



Product Catalogue  
for members of  
CaliVita<sup>®</sup> International



# Introduction

pilocarpin



## The product range of CaliVita® International

In the 21st century, humankind has had to face problems affecting the whole world such as an accelerated information society, increased industrial and agricultural production caused by overpopulation, environmental pollution and greenhouse effects.

As a result – according to a 2006 strategy report by the EU\* – the quality of soil is getting progressively worse so nowadays, fruit and **vegetables contain less and less vitamins and minerals**, and during food processing such as cooking and frying) these amounts may further decrease.

Due to the demands of consumer society, an increasing number of people are having a hard time ensuring an adequate standard of living for themselves. This means an extra burden for them, both physically and psychologically. Due to the accelerated pace of living we have no time to eat or rest properly. In the meantime it does not even cross our minds that, **stress and an inadequate intake of nutrients consumes the reserves of our body**, which may lead to illness or even a premature death.

Consuming dietary supplements is a useful and integral part of a modern lifestyle and it makes a huge difference which products and ingredients you consume.

We have been offering **innovative products** meeting the **highest standards of quality for more than 20 years now**.

In the course of manufacturing dietary supplements, whenever it is technologically possible, we always aim to use **natural raw materials**. Our other goal is to apply and utilize **plant active ingredients** from **organic** farms as widely as possible. Besides the novelties based **on the latest scientific results**, we use herbs that have proven to be effective in **traditional medicine** for centuries.

Over the course of product development we strive to use **organic materials** where it is technologically feasible, **due to their better absorption**. Our multi-component products are formulated so that they can exert a **synergic (mutually strengthening)** effect inside the body.

The vast majority of our products are made in the USA, **according to the practice used in the pharmaceutical industry**. The manufacturing takes place under the most stringent conditions of quality control in accordance with GMP (Good Manufacturing Practices), under the **continuous control** and regular supervision of the **FDA** (US Food and Drug Administration). We are involved in work in European distribution – and additionally our products meet the requirements of EU legislation, – by working in close cooperation with local licensing authorities to ensure that our products comply with local regulations.

Choose from our products, and keep your and your family's health in safe hands.

\* Thematic strategy of soil conservation, Brussels, 22.9.2006



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Vitamins



## C 300 Plus with Rose Hips and Bioflavonoids

120 tablets

### VITAMIN C COMPLEX

In addition to rosehips and the bioflavonoid complex, C 300 tablets also include a higher dose of vitamin C in delayed release form. It offers a longer antioxidant effect, healthier skin, veins, joints and a stronger immune system – the best possible choice for every day of the year.



#### Who do we recommend it to?

- Anybody who wishes to strengthen their immune system,
- Due to its role in protecting the body against oxidative stress:
- active or passive smokers,
- residents of cities with polluted air.

**Symptoms of vitamin C deficiency may include:** general tiredness, decreased vitality, weakening immune system, mental problems, lengthened wound healing, slower recovery from diseases or gingival bleeding.

**Did you know that,** one factor leading to the development of cellulite can be weak connective tissues, which is partly due to the insufficient production of collagen? Vitamin C can also help you against cellulite as it plays an essential role in collagen production.\*

#### C 300 Plus with Rose Hips and Bioflavonoids active ingredients/tablet:

Vitamin C	300 mg
Rose hips	100 mg
Citrus Bioflavonoid Complex	30 mg

**Directions:** 1 tablet daily.

**Warning!** Vitamin C is sensitive to heat and light, which must be taken into consideration when the product is stored. If your medical history includes kidney stone, seek your physician's advice before applying the product. Excessive intake of bioflavonoids may cause diarrhoea!

\* USA Office of Dietary Supplements National Institute of Health <http://ods.od.nih.gov/factsheets/VitaminC-QuickFacts/>

## C 500

100 tablets

### HIGH DOSE VITAMIN C

With its high dosage, our delayed release vitamin C preparation C 500 means excellent immune strengthening vitamin supplementation during critical periods. In addition, it also contributes to normal collagen production and helps maintain the health of blood vessels, bones, cartilages, teeth, gums and the skin. As an antioxidant, it assists protection against the adverse effects of free radicals; it may slow down the visible signs of ageing; and it plays an important role in energy producing metabolic processes.



#### Who do we recommend it to?

- Those susceptible to infections,
- everybody in the cooler winter months in order to provide stronger support to the immune system,
- people who are doing sports and those performing hard physical work to reduce exhaustion,
- those under intense mental strain in order to support the normal functioning of the nervous system,
- elderly people and those recovering from diseases,
- active and passive smokers,
- those who frequently consume alcohol,
- in order to intensify the absorption of iron (especially for women during their fertile years and patients suffering from iron-deficiency anemia).

**Symptoms of vitamin C deficiency may include:** general tiredness, decreased vitality, weakening immune system, mental problems, lengthened wound healing, slower recovery from diseases or gingival bleeding.

**Did you know that,** that the majority of smokers suffer from vitamin C deficiency? According to certain estimates, in addition to a number of other harmful effects, a single cigarette may "use up" as much as 25-50 mg vitamin C, not to mention the fact that smoking may also inhibit the absorption of vitamin C.

#### C 500 active ingredient /tablet:

Vitamin C	500 mg
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**Directions:** 1 tablet daily.

**Warning!** Vitamin C is sensitive to heat and light, which must be taken into consideration when the product is stored. If your medical history includes kidney stone, seek your physician's advice before applying the product. Excessive intake of bioflavonoids may cause diarrhoea.

# C 1000 Plus

100 tablets

MEGADOSE VITAMIN C

C 1000 Plus supports the protective activity of our immune system with delayed release mega dose vitamin C and organic grown rosehips to intensify its effects during every critical period when our body needs it most. In addition, it also contributes to normal collagen production and helps maintain the health of blood vessels, bones, cartilages, teeth, gums and the skin.



### Who do we recommend it to?

- Those susceptible to infections,
- everybody in the cooler winter months in order to provide stronger support to the immune system,
- people who are doing sports and those performing hard physical work to reduce exhaustion,
- those under intense mental strain in order to support the normal functioning of the nervous system,
- elderly people and those recovering from diseases,
- in order to intensify the absorption of iron (especially for women during their fertile years and patients suffering from iron-deficiency anemia).

**Symptoms of vitamin C deficiency may include:** weakening of the immune system, susceptibility to infections, slower recovery after diseases, lengthened healing of wounds, gingival haemorrhage, pyorrhoea, and muscle pain.

### C 1000 Plus ingredients/tablet:

Vitamin C	1000 mg
Organic Rose Hips Powder	125 mg

**Directions:** 1 tablet daily.

**Warning!** Vitamin C is sensitive to light and heat, which must be considered when it is stored. If you have a history of renal calculus, request your doctor's opinion before applying the product.

**Did you know that** Albert Szent-Györgyi, the Hungarian scientist who was awarded the Nobel Prize for isolating vitamin C and exploring its role, consumed 1,000 mg vitamin C daily until his death at the age of 93 and whenever he fell ill he raised his daily dosage to 8,000 mg?



In the USA every 5th person suffers from symptoms of asthma or an allergy. Moreover, the latter is 5th on the list of leading diseases.\* In fact, an allergy is an excessive reaction of the immune system when it senses a harmless substance to be dangerous. According to theories, being overstrained, exposed to increasing levels of pollution and chemicals, increases the risk of oversensitivity. Consequently, the number of allergy patients is expected to grow.

Although we have had to wait a while for an official confirmation, it is now evident that home cures prove to be effective, according to the most stringent conditions of medicine. There is a close connection between histamine responsible for allergic reactions and between asthma and vitamin C intake. Studies prove that a daily intake of 1000 mg of vitamin C, for 3 days, may significantly reduce histamine levels causing allergic symptoms.\*\*

**It is good news because people suffering from allergies can finally choose a natural method such as C 1000 Plus instead of steroids that can have serious side effects.**

\*Allergy Statistics and Facts – Allergies Health Center, WebMD

\*\*Histamine and Ascorbic Acid in Human Blood – C. Alan B. Clementson, Department of Obstetrics and Gynecology, the Methodist Hospital, 506 Sixth Street, Brooklyn, NY 11215



# C Plus

100 tablets

## VITAMIN C COMPLEX

C Plus is a general vitamin C preparation, which offers everyday protection against the attack of free radicals and contributes to the appropriate functioning of the immune system. Vitamin C and the bioflavonoids that synergically cooperate with it strengthen the internal structure of capillaries and may also stimulate circulation. Vitamin C also helps preserve the health of the skin, gums, bones and cartilages.

### Who do we recommend it to?

- Anybody to strengthen the immune system,
- due to its role in protecting the body against oxidative stress,
  - active or passive smokers,
  - residents of cities with polluted air.

### Symptoms of vitamin C deficiency may include:

general tiredness, decreased vitality, weakening immune system, mental problems, lengthened wound healing, slower recovery from diseases or gingival bleeding.



**Did you know**, that rosehip is one of the richest natural sources of vitamin C?\*

### C Plus ingredients/tablet:

Vitamin C	75 mg
Rose hips	100 mg
Bioflavonoids	100 mg

**Directions:** 1 tablet daily.

**Warning!** Vitamin C is sensitive to heat and light, which must be taken into consideration when the product is stored. If your medical history includes kidney stone, seek your physician's advice before applying the product. Excessive intake of bioflavonoids may cause diarrhoea.

\* USDA, United States Department of Agriculture National Nutrient Database for Standard Reference Release 25 (<http://ndb.nal.usda.gov/ndb/foods/list>)



## D-drops

30 ml

### VITAMIN D<sub>3</sub> DROPS

According to estimates, vitamin D deficiency affects 70 per cent of the population. We extracted the active agent of D-drops, vitamin D<sub>3</sub>, from cod liver, adding natural flavours. Its dosing is simple and it can be applied by mixing it into food or drinks. Its liquid form can ensure vitamin D supply for the whole family.



#### Who do we recommend it to?

- Those spending most of their days indoors,
- those struggling with being overweight as they have a higher demand of vitamin D,
- everyone in order to maintain their immune system as vitamin D contributes to the normal functioning of the immune system,
- people who value the health of their bones and teeth as vitamin D contributes to the maintenance of healthy bones and teeth,
- pregnant women because of the proper development of the embryo's skeletal system and the protection of mothers' bones,
- during breastfeeding in order to maintain appropriate vitamin levels,
- vegetarians,
- people struggling with sun allergy.

**Prolonged vitamin D deficiency** intensifies the risk of the following conditions: weak bones, frequent bone fractures, frequent infections, respiratory infections, seasonal depression and muscle weakness.

#### D-drops active ingredient/3 drops:

Vitamin D<sub>3</sub> 1200 I.U.

**Directions:** 3 drops daily, in a drink.

**Warning!** The product must be stored away from direct sunshine. It is not to be applied in conditions involving high serum calcium levels such as hypercalcaemia. Seek your physician's advice in the case of renal stones and sarcoidosis, as well as the application of other preparations containing vitamin D.

**Did you know**, that according to studies 41 per cent of the population is affected by insufficient vitamin D supply in our climate zone even during the sunny summer months?\*

\* Source: D-vitamin-ellátottság felmérése Vas megye egészséges véradói körében (Surveying vitamin D supply among the healthy blood donors of Vas County) / Éva Virágh [et al.] In: Orvosi Hetilap. 2012. 153. évf. 41. sz., p. 1629-1637.



Vitamin D, in addition to being essential for the health of bones, has several other vital roles. Unfortunately, most people do not get enough vitamin D, even during the summer. A deficiency of this vitamin, according to recent studies, can lead to a lowering of **the adequate functioning of the immune system**, which vitamin D is able to control on a genetic level. On the one hand, if vitamin D levels in blood are optimal, they enhance the response of the immune system to external attacks, so our resistance is completed against infections with more "divisions", and protects us more effectively. On the other hand, vitamin D deficiency plays a significant role in the development of **autoimmune diseases** which plagues an increasing number of people and has a growing tendency to be seen in family history. While it enhances the immune systems reaction against pathogens, it also **curbs attacks against our own tissues**. Studies prove that the underlying cause of the development of **diabetes, rheumatic arthritis, multiple sclerosis and lupus** is vitamin D deficiency. **What is more, regularly appearing studies testify to the extraordinary effectiveness of vitamin D in other autoimmune diseases. In light of the above it makes sense to support the optimal functioning of our immune system with proper vitamin D complementation.**

Hazai konszenzus a D vitamin szerepéről a betegségek megelőzésében és kezelésében (National consensus on the role of vitamin D in prevention and treatment of diseases) – Orvosi hetilap, Supplement May 2012, Vol. 153, D-vitamin ellátottság felmérése Vas megye egészséges véradói körében (Survey of vitamin D supply in healthy blood donors in county Vas, Hungary – Virágh. E. et al, Orvosi Hetilap 2012, Vol. 153, 41 1629-1637.



# Beta Carotene

100 softgels

## THE PRECURSOR OF VITAMIN A

Beta carotene is the precursor of vitamin A and the human body can convert it into vitamin A according to its needs. Vitamin A is a building element of the retina, an essential part of our eyes, which plays an indispensable role in the process of light perception. Its frequent application also contributes to the normal condition of skin and it can help us avoid the damage caused by UV radiation.

### Who do we recommend it to?

- Before going on holiday, in order to prepare the skin for sunbathing and for people who wish to maintain their tanned complexion for longer,
- the partially sighted and those with certain eye problems,
- those seeking effective antioxidant protection,
  - those following a low-fat diet or suffering from absorption disorders.



**Symptoms of vitamin A deficiency may include:** night blindness, eye problems, blood formation problems, diarrhoea, skin conditions, susceptibility to upper respiratory diseases.

**Did you know**, that beta carotene, combined with zinc and vitamins C and E, can contribute to preventing age-related sight deterioration?\*

### Beta Carotene active ingredient/softgel:

Beta carotene 9000 I.U.

**Directions:** 1 softgel daily.

**Warning!** Smokers and those working with asbestos should seek their doctor's advice before applying the preparation. Beta carotene does not substitute external UV protection. Beta carotene taken in high dosage over a long period of time can colour the palms and soles but this is not abnormal and the phenomenon disappears when the supplementation is terminated.

\* Dietary intake of antioxidants and risk of age-related macular degeneration – van Leeuwen R, Boekhoorn S, Vingerling JR, Wittteman JC, Klaver CC, Hofman A, de Jong PT, JAMA. 2005 Dec 28;294(24):3101-7.

# Lion Kids +C

90 chewable tablets

## VITAMIN C FOR CHILDREN

Lion Kids +C is a tasty, chewable, tooth-friendly preparation, which we specifically developed to meet children's needs. It contains no sugar and xylite, instead the sweetening agent it contains, reduces the risk of caries



and supports the development of children's healthy teeth. It is extremely important for the growing body to foster the process of their intensive development in every moment as vitamin C is essential not only for bone formation but also the optimal functioning of the nervous system and the normal structuring of the skin.

### Who do we recommend it to?

- For children's everyday consumption to support the healthy operation of their immune system and their appropriate development,
- for all those who find it important to reduce the risk of caries and thus help the healthy development of children's teeth,
- for all those who prefer the form of chewable tablets.

### Symptoms of vitamin C deficiency may include:

general tiredness, decreased vitality, weakening immune system, mental problems, lengthened wound healing, slower recovery from diseases or gingival bleeding.

**Did you know** that 60-90 percent of children worldwide suffer from caries?\* The xylite in Lion Kids +C does not feed the bacteria in the mouth that cause caries.

### Lion Kids +C active ingredient/chewable tablet:

Vitamin C 45 mg

**Directions:** 1-3 chewable tablets daily.

\*<http://www.who.int/mediacentre/factsheets/fs318/en/>

## Mega B Complex

100 tablets

MEGADOSE VITAMIN B

Are you exposed to extreme stress? Is your life a rat race? Do you still want to do something for your health? Save at least one minute a day for yourself when you take the Mega B Complex tablet with some proper liquid. This delayed absorption, mega dosage tablet containing almost all vitamins B can assist you in maintaining your mental freshness. Mega B Complex supports the health of your skin and mucous membranes and your immune system, in addition promoting the healthy functioning of the nervous system.

### Who do we recommend it to?

- In the case of extreme mental workload, for example exam period or tasks with tight deadlines,
- in the case of intense physical exercise, in order to reduce tiredness and exhaustion.



**Symptoms of vitamin B deficiency may include:** depending on which type of vitamin B is consumed insufficiently, the symptoms may range from the lack of appetite, anaemia and skin problems to heart, muscle, nerve and metabolic problems.

**Did you know** that those following a vegan diet (not consu-

ming any food of animal origin) can easily develop vitamin B<sub>12</sub> deficiency?

### Mega B Complex active ingredients/tablet:

Vitamin B <sub>1</sub>	100 mg
Vitamin B <sub>2</sub>	100 mg
Niacin	100 mg
Folic acid	125 mcg
Pantothenic acid	100 mg
Vitamin B <sub>6</sub>	100 mg
Biotin	100 mcg
Choline	100 mg
Inositol	100 mg
PABA	100 mg
Vitamin B <sub>12</sub>	100 mcg

**Directions:** 1 tablet daily.

**Warning!** Applying vitamin B may turn urine a vivid yellow.

## Vitamin E

100 gel capsules

VITAMIN E SUPPLEMENT

Vitamin E, which is also referred to as the vitamin of eternal youth, has several beneficial effects on the whole body. It protects valuable fatty acids from the free radicals that damage them (so it is a powerful antioxidant), thus it contributes to keeping our cells, skin, nervous and circulatory systems healthy and young.



### Who do we recommend it to?

- All those wishing to retain their youthfulness,
- after illnesses and weak conditions in order to help the regeneration of cells,
- after bruises and burns in order to accelerate the recovery process of the skin,
- athletes for proper muscle development and to increase muscle performance.

### Symptoms of vitamin E deficiency may include:

eye diseases (e.g. impaired perfusion of the retina), bone development disorders, decreased sexual function or, in more serious cases, nerve and muscle damage that result in weaker muscular strength.

**Did you know** combined with omega-3, vitamin E contributes to normal brain function, while vitamin E in itself protects omega-3 fatty acids from oxidation, for example EPA and DHA found in fish oil?



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**Vitamin E active ingredient/gel capsule:**

Vitamin E 100 I.U.

**Directions:** 1 gel capsule daily.**Warning!** Due to the slight blood thinning effect of vitamin E, those taking anticoagulants should seek their physician's advice before applying the product.

## Stress Management

100 tablets

### STRESS RELIEF VITAMIN B COMPLEX

Stress is part of our lives. While we need positive stress as it motivates us and makes us productive, negative stress can embitter our lives and even lead to diseases in the long run. Prevent stress with the proper lifestyle and appropriate diet. Your efforts can be supported by the vitamin B family supplemented with vitamin C and magnesium in our product. Stress Management not only assists the functioning of the nervous system, it also positively influences the energy metabolism and the functioning of the immune system.

**Who do we recommend it to?**

- Those exposed to daily stress due to their work or lifestyle,
- in the case of intense physical demand,
- anyone in order to strengthen the immune system.

**Symptoms of vitamin B deficiency may include:** depending on which type of vitamin B is consumed insufficiently, the symptoms may range from the lack of appetite, anaemia and skin problems to heart, muscle, nerve and metabolic problems.\*

**Did you know** the disease called beriberi is caused by the deficiency of vitamin B<sub>1</sub>? The first description of this condition dates from 2697 BC, China, but the connection between the symptoms and the vitamin deficiency was only discovered in 1937. These days it mainly occurs due to the consumption of husked rice in the Far East and because of alcoholism in developed countries.

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**Stress Management active ingredients/tablet:**

Vitamin B <sub>1</sub>	1.3 mg
Vitamin B <sub>2</sub>	1.8 mg
Vitamin B <sub>6</sub>	2 mg
Niacin	15 mg
Pantothenic acid	5 mg
Vitamin B <sub>12</sub>	2 mcg
Vitamin C	60 mg
Folic acid	100 mcg
Choline	100 mg
Inositol	100 mg
Magnesium	13.5 mg

**Directions:** 1-3 tablets daily.**Warning!** Applying vitamin B may turn urine a vivid yellow.

\* Élelmezés és táplálkozáségeszségtan - Szerk. Rodler I, Medicina Könyvkiadó Zrt, 2008 Bp.





Multivitamins



# Energy & Memory

90 tablets

## ENERGY BOOSTER

Energy & Memory is a complex dietary supplement with a stimulating effect, offering the natural caffeine content of guarana, lecithin, vitamins to support mental and physical activity, minerals and antioxidants. We developed the product for those who prefer to choose the natural way during periods of mental and physical strain in order to retain their performance and concentration.

### Who do we recommend it to?

- Those living under intense mental strain, such as students taking exams, employees exposed to work stress, in order to maintain their concentration and fight tiredness,
- sportspeople and people under physical stress in order to increase their performance,
  - those taking a slimming diet,
  - vehicle drivers in order to maintain alertness and improve reflexes,
  - everybody who wishes to fight tiredness and improve their general condition.

ⓘ **Did you know** that, in 2004 more than one-third of the American adult population have fallen asleep at the wheel - by their own admission?\*



### Energy & Memory active ingredients/tablet:

Choline	200 mg
Guarana extract (std. 22% caffeine)	100 mg
Lecithin	100 mg
Vitamin C	60 mg
Vitamin E	10 mg
Magnesium	50 mg
Zinc	5 mg
Selenium	20 mcg

**Directions:** 3x1 tablet daily.

**Warning!** If you consume other food products containing caffeine, apply the product with care! To be avoided during pregnancy and breastfeeding! In case of cardiovascular diseases, seek your physician's advice before applying the product.

\*Sleep in America, 2005 – Survey by National Sleep Foundation (<http://drowsydriving.org/about/facts-and-stats/>)

# Infant Formula

60 ml

## LIQUID VITAMIN FOR LITTLE ONES

Infant Formula, a multivitamin complex specifically developed for infants and young children, is easy to apply, tastes good and effectively absorbable due to its liquid form.



### Who do we recommend it to?

- Infants and young children for everyday consumption to ensure the vitamins needed for healthy growth, as well as physical and mental development.

**Symptoms of general vitamin deficiency may include:** fatigability, tiredness, depression, malaise, deteriorating physical and mental performance, more frequent illnesses due to lower resistance.

ⓘ **Did you know** researchers found that in the USA during a year almost half of the parents had to miss work to take care of their sick children and one-third of parents say they don't have enough paid sick time for this? \*

### Infant Formula active ingredients/1 ml:

Vitamin A	1,332.0 I.U.
Vitamin E	4.0 I.U.
Vitamin C	35.0 mg
Vitamin B <sub>1</sub>	0.5 mg
Vitamin B <sub>2</sub>	0.6 mg
Niacin	8.0 mg
Pantothenic acid	3.0 mg
Vitamin B <sub>6</sub>	0.4 mg
Vitamin B <sub>12</sub>	0.5 mcg

**Directions:** 1 ml daily with meal.

**Warning!** If sufficient mother's milk is available, you should give exclusive preference to breastfeeding until the age of six months. Seek your paediatrician's opinion before prolonged application of the product. The product is no substitute for a balanced and varied diet.

