

Product landscape 2024



Products / for healthcare professionals only

Every human being
deserves to be healthy



OUR PRODUCT LANDSCAPE AT A GLANCE Q1 / 2024

intelligene

DNA Analysis	P.10	Diagnostic Tool
--------------	------	-----------------

mito functional nutrition

Functional drinks	P.14	mito drink
-------------------	------	------------

add-on

Micronutrients from the add-on product line	P.18	Chromium / Iodine / Copper / Manganese / Magnesium / Melatonin / Selenium / Zinc
---	------	--

Principle Causa Logica complex mixtures of natural substances

CL01	VITAMIN Vitamins & Provitamins	P.28	ADEK Vitamin Oil / B-Vitamins & Trace Elements / Vitamin B Complex / Vitamin C Complex / Total Vitamins
CL02	CARDIOVASC Heart, Vessels & Blood	P.36	HAEMATOgen / HAEMATOzym / Vestibulocochlea
CL03	MATRIX Cell Matrix & Sugar Metabolism	P.42	GLUCOstable / ORTHObone / ORTHOjoint / ORTHOtendon
CL04	MITO Mitochondria & Life Energy	P.48	Mitochondria Multi Complex / Mitochondria Formula Sports / PQQ Total
CL05	REDOX Redox System & Secondary Plant Substances	P.56	Antioxidants / LIPO Curcumin Booster / MITO Booster / Polyphenols / Redox Regulate
CL06	DNA DNA, Cell Division & Nucleotides	P.64	Methylation Master / Premium Nucleotides / Nucleotides Powder
CL07	NEURO Neurotransmitters & Psyche	P.70	NEUROadapt / NEUROactive / NEUROnight / NEUROtonin
CL08	IMMUNE Immune System	P.76	BIC* Immune / Immune Protocol / Phytobiosis / Phytobiosis Liquid / Phytobiosis Total / Silent Immune / Vitality Mushrooms
CL09	ELEMENTS Acids-Bases & Minerals	P.86	Premium Minerals / Vitamin D Regulate
CL10	AMINOS Proteins & Amino Acids	P.90	Amino Acids Day & Focus / Amino Acids Night & Recovery / Amino Acid Sports / Essential Aminos
CL11	LIPID Lipids & Oils	P.96	Omega PL
CL12	FLORA Digestion & Flora	P.100	Dysbiosan / Flora Balance / Flora Immune / Flora Stable / Flora Total Gut Friend / TaGa Mix
CL13	PURE Liver & Sulfur	P.110	Hepar / LIPO Glutathion Booster / Pure

Partner products


BIO 360 Vital substances	P.117	360 Cleanse / 360 Energy / 360 Tissue / 360 Vital
feel keto	P.122	Feel keto Crackers
Norsan Oils	P.123	Norsan Omega-3 Total Plus / Norsan Omega-3 Vegan Plus
Sagitta med	P.125	Probiotic Deodorant
wowtamins fruit gums	P.126	wowtamins Kids Complete / wowtamins Kids Complete sugar free
ZeoBent Zeolith	P.128	ZeoBent MED Detox Powder
Zinzino	P.129	Zinzino Balance Oil+ / Zinzino Balance Oil+ Premium / Zinzino Balance Oil+ vegan / Zinzino Essent+ Premium / Zinzino Balance Test

Go directly to
our products



CONTENT

KEY

-  New product / -revision
- EL Tablespoon
- KPS Capsule(s)
- ML Measuring Spoon
- TL Teaspoon



vegan



vegetarian



without
Allergens



without
Gluten



without
Lactose



developed by
physicians

Free of any allergens in accordance with EU Regulation no. 1169 / 2011, Annex II: This Regulation includes the 14 best-known substances or products that can trigger allergies or intolerances. These include e.g. cereals containing gluten, crustaceans and products thereof, eggs and products thereof, fish and products thereof, peanuts and products thereof, soy beans and products thereof, milk and products thereof, various nuts, celery and products thereof, mustard and products thereof, sesame seeds and products thereof, sulphur dioxide and sulphites in concentrations greater than 10 mg/kg or 10 mg/l, lupins and products thereof, molluscs and products thereof.

This catalogue was printed on (100%) FSC-certified recycling paper using carbon neutral processes. Find out which climate project we support:



Druckprodukt
Klimabeitrag
ClimatePartner.com/53116-2402-1004

<p>02 MITOcare</p> <p>04 MITOcare Academy</p> <p>08 intelligene</p> <p>12 mito functional nutrition</p> <p>16 add-on</p> <p>26 Principle Causa Logica</p> <p>28</p> <p>36</p> <p>42</p> <p>48</p> <p>56</p> <p>64</p> <p>70</p> <p>76</p> <p>86</p> <p>90</p> <p>96</p> <p>100</p> <p>110</p> <p>116 Partner products</p> <p>134</p>	<p>Our vision</p> <p>Knowledge transfer & professional training</p> <p>DNA analysis</p> <p>Functional drinks</p> <p>Micronutrient additional product line</p> <p>Micronutrient complex products</p> <p>Products from selected partners</p> <p>Index</p>	<p>01 VITAMIN – Vitamins & Provitamins</p> <p>02 CARDIOVASC – Heart, Vessels & Blood</p> <p>03 MATRIX – Cell Matrix & Sugar Metabolism</p> <p>04 MITO – Mitochondria & Life Energy</p> <p>05 REDOX – Redox System & Secondary Plant Substances</p> <p>06 DNA – DNA, Cell Division & Nucleotides</p> <p>07 NEURO – Neurotransmitters & Psyche</p> <p>08 IMMUNE – Immune System</p> <p>09 ELEMENTS – Acid-Base & Minerals</p> <p>10 AMINOS – Proteins & Amino Acids</p> <p>11 LIPID – Lipids & Oils</p> <p>12 FLORA – Digestion & Flora</p> <p>13 PURE – Liver & Sulfur</p>
--	---	---

NOTE ON FORMULATION ADJUSTMENTS - Munich, version 31/01/2024 catalogue no. K2ACL2024-01
MITOcare is not liable for the up-to-datedness of the formulations in this catalogue. Product formulations may change; current versions can always be found on mitocare.de. You can also receive information about changes via our newsletter. To register, please contact us at info@mitocare.de.





add-on

The new add-on line specifically complements the integrated blends of the Principle Causa Logica

Every human being deserves to be healthy

Since its foundation, MITOcare has stood for health as the most vital human asset. Based on the well-founded «Principle Causa Logica», our range includes over 40 innovative health products, from micronutrients and DNA diagnostics to functional nutrition. With an extensive network of medical professionals and therapists, we are continuously improving our product range in line with the latest scientific findings. Through laboratory diagnostics and many years of experience, we create synergies between nutrients and co-factors to maximise the effectiveness of our products.

In doing so, quality assurance and environmental sustainability are our guiding principles. We avoid potentially problematic additives and rely on natural, readily available ingredients, responsible supply chains and production in the EU.

Our brand's development is dynamic: In addition to the main brand, we have established sub-brands that represent our unique range of products, from therapeutic micronutrients to preventive diagnostic tools.

MITOcare Academy supports specialists with expertise in natural medicine and promotes exchange within the industry. Our «**intelligene**» diagnostic tool uses DNA analyses for customised prevention and therapy approaches. «**mito functional nutrition**» embodies our vision of making health easier and more accessible by integrating vital nutrients into the daily diet. And with our new «**add-on**» line, we cater specifically to the individual needs of our health-conscious customers. Always in line with our philosophy: «**Every human being deserves to be healthy**».

Targeted micronutrient supply with the new «add-on» products

With the «**add-on**» line, we have introduced an innovative range of products for targeted micronutrient supplementation. This is ideal for the treatment of specific nutrient deficiencies that may arise due to dietary restrictions and complements the existing range of our «Principle Causa Logica» integrated products.

This line was designed for consumers with special micronutrient requirements and offers individualised supplementation options. One of the key priorities in our development is bioavailability, which is why we primarily use natural compounds bound to amino acids in order to achieve optimal absorption.

For our «**add-on**» capsules we abstain from using fillers such as microcrystalline cellulose; instead, we rely on amino acids and plant extracts, among other things. Also, they do

not contain any additives such as magnesium stearate. MITOcare uses only natural preservatives for the liquid variants of the «**add-on**» line and avoids alcohol as a preservative. Furthermore, the product range is almost completely vegan.

For sustainability, the packaging is made of light-absorbing glass, made in Germany, to ensure that the ingredients are preserved.

The «**add-on**» line starts with the products magnesium and melatonin and represents an important step forward in the provision of green and effective supplements. Soon expanded to include iodine, selenium, zinc, chromium, manganese and copper, this underpins MITOcare's ongoing endeavour to provide health-promoting, sustainable and bioavailable supplements for your customers and patients.



Current MITOcare sub-brands



Knowledge of natural supplements driven by scientific insight

Our MITOcare Academy supports you with unique medical expertise in natural compounds and offers you the opportunity to exchange ideas and receive further training with colleagues.

Go directly to our Academy



Knowledge transfer & professional training with MITOcare

MITOcare Academy is at your side as a knowledge partner in the field of health and natural compounds. When MITOcare was founded, it was already clear that knowledge of natural compounds and functional medicine had to find its way into the therapist community.

Since then, MITOcare Academy has been offering training for therapists in the form of regular online, face-to-face and hybrid training courses. Furthermore, recorded seminars are made available for booking in the form of video-on-demand, allowing those who were unable to attend in person to also benefit from this rich source of information.

Our Academy primarily provides knowledge in the field of functional medicine. Mitochondrial medicine is an elementary component of the training courses because, as the name MITOcare suggests, we focus on the MITOchondria, the powerhouses of our cells. However, topics such as neuroinflam-

mation, immunology and epigenetics are equally covered. Speakers from various disciplines present the content in a practice-orientated manner backed by sound scientific insight.

In addition to the specialist content, we also care about exchanging ideas among therapists, enabling them to build networks. With this in mind, we organise a «St. Nicholas Party» once a year at the beginning of December – an event with high-profile speakers and presentations in a festive pre-Christmas atmosphere.



Free webinar archive



Hybrid training



Online training



Face-to-face training & therapist network

Welcome to the MITOcare specialist group area

As our partner, you have access to innovative knowledge transfer with the **MITOcare Academy**, comprehensive information on our range and our products and you can network with many other therapists & medical professionals. You can find more information about our MITOcare partner model at:

<https://mitocare.de/pages/ueber-fachkreisbereich>

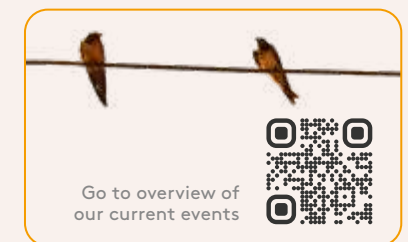
Register today and benefit from personal onboarding.



Check in – Get on board – Get started

Are you one of those therapists who think outside the box? Do you want to use micronutrients modelled on nature, as a synergy of natural compounds that complement each other perfectly and have a high bioavailability? Would you also like to expand your knowledge of natural compounds in an unrivalled network of therapists and scientists?

Then let MITOcare inspire you!



Become a MITO partner in just three steps and use our **Principle Causa Logica**:

- Send us an email to: loslegen@mitocare.de with the subject line: «I would like to book a 90-minute MITOcare onboarding training course and get started.» The individual training date will be customised for you.
- For further training, use the free webinars in our specialist section for healthcare professionals. We also offer training courses in our MITOcare Academy.

We look forward to assisting you and exchanging ideas with you!

INTELLIGENE HELPS YOU TO UNDERSTAND YOUR DNA AND TAKE PREVENTIVE ACTION

Pollutants, stress, an unhealthy diet and other environmental factors are major challenges for our body. Individual genetic characteristics determine how well we can cope with these challenges. Our holistic approach with intelligene has been developed to visualise your strengths and weaknesses on an analytical level.

You will receive a comprehensive evaluation of possible changes in your DNA backed by scientifically established correlations. Optimising micronutrient therapies, targeted prevention, mental well-being, increased performance or identifying individual risk factors are just a few examples of how your test result can help you to live a healthier life.

INTELLIGENE GIVES YOU ANSWERS FOR YOUR LIFE

DECIDE TO TAKE YOUR WELL-BEING INTO YOUR OWN HANDS.
THIS IS WHAT YOU CAN FIND OUT WITH THE INTELLIGENE ANALYSIS:



Increase your mental and physical well-being



Understand how to increase your efficiency



Find out what kind of nutrients your body needs



Find out about your individual risk factors



Learn about your targeted preventive measures

Human DNA consists of over 23,000 genes and provides the blueprint for all the body's structures and cells, including enzymes, messenger substances and hormones. These are of enormous importance for the function and control of our body: Immune system, hormone system, nervous system, detoxification, cell protection, energy production, bioavailability of micronutrients or gene control are just some of the most important examples. Changes in DNA can be inherited (single nucleotide polymorphism (SNP)) or acquired (mutations) in the course of life. In both cases, these subtle changes can have significant consequences for the body.

STEP BY STEP TO A DYNAMIC FUTURE FULL OF VITALITY

HOW DOES IT WORK?



1. Test at home



2. Receive results



3. Achieve goals



4. Track success

You can take the test sample yourself easily and conveniently at home. Follow the easy instructions of the intelligene DNA test kit and send the test samples back to us free of postage.



INTELLIGENE FOCUSES ON THE FOLLOWING AREAS:

- **Redox system:** antioxidant protection and energy production
- **Detoxification:** Phase 1 and Phase 2
- **Methyl metabolism:** gene control, hormone balance, membrane quality
- **Micronutrients:** bioavailability, needs
- **Immune system:** inflammatory readiness, inflammatory control, silent inflammation, neuroinflammation
- **Nervous system:** regeneration capacity, neurotransmitter household, mental wellbeing

In terms of depth of detail and complexity, the analysis is aimed at medical professionals. The intelligene analysis should ideally be carried out in a practice that has the appropriate qualifications and is registered as an intelligene partner.

You can use the therapist finder on our website to find your practice or a contact person in your area.

mito
FUNCTIONAL™ NUTRITION
by MITOcare



you drink – we care

With the brand mito functional nutrition we cover, in addition to our dietary supplements, also functional nutrition. Due to our current lifestyle, stress and lack of time, we often find it hard in our day-to-day life to provide our body with the ideal nutrition. Our functional** drink presents a good alternative to integrate more vitality and cellular performance^{1,2} into your everyday life.

**One can of mito drink contains vitamins vitamin C, thiamine, vitamin B12, biotin and pantothenic acid. These contribute to a normal energy metabolism.

Go directly to our functional foods



Your key to more vitality & performance

Our mito drink was developed with doctors to supply every cell of your body with important nutrients every day. The focus is on the **mitochondria**, the small power plants in our cells, which provide us with energy every day and help us to achieve peak human performance.

The synergistic combination of ingredients consists of a complex mixture of vitamins, important minerals and selected amino acids. Tropical fruits such as açai, chokeberry and mangosteen meet with green tea and a refreshing, pearly ginger note. The complex formula is coenzyme Q10 and L-carnitine.

The functional drink for more vitality and performance^{1,2} can also help protect against oxidative stress³. With one can daily you can cover your needs for some important micronutrients - simply by drinking it. You drink - we care.



Refreshment meets impact

						
Açaí	Pomegranate	Goji	Mangosteen Mark	Acerola	Guarana	Orange juice
						
Ginger	Carrots	Green tea	Grape seed	Red beet	Aronia	Blackberry

HEALTH CLAIMS 1. One can of mito drink contains vitamins vitamin C, thiamine, vitamin B12, biotin and pantothenic acid. These contribute to a normal energy metabolism. ** // 2. One can of mito drink contains pantothenic acid. This contributes to normal mental performance. // 3. One can of mito drink contains vitamins vitamin E, vitamin C and riboflavin. These help protect cells from oxidative stress.



Refresh your daily routine

				
Refreshes your cells ^{1,2}	Focus & performance ²	Functional ¹ complex blend	Vegan formula	Sweetness from stevia plant



Targeted supply of micronutrients

The MITOcare add-on product line supplements our integrated products with selected nutrients. As with the Principle Causa Logica, we place great importance on bioavailability and choose amino acids and botanicals to support the individual nutrients instead of fillers. We do not use additives in our capsule products and rely on natural preservation in our liquid products. Virtually all products are suitable for a vegan diet.

Go directly to our micronutrient supplement products



Chromium

© 44 g = 120 capsules (Pullulan, size 1) • Item no. 1005008 • PZN 19198252 • PPN 11 19198252.02
 Take 1 capsule 1x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.

NEW PRODUCT FROM APRIL 2024

Organic chromium in the form of chromium picolinate // 188 µg chromium per capsule - 120 capsules per jar //
 Accompanied by the amino acid L-ornithine // Without fillers - with pullulan capsules from natural agriculture

Our **add-on Chromium** (Chrom) contains the essential trace element chromium, which is bound to organic picolinic acid. In the body, chromium is mainly found in the liver, spleen, lungs and bones and is primarily involved in insulin secretion. Accordingly, an adequate intake of chromium supports a healthy blood sugar level¹ and contributes to an intact metabolism of macronutrients - especially carbohydrates². In this product, chromium is accompanied by the amino acid L-ornithine, which plays a role in the body's urea cycle.

INGREDIENTS

L-ornithine hydrochloride, pullulan (capsule shell size 1), chromium picolinate

COMPOSITION	1 CAPSULE / DAY	%NRV*
Chromium	188.00 µg	470
L-ornithine	250.00 mg	**

- * Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)
- ** No NRV specified



1. Chromium contributes to the maintenance of normal blood glucose levels. // 2. Chromium contributes to normal macronutrient metabolism.

NEW PRODUCT FROM APRIL 2024

Iodine from kelp algae from natural and sustainable cultivation // 150 µg iodine per capsule - 120 capsules per jar //
 Accompanied by the traditional mushroom Agaricus blazei murrill // No fillers - with pullulan capsules from natural farming

INGREDIENTS

Iodine-rich kelp powder (Ascophyllum nodosum), Agaricus blazei murrill powder, pullulan (capsule shell size 1)

COMPOSITION	1 CAPSULE / DAY	%NRV*
Iodine from kelp powder	150.00 µg	100
Agaricus blazei murrill powder	170.00 mg	**

- * Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)
- ** No NRV specified

Our **add-on Iodine** (Jod) is obtained from kelp algae, which is naturally rich in iodine. In the body, most of the iodine is found in the thyroid gland, where thyroid hormones are produced. Accordingly, an adequate iodine intake supports the healthy function of the thyroid gland and the production of thyroid hormones¹. Among other things, the latter influence the basal metabolic rate in the body, which means that iodine also contributes to a normal energy metabolism². Furthermore, Iodine supports a healthy nervous system³ and cognitive function⁴. The skin also benefits from iodine⁵. The kelp algae is accompanied by the traditional mushroom Agaricus blazei murrill. All raw materials come from natural and sustainable cultivation / farming.



1. Iodine contributes to the normal production of thyroid hormones and normal thyroid function. // 2. Iodine contributes to normal energy-yielding metabolism. // 3. Iodine contributes to normal functioning of the nervous system. // 4. Iron contributes to normal cognitive function. // 5. Iodine contributes to the maintenance of normal skin.

Products / for healthcare professionals only

add-on

Iodine

© 48 g = 120 capsules (Pullulan, size 1) • Item no. 1005003 • PZN 19195118 • PPN 11 19195118.92
 Take 1 capsule 1x per day with approx. 200 ml of still water.

Copper

€ 44 g = 120 capsules (Pullulan, size 1) • Item no. 1005007 • PZN 19198269 • PPN 11 19198269 89
Take 1 capsule 1x per day with approx. 200 ml of still water.

NEW PRODUCT FROM APRIL 2024

Organic copper in the form of copper bisglycinate // 1.6 mg copper per capsule – 120 capsules per jar // Accompanied by the amino acid L-lysine // Without fillers – with pullulan capsules from natural agriculture

Our **add-on Copper** (Kupfer) contains organic copper that is bound to the amino acid glycine as bisglycinate (chelate). Copper is essential in the body, is involved in many enzymatic processes and is mainly found in bones and muscles. Accordingly, it contributes to healthy connective tissue¹. The immune system² and energy metabolism³ also benefit from a sufficient copper intake. Copper also supports cell protection⁴ as well as skin⁵ and hair pigmentation⁶. The essential amino acid lysine, which is a component of collagen polypeptides in the body, complements the product.

INGREDIENTS

L-lysine hydrochloride, pullulan (capsule shell size 1), copper bisglycinate

COMPOSITION	1 CAPSULE / DAY	%NRV*
Copper	1.60 mg	160
L-lysine	250.00 mg	**

- * Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)
- ** No NRV specified



1. Copper contributes to maintenance of normal connective tissues. // 2. Copper contributes to the normal function of the immune system. // 3. Copper contributes to normal energy-yielding metabolism. // 4. Copper contributes to the protection of cells from oxidative stress. // 5. Copper contributes to normal skin pigmentation. // 6. Copper contributes to normal hair pigmentation.

NEW PRODUCT FROM APRIL 2024

Organic manganese in the form of manganese gluconate // 3 mg manganese per capsule – 120 capsules per jar // Accompanied by the amino acid L-threonine // Without fillers – with pullulan capsules from natural agriculture

INGREDIENTS

L-threonine, pullulan (capsule shell size 1), manganese gluconate

COMPOSITION	1 CAPSULE / DAY	%NRV*
Manganese	3.00 mg	150
L-threonine	400.00 mg	**

- * Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)
- ** No NRV specified

Our **add-on Manganese** (Mangan) contains organic manganese gluconate in combination with the amino acid L-threonine. Manganese serves as a cofactor for many enzymes and must be supplied to the body through food as an essential trace element. Manganese is found mostly in the bones and bone marrow. It supports the formation of connective tissue¹ and the maintenance of healthy bones². Manganese also contributes to energy metabolism³ and helps to protect cells from oxidative stress⁴. Manganese is accompanied by the essential amino acid L-threonine, which is found in the body in the elastin fibers, among other places.



1. Manganese contributes to the normal formation of connective tissue. // 2. Manganese contributes to the maintenance of normal bones. // 3. Manganese contributes to normal energy-yielding metabolism. // 4. Manganese contributes to the protection of cells from oxidative stress.

Products / for healthcare professionals only

€ 56 g = 120 capsules (Pullulan, size 1) • Item no. 1005004 • PZN 19195130 • PPN 11 19195130 84
Take 1 capsule 1x per day with approx. 200 ml of still water.

Manganese

add-on

Magnesium

© 57 g = 60 capsules (Pullulan, size 00) • Item no. 1005002 • PZN 19145221 • PPN 11 19145221 96
Take 1 capsule 1x per day with approx. 200 ml of still water.

NEW PRODUCT FROM FEBRUARY 2024

Organic magnesium bound to taurine // 190 mg magnesium per capsule - 60 capsules per jar // Without fillers - with pullulan capsules from natural agriculture

Our **add-on Magnesium** contains magnesium, which is bound to the amino acid derivative taurine. Magnesium is involved in protein synthesis and several hundred enzymatic processes. In the body, magnesium is largely found in the bones and, as an antagonist to calcium, also reduces muscle contraction. Magnesium therefore contributes to healthy muscles¹ and bones². It is also involved in the transmission of stimuli and signals in the nervous system³ and supports psychological function⁴. Furthermore Magnesium is involved in all ATP-dependent reactions and therefore contributes to an intact energy-yielding metabolism⁵ and to the reduction of tiredness and fatigue⁶.

INGREDIENTS

Magnesium taurate, pullulan (capsule shell size 00)

COMPOSITION	1 CAPSULE / DAY	%NRV*
Magnesium	190.00 mg	51
Taurine	570.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified



1. Magnesium contributes to normal muscle function. // 2. Magnesium contributes to the maintenance of normal bones. // 3. Magnesium contributes to normal functioning of the nervous system. // 4. Magnesium contributes to normal psychological function. // 5. Magnesium contributes to normal energy-yielding metabolism. // 6. Magnesium contributes to a reduction of tiredness and fatigue.

NEW PRODUCT FROM FEBRUARY 2024

Melatonin for falling asleep faster¹ // Effect within 5 minutes // Absorbed via the oral mucosa // BIG PACK with 214 sprays // Preserved without alcohol / without potassium sorbate // With natural orange flavor // Made from 100% natural raw materials

INGREDIENTS

Water, humectant: glycerine, sunflower oil, emulsifier: soy lecithin, melatonin, natural flavor from orange peel oil, antioxidant: alpha-tocopherols

COMPOSITION	1 SPRAY / DAY	%NRV*
Melatonin	1.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

During the sleep phase, the body is increasingly dedicated to the generation and regeneration of body cells such as immune cells, muscle cells, bone cells, nerve cells, germ cells and many more. The sleep hormone melatonin initiates the deep sleep phase of the human body. During this phase, the body's lymphatic system becomes increasingly active, which can support regeneration processes. With increasing age, the human body's pineal gland produces less melatonin and the average duration of sleep generally decreases.

Our **add-on Melatonin** was specially developed for a fast-acting reduction of the time taken to fall asleep¹. The beneficial effect is obtained by consuming 1 mg of melatonin (1 spray) close to bedtime. Subjective feelings of jet lag can also be alleviated by melatonin², from which people working shifts can also benefit.

Based on the form of microscopic particles used, bioavailability is significantly increased. The product is sprayed directly under the tongue, whereby the effect begins to unfold within 5 minutes. This means that the effect occurs 3x faster than with a standard melatonin product.

© 30 ml • Big Pack • Item no. 1005001 • PZN 19075779 • PPN 11 19075779 03
Leave 1 spray under the tongue for approx. 1 minute once a day and consume.

Not recommended for pregnant and breastfeeding women.

Melatonin



1. Melatonin contributes to the reduction of time taken to fall asleep - the beneficial effect is obtained by consuming 1 mg of melatonin close to bedtime. // 2. Melatonin contributes to the alleviation of subjective feelings of jet lag - the beneficial effect is obtained with a minimum intake of 0,5 mg to be taken close to bedtime on the first day of travel and on the following few days after arrival at the destination.

Selenium

© 50 g = 120 capsules (Pullulan, size 1) • Item no. 10050006 • PZN 19198246 • PPN 11 19198246 36
 Take 1 capsule 1x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.

NEW PRODUCT FROM APRIL 2024

Rapidly available selenium from sodium selenate // 100 µg selenium per capsule - 120 capsules per jar //
 Accompanied by the sulphur compound MSM // Without fillers – with pullulan capsules from natural agriculture

Our **add-on Selenium** (Selen) combines essential selenium as sodium selenate with the organic sulphur compound MSM (methylsulphonylmethane). As sodium selenite, selenium can interact with vitamin C. However, this interaction can be avoided by using sodium selenate. In the body, selenium is mainly incorporated into enzymes and proteins, which fulfil numerous functions. Selenium is, for example, a component of the enzyme/selenoprotein glutathione peroxidase and supports the protection of cells from oxidative stress¹ as well as the function of the immune system² and thyroid³. Selenium is also a cofactor for healthy hair and nails^{4,5}. In this product, selenium is complemented by the organic sulphur compound methylsulphonylmethane (MSM), which is a component of S-adenosylmethionine, glutathione and N-acetylcysteine in the body. Sulphur cannot be produced by the body itself either but must be supplied through food.

INGREDIENTS

Methylsulfonylmethane, pullulan (capsule shell size 1), sodium selenate

COMPOSITION 1 CAPSULE / DAY %NRV*

COMPOSITION	1 CAPSULE / DAY	%NRV*
Selenium	100.00 µg	182
Methylsulphonylmethane	370.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified



1. Selenium contributes to the protection of cells from oxidative stress. // 2. Selenium contributes to the normal function of the immune system. // 3. Selenium contributes to the normal thyroid function. // 4. Selenium contributes to the maintenance of normal hair. // 5. Selenium contributes to the maintenance of normal nails.

NEW PRODUCT FROM APRIL 2024

Zinc complex with zinc bisglycinate (chelate), zinc gluconate & zinc picolinate // 5.3 mg zinc per capsule – 120 capsules per jar //
 Accompanied by the amino acid glycine // Without fillers – with pullulan capsules from natural agriculture

INGREDIENTS

Glycine, pullulan (capsule shell size 1), zinc gluconate, zinc picolinate, zinc bisglycinate

COMPOSITION 1 CAPSULE / DAY %NRV*

COMPOSITION	1 CAPSULE / DAY	%NRV*
Zinc	5.30 mg	53
Glycine	440.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

Our **add-on Zinc** (Zink) contains zinc in the three different forms zinc gluconate, zinc picolinate and zinc bisglycinate, complemented by the amino acid glycine. Zinc is essential in the organism and acts as a cofactor in over 200 enzymatic processes. Not without reason, this trace element has the most extensive effects on health according to the EFSA. Through its involvement in DNA and RNA polymerase, zinc plays an essential role in healthy DNA synthesis¹. Zinc also supports the immune system² as well as cognitive function³. This includes abilities such as language, attention, memory, perception, decision-making, learning, etc. Vision⁴, skin⁵, hair⁶ and nails⁷ as well as female and male fertility⁸ also benefit from a sufficient zinc intake. The product is rounded off with the amino acid glycine, which makes up around 25% of collagen mass in the body.



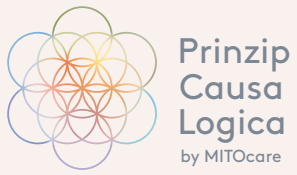
1. Zinc contributes to normal DNA synthesis. // 2. Zinc contributes to the normal function of the immune system. // 3. Zinc contributes to normal cognitive function. // 4. Zinc contributes to the maintenance of normal vision. // 5. Zinc contributes to the maintenance of normal skin. // 6. Zinc contributes to the maintenance of normal hair. // 7. Zinc contributes to the maintenance of normal nails. // 8. Zinc contributes to normal fertility and reproduction.

© 61 g = 120 capsules (Pullulan, size 1) • Item no. 10050005 • PZN 19198223 • PPN 11 19198223 80
 Take 1 capsule 1x per day with approx. 200 ml of still water.

Zinc



PRINCIPLE CAUSA LOGICA

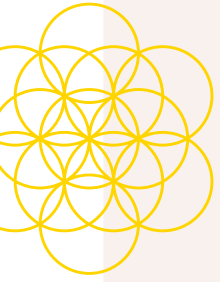


Healthy to the core

Back to the origin of ancient laws of nature. This is where our therapist concept of the Principle Causa Logica comes in. With its insight into the organisational levels of the human body, the Principle Causa Logica is an effective tool supporting the therapy with micro- and macro-nutrients. That's why we work closely with over a thousand therapists throughout Germany.

Go directly
to our integrated
micronutrient products





CL01

Vitamins & Provitamins

28

Principle Causa Logica

31
32
33
34
35

Vitamins & Provitamins

ADEK Vitamin Oil
B-Vitamins & Trace Elements
Vitamin B Complex
Vitamin C Complex
Total Vitamins

Vitamins

The word «vitamin» includes the Latin term «vita» meaning «life». Vitamins are essential for vital metabolic functions in our body such as the body's immune system and growth. Since with a few exceptions, the body cannot produce vitamins itself, they need to be supplied through nutrition. They are present in small amounts in food, especially in fruit and vegetables – but their content decreases due to industrial agriculture, long storage and heating processes. Vitamins can be divided into two groups: water-soluble and fat-soluble vitamins. Water-soluble vitamins, such as vitamin C and all B vitamins, are distributed in all water-soluble areas of the body (blood, intercellular spaces). Excessive concentrations of water-soluble vitamins can easily be excreted through the urine. For example, the B vitamins are important for the energy conversion of carbohydrates, as they support the release of energy in a differentiated way. Most water-soluble vitamins are converted in the body into coenzymes that interact with metabolic enzymes to fulfil their biochemical functions. Some vitamins only acquire their final form in the body; the precursors to these are called provitamins. The fat-soluble vitamins A, D, E and K, on the other hand, can be stored in the body and tend to accumulate in the body. These vitamins should only be taken in specific quantities.

Vitaminoids

Vitaminoids are vitamin-like substances that the body can synthesise itself, unlike most vitamins. The biosubstances must therefore be considered in a technically differentiated manner, as they are not 100% vitamins. Since they can have a positive impact on our health in a similar way to actual vitamins, vitaminoids play an important role in micronutrient science. Vitaminoids include coenzyme Q10, alpha lipoic acid, choline and L-carnitine.





All 4 liposoluble vitamins in a single drop // 97 % obtained from natural raw materials // Family BIG PACK // For the immune system¹, cell protection², skin³ & mucous membranes³ // For the absorption and utilisation of calcium and phosphorus⁴ // For the maintenance of bones and teeth⁵

ADEK Vitamin Oil (ADEK Vitamin Öl) combines all liposoluble vitamins A, D, E and K in a single drop. As liposoluble vitamins can be better absorbed by the body in combination with fat, the vitamins in this product are enhanced by a blend of valuable coconut and olive oil. Liposoluble vitamins have a wide range of tasks in the body: Vitamin D and A support the function of the immune system¹, among other things; vitamin K contributes to the maintenance of bones. Here, we only use the natural form of vitamin K2 «all-trans Menachinon-7» produced through patented biofermentation. The high share of natural vitamin E protects the cells from oxidative stress.² Additionally, vitamin A contributes to a normal iron metabolism.

