLTAGE BOOSTER** is a food supplement with L-tyrosine, L-theanine (from green tea leaf extract), taurine, caffeine, and rhodiola rosea extract. It helps maintain concentration, focus, and quick reflexes. The practical dosage spoon and the easily soluble powder make the booster quick and easy to prepare.

#### **ATTENTION AND FOCUS**

Many people are tired and exhausted after a long day at work. If they still want to do some gaming in the evening, they must find a way to counter their fatigue. Studies show that ingredients like caffeine and taurine can keep us awake.

**FTWIN® NUTRITION HIGH VOLTAGE BOOSTER** also contains N-acetyl-L-tyrosine and L-theanine. The amino acid L-tyrosine helps reduce fatigue. L-theanine, an amino acid that naturally occurs in the leaves of the green tea plant, stimulates the body and mind. L-theanine increases attention in particular when combined with caffeine.

**RHODIOLA ROSEA** – also known as roseroot – is a root that has long been used in Russian folk medicine. Studies have proven Rhodiola rosea to help maintain and improve focus and cognitive performance. Other studies document its high effectiveness against mental fatigue as well. Rhodiola rosea is also known for improving mental performance and shortening the reaction time.



# HIGH VOLTAGE BOOSTER

**FTWIN<sup>®</sup>**  
NUTRITION

## PRODUCT AND SALES INFORMATION

### COMPOSITION:

Average amount per 100 g		% NRV <sup>1</sup>
N-acetyl-L-tyrosine	12.5 g	— <sup>2</sup>
► providing L-tyrosine	10.1 g	— <sup>2</sup>
Green tea leaf extract	1913 mg	— <sup>2</sup>
► providing L-theanine	1875 mg	— <sup>2</sup>
Taurine	6.25 g	— <sup>2</sup>
Caffeine	2500 mg	— <sup>2</sup>
Rhodiola rosea extract	125 mg	— <sup>2</sup>

Average amount per serving (8 g)		% NRV <sup>1</sup>
N-acetyl-L-tyrosine	1.0 g	— <sup>2</sup>
► providing L-tyrosine	0.81 g	— <sup>2</sup>
Green tea leaf extract	153 mg	— <sup>2</sup>
► providing L-theanine	150 mg	— <sup>2</sup>
Taurine	0.5 g	— <sup>2</sup>
Caffeine	200 mg	— <sup>2</sup>
Rhodiola rosea extract	10.0 mg	— <sup>2</sup>

### DIRECTIONS FOR USE:

Mix 8 g powder (1 scoop) with 500 ml of water. For the best result, please use a shaker or whisk. Do not exceed the recommended daily dosage.

### PLEASE NOTE:

Contains caffeine (200 mg per serving). Not recommended for children or pregnant or lactating woman. With sugar and sweeteners.

### PACKAGING:

- Plastic jar with 320 g (≈ 40 servings).
- Sachets with 8 g (≈ 2 servings) and 4 g (≈ 1 serving).
- Folding boxes with 10 sachets (≈ 10 servings).

### AVAILABLE IN VARIOUS TASTY FLAVOURS:



### ALL FLAVOURS AVAILABLE AS 1- OR 2-SERVING-PACKS:









# G<sup>3</sup>

## ADVANCED PERFORMANCE



### ● PRE **PERFORMANCE • REACTION TIME • MEMORY**

**FTWIN® G3** is a food supplement for long-term supply of the brain and nerve cells.

The rapid course of e-gaming continually poses new demands on the brain's mental performance and information processing. Like a computer, our own "CPU" in the brain is responsible for our mental performance and speed. When visual stimuli are not converted into actions quickly enough, reaction speed reduces, and the gamer slows down.

**FTWIN® G3** helps gamers continually keep their mental performance on a high level. To this end, it contains a combination of 50 mg ginkgo, 50 mg ginseng and 105 mg guaraná extracts, along with vitamins, minerals, and coenzyme Q10.

