

TIENS | Europe-Asia Region | 2023

MEET OUR SPORTS AMBASSADORS

WE ARE PROUD TO PARTNER
WITH WORLD RENOWNED
SPORTS CHAMPIONS
& CELEBRITIES.

www.tiens.eu



TIENS

TIENS

The Tiens Group was founded in 1995 by **Mr. Li Jinyuan** in Tianjin, China. It is a diverse, multinational organisation with interests in many sectors including biotechnology, education, retail, tourism, finance, international trade and e-business. Tiens has established divisions in 110 countries and has 50,000 franchised stores globally. Through production and distribution of nutrition and wellness products, beauty and skincare products and household products, the Tiens Group has become the lifestyle choice of over 40 million families worldwide. The Tiens Group has an unbeatable international team in terms of research, innovation, and professionalism, all committed helping the company realise its strategic goals.

Tiens products have been developed from an understanding of traditional Chinese wellness that has been passed down for over 5000 years. Our products work most effectively when taken as part of a healthy, balanced diet. It has been designed to help restore the harmonious balance of the body.

ABOUT TIENS



BEST QUALITY TO SUIT BEST CHAMPIONS

Tiens products are used by tennis players, gymnasts, pentathletes, runners, boxers, etc – some of them being the best in their sport discipline. In the sports world, there are strict requirements related to nutritional intake and supplementation for all athletes – and this refers to no doping!

At Tiens we believe that our supplements should be accessible to everyone. This being said, we ensured that our food supplements are completely free of prohibited substances, so that the professional athletes using them can strive to deliver top performances without worrying.

Tiens products are naturally effective, having bioactive extracts, without fillers or toxic ingredients.

That is why we had the supplements listed below independently approved by a world leader in the food industry: the Tiens Laboratory in Hungary.

These supplements are now in the proud possession of the Doping-Free certificate!

TIENS GLOW COLLAGEN SHOT
SUPPLEMENT RECOMMENDED FOR SPORT PROFESSIONALS

DOING FREE

Joints and Endurance Support

TEST RESULTS: NO DOPING SUBSTANCES WERE DETECTED IN TIENS GLOW COLLAGEN SHOT
Doping substances: Stimulants, Narcotics, Beta-Blockers, Beta-2 Agonists, Cannabinoids (THC), Hormonal and metabolic modifiers, Anabolic agents, which were selected in accordance with a list of doping substances by WADA (World Anti-Doping Agency)

Tested in laboratory WESSLING Hungary Kft (accredited by the National Accreditation Authority (NAH) as the Environmental Analytical Laboratory and the Food Testing Laboratory)

TIENS VIGOR SHOT
SUPPLEMENT RECOMMENDED FOR SPORT PROFESSIONALS

Energy & Immunity Boost

DOING FREE

TEST RESULTS: NO DOPING SUBSTANCES WERE DETECTED IN TIENS VIGOR SHOT
Doping substances: Stimulants, Narcotics, Beta-Blockers, Beta-2 Agonists, Cannabinoids (THC), Hormonal and metabolic modifiers, Anabolic agents, which were selected in accordance with a list of doping substances by WADA (World Anti-Doping Agency)

Tested in laboratory WESSLING Hungary Kft (accredited by the National Accreditation Authority (NAH) as the Environmental Analytical Laboratory and the Food Testing Laboratory)

STRONG BONES AND ACTIVE MIND

TIENS CALCIUM
SUPPLEMENT RECOMMENDED FOR SPORT PROFESSIONALS

DOING FREE

TEST RESULTS: NO DOPING SUBSTANCES WERE DETECTED IN TIENS CALCIUM
Doping substances: Stimulants, Narcotics, Beta-Blockers, Beta-2 Agonists, Cannabinoids (THC), Hormonal and metabolic modifiers, Anabolic agents, which were selected in accordance with a list of doping substances by WADA (World Anti-Doping Agency)