INGREDIENTS

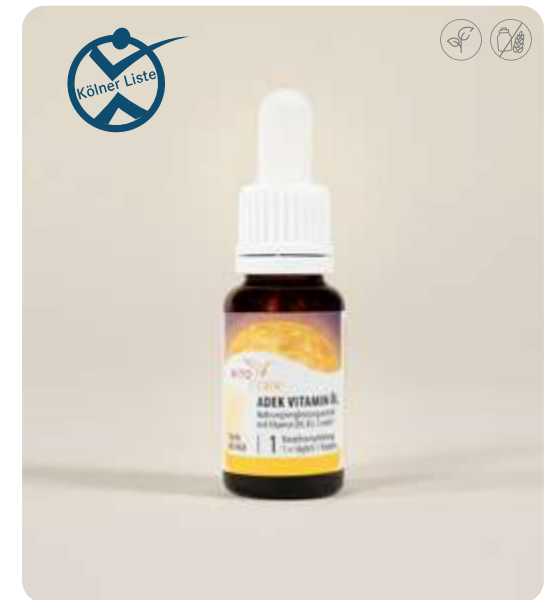
D-α-tocopherol (vitamin E), MCT oil from coconuts, olive oil, menaquinone (vitamin K2 - MK7-all-trans), cholecalciferol (vitamin D3), retinyl palmitate (vitamin A)

COMPOSITION	1 DROP /DAY	%NRV*
Vitamin D3 (Cholecalciferol)	50.00 µg	1000**
Vitamin E (D-α-Tocopherol)	12.00 mg α-TE	100
Vitamin K2 (MK7-all-trans)	50.00 µg	67
Vitamin A (Retinyl palmitate)	400.00 µg RE	50

- * Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)
- ** No NRV specified
- *** Corresponds to 2000 IU (International Units)

15 ml • Family Big Pack • Item no. 1001051 • PZN 15576421 • PPN 11 15576421 50
Take 1 drop 1x daily – ideally with a meal.

ADEK Vitamin Oil



1. Vitamin A and vitamin D contribute to the normal function of the immune system. // 2. Vitamin E contributes to the protection of cells from oxidative stress. // 3. Vitamin A contributes to the maintenance of normal skin and mucous membranes. // 4. Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus. // 5. Vitamin D contributes to the maintenance of normal bones and teeth.

B-Vitamins & Trace Elements

© 116 g = 180 capsules (Pullulan, size 0) • 3 month package • Item no. 1002003 • PZN 12468435 • PPN 11 12468435 92
Take 2 capsule 1x per day with approx. 200 ml of still water.



1. Biotin, calcium, iron, iodine, copper, magnesium, manganese, thiamine, riboflavin, niacin, pantothenic acid, vitamin B6 and vitamin B12 contribute to normal energy-yielding metabolism. // 2. Calcium and magnesium contribute to normal muscle function. // 3. Vitamin B6 and vitamin B12 contribute to the normal psychological function. // 4. Biotin, calcium, iodine, riboflavin, niacin and zinc contribute to the maintenance of normal skin. // 5. Biotin, selenium and zinc contribute to the maintenance of normal hair. // 6. Calcium, magnesium, manganese and zinc is needed for the maintenance of normal bones.

NEW FORMULA FROM APRIL / MAY 2024

Optimizes energy metabolism¹ // Supports the function of muscle² and nerve cells³ // For skin⁴, hair⁵ and bones⁶ // Bioactive vitamins

B-Vitamins & Trace Elements (B-Vitamine & Spurenelemente) supplement is a natural product preparation of carefully composed vitamins and minerals which are essential for all metabolic processes in the body. An unhealthy lifestyle, diseases, environmental pollution, and the aging process lead to an increased need for vitamins and minerals.

INGREDIENTS

Calcium carbonate powder, gelatin (capsule shell, size 0), potassium hydrogen carbonate powder, ferrous gluconate dihydrate powder, calcium D-pantothenate (vitamin B5), nicotinamide powder (vitamin B3), cyanocobalamin powder (vitamin B12), magnesium oxide powder, thiamine mononitrate powder (vitamin B1), zinc sulfate powder, pyridoxine HCl (vitamin B6), riboflavin powder (Vitamin B2), black pepper extract, potassium iodide, manganese (II) sulfate powder, sodium selenate powder, sodium molybdate powder, copper sulfate pentahydrate powder, chromium (III) chloride powder, D-biotin powder, folic acid powder, methylcobalamin (vitamin B12)

COMPOSITION 2 CAPSULES / DAY %NRV*

Vitamin B12 (methyl- cyanocobalamin)	200.00 µg	8000
Thiamine (thiaminmononitrate)	40.00 mg	3636
Riboflavin	30.00 mg	2143
Biotin (D-biotin)	970.00 µg	1940
Pantothenic acid (calcium D-pantothenate)	100.00 mg	1667
Vitamin B6 (pyridoxine hydrochloride)	11.00 mg	786
Niacine (nicotinamide)	100.00 mg	625
Folic acid	500.00 µg	250
Selenium (sodium selenate)	56.00 µg	102
Chromium (chromium(III) chloride)	40.00 µg	100
Iron (ferrous gluconate)	14.00 mg	100
Copper (copper sulphate)	1.00 mg	100
Manganese (manganese sulphate)	2.00 mg	100
Molybdenum (sodium molybdate)	50.00 µg	100
Zinc (zinc sulphate)	10.00 mg	100
Iodine (potassium iodide)	68.00 µg	45
Magnesium (magnesium oxide)	90.00 mg	24

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

NEW FORMULA FROM FEBRUARY 2024

All B-vitamins in a vegan and bioactive form // For homocysteine metabolism¹ // For protein and glycogen metabolism² // For the nervous system³, mental and memory performance^{3,4} // Against tiredness and fatigue⁵

INGREDIENTS

Betaine hydrochloride, pullulan (capsule shell size 0), myo-inositol, nicotinamide (vitamin B3), choline hydrogen tartrate, thiamine mononitrate (vitamin B1), calcium-D-pantothenate (vitamin B5), riboflavin-5-phosphate (vitamin B2), pyridoxal-5-phosphate (vitamin B6), (6S)-5-methyltetrahydrofolic acid - glucosamine salt, D-biotin, 5'-deoxyadenosylcobalamin (vitamin B12), methylcobalamin (vitamin B12)

COMPOSITION 1 CAPSULE / DAY %NRV*

Vitamin B12	225.00 µg	9000
- of which		
Vitamin B12 (Adenosylcobalamin)	113.00 µg	4500
Vitamin B12 (Methylcobalamin)	113.00 µg	4500
Thiamine (Thiamine mononitrate)	40.00 mg	3636
Riboflavin (Riboflavin-5-Phosphate)	20.00 mg	1429
Vitamin B6 (Pyridoxal-5-Phosphate)	10.00 mg	714
Pantothenic acid	40.00 mg	667
Niacin (Nicotinamide)	81.00 mg NE	506
Biotin (D-Biotin)	250.00 µg	500
Folic acid (MTHF – Methyltetrahydrofolsäure)	500.00 µg	250
Betain (Betain-HCL)	90.00 mg	**
Inositol (Myo-Inositol)	90.00 mg	**
Choline (Choline hydrogen tartrate)	25.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

Vitamin B Complex (Vitamin B Komplex) combines all eight essential B-vitamins. Its main feature is the use of the purely bioactive form of vitamin B6, folic acid and the two forms of highly important vitamin B12. These three B-vitamins contribute to homocysteine metabolism, a key process in the body.¹ Homocysteine is a waste product of protein metabolism, which must be bound and converted or excreted. Since the body is unable to produce B-vitamins itself, they must be absorbed through food. In addition to the effect on the nervous system³, mental performance⁴ and psychological function³, this product also supports the maintenance of skin, hair and mucous membranes.⁶



1. Folate, vitamin B6 and vitamin B12 contribute to normal homocysteine metabolism. // 2. Vitamin B6 contribute to normal protein and glycogen metabolism. // 3. Biotin, niacin, thiamine, vitamin B6 and vitamin B12 contribute to normal functioning of the nervous system and normal psychological function. // 4. Pantothenic acid contribute to normal mental performance. // 5. Folate, niacin, pantothenic acid, riboflavin, vitamin B6 and vitamin B12 contribute to the reduction of tiredness and fatigue. // 6. Biotin and niacin contribute to the maintenance of normal skin, mucous membranes and hair.

© 33 g = 60 capsules (Pullulan, size 0) • 2 month package • Item no. 1001007 • PZN 10045742 • PPN 11 10045742 24
Take 1 capsule 1x per day with approx. 200 ml of still water. • Use within 2 months after opening.

Vitamin B Complex

Vitamin C Complex

88 g = 120 capsules (Pullulan, size 00) • 1 month package • Item no. 1001039 • PZN 14001084 • PPN 11 14001084 80
Take 2 capsule 2x per day with approx. 200 ml of still water.

With more than 1200 mg vitamin C per daily dose for your immune system¹ // High bioavailability // Natural vitamin C from the camu camu plant // Additionally, fat-soluble vitamin C and buffered, non-acidic vitamin C // Increases iron absorption² // Reduces tiredness and fatigue³

Vitamin C Complex (Vitamin C Komplex) combines both water-soluble and fat-soluble vitamin C forms with the aim of creating a differentiated and bioactive supply of vitamin C for the body. For this purpose, natural vitamin C from the camu camu plant, buffered, non-acidic vitamin C from magnesium L-ascorbate and lipophilic (fat-soluble) vitamin C from ascorbyl palmitate powder were used. Vitamin C is an important component for the immune system¹ and also promotes the absorption of numerous other substances. In addition, vitamin C contributes to the formation of collagen for the connective tissue, thus supporting the function of blood vessels, skin, teeth, gums, bones and cartilage⁴. The formula is completed by the valuable amino acids L-proline, L-lysine and L-threonine.

INGREDIENTS

Pullulan (capsule shell size 00), magnesium L-ascorbate, camu camu extract, L-proline, L-lysine hydrochloride, L-ascorbyl-6-palmitate, L-threonine

COMPOSITION 4 CAPSULES / DAY %NRV*

Vitamin C	1215.00 mg	1519
– of which		
Vitamin C (Magnesium L-Ascorbate)	862.40 mg	
Vitamin C (Camu Camu-extract)	200.00 mg	
Vitamin C (Ascorbyl palmitate)	153.00 mg	
Magnesium (Magnesium L-Ascorbate)	84.00 mg	22
L-Proline	400.00 mg	**
L-Lysine (L-Lysine Hydrochloride)	320.00 mg	**
L-Threonine	10.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified



1. Vitamin C contributes to the normal function of the immune system. // 2. Vitamin C increases iron absorption. // 3. Vitamin C contributes to the reduction of tiredness & fatigue. // 4. Vitamin C and magnesium contribute to normal collagen formation for the normal function of blood vessels, skin, teeth, gums, bones and cartilage.

Powerful all-rounder – all 13 vitamins in one team // Additional 105.00 mg OPC / day + phosphatidylserine & choline // For your immune system¹, nervous systemsup>2 & cell protection³ // For energy⁴ – helps against tiredness & fatigue⁵ // Bulk pack for 3 months' supply

INGREDIENTS:

Nicotinamide (vitamin B3), pullulan (capsule shell size 00), rose hip extract (vitamin C), phosphatidylserines, calcium-D-pantothenate, choline bitartrate, acerola extract (vitamin C), OPC grape seed extract, tocopherols - tocotrienols (vitamin E), beta-carotene (vitamin A), riboflavin-5-phosphate (vitamin B2), thiamine hydrochloride (vitamin B1), pyridoxal-5-phosphate (vitamin B6), cholecalciferol (vitamin D3), menaquinone (MK7-all-trans vitamin K2), adenosylcobalamin, hydroxocobalamin, methylcobalamin, calcium-L-methylfolate (vitamin B12), D-biotin

COMPOSITION 2 CAPSULES/DAY %NRV*

Vitamin B12	150.00 µg	6000
– of which		
Vitamin B12 (Methylcobalamin)	50.00 µg	
Vitamin B12 (Adenosylcobalamin)	50.00 µg	
Vitamin B12 (Hydroxocobalamin)	50.00 µg	
Thiamine (thiamine hydrochloride)	22.00 mg	2000
Niacin (Nicotinamide)	320.00 mg	2000
Pantothenic acid	120.00 mg	2000
Riboflavin (Riboflavin-5-phosphate)	21.00 mg	1500
Vitamin B6 (Pyridoxal-5-phosphate)	14.00 mg	1000
Biotin (D-Biotin)	450.00 µg	900
Vitamin E (tocopherols, tocotrienols)	75.00 mg	625
Vitamin D3 (cholecalciferol)	30.00 µg	600***
Folic acid (calcium-L-methylfolate)	500.00 µg	250
Vitamin C (acerola & rosehip extract)	108.00 mg	135
Vitamin K2 (MK7-all-trans)	75.00 µg	100
Vitamin A (Beta-carotene)	800.00 µg	100
Choline (choline bitartrate)	50.00 mg	**
Phosphatidylserine (soy lecithine)	30.00 mg	**
Grape seed extract	105.62 mg	**
– of which 95 % is OPC	100.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

*** Corresponds to 1200 IU (International Units)

The range of action of vitamins in the body is extensive and not limited to the immune system, energy metabolism and connective tissue such as muscles, bones, blood vessels, skin, hair, etc. Some vitamins have an antioxidant effect, others contribute to healthy vision, heart function, blood formation, mental performance and cell specialisation. Vitamins are vital and essential; they cannot be produced by the body itself and must be supplied through food.

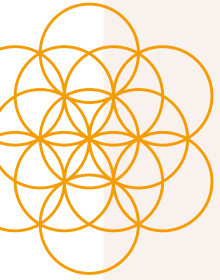
Total Vitamins (Vitamine Total) combines all water and fat-soluble vitamins in a single formula. Of particular note is the use of three different bioactive B12 compounds (methylcobalamin, hydroxocobalamin and adenosylcobalamin), bioactive riboflavin and vitamin B6, folic acid as methyl folate and vitamins A, C and E from purely natural sources. It also contains vitamin K2 as MK7 all-trans, which is widely known for its benefits. Additionally, this high-quality vitamin complex includes OPC from grape seed extract and phosphatidylserine from lecithin and choline.



1. Vitamin A, vitamin B6, vitamin B12, vitamin C and vitamin D3 contribute to the normal function of the immune system. // 2. Vitamin B6, vitamin B12, thiamine, riboflavin, niacin and vitamin C contribute to the normal function of the nervous system. // 3. Riboflavin, vitamin E and vitamin C contribute to the protection of cells from oxidative stress. // 4. Biotin, niacin, pantothenic acid, riboflavin, thiamine, vitamin B6, vitamin B12 and vitamin C contribute to normal energy-yielding metabolism. // 5. Riboflavin, niacin, pantothenic acid, vitamin B6, vitamin B12, folate and vitamin C contribute to the reduction of tiredness and fatigue.

152 g = 180 capsules (Pullulan, size 00) • 3 month package • Item no. 1002008 • PZN 12567982 • PPN 11 12567982 55
Take 1 capsule 2x per day with approx. 200 ml of still water.

Total Vitamins



CL02

Heart, Vessels & Blood

36

Principle Causa Logica

39

40

41

Heart, Vessels & Blood

HAEMATOgen

HAEMATOzym

Vestibulocochlea

Heart

Our heart is a hollow muscle that transports the blood through the vessels by contraction in a fixed rhythm. It supplies all the cells in the body with oxygen and nutrients, removes waste products and plays a vital role in immune defence and heat exchange. The heart consists of four chambers: a right and left atrium and a right and left ventricle. Both sides are separated from each other by the cardiac septum. The heart valves ensure that the blood in the chambers only flows in one direction. To keep up the body's circulation, the heart beats about 100,000 times a day. The control centre, the sinus node, ensures that the processes in the heart run smoothly and evenly. It regularly emits faint electrical impulses. These impulses are passed on via an intermediary, the AV node, to the conduction fibres of the heart chambers.

Vessels

The human cardiovascular system comprises a widely ramified network of blood vessels that supplies every part of the body with oxygen and nutrients, at the same time removing carbon dioxide and metabolic waste products. Two systems are involved in this: macrocirculation (circulation of blood to and from the organs) and microcirculation (circulation in the smallest blood vessels in organ tissue).

Microcirculation

Microcirculation refers to the blood flow and exchange of substances in the smallest blood vessels: The large arteries divide into arterioles (10-100 µm diameter) and finally into even narrower versions, the capillaries. At only 5-10 µm in diameter, these are the smallest blood vessels in the body. Capillaries supply all tissues with oxygen and other nutrients.



Oxygen enters the intercellular space through the capillary wall and travels from there to the individual cells. Carbon dioxide and other substances leaving the cells also enter the intercellular space. Then the various substances either return to the regular bloodstream via the venules (10-200 µm diameter) and veins or take an alternative route via the lymphatic circulation. With increasing age, however, the microcirculation decreases. In many people this deterioration process is accelerated by harmful environmental influences, bad habits and an unhealthy lifestyle.

By stimulating the microcirculation in a targeted way, the circulation in the smallest blood vessels will improve, thus supporting the vital supply of essential substances to the organs and tissues.





MITOcare complex for healthy blood formation^{1,2} // For the formation of haemoglobin³ and oxygen supply⁴ // To increase iron absorption⁵ // For more energy⁶ – against tiredness & fatigue⁷ // 100 mg lactoferrin per daily dose // Gastro-resistant capsules – delayed release

INGREDIENTS

Acerola extract (vitamin C), lactoferrin (from cow's milk), iron bisglycinate, DR hydroxypropyl methylcellulose (capsule shell size 1, gastro-resistant), riboflavin-5-phosphate (vitamin B2), pyridoxal-5-phosphate (vitamin B6), copper bisglycinate, (6S)-5-methyltetrahydrofolic acid – glucosamine salt, D-biotin, methylcobalamin (vitamin B12)

COMPOSITION 1 CAPSULE / DAY %NRV*

Vitamin B12 (methylcobalamin)	50.00 µg	2000
Biotin (D-biotin)	450.00 µg	900
Folic acid (MTHF – methyltetrahydrofolic acid)	500.00 µg	250
Riboflavin (riboflavin-5-phosphate)	2.80 mg	200
Vitamin B6 (pyridoxal-5-phosphate)	2.80 mg	200
Vitamin C (acerola extract)	80.00 mg	100
Iron (iron bisglycinate)	21.00 mg	150
Copper (copper bisglycinate)	0.50 mg	50
Lactoferrin	100.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

The product **HAEMATogen** combines particularly valuable and coordinated bioactive substances for healthy, functioning blood formation^{1,2} and a healthy iron metabolism⁸. For the formation of red blood cells, the body requires various micronutrients. A limited or insufficient reception capability can quickly lead to discrepancies with regard to the quantity or quality of the blood and thus affect the essential oxygen supply. For a functioning oxygen transport and energy conversion into the mitochondria, the body requires iron⁴. This important trace element serves to the body, inter alia, for the production of the red blood dye hemoglobin³. The task of hemoglobin is in turn to bind oxygen to itself and to supply all body cells hereby.

HAEMATogen contains iron in chelated shape as iron bisglycinate, which facilitates the absorption in the body as an organic compound. Also included are natural vitamin C for a good iron uptake⁹ and copper for a healthy iron transport in the body⁹. Particularly noteworthy in addition to the use of purely bioactive B vitamins is still the use of valuable lactoferrin, which, among other things, acts as iron transport protein and binds free iron in the body.



1. Iron, folate, vitamin B6 and vitamin B12 contribute to normal formation of red blood cells. // 2. Folate contributes to normal blood formation. // 3. Iron contributes to normal formation of haemoglobin. // 4. Iron contributes to normal oxygen transport in the body. // 5. Vitamin C increases iron absorption. // 6. Biotin, iron, copper, riboflavin, thiamine, vitamin B6, vitamin B12 and vitamin C contribute to normal energy-yielding metabolism. // 7. Iron, folate, riboflavin, vitamin B6, vitamin B12 and vitamin C contribute to the reduction of tiredness and fatigue. // 8. Riboflavin contributes to the normal metabolism of iron. // 9. Copper contributes to normal iron transport in the body.

e 13 g = 30 capsules (HPMC, size 1) • 1 month package • Item no. 1001060 • PZN 17160305 • PPN 11 17160305 93
Take 1 capsule 1x per day with approx. 200 ml of still water.

HAEMATogen

HAEMATOzym

© 41 g = 60 capsules (HPMC, size 00) • 1 month package • Item no. 1001067 • PZN 18330353 • PPN 11 18330353 20
 Take 1 capsule 2x per day with approx. 200 ml of still water. • Caution when taking blood thinners at the same time.
 Not recommended for pregnant and breastfeeding women.

NEW PRODUCT SINCE MARCH 2023

For healthy blood vessels¹ // Protects the cells from oxidative stress³ // Containing the enzymes nattokinase, bromelain, papain and superoxide dismutase // For maintaining a healthy immune system⁴ // Vegan & obtained from natural raw materials

Maintaining healthy and elastic blood vessels is more relevant than ever. A healthy blood vessel function allows the blood to flow smoothly, supplying our entire body with vital nutrients and oxygen. The inner lining of the blood vessels consists of a thin layer of epithelial cells that seal the vessel and ensure the exchange of nutrients and oxygen between the blood and the vessel wall.

Vitamin C contained in **HAEMATOzym** contributes to collagen formation for healthy blood vessel, skin and immune system function.^{1,2,4} It also helps to protect the cells such as epithelial cells from oxidative stress.³ The product is further enhanced by four plant enzymes such as nattokinase from fermented soybean extract, bromelain from pineapple, papain from papaya fruit and SOD (superoxide dismutase) from sugar melon.

INGREDIENTS

L-arginine, DR-hydroxypropyl methylcellulose (capsule shell), bromelain-rich pineapple extract, L-proline, papain-rich papaya extract, fermented soybean extract (contains nattokinase), vitamin-c-rich acerola extract, sugar melon extract (rich in superoxide dismutase)

COMPOSITION	2 CAPSULES / DAY	%NRV*
Vitamin C (acerola extract)	16.00 mg	20
Sugar melon extract	20.00 mg	**
– contains SOD (superoxide dismutase)	20.00 IU	**
Fermented soybean extract	100.00 mg	**
– contains nattokinase	2.000 FU***	**
Papain	100.00 mg	**
Bromelain	100.00 mg	**
L-arginine	490.00 mg	**
L-proline	180.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified
 *** fibrinolytic units



1. Vitamin C contributes to normal collagen formation for the normal function of blood vessels. // 2. Vitamin C contributes to normal collagen formation for the normal function of skin. // 3. Vitamin C contributes to the protection of cells from oxidative stress. // 4. Vitamin C contributes to the normal function of the immune system.

NEW FORMULA FROM MARCH 2024

For healthy blood vessel function¹ // Supports the formation² and maintenance of red blood cells³ // Rich mix with over 30 ingredients // Supports heart function⁴ // Vegan formulation

An intact blood circulation promotes the supply of sufficient nutrients and oxygen to the cells both in the inner ear and throughout the entire body. The necessary intensity of blood flow varies depending on the oxygen requirements of the individual organs and tissues. The blood vessels have the ability to change their diameter through muscular contraction, which enables them to influence and control blood flow.

COMPOSITION	6 CAPSULES / DAY	%NRV*
Vitamin B12 (methylcobalamine)	100.00 µg	4000
Vitamin B6 (pyridoxal-5'-phosphate)	10.00 mg	714
Thiamine (thiamine mononitrate)	8.00 mg	727
Riboflavin (riboflavin-5'-phosphate)	8.00 mg	571
Vitamin D3 (cholecalciferol)	16.00 µg	320***
Niacin (nicotinamide)	40.00 mg	250
Vitamin C (L-ascorbic acid)	200.00 mg	250
Folic acid (5-methyltetrahydrofolic acid)	400.00 µg	200
Pantothenic acid	7.40 mg	123
Selenate (sodium selenate)	45.00 µg	82
Iodine (kelp extract)	100.00 µg	67
Vitamin E (D-α-tocopheryl acetate)	7.20 mg	60
Magnesium (magnesium citrate)	75.00 mg	20
Methylsulfonylmethane (MSM)	175.00 mg	**
Coenzyme Q10	64.00 mg	**
Alpha lipoic acid	35.00 mg	**
L-citrulline	250.00 mg	**
L-arginine	100.00 mg	**
L-cysteine	100.00 mg	**
L-glutamine	100.00 mg	**
L-glycine	100.00 mg	**
L-carnitine (L-carnitine tartrate)	68.00 mg	**
L-glutathione (reduced)	50.00 mg	**
Chlorella algae powder	180.00 mg	**
Spirulina algae powder	180.00 mg	**
Moringa leaf powder	150.00 mg	**
Ling Zhi powder	100.00 mg	**
Wild garlic extract	100.00 mg	**
Chamomile flower extract	100.00 mg	**
Ginkgo biloba extract	80.00 mg	**
Polygonum cuspidatum extract	60.00 mg	**
– of which resveratrol	58.80 mg	**
Schisandra extract	50.00 mg	**
Curcuma longa powder	50.00 mg	**
Ginger extract	25.00 mg	**
Garlic extract	20.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified
 *** Corresponds to 640 IU (International Units)

Our product **Vestibulocholea** is a nutrient complex that supports the function of blood vessels with vitamin C¹. Additionally, the contained vitamins B6 and B12 contribute to homocysteine metabolism² and the formation of red blood cells². In addition to a large number of vitamins, this complex contains various minerals, amino acids, coenzyme Q10, MSM and alpha-lipoic acid as well as a number of botanicals.

INGREDIENTS

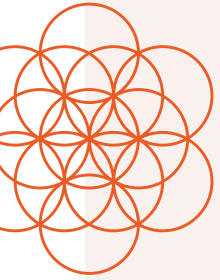
Pullulan (capsule shell), magnesium salts of citric acid, L-citrulline, L-ascorbic acid, chlorella algae powder (organic quality), spirulina algae powder, methylsulfonylmethane (MSM), moringa leaf powder, wild garlic extract, glycine, chamomile flower extract, L-arginine, L-carnitine tartrate, L-cysteine, L-glutamine, ling zhi powder (Ganoderma lucidum mushroom), ginkgo biloba extract (contains flavonoids), coenzyme Q10, polygonum cuspidatum extract, curcuma longa powder, L-glutathione, schisandra extract, nicotinamide, alpha lipoic acid, ginger extract, D-α-tocopheryl acetate, kelp extract, garlic extract, pyridoxal-5'-phosphate (vitamin B6), sodium riboflavin-5'-phosphate (vitamin B2), thiamine mononitrate (vitamin B1), calcium D-pantothenate (vitamin B5), cholecalciferol (vitamin D3), sodium selenate, (6S)-5-methyltetrahydrofolic acid – glucosamine salt, methylcobalamine (vitamin B12)



1. Vitamin C contributes to normal collagen formation for normal blood vessel function. // 2. Folate, vitamin B6 and vitamin B12 contribute to the normal formation of red blood cells. // 3. Riboflavin contributes to the maintenance of normal red blood cells. // 4. Thiamine contributes to normal heart function. // 5. Vitamin B6 and vitamin B12 contribute to normal homocysteine metabolism.

© 108 g = 180 capsules (Pullulan, size 0) • 1 month package • Item no. 1001014 • PZN 19225919 • PPN 11 19225919 35
 Take 3 capsules 2x per day with approx. 200 ml of still water. • Caution when taking blood thinners at the same time.
 Not recommended for pregnant and breastfeeding women.

Vestibulocholea



CL03

Cell Matrix & Sugar Metabolism

42

Principle Causa Logica

44
45
46
47

Cell Matrix & Sugar Metabolism

GLUCOstable
ORTHObone
ORTHOjoint
ORTHOtendon

Inflammation

When the immune system is weakened, pathogens, foreign substances and allergens can irritate the tissue and trigger the body's own natural inflammatory response. The resulting inflammation is designed to fight infection, form a physical barrier and stimulate tissue repair. A large number of cells of the immune system are involved in this complex process. Classic signs of inflammation are redness, swelling, high temperature, pain and impaired function.

In the first phase of the inflammatory reaction, phagocytic cells such as macrophages, dendritic cells and neutrophils are activated. So-called cytokines act as mediators of the inflammatory reaction. These are messenger substances that are released when receptors of the cells of the immune system (macrophages) recognise characteristic structures on the surface of intruding organisms. A special process (chemotaxis) is triggered in which the cytokines can stimulate, activate or attract other cells to divide. This causes inflammatory pain in the tissue.

In the later phase of the inflammatory reaction, cells of the acquired (adaptive) immune system (e.g. lymphocytes) are involved. Such cells are able to recognise specific surface structures (epitopes, antigens) of bacteria by means of variable receptors. The unique feature of the innate immune system is its ability to specifically recognise and react to specific pathogens. When the cells of the adaptive immune system are activated, the innate immune system in turn plays a decisive role, as it enables the cells to access the tissue through the primary inflammatory response.

Silent Inflammation



A silent inflammation can occur as a precursor or even as a form of symptomatic inflammation that has not properly healed, in which any subjective and objective signs of inflammation are absent. It is asymptomatic and as a result remains unnoticed and untreated for a long time. The two main causes of silent inflammation are excessive consumption of omega-6 fatty acids and obesity. If a person consumes too much of the omega-6 fatty acids found in meat, sausage and dairy products and too few omega-3 fatty acids, there is an imbalance that promotes the inflammatory response. To make things worse, the fatty tissue not only has the function of storing energy, but also acts as a highly active gland that releases inflammatory messengers and ultimately promotes the tendency to inflammation. Symptomless inflammation can cause oxidative and nitrosative damage.

Recovery

To prevent inflammation, people should build up preventive protection and take care of their body. Special nutrients such as vitamins and minerals can provide oxidative protection.



GLUCOstable*

• 33 g = 60 capsules (Pullulan, size 0) • 1 month package • Item no. 1001041 • PZN 15193418 • PPN 11 15193418 83
 Take 1 capsule 2x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.

Vegan & bioactive formulation // Contributes to the maintenance of normal blood glucose levels¹ // For normal metabolic processes such as those of fatty acids and carbohydrates³ // For acid-base metabolism² // For connective tissue⁴ and cell division⁵

GLUCOstable* (GLUCOstabil) was specially developed to support a healthy sugar metabolism^{1,2,3}. Chromium, a trace element, plays an important role for blood sugar levels¹. Zinc supports a wide range of metabolic processes.^{2,3} The trace element manganese has a positive effect on connective tissue.⁴ The key to this complex mixture are the valuable plant extracts such as bitter melon, prickly pear, cinnamon, fenugreek, blueberry and barberry.

INGREDIENTS

Pullulan (capsule shell size 0), bitter melon extract, barberry extract, fenugreek extract, prickly pear extract, blueberry extract, cinnamon extract, inositol, zinc gluconate, methylcobalamin, thiamine mononitrate, potassium iodide, chromium picolinate, cholecalciferol, manganese citrate, sodium selenite, rice bran extract

COMPOSITION 2 CAPSULES / DAY %NRV**

COMPOSITION	2 CAPSULES / DAY	%NRV**
Thiamine (thiamine hydrochloride)	22.00 mg	2000
Vitamin B12 (methylcobalamin)	50.00 µg	2000
Vitamin D3 (cholecalciferol)	10.00 µg	200****
Chromium (chromium picolinate)	800.00 µg	2000
Selenium (sodium selenite)	200.00 µg	364
Iodine (potassium iodide)	200.00 µg	133
Zinc (zinc gluconate)	10.00 mg	100
Manganese (manganese citrate)	0.50 mg	25
Inositol (myo inositol)	100.00 mg	***
Bitter melon extract	100.00 mg	***
Barberry extract	100.00 mg	***
Fenugreek extract	100.00 mg	***
Prickly pear extract	100.00 mg	***
Blueberry extract	100.00 mg	***
Cinnamon extract	100.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)
 *** No NRV specified
 **** Corresponds to 400 IU (International Units)



1. *Chromium contributes to the maintenance of normal blood glucose levels. // 2. Zinc contributes to normal acid-base, carbohydrate, fatty acid metabolism. // 3. Chromium and zinc contributes to normal macronutrient metabolism. // 4. Manganese contributes to the normal formation of connective tissue. // 5. Vitamin B12, vitamin D3 and zinc have a role in the process of cell division.

MITOcare's bone collagen complex^{1,2,3} // With chondroitin, glucosamine and eggshell membrane // With vitamin D3, K2 (MK7-all-trans) + cofactors // Contains the **MITOcare BIC** components (Biological Intelligent Compounds) // For a healthy acid-base metabolism⁵

INGREDIENTS

Magnesium glycerophosphate, gelatine (capsule shell size 00), calcium carbonate, sango coral powder, glucosamine sulphate 2 KCl, chondroitin sulphate (bovine), eggshell membrane powder, L-proline, L-ascorbic acid (vitamin C), bamboo extract, mumijo, yoghurt powder, zinc citrate, menaquinone (MK7-all-trans-vitamin K2), cholecalciferol (vitamin D3), manganese gluconate, sodium borate, pyridoxal-5'-phosphate (vitamin B6)

COMPOSITION 8 CAPSULES/DAY %NRV**

COMPOSITION	8 CAPSULES/DAY	%NRV**
Vitamin D3 (cholecalciferol)	25.00 µg	500****
Vitamin B6 (pyridoxal 5-phosphate)	5.00 mg	357
Vitamin K2 (MK7-all-trans)	200.00 µg	267
Vitamin C (L-ascorbic acid)	200.00 mg	250
Magnesium (magnesium glycerophosphate)	300.00 mg	80
Calcium (calcium carbonate)	475.00 mg	59
Manganese (manganese gluconate)	1.00 mg	50
Zinc (zinc citrate)	5.00 mg	50
L-proline	250.00 mg	***
Glucosamine sulphate	450.00 mg	***
Eggshell membrane	300.00 mg	***
Chondroitin sulfate (bovine)	270.00 mg	***
Bamboo extract	133.00 mg	***
– of which 75 % silicon	100.00 mg	***
Mumijo (shilajit)	100.00 mg	***
Yoghurt powder	50.00 mg	***
Boron (sodium borate)	1.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169/2011)
 *** No NRV specified
 **** Corresponds to 1000 IU (International Units)

ORTHObone* is an innovative collagen and bone complex for building up and maintaining bones, cartilage & teeth^{1,2,3}. Vitamin D3 additionally helps with the absorption and utilisation of calcium and phosphorus, which are essential components of our bone structure. A particular feature is the use of natural eggshell membrane **OVOMET®** and the well-known combination of chondroitin sulphate and glucosamine sulphate. Due to the special composition of nutrients, **ORTHObone*** supports the formation and maintenance of connective tissue as well as of skin, gums and blood vessels^{3,4}. Vitamin K2 (MK7-all-trans) and natural calcium from the sango marine coral additionally contribute to healthy and intact blood clotting⁶ while the bioactive form of vitamin B6 promotes blood formation⁷. This unique formula is rounded off with the elements boron, silicon from bamboo extract and the **MITOcare BIC** components (Biological Intelligent Compounds) – a special yoghurt powder obtained by milk fermentation with 11 different lactobacteria and bifidobacteria strains. Added zinc contributes to healthy cell division and cell renewal, supporting not only health aspects but also the maintenance of beautiful skin, hair and nails⁸.



