



The daily portion (20ml) contains a similar amount of phytochemicals to 800 g of selected fruit and vegetables.

Combining robust defence¹ with best provision!

Vitalkomplex Dr. Wolz



Dear customers,

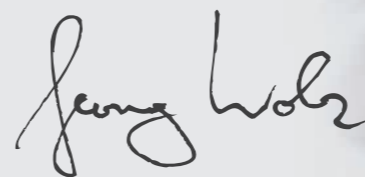
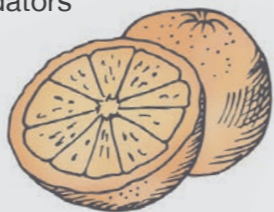
as investigations are currently showing the eating of fruit and vegetables is not only frequently underrated in Germany but in recent years has even suffered a marked decline. Although the German Association for Nutrition (DGE) recommends eating at least five fist-sized portions of fruit and vegetables a day, the majority of adults in Germany does not manage to live up to this recommendation.

Fruit and vegetables should not only be consumed due to the vitamins and fibre they contain, but mainly on account of the phytochemicals. The protective substances in plants are not at all of a secondary nature to people. They only play a subordinated role from a plant's point of view as they are not directly involved in photosynthesis but serve in protecting against for example predators or UV radiation.



They are chiefly to be found in dark types of fruit and vegetables such as red grapes, blueberries or beetroot.

Our Vitalkomplex Dr. Wolz contains these and other types of dark fruit and vegetables in abundance. For example, just **20 ml** of the micronutrient concentrate is already enough to provide a similar amount of phytochemicals as is contained in **800 g of selected fruit and vegetables**. Not only the deep-red colour of the concentrate, but also the detailed list of every ingredient on the pack bears witness to this. This brochure describes just what the ingredients are and who can benefit from the vital concentrate.



Dr. med. Dipl. Ing. Georg Wolz
Managing director
Physician and Biotechnologist



What is Vitalkomplex Dr. Wolz?

Vitalkomplex Dr. Wolz is a scientifically tested concentrate of vital materials with a wide spectrum of minerals, vitamins and trace elements along with an especially high proportion of fruit- and vegetablesourced phytochemicals.

The fruit and vegetable types with the natural vitamins, minerals and trace elements, and especially the phytochemicals they contain, have been selected according to the latest nutritional knowledge. The deepred colour attests to the fact that Vitalkomplex Dr. Wolz is a product which is well-endowed with phytochemicals.

- ✓ For the immune system², energy & metabolism³
- ✓ Optimally catered for all age groups
- ✓ For those with an unbalanced diet

For adults and children from 2 years



CHOKEBERRIES	APPLES	SEA BUCKTHORN	BLACK CARROT	BEETROOT	PUMPKIN SEEDS
GRAPES	ARTICHOKE BLOSSOM	ACEROLA	CAMU CAMU	ELDERBERRY	CHLORELLA
TOMATO	BILBERRIES	POMEGRANATES	BROCCOLI EXTRACT	MALLOW BLOSSOM	GREEN TEA EXTRACT
SHIITAKE	TOPINAMBUR	GALANGAL ROOTS	ROSEMARY	ROSE HIP	TURMERIC ROOTS
NASTURTIUM SEEDS/ BLOSSOM	BLACK-CURRANTS	SAUER-KRAUT			

POLYPHENOLS
 ANTHOCYANS
 OPC
 CATECHINS
 LYCOPENE
 B1
 B2
 B6
 B12
 VITAMIN C
 VITAMIN D
 BIOTIN
 NIACIN
 PANTOTHENIC ACID
 VITAMIN E
 MAGNESIUM
 CALCIUM
 ZINC
 IRON

Improve your health by closing the nutritional gap in your diet!