Tested in laboratory WESSLING Hungary Kft (accredited by the National Accreditation Authority (NAH) as the Environmental Analytical Laboratory and the Food Testing Laboratory)

Natural polysaccharide to help the body detox and cleanse

TIENS CHITOSAN
SUPPLEMENT RECOMMENDED FOR SPORT PROFESSIONALS

DOING FREE

TEST RESULTS: NO DOPING SUBSTANCES WERE DETECTED IN TIENS CHITOSAN
Doping substances: Stimulants, Narcotics, Beta-Blockers, Beta-2 Agonists, Cannabinoids (THC), Hormonal and metabolic modifiers, Anabolic agents, which were selected in accordance with a list of doping substances by WADA (World Anti-Doping Agency)

Tested in laboratory WESSLING Hungary Kft (accredited by the National Accreditation Authority (NAH) as the Environmental Analytical Laboratory and the Food Testing Laboratory)

OUR TIENS AMBASSADORS

are world-wide known professional athletes, with a long history of Tiens products usage. This is exactly where our main focus comes from: winners as consumers of health-winning food supplements.



SUPPLEMENTS FOR CHAMPIONS





ADAM MAROSI

ADAM MAROSI IS A MODERN PENTATHLON OLYMPIC BRONZE MEDALIST AND A 2 TIMES MODERN PENTATHLON WORLD CHAMPION FROM HUNGARY. HIS STORY WITH TIENS STARTED 8 YEARS AGO, WHEN HE FIRST DISCOVERED OUR PRODUCTS AND PUT HIS FAITH INTO USING THEM AS A PROFESSIONAL ATHLETE.

"I began to use Tiens food supplements on a daily basis, and I slowly saw improvements in my trainings" Adam says, "You see, I have 3 trainings per day and I really do need the boost of extra energy from the Tiens products".

He continues: "The supplements I use are also my favourite ones: I always drink a Vigor Shot sachet before my training, so that will be 3 times per day. Due to the fact that I have a special diet- I am a semi-vegetarian, the vitamins intake is very important for me. For this, before going to sleep I'm taking one Tiens Fizzy, and start my mornings with one Cordyceps capsule and one Zinc. Depending on what I'm eating, I like to mix the Calcium powder with my porridge"

"The Tiens product I can not live without? That will be Cordycafe, for sure. From its amazing taste to its amazing qualities, not a single day goes by without drinking it- health and energy from one product."



THE DIAMONDS RHYTHMIC GYMNASTICS TEAM /BG

Simona Dyankova
Stefani Kiryakova
Madlen Radukanova
Laura Traets
Erika Zafirova

Rhythmic Gymnastics
Olympic Gold Medalists 2020





LAURA TRAETS

LAURA TRAETS IS 24 YEARS OLD OLYMPIC GOLD MEDALIST (2020 TOKYO) TOGETHER WITH THE TEAM OF BULGARIAN RHYTHMIC GYMNASTS. BEFORE WINNING THE OLYMPICS, LAURA HAS ALSO BECOME WORLD AND EUROPEAN CHAMPION. AFTER THE ACHIEVEMENT OF HER MOST DESIRED OLYMPIC CHAMPIONSHIP, LAURA HAS RETIRED FROM HER CAREER AND IS NOW FOCUSING ON TRAINING THE NEXT GENERATIONS. THE OLYMPIC CHAMPIONS, OR „THE DIAMOND GIRLS“, ARE ORGANISING MASTER CLASSES WHERE THEY SHARE THEIR EXPERIENCE AND SHOW THE TECHNIQUES THAT A CHAMPION MUST POSSES.

“I started using Tiens products 2 years ago!” Laura says about her beginning with us, “Being an Olympic Champion is not an easy title to carry; that’s why I started my collaboration with Tiens and I can truly say that I’m delighted with the Tiens team and of course, with the amazing products.”

“I always start my day with a Vigor Shot sachet” the Olympic Champion continues, “as it gives me the right amount of energy and power in the morning.”