1. *Calcium is needed for the maintenance of normal bones. // 2. Vitamin D3, magnesium contributes to the maintenance of normal bones and teeth. // 3. Vitamin C contributes to normal collagen formation for the normal function of bones and cartilage, blood vessels, skin, teeth, gums. // 4. Manganese contributes to the normal formation of connective tissue. // 5. Zinc contributes to normal acid-base metabolism. // 6. Vitamin K contributes to normal blood clotting. // 7. Vitamin B6 contributes to normal red blood cell formation. // 8. Zinc has a role in the process of cell division and contributes to the maintenance of normal hair, skin and nails.

• 197 g = 240 capsules (Gelatine, size 00) • 1 month package • Item no. 1001042 • PZN 14161617 • PPN 11 14161617 48
 Take 4 capsules 2x per day with approx. 200 ml of water. • Caution when taking blood thinners at the same time.
 Not recommended for pregnant and breastfeeding women.

ORTHObone*



ORTHOjoint*

© 96 g = 180 capsules (Gelatine, size 0) • 1 month package • Item no. 1001044 • PZN 14161600 • PPN 11 14161600 58
Take 3 capsules 2x per day with approx. 200 ml of water. • Caution when taking blood thinners at the same time.
Not recommended for pregnant and breastfeeding women.

For the build-up of collagen in the cartilage of joints¹ // For the maintenance of healthy bone substance² // For healthy connective tissue formation³ // With collagen, hyaluronic acid and MSM // With chondroitin and glucosamine

The articulating joints depend on a finely tuned interaction of cartilage, bones, tendons, ligaments and synovial fluid. Apart from lubricating the joints, synovial fluid nourishes the joint cartilage, which consists mainly of the body's own chondroitin, collagen and hyaluronic acid. It has the function of providing sufficient lubrication of the joint surfaces, ensuring that there is as little friction as possible on the joints and helping to absorb shocks. The body's own production of various joint and synovial components usually decreases with age.

In addition to chondroitin sulphate, glucosamine sulphate, MSM, collagen and hyaluronic acid, **ORTHOjoint*** contains a specially composed plant complex of lycopene, frankincense, rutin from buckwheat, nettle, garlic and turmeric. Also included is manganese, which supports the formation of connective tissue.³ Vitamin C, selenium, zinc and natural vitamin E additionally contribute to protect bone and cartilage cells from oxidative stress.⁴ Oxidative cell stress is caused, for example, by increased sporting activity and noxious environmental factors such as UV radiation, ozone, nicotine, alcohol, pesticides, etc.

INGREDIENTS

Gelatine (capsule shell, size 0), chondroitin sulphate (bovine), glucosamine sulphate, frankincense powder (boswellic acids), methylsulfonylmethane (MSM), tocopherols and tocotrienols (vitamin E), buckwheat extract (contains rutin), nettle extract, L-ascorbic acid (vitamin C), garlic extract, collagen hydrolysate (bovine), turmeric extract, mumijo extract, zinc citrate, hyaluronic acid, tomato extract (contains lycopene), manganese gluconate, menaquinone-7 (Vitamin K2 - MK7-all trans), cholecalciferol (vitamin D3), sodium selenate, sodium molybdate

COMPOSITION 6 CAPSULES / DAY %NRV**

Vitamin D3 (cholecalciferol)	15.00 µg	300****
Vitamin E (tocopherols / tocotrienols)	30.00 mg	250
Vitamin K2 (MK7-all-trans)	91.00 µg	121
Vitamin C (L-ascorbic acid)	90.00 mg	113
Manganese (manganese gluconate)	1.80 mg	90
Molybdenum (sodium molybdate)	40.00 µg	80
Zinc (zinc citrate)	6.20 mg	62
Selenium (sodium selenate)	30.00 µg	55
Chondroitin sulphate	500.00 mg	***
Glucosamine sulphate	500.00 mg	***
MSM (methylsulfonylmethane)	300.00 mg	***
Frankincense extract	300.00 mg	***
– of which Boswellia serrata	195.00 mg	***
Buckwheat extract	150.00 mg	***
Nettle leaf extract	145.00 mg	***
Collagen hydrolysate	70.00 mg	***
Garlic extract	80.00 mg	***
Curcuma extract	50.00 mg	***
Mumijo extract (shilajit)	40.00 mg	***
Hyaluronic acid	20.00 mg	***
Tomato extract	20.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

*** No NRV specified

**** Corresponds to 600 UI (International Units)



1. *Vitamin C trägt zu einer normalen Kollagenbildung für eine normale Funktion der Knorpel bei. // 2. Calcium wird für die Erhaltung normaler Knochen benötigt. // 3. Mangan trägt zu einer normalen Bindegewebsbildung bei. // 4. Vitamin E, Vitamin C, Mangan, Selen und Zink tragen dazu bei, die Zellen vor oxidativem Stress zu schützen.

NEW FORMULA SINCE NOVEMBER 2023

For a healthy formation of connective tissue¹ // Rich plant complex with over 10 special nutrients and plant substances // Prominent content of collagen, MSM and frankincense // Containing the **MITOcare BIC** components (Biological Intelligent Compounds) // For protein metabolism² and amino acid synthesis³

INGREDIENTS

Sodium hydrogen carbonate, gelatine (capsule shell size 0), methylsulfonylmethane (MSM), collagen hydrolyzate (bovine), frankincense extract (contains boswellic acids), hip rose extract, nettle leaf extract, yam root powder, Curcuma longa extract, ginger extract, **yoghurt powder (from milk)**, dandelion extract, manganese gluconate, methylcobalamin (vitamin B12), pyridoxal 5-phosphate (vitamin B6), black pepper extract (contains piperine), (6S)-5-methyltetrahydrofolic acid glucosamine salt

COMPOSITION 6 CAPSULES / DAY %NRV**

Vitamin B12 (methylcobalamin)	100.00 µg	4000
Vitamin B6 (pyridoxal-5-phosphat)	4.20 mg	300
Folic acid (MTHF - methyltetrahydrofolic acid)	500.00 µg	250
Vitamin C (hip rose extract)	112.50 mg	141
Manganese (manganese gluconate)	2.00 mg	100
Sodium hydrogen carbonate	1000.00 mg	***
Methylsulfonylmethane (MSM)	500.00 mg	***
Kollagen hydrolyzate (bovine)	400.00 mg	***
Frankincense extract	300.00 mg	***
– of which 65% boswellic acids	195.00 mg	***
Nettle leaf extract	200.00 mg	***
Yam powder	200.00 mg	***
Curcuma longa extract	116.00 mg	***
– of which 95% Curcuma	110.00 mg	***
Ginger extract	80.00 mg	***
Yoghurt powder (from milk)	50.00 mg	***
Dandelion extract	50.00 mg	***
Piperine	5.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

*** No NRV specified

The main component of all connective tissue is the body's own collagen. Physiologically, it ensures the integrity, elasticity and resilience of tissues such as tendons, ligaments, skin, cartilage, intervertebral discs, muscles and bones. To produce collagen, the body has to synthesise three different amino acids. Over the course of a lifetime, the body's own collagen production decreases.

In addition to a prominent content of collagen, **ORTHOtendon*** contains the bioactive forms of vitamins B12, B6 and folic acid. Together, they promote the immune system⁵, mental functions such as drive and motivation⁶ and the formation of red blood cells⁷, which are responsible for the oxygen supply to all body cells. The present trace element manganese contributes to the normal formation of connective tissue¹. Connective tissue includes body structures such as tendons, ligaments, cartilage, bones and skin. The bioactive folic acid contained in the product is also involved in amino acid synthesis³, which is the basis for protein and collagen formation. **ORTHOtendon*** also contains the **MITOcare BIC** components (Biological Intelligent Compounds) – a special yoghurt powder obtained by milk fermentation with 11 different strains of lactobacteria and bifidobacteria – as well as a valuable plant complex containing curcuma, frankincense, nettle, rosehip, ginger, dandelion, yam root and others.



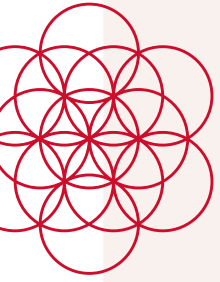
1. *Manganese contributes to normal connective tissue formation. // 2. Vitamin B6 contributes to normal protein and glycogen metabolism. // 3. Folate contributes to normal amino acid synthesis. // 4. Vitamin B6, vitamin B12 contribute to the normal function of the nervous system. // 5. Folate, vitamin B6, vitamin B12 contribute to the normal function of the immune system. // 6. Folate, vitamin B6, vitamin B12 contribute to normal psychological function. // 7. Folate, vitamin B6, vitamin B12 contribute to normal red blood cell formation.

Products / for healthcare professionals only

Principle Causa Logica

© 114 g = 180 capsules (Gelatine, size 0) • 1 month package • Item no. 1001043 • PZN 14161623 • PPN 11 14161623 14
Take 3 capsules 2x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.

ORTHOtendon*



CL04

Mitochondria & Life Energy

48

Principle Causa Logica

50
52
54

Mitochondria & Life Energy

Mitochondria Multi Complex
Mitochondria Formula Sports
PQQ Total

Mitochondria

Mitochondria are the «power plants» of our body and are responsible for healthy cell functions and body systems. They are a vital part of good health. Since they run elementary metabolic processes, they are a central component of the entire metabolism of your body. Mitochondria are special cell organelles with a double membrane. They produce the molecule adenosine triphosphate (ATP) by converting the energy bound in food into a form that can be used by the cell. This vital energy conversion always takes place under consumption of oxygen, primarily by oxidising («burning») glucose with oxygen. The energy released in the mitochondria during this oxidation process binds to ATP. This energy-rich molecule then transports the energy to cell regions in need. The number of mitochondria in the cell depends on its requirements and activity characteristics. Each body cell can have between 1000 and 5000 of these cell organelles. This is why heart muscle cells, for example, have a higher number of mitochondria than skin cells.

Cell and Life Energy

This form of energy is needed for all biochemical processes in the body and is therefore the essential basis of all bodily functions. Mitochondrial medicine focuses on the so-called mitotropic substances. These micronutrients are necessary components of mitochondrial metabolism.



Mitochondria Multi Complex

e 101 g = 180 capsules (Pullulan, size 0) • 1 month package • Item no. 1001006 • PZN 19104570 • PPN 11 19104570 29
Take 3 capsule 2x per day with approx. 200 ml of still water.

NEW SINCE DEC. 2023 // REVISION OF MITOCHONDRIAL FORMULA

The multi-complex for energy-yielding metabolism¹ // Diverse mix of 40 different ingredients // With all 13 essential vitamins // For physical & mental performance^{1,2,3} // Vegan formulation

Mitochondria are the power stations of the cell and supply energy for all biochemical processes in the body. Energy is produced by the metabolism of carbohydrates, proteins and fats, from which the «fuel» ATP (= adenosine triphosphate) is generated via complex metabolic processes. Body cells with a high energy consumption and high metabolic activity, such as brain, nerve and muscle cells, have about 1600 to 2000 mitochondria per cell. In egg cells, this number can go up to several hundred thousand. As part of the complex energy supply processes, the mitochondria require various micronutrients, some of which are also called mitotropic substances.

Our product **Mitochondria Multi Complex** (Mitochondrien Multi Komplex) is a versatile and vegan nutrient complex containing all 13 vitamins, various minerals and amino acids, alpha-lipoic acid, coenzyme Q10, taurine and various plant substances, such as OPC, quercetin, resveratrol and traditional mushrooms. Furthermore, the B vitamins known as co-factors in the energy-yielding metabolism are used in bioactive form, such as riboflavin, niacin, vitamin B6 and vitamin B12 as adenosylcobalamin¹. Together with vitamin C & magnesium they also contribute to less fatigue².

INGREDIENTS

Rice protein, magnesium DL-malate, pullulan (capsule shell size 0), L-ascorbic acid (vitamin C), sunflower lecithin, Tagetes erecta extract, L-carnitine, L-glutathione, Agaricus blazei murrill extract, maitake powder, shiitake powder, betaine hydrochloride, grape seed extract, D-α-tocopheryl acetate (vitamin E), L-carnosine, L-isoleucine, L-leucine, L-valine, coenzyme Q10, taurine, zinc gluconate, alpha-lipoic acid, nicotinamide (vitamin B3), magnesium bisglycinate, quercetin-rich Sophora japonica extract, NN-dimethylglycine, manganese gluconate, sodium selenite, menaquinone-7 (vitamin K2 - MK7 all-trans), calcium D-pantothenate (vitamin B5), cholecalciferol (vitamin D3), retinyl palmitate (vitamin A), pyridoxal-5'-phosphate (vitamin B6), riboflavin-5'-phosphate (vitamin B2), resveratrol-rich polygonum cuspidatum extract, thiamine hydrochloride (vitamin B1), (6S)-5-methyltetrahydrofolic acid-glucosamine salt, D-biotin, chromium picolinate, sodium molybdate, deoxyadenosylcobalamin (vitamin B12)



COMPOSITION	6 CAPSULES / DAY	%NRV*
Vitamin B12 (adenosylcobalamin)	20.00 µg	800
Biotin (D-Biotin)	300.00 µg	600
Vitamin D3 (cholecalciferol)	15.00 µg	300***
Folic acid (5-MTHF)	500.00 µg	250
Vitamin C (L-Ascorbic acid)	200.00 mg	250
Thiamin (thiamine hydrochloride)	2.20 mg	200
Riboflavin (riboflavin-5-phosphate)	2.80 mg	200
Niacin (nicotinamide)	32.00 mg NE	200
Vitamin B6 (pyridoxal-5-phosphate)	2.80 mg	200
Vitamin E (D-α-Tocopheryl acetate)	18.00 mg	150
Vitamin K2 (MK-7-all-trans)	75.00 µg	100
Pantothenic acid (calcium-D-pantothenate)	6.00 mg	100
Vitamin A (Retinyl palmitate)	400.00 µg RE	50
Selenium (sodium selenite)	50.00 µg	91
Manganese (manganese gluconate)	1.25 mg	63
Zinc (zinc gluconate)	4.60 mg	46
Molybdenum (sodium molybdate)	20.00 µg	40
Magnesium (-malate & -bisglycinate)	98.00 mg	26
Chromium (chromium picolinate)	10.00 µg	25
L-glutathione	80.00 mg	**
L-carnitine	54.40 mg	**
L-carnosine	50.00 mg	**
L-isoleucine	50.00 mg	**
L-leucine	50.00 mg	**
L-valine	50.00 mg	**
Taurine	40.00 mg	**
Rice protein	660.00 mg	**
Lecithin (sunflower lecithin)	100.00 mg	**
Betaine (Betain-HCL)	50.00 mg	**
Coenzyme Q10 (ubiquinone)	40.00 mg	**
Alpha lipoic acid (R-alpha-lipoic acid)	35.00 mg	**
Dimethylglycine	22.50 mg	**
Agaricus blazei murrill	75.00 mg	**
Maitake	75.00 mg	**
Shiitake	75.00 mg	**
Grape seed extract	60.00 mg	**
– of which 95% OPC	57.00 mg	**
Quercetin (Japanese string tree)	25.00 mg	**
Lutein (marigold)	5.00 mg	**
Resveratrol (Japanese knotweed)	3.50 mg	**

* Nutrien reference value for daily intake (EU Regulation no. 1169/2011)

** No NRV specified

*** Corresponds to 600 IU (International Units)

1. Biotin, thiamine, riboflavin, niacin, pantothenic acid, vitamin B6, vitamin B12, vitamin C and manganese contribute to normal energy-yielding metabolism. // 2. Magnesium, riboflavin, niacin, pantothenic acid, vitamin B6, vitamin B12, folate and vitamin C contribute to the reduction of tiredness and fatigue. // 3. Pantothenic acid contributes to normal mental performance.

Mitochondria Formula Sports

© 138 g = 240 capsules (Pullulan, size 0) • 1 month package • Item no. 1001035 • PZN 12892015 • PPN 11 12892015 33
Take 4 capsules 2x per day with approx. 200 ml of still water. • Caution when taking blood thinners at the same time.

The energy complex for a good all-round supply of the body¹ // Contains over 40 different nutrients and plant compounds // Extensive bioactivity // To support best performance^{1,2,3,4,5} // Contains the **MITOcare-BIC** components (Biological Intelligent Compounds)

Mitochondria are the power stations of the cell and supply energy for all biochemical processes in the body. Energy is produced by the metabolism of carbohydrates, proteins and fats, from which the «fuel» ATP (= adenosine triphosphate) is generated via complex metabolic processes. Body cells with a high energy consumption and high metabolic activity, such as brain, nerve and muscle cells, have about 1600 to 2000 mitochondria per cell. In egg cells, this number can go up to several hundred thousand. As part of the complex energy supply processes, the mitochondria require various micronutrients, some of which are also called mitotropic substances.

Mitochondria Formula Sports (Mitochondrien Formula Sport) provides a rich blend of mitotropic substances. Just like the vegan alternative product **Mitochondria Multi Complex** (Mitochondrien Multi Komplex) it contains all 13 vitamins, various minerals, multiple amino acids such as L-glutathione, alpha lipoic acid and over 10 other plant compounds such as OPC, quercetin, resveratrol and traditional mushrooms. In comparison, however, this is a nutrient complex blend adapted to the needs of athletes, with an increased level of coenzyme Q10 and a special yoghurt powder – the **MITOcare BIC** components (Biological Intelligent Compounds). The product contains the nutrient substances biotin, thiamine, riboflavin, niacin, pantothenic acid, vitamin B6, vitamin B12, vitamin C and manganese, which contribute to normal energy-yielding metabolism¹ and vitamin C, which contributes to maintain the normal function of the immune system during and after intense physical exercise⁵.

INGREDIENTS

Pea protein, sango coral powder, pullulan (capsule shell size 0), L-ascorbic acid, coenzyme Q10, lecithin from rapeseed, turmeric powder, L-carnitine tartrate, L-glutathione (reduced), Agaricus blazei murril powder, maitake powder, shiitake powder, OPC-rich grape seed extract, alpha lipoic acid, L-carnosine, L-isoleucine, L-leucine, lutein-rich Tagetes erecta extract, L-valine, yoghurt powder, D-alpha-tocopheryl acetate, taurine, calcium citrate, nicotinamide, resveratrol-rich Polygonum cuspidatum extract, wheatgrass powder, sodium alginate, quercetin-rich Sophora japonica extract, menaquinone (vitamin K2 – MK7-all-trans), N.N dimethylglycine hydrochloride, magnesium salts of citric acid, zinc citrate, manganese gluconate, cholecalciferol, 5'-deoxyadenosylcobalamin, calcium pantothenate, retinyl palmitate, sodium selenate, riboflavin-5-phosphate, pyridoxal-5-phosphate, thiamine mononitrate, (6S)-5-methyltetrahydrofolic acid – glucosamine salt, D-biotin, chromium picolinate, sodium molybdate



1. Biotin, thiamine, riboflavin, niacin, pantothenic acid, vitamin B6, vitamin B12, vitamin C and manganese contribute to normal energy-yielding metabolism. // 2. Riboflavin, niacin, pantothenic acid, vitamin B6, vitamin B12, folate and vitamin C contribute to the reduction of tiredness and fatigue. // 3. Vitamin B6, vitamin B12, thiamine, riboflavin, niacin and vitamin C contribute to normal functioning of the nervous system. // 4. Thiamine contributes to the normal function of the heart. // 5. Vitamin C contributes to normal functioning of the immune system during and after intense physical activity.

COMPOSITION	8 CAPSULES/DAY	%NRV*
Biotin (D-Biotin)	300.00 µg	600
Vitamin D3 (Cholecalciferole)	25.00 µg	500***
Folic acid (5-MTHF)	800.00 µg	400
Vitamin B12 (Adenosylcobalamine)	10.00 µg	400
Vitamin K2 (MK-7-all-trans)	300.00 µg	400
Vitamin C (L-Ascorbic acid)	200.00 mg	250
Riboflavin (Riboflavin-5-Phosphate)	3.45 mg	246
Thiamine (Thiamine mononitrate)	2.20 mg	200
Niacine (Nicotinamide)	32.00 mg	200
Vitamin B6 (Pyridoxal-5-Phosphate)	2.80 mg	200
Vitamin E (D-α-Tocopheryl acetate)	18.00 mg	150
Pantothenic acid (Calcium-D-Pantothenate)	6.00 mg	100
Vitamin A (Retinyl palmitate)	480.00 µg RE	60****
Selenium (Sodium selenate)	50.00 µg	90
Chromium (Chromium picolinate)	29.00 µg	72
Manganese (Manganese gluconate)	1.25 mg	62
Zinc (Zinc citrate)	4.65 mg	46
Calcium	358.00 mg	45
Molybdenum (Sodium molybdate)	20.00 µg	40
Pea protein	1100.00 mg	**
Coenzyme Q10	100.00 mg	**
Alpha lipoic acid	55.00 mg	**
L-glutathione	80.00 mg	**
L-isoleucine	50.00 mg	**
L-leucine	50.00 mg	**
L-valine	50.00 mg	**
L-carnitine (L-Carnitine tartrate)	54.40 mg	**
L-carnosine	50.00 mg	**
Taurine	40.00 mg	**
Lutein	2.50 mg	**
Lecithin (from rapeseed)	100.00 mg	**
Turmeric powder	80.00 mg	**
Agaricus blazei murrill	75.00 mg	**
Maitake	75.00 mg	**
Shiitake	75.00 mg	**
Grape seed extract	60.00 mg	**
– of which 95% is OPC	57.00 mg	**
Wheatgrass powder	30.00 mg	**
Alginic acid	25.00 mg	**
Quercetin	23.75 mg	**
Dimethylglycine	22.50 mg	**
Resveratrol	3.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

*** Corresponds to 1000 IU (International Units)

**** Corresponds to 1600 IU (International Units)

PQQ Total

• 16 g = 30 capsules (Pullulan, size 0) • 1 month package • Item no. 1001056 • PZN 16575814 • PPN 11 16575814 09
 Take 1 capsule 1x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.

The mitochondrial power quartet¹ // With 20,00 mg PQQ // For best physical & mental performance^{1,2} // Helps against tiredness & fatigue³

The coenzyme PQQ (pyrroloquinoline quinone) and its properties were only «discovered» and researched more closely in 2010. In food this substance is only found in traces. Similar to the coenzyme Q10, which has already been discovered in the 1950s, PQQ is also a vitamin-like compound that is found directly in the mitochondria of the cell. Since 2018, PQQ has been officially authorised by the European Union for use in food supplements.⁴

The product **PQQ Total** is supplemented with bioactive vitamin B6 and purely natural vitamin C. Both micronutrients control the energy metabolism described above.¹ They act against tiredness and fatigue³, contribute to the normal function of the immune system⁴, and support psychological functions², such as cognitive and memory performance, drive, motivation etc. Vitamin C also acts as an antioxidant⁵ and is able to regenerate and reactivate other antioxidants such as vitamin E.⁶

INGREDIENTS

Rose hip extract (vitamin C), rose hip powder (vitamin C), pullulan (capsule shell size 0), pyrroloquinoline quinone disodium salt (MGCPQQ[®]), coenzyme Q10, pyridoxal 5'-phosphate (vitamin B6)

COMPOSITION 1 CAPSULE/DAY %NRV*

COMPOSITION	1 CAPSULE/DAY	%NRV*
Vitamin C (rose hips)	204.00 mg	255
Vitamin B6 (pyridoxal-5'-phosphate)	1.60 mg	114
PQQ (pyrroloquinoline quinone)***	20.00 mg	**
Coenzyme Q10	20.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

*** Commission Implementing Regulation (EU) 2018 / 1122



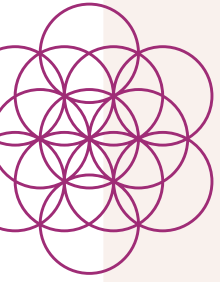
1. Vitamin B6 and vitamin C contribute to normal energy metabolism. // 2. Vitamin B6 and vitamin C contribute to normal mental function. // 3. Vitamin B6 and vitamin C contribute to the reduction of tiredness and fatigue. // 4. Vitamin B6 and vitamin C contribute to the normal function of the immune system. // 5. Vitamin C contributes to the protection of cells from oxidative stress. // 6. Vitamin C contributes to the regeneration of the reduced form of vitamin E.

MITOcare PRODUCT TEST KIT

TESTING FIRST?



OUR TEST KIT CONTAINS OVER 30 GLASS VIALS OF OUR PRODUCTS AND IS A VALUABLE TOOL FOR YOUR EVERYDAY PRACTICE.



CL05

Redox System & Sec. Plant Substances

56
Principle Causa Logica

58
59
60
61
62

Redox System &
Secondary Plant Substances

Antioxidants
LIPO Curcumin Booster
MITO Booster
Polyphenols
Redox Regulate

Redox Systems

For repair and regeneration mechanisms in the human body, thousands of different redox systems are in place at the molecular level. They protect the cells from oxidative and nitrosative stress and resulting cell ageing. The redox systems play a vital role in cellular respiration. Within the body's own energy production in the mitochondria, oxygen forms aggressive compounds with chemical substances. This produces free radicals, which lack an electron in their chemical structure and can damage cells and organs. Due to their electron deficit, the free radicals – the so-called oxidants – pull an electron from their immediate environment. If there is a shortage of antioxidants, free radicals will also harm proteins, enzymes, cell membranes and even DNA. They are used as reduction agents and lose an electron. The damaged cell matter in turn reduces other cell molecules to compensate for their electron deficit. A high number of free radicals can trigger harmful oxidative chain reactions.

Due to the natural ageing process, the effectiveness of the redox systems decreases, and coordination related cell function damage occurs as a result. In addition, oxidative stress is intensified by environmental toxins, stimulant abuse, medication, unhealthy nutrition, pressure to perform and psychological stress factors.

Antioxidants

Antioxidants are so-called redox regulators. They regulate and stabilize redox reactions, prevent the development of illnesses and slow down the ageing process by releasing one of their excess electrons to free radicals. Antioxidants are also referred to as radical scavengers because they release their electron more easily than a cell membrane or DNA, protecting the cells from oxidative damage. After the antioxidants have released their electron to the free radicals, they are returned to their antioxidant form and thus stop the degenerative molecular chain reactions.



Which kind of banana do you want to be?

Secondary Plant Compounds

In addition to vitamins, minerals and trace elements, secondary plant compounds are also antioxidants. This group includes polyphenols, carotenoids, glucosinolates and phytosterols.

Antioxidants*

© 162 g = 270 capsules (Pullulan, size 0) • 3 month package • Item no. 1002006 • PZN 12568013 • PPN 11 12568013 20
Take 3 capsules 1x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.



Complex antioxidant formula for protecting your cells from oxidative stress¹ // Supports cell protection¹, the immune system² and energy metabolism³ // Contains coenzyme Q10, alpha-lipoic acid and L-carnosine // With high-quality secondary botanicals // Vegan and free from any filling and anti-caking agents

Antioxidants such as vitamin C and vitamin E protect the cells from oxidative stress¹ and, according to science, are vital for healthy cell metabolism. At first glance this might sound rather abstract, but perhaps the following picture will help: A banana gets brown spots after only a few days. The cause of this is oxidative damage by atmospheric oxygen, also known as oxidative stress. In addition to this normal oxidative reaction, oxidative stress can also be triggered by so-called free radicals. These enter our body through external influences such as air pollution, UV radiation or heavy metals and can trigger oxidative stress if there is an excessive ratio of free radicals in the body. Oxidative stress is associated with ageing processes such as age spots on the skin. Cells can generally be protected from oxidative damage¹ by antioxidants such as vitamins C and E, which bind free radicals in the body making them harmless.

Antioxidants* (Antioxidantien) is a vegan product with high-quality ingredients. The product combines anti-oxidative substances such as vitamins C and E as well as other special substances such as alpha lipoic acid, coenzyme Q10 and secondary plant compounds into a unique complex mixture that is mainly designed against oxidative stress¹. This is also beneficial for the immune system, especially after intense physical exercise². **Antioxidants*** (Antioxidantien) supports the energy-yielding metabolism³, increases iron absorption⁴ and as a result reduces tiredness and fatigue⁵. The connective tissue of blood vessels, skin, teeth, gums, bones & cartilage is supported by **Antioxidants*** (Antioxidantien) enabling the normal formation of collagen⁶. The nervous system and psyche need vitamin C, perhaps the best-known antioxidant, for normal function^{7,8}. With **Antioxidants*** (Antioxidantien) your whole body is well protected.

INGREDIENTS

L-ascorbic acid (vitamin C), pullulan (capsule shell, size 0), alpha lipoic acid, OPC-rich grape seed extract, curcumin-rich turmeric extract, coenzyme Q10, D-α-tocopheryl acetate (vitamin E), L-carnosine, piperine-rich black pepper extract

COMPOSITION	3 CAPSULES / DAY	%NRV**
Vitamin C (L-Ascorbic acid)	1000.00 mg	1250
Vitamin E (D-α-Tocopherylacetat)	24.00 mg	200
Alpha lipoic acid	180.00 mg	***
L-Carnosine	15.50 mg	***
Grape extract	150.00 mg	***
– of which OPC	60.00 mg	***
Turmeric extract	64.50 mg	***
– of which curcumin	60.00 mg	***
Coenzyme Q10	60.00 mg	***
Black pepper extract	6.33 mg	***
– of which piperine	6.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

*** No NRV specified

1. *Vitamin C and vitamin E contribute to the protection of cells from oxidative stress. // 2. Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise. // 3. Vitamin C contributes to normal energy-yielding metabolism. // 4. Vitamin C increases iron absorption. // 5. Vitamin C contributes to the reduction of tiredness & fatigue. // 6. Vitamin C contributes to normal collagen formation for the normal function of blood vessels, skin, teeth, gums, bones and cartilage. // 7. Vitamin C contributes to the normal function of the nervous system. // 8. Vitamin C contributes to normal psychological function.

NEW FORMULA FROM APRIL 2024

With curcumin, Q10 and vitamin C - in liposomal form // A kick for the energy metabolism¹ // Against fatigue & Fatigue² // With over 1000 mg phospholipids per daily dose // Pleasant & fruity taste

Our innovative **LIPO Curcumin Booster** features three substances – curcumin, coenzyme Q10 and vitamin C – enclosed in liposomes. The phospholipids used for this purpose have phospholipid bilayers just like the phospholipids of the body's own cell membrane. Phospholipids are also the main components of the body's cell membranes, ensuring their cohesion and therefore playing an essential role in cell metabolism.

The key focus of the product is on the secondary plant compound curcumin obtained from turmeric, which has been known and highly valued in Ayurveda for thousands of years. Unfortunately, in the body this plant compound is very difficult to absorb without transport systems. However, by enclosing it in lipid vesicles with a protective phospholipid double membrane, the absorption can be significantly increased.

INGREDIENTS

Water, glycerol, phospholipids from sunflower lecithin, sodium-L-ascorbate (vitamin C), curcuma longa extract, ubiquinone (coenzyme Q10), sea buckthorn extract, rosemary extract, acidifier: malic acid

COMPOSITION	8 ml / DAY	%NRV*
Vitamin C (L-ascorbic acid)	400.00 mg	500
Phospholipids	1040.00 mg	**
– of which phosphatidylcholine	270.00 mg	**
Curcumin	100.00 mg	**
Coenzyme Q10	44.00 mg	**
Seabuckthorn extract	8.00 mg	**
Rosemary Extract	5.45 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

The body's own coenzyme Q10 is the actor of oxidative phosphorylation over which about 90% of the total body energy (ATP = adenosintriphosphate) is generated. Interestingly, high energy requirements such as heart, liver and lungs also have the highest Q10 concentration in the body. In the 50s Q10 was first discovered in the beef hearts. Here started exploring this coenzyme. In 1978, the big breakthrough was achieved when the British scientist Peter Mitchell was awarded the Nobel Prize for Chemistry to explore Q10. He could prove the outstanding meaning of the body's own Q10 for cell energy vendor.

The high proportion of vitamin C acts as antioxidant³ and makes his contribution to performance and vitality in phases of intensive physical⁴ and mental⁵ Activity. In addition, it increases iron uptake⁶ which essentially for the oxygen supply of all cells is in the body. The positive effect already occurs with a daily consumption of 200 mg vitamin C - in addition to the daily dose of 80 mg recommended by the European Union. Our **Lipo Curcumin Booster** contains 400 mg vitamin C.