- supports mental performance
- supplies important nutrients for the brain
- improves attention
- protects the grey cells of the brain
- reduces mental fatigue



# PRODUCT AND SALES INFORMATION

### COMPOSITION:

Average amount per 2 tablets	% NRV <sup>1</sup>	
Vitamin D (200 IE)	5 µg	100
Vitamin E	12 mg α-TE	100
Vitamin B1	2.2 mg	200
Vitamin B2	2.8 mg	200
Niacin	32 mg NE	200
Pantothenic acid	12 mg	200
Vitamin B6	2.8 mg	200
Folic acid	400 µg	200
Vitamin B12	5 µg	200
Biotin	100 µg	200
Vitamin C	80 mg	100
Magnesium	300 mg	80
Iron	7 mg	50
Copper	1 mg	100
Iodine	150 µg	100
Manganese	2 mg	100
Selenium	55 µg	100
Zinc	10 mg	100
Calcium	382 mg	48
Coenzyme Q10	5 mg	— <sup>2</sup>
Ginseng extract	50 mg	— <sup>2</sup>
Ginkgo extract	50 mg	— <sup>2</sup>
Guaraná extract thereof caffeine	105 mg 8 mg	— <sup>2</sup>

### DIRECTIONS FOR USE:

Take 2 tablets daily with water, preferably with a meal. Do not exceed the recommended daily dosage.

### TABLET SPECIFICATION:

Film tablet | Oblong | Width: 18 mm | Weight: 1259 mg

### PLEASE NOTE:

Contains caffeine (5.25 mg per tablet). Not recommended for pregnant women, lactating women, children and person under 18 years. Store out of reach of children.

### PACKAGING:

Folding boxes with 30 tablets (2 blisters of 15 tablets).





OCULUS  
PRIME®

# OCULUS PRIME®

ADVANCED EYE PROTECTION



## ● PRE FOR HEALTHY EYES IN A DIGITAL WORLD

**Oculus Prime®** contains important ingredients such as anthocyanidins as well as the carotenoids lutein and zeaxanthin, protecting the eyes from the effects of blue light. Long screen times lead to the production of free radicals from the effect of blue light, causing symptoms such as eye fatigue, dry and stressed eyes. The special combination of ingredients in **Oculus Prime®** allows gamers to protect their eyes from damage caused by long screen use.

The rising popularity of gaming also increases the use of computers, tablets, mobile phones, and other screen devices. Exposure to blue light grows at the same time. This is a high-energy light spectrum emitted to a greater extent by screens.

Fresh, rested and, in particular, quick eyes are the key to long-term gaming success! **Oculus Prime®** offers protection for the eyes at longer gaming sessions in front of the TV or computer screen, where the eyes are exposed to the harmful effects of screen light.



PRODUCT AND  
SALES INFORMATION

COMPOSITION:

Average amount per 2 capsules	% NRV <sup>1</sup>	
Vitamin A	800 µg	100
Marigold flower extract	100 mg	— <sup>2</sup>
▶ thereof Lutein	20 mg	— <sup>2</sup>
▶ thereof Zeaxanthin	2.5 mg	— <sup>2</sup>
Mango leaf extract	80 mg	— <sup>2</sup>
▶ thereof Mangiferin	60 mg	— <sup>2</sup>
Bilberry fruit extract	50 mg	— <sup>2</sup>
▶ thereof anthocyanidins	12.5 mg	— <sup>2</sup>

DIRECTIONS FOR USE:

Take 2 capsules daily with water, preferably one in the morning with breakfast and a second one in the evening with dinner. Do not exceed the recommended daily dosage.

TABLET SPECIFICATION:

Oblong | Width: 19.4 mm | Diameter: 6.9 mm | Weight: 345 mg

PLEASE NOTE:

During pregnancy Vitamin A should be consumed only after medical consultation.

PACKAGING:

Folding boxes with 60 capsules (3 blisters of 20 capsules).

<sup>1</sup>Nutrient Reference Value according to Regulation (E) 1169/2011. <sup>2</sup>No reference value available.