Vitalkomplex Dr. Wolz contains a wide range of precious ingredients which for many different reasons are often in short supply in our daily diets - yet are incredibly important to our health:



Fruit concentrates

The special selection of fruit concentrates such as hibiscus, blackcurrants, sea buckthorns, elderberries, bilberries, apples, acerola, chokeberries, pomegranates and grapes enables the daily requirement for flavonoids and phenolic acids to be covered by just one portion (20 ml).



Herbal extracts

These include galangal roots, nasturtium seeds, artichoke blossom, chlorella, camu camu, nasturtium flowers, pumpkin seeds, rosemary, turmeric roots, mallow blossom and many others!



Vegetable juice concentrates

They provide a wide range of vitamins and minerals, in particular an especially high proportion of phytochemicals such as phenols, anthocyanins, flavonoids and carotenoids. These are contained, for example, in tomatoes, black carrots, beetroot, shiitake, chicory and topinambur.



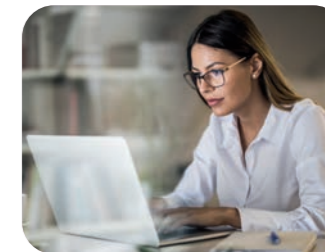
Extracts

Plant substances significant to naturopathy such as broccoli extract, sauerkraut, wheatgerm extract, green tea extract and many others! Fermented foodstuffs such as lactofermented sauerkraut juice.

Particularly important to take in cases of ...

all those who are unable to have a sufficiently healthy diet or who are in greater need of micronutrients due to their specific circumstances in life.

- ✓ Stress in daily life or work stress
- ✓ Old age
- ✓ Pregnancy and breast-feeding
- ✓ Competitive sport
- ✓ Growing children
- ✓ Cognitively stressed people (students)



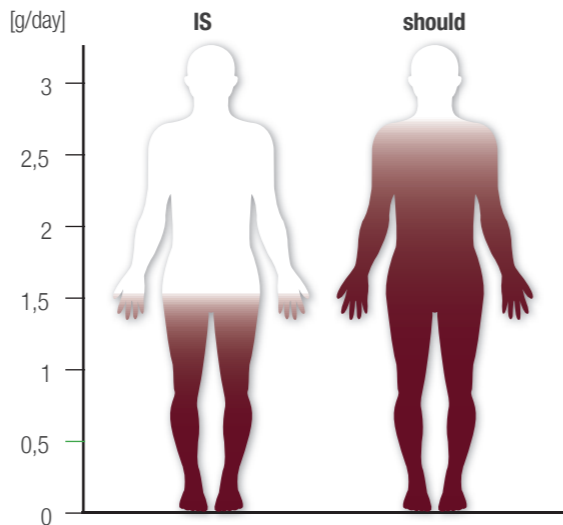
What are phytochemicals?

These are bioactive protective agents found in fruit and vegetables, which plants use to ward off detrimental environmental influences. An example is the red dye in tomatoes, lycopene, which protects the tomato from UV solar radiation.

One reason why eating fruit and vegetables is so healthy is the phytochemicals they contain. Numerous studies have shown that, like vitamins, they have a very beneficial impact on people. So they are now also termed „21st century vitamins“.

The daily portion (20ml) contains a similar amount of phytochemicals to 800 g of selected fruit and vegetables.