1. Vitamin C contributes to normal energy-yielding metabolism. // 2. Vitamin C contributes to the reduction of tiredness & fatigue. // 3. Vitamin C contributes to the protection of cells from oxidative stress. // 4. Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise. // 5. Vitamin C contributes to normal psychological function. // 6. Vitamin C increases iron absorption.

© 250 ml as liquid • 1 month package • Item no. 1001061 • PZN 17160297 • PPN 11 17160297 02
1 x daily add 8ml (see scale of the attached measuring cup). • Not recommended for pregnant and breastfeeding women.

LIPO Curcumin Booster

MITO Booster*

© 500 ml as liquid • 1 month package • Item no. 1001017 • PZN 11375737 • PPN 11 11375737 16
Shake bottle gently several times and open carefully. • Stir 16.7 ml (equals ~ 2 tablespoons) 1 x per day into at least 50 ml of water and drink immediately.

Boosts your energy metabolism¹ // Helps against tiredness & fatigue² // With valuable coenzyme Q10 & curcumin // Uses a special micelle technology // Pleasant & fruity taste

Our **MITO Booster*** uses a special micelle technology. Hydrophilic and lipophilic components create the conditions for an optimised absorption of the contained nutrients by the body. Coenzyme Q10 is a key agent in oxidative phosphorylation, which produces about 90 % of the total body energy (ATP = adenosine triphosphate). Interestingly, organs with a high energy need such as the heart, liver and lungs also have the highest Q10 concentration in the body. Q10 was first discovered in bovine hearts in the 1950s. This is where the research on this coenzyme started. Finally, the big breakthrough came in 1978 when the British scientist Peter Mitchell was awarded the Nobel Prize for Chemistry for his research into Q10. He was able to prove the outstanding importance of the body's own Q10 for cell energy production.

Our **MITO Booster*** also contains the secondary plant substance curcumin from turmeric, which has been known and highly valued in Ayurveda for thousands of years. The high vitamin C content rounds off this formula, acting as an antioxidant³ and contributing to performance and vitality in times of intense physical⁴ and mental⁵ activity. In addition, it increases iron absorption⁶ which is essential for the supply of oxygen to all cells in the body.

INGREDIENTS

Grape sweetener, water, red grape juice concentrate, lemon juice, pomegranate juice concentrate, stabiliser: polysorbate 80, cranberry concentrate, L-ascorbic acid (vitamin C), coenzyme Q10, curcumin, preservative: potassium sorbate

COMPOSITION 16,7 ml / DAY %NRV**

COMPOSITION	16,7 ml / DAY	%NRV**
Vitamin C (L-ascorbic acid)	400.00 mg	500
Coenzyme Q10	44.00 mg	***
Curcumin	30.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

*** No NRV specified



1. *Vitamin C contributes to normal energy-yielding metabolism. // 2. Vitamin C contributes to the reduction of tiredness & fatigue. // 3. Vitamin C contributes to the protection of cells from oxidative stress. // 4. Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise. // 5. Vitamin C contributes to normal psychological function. // 6. Vitamin C increases iron absorption.

The antioxidant as a complex¹ // For cell protection against oxidative stress¹ // For beautiful and healthy skin² // With 12 secondary plants // Obtained from 99% natural raw material sources

INGREDIENTS

Pullulan (capsule shell size 0), sophora japonica extract, vitamin c rich acerola extract, polygonum cuspidatum extract, curcuma longa extract, pomegranate extract, rhodiola rosea extract, cranberry extract, schisandra extract, ginger extract, agaricus blazei murrill extract, amla berries extract, grape seed extract, sodium molybdat

COMPOSITION 3 CAPSULES / DAY %NRV*

COMPOSITION	3 CAPSULES / DAY	%NRV*
Vitamin C (acerola extract)	32.00 mg	40
Molybdenum (sodium molybdate)	40.00 µg	80
Sophora japonica extract	210.00 mg	**
– of which quercetin***	200.00 mg	**
Polygonum cuspidatum extract	150.00 mg	**
– of which resveratrol***	15.00 mg	**
Curcuma longa extract	148.00 mg	**
– of which curcumin***	105.00 mg	**
Pomegranate extract	130.00 mg	**
– of which punicalagin***	26.00 mg	**
Rhodiola rosea extract	100.00 mg	**
Cranberry extract	90.00 mg	**
Schisandra extract	75.00 mg	**
Ginger extract	70.00 mg	**
Agaricus blazei murrill extract	50.00 mg	**
Amla berries extract	50.00 mg	**
Grape seed extract	50.00 mg	**
– of which OPC***	47.50 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

*** These substances belong to the polyphenols

Polyphenols are secondary plant substances and protect the plant from predators, but also from oxidative influences such as strong UV radiation. They are able to scavenge aggressive oxygen radicals that can damage the plant's DNA and cell membranes. Polyphenols are therefore among the antioxidants and offer cell protection. The human organism, on the other hand, cannot form polyphenols.

Polyphenols (Polyphenole) combines 12 valuable phytochemicals such as curcuma (turmeric), schisandra, OPC, ginger, amla berries, pomegranate etc. and supports the immune system with vitamin c³. The trace element molybdenum contained in the product contributes to the metabolism of sulphur-containing amino acids.⁴ The Western diet and contact with chemicals can be the reason for an increased need here.



1. Vitamin C contributes to the protection of cells from oxidative stress. // 2. Vitamin C contributes to normal collagen formation for the normal function of skin. // 3. Vitamin C contributes to the normal function of the immune system. // 4. Molybdenum contributes to normal sulphur amino acid metabolism.

© 46 g = 90 capsules (Pullulan, size 0) • 1 month package • Item no. 1001004 • PZN 10045759 • PPN 11 10045759 14
Take 3 capsules 1x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.

Polyphenols

Redox Regulate*

© 74 g = 120 capsules (Gelatine, size 0) • 1 month package • Item no. 1001012 • PZN 10343830 • PPN 11 10343830 03
 Take 2 capsules 2x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.

Protects the cells from oxidative stress¹ // Normalizes acid-base metabolism² and supports a wide range of metabolic processes in the body^{3,4,5,6}

The human body has various redox systems that act as repair and regeneration mechanisms to protect cells from damage or oxidative stress and resulting cell ageing. Of the thousands of different redox systems, the most important is probably cellular respiration. This vital energy conversion process always takes place under oxygen consumption, primarily by oxidising («burning») glucose. The energy released in the mitochondria during this oxidation process binds to ATP, which functions as the cells' fuel. Within this endogenous energy production, the oxygen forms aggressive compounds with chemical substances. This produces free radicals, which lack an electron in their chemical structure. To compensate for their electron deficit, free radicals extract an electron from their immediate environment. If there is a lack of antioxidants, then proteins, enzymes, cell membranes and also DNA are used as reducing agents by these free radicals, losing an electron in the process. The damaged cell matter in turn reduces other cell molecules to compensate for their electron deficit. A high number of free radicals can trigger harmful oxidative chain reactions. These in turn can result in various metabolic disorders.

The vitamins and minerals contained in **Redox Regulate***, (Redox Regulat) such as vitamin C, vitamin E, manganese, selenium and zinc, are antioxidants and protect the body's cells from oxidative stress.¹ In addition, metabolic processes are supported in their function by various contained ingredients.^{2,3,4,5,6,7,8} This rich formula is completed by three different bioactive forms of vitamin B12 as well as amino acids, traditional mushrooms, OPC, resveratrol, quercetin, MSM, alpha lipoic acid and green tea.

INGREDIENTS

Pullulan (capsule shell size 0), magnesium salts of citric acid, polygonum cuspidatum extract (contains resveratrol), L-glutathione, L-glutamine, L-glycine, L-ascorbic acid (vitamin C), cordyceps sinensis powder, ling zhi powder, L-cysteine, grape seed extract, green tea extract, turmeric extract, quercetin, L-carnosine, alpha lipoic acid, taurine, myrrh extract, methylsulfonylmethane (MSM), pomegranate extract, zinc citrate, D-alpha-tocopheryl acetate (vitamin E), chokeberry fruit extract, ubiquinol (coenzyme Q10), haematococcus pluvialis extract (contains astaxanthin), manganese gluconate, cholecalciferol (vitamin D3), sodium selenate, hydroxycobalamin (vitamin B12), adenosylcobalamin (vitamin B12), methylcobalamin (vitamin B12)

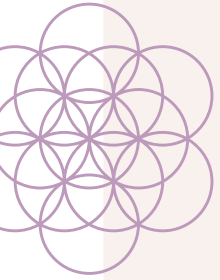


1. *Vitamin E, vitamin C, manganese, selenium and zinc contribute to the protection of cells from oxidative stress. // 2. Zinc contributes to normal acid-base metabolism. // 3. Zinc contributes to normal carbohydrate metabolism. // 4. Zinc contributes to normal metabolism of fatty acids. // 5. Zinc contributes to normal macronutrient metabolism. // 6. Vitamin B12, vitamin C, manganese and magnesium contribute to normal energy-yielding metabolism. // 7. Zinc and magnesium contributes to normal protein synthesis. // 8. Zinc contributes to normal vitamin A metabolism.

COMPOSITION	4 CAPSULES / DAY	%NRV**
Vitamin B12	300.00 µg	12000
– of which methylcobalamin	100.00 µg	4000
– of which adenosylcobalamin	100.00 µg	4000
– of which hydroxycobalamin	100.00 µg	4000
Vitamin D3 (cholecalciferol vegan)	20.00 µg	500
Vitamin E (D-α-tocopheryl acetate)	18.00 mg	150
Vitamin C (L-ascorbic acid)	100.00 mg	125
Zinc (zinc citrate)	15.50 mg	155
Selenium (sodium selenate)	40.00 µg	73
Manganese (manganese gluconate)	1.40 mg	70
Magnesium (magnesium citrate)	57.00 mg	15
Alpha lipoic acid	80.00 mg	***
MSM (methylsulfonylmethane)	70.00 mg	***
Coenzym Q10 (Ubidecarenone)	30.00 mg	***
L-glutamine	100.00 mg	***
L-glutathione	100.00 mg	***
L-glycine	100.00 mg	***
L-carnosine	80.00 mg	***
L-cysteine	80.00 mg	***
Taurine	80.00 mg	***
Cordyceps sinensis (caterpillar fungus)	90.00 mg	***
Ling Zhi (Reishi mushroom)	90.00 mg	***
Turmeric extract	80.00 mg	***
Green tea extract	80.00 mg	***
Grape seed extract	80.00 mg	***
– of which 95 % OPC	76.00 mg	***
Quercetin	76.00 mg	***
Myrrh extract	70.00 mg	***
Pomegranate extract	50.00 mg	***
Aronia fruit extract	30.00 mg	***
Resveratrol	10.00 mg	***
Astaxanthin	400.00 µg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

*** No NRV specified



CL06

DNA, Cell Division & Nucleotides

64

Principle Causa Logica

66
67
68

DNA, Cell Division & Nucleotides

Methylation Master
Premium Nucleotides
Nucleotides Powder

Epigenetics

Epigenetics is the study of how genes interact with the environment. It can be seen as a bridge between genetic predisposition and environmental factors. In other words, it shows how life experiences and environmental changes can alter gene activity without modifying the DNA sequence. It also explains how such alterations can be passed on to the next generation. Because these alterations are passed on to the daughter cells as epigenetic markers during cell division, epigenetics can be seen as a kind of «genetic imprinting».

The genotype describes the genetic composition of an organism, while the phenotype describes its actual appearance, which is shaped through interaction with the environment. This developmental process is called «epigenesis» and includes interrelations between the genes themselves, between the different parts of the developing organism, and between the organism and the environment.

Cell Nucleus and Genes

Our cell nucleus, which is part of every cell in the body, contains the blueprint of life. Here, more than one meter of deoxyribonucleic acid (DNA) is tightly packed into 26 chromosomes, each of which is composed of a long double-stranded DNA molecule, containing the information for a multitude of cell protein syntheses. Like beads on a necklace, DNA is wrapped around so-called histones (proteins) and forms the nucleosomes. Chromosomes do not exhibit static behaviour but constantly undergo structural changes that regulate gene activity. Like a zipper, the complex of DNA and protein (chromatin) opens at various points, allowing access to their genetic information during protein synthesis, and closes again once the gene activity is complete. These changes are controlled by epigenetic mechanisms that «mark» the chromosomes. Together, these marks form the epigenome.

Nucleotides

Nucleotides are the building blocks of DNA and RNA. While DNA contains the genetic information, i.e. the complete blueprint for the design and function of the entire organism, RNA serves as a transmitter of this information, among other things. They have the vital task of controlling the structural, metabolic and energetic functions of the cells. Nucleotides are the most important building blocks needed for cell division to duplicate DNA. Nucleotides consist of a base, a sugar and a phosphate component. They can be produced by the body itself, but can also be supplied by food. Nucleic acids are absorbed through food and then converted into nucleotides by the body, requiring a lot of energy and time.



Methylation Master

© 106 g = 120 capsules (Pullulan, size 00) • 1 month package - Item no. 1001058 • PZN 16575808 • PPN 11 16575808 43
Take 2 capsule 2x per day with approx. 200 ml of still water.

Your methyl group complex // For a healthy DNA synthesis¹ and cell division² // For a healthy structure and function of the nerve cells³ // For normal homocysteine metabolism⁴ // To support fertility when wishing to have children^{5,6}

Through the body's own process of methylation, our organism protects itself from foreign DNA and can correct errors in the DNA. For this process, the body uses so-called methyl groups, which are transferred to the nucleic bases of the DNA by enzymes. Healthy reproduction of the microbiome and all body cells (e.g. organ cells, blood cells, nerve cells, muscle cells, cartilage and bone cells, germ cells, etc.) requires a healthy cell division process. This in turn is preceded by healthy DNA synthesis.

Methylation Master combines 9 interacting substances that can serve as methyl group sources. These are vitamins in their methylated form, amino acids, phosphatidylcholine, S-adenosyl methionine (SAME) and betaine as trimethylglycine. The ingredients folate, magnesium, vitamin B12 and zinc also support the cell division process² which is the basis of all growth and regeneration.

INGREDIENTS

Pullulan (capsule shell size 00), L-carnitine, magnesium salts of citric acid, tri-methyl-glycine (betaine TMG), sunflower lecithin (rich in phosphatidylcholine), S-adenosyl-L-methionine di-sulfate (SAME), taurine, L-methionine, zinc citrate, calcium-L-methylfolate, methylcobalamin

COMPOSITION 4 CAPSULES / DAY %NRV*

Vitamin B12 (methylcobalamin)	200.00 µg	8.000
Folid acid (Methylfolate)	800.00 µg	400
Zinc (Zinc citrate)	10.00 mg	100
Magnesium (Magnesium citrate)	150.00 mg	40
L-carnitine	600.00 mg	**
Taurine	200.00 mg	**
L-methionine	80.00 mg	**
Phosphatidylcholine	100.00 mg	**
Betaine (TMG - Trimethyl glycine)	100.00 mg	**
S-adenosyl methionine (SAME)	80.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified



1. Zinc contributes to normal DNA synthesis. // 2. Folate, magnesium, vitamin B12 and zinc have a role in the process of cell division. // 3. Magnesium and Vitamin B12 contribute to normal functioning of the nervous system. // 4. Folat and vitamin B12 contribute to normal homocysteine metabolism. // 5. Folate contributes to maternal tissue growth during pregnancy. // 6. Zinc contributes to normal fertility and reproduction as well as to the maintenance of normal testosterone levels in the blood.

Your versatile all-rounder for a healthy body // For DNA synthesis¹, cell division², immune system³ and energy⁴ // Contains the nucleotide complex // Rich in ribonucleic acid (RNA) // With bioactive B-vitamins and pea protein

INGREDIENTS

Uridine 5'-monophosphate disodium salt, yeast extract rich in ribonucleic acid, cytidine 5'-monophosphate, maltodextrin, inosine 5'-monophosphate disodium salt, guanosine 5'-monophosphate disodium salt, pullulan (capsule shell size 0), magnesium salts of citric acid, choline hydrogen tartrate, L-carnitine tartrate, L-methionine, pea protein isolate powder, zinc citrate, nicotinamide (vitamin B3), calcium D-pantothenate (vitamin B5), copper citrate, sodium riboflavin 5'-phosphate (vitamin B2), (6S)-5-methyltetrahydrofolic acid - glucosamine salt, chromium (III) picolinate, D-biotin, methylcobalamin (vitamin B12)

COMPOSITION 4 CAPSULES / DAY %NRV*

Folic acid (methyltetrahydrofolic acid)	200.00 µg	100
Vitamin B12 (methylcobalamin)	2.50 µg	100
Riboflavin (riboflavin 5'-phosphate)	1.00 mg	71
Biotin (D-biotin)	35.00 µg	70
Niacin (nicotinamide)	11.00 mg NE	69
Pantothenic acid	4.00 mg	67
Zinc (zinc citrate)	6.70 mg	67
Chromium (chromium picolinate)	25.00 µg	63
Copper (copper citrate)	0.50 mg	50
Magnesium (magnesium citrate)	75.00 mg	20
Choline (Choline Bitartrate)	200.00 mg	**
L-carnitine (L-carnitine tartrate)	300.00 mg	**
L-methionine	200.00 mg	**
Yeast extract - rich in ribonucleic acid (RNA)	213.60 mg	**
Uridine 5'-monophosphate	210.80 mg	**
Cytidine 5'-monophosphate	148.70 mg	**
Inosine 5'-monophosphate	31.30 mg	**
Guanosine 5'-monophosphate	25.50 mg	**
Adenosine 5'-monophosphate	25.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

Nucleotides are the building blocks of DNA and RNA. While DNA contains the genetic information, i.e. the complete blueprint for the construction and function of the entire organism, RNA serves, among other things, as a transmitter of this information. Both have the central task of controlling the structural, metabolic and energetic functions of the cells. The body can both produce nucleotides itself and absorb them through food. They are contained in breast milk, for example. Growth and maintenance of all bodily functions require constant cell renewal and thus cell division. Nucleotides are important building blocks for this cell division.

The product **Premium Nucleotide** (Premium Nukleotide) contains all 5 approved nucleotides. Magnesium, zinc, vitamin B12 (methylcobalamin) and the bioactive folic acid compound are also involved in the cell division described above². Zinc also contributes to DNA synthesis¹. Thanks to various B vitamins and magnesium, this product helps to reduce tiredness and fatigue⁴, supports the function of the nervous system⁵ and also has a positive effect on hair and skin.⁶



1. Zinc contributes to normal DNA synthesis and normal protein synthesis. // 2. Folate, magnesium, vitamin B12 and zinc have a function in cell division. // 3. Folate, copper, vitamin B12 and zinc contribute to the normal function of the immune system. // 4. Magnesium, niacin, riboflavin, pantothenic acid and vitamin B12 contribute to normal energy-yielding metabolism and to a reduction of tiredness & fatigue. // 5. Biotin, copper, magnesium, niacin, riboflavin and Vitamin B12 contributes to normal functioning of the nervous system. // 6. Biotin, niacin and zinc contribute to the maintenance of normal skin and normal hair.

© 91 g = 120 capsules (Pullulan, size 0) • 1 month package - Item no. 1001066 • PZN 17905194 • PPN 11 17905194 06
Take 2 capsules 2x per day with approx. 200 ml of still water. • Use within 2 months after opening the packaging.

Premium Nucleotides

Nucleotides Powder

62 g sachet powder • 1 month package • Item no. 1001055 • PZN 16623938 • PPN 11 16623938 37
 Take 1 g (equals 1 measuring spoon) 2 x per day in 100-200 ml of lukewarm water or herbal tea.

For DNA synthesis¹, cell division² and immune system³ // Contains the nucleotide complex // Rich in ribonucleic acid (RNA) // With 970 mg inositol + zinc for the metabolism of fatty acids⁵

Nucleotides are the building blocks of DNA and RNA and are involved in virtually all cell activities. While DNA contains the genetic information, in other words the complete blueprint for the design and function of the entire body, RNA acts as a carrier for this information. Both have the vital task of controlling the structural, metabolic and energetic functions of cells. The body is able to produce nucleotides itself and can also absorb them through food. They are highly concentrated in breast milk, animal intestines and to a lesser extent in legumes. Growth and maintenance of all body functions require constant cell renewal and cell division. Cells with a high cell division rate show an increased consumption of nucleotides, such as blood, nerve and immune cells as well as the cells of the small intestine wall, which indicates their essential importance for the immune system.

In addition to the five approved nucleotides, **Nucleotide Powder** (Nukleotide Pulver) contains a yeast extract rich in ribonucleic acid (RNA) and 1000 mg inositol per daily dose. The zinc contained in the product is also a key agent in cell division and DNA synthesis.^{1,2} At the same time, it has a positive effect on the fatty acid metabolism⁵, cognitive function⁶ and on skin, hair and bones.⁴

INGREDIENTS

Myo-inositol, uridine-5'-monophosphate di-Na salt, cytidine-5'-monophosphate di-Na salt, yeast extract rich in ribonucleic acid, maltodextrin, inosine-5'-monophosphate di-Na salt, guanosine-5'-monophosphate di-Na salt, adenosine-5'-monophosphate di-Na salt, zinc gluconate

COMPOSITION	2 g / DAY	%NRV*
Zinc (Zinkgluconat)	5.50 mg	55
Inositol (Myo inositol)	1000.00 mg	**
Yeast extract – rich in ribonucleic acid (RNA)	213.60 mg	**
Uridine 5'-monophosphate	210.80 mg	**
Cytidine 5'-monophosphate	148.70 mg	**
Inosine 5'-monophosphate	31.30 mg	**
Guanosine 5'-monophosphate	25.50 mg	**
Adenosine 5'-monophosphate	25.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified



INTELLIGENE



THE FIRST STEP

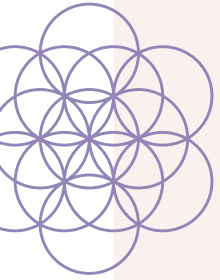
ON YOUR PERSONAL WAY TO A BETTER QUALITY OF LIFE.

OUR DNA ANALYSIS WILL FUNDAMENTALLY REVOLUTIONISE YOUR PRESENT MICRONUTRIENT THERAPY.

WE ARE HAPPY TO ADVISE YOU.



1. Zinc contributes to normal DNA synthesis. // 2. Zinc has a role in the process of cell division. // 3. Zinc contributes to the normal function of the immune system. // 4. Zinc contributes to the maintenance of normal skin and hair and is needed for the maintenance of normal bones. // 5. Zinc contributes to normal metabolism of fatty acids. // 6. Zinc contributes to normal cognitive function.



CL07

Neurotransmitters & Psyche

70

Principle Causa Logica

72
73
74
75

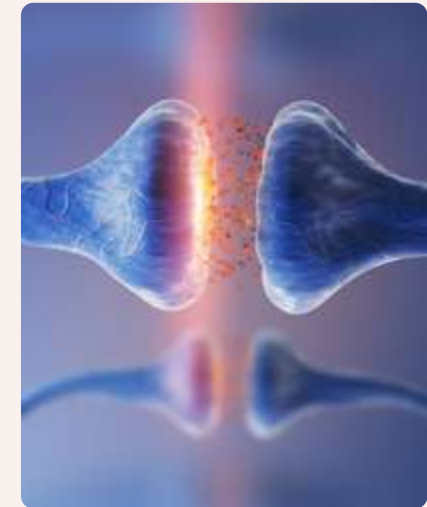
Neurotransmitters & Psyche

NEUROadapt
NEUROactive
NEUROnight
NEUROtonin

Neurotransmitters

The nervous system of humans has 10^{10} nerve cells (neurons). There are two types of excitable cells: nerve cells and muscle cells. Neurotransmitters (transmitter substances) released by the nerve cells are crucial for successful signal transmission. After being released at the presynaptic membrane, the neurotransmitter succeeds in transmitting information from the presynapse to the postsynapse by diffusing through the synaptic cleft to the postsynaptic membrane. Depending on the type of neurotransmitter and postsynaptic receptor type, an excitation or inhibition of excitation occurs. A large number of substances regulate the activity of, neurotransmitters. Stimulating transmitters include acetylcholine and glutamate. Inhibitory transmitters include glycine and GABA (gamma-aminobutyric acid). Neurotransmitters are closely interconnected to amino acid metabolism. Some amino acids act directly as transmitter substances (glutamic acid and glycine). Vital neuro-signalling substances such as serotonin, dopamine and noradrenaline are metabolites of amino acids. Since some neurotransmitters are amino acids or their derivatives, the body should always have a sufficient amount of amino acids.

is essential to ensure that the brain metabolism runs smoothly. Therefore, a replenished micronutrient balance is important for normal cognitive function and the body's psyche. Mental processes, such as attention and concentration, are controlled by the brain. Ultimately, they determine the body's ability to perform. Neurohormones act as mediators between the central nervous system and the peripheral organs. The sleep hormone melatonin regulates the body's sleep. The hormone serotonin, which has a mood-lifting effect, is known as the happiness hormone. The hormones adrenaline and noradrenaline from the adrenal medulla have an activating effect on the cardiovascular system and increase cognitive function.



Brain Metabolism & Psyche

The brain – along with the spinal cord – is enclosed by the central nervous system. This unit controls virtually all vital bodily functions. In addition, cognitive processes take place in the human body both on a conscious and unconscious basis. The cognitive function includes thinking and perception processes. A sufficient amount of micronutrients

NEUROadapt*

© 72 g = 120 capsules (Pullulan, size 0) • 1 month package • Item no. 1001023 • PZN 11692722 • PPN 11 11692722 56
 Take 2 capsules 2x per day with approx. 200 ml of still water. • Caution when taking blood thinners at the same time.
 Not recommended for breastfeeding and pregnant women.

NEW FORMULA SINCE NOVEMBER 2023

Rich NEURO complex for a balanced psyche¹ // For a good balance in mental performance² // For normal cognitive functions³ // For the synthesis and metabolism of specific neurotransmitters⁴ // Increased bioavailability through vitamin forms and natural substances

To transmit signals and information, our nerve cells produce messenger substances, so-called neurotransmitters. These dock onto the downstream receptor cells and transmit their relevant information. Numerous substances regulate the activity of these receptors, effectively dampening or amplifying nerve signals like a dimmer.

NEUROadapt* has been especially developed for a balanced psyche¹ and healthy cognitive functions³ such as perception, cognition and information processing, motivation and mood. Bioavailable forms of vitamin B6, vitamin B12, vitamin C, niacin, copper and riboflavin contribute to the function of the

INGREDIENTS

Magnesium salts of citric acid, pullulan (capsule shell, size 0), ashwagandha extract, ginseng powder, maca extract, betaine hydrochloride, rhodiola rosea extract, tulsi extract, calcium ascorbate, taurine, cordyceps sinensis extract, ginkgo biloba extract, ginger root extract, S-adenosylmethionine (SAME), schisandra berry extract, grape seed extract, Zinc gluconate, nicotinamide (vitamin B3), saffron extract, calcium D-pantothenate, D-alpha-tocopheryl acetate (vitamin E), pyridoxal-5-phosphate (vitamin B6), riboflavin-5-phosphate (vitamin B2), copper citrate, (6S)-5-methyltetrahydrofolic acid - glucosamine salt, methylcobalamin (vitamin B12)

nervous system located in the brain and spinal cord, as well as to the function of nerve cells and neural pathways.⁵ Pantothenic acid contained in the product contributes to a balanced metabolism of steroid hormones such as cortisol. It also supports the synthesis of various neurotransmitters⁴ to ensure the proper transmission of signals between the brain and bodily functions. Neurotransmitters often consist of amino acids or their derivatives, which is why **NEUROadapt*** also contains highly bioavailable folic acid in the form of methyltetrahydrofolate to support amino acid synthesis.⁶ More than 13 additional plant compounds and S-adenosylmethionine (SAME) round off this rich formulation.

COMPOSITION 4 CAPSULE / DAY %NRV**

COMPOSITION	4 CAPSULE / DAY	%NRV**
Vitamin B12 (methylcobalamin)	100.00 µg	4000
Riboflavin (riboflavin-5'-phosphate)	2.80 mg	200
Niacin (nicotinamide)	32.00 mg	200
Pantothenic acid	12.00 mg	200
Vitamin B6 (pyridoxal-5'-phosphate)	2.80 mg	200
Folic acid (5-MTHF)	400.00 µg	200
Vitamin C (calcium ascorbate)	80.00 mg	100
Vitamin E (D-alpha-tocopheryl acetate)	6.00 mg	50
Copper (copper citrate)	0.50 mg	50
Zinc (zinc gluconate)	5.00 mg	50
Magnesium (magnesium salt)	90.00 mg	24
Betaine (Betaine hydrochloride)	100.00 mg	***
Taurine	80.00 mg	***
S-adenosylmethionine (SAME)	80.00 mg	***
Ashwagandha extract	160.00 mg	***
Ginseng powder	160.00 mg	***
Maca extract	150.00 mg	***
Rhodiola rosea extract	100.00 mg	***
Tulsi extract	100.00 mg	***
Cordyceps sinensis extract	80.00 mg	***
Ginkgo biloba extract	80.00 mg	***
Ginger root extract	80.00 mg	***
Schisandra berry extract	80.00 mg	***
Grape seed extract	80.00 mg	***
- of which OPC	56.00 mg	***
Saffron extract	30.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

*** No NRV specified



1. *Folate, niacin, vitamin B6, vitamin B12 and vitamin C contribute to normal psychological function. // 2. Pantothenic acid contributes to normal mental performance. // 3. Zinc contributes to normal cognitive function. // 4. Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters. // 5. Vitamin B6, vitamin B12, vitamin C, niacin, copper and riboflavin contribute to normal functioning of the nervous system. // 6. Folate contributes to normal amino acid synthesis.

NEW FORMULA FROM MARCH 2024

Rich NEURO complex for being focused and alert^{1,2,3,4,6} // For cognitive function and memory capacity³ // Supports the synthesis of important brain messenger substances⁷ // Increased bioavailability due to vitamin forms and natural compounds

To transmit signals and information, our nerve cells produce messenger substances, so-called neurotransmitters. These dock onto the downstream receptor cells and transmit the

INGREDIENTS

Magnesium bisglycinate, pullulan (capsule shell), griffonia seed powder, betaine hydrochloride, nicotinamide (vitamin B3), L-tyrosine, taurine, rhodiola rosea extract, L-glutamine, L-methionine, L-phenylalanine, cordyceps sinensis extract, vitamin C-rich calcium ascorbate, OPC-rich grape seed extract, calcium D-pantothenate, S-adenosyl-L-methionine (SAME), zinc citrate, pyridoxal-5-phosphate (vitamin B6), riboflavin-5-phosphate (vitamin B2), copper citrate, (6S)-5-methyltetrahydrofolic acid - glucosamine salt (5-MTHF), methylcobalamin (vitamin B12)

COMPOSITION 4 CAPSULES/DAY %NRV**

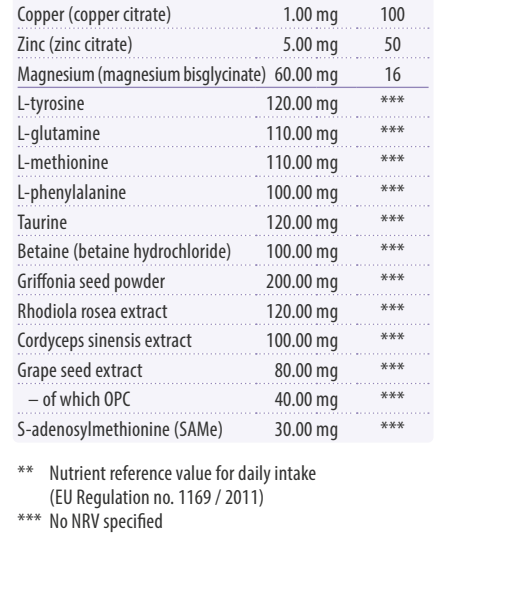
COMPOSITION	4 CAPSULES/DAY	%NRV**
Vitamin B12 (methylcobalamin)	100.00 µg	4000
Pantothenic acid (calcium-D-pantothenate)	60.00 mg	1000
Niacin (nicotinamide)	128.00 mg	800
Vitamin B6 (pyridoxal-5'-phosphate)	2.80 mg	200
Riboflavin (riboflavin-5'-phosphate)	2.80 mg	200
Folic acid (5-MTHF)	400.00 µg	200
Vitamin C (calcium ascorbate)	80.00 mg	100
Copper (copper citrate)	1.00 mg	100
Zinc (zinc citrate)	5.00 mg	50
Magnesium (magnesium bisglycinate)	60.00 mg	16
L-tyrosine	120.00 mg	***
L-glutamine	110.00 mg	***
L-methionine	110.00 mg	***
L-phenylalanine	100.00 mg	***
Taurine	120.00 mg	***
Betaine (betaine hydrochloride)	100.00 mg	***
Griffonia seed powder	200.00 mg	***
Rhodiola rosea extract	120.00 mg	***
Cordyceps sinensis extract	100.00 mg	***
Grape seed extract	80.00 mg	***
- of which OPC	40.00 mg	***
S-adenosylmethionine (SAME)	30.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

*** No NRV specified

respective information. Numerous substances regulate the activity of these receptors, effectively dampening or amplifying nerve signals like a dimmer.