# SLEEP CAPS



## ■ POST

### **CALM DOWN • SLEEP WELL • ENERGIZE FOR THE DAY**

**For restful sleep after exciting gaming sessions. FTWIN® Z3 SLEEP CAPS contain 1 mg melatonin, 250 mg lemon balm extract and 150 mg valerian extract. Melatonin helps to shorten the time it takes to fall asleep. Valerian and lemon balm extract support restful sleep and also have a relaxing effect in cases of mental overstrain and nervous tension.**

#### **SHORTENING THE TIME IT TAKES TO FALL ASLEEP**

Gamers sometimes sit in front of the screen for long periods of time and some of them consume energy- and concentration-increasing substances such as caffeinated drinks. Long periods of playing in front of screens can cause sleep problems. The reason for this is that the retina of the eye contains the ganglion cells that are responsible for the sleep-wake rhythm. They react specifically to blue light, which is emitted by screens for example, and thus tell the body that it is time to get up. Evening gaming sessions and the associated impact of blue light on the retina of the eye inhibit the release of melatonin and thus prolong the time it takes to fall asleep. In addition, caffeinated beverages are partly used to feel awake and concentrated enough for gaming sessions in the evening. Two factors that make it difficult to fall asleep at night. Disturbed sleep is unhealthy and not good for the body in many ways. For example, lack of sleep lowers concentration – definitely unfavourable for games that demand full attention.

To meet these the conflicting needs of being awake while playing and a short sleep time, we have developed **FTWIN® Z3 SLEEP CAPS**. The ingredients in this food supplement help compensate for the lack of melatonin release as well as displace residual caffeine at the receptors in the brain: Melatonin is also known as the sleep hormone and it helps to shorten the time it takes to fall asleep. This effect is achieved when **FTWIN® Z3 SLEEP CAPS** is taken 30 minutes before bedtime. Melatonin also supports the body in its regeneration by lowering all activating processes in the body. It lowers body temperature, reduces energy consumption and activates the immune system .

#### **RESTFUL SLEEP**

Lemon balm and valerian are known as natural remedies for restful sleep. They also have a relaxing effect on mental overwork and nervous tension. The calming effect of lemon balm extract is based on the fact that the activity of the nerve cells in the brain decreases. This ensures that stress signals that arise, for example, from challenging situations at play, reach the brain in a lower strength. By taking lemon balm, you can relax better after a game and fall asleep more easily. Valerian extract also contains the ingredient olivil, which acts like an antagonist to the stimulating effect of caffeine. Olivil binds to a sleep receptor in the brain that caffeine can also bind to in order to make us feel awake. However, because the substance olivil from valerian root binds more tightly to the receptor, the caffeine molecules are displaced. The effect of caffeine wears off and sleepiness sets in. Thus, even after a concentration booster-filled evening, one can calm down and fall asleep more quickly.



**FTWIN<sup>®</sup>**  
NUTRITION

# PRODUCT AND SALES INFORMATION

## COMPOSITION:

Average amount per 1 capsule	% NRV <sup>1</sup>	
Melatonin	1 mg	— <sup>2</sup>
Lemon balm extract	250 mg	— <sup>2</sup>
Valerian root extract 4:1	150 mg	— <sup>2</sup>

## DIRECTIONS FOR USE:

Take one capsule daily without chewing with some liquid about 30 minutes before going to bed.

## CAPSULE SPECIFICATION:

Size 0 | Width: 21.7 mm | Length: 7.6 mm | Weight: 511 mg

## PLEASE NOTE:

Contains melatonin (1 mg per tablet). Not recommended for pregnant women, lactating women, children and person under 18 years. Store out of reach of children.

## PACKAGING:

Plastic jar with 60 capsules.





**GEAR &  
APPAREL**

# GEAR & APPAREL

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# FTWIN<sup>®</sup> NUTRITION

## **SHAKER BOY 2 – OUR NEW SIGNATURE SHAKER**



## **BOOSTER BAG**





**FOCUSED GAMING  
MADE SIMPLE**

**FTWIN<sup>®</sup>**  
NUTRITION

**GET IN TOUCH WITH US!**

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