“I must say that my favourite Tiens product is the Collagen Glow Shot.. In the sport that I’m practicing, rhythmic gymnastics, a flexible and in shape body is the most important part and a main focus of mine. That’s why I never miss a day without taking one Collagen sachet!”



"I consider that an active lifestyle requires some high-quality supplements, in order to support and boost the body's functions" Borna says, "What works best for me when I'm tired is the Tiens Vigor Shot - it gives me just the boost I need to end a busy day with a success"

She continues: "Besides working as a tennis coach and working on my academic studies, I'm also a fashion model.

For this I like using daily the Collagen Glow Shot, which helps me maintain youthful appearance and.. of course, healthy joints"

"What wouldn't I change in my routine? My morning Spirulina smoothie! It really nourishes my body and it became a regular part of my day by day life."



BORNA MOHAC

BORNA MOHAC IS A CROATIAN TENNIS PLAYER, WINNER OF THE TITLE MISS SPORT CROATIA 2021. HER ACTIVE LIFESTYLE LED HER TO FINDING PERFECT SUPPLEMENTS AND WELLNESS PRODUCTS TO SUPPORT HER PACE, AND THEREFORE SHE CHOSE TIENS.



SARA HUSAR

SARA HUSAR IS A CROATIAN RUNWAY& CAMPAIGN MODEL AND FINANCE MBA STUDENT, ALL WHILE BEING A TEACHER FOR KINDERGARDEN CHILDREN. SHE HAS BEEN USING TIENS PRODUCTS FOR TWO AND A HALF YEARS AND SHE LIKES TO CALL THEM “HER BODY’S BEST FRIENDS IN FOLLOWING A HEALTHY LIFESTYLE”.



“In order to be a model, you must look beautiful, but also work long hours while smiling and being energetic. This is not always easy. To be able to follow this rhythm of life, I introduced natural nutritional supplements to my body. Among the many competing brands offering nutritional supplements, it was difficult for me to find the right one. After many attempts to find the ideal brand, I succeeded. Tiens offers absolutely everything I need” Sara says.

“A day in my life is full of Tiens products, actually.. I get up around 6 a.m. and the first thing I do after washing and brushing my teeth is taking care of my skin. I clean my face with Celles Tiane Rose Toner and apply emulsion and cream before applying make-up. Then I drink a LMM tea that helps speed up my metabolism which is very slow and helps control my body weight. Before a healthy breakfast, I take a Beauty Duo capsule, one Collagen shot sachet and one Spirulina. Beauty Duo and Collagen bring up the radiance within my skin, while also improving the health of my nails and my hair. Spirulina is an excellent source of energy for my active days, while also providing the much needed iron for my immunity”

Sara explains further: “I’m used to taking one Vigor Shot sachet in order to boost my energy after lunchtime, while after each afternoon gym training I like drinking Fizzy Forte dissolved in a glass of water- it helps my muscles to relax after a hard workout.”



"We enjoy using the Tiens products, especially the Special Body Care ones" Kohári Csaba says, "Before all 5 matches, we used the blood circulation stimulating machine- it's the best way to get ready before entering the field; and not only that- almost all of our players also used SPAKARE essential oil."

"My teammates also love using Zinc and Spirulina- these food supplements are an amazing support for our wellbeing, especially when we're talking about immunity"

THE HUNGARIAN VETERANS FOOTBALL TEAM BECAME THE CHAMPION OF THE 1ST DIFA FUTSAL WORLD CUP, WHICH IS THE MOST PRESTIGIOUS AND MAIN EVENT FOR MORE THAN 40+ PROFESSIONAL SPORTS VETERANS.



THE HUNGARIAN VETERANS FOOTBALL TEAM



NOA KOSIC

NOA KOSIC IS A CROATIAN ARTISTIC SWIMMER, FORMER MEMBER OF THE NATIONAL TEAM AND NATIONAL CHAMPION IN FREE ROUTINES. IN 2022 SHE WON THE TITLE MISS PHOTOGENIC SPORTS 2022.

