



# Arti-Aktiv

Proven combination of vitamin D and joint components.

Endogenous cartilage ingredients help the cartilage substance in joints and the spine during the continuous renewal. Vitamin D contributes to the normal absorption and utilization of calcium and phosphorus as well as the maintenance of normal bones. Chondroitin is a joint component with the ability to store water in the connective tissue – a positive effect with regard to the elasticity of the entire cartilage tissue. MSM balances the lack of sulphur in the organism. In the literature, this substance is even given an effect against inflammatory reactions, pain as well as the relief of symptoms caused by sport injuries. The articular surfaces of the body consist of a cartilage mass, which is kept smooth and intact by hyaluronic acid. White willow bark extract was finally mentioned in connection with rheumatoid arthritis already in the 12th century.

Ingredients: Vitamin D3, Glucosamin Hydrochloride, Chondroitin Sulphate, Methylsulfonylmethan, Curcuma (Curcuma Longa) Dry Extract, White Willow (Salix Alba) Extract, Hyaluronic Acid.



# Chernika Forte

Bilberry Forte with vitamins and zinc - a complex of vitamins for vision with bilberry anthocyanins, vitamins and zinc, necessary for daily maintenance of vision, especially with increased eye strain. Biologically active substances of bilberries (anthocyanins, organic acids, carotenes, pectin substances, trace elements), acting in combination with B vitamins, vitamin C, rutin and zinc:

help to relieve eye strain and preserve vision; protect eyes from fatigue and irritation; they help to improve the adaptation of vision in the dark and strengthen the walls of blood vessels, including the vessels of the fundus; they have a positive effect on the functional state of the visual organs associated with the deficiency of vitamins and trace elements. Bilberry Anthocyanins stimulate the synthesis and natural renewal of the visual pigment rhodopsin, helping to increase visual acuity, improve adaptation to darkness and low-light conditions. This accelerates the process of natural retinal renewal and reduces eye fatigue from prolonged work.

A complex of bilberry bioflavonoids and rutin with vitamin C helps to strengthen the vascular wall, improve blood supply to the eyes and maintain normal intraocular pressure.

A complex of b vitamins is necessary for normal metabolic processes in the eye tissues.

Vitamin B1 increases visual performance, while its lack causes muscle weakness, including eye tissue. When vitamin B2 is deficient, there is redness of the eyes, a burning sensation in the eyes and eyelids. If you are deficient in vitamin B6, you may experience increased eye strain and twitching.

Zinc is essential for the formation of the main visual pigment rhodopsin and for conducting light signals through the retina, so it protects the eyes from structural changes caused by bright light, UV radiation, or other types of oxidative stress. Structural changes in the retina and reduced color perception are associated with zinc deficiency in the body.

INGREDIENTS:

microcrystalline cellulose (carrier), zinc lactate, ascorbic acid; film coating components (food additives): hydroxypropylmethylcellulose (thickener), polyethylene glycol (Glazer), titanium dioxide, Carmine and iron oxide (dyes); rutin, bilberry extract, vegetable calcium stearate and amorphous silicon dioxide (anti-caking agents), pyridoxine hydrochloride, Riboflavin, thiamine hydrochloride

#### METHOD OF APPLICATION:

Adults and children from the age of 14 take 2 tablets 2 times a day during a meal, children from 7 to 14 years old take 3 tablets a day, children from 3 to 7 years old take 1 tablet 2 times a day. The duration of administration is 2-4 months. A 10-day break is allowed.

#### Contraindications

Individual intolerance to the components, pregnancy, breast-feeding. Consult your doctor before use.