NEUROactive* (NEUROaktiv) has been specially developed for healthy cognitive and mental functions.^{1,3,6} Such brain functions include, for example, mental performance, concentration, attention, short- and long-term memory, logical thinking, drive, motivation, etc. Bioavailable forms of vitamin B6, vitamin B12, vitamin C, niacin, copper and riboflavin contribute to the function of the nervous system⁵ located in the brain and spinal cord, including nerve cells and neural pathways. Pantothenic acid contained in the product contributes to the synthesis of various neurotransmitters.⁷ Neurotransmitters are messenger substances that are responsible for proper signal transmission between the brain and bodily functions. These messenger substances often consist of amino acids or their derivatives. Therefore, **NEUROactive*** contains highly bioavailable folic acid in the form of methyltetrahydrofolate to support amino acid synthesis.⁸ Additional amino acids, various plant compounds such as the valued mushroom Cordyceps Sinensis, green tea extract, maca, rose root (Rhodiola Rosea), OPC from grape seed extract, and the substance S-adenosylmethionine (SAME) round off this energising and stimulating nutrient formula.



1. *Pantothenic acid, vitamin B12 and vitamin C contribute to the reduction of tiredness and fatigue. // 2. Zinc contributes to normal cognitive function. // 3. Pantothenic acid contributes to normal mental performance. // 4. Riboflavin and niacin contribute to normal energy-yielding metabolism. // 5. Vitamin B6 and vitamin B12 contribute to normal functioning of the nervous system. // 6. Vitamin B12 and folate contribute to normal psychological function. // 7. Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters. // 8. Folate contributes to normal amino acid synthesis.

© 66 g = 120 capsules (Pullulan, size 0) • 1 month package • Item no. 1001022 • PZN 11692716 • PPN 11 11692716 90
 Take 2 capsules 2x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.

NEUROactive*

NEURONight*

25 g = 30 capsules (Pullulan, size 00) • 1 month package • Item no. 1001054 • PZN 16354987 • PPN 11 16354987 87
Take 1 capsule 1x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.

NEW FORMULA SINCE DECEMBER 2023

MITOcare's product for good sleep¹ // With melatonin to help you falling asleep faster¹ // Supports the regenerative phase // With vitamin B6 for the nerves³ and psyche⁴ // With 5 selected plant substances

During sleep the body focuses on the generation and regeneration of body cells such as immune cells, muscle cells, bone cells, nerve cells, germ cells and many others. The sleep hormone melatonin initiates the deep sleep phase of the human body. During this phase the body's glymphatic system becomes more active to support regeneration processes. With increasing age, the pineal gland of the human body produces less melatonin and the average sleep duration decreases.

NEURONight* has been specifically developed to shorten the time it takes to fall asleep.¹ Its beneficial effect already occurs when taking 1 mg of melatonin (~1 capsule) shortly before going to bed. Melatonin can also provide relieve from subjective jet lag sensations,² which can benefit people working in shifts. In addition to melatonin, the product also contains the bioactive form of vitamin B6, which helps to regulate hormone activity.⁵ It also contains the amino acid L-tryptophan, as well as the valuable plant substances ashwaganda, lavender, passion flower, lemon balm and hops.

INGREDIENTS

Magnesium salts of citric acid, pullulan (capsule shell size 00), L-tryptophan, withania somnifera extract (ashwagandha), lavender extract, passion flower extract, lemon balm extract, hops extract, pyridoxal 5'-phosphate (vitamin B6), melatonin powder

COMPOSITION 1 CAPSULE / DAY %NRV**

COMPOSITION	1 CAPSULE / DAY	%NRV**
Vitamin B6 (pyridoxal 5'-phosphate)	1.40 mg	100
Magnesium (magnesium citrate)	70.00 mg	19
Melatonin	1.00 mg	***
L-tryptophan	70.00 mg	***
Withania somnifera extract	70.00 mg	***
Lavender herb extract	50.00 mg	***
Passion flower extract	50.00 mg	***
Lemon balm extract	50.00 mg	***
Hop flower extract	20.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

*** No NRV specified



1. *Melatonin contributes to the reduction of time taken to fall asleep. The beneficial effect is obtained by consuming 1 mg of melatonin close to bedtime. // 2. Melatonin contributes to the alleviation of subjective feelings of jet lag. The beneficial effect is obtained with a minimum intake of 0,5 mg melatonin to be taken close to bedtime on the first day of travel and on the following few days after arrival at the destination. // 3. Vitamin B6 and magnesium contribute to normal functioning of the nervous system. // 4. Vitamin B6 and magnesium contribute to normal psychological function. // 5. Vitamin B6 contributes to the regulation of hormonal activity.

NEW FORMULA FROM MARCH 2024

Nutrient complex with vitamins for a healthy nervous system¹ // For the synthesis and metabolism of specific neurotransmitters² // For a balanced psyche³ // Vegan formula + bioactive B vitamins

INGREDIENTS

Griffonia seed powder, pullulan (capsule shell), magnesium salts of citric acid, L-tryptophane, nicotinamide, L-glutamine, betaine hydrochloride, OPC-rich grape seed extract, lavender herb extract, rhodiola rosea extract, passion flower extract, glycine, taurine, calcium-D-pantothenate, L-methionine, L-tyrosine, L-ascorbic acid (vitamin C), zinc sulphate, pyridoxal-5-phosphate, (6S)-5-methyl-tetrahydrofolic acid – glucosamine salt, methylcobalamin (vitamin B12)

COMPOSITION 4 CAPSULES / DAY %NRV**

COMPOSITION	4 CAPSULES / DAY	%NRV**
Vitamin B12 (methylcobalamin)	50.00 µg	2000
Pantothenic acid (calcium-D-pantothenate)	50.00 mg	833
Niacin (nicotinamide)	120.00 mg NE	750
Vitamin B6 (pyridoxal-5'-phosphate)	10.00 mg	714
Folic acid (5-MTHF)	400.00 µg	200
Vitamin C (L-ascorbic acid)	40.00 mg	50
Zinc (zinc sulphate)	5.00 mg	50
Magnesium	60.00 mg	16
L-tryptophan	200.00 mg	***
L-glutamine	100.00 mg	***
L-methionine	50.00 mg	***
L-tyrosine	50.00 mg	***
Betaine (betaine hydrochloride)	70.00 mg	***
Glycine	70.00 mg	***
Taurine	70.00 mg	***
Griffonia seed powder	600.00 mg	***
Rhodiola rosea extract	70.00 mg	***
Lavender extract	70.00 mg	***
Passion flower extract	70.00 mg	***
OPC from grape seed extract	40.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

*** No NRV specified

The nervous system plays an important role in the processing of sensory impressions, the sense of balance and the regulation of vital bodily processes. Our nerve cells release messenger substances, so-called neurotransmitters, to transmit signals and information. These dock onto the downstream recipient cells and transmit the respective information. Numerous substances can influence the activity of these receptors by exerting a dampening or amplifying effect on the nerve signals. Diet, exercise and mental stimulation are some of the key factors that can help to keep the nervous system healthy.

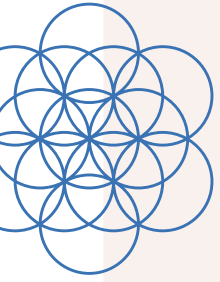
Our product **NEUROtonin*** contains the B-vitamin pantothenic acid, which is known to be a cofactor in neurotransmitter synthesis². Furthermore, the vitamins B6, B12 and C contribute to maintaining the health of the nervous system¹. Together with folate they also contribute to normal mental function³. The product is rounded off with other ingredients such as betaine, glycine, glucosamine and taurine as well as plant substances such as rhodiola rosea, lavender and passion flower.



1. *Vitamin B6, vitamin B12, vitamin C, niacin and riboflavin contribute to the normal function of the nervous system. // 2. Pantothenic acid contributes to the normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters. // 3. Folate, niacin, vitamin B6, vitamin B12 and vitamin C contribute to normal mental function.

72 g = 120 capsules (Pullulan, size 0) • 1 month package • Item no. 1001013 • PZN 11015329 • PPN 11 11015329 29
Take 2 capsules 2x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.

NEUROtonin*



CL08

Immune System

76

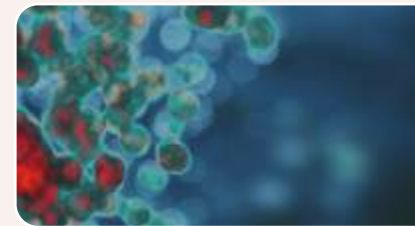
Principle Causa Logica

79
80
81
82
83
84
85

Immune System

- BIC* Immune
- Immune Protocol
- Phytobiosis
- Phytobiosis Liquid
- Phytobiosis Total
- Silent Immune
- Vitality Mushrooms

Immune System



The biological defence system of our body, the immune system, generally serves to protect the body from tissue damage caused by pathogens. From a functional view, the immune system can be divided into two parts: a non-specific (innate) and a specific (acquired) immune system. While having a certain level of immunity from birth, humans acquire additional immunity through a learning process in which the defence system develops molecules that can recognise specific foreign proteins (antigens). Although the immune system has a dual structure, the innate and the acquired immune system are closely interlinked.

Defence Against Infection

If pathogens enter the body, the immune system is able to detect them within a few hours and destroy them through the mechanisms of the innate immune defence. This process requires no long start-up phase as the innate immune response is not antigen-specific. In case the body's first line of defence is unsuccessful and fails to destroy the pathogen, the acquired immune response sets in after a period of four to seven days. Antigen-specific cells are then formed that are specifically directed against this pathogen.

Blood Formation

Most blood cells or corpuscles are formed in the one marrow, a sponge-like tissue located in the large bones of the body. In adults, blood formation takes place mainly in the bones of the spine, hip, shoulder, ribs, sternum and skull.

The blood also carries the elements of the body's own immune defence. Myeloid progenitor cells and lymphoid progenitor cells develop from the stem cells in the bone marrow. Ultimately, a large number of different cells develop in the blood. This process is known as haematopoiesis (blood formation). Further division and maturation processes lead to the development of various types of mature blood cells. The myeloid progenitor cells differentiate into red blood cells (erythrocytes), platelets (thrombocytes) and the cells of the innate immune defence (monocytes and granulocytes). The lymphatic group includes the B cells, T cells and the natural killer cells. Once these are released from the bone marrow, they take over various functions in the body.

Due to the limited lifespan of blood cells, the body must constantly produce several billion new blood cells. In a healthy state, a person has a balanced blood formation: only such number of cells are newly formed as actually need to be replaced. However, if the body suffers from an infection, it initiates a targeted response, increasing the number of required cells, in this case the immune system cells.





Features the **MITOcare BIC[®] Immune¹** formulation // On yoghurt powder basis with vitamin D3 & colostrum // 100 % obtained from natural raw materials // Fermentation from organic alpine farmers' milk in its natural state // Enhanced by sango ocean minerals // For a healthy cell specialisation²

INGREDIENTS

Sango coral powder, 25% yoghurt powder (milk, bacteria strains), pullulan (capsule shell size 0), cholecalciferol (vitamin D3), colostrum

COMPOSITION 2 CAPSULES / DAY %NRV^{***}

Vitamin D3 (cholecalciferol)	30.00 µg	600 ^{****}
Sango coral powder	900.00 mg	
– of which calcium	180.00 mg	23
– of which magnesium	90.00 mg	24

^{***} Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

^{****} Corresponds to 1200 IU (International Units)

The main feature of this formulation are the **MITOcare BIC** components (Biological Intelligent Compounds). This is a special yoghurt powder which is obtained through the fermentation of milk with 11 different lactobacteria and bifidobacteria strains. Added to this blend is natural vitamin D3 and colostrum containing at least 18 % of natural immunoglobulins (IgG). Additionally, the sango ocean coral provides natural calcium and magnesium at the optimum ratio of 2:1.



€ 42 g = 60 capsules (Pullulan, size 0) • 1 month package • Item no. 1001053 • PZN 16138491 • PPN11 16138491 89
Take 1 capsule 2x per day with approx. 200 ml of still water.

BIC[®] Immune^{}**

^{*}Biological Intelligent Compounds



1. ^{**}Vitamin D contributes to the normal function of the immune system. // 2. Calcium has a role in the process of cell division and specialisation.

Immune Protocol*

32 g = 60 capsules (Gelatine, size 00) • 1 month package • Art-Nr. 1001059 • PZN 16929726 • PPN 11 16929726 53
 Take 2 capsule 2x per day with approx. 200 ml of still water.

All-in-one immune complex¹ at an economic price // For your immune system¹, energy supply² and cell protection⁴

In difficult times you need to rely on your immune system – a fantastic system that works incredibly hard every day with the help of the body's own and externally supplied substances. However, precisely during the present time our cells are under increased stress due to endogenous and exogenous factors.

Immune Protocol* (Immun Protokoll) combines 13 substances that are especially selected for the current challenges, including copper, manganese, selenium, vitamin C and zinc – antioxidants that help to protect the cells.³ Various substances in the Protocol support the immune system in its function and performance.¹ By combining ascorbic acid with magnesium to form magnesium ascorbate, you get a buffered, non-acidic but basic vitamin C. This feature can increase the body's ability to absorb it. The increased amount of vitamin C also supports the immune system in times of increased stress such as during and after intense physical exercise.⁴ Four amino acids, omega-3 fatty acids as well as green tea extract and the secondary plant substance resveratrol round off this carefully designed formula.

INGREDIENTS

Omega-3 powder from **fish** oil (contains EPA + DHA), L-lysine hydrochloride, gelatine (capsule shell size 00), L-arginine, L-cysteine, polygonum cuspidatum extract (contains resveratrol), magnesium L-ascorbate, green tea extract, L-proline, zinc gluconate, manganese gluconate, cholecalciferol (vitamin D3), sodium selenate, copper bisglycinate

COMPOSITION 4 CAPSULES / DAY %NRV**

COMPOSITION	4 CAPSULES / DAY	%NRV**
Vitamin D3 (Cholecalciferol)	25.00 µg	500****
Vitamin C (Magnesium-L-ascorbate)	200.00 mg	250
Selenium (Sodium selenate)	55.00 µg	100
Copper (Copper bisglycinate)	1.00 mg	100
Manganese (Manganese gluconate)	2.00 mg	100
Zinc (Zinc gluconate)	10.00 mg	100
L-arginine	400.00 mg	***
L-cysteine	400.00 mg	***
L-lysine	400.00 mg	***
L-proline	120.00 mg	***
Omega-3-powder (fish oil)	500.00 mg	***
– of which eicosapentaenoic acid	54.00 mg	***
– of which docosahexaenoic acid	36.00 mg	***
Green tea extract	200.00 mg	***
Resveratrol	37.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

*** No NRV specified

****Corresponds to 1000 IU (International Units)



1. *Copper, selenium, vitamin C, vitamin D and zinc contribute to the normal function of the immune system. // 2. Copper, manganese and vitamin C contribute to normal energy-yielding metabolism. // 3. Copper, manganese, selenium, vitamin C and zinc contribute to the protection of cells from oxidative stress. // 4. Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise.

Your immune system complex¹ as a 4-day pack // With vitamin C, bioactive vitamin B12 and zinc // Contains 13 effective plant extracts plus colostrum // Additionally with garlic and moringa oleifera

INGREDIENTS

Pullulan (capsule shell, size 0), Ling Zhi powder, **colostrum extract (contains milk and milk components such as lactose)**, black currant extract, horsereddish root powder, Moringa Oleifera leaf powder, olive leaf extract, thyme powder, cranberry extract, oregano extract, propolis extract, wild garlic extract, L ascorbic acid (vitamin C), garden nasturtium powder, onion extract, garlic extract, zinc citrate, methylcobalamin (vitamin B12)

COMPOSITION 15 CAPSULES / DAY %NRV*

COMPOSITION	15 CAPSULES / DAY	%NRV*
Vitamin C (L-ascorbic acid)	240.00 mg	300
Vitamin B12 (methylcobalamin)	7.50 µg	300
Zinc (zinc citrate)	7.50 mg	75
Ling Zhi powder	900.00 mg	**
Colostrum extract	600.00 mg	**
Black currant extract	600.00 mg	**
Horsereddish root powder	500.00 mg	**
Moringa leaf powder	500.00 mg	**
Thyme powder	500.00 mg	**
Olive leaf extract	500.00 mg	**
Cranberry extract	450.00 mg	**
Oregano extract	360.00 mg	**
Propolis extract	360.00 mg	**
Wild garlic extract	300.00 mg	**
Garden nasturtium powder	210.00 mg	**
Onion extract	150.00 mg	**
Garlic extract	100.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

Phytobiosis (Phytobiose) is a high-quality nutrient and plant substance complex with bioactive vitamin B12, vitamin C, zinc, colostrum and 13 selected plant substances such as cranberry, thyme, ling zhi, olive leaf, wild garlic, garden nasturtium and other, designed in a practical 4-daily pack. In addition, the plant substances garlic and moringa oleifera are present in this formulation. The micronutrients vitamin B12, vitamin C and zinc contribute to maintaining a healthy immune system¹. Vitamin C and zinc also contribute to the protection of cells from oxidative stress.



1. Vitamin C, vitamin B12 and zinc contribute to the normal function of the immune system.

Products / for healthcare professionals only

Principle Causa Logica

32 g = 60 capsules (Pullulan, size 0) • 4 days package • Item no. 1002002 • PZN 14360920 • PPN 11 14360920 12
 Take 5 capsules 3x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.

Phytobiosis

Phytobiosis Liquid

© 250 ml for 10 portions • Item no. 1002005 • PZN 11613444 • PPN 11 11613444 23

Adults: 1 - 3 ampoules daily. • Contains alcohol.

Not recommended for children under 12 years of age as well as pregnant and breastfeeding women.



With alpine herb extract // Contributes to maintaining the mucous membranes¹ // For the immune system²

Phytobiosis Liquid (Phytobiose Liquid) is a natural liquid product containing eight plant extracts, honey powder, lingzhi powder, mandarin oil, orange blossom hydrolysate, sandalwood hydrolysate, ribwort and a special herb mixture. Niacin contributes to maintaining healthy mucous membranes¹ & zinc supports the normal function of the immune system².

INGREDIENTS

Water, mandarin juice concentrate, agave syrup, alcohol, alpine herb extract (ribwort, thyme, lemon verbena, peppermint, orange mint, lady's mantle, edelweiss, sage), flavouring, honey powder, ling zhi (ganoderma lucidum), oregano extract, moringa leaf extract, stabiliser: gum arabic, thickener: xanthan gum, sea salt, wild garlic extract, garlic extract, nasturtium extract, horseradish root extract, zinc citrate, niacinamide, spices. Contains 17 % alcohol.

COMPOSITION	PER DAY ³	%NRV*
Niacin (nicotinic acid amide)	16.00 mg	100
Zinc	6.00 mg	60
Alpine herb extract	940.00 mg	**
Plantain extract	315.00 mg	**
Honey powder	250.00 mg	**
Sandalwood hydrolyzate	125.00 mg	**
Ling zhi powder	125.00 mg	**
Orange blossom hydrolyzate	100.00 mg	**
Thyme leaf extract	100.00 mg	**
Moringa oleifera extract	100.00 mg	**
Oregano extract	30.00 mg	**
Nasturtium extract	30.00 mg	**
Horseradish root extract	30.00 mg	**
Garlic extract	30.00 mg	**
Wild garlic extract	30.00 mg	**
Spice mix	15.00 mg	**
Mandarin oil	10.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

³ 1 ampoule per day (25 ml)

For your immune system complex¹ // The herbal alternative³ // 100 % pure natural vitamin C from rose hips // Contains colostrum with natural immunoglobulins (IgG) // 11 valuable and selected plant compounds

INGREDIENTS

Pullulan (capsule shell size 0), ling zhi powder, olive leaf extract, wild garlic extract, nasturtium extract, rose hip extract (vitamin C), propolis extract, cranberry extract, black currant powder, oregano extract, onion extract, **colostrum** (with immunoglobulins IgG), horseradish root extract, thyme extract, zinc gluconate, rice bran extract, methylcobalamin (vitamin B12)

COMPOSITION	6 CAPSULES / DAY	%NRV*
Vitamin B12 (methylcobalamin)	30.00 µg	1200
Vitamin C (rose hip extract)	240.00 mg	300
Zinc (zinc gluconate)	6.00 mg	60
Colostrum	120.00 mg	**
Ling zhi powder	360.00 mg	**
Olive leaf extract	333.00 mg	**
Wild garlic extract	300.00 mg	**
Nasturtium extract	250.00 mg	**
Propolis extract	200.00 mg	**
Cranberry extract	180.00 mg	**
Black currant powder	180.00 mg	**
Oregano extract	144.00 mg	**
Onion extract	144.00 mg	**
Horseradish root extract	100.00 mg	**
Thyme leaf extract	100.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

Phytobiosis Total (Phytobiose Total) is a specific nutritional formulation for the immune system.¹ Certain environmental and lifestyle factors may increase the body's need for nutrients. Vitamin C, vitamin B12 and zinc are known for their beneficial properties and their contribution to maintain a strong immune system.¹ A particular feature is the use of purely natural vitamin C from rose hips.³ In total, 98 % of the capsule content is obtained from natural raw materials. Apart from strengthening the immune system, **Phytobiosis Total** (Phytobiose Total) also contributes to the formation of connective tissue through vitamin C to enhance the functioning of blood vessels, skin, teeth, gums, bones and cartilage.²



© 111 g = 180 capsules (Pullulan, size 00) • 1 month package • Art-Nr. 1002009 • PZN 14403486 • PPN 11 14403486 81
Take 3 capsule 2x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.

Phytobiosis Total

1. Contributes to maintaining normal mucous membranes through niacin. // 2. Zinc contributes to normal immune system function.

Silent Immune*

© 109 g = 180 capsules (Pullulan, size 0) • 1 month package • Art-Nr. 1001047 • PZN 14313317 • PPN 11 14313317 14
Take 3 capsule 2x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.

Rich immune complex¹ // With over 25 nutrients and botanicals // For hormone regulation² // Vegan formulation with bioactive vitamin forms

The immune system is confronted with the defense against foreign bodies from the environment every day. Natural defense mechanisms include inflammatory reactions that serve to combat foreign bodies. Rhinitis, for example, is a visible defense mechanism of the immune system, in which the nasal mucous membranes swell as an inflammatory reaction. As a result, foreign bodies are washed out and the runny nose subsides. In some cases, however, the immune system classifies the body's own cells or tissues as «foreign» and fights them, which is understood as an autoimmune reaction. A healthy and well-functioning immune system helps to counteract this incorrect control of the immune system. Therefore, maintaining a normally functioning immune system takes on a key role in the healthy maintenance of humans.

Our product **Silent Immune*** supports the immune system with copper, selenium, vitamin B6, vitamin B12, vitamin C and vitamin D3¹. Vitamin C promotes the formation of collagen, which contributes to a normal function of the blood vessels.³ Hormones control, among other things, the activity of the defense system. In this context, vitamin B6 promotes the regulation of the hormone balance², which benefits the immune system in a broader sense. Valuable and traditionally valued nutrients from plant substances such as turmeric, ginger, MSM, Ling Zhi, Agaricus-Blazei-Murill, chamomile flower and frankincense round off this high-quality, vegan and bio-active formulation.

INGREDIENTS

Pullulan (capsule shell, size 0), magnesium salts of citric acid, Agaricus blazei murrill (almond mushroom) extract, Curcuma longa powder, methylsulfonylmethane (MSM), L-cysteine, D-α-tocopheryl acetate (vitamin E), garlic extract, frankincense powder, L-ascorbic acid (vitamin C), wild garlic extract, glycine, Polygonum cuspidatum extract, Ling zhi (ganoderma lucidum mushroom) powder, chamomile extract, artichoke powder, celery seed extract, nicotinamide (vitamin B3), ginger powder, pyridoxal-5'-phosphate (vitamin B6), thiamine mononitrate (vitamin B1), copper gluconate, cholecalciferol (vitamin D3), sodium selenate, methylcobalamin (vitamin B12)

COMPOSITION 6 CAPSULES / DAY %NRV**

Vitamin B12 (methylcobalamin)	100.00 µg	4000
Vitamin B6 (pyridoxal-5'-phosphate)	13.12 mg	937
Thiamine (thiamine mononitrate)	8.00 mg	727
Vitamin E (D-α-Tocopheryl acetate)	72.00 mg	600
Vitamin D3 (cholecalciferol)	12.50 µg	250****
Niacin (nicotinamide)	40.00 mg	250
Vitamin C (L-ascorbic acid)	150.00 mg	188
Copper (copper gluconate)	1.00 mg	100
Selenium (sodium selenate)	25.00 µg	45
Magnesium (magnesium salts)	75.00 mg	20
Methylsulfonylmethane (MSM)	240.00 mg	***
L-cysteine	200.00 mg	***
Glycine	100.00 mg	***
Agaricus Blazei Murrill extract	380.00 mg	***
Curcuma powder	300.00 mg	***
Garlic extract	160.00 mg	***
Frankincense powder (boswellic acid)	150.00 mg	***
Wild garlic extract	120.00 mg	***
Polygonum Cuspidatum extract	100.00 mg	***
Chamomile flower extract	90.00 mg	***
Ling Zhi powder	90.00 mg	***
Artichoke powder	60.00 mg	***
Celery seed extract	60.00 mg	***
Ginger powder	40.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

*** No NRV specified

****Corresponds to 500 IU (International Units)



1. *Copper, selenium, vitamin B6, vitamin B12, vitamin C and vitamin D3 contribute to the normal function of the immune system. // 2. Vitamin B6 contributes to the regulation of hormonal activity. // 3. Vitamin C contributes to normal collagen formation for the normal function of blood vessels.

Vitamin D3 for your immune system¹ // Composition of 7 high-quality mushrooms used in Far Eastern traditions // Now additionally with chaga mushroom // Obtained from purely natural & vegan raw materials

INGREDIENTS

Agaricus blazei murrill extract (almond mushroom), Ganoderma lucidum powder (Reishi / Ling zhi), pullulan (capsule shell size 0), cordyceps sinensis powder (tibetan caterpillar fungus), hericium erinaceus extract (bearded hedgehog mushroom), Grifola frondosa extract (maitake / ram's head), Lentinula edodes extract (shiitake), Inonotus obliquus extract (chaga mushroom), cholecalciferol (vitamin D3)

COMPOSITION 2 CAPSULES / DAY %NRV**

Vitamin D3 (cholecalciferol)	25.00 µg	500****
Agaricus blazei murrill	220.00 mg	***
Ling zhi / Reishi	220.00 mg	***
Cordyceps sinensis	176.00 mg	***
Hericium erinaceus	88.00 mg	***
Maitake	88.00 mg	***
Shiitake	88.00 mg	***
Chaga mushroom	50.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

*** No NRV specified

****Corresponds to 1000 IU (International Units)

Vitality Mushrooms* (Vitalpilze) provide not only vitamin D for your immune system¹ but also a composition of 7 selected vitality mushroom extracts: Agaricus blazei murrill (almond mushroom), ling zhi also known as reishi mushroom (Ganoderma lucidum), Cordyceps sinensis (Tibetan caterpillar fungus), Hericium erinaceus (bearded hedgehog mushroom), maitake (ram's head), shiitake and Inonotus obliquus (chaga mushroom).

Vitality Mushrooms, also known as medicinal mushrooms, have been known and highly appreciated in the Far East for thousands of years. Cordyceps sinensis has already been described in ancient times. It grows in the highlands of Tibet at an altitude of 3,000 to 5,000 metres – the habitat of the yaks. These long-haired cattle are known to be particularly resistant to harsh climatic conditions. Their diet includes the rare Cordyceps sinensis, which contains minerals and vitamins as well as some amino acids such as L-tryptophan and specific polysaccharides that are typical for fungi. Traditionally, this mushroom is also eaten by shepherds. From there it has found its way into today's health-minded nutrition.

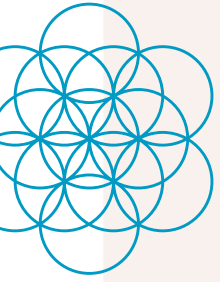
Our product **Vitality Mushrooms*** (Vitalpilze) contains additional vitamin D for the function of the immune system¹ and maintenance of bones and teeth². Vitamin D also has a function in cell division, which is the basis of human growth and maintenance of all bodily functions.



1. *Vitamin D3 contributes to the normal function of the immune system. // 2. Vitamin D3 contributes to the maintenance of normal bones and teeth.

© 34 g = 60 capsules (Pullulan, size 00) • 1 month package • Item no. 1001011 • PZN 10343824 • PPN 11 10343824 37
Take 1 capsule 2x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.
The contained mushrooms are intended exclusively for nutritional purposes.

Vitality Mushrooms*



CL09 Acids-Bases & Minerals

86
Principle Causa Logica

88
89

Acids-Bases & Minerals

Premium Minerals
Vitamin D Regulate

PH-Regulation

A harmonious acid-base balance in our body is necessary for regulated metabolic processes. In the case of an imbalance, many factors such as lack of exercise, stress and nutrition can be the cause. As a result, the organism activates the body's own regulatory systems that initiate neutralization of excess acids or bases and their disposal via the excretory organs. For this purpose, the human body use various disposal channels, such as the lungs, kidneys, skin and mucous membranes, which are mainly supported by minerals. The aim is to maintain this ability to prevent acute and chronic inflammation and consequential damage.

Trace Elements

Trace elements are part of the group of minerals that we need to ingest on a daily basis in small amounts (less than 100 mg). These include chromium, copper, iodine, manganese, molybdenum, selenium, fluoride and zinc.

Minerals

Without minerals, vitamins are ineffective. Minerals are the basis for the existence of any living cell. Minerals have a



multitude of functions. Minerals, especially iron, transport oxygen through our body. They also play an important role in growth and in the maintenance and repair of tissues. Furthermore, minerals are involved in muscle contraction, nerve function and energy balance. The essential minerals can be divided into two groups: the macro elements and the micro or trace elements. Of the macro elements, the body needs more than 100 mg daily. They include calcium, chloride, magnesium, potassium, phosphorus, sodium and sulphur.

Premium Minerals

© 210 g = 240 capsules (Pullulan, size 00) • 1 month package - Item no. 1001038 • PZN 13660258 • PPN 11 13660258 80
Take 4 capsules 2x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.



The multi-mineral complex for highest demands // Now with three different magnesium compounds // To support best performance & for more energy^{1,2,3} // For acid-base⁴ & electrolyte balance⁵ // To maintain a healthy blood pressure⁶ // For blood formation & oxygen transport in the body¹

Premium Minerals (Premium Minerale) is a source for all vital minerals in a vegan & bioactive form. Minerals support essential functions in the body, from regulating electrolyte balance⁵, acid-base metabolism⁴ and blood pressure⁶ to supplying cells with vital oxygen¹ and supporting muscle function³ and energy metabolism². The additional use of natural vitamin C increases iron absorption. Iron is a trace element that can bind oxygen in the blood and is therefore essential for oxygenating all cells in the body. Bioactive silicon from bamboo and horsetail as well as the famous chaga mushroom round off this high-quality and probably unique recipe.

INGREDIENTS

Tri-calcium citrate, potassium bicarbonate, magnesium glycerophosphate, pullulan (capsule shell size 00), magnesium salts of citric acid, silicoon-rich bamboo extract, magnesium bisglycinate, chaga mushroom extract, zinc gluconate, silicon-rich horsetail extract, wheatgrass powder, iron bisglycinate, vitamin-c-rich rosehip extract, L-selenomethionine, manganese gluconate, cholecalciferol (vitamin D3), sodium borate, copper bisglycinate, chromium picolinate, potassium iodide, sodium molybdate

COMPOSITION 8 CAPSULES / DAY %NRV*

Vitamin D3 (cholecalciferol)	25.00 µg	500***
Vitamin C (rose hip extract)	20.00 mg	25
Selenium (sodium selenate)	200.00 µg	364
Copper (copper bisglycinate)	2.00 mg	200
Zinc (zinc gluconate)	15.00 mg	150
Chromium (chromium picolinate)	58.00 µg	145
Iron (iron bisglycinate)	14.00 mg	100
Iodine (potassium iodide)	150.00 µg	100
Manganese (manganese gluconate)	2.00 mg	100
Molybdenum (sodium molybdate)	50.00 µg	100
Magnesium	300.00 mg	80
– of which magnesium glycerophosphate	100.00 mg	
– of which is magnesium citrate (magnesium salts of citric acid)	100.00 mg	
– of which magnesium bisglycinate	100.00 mg	
Phosphorus (magnesium glycerophosphate)	144.50 mg	21
Calcium (calcium citrate)	300.00 mg	38
Potassium (potassium bicarbonate)	400.00 mg	20
Boron (sodium borate)	1.00 mg	**
Bamboo sprout extract	571.00 mg	**
– of which silicon	200.00 mg	**
Chaga mushroom	200.00 mg	**
Horsetail extract	100.00 mg	**
– of which silicon	7.00 mg	**
Wheatgrass powder	100.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)
*** No NRV specified
****Corresponds to 1000 IU (International Units)

1. Iron contributes to normal formation of red blood cells, haemoglobin and to normal oxygen transport in the body. // 2. Calcium, magnesium, manganese, iodine, copper and iron contribute to normal energy-yielding metabolism. // 3. Calcium, magnesium and potassium contribute to normal muscle function. // 4. Zinc contributes to normal acid-base, carbohydrate & fatty acid metabolism. // 5. Magnesium contributes to electrolyte balance. // 6. Potassium contributes to the maintenance of normal blood pressure.