COMPARISON OF CURRENT AND TARGET INTAKES OF PHYTOCHEMICALS

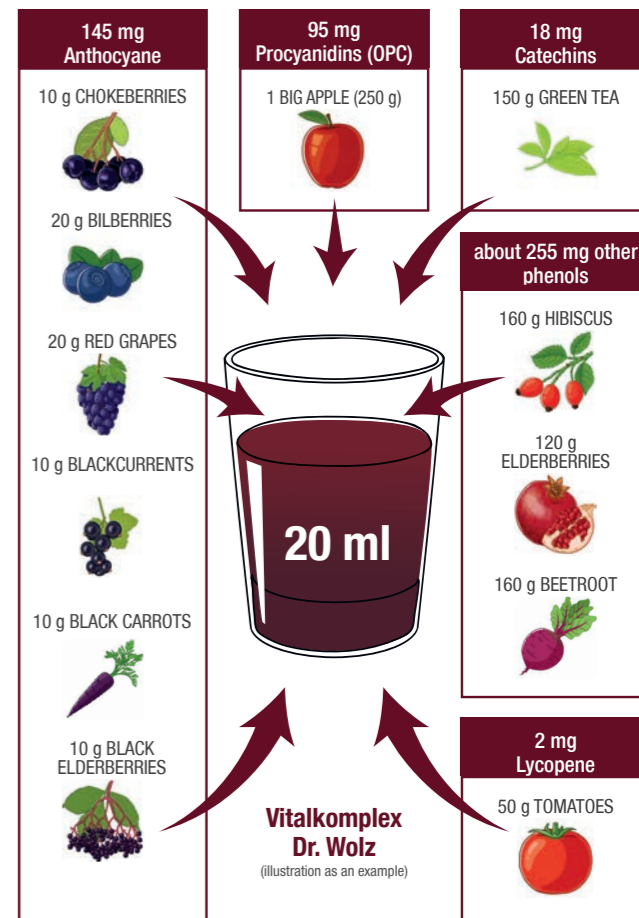


Source: own calculation based on the MRI's (Max Rubner Institut) national dietary study and the DGE's (German Nutrition Society) recommendation (5 portions of fruit & vegetables/day = 600-700 g).

Phytochemicals in Vitalkomplex Dr. Wolz

Phytochemicals are not isolated in Vitalkomplex Dr. Wolz, but are provided in their natural matrix. Vitalkomplex Dr. Wolz provides an ideal daily supply of bioactive natural substances. 20 ml of Vitalkomplex contains 400 mg of different polyphenols, 18 mg catechins and 2 mg of lycopene. Data from scientific literature shows that 800 g of comparable quantities of these specially selected fruit and vegetables have to be eaten.

Dosage recommendation: Vitalkomplex Dr. Wolz is a concentrate. Take 20 ml a day, diluted with half a glass of water or juice. Give a half quantity to children. Shake the natural ingredients prior to use!



Where Vitalkomplex Dr. Wolz is of benefit:

✓ Immunesystem

Vitamins B6, B12, D and iron and zinc contribute to normal functioning of the immune system.

✓ Mental performance

Vitalkomplex Dr. Wolz is not only beneficial for physical performance - iron and zinc promote normal cognitive function, iron also supports a child's cognitive development.

✓ Energy and fitness

All the B-vitamins, along with calcium, iron and magnesium, which it contains, contribute to normal energy metabolism; Iron supports oxygen transport around the body and, along with vitamins B6 and B12, promotes normal red blood corpuscle function.

✓ Cell protection

Vitamin C and zinc help to screen cells from oxidative stress.



✓ Nervous system

Vitamins B1, B2, niacin, B6, B12, biotin and magnesium contribute to the normal functioning of the nervous system; vitamins B1, B6, B12 and biotin foster normal psychological functioning.

✓ Lovely skin and nails

Vitamin C and biotin cater for beautiful skin; the trace element zinc in Vitalkomplex Dr. Wolz contributes toward preserving normal nails.

✓ Bones and joints

Vitalkomplex Dr. Wolz contains calcium and zinc and vitamins C and D to conserve normal bones. Vitamin C further supports normal collagen formation for normal cartilage function. Children need vitamin D and calcium for healthy growth and healthy bone development.

As fit as football champions or rowers of 'Germany Eight'

Both the women's football team of 1. VFL Wolfsburg and the successful rowers of 'Germany Eight' employ our popular Vitalkomplex Dr. Wolz. Our vital Blueberry Shake puts the healthy and delicious concentrate at the heart of everyday sports activity.



