Liposomal nutrition.

Supremo Liposomal was founded in 2011. A South African range of liquid supplements, formulated by Gene Lindsay.



Gold | Men's 40+ | Female 40+

20+ years in the health industry.

Founder Gene Lindsay brings hands-on product knowledge to Supremo's range of liposomal liquid supplements.

Experience behind every formula.

Supremo Liposomal was founded in 2011 by Gene Lindsay. His more than 20 years in the health industry shape a South African range built around practical liquid supplementation.

The range includes broad daily blends and formulas focused on specific interests, including active ageing, antioxidant nutrition, skin and joint care, and winding down. Each comes in a 500 mL liquid format.

What does liposomal mean?

Liposomes are tiny carriers made from phospholipids, the same type of fat-like molecules found in cell membranes. In liposomal supplements, these structures are used to carry selected nutrients.

For customers, the practical difference is the format: a measured liquid serving instead of tablets or capsules. The ingredient, serving size and individual formula still matter when choosing a product.

Find the formula that fits.

Use the range guide on the next page to compare all ten products.

The range at a glance.

Compare the featured ingredients and each formula's intended focus, then explore the product pages.

FORMULA	INGREDIENTS / FOCUS	PAGE
Delux	**PQQ, CoQ10 + Glutathione** Energy, antioxidant nutrition and immune support	04
Gold	**NMN + Resveratrol** NMN and resveratrol for healthy-ageing routines	05
H	**Collagen + Hyaluronic Acid** Collagen and hyaluronic acid for skin and joint care	06
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C	**Vitamin C** Normal immune function and collagen formation	13

Product pages distinguish published label ingredients from partial lists. Ask Gene to confirm current formulations and any missing ingredients. Product images are illustrative; current packaging may differ.

Delux

PQQ, CoQ10 + Glutathione

Broad daily nutrition



Delux brings several nutritional priorities into one daily formula. It combines PQQ, CoQ10 and pine bark extract with glutathione, methylated B vitamins and vitamin C, for adults looking for broad nutritional support around energy, antioxidant defence and normal immune function.

Who it's for

Adults who want several of Supremo's key ingredients together in one daily liquid supplement.

500 mL

LIPOSOMAL LIQUID

Take 15 mL daily. Keep refrigerated after opening.

Published label ingredients

Prepared water; Lecithin; Ascorbic acid (vitamin C); Bicarbonate of soda; CoQ10; Pycnogenol; PQQ; Glutathione; B-complex; Stevia; Alcohol (5%).

Ingredient names from older published label artwork. Check your bottle for current ingredients and follow the confirmed 15 mL daily directions.

View older label artwork | Ask Gene about ingredients

Gold

NMN + Resveratrol

A focused healthy-ageing formula



500 mL

LIPOSOMAL LIQUID

Gold pairs NMN and resveratrol for adults who want these ingredients in a healthy-ageing routine. Its focus is cellular nutrition: NMN is involved in the body's NAD+ pathways, while resveratrol is a plant compound studied for its antioxidant properties.

Who it's for

Adults looking specifically for NMN and resveratrol as part of their daily wellness routine.

A focused pairing of two ingredients, rather than a broad vitamin and mineral blend.

Take 15 mL daily. Keep refrigerated after opening.

Published label ingredients

Prepared water; Lecithin; NMN (nicotinamide mononucleotide); Resveratrol; Natural citrus flavour; Stevia; Alcohol.

Ingredient names from older published label artwork. Check your bottle for current ingredients and follow the confirmed 15 mL daily directions.

View older label artwork

Ask Gene about ingredients

H

Collagen + Hyaluronic Acid

Skin, joints and connective tissue



H is the collagen-focused choice for skin and joint care. It combines collagen types I, II and III with hyaluronic acid in a liquid formula, intended for routines centred on skin hydration, everyday mobility and connective-tissue nutrition.

Who it's for

Adults looking for a collagen and hyaluronic acid supplement with a focus on skin and joint care.

500 mL

LIPOSOMAL LIQUID

Take 15 mL daily. Keep refrigerated after opening.

Known ingredients

Collagen type I; Collagen type II; Collagen type III; Hyaluronic acid; Vitamin C.

A full ingredient declaration, including other ingredients, is still needed. Ask Gene before choosing if you have allergies or dietary requirements.

View older label artwork

Ask Gene about ingredients

Zenova

Magnesium + L-Theanine

Calm and winding down



Zenova is the relaxation-focused formula in the range. Magnesium glycinate and L-theanine are paired with glutathione and methylated B vitamins for adults seeking nutritional support for calm and a consistent wind-down routine after a demanding day.

Who it's for

Adults who find it difficult to switch off and want a supplement focused on relaxation.

500 mL

LIPOSOMAL LIQUID

Take 15 mL daily. Keep refrigerated after opening.

Published label ingredients

Prepared water; Lecithin; Magnesium glycinate; L-theanine; Glutathione; Methylated B-complex; Stevia; Alcohol (5%).

Ingredient names from older published label artwork. Check your bottle for current ingredients and follow the confirmed 15 mL daily directions.

