

# Miguel Milhão

Creator of the famous company  
**PROZIS**

---

It was at the age of 23 and due to a sports injury that Miguel Milhão decided to found **PROZIS**. Nine years later, the company has become the biggest sports nutrition store in Europe, earning millions a year.



**Erasmus + 2021**

# History of the foundation of PROZIS

Miguel Milhão founded **PROZIS** in 2006, when he was 23 years old. The idea came when, following frequent injuries during the time he was a federated swimming athlete, Miguel came across evidence: sports nutrition was expensive and difficult to obtain on the national market.

To finance the project, he resorted to the sale of the car his father had given him, having raised a starting capital of 25 thousand euros.

However, it was not the first time that the young sportsman dedicated himself to business projects: until founding Prozis, he had created several companies, having failed more than once.

The right opportunity arose when he met Jorge Silva, currently CEO of Prozis and who, at the time, was the owner of a software company, McWin, now part of the OSIT group.

In a few years, the partners and friends built the online store, expanded to Madeira and Brazil, set up a logistics centre managed by another company of their own – VeryFex – and are now preparing the expansion to Russia, the Middle East and the USA through franchising.

## Erasmus + 2021

## Activity

---

- E-commerce
- Nutrition
- Health
- Wellness

## Countries Served

---

- Brazil
- Canada
- Colombia
- Mexico
- And 100 more countries

## Resume



Website: [Prozis.com](https://www.prozis.com)

## About PROZIS

---

Prozis is a Portuguese brand, belonging to the Prozis.group in the field of sports supplementation. It is one of the largest sports nutrition stores in Europe, with more than **800 thousand** registered and active customers, spread over more than one hundred markets, including Brazil.

**European Leader**

**More than 800 thousand clients**

**It's not about the money.  
It's about our mission.  
Trust us. We will feed  
your body and mind with  
everything you need to  
exceed yourself.**

## Erasmus + 2021



Esposende



Póvoa de Lanhoso – Labs

## SOME PARTNERS



# Erasmus + 2021