\*<http://www.businessnewsdaily.com/3303-sick-child-work-job-loss.html>

# Full Spectrum

90 tablets

## VITAMIN AND MINERAL COMPLEX

Full Spectrum contains nearly 30 types of various vitamins, antioxidants and minerals with extra bioflavonoids, all essential for the functioning of the body. Its outstanding efficiency is ensured by the quantity of organic active agents, as well as the delayed release technology.

### Who do we recommend it to?

- In order to maintain healthy life processes and preserve vitality every day,
- to support the immune system,
- to strengthen the body's resistance in periods when the risk of flu and cold is higher,
- in the case of an unbalanced diet (low amount of vegetables or fruits, slimming diet or vegetarianism), in order to supplement the vitamin and mineral intake of the body,
- in order to assist recovery after diseases.

**Symptoms of general vitamin deficiency may include:** fatigability, tiredness, depression, malaise, deteriorating physical and mental performance, more frequent illnesses due to lower resistance.

**Did you know** that folic acid contributes to the reduction of tiredness and exhaustion?



### Full Spectrum active ingredients/tablet:

Beta Carotene	1500.0 I.U.
Vitamin E	7.0 I.U.
Vitamin C	60.0 mg
Vitamin B <sub>1</sub>	1.0 mg
Vitamin B <sub>2</sub>	1.1 mg
Niacin	10.0 mg
Pantothenic acid	5.0 mg
Vitamin B <sub>6</sub>	1.2 mg
Folic acid	200.0 mcg
Vitamin B <sub>12</sub>	1.0 mcg
Choline	20.0 mg
Inositol	20.0 mg
PABA	5.0 mg
Biotin	40.0 mcg
Rutin	4.0 mg
Citrus bioflavonoid complex	4.0 mg
Hesperidin complex	2.0 mg
Iodine	80.0 mcg
Calcium	187.0 mg
Iron	4.0 mg
Magnesium	25.0 mg
Copper	1.5 mg
Zinc	10.0 mg
Chromium	25.0 mcg
Selenium	20.0 mcg
Manganese	3.0 mg
Molybdenum	10.0 mcg

**Directions:** 3x1 tablet daily.

**Warning!** In the case of applying a complex vitamin preparation, the urine may have a characteristic colour and smell, due to the vitamin B complex content of the product.

Spring fever is caused by two processes. On the one hand, it is the processes taking place in our hormone balance: the seasonal fluctuation of the levels of the melatonin, the "sleep hormone" and serotonin, the "happiness hormone". During the long winter months serotonin levels deplete in our body and depression may develop as a result of its absence. The production of melatonin, which is higher in winter, decreases in spring, which causes disorders in our sleep cycles. On the other hand, our nutrition is also adjusted to the cold and dark months in that it is richer in fats and calories and much poorer in vitamins than during the summer months, which offer lots of fresh fruit and vegetables.

**By the end of winter our stores of vitamins and minerals are depleted. We can prevent this if we take extra care of our vitamin and mineral intake, as well as frequent physical activity during winter and spring.**





## Lion Kids + D

90 chewable tablets

MULTIVITAMIN FOR KIDS

Lion Kids + D is a tasty, chewable, tooth-friendly multivitamin and mineral complex with added extra vitamin D content, in the shape of animals, specifically developed to meet children's needs. It contains no sugar and xylite, the natural sweetening agent it contains, reduces the risk of developing caries.



### Who do we recommend it?

- For children's everyday consumption to ensure the vitamins, minerals and trace elements needed to support their balanced development and proper resistance to diseases,
- everybody who finds it important to reduce the risk of caries and thus help the healthy development of children's teeth,
- everybody who prefers the form of chewable tablets,
- everybody who seek a complex preparation containing vitamin D.

**Symptoms of general vitamin deficiency may include:** fatigability, tiredness, depression, malaise, deteriorating physical and mental performance, more frequent illnesses due to lower resistance.

**Did you know,** that the folic acid can fulfill its role in metabolism and hematopoiesis only if vitamin B<sub>6</sub> and B<sub>12</sub> are also present?

### Lion Kids + D active ingredients/chewable tablet:

Beta carotene	1500 I.U.	Folic acid	100 mcg
Vitamin E	7 I.U.	Biotin	35 mcg
Vitamin C	35 mg	Inositol	1.6 mg
Vitamin B <sub>1</sub>	0.5 mg	Iodine	10 mcg
Vitamin B <sub>2</sub>	0.6 mg	Iron	3 mg
Vitamin B <sub>6</sub>	0.7 mg	Copper	70 mcg
Vitamin B <sub>12</sub>	1 mcg	Zinc	2 mg
Vitamin D	200 I.U.	Manganese	0.1 mg
Niacin	7 mg	Selenium	10 mcg
Pantothenic acid	3 mg	Chromium	5 mcg

**Directions:** 1-3 tablets daily.

## Gummy Kids

60 gummy tablets

GUMMY MULTIVITAMIN FOR CHILDREN

Gummy Kids is a tasty, easily chewable multivitamin developed especially for children. Gummy tablets contain important vitamins and minerals for a child's balanced development in cherry, orange, and berry flavors while being shaped like miniature dinosaurs. The product does not contain any artificial colorings or flavourings.



### Who do we recommend it?

- For children's everyday consumption to support the healthy operation of their immune system and their appropriate development,
- everybody who wants to educate their child on health in a playful and easily understandable manner,
- everybody who prefers easily chewable and pleasant tasting multivitamins,
- everybody who seeks a complex preparation containing vitamin D.

**Symptoms of general vitamin deficiency may include:** fatigability, tiredness, depression, malaise, deteriorating physical and mental performance, more frequent illnesses due to lower resistance.

**Did you know that** according to international researches 1200 I.U. of vitamin D daily administration of small children reduced the risk of flu by 42%\*

### Gummy Kids active ingredients/gummy tablet:

Vitamin A	1000 I.U.	Vitamin B <sub>12</sub>	1.5 mcg
Vitamin C	15 mg	Biotin	38 mcg
Vitamin D <sub>3</sub>	300 I.U.	Panhotenic acid	2.5 mg
Vitamin E	9 I.U.	Iodine	15 mcg
Vitamin B <sub>6</sub>	0.5 mg	Zinc	1.3 mg
Folic acid	100 mcg		

### Directions:

For children 2 to 3 years, chew one gummy tablet daily. For adults and children 4 years and older, chew two gummy tablets daily.

\* Hazai konszenzus a D-vitamin szerepéről a betegségek megelőzésében és kezelésében - Orvosi Hetilap, 153. évf.



# Super Mega 50

90 tablets

MEGA DOSE MULTIVITAMIN

Super Mega 50 is a high-dosage, delayed release multivitamin preparation with minerals, trace elements, antioxidants and extra bioflavonoids, especially developed for people leading an intensive lifestyle.

## Who do we recommend it to?

- Everybody in order to provide stronger support to the immune system,
- to improve resistance in cooler weather conditions,
- people who are doing sports and those performing hard physical work.
- in the case of more intense mental strain or stress,
- in the case of unbalanced nutrition (consumption of little vegetables and fruits; diet, vegetarianism),
- for active or passive smokers, residents of cities with polluted air,
- those who frequently consume alcohol,
- in order to assist recovery after diseases,
- those suffering from absorption disorders.



**Symptoms of general vitamin deficiency may include:** fatigability, tiredness, depression, malaise, deteriorating physical and mental performance, more frequent illnesses due to lower resistance.

**Did you know,** that iodine contributes to the normal mental functioning and the maintenance of the nervous system?

## Super Mega 50 active ingredients/tablet:

Beta Carotene	7500 I.U.	Bioflavonoid complex	25 mg
Vitamin C	250 mg	Hesperidin complex	5 mg
Vitamin D	400 I.U.	L-glutathione	5 mg
Vitamin E	100 I.U.	L-Cysteine	25 mg
Vitamin B <sub>1</sub>	50 mg	Rose hips	5 mg
Vitamin B <sub>2</sub>	50 mg	Calcium	108 mg
Niacin	50 mg	Magnesium	25 mg
Pantothenic acid	50 mg	Iodine	150 mcg
Vitamin B <sub>6</sub>	50 mg	Zinc	15 mg
Folic acid	200 mcg	Manganese	3 mg
Vitamin B <sub>12</sub>	50 mcg	Iron	9 mg
Choline	50 mg	Copper	500 mcg
Inositol	50 mg	Selenium	25 mcg
PABA	50 mg	Chromium	100 mcg
Biotin	50 mcg	Boron	1 mg
Rutin	25 mg	Molybdenum	250 mcg

**Directions:** 3x1 tablet daily.

**Warning!** The high amount of vitamins B in the product may lend urine a characteristic colour and smell. As it is a preparation with high active agent content, do not apply it if you are allergic to any of the ingredients. If in doubt, seek your physician's opinion.



# Vital O

90 tablets

## BLOOD TYPE O MULTIVITAMIN

People with blood type O, which developed earliest during evolution, have adapted to consuming meat. This way they can more easily satisfy their iron demand but they may require the supplementation of certain types of vitamin B. Our preparation called Vital O contains a customised amount of the appropriate vitamins and such special vegetable extracts as yucca, curcuma and horse-radish.

### Who do we recommend it to?

- In order to maintain healthy life processes and preserve vitality every day,
- to support the immune system,
- to strengthen the body's resistance in periods when the risk of flu and cold is higher,
- in order to supplement the blood type diet for people with blood type O,
- in order to assist recovery after diseases.



**Symptoms of general vitamin deficiency may include:** fatigability, tiredness, depression, malaise, deteriorating physical and mental performance, more frequent illnesses due to lower resistance.

**Did you know** that horse-radish has antibacterial and antiviral effects due to the glycosides it contains?

### Vital O active ingredients/tablet:

Beta Carotene	2000 I.U.	Iron	3 mg
Vitamin C	60 mg	Copper	0.5 mg
Vitamin B <sub>1</sub>	1.4 mg	Zinc	5 mg
Vitamin B <sub>2</sub>	1.6 mg	Chromium	20 mcg
Niacin	18 mg	Selenium	15 mcg
Pantothenic acid	5 mg	Manganese	2 mg
Vitamin B <sub>6</sub>	2 mg	Molybdenum	80 mcg
Folic acid	50 mcg	Boron	50 mcg
Vitamin B <sub>12</sub>	1 mcg	Silicon	1 mg
Choline	20 mg	L-glutathione	
Inositol	20 mg	Complex	5 mg
PABA (para-amino -benzoic acid)	5 mg	L-Cysteine	20 mg
Biotin	40 mcg	Yucca root extract	30 mg
Rutin	4 mg	Turmeric extract (std. 9% curcumin)	5 mg
Citrus Bioflavonoid		Licorice root extract (4:1)	10 mg
Complex	4 mg	Parsley leaf	50 mg
Hesperidin complex	5 mg	Plum Fruit	20 mg
Iodine	80 mcg	Blueberry Fruit	20 mg
Calcium	213.2 mg	Horseradish root	15 mg
Magnesium	50 mg		

**Directions:** 3x1 tablet daily, after meal.

# Vital A

90 tablets

## BLOOD TYPE A MULTIVITAMIN

Blood type A developed around 15-25 thousand years ago as crop farming spread; people belonging to this group show herbivorous characteristics. They can supply their body with minerals through their nutrition relatively well but they can support its optimal functioning by taking vitamins B<sub>12</sub>, C and E, as well as folic acid and pantothenic acid. Minerals and vitamins are made complete in the preparation by such herbs as hawthorn leaves, blueberry and oregano.

### Who do we recommend it to?

- In order to maintain healthy life processes and preserve vitality every day,
- to support the immune system,
- to strengthen the body's resistance in periods when the risk of flu and cold is higher,
- in order to supplement the blood type diet for people with blood type A,
- in order to assist recovery after diseases.



**Symptoms of general vitamin deficiency may include:** fatigability, tiredness, depression, malaise, deteriorating physical and mental performance, more frequent illnesses due to lower resistance.



❶ **Did you know** that active agents of oregano include flavonoids, which are known for their excellent antioxidant effect?

**Vital A active ingredients/tablet:**

Beta carotene	2000 I.U.	Copper	0.5 mg
Vitamin E	10 I.U.	Zinc	8 mg
Vitamin C	60 mg	Chromium	50 mcg
Vitamin B <sub>1</sub>	1.4 mg	Selenium	40 mcg
Vitamin B <sub>2</sub>	1.6 mg	Manganese	1 mg
Niacin	18 mg	Potassium	20 mg
Pantothenic acid	5 mg	Molybdenum	80 mcg
Vitamin B <sub>6</sub>	2 mg	Boron	50 mcg
Folic acid	150 mcg	Silicon	1 mg
Vitamin B <sub>12</sub>	1 mcg	L-glutathione	
Choline	20 mg	Complex	5 mg
Inositol	20 mg	L-Cysteine	20 mg
PABA (para-amino-benzoic acid)	5 mg	Bromelain	25 mg
Biotin	40 mcg	Hawthorn leaf (std. 2% flavonoids)	10 mg
Rutin	4 mg	Green tea extract (std. 20% polyphenols)	10 mg
Citrus Bioflavonoid Complex	4 mg	Parsley leaf	50 mg
Quercetin	5 mg	Blueberry Fruit	20 mg
Hesperidin complex	5 mg	Plum Fruit	20 mg
Iodine	50 mcg	Oregano Leaf	50 mg
Calcium	193 mg	Ginger root extract (std. 5% gingerols)	5 mg
Magnesium	50 mg		
Iron	8 mg		

**Directions:** 3x1 tablet daily, after meal.

## Vital B

90 tablets

### BLOOD TYPE B MULTIVITAMIN

Blood type B developed during migrations of populations as humans adapted to changing climatic conditions. Their nutrition is typically mixed so the preparation specially developed for this blood type provides a full range of vitamins and minerals. This is made complete by herbs, including extracts of elderberry, reishi and shiitake mushrooms.

#### Who do we recommend it to?

- In order to maintain healthy life processes and preserve vitality every day,
- to support the immune system,
- to strengthen the body's resistance in periods when the risk of flu and cold is higher,
- in order to supplement the blood type diet for people with blood type B,
- in order to assist recovery after diseases.



#### Symptoms of general vitamin deficiency may include:

fatigability, tiredness, depression, malaise, deteriorating physical and mental performance, more frequent illnesses due to lower resistance.

❶ **Did you know** that garlic controls blood fat levels in a natural way?\*

### Vital B active ingredients/tablet:

Beta carotene	2000 I.U.	Copper	0.5 mg
Vitamin E	10 I.U.	Zinc	5 mg
Vitamin C	60 mg	Chromium	20 mcg
Vitamin B <sub>1</sub>	1.4 mg	Selenium	15 mcg
Vitamin B <sub>2</sub>	1.6 mg	Manganese	1 mg
Niacin	18 mg	Molybdenum	80 mcg
Pantothenic acid	5 mg	Boron	50 mcg
Vitamin B <sub>6</sub>	2 mg	Silicon	1 mg
Folic acid	50 mcg	L-glutathione	
Vitamin B <sub>12</sub>	1 mcg	Complex	5 mg
Choline	20 mg	L-Cysteine	20 mg
Inositol	20 mg	Lecithin	100 mg
PABA (para-amino		Bromelain	25 mg
-benzoic acid)	5 mg	Licorice extract (4:1)	10 mg
Biotin	40 mcg	Parsley leaf	50 mg
Rutin	4 mg	Broccoli	50 mg
Citrus Bioflavonoid		Elderberry fruit extract	
Complex	4 mg	(std. 5% flavonoids)	10 mg
Hesperidin complex	5 mg	Reishi mushroom extract	
Iodine	50 mcg	(std. 4% triterpens, 10%	
Calcium	207.8 mg	polysaccharides)	10 mg
Iron	3 mg	Shiitake mushroom extract	
Magnesium	100 mg	(std. 3.2 % lentinan)	10 mg

**Directions:** 3x1 tablet daily, after meal.

\* Pilot Clinical Study on a Proprietary Elderberry Extract: Efficacy in Addressing Influenza Symptoms: Online Journal of Pharmacology and Pharmacokinetics, 5: 32-43, 2009

## Vital AB

90 tablets

### BLOOD TYPE AB MULTIVITAMIN

The last blood type that developed during evolution was formed through the mixture of blood types A and B. The appropriate diet may be mixed but consuming vegetables has more beneficent effects. Designed to suit this blood type, Vital AB multivitamin, contains an extra dosage of calcium and selenium. Vitamins and minerals are supplemented with such herbs as red grape extract, celery leaves and garlic.

#### Who do we recommend it to?

- In order to maintain healthy life processes and preserve vitality every day,
- to support the immune system,
- to strengthen the body's resistance in periods when the risk of flu and cold is higher,
- in order to supplement the blood type diet for people with blood type AB,
- in order to assist recovery after diseases.



**Symptoms of general vitamin deficiency may include:** fatigability, tiredness, depression, malaise, deteriorating physical and mental performance, more frequent illnesses due to lower resistance.

**Did you know** that garlic controls blood fat levels in a natural way?\*

### Vital B active ingredients/tablet:

Beta carotene	2000 I.U.	Iron	5 mg
Vitamin E	10 I.U.	Copper	0.5 mg
Vitamin C	60 mg	Zinc	8 mg
Vitamin B <sub>1</sub>	1.4 mg	Chromium	30 mcg
Vitamin B <sub>2</sub>	1.6 mg	Selenium	40 mcg
Niacin	18 mg	Manganese	1 mg
Pantothenic acid	5 mg	Molybdenum	80 mcg
Vitamin B <sub>6</sub>	2 mg	Boron	50 mcg
Folic acid	100 mcg	Silicon	1 mg
Vitamin B <sub>12</sub>	1 mcg	L-glutathione	
Choline	20 mg	Complex	5 mg
Inositol	20 mg	L-Cysteine	10 mg
PABA (para-amino		Bromelain	25 mg
-benzoic acid)	5 mg	Red grape skin	
Biotin	40 mcg	extract	10 mg
Rutin	4 mg	Green tea leaf extract	
Citrus Bioflavonoid		(std. 20% polyphenols)	10 mg
Complex	4 mg	Celery leaf	50 mg
Hesperidin complex	5 mg	Broccoli	20 mg
Quercetin	5 mg	Garlic	50 mg
Iodine	50 mcg	Cranberry fruit	20 mg
Calcium	226.6 mg	Ginger root extract	
Magnesium	80 mg	(std. 5% gingerols)	5 mg

**Directions:** 3x1 tablet daily, after meal.





## Senior Formula

90 tablets

MULTIVITAMIN FOR ELDERLY PEOPLE

Senior Formula is a multivitamin complex specifically designed for those over the age of 50, also containing minerals, trace elements, antioxidants, bioflavonoids and vegetable extracts such as ginkgo biloba, grape seed and pine bark. In addition to supporting the immune system, our preparation also offers targeted assistance to maintain the level of resistance and preserve physical and mental freshness.

### Who do we recommend it to?

- Primarily people over the age of 50 to support the healthy functioning of the body and its normal physiological processes,
- to improve resistance in cooler weather conditions,
- in case of increased physical and mental strain,
- in the case of unbalanced nutrition (consumption of little vegetables and fruits; diet, vegetarianism),
- for active or passive smokers, residents of cities with polluted air,
- those who frequently consume alcohol,
- in order to assist recovery after diseases.



**Symptoms of general vitamin deficiency may include:** fatigability, tiredness, depression, ma-

laise, deteriorating physical and mental performance, more frequent illnesses due to lower resistance.

**Did you know** that in the elderly the absorption capacity and the 'vitamin producing' ability of the body is naturally decreasing? Therefore it is very important for elderly people to consume appropriate multivitamins preparations, which were developed for this age group to support their health.

### Senior Formula active ingredients/tablet:

Ginkgo biloba leaf	10 mg	Biotin	50 mcg
Superoxide dismutase	15 mcg	Citrus Bioflavonoid Complex	5 mg
Beta carotene	2950 I.U.	Hesperidin complex	1 mg
Vitamin E	10 I.U.	Iron	3 mg
Vitamin C	60 mg	Copper	300 mcg
Vitamin B <sub>1</sub>	1.2 mg	Zinc	5 mg
Vitamin B <sub>2</sub>	1.5 mg	Manganese	800 mcg
Niacin	10 mg	Chromium	50 mcg
Pantothenic acid	3 mg	Selenium	20 mcg
Vitamin B <sub>6</sub>	1.5 mg	Molybdenum	25 mcg
Folic acid	70 mcg	Iodine	20 mcg
Vitamin B <sub>12</sub>	1 mcg	L-glutathione	1 mg
Choline	5 mg	Grape seed extract	1 mg
Inositol	5 mg	Lutein	500 mcg
PABA	4 mg	Pine bark extract	1 mg

**Directions:** 3x1 tablet daily

**Warning!** The consumption of Ginkgo biloba is not recommended during pregnancy, nursing, or while taking anti-coagulant medications and before operations as it may increase the time needed for coagulation. Diabetes patients should consult their physician before using the product!





„To keep the body in good health is a duty, for otherwise we shall not be able to trim the lamp of wisdom, and keep our mind strong and clear. Water surrounds the lotus flower, but does not wet its petals.”

Buddha



Antioxidants



## Liquid C+ Bioflavonoids with Rose Hips

240 ml

### LIQUID VITAMIN C

Liquid C is a preparation containing vitamin C, bioflavonoids and rosehips, sweetened with organic agave nectar and free from artificial colouring agents or added sugar, created for all those who not only seek complex antioxidant protection but also prefer liquid dietary supplements.



#### Who do we recommend it to?

- As it is easy to swallow, for elderly people, pregnant women, children and those suffering from swallowing problems to satisfy their vitamin C demand,
- those susceptible to infections in order to strengthen their immune system,
- everybody in the cooler winter months,
- active or passive smokers, residents of cities with polluted air,
- those who regularly consume alcohol.

**Symptoms of vitamin C deficiency may include:** weakening of the immune system, susceptibility to infections, slower recovery after diseases, lengthened healing of wounds, slow blood clotting, gingival haemorrhage, pyorrhoea, muscle pain.

① **Did you know** that food can also be made richer in vitamins with Liquid C? For example, mix it into milkshakes, yoghurt or food that you won't heat any more so you can enrich and flavor it unnoticed.

#### Liquid C + Bioflavonoids with Rose Hips

##### active ingredients/2.5 ml:

Vitamin C	166.7 mg
Citrus Bioflavonoids	166.7 mg
Rose hips powder	166.7 mg
Rutin	5.5 mg
Hesperedin	5.5 mg
Acerola powder	2.8 mg

**Directions:** 2.5 ml (half of teaspoon) daily.

**Warning!** Shake well before use. Refrigerate after opening. Vitamin C is sensitive to light and heat, which must be considered when it is stored.

## Xantho PLUS

90 capsules

### ANTIOXIDANT WITH MANGOSTEEN

Xantho PLUS is a mangosteen-based, extra strong antioxidant preparation in the form of concentrated capsules. Also referred to as "the fruit of the gods", valuable mangosteen has been coupled with the patented blend of such strong antioxidants as green tea, grapefruit, grape seeds, pomegranate and blueberries, which are not only excellent at taking up the fight against the free radicals damaging the cells but they can also slow down the process of ageing and have a beneficial effect on our cardiovascular system.



#### Who do we recommend it to?

- Everybody who seek especially strong antioxidant protection and wishes to strengthen their immune system,
- patients recovering from illness to improve their general condition,
- those struggling with cardiovascular problems,
- active or passive smokers, residents of cities with polluted air,
- those who regularly consume alcohol,
- who live a stressful lifestyle.