Vital Blueberry Shake

What goes into a shake:

- 150 ml of 3.5–3.8% fat fresh milk (alternative natural soy drink)
- 80 g of quark (low fat or medium fat)
- 3 tblsps. of finely ground rolled oats (or fine oats)
- 100 g of frozen blueberries
- 3 tsps. of honey
- 20 ml of Vitalkomplex Dr. Wolz

Preparation:

Blend all the ingredients in the mixer to form a creamy shake and enjoy.



According to users and experts:



Günter Wagner – Dietician at the German Institute for Sport Nutrition

„It is not typically possible to maintain an adequate supply of health-promoting phytochemicals through contemporary diets in western industrialized nations. The five portions of fruit and vegetables a day stipulated and internationally recommended by official institutions are only achieved in the rarest of cases. Adding a near-natural high-quality plant-based concentrate of vital complexes to our diets is like a dietary insurance policy. Vitalkomplex Dr. Wolz also really fits the bill due to the high standardised ratio of phytochemicals.”



Dr. Anja Bettina Irmeler – Nutritionist and lecturer

“I have been working on the science of phytochemicals for years. In my view we can best receive these valuable substances through a Vitalkomplex. I am not aware of any other liquid concentrate that so specifically exhibits these grades and levels of polyphenols.”



Felicitas Rauch – Defender at VFL Wolfsburg

“Being a footballer not only takes a lot out of you physically, but also cognitive performance must be on a par to allow you to rapidly react to switches in play. So I bolster my mental fitness with the substances contained in Vitalkomplex Dr. Wolz.”



Kerstin Spielmann – Böser health food store in Karlsruhe

„A stressful daily grind prevents many people from eating a balanced diet. So I advise my customers to take Vitalkomplex from Dr. Wolz to enable them to supplement optimum naturally based phytochemicals.”



Hannes Ocik – Leading oarsman of ‘Germany Eight’

“We train very hard and often cover 20 km of water before breakfast. So as to be primed with energy for our next training, we mainly eat food with abundant carbohydrates and less fruit and vegetables. In order to fill a possible nutritional gap and take in enough plant substances, I supplement my daily diet with Vitalkomplex from Dr. Wolz.”



Tested in studies

Several independent research institutes have tested Vitalkomplex Dr. Wolz.

Vivacell Biotechnology

The immunologist Dr. Bernd Fiebich has tested Vitalkomplex Dr. Wolz and found a cytoprotective effect¹.

Dr. Bernd L. Fiebich (VivaCell Biotechnology): "Effects of Vitalkomplex Dr. Wolz on inflammatory parameters in primary human monocytes and lymphocytes", 2014

Institute for Cytobiological Test Systems

In several investigations not involving experiments on animals Biochemist Prof. Peter Dartsch found that Vitalkomplex Dr. Wolz shields the body's cells from oxidative stress.⁴

Prof. Dr. Peter C. Dartsch (Dartsch Scientific GmbH): "Vitalkomplex Dr. Wolz – Cytobiological research without animal testing into anti-oxidative and anti-inflammatory effects" 2013

Institut Prof. Kurz GmbH test laboratory

The independent test laboratory Institut Prof. Kurz confirmed that Vitalkomplex Dr. Wolz contains the specified quantity of phytochemicals.

Prof. Dr. Georg Kurz (independent test laboratory Institut Prof. Kurz GmbH): "Test report on Vitalkomplex". 2015