"Tiens is my ally when it comes to my well-being" Noa says, "I started swimming when I was 8 years old, and since then I was always preoccupied with maintaining my health"

"Tiens products came as a big help in my everyday diet" she continues, "the Digest Tablets are my best choice for a well balanced digestive system, while being a safe doping-free product fitted for professional athletes"

"I must say that my favourite product is the Vitality softgels - the perfect supplement for me since vitamin E is great for maintaining youth and the energy levels I need."

ANTONIO VOLJAVEC

ANTONIO VOLJAVEC IS A YOUNG CROATIAN TENNIS PLAYER, WITH A BRIGHT CAREER AHEAD. HE IS A MULTIPLE STATE CHAMPION, BEING THE ONLY CROATIAN REPRESENTATIVE WHO MADE IT INTO THE QUARTERFINALS OF THE EUROPEAN TENNIS TOURNAMENT.



"I chose Tiens because of the natural range of food supplements available" he explains, "I do have a very busy schedule everyday and any support my organism can receive is welcomed"

"My days start by drinking Date Concentrated Juice- it offers exactly the right amount of energy for my morning practice and a following full day; I also enjoy and use daily the Tiens Flexi supplement.. tennis is a very demanding sport, which means that my joints health and maintenance are highly required!"

"Energy and having a clean and well-working organism is very important for me" he says, "and I found a great help in the Tiens products"

"I'm currently starting my days with a Cordycafe- my small dose of energy- and continue with Vigor shot or Collagen shot" Nikola explains, "Underwater sports are not easy, they require a very strong body- and one of the main focus is on the articulations; Collagen maintains the health of the articulations and it sustains the body's strength in the long run"

"My favorite Tiens product is actually Chitosan! It's the best choice when it comes to professional athletes due to its doping-free certificate, while being also the best help for detox and cleansing the organism"



NIKOLA DEDOVIĆ

NIKOLA DEDOVIC IS PART OF THE 2020 OLYMPIC GOLD WINNING SERBIAN WATER POLO TEAM. WITH A FOCUSED SPIRIT AND A WINNER MENTALITY, NIKOLA CHOSE TIENS IN ORDER TO SUSTAIN AND BOOST THE BODY'S NATURAL STRENGTH - SO CRUCIAL FOR EVERY ATHLETE.



MAGDALENA ORLIC

MAGDALENA ORLIC IS A CROATIAN ATHLETE, PLAYING VOLLEYBALL FOR ZAGREB'S DON BOSCO CLUB . IN 2022, SHE EARNED THE TITLE OF MISS SPORT CROATIA 2022.

"I've always had a very active lifestyle, even before playing volleyball professionally" she says, "I used to do rhythmic gymnastics and figure skating, at times I even had school in the morning and 2 different sport practices in the afternoon"

"This is the exact reason why I started my collaboration with Tiens" she continues, "My body is always in the need of natural food supplements, because I need to be in a great shape whatsoever"

"I love Spirulina! It's been a great help for my immunity lately, and together with Vigor Shot- the best duo supporting my levels of energy before, during and after practice sessions!"

KARLA BOBANOVIĆ

KARLA BOBANOVIĆ IS A CROATIAN KICKBOXING PLAYER FOR THE KBK POLAČA CLUB. CALLED “THE BEST SENIOR KICKBOXER PLAYER” BY THE CROATIAN JURIES, KARLA ATTENDED OVER 20 TOURNAMENTS THROUGHOUT HER CAREER- BRINGING HOME DOZENS OF MEDALS.



"Tiens products are definitely the best choice for me and my body" Karla says, "my practice sessions are very challenging, so my physique must be in the best form in order to perform at 110%"

"Collagen Glow Shot is my most used food supplement" she continues, "After a decade of kickboxing, my joints needed this kind of support- plus, the taste of the liquid collagen is amazing, you can really taste the Manuka honey!"

"Other than that, Cordycafe and Vigor Shot are not missed in my daily diet. I'm actually taking the Vigor sachets with me to my training sessions - great before and even after for a boost of energy!"