① **Did you know** that mangosteen is one of the richest known sources of xanthone compounds, which have shown to have very promising results regarding their effect on the body against inflammations, pain, allergies, bacteria, viruses and fungi, according to early experiments?\*

#### Xantho PLUS active ingredients/capsule:

Xanthosteen extract (std. 10% alpha-mangostin, 20% polyphenols)	166.7 mg
Proprietary blend	200 mg
Green Tea Extract (std. 45% ECGC), Grape Seed Extract (std. 95% proanthocyanidins), Grapefruit Extract (40:1), Pomegranate Extract (std. 20% ellagic acid), Blueberry Fruit Powder, Bilberry Fruit Extract (4:1)	

**Directions:** 1 capsule daily.

\* Antibacterial activity of xanthenes from *Garcinia mangostana* (L.) and their structure-activity relationship studies - Dharmaratne HR et al, Nat Prod Res. 2012 Apr 11, Medicinal properties of mangosteen (*Garcinia mangostana*) - Pedraza-Chaverri J et al, Food Chem Toxicol. 2008 Oct;46(10):3227-39, In vitro and in vivo anti-colon cancer effects of *Garcinia mangostana* xanthenes extract - A. F. A. Aisha et al. BMC Complementary and Alternative Medicine 2012, 12:104 Alterations in Cell Cycle and Induction of Apoptotic Cell Death in Breast Cancer Cells Treated with α-Mangostin Extracted from Mangosteen Pericarp - H Kurose et al, Journal of Biomedicine and Biotechnology Volume 2012, Article ID 672428, 9 pages Inhibitions of histamine release and prostaglandin E2 synthesis by mangosteen, a Thai medicinal plant - Nakatani K et al, Biological and Pharmaceutical Bulletin. 2002 September;25(9):1137-41.

# Super CoQ10 Plus

120 capsules

Q10 COMPLEX

Super CoQ10 Plus properly ensures your daily CoQ10 demand, which we have made complete with the well-known cooperating antioxidant trio of beta-carotene, vitamin E and selenium. With these ingredients, you can enhance your physical condition, increase your energy levels, strengthen your heart and immune system, while contributing to the preservation of your youthfulness.



**Did you know**, that the human body is capable of producing its own CoQ10 but this production decreases from the age of 30 and there are a number of factors (e.g. smoking, certain medications) that can further inhibit its production?

#### Super CoQ10 Plus active ingredients/capsule:

Q10 Coenzym	20 mg
Beta carotene	1 000 I.U.
Vitamin E	10 I.U.
Selenium	10 mcg

**Directions:** 3x1 capsule daily.

**Warning!** Please also note when storing it that it is sensitive to heat and light. The quality of pure coenzyme-Q10 starts deteriorating above 35 °C. Pregnant and nursing mothers should seek medical advice before its application.

\*A pilot clinical trial of the effects of coenzyme Q10 on chronic tinnitus aurium – Khan M, Gross J, Haupt H, Jainz A, Niklowitz P, Scherer H, Schmidt FP, Klapp BF, Reissbauer A, Mazurek B, Otolaryngol Head Neck Surg. 2007 Jan;136(1):72-7.

#### Who do we recommend it to?

- Those over the age of 30,
- those performing hard physical or mental work and for athletes in order to increase energy levels,
- who live a stressful lifestyle,
- active or passive smokers,
- people having an incomplete diet,
- in the case of applying certain anti-cholesterol drugs, psychiatric medications, rate control medications and preparations to treat diabetes,
- people struggling with tinnitus\*,
- those who find it important to maintain the health of their heart,
- everybody who would like to keep up with youth with their lifestyle.



After the discovery of Q10 in 1957, its use in helping to treat cardiovascular diseases, as it is an active ingredient, was first acknowledged in Japan, where it is registered as a medicine. Its efficiency in several wide-spread diseases is supported by clinical research. For example **hypertension**, which, according to The World Health Organization (WHO) affects one-third of adults, and its medicinal treatment is not as easy as we may expect from modern medicine. Studies prove that blood pressure of patients treated with 100 mg Q10 is reduced by an average of 20 Hgmm. Similarly promising are the results in using it in the rehabilitation of patients who suffered **heart infarction**, as prompt intake of 120 mg Q10 enabled them to have a higher quality of life and a longer lifespan. Furthermore, it reduced the risk of future infarction. Q10 may be essential in treating **chronic heart failure** affecting many people. With a basic therapy completed with 100 mg of Q10 per day they achieved such an improvement in the patients' quality of life, which they otherwise could not. The patients' subjective well-being improved, and objectively measurable parameters signalled that the progression of the disease slowed down. **Protect the health of your heart with a balanced diet, exercise and intake of Q10 appropriate for your age and health condition.**

Q&As on hypertension – WHO, 2013. március, Randomized, double-blind placebo-controlled trial of coenzyme Q10 in patients with acute myocardial infarction - Singh RB, et al., Cardiovasc Drugs Ther. 1998 Sep;12(4):347-53., Effect of coenzyme Q10 on essential hypertension, a double-blind controlled study - Yamagami T. et al. Elsevier Science Publishers; 1986:337–343., Effect of coenzyme Q10 therapy in patients with congestive heart failure: A long-term multicenter randomized study - Morisco C M et al. Clin Investig 1993;71 (Suppl 8):S134-6.



# Sublingual CoQ10

30 sublingual tablets

FAST ABSORPTION Q10



Sublingual CoQ10 is an under the tongue tablet containing CoQ10, with a natural lemon flavour, which facilitates faster and milder absorption as the active ingredients avoid the digestive system and reach the cells by directly entering the blood circulation. With our energising preparation, we primarily offer assistance in such situations where you need to perform immediately and we have also considered those who cannot apply the traditional version due to their digestive problems.



## Who do we recommend it to?

- Those under hard mental or physical strain or living a stressful lifestyle, in order to increase their energy levels,
- those who are in a situation that requires immediate performance (e.g. before exams or trainings),
- those who have absorption or digestive problems,
- those suffering from gums problems,
- people struggling with tinnitus\*,
- people having an incomplete diet,
- in the case of applying certain anti-cholesterol drugs, psychiatric medications, rate control medications and preparations to treat diabetes,
- active or passive smokers,
- those who find it important to maintain the health of their heart,
- everyone over the age of 30.

① **Did you know** that by supporting the energy processes taking place in the mucous membrane of the mouth, CoQ10 may have a positive effect on the local inflammation of the gums?\*\*\*

## Sublingual CoQ10 active ingredient/tablet:

Coenzyme Q10 30 mg

**Directions:** 1 tablet daily, let the tablet dissolve under the tongue; do not swallow whole!

**Warning!** Please also note when storing it that it is sensitive to heat and light. The quality of pure coenzyme-Q10 starts deteriorating above 35 °C. Pregnant and nursing mothers should seek medical advice before its application.

\* A pilot clinical trial of the effects of coenzyme Q10 on chronic tinnitus aurium - Khan M, Gross J, Haupt H, Jainz A, Niklowitz P, Scherer H, Schmidt FP, Klapp BF, Reissbauer A, Mazurek B, Otolaryngol Head Neck Surg. 2007 Jan;136(1):72-7.

\*\* Study of CoQ10-Enzymes in Gingiva from Patients with Periodontal Disease and Evidence for a Deficiency of Coenzyme Q10 - Littaru et al, Proc. Nat. Acad. Sci. USA Vol. 71, No. 4, pp. 1456-1460, April 1974,



# Mega CoQ10 Plus

60 capsules

## MEGA DOSE Q10 WITH ANTIOXIDANT

We recommend Mega CoQ10 Plus, a high dose CoQ10 preparation, made complete with the antioxidant trio of beta carotene – vitamin E – selenium, for both prevention and treatment. Taking high dosages of CoQ10, you will not only feel bursting with energy but you can also contribute to normalising your blood pressure, maintaining the health of your heart, your eyes and your mental abilities, while you can also make significant improvement in preventing migraine attacks and enhancing your potency.\*

### Who do we recommend it to?

- Those performing hard physical or mental work and for athletes in order to increase energy levels,
- those struggling with cardiovascular illnesses and blood pressure problems and those who find it important to maintain the healthy and normal functioning of these organs,
- those struggling with migraine,
- people suffering from tinnitus\*\*,
- those suffering from gums problems\*\*\*
- men in order to improve their potency,
- in the case of taking certain anti-cholesterol drugs, psychiatric drugs, heart rhythm controlling drugs or preparations applied to treat diabetes,
- active or passive smokers,
- those who find it important to maintain the health of their eyes,
- those who would seek strong antioxidant protection.

① **Did you know** that taken daily 3x50 mg CoQ10 may reduce the number of migraine attacks by half and may considerably shorten their length?\*\*\*\*

### Mega CoQ10 Plus active ingredients/capsule:

CoQ10	50 mg
Beta carotene	1000 I.U.
Vitamin E	10 I.U.
Selenium	10 mcg

**Directions:** 1 capsule daily.



**Warning!** Please also note when storing it that it is sensitive to heat and light. The quality of pure coenzyme-Q10 starts deteriorating above 35 °C. Pregnant and nursing mothers should seek medical advice before its application.

\* Lewin A, Lavon H. The effect of coenzyme Q-10 on sperm motility and function. *Mol Aspects Med* 1997;18 S213-S219. Efficacy of coenzyme Q10 in migraine prophylaxis: A randomized controlled trial - P. S. Sándor, L. Di Clemente, G. Coppola, et al. *Neurology* 2005;64:713

\*\* A pilot clinical trial of the effects of coenzyme Q10 on chronic tinnitus aurium - Khan M, Gross J, Haupt H, Jainz A, Niklowitz P, Scherer H, Schmidt FP, Klapp BF, Reissbauer A, Mazurek B, *Otolaryngol Head Neck Surg.* 2007 Jan;136(1):72-7.

\*\*\* Study of periodontal disease and coenzyme Q - Iwamoto Y, Nakamura R, Folkers K, Morrison RF, *Res Commun Chem Pathol Pharmacol.* 1975 Jun;11(2):265-71.

\*\*\*\* Open label trial of coenzyme Q10 as a migraine preventive - Rozen TD, et al, *Cephalalgia.* 2002 Mar;22(2):137-41.



# Super Mega CoQ10

30 capsules

EXTRA HIGH DOSE Q10

Super Mega CoQ10 is an extra high dose CoQ10 preparation with added antioxidants, the administration of which we recommend for therapeutic purposes. In a higher dose, the numerous beneficial impacts of Q10 can be more pronounced and you can comfortably contribute to improving your quality of life by taking only one capsule.

## Who do we recommend it to?

- Those struggling with cardiovascular illnesses and blood pressure problems,
- who had a heart attack,
- those struggling with migraine,
- those suffering from gums problems,
- people suffering from tinnitus,
- men in order to improve fertility,
- those who would seek strong antioxidant protection.

**Did you know**, that several studies are currently underway in order to prove that Q10 may have further effects, such as reducing the side effects of medications (e.g. statins) resulting in pain, tiredness and weakness, enhancing the fertility of women, improving the condition of patients struggling with inflammations, manic depression, tumours, diabetes, Alzheimer's, Parkinson's, and Huntington's disease?

## Super Mega CoQ10 active ingredients/capsule:

Coenzyme Q10	120 mg
Beta-carotene	1000 I.U.
Vitamin E	10 I.U.
Selenium	10 mcg

**Directions:** 1 capsule daily.

**Warning!** Please also note when storing it that it is sensitive to heat and light. The quality of pure coenzyme-Q10 starts deteriorating above 35 °C. Pregnant and nursing mothers should seek medical advice before its application. Persons taking drugs such as blood pressure drugs, diuretics, anticoagulants should seek medical advice before taking arginine.

Source: Coenzyme Q10 in health and disease – Overvad K, Diamant B, Holm L et al, Eur J Clin Nutr. 1999;53:764-770; Coenzyme Q10 in essential hypertension - Digiesi V, Cantini F, Oradei A, Mol Aspects Med. 1994;15 Suppl:257-63; Efficacy of coenzyme Q10 in migraine prophylaxis: A randomized controlled trial - P. S. Sándor, L. Di Clemente, G. Coppola, et al. Neurology 2005;64:713; A pilot clinical trial of the effects of coenzyme Q10 on chronic tinnitus aurium - Khan M, et al, Otolaryngol Head Neck Surg. 2007 Jan;136(1):72-7. ; Effects of the Reduced Form of Coenzyme Q10 (Ubiquinol) on Semen Parameters in Men with Idiopathic Infertility: A Double-Blind, Placebo Controlled, Randomized Study - Safarinejad MR, et al, J Urol 2012;188:526-31 ; Mitochondrial dysfunction and oxidative damage in Alzheimer's and Parkinson's diseases and coenzyme Q10 as a potential treatment - Beal MF, J Bioenerg Biomembr. 2004 Aug;36(4):381-6; Combination Therapy with Coenzyme Q10 and Creatine Produces Additive Neuroprotective Effects in Models of Parkinson's and Huntington's Diseases - Lichuan Yang et al, J Neurochem. 2009 June; 109(5): 1427-1439. ; Benefit of CoQ-10 in Patients on Statins – PJ: Giuseppe Caso, MD, PhD; Stony Brook University; How Dose Coenzyme Q10 Supplementation During Infertility Treatment Effects Pregnancy Outcome (CoQ10) - Robert F Casper, Prof; University of Toronto; Sustained efficacy and safety of idebenone in the treatment of Alzheimer's disease: update on a 2-year double-blind multicentre study - Gutzmann H, Hadler D, J Neural Transm Suppl. 1998;54:301-10; clinicaltrials.gov - A service of the U.S. National Institutes of Health



**NEW!**





## Resveratrol PLUS



60 capsules

RESVERATROL WITH Q10

In our premium quality product, we combined valuable resveratrol from red wine with grape seeds, supporting blood vessels, and coenzyme Q10, energising cells, to ensure as complete protection of the cardiovascular system as possible. On the other hand, ingredients of the product also assist protection against the harmful effects of free radicals and they can slow down the process of ageing.

### Who do we recommend it to?

- People struggling with cardiovascular and blood pressure problems and those whose family history indicates that there is a chance of inheriting such illnesses; and everyone else in order to maintain their healthy body function,
- those performing hard physical or mental work in order to increase energy levels,
- who live a stressful lifestyle,
- active or passive smokers,
- those who would like to enjoy the beneficial effects of resveratrol without consuming alcohol,
- everybody who wishes to have a life that is not only long but also healthier and more energetic.

**Did you know** that French people, famous for their moderate wine consumption, are healthier and live longer compared to other nations that consume similarly high amounts of saturated fatty acids? It has

been revealed that the beneficial effect is not a result of alcohol itself but resveratrol found in red wine.\*

### Resveratrol PLUS active ingredients/capsule:

Resveratrol extract (50% trans-resveratrol)	100 mg
Grape seed extract	50 mg
Coenzyme Q10	20 mg

**Directions:** 1 capsule daily.

**Warning!** If you suffer from a chronic illness or take medications, consult your physician before using the product.

\*The French Paradox;  
Lessons for other countries - Ferrières,  
J. (2004). Heart 90 (1): 107-111

## Lutein PLUS

60 capsules

COMPLEX EYE PROTECTION

Lutein PLUS is a complex antioxidant preparation developed to protect the health of the eyes. While bilberry is mainly known for its results achieved in traditional medicine, lutein and zeaxanthin are the most important components of macula, the area of the eye responsible for



sharp sight. Behaving as a “filter”, they protect the health of the retina from the harmful effects of strong light and UV radiation; they can delay the ageing of the eyes and reduce the risk of age-related macular degeneration (AMD).

#### Who do we recommend it to?

- Those whose eyes are exposed to extra strain (use of computer, watching television, driving, use of air conditioner, bad and/or artificial lighting),
- everyone over the age of 40,
- in the case of age-related eye conditions (e.g. AMD),
- everybody who finds it important to preserve their sharp sight and the health of their eyes.

① **Did you know** that AMD is the third most frequent cause of blindness? According to the World Health Organisation (WHO), almost 400 million people suffered from some kind of sight problem in 2009.\*

#### Lutein PLUS active ingredients/capsule:

Lutein	6 mg
Zeaxanthin	0.5 mg
Vitamin A (retinol acetate)	0.20 mg
Vitamin C	50 mg
Bilberry Fruit extract (std. 25% anthocyanosides)	25 mg

**Directions:** 1 capsule daily.

\*<http://www.who.int/blindness/causes/priority/en/index8.html>;  
<http://journals.lww.com/optvissci/pages/articleviewer.aspx?year=2008&issue=02000&article=00006&type=abstract>



## Smokerade

90 tablets

### ANTIOXIDANT FOR THE HEALTHY LUNG

Smokerade is a preparation containing cayenne pepper, which we have made complete with vitamins and minerals, as well as the beneficial effects of pomegranate, green tea and Q10. It can help your body in its everyday battles against harmful environmental effects or the dangers of active and passive smoking.

#### Who do we recommend it to?

- Active and passive smokers and people whose body is burdened with daily environmental pollution, assisting the protection of their cells and especially their respiratory system,
- everybody in order to stimulate their metabolism and to assist detoxification and the removal of harmful substances,
- those who would like to support the normal operation of their cardiovascular system and stimulate healthy blood circulation,
- those who would like to slow down the ageing process of their cells.



① **Did you know** that smoking can lower the levels of several important and protective antioxidants and vitamins in the body? Besides, smoking also damages the cardiovascular system and the lungs, while in the blood it reduces the level of oxygen, which is necessary for the healthy functioning of cells.

#### Smokerade active ingredients/tablet:

Cayenne fruit	300 mg
Vitamin C	60 mg
Vitamin E	10 I.U.
Zinc	5 mg
Selenium	20 mcg
Coenzyme Q10	2.5 mg
Green tea extract (std. 20% polyphenols)	5 mg
Pomegranate Extract (std. 40% ellagic acid)	5 mg

**Directions:** 3x1 tablet daily.



# Mega qProtect

90 tablets

## MEGA DOSE ANTIOXIDANT

In the elderly years or in periods of great strain we often experience weakening concentration, blurred view or changes in circulation. Mega qProtect is a mega dose antioxidant preparation containing vitamins, trace elements, amino-acids and plant extracts, protecting our cells more effectively and in a more targeted manner. Ginkgo, green tea and CoQ10 energise, stimulate blood circulation and maintain normal brain and heart functions. The health of the eyes are protected by bilberry and beta-carotene among other things, while amino-acids strongly slow down the ageing process of the cells.

### Who do we recommend it to?

- In the case of more intense mental strain, during exam periods or for people under workplace stress, in order to improve concentration,
- for elderly people to maintain normal brain functions and memory,
- those struggling with cardiovascular problems,
- those whose eyes are subject to more strain,
- those who often experience cold limbs,
- people struggling with tinnitus,
- active or passive smokers,
- those who regularly consume alcohol,
- those who seek more effective antioxidant protection and wish to strengthen their immune system.

① **Did you know** that several circumstances that we consider normal today, such as stress or insufficient nourishment, chronic diseases or medicines increase the body's demand for antioxidants?

### Mega qProtect active ingredients/2 tablets:

Beta carotene	16667 I.U.
Retinol	4995 I.U.
Lycopene complex	5 mg
Vitamin C	200 mg
Vitamin E	100 mg
Selenium	50 mcg
Zinc	8 mg
Manganese	2 mg
Coenzyme Q10	10 mg
L-Cysteine	100 mg
L-glutathione	20 mg
Alpha-lipoic acid	100 mcg
Ginkgo biloba extract (std. 24% flavonglycosides)	20 mg
Green tea extract (std. 20% polyphenols)	15 mg
Bilberry extract (std. 25% anthocyanins)	5 mg

**Directions:** 2-4 tablets daily, after meal.



**Warning!** If the product is administered for a long period and in large doses, possible side effects include skin rash, anxiety, insomnia, diarrhoea or vomiting. The consumption of Ginkgo biloba is not recommended during pregnancy, nursing, or while taking anti-coagulant medications and before operations as it may increase the time needed for coagulation. Diabetes patients should consult their physician before using the product.





# qProtect

90 tablets

ANTIOXIDANT  
WITH GINGKO



qProtect is a ginkgo biloba based preparation for the everyday protection of our cells. Ginkgo aids proper blood circulation, supports normal brain functions, helps concentration and the maintenance of memory. We supplemented all this with four important antioxidants, vitamin C, beta-carotene, vitamin E and selenium, which can be especially beneficial if applied together, thus ensuring the appropriate supply of oxygen and nutrients for the cells.

### Who do we recommend it to?

- Those who wish to have daily antioxidant protection,
- who live a stressful lifestyle,
- who would like to preserve their physical and mental freshness,
- for elderly people to maintain normal brain functions and memory,
- those struggling with cardiovascular problems,
- those who often experience cold limbs,
- people struggling with tinnitus,
- those whose diet is insufficient,
- active or passive smokers, residents of cities with polluted air,
- those who regularly consume alcohol.

### qProtect active ingredients/tablet:

Beta carotene	3 000 I.U.
Vitamin C	60 mg
Vitamin E	10 I.U.
Selenium	20 mcg
Ginkgo biloba leaf	50 mg

**Directions:** 1-3 tablets daily.

**Warning!** If the product is administrated for a long period and in large doses, possible side effects include skin rash, anxiety, insomnia, diarrhoea or vomiting. The consumption of Ginkgo biloba is not recommended during pregnancy, nursing, or while taking anti-coagulant medications and before operations as it may increase the time needed for coagulation. Diabetes patients should consult their physician before using the product.



**Did you know** that free radicals do not only occur due to external circumstances but your body also produces them day by day? Antioxidants help protection against the harmful effects of free radicals, while they also slow down the visible signs of ageing?

The popularity of qProtect, our leading antioxidant product is not by chance, as its basic ingredient, Ginkgo biloba, which came into being 200 million years ago, is a unique plant in itself, that has survived every catastrophe of ancient history. It is mainly due to its stable genetic substance, which resists every disease, weather conditions, and air pollution. What is more, the plant is reported to have blossomed even after a nuclear attack and continued to pass on life. The science of our days acknowledges the wide spectrum of health benefits of Ginkgo. Common problems that Ginkgo can help us deal with are: va-soconstriction, hearing and seeing problems resulting from blood supply disorders, numbness, and cool limbs. In addition, age-related circulatory disorders, forgetfulness and vertigo are becoming increasingly frequent. The excellence of ginkgo biloba lies in the fact that it contains substances that enhances blood supply and by doing so it stabilises the blood vessels. In our product, in addition to ginkgo, we have included other active ingredients to assist in the everyday antioxidant protection of our cells, such as vitamin E, which is responsible for our youthful feeling and appearance, and selenium, an important element of the system protecting against excessive cell proliferation. **It is advisable to engage in daily activities that help preserve our physical fitness and mental freshness, fight fatigue, stress and diseases effectively.**



Minerals



# MagneZi B6

90 tablets

MAGNESIUM + VITAMIN B<sub>6</sub>

MagneZi B6 contains the well-known and perfectly cooperating team of magnesium, vitamin B<sub>6</sub> and zinc, which we have developed for you in an easily processable form in order to provide complex and targeted support for the muscles and the nervous system.