Shelf life: 3 years

#### Ingredients

4 tablets for adults and children from the age of 14

3 tablets for children 7-14 years old

2 tablets for children 7-14 years old

Zinc, not less

15 mg

100%

11 mg

100,00%

7,5 mg

94%

Vitamin C, not less

50 mg

83%

37,5 mg

63%

25 mg

50%

Vitamin P (rutin), not less

10 mg

33%

7,5mg

—1

5 mg

—1

anthocyanins (from bilberry), not less

2 mg

4%

1,5 mg

—1

1 mg

—1

Vitamin B6 (pyridoxine), not less

2 mg

100%

1,5 mg

100%

1 mg

83%

Vitamin B2 (Riboflavin), not less

2 mg  
125%2  
1,5 mg  
125%2  
1mg  
100%  
Vitamin B1 (thiamine), not less  
1,5 mg  
107%2  
1,13 mg  
102%2  
0,75mg  
83%



# Chernika Lutein

Bilberries Forte with lutein contains anthocyanins, vitamins and zinc, which are necessary for daily vision maintenance, especially with increased eye strain, and is also additionally enhanced with lutein, a carotenoid that performs a protective function for the retina.

The retina is the tissue of the eye, which is made up of light-sensitive cells and nerve fibers, and excess light can cause it to change structurally. The eye has a reliable system of protection against the risk of photo-damage, the main component of which is lutein.

The higher the density of lutein in the retina, the lower the risk of changes. Reduced protective function due to a lack of lutein in food leads to depletion of the retinal pigment layer, which can lead to reduced vision. Today, this is the most common cause of vision problems in people over 60 years of age. Lutein plays an important role in preventing structural changes in the eyes.

Bilberry anthocyanins stimulate the synthesis and natural renewal of the visual pigment rhodopsin, helping to increase visual acuity, improve adaptation to darkness and low-light conditions. This accelerates the process of natural retinal renewal and reduces eye fatigue from prolonged work.

A complex of bilberry bioflavonoids and rutin with vitamin C helps to strengthen the vascular wall, improve blood supply to the eyes and maintain normal intraocular pressure.

A complex of B vitamins is necessary for normal metabolic processes in the eye tissues. Vitamin B1 increases visual performance, while its lack causes muscle weakness, including eye tissue. When vitamin B2 is deficient, there is redness of the eyes, a burning sensation in the eyes and eyelids. If you are deficient in vitamin B6, you may experience increased eye strain and twitching.

Zinc is essential for the formation of the main visual pigment rhodopsin and for conducting light signals through the retina, so it protects the eyes from structural changes caused by bright light, UV radiation, or other types of oxidative stress. Structural changes in the retina and reduced color perception are associated with zinc deficiency in the body.

Lutein and zeaxanthin formed from it in the eye tissues are the main components of the shielding and antioxidant system for protecting the eye from the negative effects of light flux and especially its most aggressive part — ultraviolet radiation.

Bilberry Forte with lutein contains the entire complex of Bilberry Forte with vitamins and zinc, additionally enhanced with lutein-carotenoid, which performs a protective function for the retina.

#### INGREDIENTS:

microcrystalline cellulose (filler), ascorbic acid; film coating components (food additives): hydroxypropylmethylcellulose (thickener), polyethylene glycol (Glazer), titanium dioxide, Carmine and iron oxide (colorants); zinc oxide, vegetable calcium stearate and amorphous silicon dioxide (anti-tracking agents), rutin, lutein (marigold extract), bilberry extract, pyridoxine hydrochloride, thiamine hydrochloride, Riboflavin

#### METHOD OF APPLICATION:

Adults and children over 14 years of age 2 tablets 2 times a day with meals, children from 7 to 14 years of age 3 tablets a day, children from 3 to 7 years of age 1 tablet 2 times a day. The duration of admission is 2-4 months. A 10-day break is allowed.

#### Contraindications

Individual intolerance to the components. Consult your doctor before use.

Shelf life: 3 years.

#### Ingredients

4 tablets for adults and children over 14 years old

3 tablets for children 7-14 years old

2 tablets for children 7-14 years old

Vitamin C, not less

70 mg

117%<sup>2</sup>

52,5 mg

87,50%

35 mg

70%

Zinc, not less

15 mg

100%

11 mg

100%

7,5 mg

94%

Vitamin P (rutin), not less

10 mg

33%

7,5 mg

—<sup>1</sup>

5 mg

—<sup>1</sup>

Lutein (from marigolds), not less

0,5 mg

10%

0,375 mg

0,25 mg

—<sup>1</sup>

anthocyanins (from bilberry), not less

2 mg

4%

1,5 mg

—<sup>1</sup>

1 mg

—<sup>1</sup>

Vitamin B6 (pyridoxine), not less

2 mg  
 100%  
 1,5 mg  
 100%  
 1 mg  
 83%  
 Vitamin B2 (Riboflavin), not less  
 1,8 mg  
 113%<sup>2</sup>  
 1,35 mg  
 113%<sup>2</sup>  
 0,9 mg  
 90%  
 Vitamin B1 (thiamine), not less  
 1,5 mg  
 107%<sup>2</sup>  
 1,13 mg  
 102%  
 0,75 mg  
 83%