THE ISTANBUL BASED BUZ ADAM HOCKEY CLUB IS THE LARGEST ICE HOCKEY CLUB IN TURKEY. WITH BOTH MEN AND WOMEN TEAMS, IT IS THE BIGGEST CLUB PARTICIPATING IN ICE HOCKEY LEAGUES IN ALL CATEGORIES WITH A TOTAL OF 200 LICENSED ATHLETES - FOR WHICH TIENS IS A PROUD SPONSOR.

When players are asked what they like about Tiens food supplements or wellness equipment, the majority of the professional athletes agreed that the products provided the extra help they all needed- from more energy during practices or matches, to a well deserved relaxing recovery after them.



BUZ ADAM HOCKEY TEAM /TURKEY



"Multi-Fiber, Spirulina, Calcium are for most of us part of the daily diet and a must before matches" one player of the Buz Adalmar GSK says, "and after any match it's great to use the Multifunctional Head Apparatus- it provides the relaxation we need so much when the game is over and our bodies exhausted"



VARVARA SUBBOTINA

RISING SYNCHRONIZED SWIMMING STAR FROM RUSSIA. FOUR-TIME WORLD CHAMPION, THREE-TIME EUROPEAN CHAMPION IN SYNCHRONIZED SWIMMING, AN HONORED MASTER OF SPORTS OF RUSSIA. PERFORMS IN TEAM AND INDIVIDUAL STANDINGS. ONE OF THE MOST BEAUTIFUL FEMALE ATHLETES OF RUSSIA. THE FACE OF THE COSMETICS LINE CELLES TIANE.



„It may seem strange, since I spend a lot of time in water, yet my skin is dehydrated. The explanation is simple. On one hand, pool water is over-mineralized and contains disinfectants. And on the other hand, we apply beautiful, bright, multi-layered waterproof makeup, which itself dries the skin, and it takes a lot of time, effort, and special substances to remove it.

Naturally, with such routine, my skin looks dull and lifeless. That's why Celles TIANE's light, fast-absorbing products have been an absolute lifesaver for me. My favorites are the two moisturizing essences - for my face and for my eyes. They instantly hydrate, revitalize, and brighten the skin.“





ALEXANDRA TRUSOVA

FAMOUS RUSSIAN FIGURE SKATER AND A FAN'S FAVORITE FOR MILLIONS. SILVER MEDALIST OF THE XXIV WINTER OLYMPIC GAMES (2022). BRONZE MEDALIST OF THE WORLD CHAMPIONSHIP (2021). TWO-TIME BRONZE MEDALIST OF THE EUROPEAN CHAMPIONSHIP (2020, 2022). BRONZE MEDALIST OF THE GRAND PRIX FINALS (2019).

„I am very engaged in cooperation with Tiens Group, because I am a great enthusiast of traditional Asian & Far East medicine, and the latest technological achievements in the field of health. The products that combine these two things are unique and effective.

Everyone needs calcium, not just athletes. TIENS calcium is a powerful help; It's available in a convenient form of soluble powder and tastes great. Taking a few packages away is so easy.“



OKSANA CHUSOVITINA

THE LEGENDARY GYMNAST FROM UZBEKISTAN IS LISTED IN THE GUINNESS BOOK OF RECORDS AS THE ONLY PERSON IN THE HISTORY OF GYMNASTICS TO PERFORM AT EIGHT OLYMPIC GAMES. NOW, SHE IS PREPARING TO PERFORM AT THE 2024 OLYMPICS IN PARIS. OLYMPIC CHAMPION, AND MULTIPLE RECORD HOLDER

Oksana Chusovitina has been performing at the international level since 1991. In 1992 she received three-time champion title: Olympic champion, European champion and Champion of the Asian Games. The first active athlete in the history of sports, introduced into the International Hall of Fame in gymnastics. Currently, Oksana is an Honored Coach of the Republic of Uzbekistan.