## Who do we recommend it to?

- Athletes and those under intense physical strain,
- in the case of intense loss of liquids (e.g. perspiration),
- in the case of significant mental pressure, during times of examinations or workplace stress,
- those leading an intensive lifestyle,
- in the case of an unbalanced diet (low amount of vegetables or fruits, slimming diet, vegetarianism),
- pregnant and breastfeeding mothers,
- those who regularly consume alcohol,
- everyone who wishes to gain extra energy on tiring days.



**Symptoms of magnesium deficiency may include:** muscle cramps, eyelid twitch, tiredness, insomnia, irritability, concentration problems, cardiologic problems.

**Did you know** that according to researchers our body, ideally, contains 25 grams of magnesium and half of it is stored in the bones? In the case of magnesium deficiency our body uses the stores in bones to ensure adequate magnesium level of our blood.

## MagneZi B6 active ingredients/tablet:

Magnesium	100 mg
Zinc	5 mg
Vitamin B <sub>6</sub>	5 mg

**Directions:** 1 tablet daily.

**Warning!** Application of the product is not recommended in the case of kidney disorder.



# Pro Selenium

60 tablets

## SELENIUM SUPPLEMENT

With its strong antioxidant effect, selenium promotes the protection of cells and tissues from the damaging effects of free radicals, while it also contributes to the protection of the immune system and the normal function of the thyroid gland. It also plays a role in maintaining the health of the skin and the nails.

### Who do we recommend it to?

- Anybody who desires strong antioxidant protection,
- smokers,
- people suffering from hypothyroidism,
- men in order to improve fertility,
- supplementing the treatment of high cholesterol levels,
- those following strict vegan or low protein diets, as their nutrition lacks food products of animal origin, regarded as good quality sources of selenium,
- supplementing the therapy of inflammatory processes in the body, especially the therapy of arthritis.



**Symptoms of selenium deficiency may include:** a weakened immune system, decreased efficiency of the thyroid gland, muscle weakness and tiredness.

**Did you know** that studies have shown a connection between the risk of age-related cognitive decline, Alzheimer diseases and selenium deficiency?\*

### Pro Selenium active ingredient/tablet:

Selenium 50 mcg

**Directions:** 1 tablet daily.

\* Cognitive decline is associated with systemic oxidative stress: the EVA study. Etude du Vieillissement Artériel - Berr C, Balansard B, Arnaud J, Roussel AM, Alperovitch A, J Am Geriatr Soc. 2000 Oct;48(10):1285-91.

# Strong Bones

100, 250 capsules

## CALCIUM, MAGNESIUM SUPPLEMENT

Our body is unable to produce calcium and magnesium but these minerals are essential to preserve the healthy structure of bones and teeth and to ensure normal muscle functions. Strong Bones capsules contain these two microelements in the most appropriate ratio of 2:1, thus contributing to your health.



### Who do we recommend it to?

- Those who do not drink milk or consume dairy products,
- those who smoke or frequently consume coffee,
- those who lead a lifestyle poor in movement,
- young people who strive to achieve the highest possible bone density,
- middle-aged people in order to retain their bone mass,
- elderly people in order to slow down the deterioration of bones.

### Symptoms of calcium deficiency may include:

muscle cramps, muscle pain, brittle nails, weak and decaying teeth, frequent bone fractures, metabolic problems. In serious cases, slow and gradual decline in calcium levels may lead to osteoporosis.

**Did you know** that your slimming diet may be more effective with higher calcium intake?\*

### Strong Bones active ingredients/capsule:

Calcium 300 mg  
Magnesium 150 mg

**Directions:** 4-6 capsules daily.

**Warning!** Seek your physician's advice in the case of prolonged, high amount of calcium intake.

\*Effects of Calcium and Dairy on Body Composition and Weight Loss in African-American Adults - Michael B. Zemel, Joanna Richards, Anita Milstead and Peter Campbell - Obesity Research (2005) 13, 1218-1225; doi: 10.1038/by.2005.144

# Strong Bones PLUS

100 capsules

CALCIUM, MAGNESIUM + VITAMIN D<sub>3</sub>

Strong Bones PLUS is a preparation supporting the maintenance of the healthy bone system, normal muscle functions and the nervous system, containing calcium and magnesium that we complemented with vitamin D<sub>3</sub> in order to ensure the better absorption of calcium. If you would like to achieve and maintain the appropriate bone mass or prevent and slow down osteoporosis then Strong Bones PLUS can come in useful.

## Who do we recommend it to?

- Those who do not drink milk or consume dairy products,
- those who smoke or frequently consume coffee or carbonated beverages containing phosphor,
- those who lead a lifestyle poor in movement in order to prevent the depletion of calcium from their body,
- in order to satisfy increased calcium demand in the case of intense physical activity,
- young people who strive to achieve the highest possible bone density,
- middle-aged people in order to retain their bone mass,
- elderly people in order to slow down the deterioration of bones.

**Symptoms of calcium deficiency may include:** muscle cramps, muscle pain, brittle nails, weak and decaying teeth, frequent bone fractures, metabolic problems. In serious cases, slow and gradual decline in calcium levels may lead to osteoporosis.

**Did you know** that our body is unable to produce calcium so we can only obtain this substance, essential for the functioning of the body, from food or dietary supplements?

## Strong Bones PLUS active ingredients/2 capsules:

Calcium	500 mg
Magnesium	250 mg
Vitamin D <sub>3</sub>	200 I.U.

**Directions:** 2 capsules daily.

**Warning!** Seek your physician's advice in the case of prolonged, high amount of calcium intake.



There is big, worldwide attention given to the prevention and treatment of osteoporosis. Based on the study, which was published by the International Osteoporosis Foundation and the European Federation of Pharmaceutical Industry Association in 2010, in Europe's five largest countries an estimated 2.5 million new fragility fractures occurred. It is equivalent to 280 fractures per hour. Another regrettable fact, which was also highlighted is that eighty deaths per day are attributable to fragility fractures.\*

The health of bones, and the attainment of adequate bones mass should already be ensured in childhood and adolescence. This is the period when our body does the most bone building. Proper nutrition and exercise contribute to reaching optimal bone mass in adulthood. In young adulthood (around 18-20 years of age) our bone mass reaches its peak and although during the thirties our body still accumulate stocks in our bones and old cells are replaced, body mass no longer increases.

It is well known, that the risk of osteoporosis is greater for women, but in the elderly both genders are less able to absorb calcium and they lose the same amount of bone mass. That's why it's worth paying attention to prevention, proper diagnosis and possible treatments also for men.

\* Osteoporosis: burden, health care provision and opportunities in the European Union – International Osteoporosis Foundation

# Mega Zinc

100 tablets

ORGANIC ZINC

Zinc is a trace element that participates in almost all metabolic processes and it is present in every cell of our body. It contributes to the healthy functioning of the immune system, the health of the hair, skin and the nails, maintaining the normal level of testosterone, the male sex hormone and normal mental functions, while it also inhibits harmful oxidative processes due to its antioxidant effect.

## Who do we recommend it to?

- Those living in settlements with polluted air, due to its antioxidant effect,
- those who do not consume food products with high zinc contents, such as meat or whole-meal grains frequently and in appropriate amounts,
- sportspeople and those performing hard physical work,
- anyone during stressful life situations.

**Symptoms of zinc deficiency may include:** skin, hair, nail and sight problems, lengthened healing of wounds in mild cases. If the deficiency is serious, it can lead to dwarfism and atrophy of the testicles.\*\*



**Did you know** several studies have reported on the benefits of zinc supplementation in the case of diabetes? Besides its many other useful effects, zinc takes part in the metabolism of carbohydrates. It can help reduce fasting blood sugar levels, blood sugar levels after meals, total cholesterol levels and triglyceride levels.\*

## Mega Zinc ingredient/ tablet:

Zinc 50 mg

**Directions:** 1 tablet daily.

**Warning!** In the case of kidney problems, ask your doctor's preliminary opinion as zinc is emptied from the body with urine. The consumption of Mega Zinc is only recommended in the form of temporary treatments.

\*Effects of zinc supplementation on diabetes mellitus: a systematic review and meta-analysis - R Jayawardena, P Ranasinghe, P Galappatthy, R.L.D.K. Malkanthi, GR Constantine, P Katulanda – Diabetology & Metabolic Syndrome 2012, 4:13

\*\* A nyomelemek nyomában – Takács S, Medicina Könyvkiadó Rt., 2005 Bp.  
Új Tápanyagtáblázat – Szerk. Rodler I, Medicina Könyvkiadó Zrt., 2006 Bp.  
Élelmezés és táplálkozáségszésztan – Szerk. Rodler I, Medicina Könyvkiadó Zrt., 2008 Bp.

# Power Mins

100 tablets

MINERAL COMPLEX

There is no process in our body that could take place without the presence of some minerals. Power Mins contains the 10 most essential minerals that are needed for the daily functioning of all our cells.

## Who do we recommend it to?

- Athletes and people performing physical work, due to intense perspiration,
- those needing the supplementation of a minimum two kinds of minerals,
- people taking vitamins in order to optimise the beneficial effects of vitamins,
- those wishing to restore the condition of their body after an illness.



**Did you know** that the 2.5 litres of water we lose each day also reduce our supplies of minerals? Therefore, it is important to replace minerals in addition to water.



#### Power Mins active ingredients/2 tablets:

Calcium	500 mg
Magnesium	300 mg
Zinc	15 mg
Manganese	8 mg
Iron	8 mg
Copper	1 mg
Molybdenum	250 mcg
Iodine	100 mcg
Chromium	100 mcg
Selenium	40 mcg

**Directions:** 2-4 tablets daily.

## Iron Plus

100 tablets

IRON WITH VITAMIN C

Iron contributes to healthy blood formation and, as a component of haemoglobin, it plays an important role in the absorption of oxygen and its transportation to cells. Iron Plus is an excellent quality, complex preparation containing organic iron and vitamin C to increase its absorption and utilisation up to four times, as well as citrus bioflavonoid complex.

#### Who do we recommend it to?

- Women during their fertile years in order to supplement iron lost due to menses,
- expectant mothers as pregnancy involves increased iron demand,
- patients of iron-deficiency anemia in order to complement their treatment,
- children and adolescents may need iron supplementation because of fast growth,
- athletes to cater for their increased need for nutrients, vitamins and minerals,
- those following a strict vegan diet.

**The lack of iron** makes several aspects of our life difficult: possible symptoms include paleness, lethargy, depression, fatigability, head-ache, dizziness, hair loss, deformation of the mucous membranes in the mouth and the throat, malfunctions of the immune system and thyroid gland problems.



**Did you know** that, according to a World Health Organisation (WHO) report, 48.8 per cent of the population of the examined countries suffer from anaemia?\* In most cases, the reason for this is iron deficiency, although this can be diagnosed with a simple blood test and it is easy to supplement.

#### Iron Plus active ingredients/tablet:

Iron	14 mg
Vitamin C	30 mg
Citrus Bioflavonoid Complex	10 mg

**Directions:** 1 tablet daily.

**Warning!** Pregnant and breast-feeding women should request their doctor's advice before applying the product. Permanent high intake of iron may strengthen peroxidation processes, thus increasing the antioxidant demand of our body. In the case of applying complex multivitamin preparations, iron supplementation is only recommended in the case of iron deficiency.

\* [http://whqlibdoc.who.int/publications/2008/9789241596657\\_eng.pdf](http://whqlibdoc.who.int/publications/2008/9789241596657_eng.pdf)





Gifts of the Earth,  
Water and Sun



## Organic Acai

473 ml

BIO ACAI JUICE

Acai is an exotic fruit originating from the Amazonian rain forests, which is outstandingly rich in antioxidants, while it also contains vitamins B<sub>1</sub>, B<sub>2</sub>, C and E, niacin, iron, potassium, phosphor, calcium and various amino-acids. It has high fibre content but it contains relatively little sugar. Aboriginals used the fruit to treat various problems such as: skin conditions, menstrual pain, digestive problems but also for diabetes, heart diseases and different types of cancer. Our product of organic certification originates from controlled organic farms.

### Who do we recommend it to?

- Everybody who wishes to have exceptionally strong antioxidant protection and an immune system booster,
- fatigable people and patients recovering from illnesses, in order to improve physical condition,
- those struggling with cardiovascular problems,
- active or passive smokers, residents of cities with polluted air,
- those who frequently consume alcohol,
- who live a stressful lifestyle,
- all those who prefer liquid dietary supplements.



### Organic Acai active ingredient:

Organic Acai Fruit Solids

**Directions:** 2 tablespoons daily.

**Did you know,** that acai loses the majority of its nutrient value 24 hours after it is harvested so it is processed immediately and is ingested in the form of puree or juice?

**Warning!** To be kept refrigerated after opening. Not recommended for pregnant and nursing mothers. Kidney patients should seek their physician's advice before consumption, due to the high potassium content of the product. Not recommended for patients taking immune suppressants.



# ZenThonic

946 ml

## LIQUID ANTIOXIDANT WITH MANGOSTEEN

ZenThonic is a mangosteen-based superfruit concentrate of extra strong antioxidant content in liquid format. Its valuable fibres, bioflavonoids, vitamins and minerals help the body's protective processes against free radicals, which damage the cells, and they can slow down the process of aging, have a beneficent effect on the cardiovascular system, provide special support for the immune system and improve physical condition.

### Who do we recommend it to?

- Everybody who wishes to have exceptionally strong antioxidant protection and an immune system booster,
- fatigable people and patients recovering from illnesses, in order to improve physical condition,
- those struggling with cardiovascular problems,
- active or passive smokers, residents of cities with polluted air,
- those who frequently consume alcohol,
- who live a stressful lifestyle,
- all those who prefer liquid dietary supplements.



**Did you know**, that according to legend, mangosteen, originating from the Malay archipelago, was presented to people by Buddha so that it would help their lives with its beneficial effects? Early experiments have shown really promising results about the effects the xanthonins in the fruit have on the body, acting against inflammations, pain, allergies, bacteria, viruses and fungi.\*

### ZenThonic active ingredients:

Mangosteen Fruit Juice (Garcinia Mangostana)  
Red Grape Fruit Juice  
Strawberry Fruit Juice  
Cranberry Fruit Juice  
Raspberry Fruit Juice  
Cherry Fruit Juice  
Apple Fruit Juice  
Pear Fruit Juice  
Pear Fruit Puree  
Blueberry Fruit Juice

**Directions:** 2x1-3 tablespoons daily.

\*Antibacterial activity of xanthonins from *Garcinia mangostana* (L.) and their structure-activity relationship studies - Dharmaratne HR et al, Nat Prod Res. 2012 Apr 11, Medicinal properties of mangosteen (*Garcinia mangostana*) - Pedraza-Chaverri J, Food Chem Toxicol. 2008 Oct;46(10):3227-39, In vitro and in vivo anti-colon cancer effects of *Garcinia mangostana* xanthonins extract - Abdalrahim F A Aisha et al, BMC Complementary and Alternative Medicine 2012, 12:104

# OxyMax<sup>®</sup>

60 ml

## OXYGEN DROPS

Without proper oxygen supply, our body would not operate optimally. OxyMax<sup>®</sup> drops contain stabilised oxy-



gen molecules, which get into the blood circulation during digestion. This form, which is easy to utilise by the body, can contribute to decreasing the harmful effects of civilisation or increase our physical performance. In cities with polluted air, where the oxygen content of the air is lower, or in case of higher oxygen demand, such as during sports or physical work, OxyMax<sup>®</sup> can be helpful.

### Who and for what do we recommend it?

- Residents of cities with polluted air, people who are doing sports,
- in order to promote and increase the oxygen supply of the body,
- in order to improve metabolism,
- in order to increase sports performance,
- in order to improve the energy supply and the physiological processes,
- in order to help the absorption of vitamins, minerals, amino-acids and herbs.

**Did you know**, that normally we inhale 5-8 litres of air a minute, which can rise up to 50-60 litres while doing sports?

### OxyMax active ingredient:

Stabilized molecules of oxygen in sodium chloride compound consisting of oxides of chloride, sodium carbonate and distilled water

**Directions:** AS DIETARY SUPPLEMENT: Mix 20 drops of OxyMax<sup>®</sup> 3 times a day in 2,5 dl of fluid or drink.

**Warning!** Take special care to avoid the product getting into the eyes or on mucous membranes. Do not use it undiluted. Always follow the diluting instructions precisely.

## Ocean 21

946 ml

### ALKALIZING ALGA AND ALOE VERA

Ocean 21 is an Aloe vera based alga complex, containing more than 200 valuable active ingredients, such as Pau D'Arco, lingonberry, beetroot and carrot extract; the preparation supports the detoxification and regeneration of the body and also increases its resistance at the same time. What is more, all this is presented in a tasty, liquid form.



#### Who do we recommend it to?

- Those who perform a detoxifying cure and would like to help alkalisation, supplementing the treatment,
- those who struggle with digestive problems, in order to help normal intestine functions,
- people on a slimming diet, in order to support normal metabolism processes,
- people suffering from problems of the thyroid gland, in order to adjust normal functioning of the organ,
- those who have lustreless, broken nails and hair and whose skin is inflexible,
- those who have vitamin and mineral deficiency and would like to regain and maintain their vitality as soon as possible,
- everybody in order to support their immune system and help regeneration,
- those on a Candida diet, as a supplement to the treatment.

① **Did you know**, that antrachinons, which are essential helpers of detoxification and found in noni, can also be found in Aloe vera?

#### Ocean 21 active ingredients/30 ml:

Proprietary Blend	7 500.33 mg
Aloe Vera (inner leaf) juice	2 000.00 mg
Proprietary Blend of Whole	
Sea Vegetable Extracts of:	3 100.00 mg
Alaria marginata, Ascophyllum nodosum, Chondrus crispus, Fucus vesiculosus, Laminaria digitata, Porphyra yezoensis, Palmaria palmate, Ulva lactuca Pau D'Arco (ten times concentrated) extract	1 100.00 mg
Cranberry Juice concentrate	600.00 mg
Red beet extract	350.00 mg
Carrot extract	350.00 mg
Trace Mineral complex	0.33 mg

**Directions:** 2 tablespoons 1-2 times daily.

## Low Deuterium Oxy Crystal®

50 ml

### LOW DEUTERIUM WATER

Low Deuterium Oxy Crystal® is a magnetically structured, stabilised concentrate with depleted deuterium content, enriched in oxygen. The magnetically structured water may mean effective assistance in the battle against pathogens. Stabilised oxygen helps the oxygen supply of the cells, while the low deuterium content of the water can slow down the process of cell multiplication; on the other hand, faulty cell multiplication becomes less likely at the same time.



#### Who and for what do we recommend it?

- Those who live in an environment where the air is polluted and often smoggy and low in oxygen,
- those who seek effective immune protection,
- athletes in order to improve performance,
- everybody for a pleasant mood and to increase concentration.

① **Did you know**, that official Russian publications specialised in space research recommend the application of low deuterium water during long space travel?

#### A Low Deuterium Oxy Crystal® active ingredients:

Purified low deuterium content water and high oxygen content water with stabilized oxygen

**Directions:** mix 10 drops in 8 oz of water 3 times a day and drink.





## Polinesien NONI Caps

90 capsules

### NONI SUPPLEMENT

In addition to Polinesien Noni juice, you can also benefit from the beneficial effects of noni in the form of capsules. Each capsule contains 400 mg of valuable active ingredients. The special components of noni fruit provide assistance to preserve or restore health; whether it is detoxification or a period when your immune system needs more support.

#### Who do we recommend it to?

- In order to improve the resistance of the body,
- in order to support the balanced operation of the body,
- to increase and maintain the general energy level,
- to supplement detoxifying processes.

① **Did you know**, that Polinesien healers used noni to treat arthritis, menstrual cramps, infections and other inflammations?

#### Polinesien NONI Caps

##### active ingredient/capsule:

Noni (*Morinda citrifolia*) 400 mg

**Directions:** 1 capsule daily on an empty stomach.



# Polinesians Noni, Organic Noni

946 ml

NONI JUICE, BIO NONI JUICE

Morinda citrifolia (called noni in Polinesians language) is an exotic, special fruit that contains several substances of vital importance. Polinesians Noni and Organic Noni are complex preparations designed to support your health, rich in vitamins, amino acids and minerals. They promote healthy cell functions and normal cell multiplication; in addition, they reduce inflammatory processes occurring in the body.

They contribute to the detoxifying function of the liver and they also have antibacterial, antiviral and antifungal effects.

Coming from controlled ecological farms, the fruits of Organic Noni are flavoured with raspberries from organic farming. While Polinesians Noni comes from unspoiled nature, Organic noni is sourced from farms with organic qualification.

### Who do we recommend it?

- In order to improve the resistance of the body,
- to support the balanced operation of the body,
- to increase and maintain general energy levels,
- to supplement detoxifying processes.



① **Did you know**, that organic qualification can only be obtained after meeting extremely strict regulations and that organic production does not only increase the quality of the product but also significantly protects the soil?

### Polinesians active ingredient:

Noni fruit solids (Morinda citrifolia)

**Directions:** 2 tablespoons daily.

### Organic Noni active ingredient:

Organic certified noni fruit solids (Morinda citrifolia)

**Directions:** 2 tablespoons daily.



We have recently experienced the positive effects of Organic Noni. While most of the children were ill in the kindergarten, our daughter remained healthy. Now I feel fit and balanced. My husband complains less after stressful days.

„Noni is our favourite“ without any age limit“ immune booster. Between the ages of 4 and 64 every family member sips with pleasure the pleasantly tasting liquid product. We start consuming it already in August to help and support our body and prepare our immune system with this excellently tasting, “sunshine enriched“ formula for the season “poor in sunshine.“ There is never enough of Noni!“ I have six decades of life behind me. Over the years, my „batteries“ were becoming weaker and weaker. After I started using Noni I felt the fantastic effects of it within just one month.. My immunity was great, so I did not have any viruses, colds, nor infections. I was sleeping better, I no longer had pain in my joints, and my psychological condition was much better.

My „batteries“ are now full! Noni has exceeded all my expectations.“



**Noni is recommended not only by traditional healers for hundreds of years, but it also may help today's people to stay healthy. Follow hundreds of thousands of satisfied Noni consumers and experience the positive effects of the Queen of Fruits.**

# Herbs Based Formulas



# Triple-Potency Lecithin, Super Soya Lecithin

100 softgels

## SOY LECITHIN

Soy lecithin helps maintain healthy blood fat levels and circulation, while it also protects the liver and supports its functioning. Lecithin has an outstanding importance in supporting mental freshness, concentration and learning processes or the struggle against mental decline; but it is also considered a lipotropic (a substance that breaks down fats). For a treble effect, choose Triple-Potency Lecithin!

### Who and for what do we recommend it?

- To support reducing cholesterol levels,
- those suffering from arthritic problems,
- elderly people to preserve their mental freshness,
- athletes and people performing hard physical work, in order to support circulation and the joints.



① **Did you know**, that lecithins can be found in the cell membranes of all our cells?

### Super Soya Lecithin active ingredient/softgel:

Soy lecithin 1200 mg

**Directions:** 1-2 softgels daily.

### Triple-Potency Lecithin active ingredients/softgel:

Soybean Phosphatide complex 1200 mg

Phosphatidyl choline 420 mg

**Directions:** 1-2 softgels daily.

## Ginkgo XC

100 tablets

### GINKGO BILOBA SUPPLEMENT

Ginkgo XC is a preparation containing a large quantity of Ginkgo biloba leaf extract, which effectively supports blood circulation, the oxygen and nourishment supply of cells and healthy brain functions, while it also protects cells from the free radicals as a strong anti-oxidant.