BioTeSys – Nutritional CRO & test laboratory

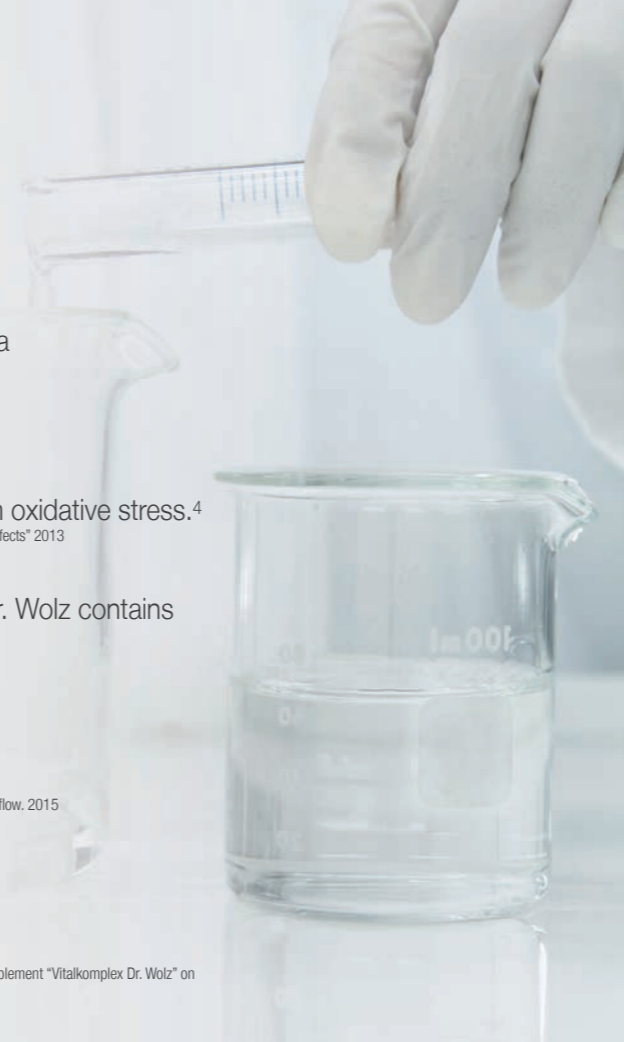
The independent test laboratory BioTeSys has ascertained the positive effect of Vitalkomplex Dr. Wolz on microcirculation.^{6,7}

Dipl. Ern.Wiss. (graduate nutritionist) Christiane Schön (BioTeSys GmbH): In-house study investigating the effect of Vitalkomplex Dr. Wolz on microcirculatory blood flow. 2015

Society for Mental Training e.V. (GfG)

Result of a pilot study into the effect on mental performance²: after six weeks of taking Vitalkomplex Dr. Wolz the test participants' cognitive abilities increased, meaning their IQs, by 5 points!⁵

Dr. Siegfried Lehl (Gesellschaft für angewandte Metaforschung mbH [Society for Applied Meta-research] (GaM) et. al.: "Investigation of the effect of the dietary supplement "Vitalkomplex Dr. Wolz" on subjective vitality and confidence and base parameters of current mental efficiency in internet-proficient adults – an exploratory study". 2016



Recipient of multiple accolades

Following 2016, Vitalkomplex Dr. Wolz has once again been chosen as health food of the year in 2021. Renewed testament to the high in this micronutrient concentrate for the whole family.

- ¹ Vitamins B6, B12, D and iron and zinc contribute to normal functioning of the immune system.
- ² Iron and zinc promote normal cognitive function.
- ³ Vitamins B6 and B12 contributes to the reduction of tiredness and fatigue.
- ⁴ Vitamins C and E as well as zinc help to shield cells from oxidative stress.
- ⁵ Vitamins B1, B6, B12 and biotin support normal psychological function.
- ⁶ Iron supports oxygen transport around the body.
- ⁷ Iron along with vitamins B6 and B12, promotes normal red blood corpuscle function.

There are many good reasons for Dr. Wolz:

- ✓ Innovative family business with over 50 years of experience
- ✓ Global trust: Customers place their faith in Dr. Wolz in over 35 countries.
- ✓ Up-to-date science: We collaborate closely with leading institutes and hospitals in our own R&D.
- ✓ All production under the same roof: Every product is manufactured in our own factory in Geisenheim.
- ✓ Highest standards of quality: All our products are regularly inspected by independent laboratories.
- ✓ Our quality management is certified as conforming to ISO 9001 and HACCP.



Distributed by:

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