Your all-in-one vitamin D compound // Prominent share of sango marine coral // Natural silicon from bamboo extract // For electrolyte balance¹ // For the immune system², bones & teeth^{4,5}

INGREDIENTS

Sango coral powder (contains calcium), magnesium glycerophosphate, gelatine (capsule shell size 0), bamboo extract (contains silicon), menaquinone-7 (vitamin K2 - MK7), cholecalciferol (vitamin D3), sodium borate (contains boron)

COMPOSITION 6 CAPSULES/DAY %NRV*

Vitamin D3 (cholecalciferol)	25.00 µg	500***
Vitamin K2 (MK-7-all-trans)	200.00 µg	266
Sango coral powder	1840.00 mg	
– of which calcium	681.00 mg	85
Magnesium	194.00 mg	51
Bamboo extract	100.00 mg	**
– of which 75% silicon	75.00 mg	**
Boron (sodium borate)	0.50 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)
** No NRV specified
*** Corresponds to 1000 IU (International Units)

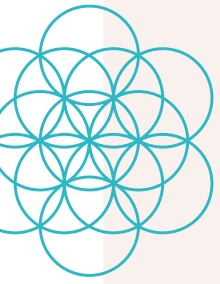
Vitamin D Regulate (Vitamin D Regulat) combines vitamin D3 with factors such as natural vitamin K2, natural calcium from the sango marine coral, bioactive magnesium in the form of glycerophosphate, natural silicon from bamboo extract, and boron. By providing vitamin D3, the product contributes to the normal function of the immune system² and to the absorption and utilisation of calcium and phosphorus³. Furthermore, vitamin D3 helps to maintain healthy bones and teeth – equally as the added calcium and magnesium.^{4,5}



1. Magnesium contributes to electrolyte balance. // 2. Vitamin D3 contributes to the normal function of the immune system. // 3. Vitamin D3 contributes to normal absorption/utilisation of calcium and phosphorus. // 4. Vitamin D3 and magnesium contribute to the maintenance of normal bones and teeth. // 5. Calcium is needed for the maintenance of normal bones and teeth.

© 122 g = 180 capsules (Gelatine, size 0) • 1 month package - Item no. 1001025 • PZN 14318272 • PPN 11 14318272 50
Take 3 capsules 2x per day with approx. 200 ml of still water. • Caution when taking blood thinners at the same time.

Vitamin D Regulate



CL10

Proteins & Amino Acids

90

Principle Causa Logica

92
93
94
95

Proteins & Amino Acids

- Amino Acids Day & Focus
- Amino Acids Night & Recovery
- Amino Acid Sports
- Essential Aminos

Proteins & Amino Acids Cell Matrix

Amino acids are essential building blocks and the basis of all bodily substances. There are essential and non-essential amino acids. The non-essential amino acids can be produced by the body itself, unlike the essential amino acids, which cannot be synthesised by the body on its own. For this reason, those amino acids must be supplied externally.

They are used to synthesise proteins. After water, proteins, which are found in every tissue and cell, account for the bulk of our body. Proteins are responsible for a variety of biological functions. Among other things, they play a crucial role in the formation of hair, skin, bones and other body tissues, antibodies, hormones, enzymes and blood.

Proteins also play an essential role in the phospholipid bilayer of the cell membrane. Apart from lipids such as phospholipids, cholesterol and glycolipids, proteins are vital building blocks of the membrane. There are peripheral proteins (outer side), integral proteins (inner side) and transmembrane proteins, which become visible on the inside and outside of the membrane and act as ion channels, carriers or hormone receptors. The cell membrane is a kind of «liquid mosaic model» in which all components of the cell membrane can move freely depending on the temperature and can dynamically change position towards each other.

Structural proteins keep up the mechanical stability of organs and tissues. For example, about one third of the total protein mass of the human body consists of collagen. Other proteins are responsible for the transport of substances in the blood, in the cell and through cell membranes. Proteins also mediate immunomodulatory protective mechanisms of the body, catalyse chemical reactions in every cell and regulate metabolism in the form of hormones.

The cell matrix, also known as «Pischinger space», represents the connective tissue in our body. This tissue area plays a key role as a mediator and filter of all exchange processes. It is therefore a crucial linking area between all supply and disposal systems: All arterioles, venules, lymphatic channels and the autonomic nervous system originate and end here. Furthermore, all individual body cells and their mitochondria are supplied via this area, as the interstitial tissue assumes a transport and transmission function. In modern times, increasingly wrong living and eating habits lead to the effect that the structure of the interstitial tissue gradually changes function. Typical factors include all industrially produced foods as well as environmental pollution, toxins and unknown substances in medicines that all come with our modern civilisation. This has the effect of overtaxing the body's natural digestive and excretory powers, which is why these are deposited as «waste products» in the interstitial tissue. The swollen interstitial tissue leads to an obstruction of blood and lymph channels, resulting in depositions of «waste products» and a progressive degradation of basic life-sustaining functions in cell metabolism.



Amino Acids Day & Focus*

© 434 g as powder • 1 month package • Item no. 1001064 • PZN 17979057 • PPN 11 17979057 71
 Stir 14 g (equals two portions of the included measuring spoon) 1x per day into approx. 300 ml of still water.
 Not recommended for pregnant and breastfeeding women, as well as people with galactosemia.

Balanced amino acid complex for mental activity^{1,2} and energy metabolism³ // For protein metabolism⁴ and DNA synthesis⁵ // Supports the immune system⁶ and cell protection against oxidative stress⁷ // With the sugars galactose and tagatose, which also occur naturally in breast milk // In practical powder form for stirring into water

Amino acids are often referred to as the «building blocks of life» as they form proteins, which in turn are vital components of organs, tissues and cells throughout the human body. The only other substance that is present in even higher quantities in the body is water. As a result, the body's own proteins are also involved in the formation and structure of bones and muscles.

The product **Amino Acids Day & Focus*** (Aminosäuren Day & Focus) is a balanced mixture of amino acids, vitamins and zinc. The latter contributes to cognitive function¹. Vitamin B6 plays a role in energy³ and protein metabolism⁴ – especially during training. Zinc also contributes to the health of bones, skin, hair, nails⁸ and eyesight⁹. Vitamin C contributes to reducing fatigue², maintaining healthy nerves¹⁰ and a healthy immune system⁶.

INGREDIENTS

D-tagatose, galactose, creatine monohydrate, L-leucine, L-valine, L-isoleucine, L-phenylalanine, L-lysine hydrochloride, carnitine L-tartrate, L-threonine, L-citrulline, taurine, L-tyrosine, L-methionine, L-tryptophan, natural flavours, L-ascorbic acid, sweeteners: steviol glycosides, zinc gluconate, beetroot juice powder, pyridoxal-5'-phosphate

COMPOSITION 14 g / DAY %NRV**

	14 g / DAY	%NRV**
Vitamin C (L-ascorbic acid)	120.00 mg	150
Vitamin B6 (Pyridoxal-5'-phosphate)	1.40 mg	100
Zinc (Zinc citrate)	5.00 mg	50
Creatine (Creatine monohydrate)	2000.00 mg	***
Taurine	500.00 mg	***
L-leucine	1600.00 mg	***
L-valine	1050.00 mg	***
L-isoleucine	950.00 mg	***
L-phenylalanine	950.00 mg	***
L-lysine	730.00 mg	***
L-threonine	570.00 mg	***
L-carnitine	500.00 mg	***
L-citrulline	500.00 mg	***
L-tyrosine	500.00 mg	***
L-methionine	350.00 mg	***
L-tryptophan	200.00 mg	***
D-tagatose	1500.00 mg	***
D-galactose	1000.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)
 *** No NRV specified



1. *Zinc contributes to normal cognitive function. // 2. Vitamin B6 and vitamin C contribute to the reduction of tiredness & fatigue. // 3. Vitamin B6 and vitamin C contribute to normal energy-yielding metabolism. // 4. Vitamin B6 contributes to normal protein and glycogen metabolism. // 5. Zinc contributes to normal DNA synthesis. // 6. Vitamin C contributes to the normal function of the immune system. // 7. Vitamin C and zinc contribute to the protection of cells from oxidative stress. // 8. Zinc contributes to the maintenance of normal bones, hair, nails and skin. // 9. Zinc contributes to the maintenance of normal vision. // 10. Vitamin B6 and vitamin C contribute to the normal function of the nervous system.

The amino acid complex with nutrients for various metabolic processes^{1,2,3,4} // For the reduction of tiredness and fatigue⁵ // Supports cell protection against oxidative stress⁶ // With the sugars galactose and tagatose, which also occur naturally in breast milk // In practical powder form for stirring into water

INGREDIENTS

Creatine monohydrate, L-glutamine, D-tagatose, D-galactose, L-arginine, L-glycine, L-leucine, taurine, acidifier: citric acid, L-threonine, L-ornithine hydrochloride, L-valine, L-isoleucine, L-tryptophan, L-ascorbic acid, natural flavours, beetroot juice powder, sweeteners: steviol glycosides, zinc gluconate, manganese gluconate, pyridoxal-5'-phosphate

COMPOSITION 14 g / DAY %NRV**

	14 g / DAY	%NRV**
Vitamin C (L-ascorbic acid)	160.00 mg	200
Vitamin B6 (Pyridoxal-5'-phosphate)	1.40 mg	100
Manganese (Manganese gluconate)	2.00 mg	100
Zinc (Zinc gluconate)	5.00 mg	50
Creatine (Creatine monohydrate)	3000.00 mg	***
Taurine	500.00 mg	***
L-glutamine	3000.00 mg	***
Glycine	1000.00 mg	***
L-arginine	1000.00 mg	***
L-leucine	600.00 mg	***
L-threonine	400.00 mg	***
L-ornithine	300.00 mg	***
L-valine	200.00 mg	***
L-isoleucine	200.00 mg	***
L-tryptophan	200.00 mg	***
D-tagatose	1300.00 mg	***
Galactose	800.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)
 *** No NRV specified

Water is the body's main substance, followed by proteins. These in turn consist of amino acids, which are often referred to as the «building blocks of life». The body's own proteins are components of organs, tissue and cells, including muscles and bones, for example. Some proteins are better utilised by the body at night than during the day. Sleep therefore plays a major role in various metabolic processes in the body.

The product **Amino Acids Night & Recovery*** (Aminosäuren Night & Recovery) is a balanced mixture of amino acids, vitamins, manganese and zinc. The vitamin B6 it contains contributes to an intact protein metabolism¹ and a healthy hormone balance⁸ and helps to reduce tiredness and fatigue⁵. Zinc supports healthy carbohydrate², fatty acid³ and acid-base metabolic processes⁴ – even during sleep. Furthermore, Vitamin C contributes to cell protection⁶ and the immune system⁹ as well as to healthy collagen formation¹⁰.



1. Vitamin B6 contributes to normal protein and glycogen metabolism. // 2. Zinc contributes to normal carbohydrate metabolism. // 3. Zinc contributes to normal metabolism of fatty acids. // 4. Zinc contributes to normal acid-base metabolism. // 5. *Vitamin B6 and vitamin C contribute to the reduction of tiredness and fatigue. // 6. *Manganese, vitamin C and zinc contribute to the protection of cells from oxidative stress. // 7. *Vitamin C contributes to the regeneration of the reduced form of vitamin E. // 8. Vitamin B6 contributes to the regulation of hormonal activity. // 9. Vitamin C contributes to the normal function of the immune system. // 10. Vitamin C contributes to normal collagen formation for the normal function of blood vessels, skin, teeth, gums, bones and cartilage.

© 434 g as powder • 1 month package • Item no. 1001063 • PZN 17979063 • PPN 11 17979063 37
 Stir 14 g (equals one portion of the included measuring spoon) 1x per day into approx. 300 ml of still water.
 Not recommended for pregnant and breastfeeding women, as well as people with galactosemia.

Amino Acids Night & Recovery*

Amino Acid Sports

© 289 g = 360 capsules (Pullulan, size 00) • 1 month package • Item no. 1001034 • PZN 12892021 • PPN 11 12892021 96
Take 6 capsules 2x per day with approx. 200 ml of water.

The powerful amino acids complex // Enhances protein¹ and energy metabolism² // For sport and physical activity // For muscle structure and muscle stability³ // Contains the **MITOcare BIC** components (Biological Intelligent Compounds)

Amino acids are rightly called the «building blocks of life» as they form proteins for tissue building, which, along with water, are the primary component of the human body. As an example, proteins contribute to a growth in bone and muscle mass.

Amino Acid Sports (Aminosäuren Sport) contains all essential and necessary non-essential amino acids for sporting activity. Added folate and zinc create synergies and act as cofactors in the synthesis of amino acids and proteins^{4,5}. Folate and the bioactive forms of vitamin B6 and vitamin B12 promote a healthy formation of red blood cells⁶ which also act as oxygen transporters in our body. The **MITOcare BIC** components (Biological Intelligent Compounds) – a special yoghurt powder obtained by milk fermentation with 11 different strains of lactobacteria and bifidobacteria – complete the product making it a unique complex blend for athletic performance.

INGREDIENTS

L-leucine, pullulan, (capsule shell size 00), creatine monohydrate, L-arginine, L-isoleucine, L-valine, L-phenylalanine, L-lysine hydrochloride, L-threonine, L-carnitine tartrate, L-methionine, L-histidine, taurine, L-tyrosine, glycine, L-tryptophan, yoghurt powder (contains milk), zinc citrate, thiamine hydrochloride (vitamin B1), cholecalciferol (vitamin D3), pyridoxal 5'-phosphate (vitamin B6), methylcobalamin (vitamin B12), hydroxocobalamin (vitamin B12), (6S)-5-methyltetrahydrofolic acid – glucosamine salt

COMPOSITION 12 CAPSULES/DAY %NRV*

Thiamine (thiamine hydrochloride)	10.00 mg	909
Vitamin B12 (methylcobalamin, hydroxocobalamin)	20.00 µg	800
Vitamin D3 (cholecalciferol)	25.00 µg	500***
Folic acid ((6S)-5-methyltetrahydrofolic acid)	800.00 µg	400
Vitamin B6 (pyridoxal 5'-phosphate)	2.80 mg	200
Zinc (zinc citrate)	10.00 mg	100
Creatine	879.00 mg	**
Taurine	100.00 mg	**
Glycine	70.00 mg	**
L-leucine	1600.00 mg	**
L-arginine	1000.00 mg	**
L-isoleucine	850.00 mg	**
L-valine	850.00 mg	**
L-phenylalanine	690.00 mg	**
L-threonine	550.00 mg	**
L-lysine	448.00 mg	**
L-carnitine	340.00 mg	**
L-methionine	120.00 mg	**
L-histidine	100.00 mg	**
L-tyrosine	100.00 mg	**
L-tryptophan	50.00 mg	**
Yoghurt powder	50.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)
** No NRV specified
*** Corresponds to 1000 IU (International Units)



1. Vitamin B6 contributes to normal protein and glycogen metabolism. // 2. Thiamine, Vitamin B6 and Vitamin B12 contribute to normal energy-yielding metabolism. // 3. Vitamin D3 contributes to normal muscle function. // 4. Folate contributes to normal amino acid synthesis. // 5. Zinc contributes to normal protein synthesis. // 6. Vitamin B6, vitamin B12 and folate contribute to the normal formation of red blood cells.

The vegan amino acids // Contains all 8 essential amino acids // For the protein¹ and energy metabolism² // For the formation of red blood cells³

INGREDIENTS

L-leucine, L-lysine hydrochloride, pullulan (capsule shell size 00), L-valine, L-isoleucine, L-phenylalanine, L-threonine, L-methionine, L-tryptophan, pyridoxal-5-phosphate (vitamin B6)

COMPOSITION 6 CAPSULES / DAY %NRV*

Vitamin B6 (pyridoxal-5'-phosphate)	1.40 mg	100
L-leucine	800.00 mg	**
L-valine	678.00 mg	**
L-isoleucine	605.00 mg	**
L-lysine	584.00 mg	**
L-phenylalanine	527.00 mg	**
L-threonine	454.00 mg	**
L-methionine	286.00 mg	**
L-tryptophan	152.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)
** No NRV specified

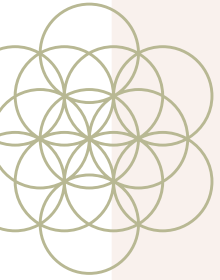
Essential Aminos (Essentielle Aminos) provide essential amino acids that the body cannot produce itself and therefore have to be supplied through food. Amino acids are also generally referred to as the «building blocks of life» because they form proteins. Proteins are the main substance of the human organism besides water. Through added vitamin B6, the product supports the protein¹ and energy metabolism². It also contributes to the formation of red blood cells in the body³. The red blood cells supply the body cells with vital oxygen. Vitamin B6 additionally contributes to the function of immune⁴ and nervous systems⁵ and participates in the reduction of tiredness and fatigue⁶.



1. Vitamin B6 contributes to normal protein metabolism. // 2. Vitamin B6 contributes to normal energy-yielding metabolism. // 3. Vitamin B6 contributes to normal red blood cell formation. // 4. Vitamin B6 contributes to the normal function of the immune system. // 5. Vitamin B6 contributes to the normal function of the nervous system. // 6. Vitamin B6 contributes to the reduction of tiredness & fatigue.

© 148 g = 180 capsules (Pullulan, size 00) • 1 month package • Item no. 1001050 • PZN 15420156 • PPN 11 15420156 19
Take 3 capsule 2x per day with approx. 200 ml of still water.

Essential Aminos



CL11
Lipids & Oils

96
Principle Causa Logica
99

Lipids & Oils
Omega PL

Membrane

The role of a cell membrane is essentially to perform three vital tasks. Firstly, it protects the complex structures and processes within the cell against disturbances (protective function). Secondly, it forms an electrical charge gradient, enabling electrochemical communication with other cells (communication function). And thirdly, the cell membrane regulates the body's metabolism by using receptors to distinguish between useful and harmful chemical compounds that try to get inside the cell (transport function). The cell membrane consists of a lipid bilayer. Phospholipids, cholesterol and glycolipids are the key lipids in the membrane. Additionally, there are peripheral proteins (outer side), integral proteins (inner side) and transmembrane proteins, which appear on the inside and outside of the membrane and act as ion channels, carriers or hormone receptors. The cell membrane can be seen as a kind of «liquid mosaic model» in which all components of the cell membrane can move freely depending on the temperature and can dynamically change position towards each other. If the cell membrane is damaged, various metabolic processes can be impaired. As a result, metabolic disorders can occur, such as an increased cholesterol level, which is considered a risk factor for arteriosclerosis and circulatory disorders, but also diabetes.

Lipids & Oils

Lipids are water-insoluble natural substances that dissolve very well in lipophilic substances. Fats consist of glycerol and triple-esterified fatty acids. A distinction is made between saturated and unsaturated fatty acids. Animal products contain mainly saturated fatty acids. Plants, on the other hand, contain mainly unsaturated fatty acids. Essential fatty acids cannot be produced by our body on its own and should therefore be supplied through food. These include the doubly unsaturated linolenic acid (omega-6 fatty acid) and the triply unsaturated alpha-linolenic acid (omega-3 fatty acid). With these fatty acids, the body is able to synthesise important fatty acids such as arachidonic acid (AA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) on its own. Some valuable oils such as linseed oil, walnut oil or fish oil contain a high share of healthy omega-3 fatty acids, which have an influence on heart, memory and even visual function.

Different forms of lipids exist in nature and in the human body. They fulfil numerous tasks and are therefore essential for any life. Due to their high energy content, they act as energy supplier and storage. In addition, they form protective layers under the skin and around the organs in the form of storage tissue. Some signalling molecules consist of lipids, transmitting neural stimuli. In cell membranes, especially in the form of phospholipids, they act as structural components and maintain cell functions. Lipids are necessary for the absorption and storage of fat-soluble vitamins (A, D, E and K) in the blood and in the cells. Fat-soluble hormones are also categorised as lipids. These are messenger substances that regulate important metabolic processes in the body.





1000 mg of Antarctic krill oil per daily dose // Excellent ratio of omega-3 to omega-6 fatty acids (7:1) // For the maintenance of vision¹ and brain function² // To support a normal function of the heart³

INGREDIENTS

Krill oil from crustaceans, fish gelatine (capsule shell size 0)

COMPOSITION 2 CAPSULES / DAY %NRV*

Krill oil	1000.00 mg	**
– of which		
Total phospholipids	400.00 mg	
– contains phosphatidylcholine	300.00 mg	
– of which choline	50.00 mg	
– of which		
Total omega-3 fatty acids	282.00 mg	**
contains eicosapentaenoic acid (EPA)	122.00 mg	
contains docosahexaenoic acid (DHA)	74.00 mg	
Astaxanthin	118.00 µg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

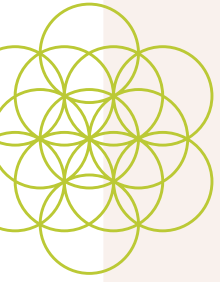
Omega PL contains 1000 mg of krill oil per daily dose, providing valuable omega fatty acids, phospholipids and astaxanthin – a lipophile carotenoid. Furthermore, **Omega PL** features an excellent ratio of omega-3 fatty acids to omega-6 fatty acids of 7:1. Both docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) support a normal function of the heart.³ Additionally, docosahexaenoic acid (DHA) supports the vision¹ and brain function².

35 g = 60 capsules (fish gelatine, size 0) • 1 month package - Item no. 1001036 • PZN 13152846 • PPN 11 13152846 81
Take 2 capsule 1x per day with approx. 200 ml of still water.

Omega PL



1. Docosahexaenoic acid contributes to the maintenance of normal vision*. // 2. Docosahexaenoic acid contributes to the maintenance of normal brain function*. // 3. Eicosapentaenoic acid / docosahexaenoic acid contribute to the normal function of the heart*.
* A beneficial effect is obtained with a daily intake of 250 mg of DHA und EPA.



CL12

Digestion & Flora

100

Principle Causa Logica

103
104
105
106
107
108
109

Digestion & Flora

Dysbiosan
Flora Balance
Flora Immune
Flora Stable
Flora Total
Gut Friend
TaGa Mix

Digestive system

Already thousands of years ago, the gut was considered the centre of life in all ancient cultures. Today's science can confirm this traditional view and add more specific information. The intestine is the centre of our immune system. It represents the key part of our immune defence: about 80 % of our defence system is located in the intestine. The gastrointestinal tract has its own intrinsic nervous system (NS), which controls the secretory and motor activities of the digestive organs independently of the extrinsic, autonomic NS. Besides the mechanical processes – mixing, grinding and transporting – the main function of the digestive system is also to break down the complex components of food into units that can be absorbed by the body.

Today we know that approximately 10^{14} bacteria form the intestinal microbiota, a complex ecological unit with high metabolic activity. In terms of numbers, this microbiota outnumbers the body's own cells (about 10^{13}) by a factor of ten. All these intestinal bacteria are in constant interaction with their host – the human being.

The state of the intestinal microbiota and the intestinal barrier has an impact on all digestive functions and the immune defence. After all, the bacteria in the intestine fulfil many useful tasks: They support and train the immune system, keep away pathogens, break down nutrients from food and produce vitamins. If the intestinal flora is colonised by the wrong microorganisms, this condition is referred to as «dysbiosis».

Intestinal barrier and microbiome

A healthy intestinal barrier is important for the safe absorption of nutrients and fluids. It maintains immune tolerance while warding off infection. Four factors are crucial for building and maintaining an intact intestinal barrier: an intact intestinal microbiota, an adequate mucin layer, a functioning intestinal epithelium and an active immune system. The intestinal barrier may be damaged by various diseases and infections, but also drugs (e.g. antibiotics, ASA) and stimulants (e.g. alcohol, caffeine), where one or more of the four protective factors mentioned get under attack. Such an attack on a healthy intestinal microbiota causes increased permeability of the intestinal wall, as an example. When damage to the mucin layer occurs on top of that, the intestinal wall becomes leaky and can no longer perform its protective function. As a result, here is a risk that large-molecule antigens or microorganisms from the gastrointestinal tract will pass through the intestinal mucosa and get into the body, which can trigger various diseases.

Nowadays, 400 different species of bacteria can be found in a person's faeces. The total weight of the microflora in the intestine is 2-3 kg. The number of anaerobes exceeds that of aerobes by a factor of about 10^2 - 10^4 . The most common anaerobes include Bacteroides, Bifidobacteria, Eubacteria, Clostridia, Peptococci and Peptostreptococci.

Physiological coli bacteria prefer to settle in the intestinal mucus (mucin layer) lining the mucosa of the colon. There they form a microbial barrier against foreign germs and «train» the intestine related immune system through their pronounced immunogenic power.





Fermented drink // High content of vitality mushrooms // 24 highly-dosed effective microorganism strains // Herb and plant extracts with a high content of bitter substances

INGREDIENTS

Water, sugar cane molasses and sugars from sugar cane (during the fermentation process, the molasses and sugars are consumed by the active microorganisms and converted into lactic acid); pomegranate extract, ling zhi, grapefruit seed extract, shiitake, agaricus blazei murrill, herb and plant mixture, active microorganisms

COMPOSITION	30 ml / DAY	%NRV*
Bacterial cultures	*** approx. 3×10^{10} CFU	**
Herb blend	250.80 mg	**
Agaricus blazei murrill	22.00 mg	**
Pomegranate extract	250.00 mg	**
Grapefruit seed extract	5.40 µg	**
Ling zhi (ganoderma lucidum)	22.00 mg	**
Shiitake (pasania mushroom)	22.00 mg	**
Sugar cane	300.00 mg	**
Sugar cane molasses	0.40 ml	**

* Nutrient reference value for daily intake (EU Regulation no. 1169/2011)

** No NRV specified

*** Colony forming units in microbiology

BACTERIAL CULTURES (APPROX. 1×10^{11} GERMS PER 100 ml)

Bacillus subtilis	Lactobacillus farraginis
Bifidobacterium animalis	Lactobacillus helveticus
Bifidobacterium bifido	Lactobacillus paracasei
Bifidobacterium breve	Lactobacillus plantarum
Bifidobacterium longum	Lactobacillus rhamnosus
Bifidobacterium infantis	Lactobacillus salivarius
Bifidobacterium lactis	Lactobacillus lactis
Enterococcus faecium	Streptococcus thermophilus
Lactobacillus acidophilus	Lactobacillus zeae
Lactobacillus bulgaricus	Lactobacillus diacetylactis
Lactobacillus casei	Lactobacillus johnsonii
Lactobacillus delbrückii	Lactobacillus amylovorus

HERB AND PLANT MIXTURE

Black cumin seed	Green tea
Fenugreek	Oregano
Olive leaf	Peppermint
Anise	Angelica
Dandelion	Turmeric
Gentian	Wormwood

This natural product preparation **Dysbiosan** contains over 24 strains of effective microorganisms in high dosage, as well as bitter substances, herbs and plant extracts.

1000 ml as liquid • 1 month package • Item no. 1001030 • PZN 12555944 • PPN 11 12555944 14
Take 1 x daily 30 ml • Not recommended for pregnant and breast-feeding women.

Dysbiosan



Flora Balance

© 1000 ml as liquid • 1 month package • Item no. 1001001 • PZN 10045771 • PPN 11 10045771 43
Take 1 x daily 30 ml • Not recommended for pregnant and breastfeeding women.



27 highly-dosed effective microorganism strains // Special herb and plant extracts // Well tolerated formula

Flora Balance contains over 27 strains of effective microorganisms in high dosage, as well as bitter substances, herbs and plant extracts. Compared to **Dysbiosan**, the amount of bitter substances, herbs and plant extracts has been reduced, ensuring greater tolerability.

HERB BLEND EXTRACT

Pineapple	Olive leaves
Angelica root	Oregano
Aniseed	Peppermint
Basil herb	Rosemary leaves
Dill fruit	Rooibos
Fennel	Red clover leaves
Rose hip fruit	Sage leaves
Blueberry leaves	Black cumin seeds
Raspberry leaves	Liquorice
Elderflower	Thyme
Ginger	

INGREDIENTS

Water, sugar cane molasses and sugars from sugar cane (during the fermentation process, the molasses and sugars are consumed by the active microorganisms and converted into lactic acid); pomegranate extract, Lingzhi, grapefruit seed extract, Shiitake, Agaricus blazei Murrill, herb and plant mixture, active microorganisms

OTHER INGREDIENTS

Contained in the herb and plant blend: Pineapple, angelica root, aniseed, basil herb, dill fruit, fennel, rose hip fruit, blueberry leaves, raspberry leaves, elderflower, ginger, olive leaves, oregano, peppermint, rosemary leaves, rooibos, red clover leaves, sage leaves, black cumin seeds, liquorice, thyme. As this is a naturally fermented product, cell counts may vary.

COMPOSITION 30 ml / DAY %NRV*

Bacterial cultures	*** approx. 3×10^{10} CFU	**
Extract from herbal mixture	315.00 mg	**
Grapefruit seed extract	4.90 µg	**
Ling zhi	20.00 mg	**
Grape seed extract	20.00 mg	**
Sugarcane	0.30 g	**
Sugarcane molasses	0.40 ml	**

- * Nutrient reference value for daily intake (EU Regulation no. 1169/2011)
- ** No NRV specified
- *** Colony forming units in microbiology

BACTERIAL CULTURES (APPROX. 1×10^{11} GERMS PER 100 ml)

Bacillus subtilis	Lactobacillus paracasei
Bifidobacterium animalis	Lactobacillus plantarum
Bifidobacterium bifido	Lactobacillus rhamnosus
Bifidobacterium breve	Lactobacillus salivarius
Bifidobacterium longum	Lactobacillus lactis
Bifidobacterium infantis	Streptococcus thermophilus
Bifidobacterium lactis	Lactobacillus zeae
Enterococcus faecium	Lactobacillus diacetylactis
Lactobacillus acidophilus	Lactobacillus johnsonii
Lactobacillus bulgaricus	Lactobacillus amylovorus
Lactobacillus casei	Lactobacillus crispatus
Lactobacillus delbrückii	Lactobacillus gasserii
Lactobacillus farraginis	Lactobacillus reuteri
Lactobacillus helveticus	

For the immune system¹ and mucous membranes² such as the intestinal mucosa // Contains 8 strains of bifido and lactobacteria // With glutamine, colostrum and 100 mg immunoglobulins per day // With phosphatidylserine and fructo-oligosaccharides

INGREDIENTS

Rice starch powder, L-glutamine, **colostrum (from milk)**, rice bran powder, psyllium husk powder, maltodextrin, lacto-/bifidobacteria, **phosphatidylserine (from soy)**, fructo-oligosaccharides, D-biotin, methylcobalamin (vitamin B12)

With 8 bacterial strains (2.5x10⁹ colony-forming units per gram): Lactobacillus acidophilus, Bifidobacterium infantis, Bifidobacterium breve, Lactobacillus rhamnosus, Lactobacillus casei, Streptococcus thermophilus, Bifidobacterium longum, Lactococcus lactis

COMPOSITION 3g / DAY %NRV**

Biotin (D-biotin)	75.00 mg	150
Vitamin B12 (methylcobalamin)	2.60 µg	104
L-Glutamine	558.00 mg	***
Colostrum	558.00 mg	***
– of which immune globuline G (IgG)	100.44 mg	***
Rice starch powder	1230.00 mg	***
Rice bran powder	188.00 mg	***
Psyllium husk powder	175.00 mg	***
Maltodextrin	100.00 mg	***
Lacto/Bifidobacteria	180 Mio. CFU	***
Phosphatidylserine	28.00 mg	***
Fructo-Oligosaccharides	29.00 mg	***

- ** Nutrient reference value for daily intake (EU Regulation no. 1169/2011)
- *** No NRV specified

The intestinal mucosa covers a total surface area of about 180 m², making it one of the largest tissues in our body. An intact intestinal mucosa performs a wide range of functions in the body. These include protection against harmful substances, as well as the breakdown (digestion) and intake (absorption) of nutrients, for which it produces enzymes on a large scale. Embedded in the mucosa are numerous immune cells, which not only defend our body against dangerous germs but also control and maintain the intestinal microbiome. Accordingly, maintaining healthy and functioning mucous membranes is of great importance.

While biotin, contained in the product **Flora Immune***, (Flora Immun) contributes to the maintenance of healthy mucous membranes², vitamin B12, which is present here in bioactive form, supports healthy immune system function.¹ The product is complemented with substances obtained 100% from natural raw material sources, such as phosphatidylserine from soy lecithin, glutamine from maize, psyllium husk and fructo-oligosaccharides from chicory root.



86 g as powder • 1 month package • Item no. 1001002 • PZN 15231863 • PPN 11 15231863 62
Take 3 g powder (equivalent to 3 scoops) 1x per day into approx. 200 ml of still water and allow to swell for 10 minutes.

Flora Immune*

1.*Vitamin B12 contributes to the normal function of the immune system. // 2. Biotin contributes to the maintenance of normal mucous membranes.

Flora Stable

• 450 g as powder • 1 month package • Item no. 1001024 • PZN 11692739 • PPN 11 11692739 46
 Add 7.5 g (approx. 1 heaped teaspoon) each morning and evening to plenty of juice, warm or cold water, milk, yogurt, cereal or fruit.

Valuable source of nutrients and fibres // For the natural stimulation of the gastrointestinal tract // For the immune system² and energy metabolism³ // Obtained 100% from natural raw material sources // Low fat, low salt, low sugar and no added sugar // For a varied and balanced diet

The German Nutrition Society (DGE) recommends that adults consume at least 30 g of dietary fiber per day. Dietary fibers are fibrous components of plant foods and serve mainly as supporting elements for the plant. The complex branched sugar molecules cannot be broken down by the human intestine, which is why most of them pass through the gastrointestinal tract unchanged and are excreted again. The positive properties of dietary fiber include its high swelling capacity, which, by binding water, increases the viscosity of the food and leads to longer satiety. The increase in stool volume and the fact that the body's own intestinal bacteria break down dietary fiber into short-chain fatty acids and use them as food stimulates intestinal activity and promotes healthy intestinal flora.