### Who do we recommend it to?

- Elderly people to support maintaining the desired level of brain functions,
- in the case of increased strain,
- those who often experience that their limbs feel cold or warm up with difficulty,
- those who seek strong antioxidant protection.



① **Did you know**, that Ginkgo was already used in China for medical purposes as early as in 2600 BC? It was used to treat asthma and bronchitis.

### Ginkgo XC active ingredient/tablet:

Ginkgo biloba leaf extract  
(std. 24% flavonglycosides, 6 % terpenes) 90 mg

**Directions:** 1 tablet daily.

**Warning!** The preparation is not recommended for children. The administration of Ginkgo biloba should be avoided during pregnancy and nursing. In the case of diabetes or coagulation problems, seek your physician's advice before applying Ginkgo biloba.



## Green Care

240 tablets

### ALKALISING FORMULA

Featured as the base material of Green Care, alfalfa is excellent for detoxifying and alkalising, thanks to its high chlorophyll content. It is a real storehouse of nutrients: it contains several vitamins (C, D, E, K, B), beta-carotene, minerals (calcium, iron, potassium, phosphor) and essential amino-acids, which all support the healthy physiologic processes of the body.

#### Who and for what do we recommend it?

- In the case of high cholesterol levels,
- to strengthen the immune system,
- for detoxification and alkalisation,
- to supplement treatments against arthritic and rheumatoid pains,
- for elderly people to increase physical performance and vital force, as well as to help better sleep,
- in the case of frequent constipation.



① **Did you know**, that frequent nose bleeding may indicate vitamin K deficiency?\* Alfalfa is one of the healthy sources of vitamin K.

#### Green Care active ingredients/tablet:

Alfalfa Leaf	500 mg
Magnesium	25 mg

**Directions:** 4-8 tablets daily.

**Warning!** After continuous administration for up to 3 months break for 1 month! People who take anti-coagulants, should consult their doctor before starting on any product that contains vitamin K!

\*<http://www.vitalitas.hu/?ctype=3&todo=bet&id=5&showbet=665>

## Evening Primrose Oil

100 softgels

### EVENING PRIMROSE OIL

The unsaturated fatty acid components of evening primrose oil are known for several positive effects. They contribute to maintaining the health of the cuticle and connective tissues, thus supporting the beauty and tightness of the skin. They also positively influence the total and LDL cholesterol blood levels and triglyceride levels, thus supporting healthy blood circulation.



#### Who and for what do we recommend it?

- Those who would like to retain the youthfulness of their hair and skin,
- as a supplement to a cholesterol reduction therapy,
- to reduce the unpleasant symptoms preceding menstruation,
- to supplement a weight reduction diet.

① **Did you know**, that according to research evening primrose oil can be an effective supplementation to the therapy of rheumatoid arthritis, partly due to the unsaturated fatty acids it contains?\*

#### Evening Primrose Oil active ingredients/softgel:

Evening Primrose oil	500 mg
that contains cis linoleic acid	365 mg
Gamma-linolenic acid	45 mg

**Directions:** 1 softgel daily, with meal.

**Warning!** Unsaturated fatty acids are especially sensitive to the damaging effects of free radicals so if you consume larger amounts of evening primrose oil, it is recommended to supplement it with antioxidants. Epilepsy patients should not apply the product.

\* Effects of altering dietary essential fatty acids on requirements for non-steroidal anti-inflammatory drugs in patients with rheumatoid arthritis: a double blind placebo controlled study - J J F BELCH, D ANSELL, R MADHOK, A O'DOWD, AND R D STURROCK Annals of the Rheumatic Diseases, 1988; 47, 96-104





# Garlic Caps

100 softgels

## GARLIC SUPPLEMENT

The antibacterial and antifungal effects of garlic and the protective effect it has on the cardiovascular system can be attributed to the valuable sulphur components, also responsible for its characteristic smell. This plant contains more than 200 types of biologically active substances, including vitamins, amino-acids and enzymes.

### Who and for what do we recommend it?

- In order to reduce the risk of developing atherosclerosis and help normalizing blood pressure,
- to support the cholesterol reduction therapy,
- for those who would like to control their blood fat levels in a natural way,
- due to its antibiotic effect, it can successfully be applied in the case of flu or coughing.

**Did you know**, that in Germany the garlic capsule is an accepted over-the-counter preparation to reduce cholesterol levels?

### Garlic caps active ingredients/softgel:

Oil of Garlic Bulb Extract (500:1)	350 mg
Oil of Parsley Leaf Extract (70:1)	2500 mcg

**Directions:** 2-4 softgels daily.



**Warning!** Preparations containing garlic must always be administered with a lot of water or fruit juice. If you have blood coagulation problems or if you are waiting for a planned operation, you should by all means seek your physician's advice before applying garlic preparations. People allergic to garlic and/or those who are sensitive to any active ingredient of the Liliaceae family, should try to avoid using the product. Nursing mothers should take it into consideration that some components of garlic can be secreted in mother's milk.



According to the World Health Organisation (WHO), one third of all deaths or approximately 17 million cases can be attributed to cardiovascular diseases each year. High blood pressure is responsible for 9.4 million of these deaths. 45 per cent of heart diseases and 51 per cent of stroke attacks can be attributed to high blood pressure.\* Archaeological researchers found a recipe from ancient China that describes garlic treatment. Research activities in our modern age repeatedly prove that garlic can effectively decrease high blood pressure. During a study, for example, forty participants suffering from high blood pressure were examined. Consuming 2x188mg of garlic a day managed to reduce blood pressure by 3.5 per cent by the fourth week and by 5.3 per cent by the eighth week.\*\* During another study, patients taking high blood pressure medications were examined, where the administration of 480mg garlic per day had the result that the participants' systolic value decreased by 11.8 Hgmm by the 12th week compared to those who only took the medicine.\*\*\*

Many people like garlic as a seasoning, used in dishes. However, the frequent consumption of large quantities is uncomfortable due to the strong and intensive smell of garlic. You can easily avoid this if you consume a high quality dietary supplement that has all the positive features of garlic without the unpleasant smells.



\*A global brief on Hypertension, Silent killer, global public health crisis, World Health Organization, 2013

\*\*Effect of a traditional Japanese garlic preparation on blood pressure in prehypertensive and mildly hypertensive adults - Nakasone Y. et al, Exp Ther Med. 2013 Feb;5(2):399-405.

\*\*\*Aged garlic extract reduces blood pressure in hypertensives: a dose-response trial - Ried K. et al, Eur J Clin Nutr. 2013 Jan;67(1):64-70.

# Liquid Chlorophyll

473 ml

## LIQUID ALKALIZING FORMULA

Chlorophyll, which lends plants their green color, is an extremely effective alkalising agent, with which you can preserve or restore the acid-alkaline balance of your body. In addition, it is also an excellent detoxifying material and it also has a slight diuretic effect so it is an essential part of purification treatments.

### Who and for what do we recommend it?

- In order to restore the pH balance of the acidized body,
- for detoxifying treatments,
- in order to help digestion,
- as an internal deodorant in case of unpleasant mouth odour,
- in order to help wound healing,
- in order to reduce the side effects of radiotherapy and cytostatic treatment.



**Did you know**, that according to certain theories cellulite consists of the toxic substances accumulated between the fat tissues, which bind water? So the first and essential step of treating cellulite is detoxification.\*

### Liquid Chlorophyll active ingredients/5 ml:

Chlorophyllin 15 mg

**Directions:** 1 teaspoon daily.

**Warning!** The use of chlorophyll has not been tested on pregnant and nursing mothers so it should only be administered during pregnancy and nursing under medical supervision. If applied through the mouth, chlorophyll may colour the faeces and urine green, and it can also change the colour of the tongue.

\*Kohán József Dr: A bőr és különböző celluliterápiák. Nutrition&Health, 2008. szeptember

# Oregano Oil

30 ml

## OREGANO OIL



The active ingredients of oregano oil include flavonoids, known for their excellent antioxidant effects, and several useful volatile oils. One of these, carvacrol, has a strong antimicrobial effect and so it can destroy or prevent the reproduction of bacteria and fungi.

### Who and for what do we recommend it?

- Inhalation, in the case of the common cold or slight upper respiratory symptoms,
- gargling, in case of oral infections,
- internally, in case of digestive problems,
- as an antioxidant, in order to neutralise the harmful free radicals produced as the side product of cell metabolism,
- externally, in order to treat spots, insect bites and bruises and prevent fungal infections.

**Did you know**, that oregano was well-known as a cough suppressant in ancient Egypt and ancient Greeks used it to treat their injuries? In the Middle Ages oregano was used to protect food from fermentation and rot.

### Oregano Oil active ingredient/ daily dosage:

Oil of Oregano Leaf Extract 39 mg  
(std. 3.5% Carvacrol)

**Directions: internal suggested use:** as a dietary supplement take 4 drops (approx. 0.17 ml) 3 times a day in a small amount of water.

**External suggested use:** apply liberally up to 3 times a day.

**Warning!** Not recommended for pregnant and nursing mothers! Take extra care not to get the product in the eyes or on the mucous membranes.



# Rhodiolin

120 capsules

## ANTI-STRESS PREPARATION

The main component of the capsule, *Rhodiola rosea*, is an adaptogenic plant. The active ingredients of the plant have positive effects on the central nervous system, which is why concentration, physical and mental performance may grow. It can be useful when studying, doing sports and handling stress; it reduces mental tiredness and it can contribute to a better general condition. Made complete with zinc, Rhodiolin improves the body's resistance to illnesses, while it also reduces stress and the symptoms caused by the tense lifestyle.

### Who do we recommend it to?

- Those who are exposed to increased stress during their everyday life,
- in the case of physical and/or mental strain,
- in order to maintain the general energy level and concentration,
- in order to improve the resistance of the body,
- in order to treat slight cases of insomnia (to help falling asleep and waking up).



**Did you know**, that adaptogenic plants will only be used in our body in the amount they are needed? No more and no less. Thanks to this excellent characteristic, these plants, unlike medicines, do not cause addiction, they do not have known side effects, they gently cooperate with your body and their effects remain strong even if you take them for a long time so you cannot get addicted to them.

### Rhodiolin active ingredients/capsule:

Rhodiola concentrate	
(5:1, equivalent to 500 mg powder)	100 mg
Zinc	5 mg

**Directions:** 1-3 capsules daily.



The capsule Rhodiolin was introduced into the global network of Calivita® more than a decade ago and its success has been unbroken ever since. Based on feedback some use it to reduce or control everyday tension or in unexpected emerging stressful situations, while others use it to maintain their general levels of energy and concentration. If taken before bedtime, it may help one to sleep through the night by balancing the level of stress accumulated during the day. In addition, it may be a natural supplementary component of curing depression.

The herb *Rhodiola Rosea* has been the subject of continuous study in several countries around the world. The animal experiments of the Italian Camerino University have confirmed that the administration of an individual dose of the herb extract reduces acute stress.\* According to studies performed by the Lithuanian Kaunas University of Medicine, it may be effective in treating conditions accompanied by general weakness and may increase the general resistance of cells against harmful external effects. It may beneficially affect the cardiovascular system, in problems like arrhythmia or stress. According to some data *Rhodiola rosea* formulas may halt the growth of malignant tumors as well as the formation of metastasis in the liver.

**So it makes sense to resort to nature's help if you feel your nervous system and body needs mild and balanced support.**

\* Effects of *Rhodiola rosea* L. extract on behavioural and physiological alterations induced by chronic mild stress in female rats - Mattioli L. et al, *J Psychopharmacol.* 2009 Mar;23(2):130-42.

\*\* Experimental analysis of therapeutic properties of *Rhodiola rosea* L. and its possible application in medicine - Kucinskaite A et al, *Medicina (Kaunas).* 2004;40(7):614-9.

# ParaProteX

100 tablets

ANTIPARASITIC AND  
ANTIFUNGAL FORMULA



ParaProteX is a broad spectrum preparation of unique composition, which naturally supports the protective processes of the body against bacteria, fungi and viruses; it provides effective help in the case of intestinal infections; it maintains the healthy intestine flora; and it also strengthens the immune system through the intestinal mucosa. Its active ingredients include such well-known components as grapefruit seed oil, garlic, walnut or clove, as well as such herbs, successfully applied in folk medicine for centuries, as Rangoon Creeper Fruit, Myrrh Gum, barberry and Pau d'Arco.

## Who do we recommend it to?

- Those who would like to support their body in its struggle against bacteria, viruses, fungi or intestine infections,
- those who would like to strengthen their immune system by maintaining their healthy intestine flora,
- those struggling with digestive problems in order to facilitate normal intestine functions,
- those who perform a detoxification diet,
- those applying a Candida diet, in order to supplement the diet.



**Did you know**, that Pau d'Arco has no inhibitive effect on benign bacteria, while it inhibits the multiplication of potentially harmful bacteria found in the intestines (E.coli, Clostridium perfringens)?\*

## ParaProteX active ingredients/tablet:

Rangoon Creeper Fruit	150 mg
Wormseed Powder	100 mg
Barberry extract (std. 6% alkaloids)	50 mg
Myrrh Gum	50 mg
Clove oil	50 mg
Pau D'Arco extract (4:1)	50 mg
Black Walnut powder	37.5 mg
Walnut oil	37.5 mg
Grapefruit Seed Extract	25 mg
Garlic powder	12.5 mg

**Directions:** 3x1-2 tablets daily with meal.

**Warning!** Application of the preparation does not substitute the medical examination and your consultation with your physician! In case you observe any sign of the presence of intestinal worms or parasites in your body, immediately see your physician.

\* The chemical composition and biological activity of clove essential oil, *Eugenia caryophyllata* (*Syzygium aromaticum* L. Myrtaceae): a short review - Chaiab K. et al, *Phytother Res.* 2007 Jun;21(6):501-6. Selective growth-inhibiting effects of compounds identified in *Tabebuia impetiginosa* inner bark on human intestinal

It is a fallacy to believe that we are exposed to an attack of bacteria, fungi, viruses only when we visit underdeveloped countries. Did you know that here at homeland we may encounter millions of parasites every day? Nevertheless, there is no reason to despair. Below are some reports of our members' experiences to give us hope:

„For years I have been using different drugs prescribed by doctors in order to treat my health conditions: gastrointestinal problems, viral and fungal infections. Unfortunately, nothing helped. But in the end I found out about ParaProteX, which I used for 3 months and my health problems were gone. In my case, ParaProteX acted like a strong detoxifier.”

Liliana Pascu, Romania

„I was diagnosed with: Giardia, duodenal ulcer, and an enlarged liver. I was suffering from nausea, vomiting, weakness, dizziness, and headaches. I could not stand it any longer, so I tried ParaProteX, which I took for 3 months. After this cure, I felt alive again. I strongly recommend you this product if you want to enjoy a happy life.”

Vinte Lenuta, Romania



The key to the success of ParaProteX through long and careful research, is it combines the unique composition of herbs, which consumers have until now, only met separately. We are proud that, not only in traditional medicine but for several decades now, our active ingredients have proved themselves among our members.

# Panax Ginseng

100 tablets

## GINSENG SUPPLEMENT

Also known as “man root”, ginseng is one of the longest applied and most popular natural performance enhancer. It supports the improvement of physical and mental performance and concentration but it can also be recommended to relieve nervousness or anxiety.

### Who do we recommend it to?

- In times of great strain, in order to reduce tiredness and exhaustion,
- in the case of intense mental stress or during exam periods in order to increase concentration,
- in order to improve stress resistance ability.

**Did you know**, that ginseng is considered an aphrodisiac in the Far East?

### Panax Ginseng active ingredient/tablet:

Korean panax ginseng 500 mg

**Directions:** 1-2 tablets daily.

**Warning!** Not recommended for people suffering from high blood pressure or other cardiovascular diseases. Recommended as cure, for not more than 6 weeks.



# Pure Yucca

100 capsules

## DETOXIFYING YUCCA

Saponins, the natural, steroid-like active ingredients of Yucca, have diuretic, antiinflammatory, antispasmodic and antioxidant effects. The extract made from them contains several enzymes, chlorophyll, antioxidants and other active ingredients. Pure Yucca can help the detoxification of the digestive system by accelerating the metabolism and thus speeding up the secretion of harmful substances.

### Who do we recommend it to?

- Those who would like to support the detoxifying processes of their body,
- those who are taking a cleansing-intestine purifying cure,
- in order to restore the balance of the intestine flora, especially after antibiotic treatment,
- as a supplement to a cholesterol reduction therapy.

**Did you know**, that Indians called Yucca the “Tree of life”?



### Pure Yucca active ingredient/capsule:

Yucca powder 500 mg

**Directions:** 2-3 capsules three times daily and drink plenty of liquids.

**Warning!** During a cleansing diet, it is especially important to ensure substantial fluid intake so you should administer the tablets with 1-2 large glasses of water. It is recommended to consume 2-3 litres of fluids a day so that the toxic substances can leave the body more easily. At the beginning of the yucca treatment, you may experience abundant urination, diarrhoea and decreased potassium levels. This is the consequence of the metabolism accelerating, detoxifying effect. This can be avoided with the correct dosing, appropriate nutrition and, possibly, a vegetarian diet designed by a dietician. Children under the age of 10 should only consume the product in the case of medical recommendation.



# White Willow

100 capsules

WILLOW BARK WITH  
SALICYLIC ACID CONTENT

The main active ingredient of willow bark, salicyl or salicylic acid has its effect as acetylsalicylic acid after it is transformed in the liver and it is also known as the main active ingredient of Aspirin®. Salicylic acid has a widely known alleviative and antipyretic effect and it also prevents the formation of blood clots. The appropriate application of white willow bark can eliminate the negative effects that certain preparations with salicylic acid content have on the digestive system.

## Who and for what do we recommend it?

- Those who expect the effectiveness of medications without their side effects,
- in order to supplement the treatment of arthritis,
- in order to support the prevention of thrombosis as the active ingredient of white willow bark, salicylic acid, decreases the risk of developing blood clots.



**i Did you know**, that the extract of white willow bark was used for centuries to treat certain types of feverish and inflammatory conditions and to relieve pain? Chemically modifying its active ingredient, scientists identified acetylsalicylic acid, which became the first “hit” medication.\*

## White Willow active ingredient/capsule:

White Willow Bark 400 mg

**Directions:** 2-3 capsules six times daily, maximum 18 capsules daily.

**Warning!** Always keep to the exact recommended dosages. The product should not be administered to children and adolescents or to people who are not recommended to take preparations of salicylic acid. Its application should be avoided during pregnancy and nursing.

\* Early drug discovery and the rise of pharmaceutical chemistry - Jones AW, Drug Test Anal. 2011 Jun;3(6):337-44





„The wish for healing has always been half of health.”

Lucius Annaeus Seneca





# Fruits of the Sea





# Omega 3 concentrate

100 softgels

## OMEGA 3 CONCENTRATE

A preparation containing omega-3 fatty acids (EPA-DHA), gained from valuable fish oil by way of molecular distillation. Its active ingredients contribute to maintaining normal blood fat levels and blood pressure, reduce inflammations, assist the normal functioning of the nervous system and the brain and they support eyesight.

### Who do we recommend it to?

- People struggling with cardiovascular and blood pressure problems and those who find it important to maintain the health and normal functioning of these organs,
- pregnant women and young children, in order to help children's normal development,
- those who would like to support their body in its battle against inflammatory illnesses (e.g. arthritic inflammations),
- those performing low fat or slimming diets,
- everybody who would like to preserve the health of their eyes and nervous system.

**Did you know**, that cardiovascular illnesses constitute a leading cause of death worldwide, which means that they lead to the death of more people than any other disease? This is not the case with Greenlandic and Alaskan Eskimos, whose diet contains seafood rich in omega-3 fatty acids. In their populations, the number of such illnesses is lower.\*

### Omega 3 concentrate active ingredients/softgel:

Highly concentrated fish oil	600 mg
contains	
EPA (eicosapentaenoic acid)	180 mg
DHA (docosahexaenoic acid)	120 mg

**Directions:** 1-3 softgels daily.

**Warning!** Unsaturated fatty acids are very sensitive to the harmful effects of free radicals so if you consume larger amounts of omega-3 fatty acids, it is also recommended to take antioxidants at the same time.

\*Cardiovascular diseases (CVDs) - Fact sheet N°317 Updated March 2013, WHO, Associations of obesity with triglycerides and C-reactive protein are attenuated in adults with high red blood cell eicosapentaenoic and docosahexaenoic acids - Z. Makhoul et al., European Journal of Clinical Nutrition (2011) 65, 808-817



In the past decade studies have focused on the effects omega-3 asserts on the nervous system. Omega-3 fatty acids consumed during pregnancy help in the development of the nervous system of babies, resulting in better linguistic and social abilities, and improving the mental skills of children. The development of the brain continues in childhood too. Studies prove that the effects of omega-3 intake improves children's **attention, concentration ability and memory**, as well as their apprehensive faculty. When examining the connection between diet and behavior, they found children with **behavior problems**, sleep disorders and **temper tantrums** had lower omega-3 levels as compared to their peers consuming more omega-3 fatty acids. In addition, they also proved that children suffering from attention deficit hyperactivity disorder had lower omega-3 levels than necessary. **Make school easier for your child by giving them the small gel capsule of Omega 3 Concentrate within the daily recommended dosage.**



## Shark Aid

90 tablets

### SHARK CARTILAGE

Shark Aid is a dietary supplement containing shark cartilage, which effectively supports the healthy functioning of the joints. Shark cartilage is rich in such substances that are also among the components of human cartilages, such as chondroitin sulphate, which is known for its anti-inflammatory effect among other things.



#### Who do we recommend it to?

- Athletes and hard physical work, in order to relieve the harmful effects of the extreme strain on their cartilages,
- elderly people in order to support the healthy functioning of cartilages and appropriate chondrification,
- in order to supplement treatment in the case of rheumatic arthritis.



**Did you know**, that sharks have no bones in their body, only cartilages?

#### Shark Aid active ingredient/tablet:

Shark Cartilage 750 mg

**Directions:** 2 tablets before meals 3 times daily.

**Warning!** Due to its inhibitive effect on the formation of new blood vessels, shark cartilage cannot be used during pregnancy and nursing and before or after operations and surgical interventions. Do not consume the product if you are allergic to fish or molluscs! If you suffer from cardiovascular illnesses, consult your physician before applying the product.



## Spirulina Max

60 tablets

### ALKALIZING ALGA PREPARATION

Thanks to its alkalizing effect, spirulina alga found in freshwater can be the appropriate supplement to a detoxifying, alkalising diet. Spirulina can be beneficial not only for the acidified body but as an outstanding protein source it also contains all the essential amino acids. Besides, its fiber content is also significant and it is rich in iron, zinc and vitamin B.

#### Who do we recommend it?

- As a supplement to alkalising diets,
- in the case of consuming excessive amounts of acidifying food products (e.g. meat, animal fat, non cold pressed oil, refined flour or sugar),
- in order to replace essential amino-acids.