„I decided to partner with Tiens, because this project helps to draw attention to the matter of health preservation and a healthy longevity. My mission is to attract as many people as possible to a healthy lifestyle, and going into sports.“





"Tiens supports me and has been with me since October 2019. These supplements have a positive effect on my strength and physical performance. Thanks to regular supplementation, I get less sick, I have better performance results, I recover faster and it is easier to control my weight. My Tiens strengthening set includes: Cordyceps, Spirulina, Date Extract, Kardi Forte, Grape Extract, Fizzy, Zinc and Super Calcium. As an athlete, I can recommend these products with a full confidence, and I would like to thank TIENS for their trust and support in my sports career. I believe I will not fail".

ALEKSANDER BERZEWSKI

ALEKSANDER BERZEWSKI, 25 YEARS OLD – PROFESSIONAL BOXER. IN THE YEARS 2009-2015, HE BEGAN HIS ADVENTURE WITH OKINAWAN SHORIN-RYU KARATE AND KOBUDO. HIS GREATEST ACHIEVEMENTS IN THIS DISCIPLINE ARE GOLD AND SILVER MEDALS AT THE 2015 WORLD CUP. IN THE LATER SPORTS CAREER HE TURNED TO BOXING AND IN 2021, HE BEGAN HIS CAREER IN A PROFESSIONAL BOXING CIRCLES. CURRENTLY, HE IS A PROFESSIONAL BOXER OF THE POLSAT BOXING PROMOTIONS GROUP WITH A CURRENT RECORD OF 8-0-0 (7 KOS). HIS GOAL IS TO WIN THE WORLD CHAMPION BELT!

KATARZYNA WEGRZYN

**THE CURRENT POLISH TABLE TENNIS
CHAMPION IN SINGLES, DOUBLES
AND MIXED HEATS; EUROPEAN JUNIOR
CHAMPION IN THE MIXED GAME, 2019
BRONZE MEDALIST OF THE
2019 WORLD JUNIOR DOUBLES
CHAMPIONSHIPS.**



ANNA WEGRZYN

**BRONZE MEDALIST OF THE POLISH
TABLE TENNIS CHAMPIONSHIPS IN
SINGLES AND MIXED GAME; GOLD
MEDALIST IN DOUBLES; EUROPEAN
JUNIOR CHAMPION 2019,
BRONZE MEDALIST OF THE
2019 WORLD JUNIOR DOUBLES
CHAMPIONSHIPS.**



The Sisters Wegrzyn won the Polish Table Tennis Championship in each age category up to 21 years old, and senior; they are also a part of the Polish National representation at International Tournaments for European and World championships.

When we asked about the effect of supplementation on their training and performance, they said:

"We use supplementation because it supports the body to function properly during an intense physical training, as well as maintains the proper level of endurance during matches and ensures mental well-being, which is very important for all athletes. We would like to thank Tiens for the high quality of products and support in our career"



Although I finished my professional career in 2012, I haven't forgotten sports. I am active every day: running, playing football, strengthening my muscles, cycling. Since I live in the old town of Vilnius, I have to walk a lot. I walk or cycle everywhere. After a very busy day, I want to have a good rest and relax. But at night my muscles used to twitch. I decided to start taking TIENS FIZZY FORTE. After a short period of taking these effervescent tablets regularly in the evenings, I can now sleep soundly and get a good night's rest.

TIENS VIGOR SHOT is a great help against colds and strengthens my immunity, especially when the weather is so changeable and erratic.

EDVINAS KRUNGOLCAS

I AM EDVINAS KRUNGOLC, 2008 BEIJING OLYMPIC GAMES VICE-CHAMPION, MULTIPLE WORLD AND EUROPEAN CHAMPION, FOUR-TIME WORLD CUP WINNER. I AM A REFEREE OF MODERN PENTATHLON AND A COACH OF MY OWN FENCING CLUB. I ALSO WORK AS A TEACHER OF PHYSICAL EDUCATION AND HEALTHY LIFESTYLE IN A SCHOOL.



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