View older label artwork | Ask Gene about ingredients

PQQ

PQQ + CoQ10

Cellular energy and focus



PQQ is the targeted option for customers whose priorities are energy and focus. It combines PQQ and CoQ10 with pine bark extract. CoQ10 has a role in cellular energy production; the blend is intended for a focused daily nutrition routine.

Who it's for

Adults specifically seeking PQQ and CoQ10 in a liquid formula focused on cellular nutrition.

500 mL

LIPOSOMAL LIQUID

Take 15 mL daily. Keep refrigerated after opening.

Known ingredients

PQQ; CoQ10; Pine bark extract; Vitamin C.

A full ingredient declaration, including other ingredients, is still needed. Ask Gene before choosing if you have allergies or dietary requirements.

View older label artwork

Ask Gene about ingredients

G

Glutathione + Vitamins

Antioxidant and immune support



G is a daily formula for antioxidant-focused nutrition. It combines glutathione with vitamin C and methylated B vitamins. Vitamin C contributes to normal immune function and antioxidant protection, while B vitamins have roles in the body's energy metabolism.

Who it's for

Adults looking for glutathione alongside everyday vitamin support in a regular nutritional routine.

Pairs glutathione with vitamins, without the PQQ and CoQ10 featured in Delux.

500 mL

LIPOSOMAL LIQUID

Take 15 mL daily. Keep refrigerated after opening.

Known ingredients

Glutathione; Methylated B-complex; Vitamin C.

A full ingredient declaration, including other ingredients, is still needed. Ask Gene before choosing if you have allergies or dietary requirements.

View older label artwork

Ask Gene about ingredients

Q

Curcumin + Vitamin C

Curcumin for active daily routines



500 mL

LIPOSOMAL LIQUID

Q combines curcumin and vitamin C for customers interested in antioxidant nutrition and everyday recovery. Curcumin is a compound found in turmeric. Vitamin C contributes to normal immune function, collagen formation and protection of cells from oxidative stress.

Who it's for

Adults interested in a curcumin formula to complement an active lifestyle and their everyday nutrition.

The range's focused curcumin and vitamin C pairing.

Take 15 mL daily. Keep refrigerated after opening.

Known ingredients

Curcumin; Vitamin C.

A full ingredient declaration, including other ingredients, is still needed. Ask Gene before choosing if you have allergies or dietary requirements.

View older label artwork

Ask Gene about ingredients

Female 40+

Creatine + Collagen Blend

Daily nutrition for women over 40



Female 40+ is a broad formula for women who want one daily supplement to complement an active life after 40. Creatine, collagen peptides, CoQ10 and other selected nutrients bring together the nutritional priorities of strength, energy, skin and everyday wellbeing.

Who it's for

Women over 40 who want a broad liquid formula alongside a varied diet and regular movement.

500 mL

LIPOSOMAL LIQUID

Take 15 mL daily. Keep refrigerated after opening.

Published label ingredients

Creatine monohydrate; Collagen; CoQ10; NMN; Magnesium threonate; B-complex; L-theanine; Curcumin; Fulvic acid; Purified water; Lecithin; Stevia; Alcohol (4.25%).

Ingredient names from older published label artwork. Check your bottle for current ingredients and follow the confirmed 15 mL daily directions.

View older label artwork

Ask Gene about ingredients

Men's 40+

Creatine + L-Citrulline Blend

Strength and daily nutrition after 40



Men's 40+ is designed for men who want nutritional support alongside work, training and an active life after 40. It brings creatine and L-citrulline together with CoQ10, glutathione, vitamins and minerals in one daily liquid formula.

Who it's for

Men over 40 looking for a creatine-based formula to complement strength training and everyday nutrition.

500 mL

LIPOSOMAL LIQUID

Take 15 mL daily. Keep refrigerated after opening.

Known ingredients

Creatine monohydrate; L-citrulline; Glutathione; CoQ10; PQQ; Methylated B-complex; Vitamin C; Vitamin D3; Magnesium threonate; Zinc picolinate; Fulvic acid. Other ingredients identified: Sunflower lecithin.

The published label also lists NAD, but other product records differ. Ask Gene to confirm that ingredient and the full list, including other ingredients.

View older label artwork | Ask Gene about ingredients

C

Vitamin C

Vitamin C for everyday nutrition



C is the straightforward vitamin C choice in the range. Vitamin C contributes to normal immune function and collagen formation. It also helps protect cells from oxidative stress and supports the absorption of iron from plant foods.

Who it's for

Adults who want a focused vitamin C supplement to fit into an established daily routine.

Keeps the focus on vitamin C as the featured nutrient.

500 mL

LIPOSOMAL LIQUID

Take 15 mL daily. Keep refrigerated after opening.

Known ingredients

Vitamin C.

A full ingredient declaration, including other ingredients, is still needed. Ask Gene before choosing if you have allergies or dietary requirements.

View older label artwork

Ask Gene about ingredients

Bring Supremo to your shelves.

Talk to Gene about the formulas that suit your customers. Ask for current trade pricing, availability and complete ingredient lists, including carriers and other ingredients, to help you plan your range.

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Use supplements as directed on the product label. They are not intended to diagnose, treat, cure or prevent disease. Seek professional advice if pregnant, breastfeeding, taking medication or managing a medical condition. Check ingredients before combining formulas.