**Did you know**, that studies have established the positive role of spirulina in antiinflammatory processes and the regulation of blood fat levels so it can also contribute to the effective support of the cardiovascular system?\*

#### Spirulina Max active ingredient/tablet:

Spirulina alga 500 mg

**Directions:** 2-4 tablets daily.



**Warning!** Patients suffering from hyperthyroidism should seek their physician's advice before applying the alga tablets.

\* Hypolipidemic, Antioxidant and Antiinflammatory Activities of Microalgae Spirulina - Ruitang Deng et al, Cardiovasc Ther. 2010 August ; 28(4): e33–e45

## Spirulina Chlorella PLUS

100 tablets

### COMPLEX ALKALIZING PREPARATION

In our preparation called Spirulina Chlorella PLUS, we enriched the combination of spirulina and chlorella algae with alfalfa and wheat-grass. Chlorophyll found in plants can beneficially impact the acidic-alkaline balance of the body so it ensures detoxification and alkalising in a gentle fashion. The tablet also contains such a patented mixture that contains the useful substances of rarely consumed vegetables and fruits in a condensed form. The product also offers effective protection against free radicals, thanks to the extracts of lycopene and lutein.



#### Who do we recommend it?

- As a supplement to alkalising diets,
- in the case of consuming excessive amounts of acidifying food products (e.g. meat, animal fat, non cold pressed oil, refined flour or sugar),
- in order to replace essential amino-acids.

**Did you know**, that a study performed on smoking men has also proven the antioxidant effect of chlorella? In addition, it also increased levels of vitamins C and E in the blood and decreased DNS impairment.\*

#### Spirulina Chlorella PLUS active ingredients/tablet:

Spirulina alga powder	250 mg
Chlorella alga powder	250 mg
Wheat grass powder	100 mg
Alfalfa leaf powder	100 mg
Proprietary blend	140 mg
Celery Seed Powder, Kelp Powder, Cabbage Powder, Spinach Powder, Dandelion Root Powder, Parsley Powder, Lutein Extract, Lycopene Extract, Brussel Sprouts Leaf Powder, Black Radish Root Powder, Aloe Vera Powder, Broccoli Powder	

**Directions:** 1 tablet daily.

**Warning!** Patients suffering from hyperthyroidism should seek their physician's advice before applying the alga tablets.

\* Six-week supplementation with Chlorella has favorable impact on antioxidant status in Korean male smokers - Lee SH, Kang HJ, Lee HJ, Kang MH, Park YK, Nutrition. 2010 Feb;26(2):175-83. doi: 10.1016/j.nut.2009.03.010. Epub 2009 Aug 5.





# Body Mass Control



# XShape

90 capsules

## WEIGHT REDUCTION FORMULA

A slimmer, fitter and more muscular body is not only a matter of attractiveness. You can also prevent health problems if you reach and maintain your ideal body weight. This is where our XShape capsules can help you. While the 7 amino-acids in the capsule jointly protect the muscle tissues, L-carnitine is for instance known for its fat burning effect. Chromium reduces the sensation of hunger; vitamin C is needed for the production of collagen; protein contributes to the metabolism and vitamins B<sub>6</sub> and B<sub>12</sub> play a role in maintaining a healthy metabolism and energy supply.

### Who and for what do we recommend it?

- Those who seek natural help to keep their weight reduction diet, in addition to the active and healthy lifestyle and nutrition,
- in order to stimulate the metabolism,
- for a change in lifestyle and to ease the change.



**Did you know,** that obesity and the diseases that develop as its consequence cause the death of more people worldwide than famine or malnutrition? \*

### XShape active ingredients/capsule:

Vitamin C	33.3 mg
Niacin	6.6 mg
Vitamin B <sub>6</sub>	1.0 mg
Vitamin B <sub>12</sub>	1.0 mcg
Chromium	46.6 mcg
L-Arginine	136.6 mg
L-Lysine	133.2 mg
L-Glutamine	106.6 mg
L-Ornithine	77.0 mg
L-Phenylalanine	66.6 mg
L-Carnitine	50.0 mg
L-Tyrosine	46.6 mg

**Directions:** 1 capsule daily.

**Warning!** The product is no substitute for an appropriate weight reduction diet, physical activity and any necessary change in lifestyle. Not recommended for children, pregnant and nursing mothers.

\* Obesity and overweight - Fact sheet N°311, Updated March 2013, WHO



## TrimeX WMS

473 ml

### WEIGHT REDUCTION LIQUID FORMULA

TrimeX is a liquid preparation to complement your weight reduction, which offers an amino-acid complex, a patented antioxidant mix and chromium to help you reach or maintain your ideal weight. The amino-acids protect your muscles from the loss of mass, contributing to their development. The strong antioxidants in the patented mix support the body, while HCA extracted from *Garcinia cambogia* prevents consumed nutrients from being transformed into fat. You will also make it with an active lifestyle, a proper diet and TrimeX.



#### Who and for what do we recommend it?

- Those who seek natural help to be able to keep to their weight reduction diet, in addition to an active and healthy lifestyle and nutrition,
- in order to stimulate metabolism,
- for a change in lifestyle and ease the change.

**Did you know**, that being overweight can negatively affect the heart, blood vessels, joints, hormones, sexual activity, fertility and it can even impact your mood?

#### TrimeX WMS active ingredients/15 ml:

Manganese	2.5 mg
Chromium	120.0 mcg
Protein Blend	
(amino acid from hydro collagen)	3000.0 mg
Protein Blend	3000.0 mg
(from hydrolyzed collagen) Typical Profile: L-alanine, L-arginine, L-aspartic acid, L-cysteine, L-glutamic acid, L-glycine, L-histidine, L-hydroxylysine, L-hydroxyproline, L-isoleucine, L-leucine, L-lysine, L-methionine, L-phenylalanine, L-proline, L-serine, L-threonine, L-tryptophan, L-tyrosine, L-valine	
Proprietary Blend	500.0 mg
Grapefruit seed extract, Aloe vera phytoigel, Evening primrose extract, BioCitrin-KTM [(-)-hydroxycitrate extract of <i>Garcinia cambogia</i> ], Green tea leaf extract (90% total polyphenols, 65% catechins)	

**Directions:** 1 teaspoon daily, mixed in a glass of water (2.5 dl), before going to bed, 3 hours after the last meal.

**Warning!** The product is no substitute for an appropriate weight reduction diet, physical activity and any necessary change in lifestyle. Keep it away from children. Do not exceed the recommended daily intake. If you suffer from Phenilketonuria (PKU), contact your physician for advice.

## Chromium Max 500

100 capsules

### APPETITE-REGULATING

Chromium is an essential microelement, which means that the human body is not able to produce it so we can only obtain it from external sources. It participates in the normal metabolism of carbohydrates, proteins and fats and it also contributes to the maintenance of normal blood sugar levels. With the latter effect, it may help prevent the development of "craving" for sweets, triggered by the sudden fluctuation of blood sugar levels, thus improving the effectiveness of weight reducing diets. Not all forms of chromium get absorbed properly. The absorption and utilisation of its organically bonded compounds, such as chromium-picolinate, is excellent.

#### Who and for what do we recommend it?

- Those whose continuous sensation of hunger, in particular for carbohydrates, makes efforts to reduce body weight difficult,
- as a supplement of therapies applied to reach normal blood sugar levels.

**Symptoms of chromium deficiency may include:** frequent and insatiable sensation of hunger, and low energy levels despite frequent meals.



❗ **Did you know**, that corticosteroids, applied as anti-inflammatory agents, increase the draining of chromium? If you supplement chromium, you can not only prevent deficiency but it can also be a useful help against diabetes.\*

**Chromium Max 500 ingredient/capsule:**

Chromium 60 mcg

**Directions:** 1 capsule daily.

**Warning!** Not recommended for pregnant and nursing mothers. The product is no substitute for an appropriate weight reduction diet, physical activity and any necessary change in lifestyle.

\*A-Z Guide to Drug-Herb-Vitamin Interactions

## Slim Formula

90 tablets

WEIGHT LOSS FORMULA



Slim Formula is a complex preparation to support weight loss, which helps to increase metabolism and control energy intake. Green tea of antioxidant content and ginger can gently stimulate metabolism and thinking, while they also reduce tiredness, which often accompanies a diet. L-carnitine can

help to increase fat burning during physical activity, while the fibres of the nopal cactus offer the sensation of fullness.

**Who do we recommend it?**

- To complement a weight reduction diet,
- for a lifestyle change, in order to ease the change.

❗ **Did you know**, that HCA extracted from garcinia inhibits the transformation of consumed carbohydrates into fats?



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**Slim Formula active ingredients/tablet:**

Green tea (std. 95% polyphenols)	50.0 mg
Nopal Cactus	100.0 mg
L-Carnitine	40.0 mg
Fennel seed	40.0 mg
Turmeric	25.0 mg
Ginger	50.0 mg
Chromium	50.0 mcg
Lecithin	25.0 mg
Garcinia Cambogia (std. 50% HCA)	100.0 mg

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**Directions:** 3x1 capsule daily.

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**Warning!** Not recommended for pregnant and nursing mothers those sensitive to caffeine and people suffering from cardiovascular diseases!. The product is no substitute for an appropriate weight reduction diet, physical activity and any necessary change in lifestyle.

## Citrimax & Chromium

90 tablets

WEIGHT LOSS FORMULA



Reducing one's appetite may be great help for those on a slimming diet. Citrimax&Chromium contains two such active agents that have exactly this goal: hydroxycitric acid (HCA) extracted from Garcinia cambogia inhibits the transformation of the consumed food into fats, while it also contributes to controlling the sensation of hunger

and organic chromium helps to decrease the sensation of hunger and the craving for sweets.

**Who and for what do we recommend it?**

- To complement a body weight reducing diet and reduce appetite,
- to assist lifestyle change and ease such changes.

**ⓘ Did you know,** that obesity increases the risk of certain diseases? It forms a hotbed for metabolic illnesses (diabetes, abnormal blood fat levels), cardiovascular diseases, degenerative deformations of the bones and the joints and cancerous diseases?

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**Citrimax & Chromium active ingredients/tablet:**

Citrimax (Garcinia cambogia)	250 mg
Chromium	30 mcg

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**Directions:** 1-3 tablets daily.

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**Warning!** Not recommended for pregnant and nursing mothers. The product is no substitute for an appropriate weight reduction diet, physical activity and any necessary change in lifestyle.







„Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.“

John F. Kennedy



Only for Women,  
only for Men



## Pro-State Power

60 tablets

### PROSTATE PROTECTION



Benign enlargement of the prostate may cause unpleasant symptoms (frequent urination during the night and, later, during daytime) for elderly men but they can be treated effectively with natural preparations. The extract of saw palmetto and annual nettle can reduce the symptoms caused by prostate enlargement and inflammation. Nettle is well-known for its diuretic and cleansing effects. Zinc and selenium are not just excellent antioxidants but they can also contribute to the proper functioning of male genital organs.

#### Who do we recommend it to?

- Men struggling with prostate problems, in order to reduce symptoms,
- men over 40 in order to support the prevention of prostate problems.

**Did you know,** that prostate enlargement affects half of men between the age of 51 and 60, while this figure is over 90 per cent in case of men over 80?\*

**Warning!** The product is exclusively recommended for men. It is not recommended for children or women, especially during pregnancy and nursing. If you take oestrogen preparations or anti-epilepsy medication, seek your physician's opinion before you use the product.

#### Pro-State Power active ingredients/tablet:

Saw palmetto berry extract (std. 45% EFA & sterols)	300 mg
Stinging Nettle Leaf Extract	150 mg
Flax seed oil	150 mg
Pygeum Africanum Bark Ext. (std. 2.5% sterols)	60 mg
Bioperine	1 mg
Zinc	15 mg
Selenium	80 mcg
Lycopene	2.5 mg

**Directions:** 2 tablets daily.

\* Prostate health: more than just prostate cancer, Linthicum, MD, September 15, 2008, American Urological Association

## New Life

120 tablets

### MULTIVITAMIN FOR PREGNANT AND NURSING WOMEN

For pregnant women, young mothers and even while preparing for pregnancy, it is very important to satisfy the increased demand for vitamins and minerals. This is where New Life comes useful. Iron, vitamin C, vitamins B, calcium and magnesium are essential for the embryo's blood formation, the healthy development of the immune, bone and nervous systems, in addition to supporting the mother's organism. Besides,



folic acid participates in developing the mother's tissues, maintaining normal psychic conditions during pregnancy and it is also vital for the development of the embryo's nervous system.

#### Who do we recommend it to?

- Those who are planning to become pregnant,
- pregnant and breastfeeding women.

**Did you know,** that appropriate folic acid intake decreases the risk of neural tube disorders in embryos?

**Symptoms of folic acid deficiency may include:** fatigability, anaemia, weakened immune system, blood formation and psychological problems.

#### New Life active ingredients/tablet:

Beta carotene	2.5 mg	PABA	1 mg
Vitamin E	7.5 mg	Choline	10 mg
Vitamin C	60 mg	Inositol	10 mg
Vitamin B <sub>1</sub>	0.8 mg	Calcium	325 mg
Vitamin B <sub>2</sub>	1 mg	Magnesium	112.5 mg
Vitamin D <sub>3</sub>	400.0 IU	Zinc	8 mg
Niacin	9 mg	Manganese	1 mg
Vitamin B <sub>6</sub>	1 mg	Iron	4 mg
Pantothenic acid	4 mg	Copper	1 mg
Vitamin B <sub>12</sub>	1 mcg	Iodine	75 mcg
Biotin	60 mcg	Chromium	25 mcg
Folic acid	400 mcg		

**Directions:** 2 tablets during breakfast and 2 tablets during dinner daily.

## Menopausal Formula

135 capsules

### MENOPASUAL FORMULA

During and after menopause, women's body and metabolism change. The risk of certain preventable illnesses increase (such as osteoporosis, cardiovascular diseases). In Menopausal Formula, we offer a blend of such active ingredients that can naturally decrease the unpleasant symptoms of menopause (irritability, heat waves, weight gain) and decrease the higher risks originating from the changes.



#### Who do we recommend it to?

- Those who have entered their age of change and menopause causes unpleasant symptoms for them,
- those who would like to prevent higher risk illnesses associated to menopause.

Ⓛ Did you know, that hormone supplementation is not recommended for everyone and its application requires regular medical supervision?

#### Menopausal Formula active ingredients/capsule:

Vitamin A	150 mcg	Zinc	3 mg
Beta carotene	4.5 mg	Copper	200 mcg
Vitamin D <sub>3</sub>	2 mcg	Iron	1 mg
Vitamin C	100 mg	Manganese	500 mcg
Vitamin E	40 mg	Iodine	15 mcg
Vitamin B <sub>1</sub>	2.5 mg	Selenium	10.5 mcg
Vitamin B <sub>2</sub>	2.5 mg	Chromium	20 mcg
Niacinamide	7.5 mg	Molybdenum	15 mcg
Folic acid	40 mcg	Boron	300 mcg
Pantothenic acid	5 mg	Field Horsetail	650 mcg
Vitamin B <sub>6</sub>	2.5 mg	Dong Quai	7.5 mg
Vitamin B <sub>12</sub>	5 mcg	Siberian Ginseng	10 mg
Biotin	30 mcg	Licorice root	10 mg
PABA	2.5 mg	Black cohosh root	10 mg
Choline	2.5 mg	Blessed Thistle	10 mg
Inositol	2.5 mg	Chasteberry	10 mg
Calcium	100 mg	Bioflavonoid	
Magnesium	50 mg	complex	1 mg

**Directions:** 3x3 capsules daily.

## Vital Man

60 tablets

### PERFORMANCE ENHANCER FOR MEN

VitalMan is a complex herbal preparation developed especially for men. Stressful weekdays and changes in sexual performance can be a prob-



lem. Guarana and Siberian ginseng, for instance, can assist in the preservation of mental and physical freshness, while the latter also increases resistance to stress. The caffeine content of guarana and the diuretic effect of nettle contribute to the health of the urinary tract. Lirisoma and maca roots are known for their aphrodisiac and potency increasing effects in folk medicine.

#### Who do we recommend it to?

- Men who would like to preserve or increase their vitality,
- in order to maintain their general physical condition,
- in order to preserve the healthy sexual performance.

Ⓛ Did you know, that lirisoma root is also mentioned as natural Viagra or the Viagra of the Amazon?

#### Vital Man active ingredients/tablet:

Siberian ginseng root	100.0 mg
Muira Puama root	100.0 mg
Catuaba Berries	25.0 mg
Damiana Leaf	50.0 mg
Sarsaparilla Root	50.0 mg
Maca Root	50.0 mg
Nettle root	50.0 mg
Guarana extract (std. 22% caffeine)	100.0 mg

**Directions:** 1-2 tablets daily.



## Vital Woman

60 tablets

### PERFORMANCE ENHANCER FOR WOMEN

With its exotic vegetal active ingredients, Vital Woman is designed to support the healthy physiological processes of the female body. Its natural ingredients have effects similar to female hormones and thus they can increase sexual desire, vitalise and also offer high vitamin and mineral content.

#### Who and for what do we recommend it?

- In order to increase women's sexual activity, for a full relationship,
- in order to charge the body with energy and help fertility,
- to restore the regularity of the menstrual cycle and reduce menstrual pain,
- as a natural supplementation of female hormones after menopause and to restore libido,
- in the case of tension, bad mood and low spirits, to improve general condition and to supplement the treatment of depression.



① **Did you know**, that turnera leaves, unicorn root and maca have been used as natural aphrodisiacs in certain cultures?

#### Vital Woman active ingredients/tablet:

Turnera Damiana Leaf	100 mg
Suma root	100 mg
Catuaba Berries	25 mg
Maca Root	100 mg
Sarsaparilla Root	50 mg
Saw Palmetto Berry	50 mg
Unicorn Root	25 mg
Guarana extract (std. 22% caffeine)	100 mg

**Directions:** 1-2 tablets daily with meals.





Digestion

# Nopalin

200 tablets

## FIBRE TABLETS WITH NOPAL

Produced using Nopal cactus fig, Nopalin supports detoxification and has beneficial effects on the functioning of the intestines as a rich source of fibres, while it provides vitamins (B<sub>1</sub>, B<sub>2</sub>, niacin) and minerals for the body. The cactus fig can prevent the absorption of fats and it also intensifies their decomposition and secretion. With its diuretic effect, it supports the functioning of the bladder and helps the kidneys.



### Who do we recommend it to?

- Those on a slimming diet, due to the sensation of fullness as a result of taking the tablets,
- in order to reduce the problem of constipation,
- in order to reduce high cholesterol and triglyceride levels,
- for diabetes patients, in order to increase the consumption of fibres,
- those struggling with cellulites problems.



**Did you know,** that the failure of slimming diets is often due to the psychic and physical sensation of hunger? The fibres of the cactus fig, the base material of Nopalin, swell during digestion, thus developing the sensation of fullness.

### Nopalin active ingredient/tablet:

Dehydrated Nopal Cactus 300 mg

**Directions:** 3x2 tablets with meals.

**Warning!** Always take Nopalin with lots of fluids in order to help the swelling of the fibres it contains and the development of the sensation of fullness.



Globally, 347 million people suffer from diabetes. In 2004 3.4 million people died in as a result of diabetes. According to the estimates of (WHO), diabetes will be ranked 7th among the leading causes of death by 2030.\* Research activities related to nopal have been performed since 1979 in order to prevent diabetes as it was discovered that a much larger proportion of the Mexican population living in the area of the United States suffered from diabetes than the Mexicans living in Mexico, where the local inhabitants treat nopal cactus as food. They consume it boiled, fried, grilled and also raw in the form of salads. The experiments revealed that nopal is capable of decreasing sugar levels in the blood. This is probably because the absorption of carbohydrates is slowed down, which decreases the production of insulin. It is a basic principle for diabetes patients that the consumption of fibres reduces blood sugar reaction. Include Nopalin in your daily diet and this way you can increase the consumption of fibres, ensuring that your blood sugar levels remain within the normal range.

\* Diabetes – Fact sheet N°312, Updated March 2013 Media Centre, WHO



# Digestive Enzymes

100 tablets

## SUPPORTING THE DIGESTIVE SYSTEM

Digestive Enzymes contains digestive enzymes and such active agents of vegetable origin that contribute to the digestive processes. If your eating habits or lifestyle are not appropriate, this can easily upturn the balance of your digestive system. The decomposition of nutrients with the help of enzymes is the first step towards good absorption and utilisation. With the proper enzymes, you can assist the decomposition of the fats, proteins and carbohydrates, thus supporting your digestive system and your body.

### Who and for what do we recommend it?

- Those who would like to support their digestive system appropriately,
- in the case of frequent consumption of bloating food and problems of bloating,
- in the case of problems related to digestion.



① **Did you know**, that the efficiency of digestion decreases with age? In the case of people belonging to blood type A, this complaint is common, regardless of age. In the case of serious gastrointestinal illnesses (e.g. gastric ulcer), make sure you consult your physician before applying the product.



### Digestive Enzymes active ingredients/tablet:

Pancreatin	75 mg
Pepsin	17.5 mg
Diastase	10 mg
Papain	5 mg
Glutamic acid	25 mg
Turmeric	37.5 mg
Fennel seed	75 mg
Bromelain	12.5 mg
Protease	7.5 mg

**Directions:** 2x1 tablet with meal.

**Warning!** In the case of serious diseases of the stomach and the intestines (e.g. ulcers or inflammatory intestine illnesses), seek your physician's advice before you apply the product.

# Digest Ease

100 tablets

## SUPPORTING THE DIGESTIVE SYSTEM



Bad eating habits, an inappropriate diet, stress, artificial food ingredients can all put a burden on the digestive system. The active agents in Digest Ease tablets are such natural digestion enzymes that assist in the decomposition and absorption of nutrients. Digestive enzymes are not only useful after a lavish dinner or heavy dishes. They may play a role in the treatment of certain problems related to digestion and also in reducing symptoms of bloating, related to a diet rich in fibres.

### Who and for what do we recommend it?

- Those who would like to support their digestive system appropriately,
- in the case of frequent consumption of bloating food and problems of bloating,
- in the case of problems related to digestion.

① **Did you know**, that heat treatment and preservation does not only reduce the vitamin and mineral content of food products but a lot of enzymes are also destroyed? In the case of serious gastrointestinal illnesses (e.g. gastric ulcer), make sure you consult your physician before applying the product.

### Digest Ease active ingredients/tablet:

Digezyme Fungal Enzymes complex	100 mg
Proteolytic activity not less than	600 I.U.
Alpha-amylase activity not less than	2400 I.U.
Amylomaltose activity not less than	50 I.U.
Lipolytic activity not less than	100 I.U.
Cellulolytic activity not less than	25 I.U.
Lactase activity not less than	400 I.U.

**Directions:** 1 tablet with meal.

**Warning!** In the case of serious diseases of the stomach and the intestines (e.g. ulcers or inflammatory intestine illnesses), seek your physician's advice before you apply the product.





# AC Zymes, Acidophilus

100 capsules

PROBIOTIC, PROBIOTIC WITH FIBRE

AC Zymes is a probiotic preparation that contains a high germ count of *Lactobacillus acidophilus*. *Lb. acidophilus* is an especially resistant and useful bacterium that supports the healthy intestine system by replacing the probiotic cells lost daily and participating in the activity of the immune system. It helps you to protect the normal bacterium flora of the digestive tract so you can effectively support the healthy functioning of your digestive system. Our product Acidophilus also contains the fibres of Psyllium seeds. These fibres can become fermented in the large intestine, which helps the functioning of the useful bacteria that populate this tract of the digestive system.