Our product **Flora Stable** (Flora Stabil) is a carefully formulated, vegan, dietary fibre complex with 15 nutrients and botanicals stimulating intestinal activity. The contained oat fibre contributes to an increase in stool volume and thus to bowel evacuation¹.

INGREDIENTS

Resistant corn dextrin, organic oat bran, organic hemp flour, organic broccoli powder, Whole psyllium seeds, organic flax seeds, psyllium husk powder, chokeberry powder, organic aronia powder, organic acerola extract, artichoke powder, fenugreek seed ground, gentian root ground, organic milk thistle seed ground, dandelion root ground, pellitory root, spice clove, ground caraway seed

COMPOSITION	15 g / DAY	%NRV*
Vitamin C (acerola cherry extract)	20.00 mg	25
Acacia fibre	5420.00 mg	**
Oat bran	3750.00 mg	**
Hemp flour	1500.00 mg	**
Broccoli powder	1000.00 mg	**
Psyllium	1000.00 mg	**
Linseed	1000.00 mg	**
Psyllium husk powder	842.35 mg	**
Chokeberry powder	120.00 mg	**
Artichoke powder	50.00 mg	**
Fenugreek seed	50.00 mg	**
Dandelion root	50.00 mg	**
Gentian root	40.00 mg	**
Milk thistle seed	40.00 mg	**
Caraway seed	20.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified



1. Oat grain fiber contributes to the increase of stool volume. // 2. Vitamin C contributes to normal functioning of the immune system. // 3. Vitamin C contributes to normal energy metabolism.

High-quality fibre complex for healthy DNA synthesis¹ // For a healthy intestinal mucosa² and liver function³ // For a healthy homocysteine⁴ & lipid metabolism⁵ // Contains the nucleotide complex – rich in ribonucleic acid (RNA) // With the powers of nature – over 30 herbs & plant substances

INGREDIENTS

Hemp flour (organic quality), psyllium powder, cocoa powder, psyllium husk powder, linseed powder, barley grass powder, broccoli powder, hemp protein (organic quality), konjac root powder, inulin, aronia berry powder, erythritol, maca root powder, acerola cherry powder (vitamin C), D-tagatose, beta-glucan, choline bitartrate, liquorice juice powder, fennel powder, milk thistle seed powder, xylitol, aniseed powder, turmeric powder, galangal root powder, acacia fibres, fenugreek seed powder, isomalt, uridine-5'-monophosphate di-Na salt, ginseng powder, yeast extract rich in ribonucleic acid, 2'-fucosyllactose / difucosyllactose mixture (human oligosaccharides), caraway powder, cytidine 5'-monophosphate di-Na salt, artichoke powder, maltodextrin, dandelion root powder, ribwort herb powder, cloves powder, bitter orange peel powder, inosine-5'-monophosphate di-Na salt, guanosine-5'-monophosphate di-Na salt, adenosine-5'-monophosphate di-Na salt, thyme herb powder, yellow gentian root powder, zinc bisglycinate, D-biotin

COMPOSITION	15 g / DAY	%NRV*
Biotin (D-biotin)	100.00 µg	200
Vitamin C (acerola cherry extract)	60.00 mg	75
Zinc (zinc bisglycinate)	2.00 mg	20
Inulin	665.00 mg	**
Beta glucan	225.00 mg	**
Choline (choline bitartrate)	90.00 mg	**
Human oligosaccharides	60.00 mg	**
Yeast extract – rich in ribonucleic acid (RNA)	72.16 mg	**
Uridine 5'-monophosphate	71.22 mg	**
Cytidine 5'-monophosphate	50.24 mg	**
Inosine 5'-monophosphate	10.57 mg	**
Guanosine 5'-monophosphate	8.61 mg	**
Adenosine 5'-monophosphate	8.45 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

This versatile and high-quality nutrient complex combines a selection of bitter herbs with a rich supply of valuable short, medium and long-chain fibres, including inulin, beta-glucan, konjac and maca root, hemp, artichokes and acacia fibre. Of particular benefit is the additional use of nucleotides, a yeast extract rich in ribonucleic acid, as well as human oligosaccharides, all of which are also found prominently in breast milk. A special sugar mix consisting of D-tagatose, isomalt, xylitol and erythritol instead of ordinary sugar contributes to the maintenance of tooth mineralisation⁶ and at the same time makes the various bitter substances more palatable. Furthermore, natural vitamin C from the acerola cherry is used which, together with zinc, enhances the function of the immune system⁷ and protects the body cells from oxidative stress⁸. Despite the absence of chemical additives, **Flora Total** dilutes very well in water and is also suitable for a vegan diet.



1. Zinc contributes to normal DNA synthesis. // 2. Biotin contributes to the maintenance of normal mucous membranes. // 3. Choline contributes to the maintenance of normal liver function. // 4. Choline contributes to normal homocysteine metabolism. // 5. Choline contributes to normal lipid metabolism. // 6. The consumption of foods containing xylitol, isomalt, erythritol or D-tagatose instead of sugar contributes to the maintenance of tooth mineralisation. // 7. Vitamin C and zinc contributes to the normal function of the immune system. // 8. Vitamin C and zinc contributes to the protection of cells from oxidative stress.

• 450 g as powder • 1 month package • Item no. 1001057 • PZN 16663116 • PPN 11 16663116 48
 Add 7.5 g (approx. 1 heaped teaspoon) each morning and evening to plenty of juice, warm or cold water, milk, yogurt, cereal or fruit. • Contains licorice - excessive consumption of this product should be avoided if you have high blood pressure.

Flora Total

Gut Friend

€ 105 g as powder • for 1 day • Item no. 1001068 • PZN 19095322 • PPN 11 19095322 48
7 sachets for 1 daily requirement (detailed consumption recommendation at www.mitocare.de)
Do not use during pregnancy.

NEW PRODUCT FROM JANUARY 2024

For the mucous membranes, including the intestinal mucosa¹ // Fibre source with high fibre content // With more than 10 botanicals and enzymes // Obtained from 100 % natural raw materials // Recommended as a 4-day pack

The intestinal mucosa forms the innermost layer of the intestinal wall. While its mucous layer serves as a protective barrier against bacteria and parasites, its primary function is the absorption of food components and water. However, due to their complexity, some substances cannot easily be absorbed by the intestinal mucosa of the small intestine and are transported directly to the large intestine. These include dietary fibres or roughage. In the large intestine, these fibres will then bind water and swell up before being excreted almost completely unprocessed. As a result of the swelling and longer retention time in the gastrointestinal tract, the faeces volume increases, which sends stimuli to the intestinal wall and thus stimulates intestinal peristalsis. According to the German Nutrition Society (DGE), a daily intake of at least 30 g of fibre is advisable.

Our product **Gut Friend** is a powdered drink mix for one day, consisting of three different compositions for seven shakes. It has a high fibre content and contains 12 botanicals plus vitamin A, which supports the immune system² and healthy mucous membranes, including those of the intestine¹.

Consumption over four days is recommended:
Gut Friend 4-day pack.



INGREDIENTS

Meal shake: Oil palm fiber powder, pea protein powder, FOS inuline, okra powder, red rice powder, guar gum, mango fruit powder, vanilla powder

Snack: Carrot powder, passionfruit powder, pea protein powder, chlorella pyrenoidosa, okra powder, omega-3 powder
Wake up and good night shake: Wheatgrass powder**, enzymes

** of biological origin

NUTRITIONAL INFORMATION

Meal shake	per 100 g	per 25 g
Energy	386 kcal	97 kcal
Carbohydrate	75.4 g	18.8 g
– of which sugars	7.0 g	1.8 g
Protein	13.6 g	3.4 g
Fat	3.3 g	0.8 g
– of which saturates	1.5 g	0.4 g
Fibre	40.0 g	10.0 g
Salt	205.5 mg	51.4 mg

Wake up & Evening shake per 100 g per 7 g

Energy	313 kcal	22 kcal
Carbohydrate	40.0 g	2.8 g
– of which sugars	10.9 g	0.8 g
Protein	22.5 g	1.6 g
Fat	1.6 g	0.1 g
– of which saturates	0.0 g	0.0 g
Fibre	25.0 g	1.8 g
Salt	78.0 mg	5.0 mg

Snack per 100 g per 8 g

Energy	381 kcal	30 kcal
Carbohydrate	81.8 g	6.5 g
– of which sugars	30.7 g	2.5 g
Protein	10.2 g	0.8 g
Fat	1.4 g	0.1 g
– of which saturates	1.2 g	0.1 g
Fibre	10.8 g	0.8 g
Salt	319.0 mg	25.0 mg
Vitamin A	1750.0 µg (219 %*)	140.0 µg (18 %*)

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

1. Vitamin A contributes to the maintenance of normal mucous membranes. // 2. Vitamin A contributes to the normal function of the immune system.

For the mucous membranes, including the intestinal mucosa¹ // For lipid² and energy metabolism³ // Against tiredness and fatigue⁴ // For maintaining a healthy blood sugar level⁵ // With the sugars galactose and tagatose, which also occur naturally in breast milk

The **TaGa Mix** powder complex combines ingredients that support selected metabolic processes and functions in the body.^{1,2,3,5,6,7,8} These include specifically biotin and magnesium for energy metabolism³, which takes place in the mitochondria of the cells, and choline for lipid metabolism², which takes place mostly in the liver. Biotin supports the maintenance of healthy mucous membranes¹, which often act as a protective layer in the inner cavities of organs. These include, for example, the mucous membranes of the respiratory tract (nose, windpipe, bronchial tubes), as well as those of the reproductive organs and the digestive tract such as the stomach and intestines. The intestinal mucosa covers a total surface area of about 180 m², making it one of the largest tissues in our body. An intact intestinal mucosa performs a wide range of functions in the body. These include protection against

INGREDIENTS

49.8% D-tagatose***, 33.2% D-galactose*** (***) from lactose), magnesium salts of citric acid, choline bitartrate, D-biotin, chromium picolinate

COMPOSITION 17.8 g / DAY %NRV*

Biotin (D-biotin)	45.00 µg	90
Magnesium	310.00 mg	83
Chromium (Chromium picolinate)	8.00 µg	20
Choline (Cholin-L-bitartrat)	413.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

harmful substances, as well as the breakdown (digestion) and intake (absorption) of nutrients, for which it produces enzymes on a large scale. Embedded in the mucosa are numerous immune cells, which not only defend our body against dangerous germs but also control and maintain the intestinal microbiome. Accordingly, maintaining healthy and functioning mucous membranes is of great importance. After the blood has been enriched by the absorption of nutrients in the intestine, it flows to the liver, where it is further metabolised. In addition to many metabolic processes, the liver is also responsible for the conversion and breakdown of fats (lipids). Choline is one of the nutrients that specifically supports the liver in performing its function.⁸

€ 535 g as powder • 1 month package • Item no. 1001065 • PZN 17979086 • PPN 11 17979086 90
Take 17.8 g (equals one portion of the included measuring spoon) 1x per day with approx. 200 ml of still water
Not recommended for pregnant and breastfeeding women and people with galactosemia. - May have a laxative effect in sensitive persons or if consumed in excess.

TaGa Mix



1. Biotin contributes to the maintenance of normal mucous membranes. // 2. Choline contributes to normal lipid metabolism. // 3. Biotin and magnesium contribute to normal energy-yielding metabolism. // 4. Magnesium contributes to the reduction of tiredness and fatigue. // 5. Chromium contributes to the maintenance of normal blood glucose levels. // 6. Biotin and Chromium contribute to normal macronutrient metabolism. // 7. Choline contributes to normal homocysteine metabolism. // 8. Choline contributes to normal lipid metabolism.

Products / for healthcare professionals only

Principle Causa Logica



CL13

Liver & Sulfur

110

Principle Causa Logica

- 113
- 114
- 115

Liver & Sulfur

- Hepar
- LIPO Glutathion Booster
- Pure

Ever rising levels of environmental toxins burden the human body in many ways, which is why our body's detoxification system has an increasingly important function. Triggers causing significant damage can be preservatives, pesticides, fungicides, drugs, heavy metals and plasticisers from our environment and food. Purification and detoxification means «cleansing» the body, getting rid of ballast and stress, boosting the metabolism and recharging the batteries.

Purification treatments to remove harmful substances from the body have been developed by many ancient cultures throughout human history. Through targeted detoxification, harmful substances accumulated over time can be bound and excreted, especially via the liver.

The importance of the liver is evident from its position between the digestive and peripheral organs. In addition to metabolising food components and supplying the other organs of the body with nutrients, the liver's main tasks include cleansing the blood of toxic endogenous and exogenous substances. To achieve successful breakdown and excretion, noxious substances are absorbed from the blood plasma into the liver cell and then chemically converted.



Eventually, the end products are released directly into the bile or released from the liver and subsequently eliminated via the kidneys. The liver is also where the production and secretion of bile takes place. Bile acids synthesised in the liver not only help to absorb nutritional fats, fat-soluble vitamins and cholesterol in the intestine, but also have a special function in detoxification. In this process, unwanted substances and end products from metabolism are released into the intestine via the bile and removed from the body.

Transport systems located on the surface of the liver cells release the metabolised substances into the bile ducts. Via the common bile duct, the bile enters the intestine or is temporarily stored in the gall-bladder.

Normally, the body manages to excrete toxins via the lungs, liver and kidneys. However, due to increasing levels of pollutants, the body is not always able to break down and eliminate the multitude of toxins. Ultimately, the body should be relieved from such stress by ridding it of stored pollutants. As the detoxification organs have a pivotal task, a functioning detoxification mechanism and good support of the body is crucial for enhanced health and well-being.



NEW FORMULA SINCE OCTOBER 2023

A composition of bitter plant substances // With choline for the liver function¹ and the lipid metabolism² // Protects the cells from oxidative stress³ // For a good thyroid function⁴ // For a normal homocysteine level⁵

INGREDIENTS

Pullulan (capsule shell size 0), cholin-L-bitartrate, taurine, alpha lipoic acid, chlorella powder, L-glutamine, dandelion root extract, wild garlic extract, artichoke powder, fennel seed extract, milk thistle extract, silicon-rich bamboo extract, broccoli extract, L-glutathione, magnesium bisglycinate, methylsulfonylmethane (MSM), coriander powder, sodium selenate, riboflavin-5'-phosphate (Vitamin B2), thiamine mononitrate (Vitamin B1)

COMPOSITION 3 CAPSULES / DAY %NRV**

Riboflavine (riboflavine-5'-phosphate)	1.40 mg	100
Thiamine (thiamine mononitrate)	1.10 mg	100
Selenium (sodium selenate)	100.00 µg	181
Taurine	200.00 mg	***
Alpha lipoic acid	120.00 mg	***
Choline (choline-L-bitartrate)	90.00 mg	***
MSM (methylsulfonylmethane)	50.00 mg	***
L-Glutamine	100.00 mg	***
L-Glutathione	50.00 mg	***
Chlorella powder	100.00 mg	***
Dandelion root extract	100.00 mg	***
Wild garlic extract	80.00 mg	***
Fennel seed extract	75.00 mg	***
Artichoke extract	75.00 mg	***
Milk thistle extract	62.50 mg	***
Bamboo extract	50.00 mg	***
– of which silicon	17.50 mg	***
Broccoli extract	50.00 mg	***
Coriander powder	13.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

*** No NRV specified

The name «**Hepar**» means «liver». As the largest gland in the body, the liver also has the essential task of body detoxification in addition to many other metabolic functions.

The product **Hepar** was developed to support a healthy liver and fat metabolism¹. The selenium and riboflavin contained, protect the cells from oxidative stress³, while choline contributes to a healthy homocysteine metabolism⁵. The thyroid gland also benefits from the selenium contained in the product⁴.

52 g = 90 capsules (Pullulan, size 0) • 1 month package • Item no. 1001045 • PZN 14310402 • PPN 11 14310402.31
Take 3 capsules 1x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.

Hepar*



1. *Choline contributes to the maintenance of normal liver function. // 2. Choline contributes to normal lipid metabolism. // 3. Selenium and riboflavin contribute to the protection of cells from oxidative stress. // 4. Selenium contributes to the normal thyroid function. // 5. Choline contributes to normal homocysteine metabolism.

LIPO Glutathion Booster

€ 250 ml as liquid • 1 month package • Item no. 1001062 • PZN 17160280 • PPN 11 17160280 12
 Stir 8 ml (see scale of the attached measuring cup) 1x per day into approx. 50-100 ml of still water or juice.
 Not recommended for pregnant and breastfeeding women.

NEW FORMULA SINCE JANUARY 2024

With L-glutathione, OPC and vitamin C – in liposomal form // For energy¹, regeneration^{2,3} and the immune system⁴ //
 With more than 1000 mg phospholipids per daily dose // Has a slightly sulphurous taste

Our innovative **LIPO Glutathion Booster** features three valuable substances – L-glutathione, OPC and vitamin C – enclosed in liposomes. Phospholipids are also the main components of the body's cell membranes and ensure their cohesion.

Glutathione is a tripeptide formed from the three amino acids glutamic acid, cysteine and glycine. It repairs reactive oxygen compounds by means of chemical reduction, continuously protecting the body cells from damage through free radicals. The liver, as well as immune cells and red blood cells, have a high glutathione concentration compared to other tissues. In the red blood cells, the body's own glutathione has the essential task of reducing methaemoglobin, which is no longer able to transport oxygen, back to functional haemoglobin. In principle, glutathione is present in the body mostly in reduced form, i.e. with the ability to neutralise free radicals. However, increased oxidative stress due to environmental agents and lifestyle habits can lead to a dominance of oxidised glutathione.

The high vitamin C content in the product acts as an antioxidant², contributes to energy-yielding metabolism¹ and the immune system⁴ and has a positive impact on blood vessel health⁵. OPC from grape seed extract rounds off this formula.

INGREDIENTS

Water, glycerol, phospholipids from sunflower lecithin, L-ascorbic acid (vitamin C), L-glutathione (reduced), OPC from grape seed extract, sea buckthorn extract, rosemary extract, acidifier: malic acid

COMPOSITION	8 ml / DAY	%NRV*
Vitamin C (L-ascorbic acid)	180.00 mg	225
Phospholipids	1040.00 mg	**
– of which phosphatidylcholine	270.00 mg	**
L-glutathione	150.00 mg	**
Grape seed extract	110.00 mg	**
– of which OPC	72.00 mg	**
Seabuckthorn extract	56.80 mg	**
Rosemary Extract	6.40 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified



1. Vitamin C contributes to normal energy-yielding metabolism. // 2. Vitamin C contributes to the protection of cells from oxidative stress. // 3. Vitamin C contributes to the regeneration of the reduced form of vitamin E. // 4. Vitamin C contributes to maintain the normal function of the immune system. // 5. Vitamin C contributes to normal collagen formation for normal blood vessel function.

NEW FORMULA SINCE NOVEMBER 2023

For a mindful lifestyle putting your body first // Protects the cells from oxidative stress¹ // Sulphurous plant compounds // Vegan formula

INGREDIENTS

Pullulan (capsule shell, size 0), chlorella algae powder, spirulina algae powder, alpha lipoic acid, L-cysteine, resveratrol-rich Polygonum Cuspidatum extract, grape seed extract, nettle extract, dandelion extract, broccoli extract, L-ascorbyl-6-palmitate (Vitamin C), cranberry extract, quercetin-rich Sophora Japonica (Japanese string tree) extract, garlic extract, methylsulfonylmethane (MSM), L-glutathione, coriander powder, sodium selenate

COMPOSITION	4 CAPSULES / DAY	%NRV*
Vitamin C (ascorbyl palmitate)	40.00 mg	50
Selenium (sodium selenate)	27.50 µg	50
Alpha lipoic acid	180.00 mg	**
MSM (methylsulfonylmethane)	75.00 mg	**
L-cysteine	165.00 mg	**
L-glutathione (reduced)	33.00 mg	**
Chlorella algae powder	350.00 mg	**
Spirulina algae powder	200.00 mg	**
Polygonum cuspidatum extract	107.00 mg	**
– of which resveratrol	10.70 mg	**
Nettle extract	100.00 mg	**
Broccoli extract	100.00 mg	**
Dandelion extract	100.00 mg	**
Grape seed extract	100.00 mg	**
– of which OPC	95.00 mg	**
Cranberry extract	83.00 mg	**
Japanese string tree	83.00 mg	**
– of which Quercetin	80.00 mg	**
Garlic extract	80.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

Modern lifestyles place a particular strain on our cell metabolism. The substances vitamin C and selenium contained in **Pure** help to protect the body against cell stress¹. Proven classics such as reduced glutathione, alpha-lipoic acid, MSM and L-cysteine are also used. In addition, this product contains traditional plant substances such as spirulina, chlorella, stinging nettle, broccoli, dandelion, grape seed, cranberry, quercetin, garlic, coriander and resveratrol, all of which are well known in the field.



1. Selenium and Vitamin C contribute to the protection of cells from oxidative stress.

€ 67 g = 120 capsules (Pullulan, size 0) • 1 month package • Item no. 1001048 • PZN 14313323 • PPN 11 14313323 77
 Take 2 capsules 2x per day with approx. 200 ml of still water. • Not recommended for pregnant and breastfeeding women.

Pure

PARTNER PRODUCTS

We work with selected partners to achieve even better results. These special products complement our Principle Causa Logica in an effective way.



These products stand for innovation in harmony with nature. Partnering with health coach Unkas Gemmeker, we have created products based on bioactive substances and a variety of natural compounds.



Eight years of development work by Andy Villiger, a Swiss nutritionist who has explored the ketogenic diet following his own health challenges, have made feel keto crackers a healthy, low-carb snack alternative that is suitable for any functional diet.



15 years of experience and the leading supplier of marine omega-3 fatty acids in Germany. They are committed to sustainability and humanity by using only wild fish to produce natural, non-concentrated fish oils.



The long-established Bavarian company with a rich tradition has developed a holistic approach to health and skincare, combining the knowledge of conventional medicine with alternative medicine to create natural skincare products.



The revolution in healthy snacking. These fruit gums are the result of extensive research based on German nutritional studies and clinical tests. They are a tasty way to promote the well-being of kids and adults.



The specialist in volcanic minerals for promoting the body's own self-healing powers and detoxification. With a wide range of products that are regularly tested by independent institutions, Zeobent stands for quality and customer satisfaction, which is confirmed by numerous seals of approval and awards.



The pioneer in test-based and personalised nutritional supplements. Swedish founders Hilde and Ørjan Sæle have realised their vision of taking Zinzino to the forefront of personalised health.

With choline for the liver¹ and homocysteine levels² // Supports lipid metabolism³ // For thyroid function⁴ and to protect cells from oxidative stress⁵ // Enhanced by other substances such as MSM, alpha lipoic acid and fucoidan // Vegan formulation

INGREDIENTS

Methylsulfonylmethane (MSM), hydroxypropylmethylcellulose (capsule shell), L-cysteine hydrochloride monohydrate, glycine, L-glutamine, broccoli extract, L-carnitine tartrate, soy lecithin extract rich in phosphatidylcholine, dandelion extract, choline hydrogen tartrate, bromelain, papain, silicon dioxide, (R)-alpha-lipoic acid, nettle extract, glycine, Polygonum Cuspidatum (Japanese knotweed) extract rich in resveratrol, wild garlic extract, milk thistle extract, garlic extract, fucoidin from the seaweed Undaria Pinnatifida, L-selenomethionine

COMPOSITION 8 CAPSULES / DAY %NRV**

Selenium (L-selenomethionine)	100.00 µg	182
Silicon	50.00 mg	***
Methylsulfonylmethane(MSM)	1120.00 mg	***
Soy lecithin extract	330.00 mg	***
– of which phosphatidylcholine	100.00 mg	***
Alpha lipoic acid	100.00 mg	***
Choline (cholin hydrogen tartrate)	85.00 mg	***
L-glutamine	500.00 mg	***
L-cysteine	450.00 mg	***
L-carnitine	250.00 mg	***
Glycine	80.00 mg	***
Broccoli extract	425.00 mg	***
Dandelion root extract	300.00 mg	***
Nettle leaf extract	100.00 mg	***
Polygonum Cuspidatum extract	53.00 mg	***
– of which resveratrol	50.00 mg	***
Wild garlic extract	50.00 mg	***
Milk thistle extract	50.00 mg	***
Garlic extract	40.00 mg	***
Undaria Pinnatifida (Wakame) extract	30.00 mg	****
Bromelain	190.00 mg	***
Papain	124.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

*** No NRV specified

The 360 Cleanse complex* includes selenium, silicon, choline, phosphatidylcholine, 4 amino acids and 8 botanicals. The special nutrient supply for the liver¹, homocysteine metabolism², lipid metabolism³ and thyroid gland⁴.

176 g • 1 month package • Item no. 3001102
Take 4 capsules 2x per day with approx. 200 ml of still water.
Not recommended for children as well as for breast feeding and pregnant women.

360 Cleanse*



1. *Choline contributes to the maintenance of normal liver function. The positive effect comes in when you consume 82.5 mg choline per day. // 2. Choline contributes to normal homocysteine metabolism. The positive effect comes in when you consume 82.5 mg choline per day. // 3. Choline contributes to normal lipid metabolism. The positive effect comes in when you consume 82.5 mg choline per day. // 4. Selenium contributes to the normal thyroid function. // 5. Selenium contributes to the protection of cells from oxidative stress.

360 Energy*

e 31 g • 1 month package • Item no. 3001104 • Take 1 capsule 2x per day with approx. 200 ml of still water. Not recommended for pregnant and breastfeeding women.



Your innovative energy formula¹ // For physical¹ and mental performance² // With nucleotides - building blocks of DNA

Mitochondria are the power plants of the cell and the place where energy is provided for all biochemical processes in the body. Energy is generated by metabolizing carbohydrates, proteins and fats, from which the «fuel» ATP (= adenosine triphosphate) is generated by various metabolic processes. As part of the complex processes of energy provision, the mitochondria require various micronutrients, some of which are also called mitotropic substances.

This high-quality energy complex is based on three bioactive vitamin forms, accompanied by a nucleotide complex, a ribonucleic acid-rich (RNA) yeast extract, coenzyme Q10, alpha-lipoic acid, amino acids, NADH (nicotinamide adenine dinucleotide) and the popular substance PQQ (pyrroloquinoline quinone disodium salt).

INGREDIENTS

Nucleotide complex (uridine 5'-monophosphate di-Na salt, ribonucleic acid rich yeast extract, cytidine 5'-monophosphate, maltodextrin, inosine 5'-monophosphate, guanosine 5'-monophosphate, adenosine 5'-monophosphate di-Na salt), HPMC (capsule shell), L-methionine, Taurine, coenzyme Q10, sunflower lecithin, alpha lipoic acid, L-tryptophan, nicotinamide adenine dinucleotide (NADH), pyrroloquinoline quinone disodium salt (MGCPQQ®), 2,5' deoxyadenosylcobalamin, pyridoxine-5'-phosphate, calcium L-Methylfolate, rice bran. 2MGCPQQ® is a registered trademark of MGC (Japan).

COMPOSITION 2 CAPSULES / DAY %NRV**

COMPOSITION	2 CAPSULES / DAY	%NRV**
Vitamin B12 (adenosylcobalamin)	50.00 µg	2000
Folic acid (calcium L-methylfolate)	800.00 µg	400
Vitamin B6 (pyridoxine-5'-phosphate)	2.80 mg	200
L-methionine	120.00 mg	***
L-tryptophan	50.00 mg	***
Taurine	100.00 mg	***
Coenzyme Q10	100.00 mg	***
Lecithin (sunflower lecithin)	100.00 mg	***
Alpha Lipoic Acid	80.00 mg	***
PQQ****	7.50 mg	***
NADH	10.00 mg	***
Nucleotide complex	272.00 mg	***

** Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

*** No NRV specified

****Implementing Regulation (EU) 2018 / 1122

1. * Vitamin B6 and vitamin B12 contribute to normal energy-yielding metabolism. // 2. Folate, vitamin B6 and vitamin B12 contribute to normal psychological function.

Rich powder complex for collagen¹ & connective tissue^{1,2} // Protein source with high protein content // For muscle function³ and the maintenance and increase of muscle mass^{4,5} // Contains all essential amino acids // For healthy and beautiful hair, skin and nails from within^{7,8,9}

COMPOSITION 20 g / DAY %NRV**

COMPOSITION	20 g / DAY	%NRV**
Biotin (D-Biotin)	333.00 µg	666
Vitamin D3 (Cholecalciferol)	8.00 µg	160
Vitamin C (Acerola-extract)	83.00 mg	104
Vitamin K2 (MK7-all-trans)	33.00 µg	44
Magnesium (magnesium citrate)	90.00 mg	24
Copper (copper bisglycinat)	0.33 mg	33
Iron (iron bisglycinat)	4.50 mg	32
Zinc (zink citrate)	3.00 mg	30
Bor (sodium borate)	0.50 mg	**
Rice protein (80% Protein)	3093.00 mg	**
Pea protein (80% Protein)	3007.00 mg	**
Glycine	1333.00 mg	**
L-Carnitine (L-carnitine tartrate)	333.00 mg	**
L-Leucine	267.00 mg	**
L-Valine	225.00 mg	**
L-Isoleucine	202.00 mg	**
L-Lysine (L-lysin-hydrochlorid)	194.00 mg	**
L-Phenylalanine	175.00 mg	**
L-Arginine	166.00 mg	**
L-Threonine	151.00 mg	**
L-Methionine	95.00 mg	**
L-Tryptophan	50.00 mg	**
Collagen hydrolysate	2666.00 mg	**
Chondroitin sulphate	400.00 mg	**
Glucosamin sulfate	366.00 mg	**
Hyaluronic acid	166.00 mg	**
Bamboo extract	120.00 mg	**
– of which silicon	90.00 mg	**
Eggshell membrane	100.00 mg	**
Yoghurt powder	25.00 mg	**
Maca root powder	333.00 mg	**
OPC from grape seed extract	65.00 mg	**
Frankincense-extract	51.00 mg	**
– of which Boswellic acids	33.00 mg	**

* Nutrient reference value for daily intake (EU Regulation no. 1169 / 2011)

** No NRV specified

INGREDIENTS

Rice protein, pea protein, cocoa powder, collagen hydrolysate (bovine), glycine, coconut milk powder, magnesium salts of citric acid, vitamin C-rich acerola extract, L-carnitine tartrate, chondroitin sulphate (bovine), glucosamine sulphate, maca root powder, L-leucine, L-lysine hydrochloride, L-valine, L-isoleucine, hyaluronic acid, L-phenylalanine, L-arginine, L-threonine, bamboo extract, eggshell membrane powder, L-methionine, OPC-rich grape seed extract, frankincense extract, L-tryptophan, yoghurt powder, iron bisglycinat, zinc citrate, sodium borate, D-biotin, menaquinone-7 (vitamin K2 - MK7-all trans), cholecalciferol, copper bisglycinat

Connective tissue makes up 60 % of the total body mass in adults. It connects, envelops, supports, shapes, nourishes and removes cellular waste products.

360 Tissue is a rich connective tissue complex^{1,2} and combines over 30 ingredients. The added vitamin C contributes to healthy collagen formation supporting the function of blood vessels, skin, teeth, gums, bones and cartilage¹, while vitamin K, magnesium, zinc and proteins contribute to bone health⁶.



1. Vitamin C contributes to normal collagen formation for the normal function of blood vessels, skin, teeth, gums, bones and cartilage. // 2. Copper contributes to maintenance of normal connective tissues. // 3. Magnesium contributes to normal muscle function. // 4. Protein contributes to the maintenance of muscle mass. // 5. Protein contributes to a growth in muscle mass. // 6. Vitamin K, magnesium, zinc and protein contribute to the maintenance of normal bones. // 7. Biotin und zinc contribute to the maintenance of normal hair and skin. // 8. Zinc contributes to the maintenance of normal nails. // 9. Copper contributes to normal hair pigmentation.

Products / for healthcare professionals only

e 600 g • 1 month package • Item no. 3001105
Whisk 20 g (equivalent to 3 level measuring spoons) daily into at least 300 ml of rice or oat drink or juice and drink. It can be consumed at any time of the day. • Not recommended for pregnant and breastfeeding women.

360 Tissue

360 Vital*

e 143 g • 1 month package • Item no. 3001101

Take 3 capsules 2x per day with approx. 200 ml of still water. • Caution when taking blood thinners at the same time. Not recommended for pregnant and breastfeeding women.



The Vital Complex with over 40 nutrients and botanicals // For immune system¹, nervous system², energy metabolism³ & mental performance⁴ // Vegan formula

The product 360 Vital* supports the function of the immune system¹ as well as the nervous system² and contributes to a normal energy-yielding metabolism³ and normal mental performance⁴. This probably unique formula contains all 13 vitamins, 7 minerals & trace elements, traditional mushrooms, an enzyme, and a multicomplex mix of plant substances.