## Fitolax®

Natural well-being.

Apricots are not only delicious, they are also very basic and ensure a natural balance of our "overacidified" civilization food. The anthrones occurring in apricots stimulate the peristalsis of the intestinal wall by slight irritation, and inhibit the absorption of fluid, thus contributing to an accelerated bowel emptying and improved intestinal passage. Senna leaves and ribgrass also have a slightly laxative effect and help against obstipation when used for short period.

Ingredients: Apricot Powder (*Prunus Armeniaca*), Senna Leaves Extract (*Cassia Angustifolia*), Ribgrass Extract (*Plantago Lanceolata*), Dill Extract (*Anethum Graveolens*)



## Garcinia Forte

Weight management

Garcinia supports your weight management; Vitamin C contributes to a normal metabolism and Fucus contributes to reduce weight.

The tropical fruit Garcinia Cambogia, also known as the Malabar tamarind from South-East Asia contains plenty of Calcium, Phosphorus, Thiamine, Niacin and Riboflavin.

Scientific studies show that contained in Garcinia Hydroxycitric Acid promotes weight loss.

Garcinia Forte by "EVALAR" supports the balance of your weight, in addition to this, Fucus helps to reduce your body weight, and vitamin C normalizes metabolism and energy.

Ingredients: Vitamin C, Vitamin B6, Chromium, Garcinia extract (thereof 50% of Hydroxycitric acid), Fucus extract



# Haar Vital

Food supplement with a proven combination of hair components

Biotin and zinc help to preserve healthy hair. In addition, zinc supports the preservation of normal nails.

The scalp is a sensitive area of our body, so the structure of the scalp is important for the appearance and health of our hair.

In this case, special attention should be paid to the supply of this nutrient medium to obtain strong and healthy hair roots, as hair problems arise already in the scalp. The triggering mechanisms of problem hair are heredity, stress, smoking or lack of sleep. Careful selection of nutrients helps to strengthen the scalp and hair, as well as improve the resistance of the hair roots against internal and external negative factors, increase hair density and effectively prevent hair loss.

Ingredients: Biotin, Zinc, Taurine, L-cystine, Horsetail extract Beer yeast autolyzate



# Hepatrin™

DTX balance.

Vitamin E helps to protect the cells against oxidative stress. Vitamin B2 contributes to the maintenance of normal red blood cells.

As the largest gland of the body, the liver is the central organ of our metabolism. Her tasks are the production of vital proteins, the utilization of food ingredients, the production of bile and thus the degradation and elimination of metabolic products, medicines and toxins. No or low alcohol consumption helps to relieve our liver, as well as avoiding greasy food. Also regular movement supports the permanent hard work of this important organ. Nature also helps us: vitamin E helps to protect the cells against oxidative stress, vitamin B2 contributes to the maintenance of normal red blood cells. The Marian thistle with the active ingredient complex Silymarin, which is spread mainly in the Mediterranean, is said to be protective, liver-boosting and detoxifying and stimulates the bile flow. In the time of Charlemagne, the greater burdock was mentioned as a useful plant due to its antioxidant effects, the roots of which were often

eaten as vegetables during the Middle Ages.

Ingredients: Vitamin E, Vitamin B6, Vitamin B2, Vitamin B1, Marian Thistle (Silybum Marianum) Dry Extract, Silymarin, Phospholipide, Green Tea (Camellia Sinensis) Extract, Greater Burdock (Arctium Lappa) Dry Extract.



# MigStress

Anti – stress formula.

Healthy sleep and stress relief.