## Who do we recommend it?

- During or after an antibiotic treatment and in order to avoid the damaging effects of other permanently taken medications,
- in order to supplement the treatment of deep fungal infections (dermatological, gynaecological problems),
- in the case of digestive problems resulting from stress,
- as a complementary treatment of an upset stomach or diarrhoea,
- in order to prevent the damaging effects alcohol and smoking have on the intestinal flora,
- with its fibre content, Acidophilus is also recommended for constipation.

① **Did you know**, that *Lactobacillus acidophilus* can reduce allergic symptoms?\*

### AC Zymes active ingredient/capsule:

Viable *Lactobacillus acidophilus* 2 billion\*\*

**Directions:** 1 capsule daily.

### Acidophilus active ingredients/capsule:

Viable *Lactobacillus acidophilus* 2 billion\*\*

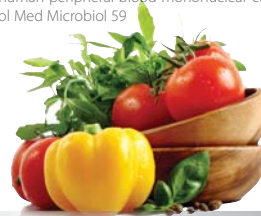
*Plantago ovata* seed mucilage 100 mg

**Directions:** 1 capsule daily.

**Warning!** The general measures to be taken in the case of diarrhoea (consumption of plenty of liquid) must be followed even if the product is applied. In the case of serious diseases of the stomach and the intestines (e.g. ulcers or inflammatory intestine illnesses), seek your physician's advise before you apply the product.

\*Probiotics in primary prevention of atopic disease: a randomised placebo-controlled trial - Kalliomäki M. et al., Lancet. 2001 Apr 7;357(9262):1076-9, Differential effects of *Lactobacillus acidophilus* and *Lactobacillus plantarum* strainson cytokine induction in human peripheral blood mononuclear cells - Yvonne M. Vissers, FEMS Immunol Med Microbiol 59 (2010) 60-70

\*\* at the time of manufacture



"Death resides in the bowels" – this saying attributed to Hippocrates says a lot about how much medicine knew about the human body as long as 2000 years ago. Even today, the importance of the role intestines play in health is supported by new studies on a daily basis. Our intestines are almost in direct contact with the external world by the food we ingest and thus require special protection. If tissues are healthy, they absorb vitamins, water and nutrients and do not let harmful substances enter blood flow. The balance of intestinal flora is sensitive to the impact of substances arriving from the outside and may be easily upset by negative influences like for example taking medicines, smoking, alcohol consumption, stress, eating food full of additives etc. Probiotic bacteria, like *Lactobacillus acidophilus* included in AC-Zymes and Acidophilus support the immune system in protecting against pathogens, may shorten the existence of infections and accompanying unpleasant symptoms, may reduce the risk of the occurrence of some allergic conditions, and may also be effective in the treatment of high cholesterol.

## Probio Balance

60 chewable tablets

PRO- AND PREBIOTICS

Probio Balance is a pleasantly flavoured chewable tablet that every child and adult will take with pleasure. Each tablet contains four billion probiotic cells. The three probiotic bacterium strains in the tablet form parts of the healthy intestine flora. They contribute to immune protection, the reduction of allergy, regular bowel movement, the elimination of diarrhetic infections and the restoration of the damaged intestine flora. The prebiotics (fructo-oligosaccharide) added to the tablet assist in the settlement and growth of the probiotics.

### Who and for what do we recommend it?

- In order to restore the intestine flora after anti-biotic treatments,
- while travelling, in order to prevent diarrhetic conditions and to complement therapies,
- in order to maintain and strengthen the balance state of the intestines.



- ⓘ **Did you know**, that certain Lactobacillus strains can reduce the frequency of allergic symptoms and eczema during childhood?\*

### Probio Balance active ingredients/chewable tablet:

Probiotic cultures	4 Milliarden** CFU
Lactobacillus acidophilus	
Bifidobacterium longum	
Lactobacillus rhamnosus	
Fructo Oligo Saccharides	25 mg

**Directions:** 1-2 chewable tablets daily.

**Warning!** In case of serious gastrointestinal diseases (for example ulcers, Crohn's disease) seek medical advice before applying it. In case of diarrhea, apart from taking Probio Balance, generous measures such as large liquid consumption also should be taken.

\* Probiotics in primary prevention of atopic disease: a randomised placebo-controlled trial - Kalliomäki M. et al., Lancet. 2001 Apr 7;357(9262):1076-9.

\*\* im Zeitpunkt der Herstellung

## Meal Time

100 chewable tablets

SUPPORTING THE DIGESTIVE SYSTEM

Meal Time is a tasty chewable tablet to support digestion. Its main active ingredient is papain, a natural compound very similar to protein decomposing enzymes. It is intended to break down the proteins in our food into their components, thus helping the body's own protein digestion and increasing the effectiveness of absorption.



### Who do we recommend it to?

- Those whose diet contains a lot of meat, dairy products and legumes – for a smoother digestion.

- ⓘ **Did you know**, that papain is widely applied in the meat processing industry because its main effect is the pre-digestion of meat and loosening of fibres?

### Meal Time active ingredient/chewable tablet:

Papaya enzymes	250 mg
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**Directions:** 1-2 chewable tablets after meal.

**Warning!** In the case of serious diseases of the stomach and the intestines (e.g. ulcers or inflammatory intestine illnesses), seek your physician's advice before you apply the product.





„The way you think, the way you behave,  
the way you eat, can influence  
your life by 30 to 50 years.”

Deepak Chopra



# Immune System Boosters



# ImmunAid

180 capsules

## IMMUNE BOOSTER WITH CAT'S CLAW

ImmunAid is an effective herb-mineral complex, in which we blended the strength of Cat's claw, used for millennia, with zinc. Cat's claw increases the production of cells in the immune system, thus preparing our body for its resistance against pathogens. The effect of Cat's claw is also assisted by organic bonded zinc, which also supports the normal operation of the immune system. Both active ingredients also have antioxidant effects so they can provide protection not only against external attacks but also from those coming from inside the body.



### Who do we recommend it to?

- Those who seek continuous and effective immune protection in periods when illnesses are common,
- in order to supplement the treatment of arthritic inflammations.\*

ⓘ **Did you know**, that Cat's claw has been used for centuries in Amazonia to treat various tumours, autoimmune and digestive illnesses?

### ImmunAid active ingredients/capsule:

Cat's Claw Powder	400 mg
Zinc gluconate	3 mg

**Directions:** 3x1 capsule daily.

**Warning!** Not recommended for pregnant and nursing mothers. In the case of illnesses of the digestive system and in any other doubtful cases, please consult your physician. It is not recommended to apply Cat's claw with immune suppressant medications.

\* Antiinflammatory actions of cat's claw: the role of NF-kappaB - Sandoval-Chacón M, et al, Aliment Pharmacol Ther. 1998 Dec;12(12):1279-89.

# Bee Power

50 capsules

## ROYAL JELLY



Bee Power is a preparation containing royal jelly. One of the main ingredients of royal jelly, HDA, has an antimicrobial effect against several bacteria and species of fungi. It contains the entire series of the vitamin B family, in addition to mineral salts and trace elements (for example sulphur, manganese, nickel and cobalt). It is a natural

source of vitamins A, C, D and E, folic acid minerals, enzymes and 18 types of amino-acids.

### Who do we recommend it to?

- Those seeking natural immune protection,
- children in order to support their immune system and increase their appetite,
- in order to strengthen the body during recovery from illnesses,
- in stressful periods in order to improve performance and refresh the body.

ⓘ **Did you know**, that the queen bee, which is only fed on royal jelly, has a natural lifespan of 3-4 years, as opposed to the 4-6 weeks that the worker bees live, and this is all due to the rich nutritional content of the royal jelly?.

### Bee Power active ingredient/capsule:

Royal jelly concentrate (6% HDA) equivalent to 150 mg royal jelly	50 mg
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**Directions:** 1 capsule daily.

**Warning!** As royal jelly is produced from pollen, honey and the pharyngeal secretion of worker bees, it is not recommended for persons allergic to pollen and apicultural products. If in the course of its application allergic reactions develop, its use should be suspended immediately. Keep in a cool place as heat can cause decomposition.



# SambuRex

240 ml

## LIQUID IMMUNE BOOSTER

A concentrated, high dose black elderberry extract, combined with a herb complex containing Echinacea, a herb that has been in use for centuries, as well as extra vitamin C and zinc. All this is presented as a tasty, liquid preparation so that every member of the family can expect the colder months and the risk of influenza with a well-prepared immune system. It does not contain added sugar, artificial flavouring or colouring agents.

### Who do we recommend it to?

- Due to its liquid format, it is recommended for elderly people, pregnant women and those with swallowing problems, in order to strengthen the immune system,
- in the case of common cold or flu to accelerate the process of recovery,
- in the case of sore throat or coughing to reduce the symptoms,
- to those struggling with digestive problems to stimulate digestion,
- it does not contain alcohol so it is ideal also for children and drivers.



**Did you know**, that Astragalus has been used by Chinese medicine for more than 2000 years to protect the immune system and increase vital energy (chi)?

### SambuRex active ingredients/5 ml:

Vitamin C	100 mg
Zinc	5 mg
Black elderberry extract	5000 mg
Proprietary blend	130 mg
Echinacea purpurea extract, Organic Echinacea angustifolia extract Organic Astragalus membranaceus extract	

**Directions:** take one teaspoon (5 ml) daily, may be mixed with water or food.

**Warning!** The product is not recommended for those allergic to cruciferae, autoimmune patients and those taking immune suppressive medication. Not recommended for children under the age of 3. It should be administered for a period no longer than 8 weeks. Agitate well before use. To be stored refrigerated after opening.



# VirAgo

90 tablets

## IMMUNE BOOSTER COMPLEX

VirAgo is a complex preparation, with all its ingredients supporting the healthy operation of our immune system. Found in the valuable extract of olive leaves, oleuropein is a compound with anti-microbial, anti-inflammatory and antioxidant effects, which is excellently supplemented by lysine, an amino-acid that inhibits the multiplication of viruses. Echinacea is a well-known herb, which has long been used by people to fight pathogens. Cat's claw with zinc has been proved to increase the operation of the immune system.

### Who do we recommend it to?

- Those who are frequently exposed to situations where their immune system needs help,
- those who seek more complex immune protection,
- in order to prepare the immune system as a cure in the autumn months.



**ⓘ Did you know,** that Pau d'Arco, a very popular herb in South America, has been used by folk medicine for centuries to supplement the treatment of certain infections, asthma, diabetes and some cases of cancer?

### VirAgo active ingredients/tablet:

Olive Leaf Extract (std. 15% oleuropein)	80 mg
Lysine	80 mg
Cat's Claw Bark Extract (std. 4% oxindole alkaloids)	60 mg
Pau d'Arco Bark (4:1) (std. 3% alkaloids)	30 mg
Echinacea Root Extract (std. 3.5% echinacosides)	25 mg
Zinc	10 mg

**Directions:** 3x1 tablet daily.

**Warning!** Not recommended for pregnant and nursing mothers. In the case of illnesses of the digestive system and in any other doubtful cases, please consult your physician. It is not recommended to apply Cat's claw with immune suppressant medications.



# Other Products





# Vein ProteX

60 tablets

## VEIN PROTECTION

Antioxidants play a special role in the protection of the veins as atherosclerosis and other diseases of the veins are mostly the consequence of the harmful effects of free radicals. Vein ProteX is an antioxidant-based product with active ingredients that strengthen and protect the veins. The active ingredients extracted from grape seeds, made complete by the hesperidin complex, jointly combat free radicals. Ginger and curcuma, on the other hand, are mostly known in folk medicine for their effects stimulating circulation.

### Who and for what do we recommend it?

- Those who sit or stand for longer periods of time during their work,
- in order to fight vein diseases and maintain the structure of the veins,
- people struggling with overweight.



**Did you know** what hard work your veins have to perform day by day? Almost constantly they need to pump blood poor in oxygen upwards, in the direction of the heart, defying gravity. The daily quantity of blood circulated by the veins can reach 7,000 litres.

### Vein ProteX active ingredients/tablet:

Vitamin C	250 mg
MSM (methyl-sulfonyl-methane)	150 mg
Oligomeric proanthocyanidine complex (out of grape seed extract)	100 mg
Ginger extract (st. 40% gingerol)	66.6 mg
Turmeric (std. 95% curcuminoids)	50 mg
Hesperidin complex	15 mg

**Directions:** 1 tablet daily.

**Warning!** The product does not substitute medical consultation and treatment. If you have a vein disease, see a specialist. If you would like to use the product during pregnancy or nursing, seek your physician's advice in advance. In order to achieve the optimal result, a regular treatment of at least 3 months is recommended.

# URX

60 tablets



## AGAINST URINARY PROBLEMS

URX is a complex preparation with D-mannose and cranberry, as well as the extract of diuretic and antibacterial herbs to provide complex protection of the urinary tract. We recommend its consumption both for prevention and to supplement therapies.

### Who do we recommend it to?

- Those susceptible to cystitis,
- who often go to public baths or swimming pools,
- who tend to neglect the weather when choosing their clothes,
- who consume too little liquids,
- who tend to withhold their urine,
- everybody who considers it important to protect the urinary tract.

**Did you know**, that the majority of urinary infections are caused by the E. coli bacterium? D-mannose binds E. coli and they leave the body together with urine.\*

### URX active ingredients/tablet:

D-Mannose	150 mg
Cranberry Fruit Extract 12:1 (std. 30% polyphenols)	100 mg
Vitamin C	20 mg
Watercress Leaf Extract 4:1	17 mg
Stinging Nettle Leaf Extract 4:1 (std. 1% silicic acid)	100 mg
Buchu Leaf Extract 4:1	30 mg
Bearberry Leaf Extract 4:1	100 mg

**Directions:** 2-4 tablets daily.

**Warning!** The product is no substitute for treatment prescribed by a doctor. If in doubt, seek your physician's opinion.

\* C S Edén and H A Hansson: Escherichia coli pili as possible mediators of attachment to human urinary tract epithelial cells. Infect Immun. 1978 July; 21(1): 229-237-9-237.



# Joint ProteX FORTE

90 tablets

## COMPLEX JOINTS PROTECTION

Joint ProteX FORTE tablets provide extra support for the regeneration of the cartilages and the production of the synovial fluid between bones. Even if your diet is appropriate, you consume too little of the active ingredients that would help preserve the health of your joints. The tablets offer high doses of glucosamine and chondroitin, known for strengthening the joints, as well as hyaluronic acid and MSM to support the production of synovial fluid and anti-inflammatory herbs (e.g. curcuma and meadowsweet), which will together ensure that your joints receive proper support even in the case of extreme strain.

### Who do we recommend it to?

- Those who would like to provide their joints extra support and protection,
- people performing hard physical work,
- professional athletes and those who regularly do sports regularly performing sports activities,
- overweight people,
- those leading a life poor in physical activity,
- in order to supplement the treatment of joint injuries.

**Did you know,** that there is a higher risk of joint wear following joint injuries? This is why it is recommended to consume preparations protecting and regenerating the cartilages in addition to physiotherapy during the period of rehabilitation.

### Joint ProteX FORTE active ingredients/tablet:

Glucosamine Sulphate	500 mg
Chondroitin Sulphate	270 mg
Hyaluronic Acid	50 mg
Methyl Sulfonyl Methane	150 mg
Boswellia Serrata Extract (std. 25% boswellic acid)	50 mg
Meadowsweet Powder	40 mg
Turmeric Extract (std. 25% curcumin)	10 mg
Zinc	5 mg
Manganese	1 mg

**Directions:** 1 tablet daily.

**Warning!** To be avoided by those sensitive to sea shells. Diabetes patients and those with high cholesterol levels should consult their physicians before use. In the case of allergy to aspirin, seek your physician's advice. It is not recommended during pregnancy and nursing.



In our joints the bones do not come into direct contact with each other. The cartilage joints, which can be found at the end of the bones and the lubricating fluid between them, ensure physical loads are absorbed. As we age, joint movement becomes stiffer and less flexible because the amount of lubricating fluid inside our joints decreases and the cartilage becomes thinner. Ligaments also tend to shorten and may lose some flexibility. All these changes contribute to making our joints feel stiff.

**Many of these age-related changes to joints are caused by lack of exercise.** Movement of the joints, and the associated 'effort' of movement helps keep the fluid moving, while being inactive obstructs this. Due to extreme loads as in certain professional sports, continuous physical exertion, being overweight or having a hereditary predisposition, this process can also begin at a young age.

**An appropriate form of physical exercises for the elderly for example might be water gymnastics, and stretching exercises.** It is advised that this be balanced with a varied diet, with carefully selected nutrients, and a responsible lifestyle in order to help maintain and improve the health of our joints.



# Joint ProteX

90 tablets

## COMPLEX JOINTS PROTECTION

The active ingredients of Joint Protex contribute to the regeneration of the cartilages covering bone ends and the production of the fluid between them. Glucosamine strengthens the cartilages, while hyaluronic acid and MSM take part in the production of the synovial fluid. The herbs contained in the tablet, such as curcuma and meadowsweet, may decrease pain like non-steroid anti-inflammatory drugs but without the possible side effects of the medicines. Support your joints as it is not possible to enjoy complete and pain-free movement without healthy joints.

### Who do we recommend it to?

- Those who would like to provide their joints proper support and protection,
- people performing physical work,
- those regularly performing sports activities,
- overweight people,
- those leading a life poor in physical activity,
- in order to supplement the treatment of joint injuries.



**Did you know**, that the wear and tear of the major joints (knees, ankles, hip) is a condition that affects a lot of people, especially during old age, and it is influenced by lifestyle, being overweight and heritage factors? It is good news, however, that the wear and tear of the joints can

be prevented or slowed down. Our joints are capable of regeneration if they receive the appropriate nutrients.

### Joint ProteX active ingredients/tablet:

Glucosamine HCl (shellfish)	250 mg
Chondroitin Sulphate	200 mg
Methyl-sulfonyl-methane (MSM)	150 mg
Glucosaminoglycan	150 mg
Hyaluronic acid (complex)	50 mg
Cetyl-miristoleate (CMT)	50 mg
Boswellia Serrata Extract (25%)	50 mg
Filipendula ulmaria (meadowsweet)	40 mg
Turmeric extract (95%)	10 mg
Zinc (gluconate)	5 mg
Manganese (gluconate)	1 mg

**Directions:** 1 tablet daily.

**Warning!** To be avoided by those sensitive to sea shells. Diabetes patients and those with high cholesterol levels should consult their physicians before use. In the case of aspirin allergy, seek your physician's advice. It is not recommended during pregnancy and nursing.

# Natural HGH Support

90 tablets

## NATURAL GROWTH ENHANCER



The production of the growth hormone decreases over the age of 30 and many people try to reduce the negative effects by artificially dosing the hormone but this may have numerous harmful consequences. HGH Support does NOT contain syn-

thetic growth hormones; instead, it stimulates internal secretion with its natural ingredients. The growth hormone has various positive effects: it supports the functioning of the nervous system, it promotes fat burning, helps the functioning of the skin, the cartilages and the connective tissues, and it intensifies protein synthesis.

### Who do we recommend it to?

- Those who regularly perform physical activities,
- athletes due to the positive effects on muscle building,
- elderly people in order to prevent the degradation of muscles due to natural physiological processes.

**Did you know**, that better results were achieved in stroke patients with the direct supplementation of the hormone during rehabilitation in developing muscle force and decreasing tiredness?\*

### Natural HGH Support active ingredients/tablet:

L-arginine pyroglutamate	133.33 mg
L-ornithine HCl	66.66 mg
L-lysine HCl	100 mg
L-Glutamine	100 mg
L-Glycine	16.66 mg
GABA	33.33 mg
Vitamin B <sub>6</sub>	2 mg
Vitamin C	40 mg
Lecithin	61.66 mg
Chromium	4 mcg
Vicia Faba Major extract	83.33 mg

**Directions:** 2x3 tablets daily on empty stomach.

**Warning!** We do not recommend the product for people under 25 years, diabetes patients and those suffering from hormone disorders.

\*The effect of recombinant human growth hormone therapy in patients with completed stroke: a pilot trial - Song J, et al, Ann Rehabil Med. 2012 Aug;36(4):447-57.



## Detox Patch

12 patches

### DETOXIFYING PATCHES

Our body has to face countless toxins day by day: toxic substances may get accumulated as a result of your exposure to environmental pollution, chemicals, medicines, certain consumer products. Using its carefully selected ingredients and with the help of the heat emitted by tourmaline and Oriental reflexology, Detox Patch helps remove these substances during relaxation, applying natural methods.



### Who do we recommend it to?

- Everybody to remove the accumulated toxic substances,
- those who would find traditional periodic detoxification too hard to bear. Detox Patch offers a more gentle and finer method of detoxification,
- in order to complement dietary supplements, in case of a periodic detoxification treatments.

① **Did you know**, that sole reflexology is one of the alternative treatments whose effects and usefulness have also been acknowledged by Western medicine?

### Detox Patch active ingredients:

Bamboo vinegar  
Cypress vinegar  
Tourmaline  
Agaricus mushroom  
Achyranthis radix  
Paeoniae rubrae radix  
Siberian ginseng  
Artemisia iwayomogi  
Caragana sinica  
Platicodon grandiflorum

**Application:** Attach it to your sole using the adhesive foil and wear it for at least eight hours. It is most comfortable if it is used during the night.

# Arginine Plus

100 tablets

## PERFORMANCE ENHANCER

Arginine is an amino-acid that plays a role in the functioning, development and regeneration of the muscles; in addition, it can also contribute to maintaining healthy blood circulation, thus helping the healthy functioning of the vascular system. It stimulates the growth hormones and insulin and it is also the precursor substance of essential nitrogen-oxide, which has a vasodilating effect.

### Who and for what do we recommend it?

- Athletes and bodybuilders because it can stimulate the flow of oxygen and nutrients, the growth and regeneration of muscle mass,
- those performing hard physical work,
- it assists in the synthesis of proteins and the secretion of growth hormones and insulin,
- due to its vasodilating effect, it contributes to the protection of the cardiovascular system,
- in order to support the processes of detoxification,
- it may help increase sexual performance.



**Did you know,** that the body's arginine production may decrease as a result of certain circumstances (e.g. stress, exhausting physical work)?

### Arginine Plus active ingredients/tablet:

L-Arginine	500 mg
Manganese	600 mcg
Alpha Ketoglutaric Acid	50 mg

**Directions:** 1 tablet daily.

**Warning!** It is not recommended for diabetic patients, as it affects insulin secretion. It is not recommended during pregnancy and nursing. Persons taking drugs such as blood pressure drugs, diuretics, anticoagulants should seek medical advice before taking arginine.

# Cholestone

90 tablets

## CHOLESTEROL LOWERING

Cholestone is a dietary supplement designed to support healthy cholesterol levels. Its natural active ingredients include linseed oil, which contributes to maintaining cholesterol levels normal with its high omega-3 content, and apple pectin, which achieves the same with its fibre content. Garlic can beneficially influence blood fat levels, while lecithin plays a significant role in fat metabolism.