INGREDIENTS

Magnesium salts of citric acid, Vitamin C-rich camu camu powder, hydropropylmethylcellulose (capsule shell, size 00), reishi extract, menaquinone-7 (MK7), anthocyanidin-rich blueberry extract, ginger root extract, calcium-D-pantothenate, nicotinamide, cranberry extract, barberry berry extract, iodine-rich kelp (ascophyllum nodosum), lacto-/bifidobacteria*****, Zinc bisglycinate, betaine hydrochloride, D-alpha tocopheryl acetate (vitamin E), ginkgo biloba extract, ashwagandha extract, pomegranate extract, cherry extract, taurine, quercetin extract, astragalus membranaceus extract, riboflavin 5'-phosphate, (vitamin B2) pyridoxal 5-phosphate vitamin B6), thiamine mononitrate (vitamin B1), resveratrol, bromelain, L-selenomethionine, cholecalciferol (vitamin D), coenzyme Q10, sodium molybdate, raspberry fruit powder, anthocyanidin-rich aronia extract, astaxanthin-rich Haematococcus pluvialis powder, opc-rich grape seed extract, manganese gluconate, lutein- and zeaxanthin-rich Tagetes erecta extract, sodium borate, olive leaf extract, retinyl acetate (vitamin A), black currant fruit powder, chromium picolinate, D-biotin, (6S)-5-methyltetrahydrofolic acid - glucosamine salt, (MTHF - folic acid), methylcobalamin (vitamin B12).

*****Lactobacillus plantarum, Lactobacillus rhamnosus, Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus lactis, Bifidobacterium infantis, Lactobacillus bulgaricus, Lactobacillus casei, Lactobacillus delbrueckii, Lactobacillus brevis, Enterococcus faecium

1. *Folate, selenium, vitamin B6, vitamin B12, vitamin C and zinc contribute to the normal function of the immune system. // 2. Biotin, iodine, niacin, riboflavin, vitamin B6 and vitamin B12 contribute to normal functioning of the nervous system. // 3. Biotin, iodine, manganese, thiamine, riboflavin, niacin, pantothenic acid, vitamin B6 and vitamin B12 contribute to normal energy-yielding metabolism. // 4. Pantothenic acid contributes to normal mental performance.

COMPOSITION	6 CAPSULES / DAY	%NRV**
Vitamin B12 (methylcobalamin)	200.00 µg	8000
Thiamine (thiamine mononitrate)	25.00 mg	2.273
Riboflavin (riboflavin-5'-phosphate)	25.00 mg	1786
Pantothenic acid (calcium D-pantothenate)	100.00 mg	1667
Vitamin B6 (pyridoxal-5'-phosphate)	18.00 mg	1286
Vitamin D (cholecalciferol)	50.00 µg	1000****
Biotin (D-Biotin)	450.00 µg	900
Vitamin C (Camu-Camu)	500.00 mg	625
Niacin (nicotinamide)	100.00 mg NE	625
Vitamin K2 (MK-7)	200.00 µg	267
Vitamin E (D-alpha-tocopheryl acetate)	30.00 mg-TE	250
Folic acid (5-MTHF - methyltetrahydrofolate)	200.00 µg	100
Vitamin A (retinyl acetate)	300.00 µg RE	38****
Chromium (chromium picolinate)	74.00 µg	185
Selenium (L-selenomethionine)	100.00 µg	180
Zinc (zinc bisglycinate)	18.00 mg	180
Molybdenum (sodium molybdate)	62.00 µg	125
Iodine (kelp extract)	75.00 µg	50
Magnesium (magnesium citrate)	180.00 mg	48
Manganese (manganese gluconate)	1.00 mg	50
Boron (sodium borate)	1.00 mg	***
Taurine	50.00 mg	***
Quercetin	40.00 mg	***
Coenzyme Q10	15.00 mg	***
Reishi extract	250.00 mg	***
Blueberry extract	200.00 mg	***
Ginkgo biloba extract	60.00 mg	***
Ginger root extract	120.00 mg	***
Cranberry extract	100.00 mg	***
Lactobacterial strains with 50 billion CFU/g *****	75.00 mg	***
Ashwagandha extract	60.00 mg	***
Pomegranate extract	60.00 mg	***
Cherry extract	52.00 mg	***
Betaine (Betaine HCL)	50.00 mg	***
Barberry Berry Extract	100.00 mg	***
Astragalus membranaceus extract	40.00 mg	***
Bromelain	25.00 mg	***
Resveratrol	25.00 mg	***
Aronia fruit extract	15.00 mg	***

COMPOSITION	6 CAPSULES / DAY	%NRV**
Raspberry fruit powder	15.00 mg	***
OPC grape seed extract	12.00 mg	***
Olive leaf extract	6.20 mg	***
Blackcurrant powder	2.50 mg	***
Lutein	1.80 mg	***
Astaxanthin	750.00 µg	***
Zeaxanthin	225.00 µg	***

** Nutrient reference value for daily intake (EU Regulation No. 1169 / 2011)

*** No NRV specified

****Corresponds to 1000 I.U. (International Units)

Keto-Cracker

© 40 g • 7er Box (Alternatively also as 27 unit box) • Item no. 1004042
The 7 unit box contains 7 packs of 40 grams each with 4 slices of feel keto crackers.

Lower-carb crackers with over 80 % less carbohydrates than comparable products // High protein content (33 %) // High fibre content (13 %) // Crispy snack // No preservatives

feel keto crackers are not only a crunchy snack, but also offer a tasty alternative for all who follow a health-conscious diet. With their low carbohydrate content, these lower carb crackers are a real treat for people who want to keep an eye on this macronutrient. Made from a finely balanced blend of eggs, cheese, nuts, almonds and seeds, they are not only gluten-free, but also grain-free. This makes them an ideal snack for people with gluten allergies. feel keto crackers also contain no preservatives. All in all, they are a natural and healthy snack or alternative to bread.

INGREDIENTS

Cheese (from milk), eggs, almond powder, sunflower seed flour, chia seeds (*Salvia hispanica*), protein powder, shredded coconut, psyllium fibre, yeast, coconut oil, inulin, corn starch, salt, pepper, garlic powder, rosemary powder, peppers, raising agent: sodium bicarbonate, turmeric powder
May contain traces of sesame seeds.

Nutritional information / 100 g / 40 g Pack.

Energy (kJ/kcal)	2035/490	814/196
Fat (g)	33.00	13.20
– of which saturated fatty acids	14.00	5.70
Carbohydrates	8.00	3.20
– of which sugar	0.05	0.20
Fibre (g)	13.00	5.00
Protein (g)	34.00	13.60
Salt (g)	1.75	0.70

The 40 g pack contains four slices of keto crackers.



Contributes to the function of the heart¹ // Fish oil from 100 % wild fish caught in the Arctic // With vitamin D3 and vitamin E // 2.300 mg omega-3 per daily dose (1 tablespoon) // Pleasant lemon flavour

INGREDIENTS

Natural fish oil, olive oil, mixed tocopherols (vitamin E), cholecalciferol (vitamin D3), lemon oil

COMPOSITION 8 ml / DAY %NRV*

Vitamin E (tocopherol)	5.80 mg	48
Vitamin D3 (cholecalciferol)	20.00 µg	400***
Fish oil	6.10 g	**
Olive oil	1.10 g	**
Fatty acids		**
– Saturated fatty acids	1.78 g	**
– Monounsaturated fatty acids	2.21 g	**
– Polyunsaturated fatty acids	2.71 g	**
Omega-3 fatty acids	2300.00 mg	**
– of which EPA	1267.00 mg	**
– of which DHA	605.00 mg	**

* Nutrient reference value for daily intake (EU Regulation No. 1169 / 2011)

** No NRV specified

*** Corresponds to 800 IU (International Units)

Norsan Omega-3 Total Plus is a product combining the highest quality raw material with a careful blend of functional ingredients. The contained fish oil is extracted from 100 % wild fish caught in the Arctic. As all parts of the high-quality fish are processed, it provides over 50 different oils. The product contains 1267 mg EPA per daily dose.

The fish harvests are carefully selected according to the following criteria:

- Catch method, sustainability and catch area, extraction and purification of the fish oil
- Particularly beneficial analytical parameters such as TOTOX value, heavy metals and PCBs
- The olive oil has been selected especially in view of the high polyphenol content



© 250 ml • 1 month package • Item no. 1004001 • 1 x daily 8 ml (approx. 1 tablespoon)

Norsan Omega-3 Total Plus

Norsan Omega-3 Vegan Plus

e 150 ml • 1 month package • Item no. 1004002 • 1 x daily 8 ml (approx. 1 tablespoon)

2.000 mg of omega-3 per day + vitamin D3 // Vegan Plus with 50 % more content (monthly supply) // Low-pollution & environmentally friendly cultivation // For the maintenance of vision¹ and brain function² // To support a normal function of the heart³ // Pleasant lemon flavour

The unique combination of Norsan Omega-3 Vegan Plus consists of a highly-dosed vegetable algae oil and a cold-pressed olive oil from controlled organic cultivation acting as an antioxidant. Docosahexa-enoic acid (DHA) and eicosapentaenoic acid (EPA) jointly support a normal heart function.³ Additionally, docosahexaenoic acid (DHA) supports the vision¹ and brain function². The beneficial effect is obtained already with a daily intake of 250 mg of DHA and EPA. This product contains 609 mg EPA and 1158mg DHA and is therefore a perfect source of vegan omega-3 for all those wanting to stay away from animal-based food products.

INGREDIENTS

Algae oil (DHA- and EPA-rich oil from the microalgae Schizochytrium sp. (74%)), olive oil (23%), sunflower oil (2%), rosemary extract, anti-oxidants (tocopherols, ascorbyl palmitate), cholecalciferol (vitamin D3), natural lemon oil

COMPOSITION	5 ml / DAY	%NRV*
Algae oil	4100.00 mg	**
Olive oil	400.00 mg	**
– of which		
Saturated fatty acids	990.00 mg	**
Monounsaturated fatty acids	640.00 mg	**
Polyunsaturated fatty acids	2620.00 mg	**
Omega-3 fatty acids	2300.00 mg	**
– of which		
Eicosapentaenoic acid (EPA)	794.00 mg	**
Docosahexaenoic acid (DHA)	1462.00 mg	**
Vitamin D3	20.00 µg	400***

* Nutrient reference value for daily intake (EU Regulation No. 1169 / 2011)

** No NRV specified

*** Corresponds to 800 IU (International Units)



1. Contributes to the maintenance of normal vision (docosahexaenoic acid)*. // 2. Contributes to the maintenance of normal brain function (docosahexaenoic acid)*. // 3. Contribute to the normal function of the heart (eicosapentaenoic acid / docosahexaenoic acid)*. *A beneficial effect is obtained with a daily intake of 250 mg of DHA und EPA.

With effective microorganisms // With natural vitamin E // Free of aluminium // Sustainable packaging made of wood – free of microplastic // Free of preservatives, odourless – 100 % natural // From controlled organic cultivation

INGREDIENTS

Shea butter, potato starch, coconut oil, baking soda, beeswax, sunflower seed oil (contains natural vitamin E), probiotics (effective microorganisms)

The surface of our skin harbours bacteria which make up our natural skin flora. The probiotic deodorant from our partner company Sagitta contains effective microorganisms that modulate the skin flora. This product has been clinically tested and is also suitable for sensitive skin.



e 45 g • 6 month package • Item no. 5001000 • PZN 10045771

Apply a pea-sized amount thinly to your cleaned, dry skin; spread evenly and massage in over a wider area. Use up quickly once the container has been opened.

Sagitta Probiotic Deodorant

wowtamins Kids Complete

© 340 g = 120 fruit gums • 1 month package • Item no. 1004031

Children from four years daily 4 fruit gums. At three years, 3 fruit gums daily, at two years, 2 fruit gums daily.

The most complete and delicious nutritional supplement for children // Optimized for the needs between 2 and 9 years old // Based on German nutrition studies

wowtamins Kids Complete is a high-quality nutrient complex with iodine, selenium & zinc, an extra portion of sunshine vitamin D3 and the omega-3 fatty acids DHA & EPA from algae oil in child-friendly fruit gum form with four fruity flavors. The formula is based on German nutritional studies and optimized to meet the needs of children ages 2-9. The most complete and delicious nutritional supplement for your children. The formula is also free of preservatives, artificial colors and flavors and contains no gluten or lactose.

INGREDIENTS

Glucose syrup, sugar, 25% fruit juice from fruit juice concentrates (apple, sweet cherry, peach, strawberry), gelling agent: pectin, oil from microalgae Schizochytrium sp., L-ascorbic acid, cholecalciferol, zinc gluconate, D-alpha-tocopherol, menaquinone (vitamin K2 - MK7-all-trans), potassium iodide, nicotinamide, calcium D-pantothenate, sodium selenate, retinyl acetate, D-biotin, thiamine mononitrate, riboflavin, pyridoxal-5-phosphate, calcium L-methylfolate, methylcobalamin, coloring foods (concentrates of carrot, pumpkin, black carrot, spirulina, safflower), acidulants: Citric acid, acidity regulator: tripotassium citrate, natural flavors, glazing agent: carnauba wax

COMPOSITION	PER DAY*	DGE**	%NRV**
Vitamin D3 (cholecalciferol)	20.00 µg	100	400
Vitamin B12 (methylcobalamin)	2.00 µg	100	80
Folic acid (calcium L-methylfolate)	140.00 µg	100	70
Thiamine (thiamine mononitrate)	0.60 mg	86	55
Vitamin E (D-alpha-tocopherol)	6.00 mg α-TE	75	50
Pantothenic acid (calcium D-pantothenate)	3.00 mg	75	50
Vitamin B6 (pyridoxal-5'-phosphate)	0.60 mg	86	43
Riboflavin (Riboflavin)	0.60 mg	75	43
Vitamin C (L-ascorbic acid)	30.00 mg	100	38
Vitamin A (retinyl acetate)	200.00 µg	57	25
Niacin (nicotinamide)	4.00 mg NE	44	25
Vitamin K2 (MK-7-all-trans)	15.00 µg	75	20
Biotin (D-Biotin)	10.00 µg	40	20
Iodine (potassium iodide)	48.00 µg	40	32
Zinc (zinc gluconate)	1.60 mg	40	16
Selenium (sodium selenate)	8.00 µg	40	15
DHA (Omega-3 from the microalgae Schizochytrium sp.)	62.00 mg	****	****
EPA (Omega-3 from the microalgae Schizochytrium sp.)	38.00 mg	****	****

* 4 fruit gums per day

** DGE recommendation for children – based on 4 fruit gums. Recommendations / estimated values for adequate intake. German Nutrition Society (Deutsche Gesellschaft für Ernährung) (children from 4 to under 7). Version: 04/2022

*** Nutrient reference value for daily intake (EU Regulation No. 1169 / 2011)

****No NRV specified



The most complete and delicious nutritional supplement for children // Optimized for the needs between 2 and 9 years old // Based on German nutrition studies // Sugar-free variant of Kids Complete

INGREDIENTS

Sweetener: maltitol syrup, gelling agent: pectin, oil from the microalgae Schizochytrium sp., L-ascorbic acid, cholecalciferol, zinc gluconate, D-alpha-tocopherol, menaquinone (vitamin K2 - MK7-all-trans), potassium iodide, nicotinamide, calcium D-pantothenate, sodium selenate, retinyl acetate, D-biotin, thiamine mononitrate, riboflavin, pyridoxal-5-phosphate, calcium L-methylfolate, methylcobalamin, coloring foods (concentrates of carrot, pumpkin, black carrot, spirulina, safflower), acidulants: Citric acid, acidity regulator: tripotassium citrate, natural flavors, coating agent: carnauba wax

wowtamins Kids Complete zuckerfrei is a high-quality nutrient complex with iodine, selenium & zinc, an extra portion of sunshine vitamin D3 and the omega-3 fatty acids DHA & EPA from algae oil in child-friendly fruit gum form with four fruity flavors. The formula is based on German nutritional studies and optimized to meet the needs of children ages 2-9. The most complete and delicious nutritional supplement for your children. This formula is the sugar-free alternative to Kids Complete with the exact same nutrient levels. The formula is also free of preservatives, artificial colors and flavors and contains no gluten or lactose.

COMPOSITION	PER DAY*	DGE**	%NRV**
Vitamin D3 (cholecalciferol)	20.00 µg	100	400
Vitamin B12 (methylcobalamin)	2.00 µg	100	80
Folic acid (calcium L-methylfolate)	140.00 µg	100	70
Thiamine (thiamine mononitrate)	0.60 mg	86	55
Vitamin E (D-alpha-tocopherol)	6.00 mg α-TE	75	50
Pantothenic acid (calcium D-pantothenate)	3.00 mg	75	50
Vitamin B6 (pyridoxal-5'-phosphate)	0.60 mg	86	43
Riboflavin (Riboflavin)	0.60 mg	75	43
Vitamin C (L-ascorbic acid)	30.00 mg	100	38
Vitamin A (retinyl acetate)	200.00 µg	57	25
Niacin (nicotinamide)	4.00 mg NE	44	25
Vitamin K2 (MK-7-all-trans)	15.00 µg	75	20
Biotin (D-Biotin)	10.00 µg	40	20
Iodine (potassium iodide)	48.00 µg	40	32
Zinc (zinc gluconate)	1.60 mg	40	16
Selenium (sodium selenate)	8.00 µg	40	15
DHA (Omega-3 from the microalgae Schizochytrium sp.)	62.00 mg	****	****
EPA (Omega-3 from the microalgae Schizochytrium sp.)	38.00 mg	****	****

* 4 fruit gums per day

** DGE recommendation for children – based on 4 fruit gums. Recommendations / estimated values for adequate intake. German Nutrition Society (Deutsche Gesellschaft für Ernährung) (children from 4 to under 7). Version: 04/2022

*** Nutrient reference value for daily intake (EU Regulation No. 1169 / 2011)

****No NRV specified

sugar free



© 340 g = 120 fruit gums • 1 month package • Item no. 1004032

Children from four years daily 4 fruit gums. At three years, 3 fruit gums daily, at two years, 2 fruit gums daily.

wowtamins Kids Complete

ZeoBent MED® Detox Powder

© 120 g • 1 month package • Item no. 1004021 • Unless otherwise prescribed by your doctor, take as a course of treatment, e.g. 40 days, and slowly phase in: drink 1x daily 1/2 teaspoon (1g) powder ultrafine whisked in approx. 250 ml water with meals. If necessary, the application can be slowly increased to 2x daily, maximum 3x daily.

With the natural minerals zeolite and bentonite // Binds pollutants // To relieve the liver // Detoxifies the intestinal tract

ZeoBent MED®, a natural medical product, is a mixture of the indigestible, pollutant-binding natural minerals zeolite (clinoptilolite) and bentonite (montmorillonite). ZeoBent MED® combines the complementary effective properties of these two silicon-rich natural minerals. Natural clinoptilolite zeolite has a high selective adsorption capacity as well as molecular sieving functions against various substances, which is why it is suitable for detoxification.

INGREDIENTS

50% clinoptilolite zeolite ultrafine, 50% montmorillonite bentonite



Contributes to normal brain function¹ as the daily dose contains 700 mg of DHA // Helps maintain optimal omega 6:3 levels in the body // Contributes to normal functioning of the immune system² as the daily dose contains 20 µg of vitamin D3 // Supports healthy and normal function of the eyes³ due to the content of 700 mg DHA // Supports normal triglyceride levels⁴, blood pressure⁵, and normal blood calcium levels⁶

INGREDIENTS

Fish oils (from anchovies, mackerel, sardines), cold-pressed olive oil, extracts containing strong tocopherols (antioxidants), natural orange-lemon-mint flavor, vitamin D3 (cholecalciferol)

COMPOSITION	12 ml / DAY	%NRV*
Fish oil	6627.00 mg	**
– of which omega-3 fatty acids	2478.00 mg	**
– of which EPA	1283.00 mg	**
– of which DHA	683.00 mg	**
Olive oil	4092.00 mg	**
– of which fatty acids (omega-9)	3069.00 mg	**
– of which polyphenols	3.50 mg	**
Vitamin D3 (cholecalciferol)	20.00 µg	400***

* Nutrient reference value for daily intake (EU Regulation No. 1169 / 2011)
 ** No NRV specified
 *** Corresponds to 800 IU (International Units)

Zinzino BalanceOil+ is a distinctive range of all-natural polyphenol omega balance supplements. Based on our unique, scientific formulation, this high-quality, innovative blend of fish oil from small fish (wild-caught) and early-harvested extra virgin olive oil delivers large amounts of polyphenols for efficient and effective absorption and protection of blood lipids. It increases your omega-3 levels persistently, establishes a good ratio of omega-6 to omega-3 fatty acids and ensures healthy levels of cholesterol, heart⁷ and brain¹.



300 ml • 1 month package • Item no. 1003002 • 0.15 ml per kilo of body weight. Adjust the serving size according to body weight. Caution when taking blood thinners at the same time.

Zinzino Balance Oil+

1. DHA contributes to the maintenance of normal brain function. // 2. Vitamin D contributes to normal functioning of the immune system. // 3. DHA contributes to the maintenance of normal vision. // 4. DHA and EPA contribute to the maintenance of normal blood triglyceride levels. // 5. DHA and EPA contribute to the maintenance of normal blood pressure. // 6. Vitamin D contributes to normal blood calcium levels. // 7. EPA and DHA contribute to the maintenance of normal heart function.

Zinzino Balance Oil+ Premium

300 ml • 1 month package • Item no. 1003003 • 0.15 ml per kilo of body weight. Adjust the serving size according to body weight. Caution when taking blood thinners at the same time.

Contributes to normal brain¹ and heart² function as the daily dose contains 700 mg of DHA // Contributes to a normal immune system³ as the daily dose contains 20 µg of vitamin D3 // Helps maintain optimal levels of EPA and DHA in the body // Helps maintain optimal omega-6:3 levels in the body // Helps maintain polyphenol levels in the body to protect blood lipids from oxidative stress⁴

Zinzino BalanceOil+ Premium is an evolution of our all-natural Polyphenol Omega Balance dietary supplement. The exceptional and innovative blend uses R.E.V.O.O. oil and provides a powerful supply of polyphenols and various phytonutrients. Therefore, BalanceOil+ Premium enables more efficient and effective absorption and protection of blood lipids than ever before. At the same time, it leads to an increase in your omega-3 levels and a balanced ratio of omega-6 to omega-3, which has a positive effect on your cholesterol levels as well as on heart² and brain¹.

INGREDIENTS

Fish oils (from anchovies, mackerel, sardines), cold-pressed olive oil, mixed tocopherols (antioxidants), natural orange-lemon-mint flavor, vitamin D3 (cholecalciferol)

COMPOSITION	12 ml / DAY	%NRV*
Fish oil	6627.00 mg	**
– of which omega-3 fatty acids	2478.00 mg	**
– of which EPA	1283.00 mg	**
– of which DHA	683.00 mg	**
Olive oil	4092.00 mg	**
– of which fatty acids (omega-9)	3069.00 mg	**
– of which polyphenols	12.80 mg	**
Vitamin D3 (cholecalciferol)	20.00 µg	400***

* Nutrient reference value for daily intake (EU Regulation No. 1169 / 2011)

** No NRV specified

*** Corresponds to 800 IU (International Units)



1. DHA contributes to the maintenance of normal brain function. // 2. EPA and DHA contribute to the maintenance of normal heart function. // 3. Vitamin D contributes to normal functioning of the immune system. // 4. Polyphenols from olive oil contribute to the protection of blood lipids against oxidative stress.

Contributes to normal brain function¹ as the daily dose contains 1120 mg of DHA // Helps maintain optimal levels of EPA and DHA in the body // Supports healthy and normal function of the eyes² due to the content of 1150 mg DHA // Supports normal triglyceride levels³, normal blood pressure⁴, and normal blood calcium levels⁵ // Contributes to normal heart function⁶ as the daily dose contains 780 mg EPA and 1120 mg DHA

INGREDIENTS

Cold pressed olive oil, algae oil from microalgae Schizochytrium sp., refined Ahiflower® oil, flavor (natural lemon flavor), antioxidants (tocopherol rich extract), vitamin D3 (cholecalciferol from plant extract)

COMPOSITION	12 ml / DAY	%NRV*
Total Omega-3	3046.00 mg	**
Algae oil	3280.00 mg	**
– of which EPA	771.00 mg	**
– of which DHA	1123.00 mg	**
– of which DPA	180.00 mg	**
Ahiflower® oil	1518.00 mg	**
– of which SDA	288.00 mg	**
– of which ALA	683.00 mg	**
– of which GLA	95.00 mg	**
Olive oil	6250.00 mg	**
– of which omega-9	5141.00 mg	**
– of which polyphenols	5.30 mg	**
Vitamin D3 (Cholecalciferol)	20.00 µg	400***

* Nutrient reference value for daily intake (EU Regulation No. 1169 / 2011)

** No NRV specified

*** Corresponds to 800 IU (International Units)

A synergistic blend of marine microalgae oil rich in EPA, DHA and DPA, extranative olive oil from immature olives rich in oleic acid (OA) and polyphenols, Ahiflower® seed oil rich in SDA, ALA and GLA and vegan vitamin D3.

The Zinzino BalanceOil+ Vegan protects cells from deterioration (oxidation), adjusts your omega 6:3 ratio, supporting normal brain¹ and heart function⁶ and immune system⁷.



1. DHA contributes to the maintenance of normal brain function. // 2. DHA contributes to the maintenance of normal vision. // 3. DHA and EPA contribute to the maintenance of normal blood triglyceride levels. // 4. DHA and EPA contribute to the maintenance of normal blood pressure. // 5. Vitamin D contributes to normal blood calcium levels. // 6. EPA and DHA contribute to the maintenance of normal heart function. // 7. Vitamin D contributes to normal functioning of the immune system.

300 ml • 1 month package • Item no. 1003005 • 0.15 ml per kilo of body weight. Adjust the dosage according to body weight. Caution when taking blood thinners at the same time.

Zinzino Balance Oil+ Vegan

Zinzino Essent+ Premium

93 g = 60 soft gel capsules • 1 month package • Item no. 1003004
 1 softgel capsule per approx. 30 kg body weight. Adjust the dose according to body weight.
 Caution when taking blood thinners at the same time.



Contributes to normal heart function¹ // Contributes to normal brain function² // Helps maintain optimal omega-6:3 levels in the body // Contributes to normal immune system function³ // Supports healthy and normal function of the eyes⁴ due to the content of 600 mg DHA

A new era for omega supplements. Zinzino Essent+ Premium takes the range of all-natural supplements with polyphenol omega balance to a whole new level. The easy-to-digest softgel capsules restore fatty acid balance in the body, protect body fats from oxidation and support normal heart and brain function. Each capsule contains concentrated pure fish oil rich in the omega3 fatty acids EPA and DHA, as well as potent bioactive polyphenols from our proprietary extra virgin olive oil (R.E.V.O.O), olive extract and cocoa powder.

INGREDIENTS

Fish oils*, capsule shell (fish gelatin, glycerin), cold pressed extra-virgin olive oil, thickener (beeswax), cocoa powder, emulsifier (canola lecithin), olive extract (Olea europaea), vitamin D3 (cholecalciferol). *Origin: Non-EU

COMPOSITION	2 CAPSULES / DAY	%NRV*
Fish oil	1600.00 mg	**
– of which omega-3 fatty acids	1120.00 mg	**
– of which EPA	720.00 mg	**
– of which DHA	400.00 mg	**
Olive oil	340.00 mg	**
– of which oleic acid (omega-9)	255.00 mg	**
Polyphenols	18.30 mg	**
– of which hydroxytyrosol	5.80 mg	**
Squalene	1.30 mg	**
Vitamin D3 (cholecalciferol)	13.40 µg	268

* Nutrient reference value for daily intake (EU Regulation No. 1169 / 2011)

** No NRV specified



1. EPA und DHA tragen zur Erhaltung einer normalen Herzfunktion bei. // 2. DHA trägt zur Erhaltung einer normalen Gehirnfunktion bei. // 3. Vitamin D trägt zu einer normalen Funktion des Immunsystems bei. // 4. DHA trägt zur Erhaltung normaler Sehkraft bei.

User friendly dry blood self test // Measures 11 fatty acids in your blood // Gives information about your omega 6:3 balance

The test measures 11 fatty acids, including saturated, monounsaturated (omega-9) and polyunsaturated (omega-6 and omega-3) fatty acids. The individual fatty acid values are presented in the table and expressed as a percentage of the total fatty acids measured. For comparison in the table, the average range for each fatty acid (based on data obtained from a large group of balanced individuals) is presented as a target value. The following fatty acids are measured:

Palmitic acid	C16:0	saturated fatty acid
Stearic acid	C18:0	gesättigte Fettsäure
Oleic acid	C18:1	omega-9
linolenic acid	C18:2	omega-6
alpha-linolenic acid	C18:3	omega-3
gamma-linolenic acid	C18:3	omega-6
dihomogamma-linolenic acid	C20:3	omega-6
arachidonic acid (AA)	C20:4	omega-6
eicosapentaenoic acid (EPA)	C20:5	omega-3
docosapentaenoic acid (DPA)	C22:5	omega-3
docosahexenoic acid (DHA)	C22:6	omega-3

BalanceTest by Zinzino is a simple self-test for analyzing fatty acids in capillary blood taken from a fingertip using the Dried Blood Spot (DBS) method. It has been scientifically proven that a DBS test is as accurate as a venous blood sample for the analysis of fatty acids. All that is required is a few drops of blood from your fingertip on a Whatman® filter paper - a process that takes less than a minute.

For more information and detailed instructions go to www.mitocare.de.



Self-test for the analysis of fatty acids in the blood • Item no. 1003006

Zinzino Balance Test

PRODUCT INDEX

360 Cleanse.....	117	NEUROactive CL 07.....	73
360 Energy.....	118	NEUROnight CL 07.....	74
360 Tissue.....	119	NEUROtonin CL 07.....	75
360 Vital.....	120	NORSAN Omega-3 Total Plus CL 11.....	123
ADEK Vitamin Oil CL 01.....	31	NORSAN Omega-3 Vegan Plus CL 11.....	124
Amino Acids Day & Focus CL 10.....	92	Nucleotides Powder CL 06.....	68
Amino Acids Night & Recovery CL 10.....	93	Omega PL CL 11.....	99
Amino Acids Sports CL 10.....	94	ORTHObone CL 03.....	45
Antioxidants CL 05.....	58	ORTHOjoint CL 03.....	46
B-Vitamins & Trace Elements CL 01.....	32	ORTHOtendon CL 03.....	47
BIC* Immune CL 08.....	79	Phytobiosis CL 08.....	81
Dysbiosan CL 12.....	103	Phytobiosis Liquid CL 08.....	82
Chromium add-on.....	18	Phytobiosis Total CL 08.....	83
Copper add-on.....	20	Polyphenols CL 05.....	61
Essential Aminos CL 10.....	95	PQQ Total CL 04.....	54
Feel keto Crackers.....	122	Premium Minerals CL 09.....	88
Flora Balance CL 12.....	104	Premium Nucleotides CL 06.....	67
Flora Immune CL 12.....	105	Pure CL 13.....	115
Flora Stable CL 12.....	106	Redox Regulate CL 05.....	62
Flora Total CL 12.....	107	Sagitta Probiotic Deodorant.....	125
GLUCOstable CL 03.....	44	Selenium add-on.....	24
Gut Friend CL 12.....	108	Silent Immune CL 08.....	84
HAEMATOgen CL 02.....	39	TaGa Mix CL 12.....	109
HAEMATOzym CL 02.....	40	Vestibulocochlea CL 02.....	41
Hepar CL 13.....	113	Vitality Mushrooms CL 08.....	85
Immune Protocol CL 08.....	80	Vitamin B Complex CL 01.....	33
intelligene Diagnostic Tool.....	10	Vitamin C Complex CL 01.....	34
Iodine add-on.....	19	Vitamin D Regulate CL 09.....	89
LIPO Curcumin Booster CL 05.....	59	Total Vitamins CL 01.....	35
LIPO Glutathion Booster CL 13.....	114	wowtamins Kids Complete.....	126
Manganese add-on.....	21	wowtamins Kids Complete sugar free.....	127
Magnesium add-on.....	22	ZeoBent MED® Detox Powder.....	128
Melatonin add-on.....	23	Zinc add-on.....	25
Methylation Master CL 06.....	66	Zinzino Balance Oil+.....	129
MITO Booster CL 05.....	60	Zinzino Balance Oil+ Premium.....	130
mito drink.....	14	Zinzino Balance Oil+ vegan.....	131
Mitochondria Multi Complex CL 04.....	50	Zinzino Essent+ Premium.....	132
Mitochondria Formula Sports CL 04.....	52	Zinzino Balance Test.....	133
NEUROadapt CL 07.....	72		

OUR MITOcare TEAM IS AT YOUR SERVICE!

MITOcare GmbH & Co. KG
 Thalkirchnerstr. 210 | Gbd. 1
 81371 München, Deutschland
 Phone: +49 89 24 88 163-0
 Fax: +49 89 24 88 163-99
 info@mitocare.de
 www.mitocare.de

Our qualified team looks forward to assist you and is available as follows:

CUSTOMER SERVICE

Phone. +49 89 24 88 163-40
 Fax +49 89 24 88 163-99
 bestellung@mitocare.de
 Mon to Thu: 8:30h–17:00h | Fri: 8:30h–15:00h

PRODUCT EXPERTISE

Tel. +49 89 24 88 163-50
 willkommen@mitocare.de

ACADEMY

Tel. +49 89 24 88 163-444
 akademie@mitocare.de

You can find our MITOcare Store here:

Plinganserstrasse 38 | 81369 München
 store@mitocare.de

OPENING HOURS:

Mon to Thu: 9:00h–13:00h and 14:00h–17:30h
 Fri: 9:00h–13:00h and 13:30h–15:30h

We look forward to the personal exchange with you!



Scan the code
and discover
the universe of
micronutrients

Our associations & partners:



Olympiastützpunkt
Bayern



DGName

Deutsche Gesellschaft für Naturstoffmedizin,
funktionelle Medizin und Epigenetik