Experts warn against underestimating the risk of stress. Stress puts a strain on the body from the inside and robs forces. The result: anxiety can develop up to paranoia, slight irritability, often increased aggression, which reduces the body's defences. That is why it is important to recognize first signs of stress as quickly as possible, do not let them develop and express themselves. MigStress is a combination of proven components – passion flower extract and black bean seeds as well as glycine. For the intake of MigStress lozenges you do not need water.

Ingredients: Passion Flower Extract, Vitexin, Black Bean Seeds (Griffonia Simplicifolia), L-5-Hydroxytryptophan.



# Milk Thistle Extract

Liver in balance

Supports liver and heart function.

Milk Thistle supports the liver and heart. As a so-called hepatoprotectors this well-known plant helps in regeneration of the liver and supports its physiological cleansing function. The digestive function of the liver – gallbladder system is improved by the action of plant components.

Ingredients: Milk Thistle including Silymarin





# Mineral Calcium Mumijo+D3

The Altai Bone Formula Calcium and vitamin D are required to maintain healthy bones and teeth. MINERAL CALCIUM MUMIJO +D3 covers 100% of daily calcium and vitamin D3 demands. It is worth noting the importance of the presence of additives in the form of Mumijo in this product. Mumijo is a natural product known in Central Asian traditional medicine for many centuries. Mumijo consists of more than 30 macro-and microelements, also improving the absorption of calcium in the body. Calcium and vitamin D utilization in the optimization of bone health is often overlooked by patients and health care providers. In addition, the optimal standard of care for osteoporosis should encompass adequate calcium and vitamin D intake. Ingredients: Vitamin D3, Calcium, Mumijo



# Mumiyo Evalar

Oil of mountains.

100% pure Altaic mumijo, prepared according to the original technology making it possible to maximally preserve active ingredients: vitamins, amino acids and more than 30 micro- and macronutrients with high bioavailability.

Ingredients: Purified Mumijo.





# Pustyrnik Forte

Mental well-being.

Magnesium and vitamin B6 contribute to the normal psychic function, with melissa and motherwort!

Melissa (*Melissa officinalis*) is one of the oldest medicinal plants in Europe. Many studies have shown that this fragrant plant has a variety of properties that can enhance your wellbeing. The calming effect of the melissa encourages the ability to act in a targeted and structured way even in stressful situations. The dry extract of the leaves also supports the stomach function and together with other calming substances such as magnesium, motherwort and vitamin B6 relieves your nervous stress.

Ingredients: Magnesium, Dry Extract of Melissa (*Melissa Officinalis*) Leaves, L-Theanin, Dry Extract of Motherwort (*Leonurus Cardiaca*), Vitamin B6.



# Trifolium Komplex

Red clover extract.

Trifolium-complex is a food supplement with a proven combination of isoflavones (phytoestrogens) from red clover and vitamins.

If the female body is in the course of the hormonal changeover, plant substances can also help very well to overcome the menopause. Along with a lifestyle change – too little exercise and overweight cause already many complaints. At the beginning is a healthy lifestyle, then plants can often help and only when all this is not enough, hormones should be used. Men, too, can benefit from the versatile qualities of the red clover, yet it has anti-inflammatory and blood-purifying effects, improves blood circulation and lowers cholesterol.

Ingredients: Vitamin C, Niacin, Rutin, Red Clover Extract, Extract from Whitethorn Blossoms and Leaves.



# Troychatka

With a proven gastrointestinal formula

Cloves promote healthy digestion, wormherb blossoms support a healthy digestive tract

Parasites enter the human body in different ways and can survive in organs and systems - in the digestive tract, in muscle tissue, even in the brain, in the eye - anywhere. Troychatka is a proven combination of natural herbal ingredients that support the body against parasites. The developed complex of extracts out of three herbs provide unfavorable conditions for the life of such uninvited "guests". The contained herbal bitter substances contributes to remove them and side products of their vital functions within the body. The bitter herbs used are deadly to parasites, but harmless to us humans.

Ingredients: Cloves (clove oil), Tansy flowers, Tansy dry extract, Aspen bark dry extract