### Who do we recommend it to?

- Those struggling with high cholesterol and/or triglyceride levels,
- as a means of prevention for those whose family history contains high cholesterol or triglyceride levels or who suffer from carbohydrate metabolism disorders,
- to prevent atherosclerosis,
- if your diet is rich in fats and carbohydrates.



**Did you know,** that besides cancer, cardiovascular diseases are the leading cause of death in developed countries, although most of the cases could be prevented?

### Cholestone active ingredients/tablet:

Flax seed oil	200 mg
Apple pectin	200 mg
Garlic	100 mg
Lecithin	100 mg
Vitamin C	60 mg
Vitamin E	10 mg
Chromium	50 mcg

**Directions:** 1x3 tablets daily with meal.



## L-Lysine PLUS

60 capsules

HELP AGAINST HERPES

L-Lysine PLUS capsules offer a concentrated form of the amino acid lysine, which our body cannot produce but which can provide effective protection against certain pathogens, such as the herpes virus. In addition, lysine has a major role in the formation of collagen, the building material of the skin, the connective tissues and vein walls, which is even more enhanced by the added vitamin C content of the capsules. Furthermore, it can contribute to the formation and preservation of the normal bone structure, the energy production processes and the correct muscle functions.

### Who and for what do we recommend it?

- People whose diet does not contain the suitable quantity and quality of lysine sources (whole-value proteins, eggs, meat, fish), like those on a vegan diet,
- people on a low protein diet,
- those performing hard physical work or regularly doing sports,
- those who tend to have herpes or other viral infections.



❶ **Did you know**, that lysine and arginine have a common metabolic route so they compete for absorption? Arginine is necessary for the multiplication of the herpes virus but if lysine has a higher concentration in the body, less arginine can be absorbed (so increasing lysine concentration prevents the multiplication of herpes).

### L-Lysine PLUS active ingredients/capsule:

L-Lysine	500 mg
Vitamin C	60 mg

**Directions:** 1 capsule daily.

**Warning!** If you apply the product continuously for more than six months, seek your physician's opinion.

## Liver Aid

100 capsules

LIVER PROTECTION

Liver is one of the most active organs in the body: it decomposes the harmful materials entering the organism and detoxifies so its protection is especially important. Milk thistle is the most popular liver protecting herb, the extract of which can effectively help the self-detoxification of the liver and thus its regeneration. The amino acids containing sulfur, such as methionine and cysteine, also increase the self-healing function of the liver. Chromium can lift the burden from the liver by supporting the carbohydrate metabolism.



### Who and for what do we recommend it?

- Those who take medications that damage the liver,
- as a supplanting treatment of alcohol-induced liver damage,
- as a supplementing treatment of virus-induced liver damage,
- those who are exposed to such substances during their work that mean extreme strain on the detoxifying function of the liver.

❶ **Did you know**, that seeds of the milk thistle contain 70-80% silymarin, the active ingredient that is one of the most common components of various prescribed liver medications?

### Liver Aid active ingredients/capsule:

L-Arginine	100 mg
L-Cysteine	100 mg
L-Ornithine	100 mg
Methionine	100 mg
Alpha Ketoglutaric Acid	100 mg
L-Carnitine	50 mg
Choline	25 mg
Alpha-lipoic acid	12.5 mg
Silymarin Extract (80 %)	15 mg
Chromium	25 mcg
Selenium	10 mcg

**Directions:** 3-6 capsules daily.



# Beauty Formula

90 tablets

## BEAUTY VITAMIN

Beauty Formula offers a uniquely rich complex of vitamins, minerals, amino-acids and herbs to provide the necessary nutrients needed to preserve the health of your skin, hair and nails and to treat the problems occurring in these areas.

### Who and for what do we recommend it?

- People struggling with hair loss,
- who have split and broken hair,
- who suffer from problematic face skin (acne),
- whose nails are weak and get broken,
- everybody who would like to improve their appearance or who would like to preserve the health of their hair, skin and nails.



① **Did you know**, that well-tended, attractive people earn more and receive more during their life than those who neglect their appearance?\*

### Beauty Formula active ingredients/tablet:

Vitamin A	2500 I.U.
Vitamin C	30 mg
Vitamin B <sub>2</sub>	5 mg
Niacin	30 mg
Vitamin B <sub>6</sub>	10 mg
Vitamin B <sub>12</sub>	10 mcg
Choline	30 mg
Silicon	40 mg
Zinc	10 mg
Copper	2 mg
Iodine	50 mcg
Collagen	100 mg
L-Methionine	100 mg
L-Cysteine	77 mg
Wood horsetail extract (std.6% silicon)	90 mg
Organic nettle extract (4:1)	40 mg

**Directions:** 1 tablet daily.

\* The Beauty Advantage – J. Bennett



# Culevit

180 tablets

## ABNORMAL CELL GROWTH PREVENTION

Culevit is a natural blend of vitamins and amino acids that contains a significant amount of amino acids, vitamins and other building blocks of cells, which all have special importance in the regeneration and strengthening of the body in case of serious illnesses, weakened health, weight loss and bad general condition. Culevit can be helpful to prevent and treat abnormal cell division and it can also support the anti-cancerous defence mechanism of the body.

### Who and for what do we recommend it?

- In order to help the regeneration of the body,
- during the recovery period following operations, injuries and serious illnesses,
- in the case of cancer diseases as a supplement treatment, with the physician's agreement.

❗ **Did you know**, that our body regularly produces cancerous cells, against which we defend ourselves with a special "defense system"?

### Culevit active ingredients/tablet:

Vitamin C	30 mg
Vitamin B <sub>6</sub>	1 mg
Vitamin B <sub>2</sub>	0.8 mg
Biotin	0.03 mg
Arginine	78.39 mg
Phenylalanine	33.04 mg
Histidine	31.03 mg
Methionine	29.84 mg
Tryptophane	15.32 mg
Tyrosine	1.27 mg
Malic acid	23.47 mg
Adenin	2.26 mg

**Directions:** 3-5x2 tablets daily.

**Warning!** If you are allergic to any of the active ingredients or the additives, do not use the product. Not suitable for phenylketonuria patients, due to its phenylalanine content. It is not recommended for patients requiring kidney dialysis (artificial kidney treatment) and those suffering from liver malfunctions. If you suffer from serotonin-producing carcinoid tumour illness, do not use the preparation. In the case of existing and known serious malfunctioning of the liver or the kidneys, consult your physician before you begin applying the tablets. In the case of existing gastric or duodenal ulcer, the use of the Culevit tablet requires individual consideration.







# Packs in the service of health, beauty and business





Cosmetics

## IntiMoments

135 g

### INTIMATE CREAM

The active ingredients of IntiMoments contribute to maintaining the health of the vagina and they also provide excellent help to have a more joyful sex life. The extract of sea buckthorn facilitates endothelialisation. Aloe vera, eucalypt and camomile are herbs that have been used with success for centuries and their beneficial effects are also known in intimate cosmetics. The effect of L-arginine intensifying blood surge can also increase the sensation of sexual pleasure.



#### Who and for what do we recommend it?

- Applied before/during intercourse, the preparation intensifies the blood surge in the genitals and also has a lubricating effect. It is safe to use together with condoms,
- in order to supplement the treatment of vaginal infections,
- for women during their changing age in order to lessen the unpleasant vaginal symptoms of menopause,
- in the case of vaginal dryness caused by sexual diseases,
- if the flexibility of the vagina changes (e.g. after vaginal childbirth\*).



**Did you know**, that the green tea extract in IntiMoments is excellent to make the skin tighter, in addition to its antioxidant effect?

**Warning!** Only for external application. Not to be applied during pregnancy, nursing and childbed.

\*Due to differences of physiological make-up and other circumstances, the effects may vary individually.

## VeinCare

75 ml

### VARICOSE VEIN CREAM

VeinCare is a preparation with hirudin content, which can provide a natural solution to your problems with heavy legs. Produced in the body of leeches, hirudin frees legs from the tense, heavy (swollen) sen-



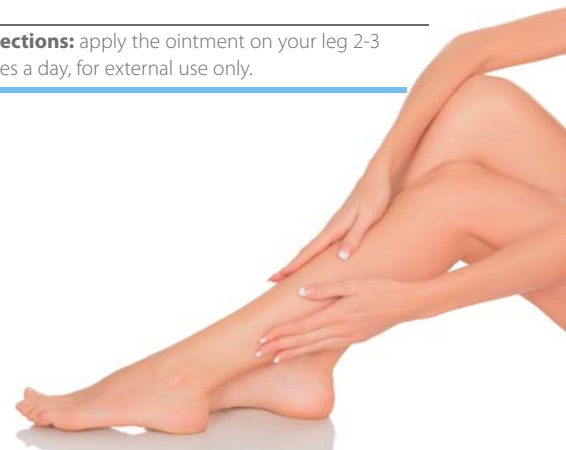
sation. In addition, it also has a cosmetic effect, as it makes dry and sensitive skin smooth, flexible and silky. The preparation also contains the extract of the herb called Siegesbeckia orientalis (St. Paul's Wort), which can effectively soothe the skin and reduce skin redness.

#### Who and for what do we recommend it?

- In order to supplement the complex treatment of varicose veins and prevent the development of varicose veins,
- those who spend a long time standing or sitting while they perform their work and this strains their legs,
- those who often wear tight and uncomfortable shoes,
- those who are overweight or whose lifestyle is poor in physical activity and this affects their legs.

**Did you know**, that leeches constituted an essential part of healers' equipment in Asia as early as 3000 years ago?

**Directions:** apply the ointment on your leg 2-3 times a day, for external use only.





## Aquabelle cosmetics

50 ml, 150 ml

FACIAL CARE FAMILY

**The Aquabelle product family** consists of a regenerating cream (for daytime use), a nourishing cream (for night use) and a hydrating cleanser lotion. All three feature the same main ingredient, deuterium depleted (DD) water.

### REGENERATING CREAM (50 ml)

The main ingredient of the cream is ceramide (a natural lipid), which regenerates the skin and strengthens its moisture retaining ability. It improves the flexibility of the skin, thus reducing wrinkles and it also effectively protects from harmful environmental effects. Its other main ingredient is vitamin E, which provides the skin excellent protection against harmful oxidative processes, thanks to its antioxidant effect.

The cream is primarily recommended for daytime use but it is also an ideal basis to be used under facial makeup.



### NOURISHING CREAM (50 ml)

The unique feature of this cream is the complex emulsion of DD water and Squalan (olive oil essence), which ensures deep hydration through the controlled and gradual release of its active ingredients, in addition to the immediate hydrating and nourishing effect. The avocado oil it contains nourishes and rejuvenates the dry and dehydrated skin. As a result of its high vitamin E content, it can be used excellently on not only dry but also problematic skin (e.g. psoriasis). It is ideal for night use.



### HYDRATING CLEANSER LOTION (150 ml)

The unique characteristic of the hydrating cleanser lotion is that it hydrates while it excellently cleans the face. It is not necessary to wash it off. Its active ingredients are avocado and jojoba oils, which gently but still effectively remove contaminations from the skin, while their high vitamin E content provides protection against the harmful effects of free radicals. It has a pleasant refreshing effect.



**Did you know**, that deuterium depleted water beneficently impacts cell multiplication, thus slowing down aging?



„Early to bed and early to rise,  
makes a man healthy wealthy and wise.”

Benjamin Franklin





# Cleaning Supplies



# CaliClean

946 ml

## ECO CLEANING FAMILY

Nature, our body and our home need regular revival or purging. If you have already made sure with the help of CaliVita® nutritional supplements and the proper diet that your body is in the best possible condition, now you have the opportunity to revive your home with our environmentally friendly cleaner products. Our CaliClean product range is produced using 100 per cent biologically decomposing base materials and 100 per cent of the surfactants are of vegetable origin. They are easy to use as they can be applied just like common cleaning substances.

### Members of the product range:

- CaliClean, general cleaning product with lemon fragrance – 946 ml
- CaliClean, window and glass cleaning product with lemon fragrance – 946 ml
- CaliClean, kitchen cleaning product with citrus fragrance – 946 ml
- CaliClean, bathroom cleaning product with lemon fragrance – 946 ml
- CaliClean, toilet cleaning product with no fragrance – 946 ml

❗ **Did you know**, that the most commonly used cleaning substances, containing hazardous substances, are also harmful for humans and the environment? These products contain such chemical agents that may cause immediate injuries, allergies, skin rash, inflammation of mucous membranes or

even asthma. The long-term effects of chemicals may include permanent health damage.

### CaliClean Natural All-Purpose Cleaner ingredients:

Filtered Water, Plant Based Cleaning Agents-Decyl Glucoside, Corn Based Alcohol, Propylene Glycol, Sodium Citrate, Sodium Carbonate, Sodium Hydroxide, Lemon Fragrance, Yellow Colorant.

### CaliClean Natural Glass Cleaner ingredients:

Filtered Water, Plant Based Cleaning Agents- Decyl Glucoside, Corn Based Alcohol, Sodium Gluconate, Sodium Hydroxide, Lemon Fragrance, Yellow Colorant.

### CaliClean Natural Kitchen Cleaner ingredients:

Filtered Water, Plant Based Cleaning Agents-Decyl Glucoside, Corn Based Alcohol, Propylene Glycol, Sodium Citrate, Sodium Carbonate, Sodium Hydroxide, Citrus Fragrance, Orange Colorant.

### CaliClean Natural Bathroom Cleaner ingredients:

Filtered Water, Plant Based Cleaning Agents- Decyl Glucoside, Sodium Citrate, Corn Based Alcohol, Glycol Ether PNB, Sodium Hydroxide, Lemon Fragrance.

### CaliClean Natural Toilet Cleaner ingredients:

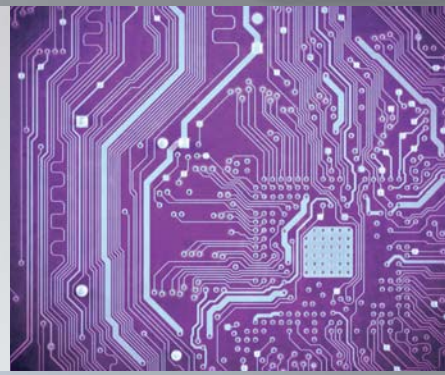
Filtered Water, Plant Based Cleaning Agents-Sodium Laureth Sulphate, Lauryl Glucoside, Cocamidopropyl Betaine, Urea Monohydrochloride, Sodium Chloride, Turquoise Colorant.

**Warning!** Read the instructions first, before use. Although the products are environmentally friendly, they may cause irritation if they come into contact with the eyes and mouth. Keep out of the reach of children. If any product comes into contact with the eyes immediately rinse the eyes with plenty of water for 15 minutes, then seek medical attention. In the case of ingestion: do not induce vomiting, instead drink a glass of water and contact your physician.





Electronics





# Aquarion

## WATER FILTERING DEVICE

Aquarion is a high performance water filtering device that produces ionised alkaline or acidic water, rich in oxygen but free from heavy metals and toxic substances, in grades set by the user. Our diet, most food industrial additives and certain medications can result in the acidification of the body. Ionised water can alkalise the body very well and it also has antioxidant effects.

### Who and for what do we recommend it?

#### Alkaline water

- Those who would like to consume clean water free from toxic substances every day,
- whose diet does not contain ample amounts of alkalising food products,
- in the case of digestive problems and reflux\*,
- for cleansing diets,
- as a supplement to the treatment of gingivitis or oral infections,
- people who often have strict diets.

**Warning!** Ionised acidic water is not suitable for internal use (consumption). Always make sure to introduce the alkaline water cure gradually.



### Acidic water

- Everybody to treat their skin and face,
- as nasal drops, to clean a clogged nose,
- water of higher pH value can be used in the household to sterilise surfaces without using chemicals.

\* Potential benefits of pH 8.8 alkaline drinking water as an adjunct in the treatment of reflux disease – Koufman JA, et al, Ann Otol Rhinol Laryngol. 2012 Jul;121(7):431-4

**Did you know**, that the human body is made up of around 75 per cent of water? So that we can maintain our natural physiological processes (e.g. the proper absorption of nutrients), we need to drink 2.5-3 litres of clean water rich in oxygen per day.



## Ionised alkaline water

### 1<sup>st</sup> grade:

**pH 8.5** – in the first, introductory phase of the drinking cure, in order to substitute tap water

### 2<sup>nd</sup> grade:

**pH 9.0** – in the transitional phase of the drinking cure for 2-3 days, in order to substitute tap water

### 3<sup>rd</sup> grade:

**pH 9.5** – ideal for frequent consumers and to make tea, coffee or soups

### 4<sup>th</sup> grade:

**pH 10.0** – only for cooking

## Ionised acidic water

(only for external use!)

### 1<sup>st</sup> grade:

**pH 6.5** – for gargling and washing teeth

### 2<sup>nd</sup> grade:

**pH 6.0** – for washing and cleansing your face

### 3<sup>rd</sup> grade:

**pH 5.5** – to sterilise kitchen utensils and surfaces without chemicals

### 4<sup>th</sup> grade:

**pH 5.0** – to achieve a stronger sterilising effect

Using Aquarion, you can set alkaline or acidic water in four grades. Make the most of the opportunities offered by Aquarion and adjust the pH value of the water for your intended use.

# GoldMAX®

## MAGNETIC DESCALER

The base material of GoldMAX® magnetic limescale remover is neodymium, the strongest known magnetic substance. During the magnetic treatment the crystal structure and charge of the minerals change so the magnet prevents their setting; what is more, previously accumulated deposits can also be dissolved and removed from the systems. This way you can use natural energy, without the necessity of using aggressive chemicals, to prevent the formation of limescale deposits in the water pipes, which would provide a habitat for fungi, bacteria and other microorganisms.

### Who do we recommend it?

- To be used with Aquarion water filtering device, placed on the intake water pipe of the device, in order to prevent limescale deposits,
- fixed on the main water pipe, it can make the water system limescale-free; the water heater, washing and dishwashing machines can become more efficient so the washed dishes will be cleaner and the clothes will be whiter.



**Did you know** how limescale is formed? When rain falls, the soft water is filtered through the soil. Getting through the layers of the soil, the water becomes richer in minerals, including calcium and magnesium-carbonate. A large part of tap water gets into the water pipes from bored wells, following cleaning, and this is how limescale finds its way into our homes.

**Warning!** The product contains a powerful magnet. Keep it away from pacemakers, TV sets, monitors, laptops, measuring instruments and all devices containing magnetic media (mobile phones, cameras). Hold the magnets firmly as they may cause injuries or get damaged if they snap together. Keep it away from children!

# BioHarmonex®

## BIORESONANCE DEVICE

BioHarmonex® is a device, operating according to the principles of biophysics, more precisely bioresonance, which was developed specifically for home use. Those following the principles of bioresonance claim that each cell of the human body generates an electromagnetic field. This energy field is one way by which cells can communicate with each other and initiate or control the various physiological processes in our body. BioHarmonex® generates an external electromagnetic field, which can support the natural processes of the organism by "addressing" the natural electromagnetic fields generated by certain tissues of the body.

**ANTIFRONT** – For a good general state of health at all times.

**BIORHYTHM** – For a harmonically functioning biorhythm.

**SKIN** – For the beautiful skin and its appropriate functioning.

**BONES/TISSUES** – The vibrations of the program are in harmony with the processes that take place in the bones and tissues.

**AFTER TRAINING** – For regeneration following intensive physical exercise.

**DIGESTION** – With vibrations tuned to optimise the digestive functions.

**PAIN** – A program for a good general state of health at all times.

**CHILDREN** – For the special needs of children.

**HORMONES** – A program specifically targeting the hormone system.

**NERVES** – A program developed for those who need excellent mental functions and concentration every day.

**IMMUNE** – With vibrations addressing the immune system.

**CIRCULATION** – Primarily for those who intensively challenge the functioning of their circulatory system (athletes) or who need support for the optimal functioning of their circulation.

**RELAX** – For relaxing, winding down and relaxation programmes.

**BREATHING** – To support the proper breathing. Especially recommended for athletes, smokers and people living in cities.

**LIVER/PANCREAS** – The upgraded version of the “Digestion” program, specifically targeting these two organs.

**MENSES** – For natural femininity.

**MENTAL RECHARGE** – For proper relaxation, also in case you are extremely overburdened.

**DETOXIFICATION** – This program can support detoxification processes.



**MERIDIAN** – Its goal is to harmonise the functioning of acupunctural meridians.

**LYMPHATIC SYSTEM** – For the healthy functioning of the lymphatic system.

**FOREVER YOUNG** – A program for the antioxidant processes and eternal youth.

**PROSTATE** – For mature, middle-aged and elderly men.

**WEIGHT LOSS** – A program developed to support appropriately applied weight loss methods and anti-cellulite treatments.

**EYES/SIGHT** – With vibrations developed especially for those performing work or activities that heavily stress the eyes.

**KIDNEYS** – Its vibrations are in harmony with the optimal kidney functions.

## COMMUNIGUARD

### ELECTROSMOG PROTECTION

Every device that uses electricity is surrounded by electric or magnetic fields. These fields, especially if we are in contact with them for a long time, can also affect the functioning of our body. Such negative impacts are associated with them as sleep disorders, headache, hot ears and face, general depression or exhaustion. COMMUNIGUARD is such an informatically treated foil that harmonises the harmful radiations reaching our body, thus protecting it from the harmful effects of electro smog.

**Did you know**, that COMMUNIGUARD achieved excellent results when it was subject to bioresonance examinations?

**Application:** Carefully remove the protective foil and stick it onto the back cover of the telephone or the battery. Do not crop it. If you would like to apply it on a microwave oven, always stick it on its outer surface as the material of the foil is aluminium.

**Warning!** COMMUNIGUARD is not a medical device; it is not a substitute for medical consultation or treatment. If you have any symptoms, contact your physician. Unused foils are to be kept out of the reach of children.

### Who do we recommend it?

- In order to get protection from the harmful effects of electro smog, applying it on every concerned device. For example: mobile phones, computers, wireless telephones, baby guards, microwave ovens, etc.



## Practical information and useful advices

1. Follow the directions featured on the he label. Do not exceed the daily recommended dose.
2. In order to preserve the superb quality of the product for as long as possible, follow the directions on the packaging.
3. Store the formulas out of the reach of children, in their original packaging.
4. Because of the natural substances, or their normal transformation , which takes place as time passes, the color of the tablets/capsules may differ slightly from each other. It may be different from container to container, but it does not influence the quality of the product.
5. The product can be nosubstitute for either a varied, balanced diet, or a healthy way of life. The weight loss formulas can be no substitute for either physical exercise, changes in lifestyle, or a necessary weight loss diet.
6. The fiber content of the fiber containing formulas may bind other active ingredients and therefore they should be taken at least 2 hours before or after other formulas or medicines.
7. Always take tablets/capsules with abundant amounts of water, except with sublingual and chewing tablets.
8. Consult your doctor in case you
  - are pregnant or breastfeeding,
  - suffer from any allergy or some other chronic disease
  - facing a major operation or dental surgery and/or are under a long-term medicinal treatment,
  - experience unusual symptoms while taking the formula.
9. The products featuring in the catalogue are on sale in the global network of CaliVita® International. The formulas on sale in the individual countries feature on the product list of the given country.
10. CaliVita® will not take responsibility for the possible misprints in the present publication. The pictures are illustrations.
11. This catalogue was made exclusively for the members of CaliVita® network, as a business to business (B2B) communication tool.