



# Arti-Aktiv

Chondroitin sulfate and glucosamine hydrochloride, 500 mg each, for natural regeneration of joint and spine cartilaginous tissue, joint mobility and flexibility improvement. Bargain price compared to analogs

Description The articular cartilage is a natural buffer that softens all our movements, jolts, jerks, bumps.

The wear and regeneration of the cartilage interlayer are natural processes in the body. Increased stress on joints (sports, excessive weight), unhealthy diet and the genetic individualities of joint structures – all this can lead to the retardation of cartilaginous tissue regeneration. And if the cartilage tissue layer becomes thinner, motion discomfort appears, joints and back begin to disturb you. All this suggests that the food does not provide the necessary amount of nutrients – chondroprotectors – necessary for cartilage tissue formation and regeneration.

Chondroitin and glucosamine are perhaps some of the most popular combined chondroprotectors for maintaining cartilage tissue in health. They are structural elements of the cartilage itself and are necessary for the formation of cartilage tissue cells and its natural regeneration.

Active ingredients of Chonda Forte Evalar

The Chonda Forte complex nourishes cartilage tissue, promotes its natural regeneration, the improvement of the structural state of the joints and spine, maintains their functional capacity. Chondroitin sulfate sodium maintains the functional capacity of joints and decreases motion discomfort. It protects the cartilage and has the property of sustaining the natural regeneration of cartilage tissue.

Glucosamine hydrochloride is the natural component that provides protection for cartilage tissue cells, stimulates collagen production, it is a structural component of sinews, synovial fluid, connective tissue, skin and bones.

The addition of white willow bark extract and burdock root extract in the composition of Chonda Forte further promotes maintaining the functional state of cartilage tissue and salt and water metabolism.

The regular intake of sufficient amounts of chondroitin and glucosamine, contained in the Chonda Forte complex, promotes the normal processes of the natural regeneration of cartilage tissue and the improvement of joints and spine functional state.

Since glucosamine and chondroitin are natural substances that humans are supposed to get from food, there are no adverse effects due to their long-term and regular intake, while the results obtained may remain long after the end of intake.

Chonda Forte Evalar - Dietary supplement. Not a pharmaceutical product.

Method of Administration Recommendations for the use: For adults – 1-2 tablets a day with food. Period of administration – minimum 1 month. Recommended course - 3-6 months.

Contraindications: Personal intolerance to the components, pregnancy, breast-feeding.

Consultation with a doctor is recommended before use.

Composition Glucosamine hydrochloride 500 mg. Chondroitin sulfate sodium 500 mg. White willow bark extract 50 mg. Burdock root extract 50 mg. Excipients: microcellulose, talc, aerosil, magnesium stearate

Quantity of Useful Substances      Quantity in 2 tablets (daily dose) and % of recommended daily intake level (adequate level)

Chondroitin sulfate sodium

1,000 mg (900-1150 mg)

166.6%\*

Glucosamine hydrochloride

1,000 mg (900-1150 mg)

142.8%\*

White willow bark extract

60 mg

Burdock root extract

60 mg

\* Does not exceed the upper allowable intake level.

Shelf Life Shelf life - 3 years. Expiry 10.2023.

Manufacturer Evalar, RUSSIA



# Bergcalcium Mumijo + D3

The combination of calcium, vitamin D3 and Altai mumijo in 1 tablet 100% makes up for calcium deficiency.

Active ingredient: calcium, mumijo, vitamin D3

Product targets: For men, Bone tissue strengthening, For women

Description Calcium is like a “difficult child” in the family of microelements. Its absorption requires a lot of additional efforts. One of them is vitamin D3 presence, and what is more — the presence of microelements: manganese, copper, boron, phosphorus, zinc, silicon etc. Mountain calcium D3 with mumijo fully meets these requirements.

Evalar’s mountain calcium 100% satisfies the daily requirement of both calcium and vitamin D3.

Mumijo in the composition of Mountain Calcium contains over 30 macro- and microelements, which promotes better calcium absorption in the body. Mumijo is a natural catalyst (accelerator) of calcium delivery to bone tissue; it improves the mineral composition and structure of bone tissue. That is why Mountain Calcium D3, coupled with mumijo in one tablet, promotes a better absorption of calcium, the maintenance of its metabolism, the regeneration of bone tissue during fractures.

Calcium plays an important role in the body: it is especially needed for tooth and bone formation, preventing structural changes of bone tissue and its natural regeneration, as well as for maintaining skin, hair and nail health. First of all, one must bear in mind that bone mass accumulation (bone solidity increase) takes place until 30 years of age. Specialists recommend doing everything to have the maximal bone mass by the age of 30 (it requires sufficient level of calcium and vitamin D in the diet, exposure to the sun, adequate amount of physical activity).

One should also keep in mind that bone mass and solidity begin to decrease after the age of 40. This process dramatically accelerates in women after the onset of menopause. It is found that after 40 women lose 35-50% of their bone mass and men — 15-20%, that is why elderly people in particular require additional calcium intake. Calcium plays a significant role in the function of cardiovascular and immune systems.

In case of insufficient calcium intake from food, the body replenishes it from bone mass and there is a risk of developing many diseases, therefore it is important for health to ensure the daily reference intake of calcium.

The rich complex of microelements in mumijo helps to improve the structure of bone tissue

and has a positive effect on the biological regulation of its natural regeneration.

Mountain calcium with mumiyo is a dietary supplement. Not a pharmaceutical product.

Method of Administration For adults - 2 tablets 2 times a day with food, and with water.

Period of administration — minimum 1 month.

Contraindications: Personal intolerance to the components, pregnancy, breast-feeding.

Consultation with a doctor is recommended before use.

Composition calcium carbonate, mumiyo, sorbitol (carrier), maltodextrin (thickening agent), croscarmellose and microcrystalline cellulose (carrier), calcium stearate (anti-caking agent), menaquinone-7 (vitamin K<sub>2</sub>), cholecalciferol (vitamin D<sub>3</sub>).

Quantity of Useful Substances Quantity in 4 tablets (daily dose) and % of recommended daily intake level (adequate level)

Calcium, not less than

1,000 mg

100%

Mumiyo

148 mg

—

Vitamin D, not less than

5 µg (200 IU)

100%

Product form: Tablets

Shelf Life Shelf life - 3 years. Expiry 09.2023.

Manufacturer Evalar, RUSSIA

Product form: Tablets



# Chernika forte

Vitamin complex for vision

Description Billberry-forte with vitamins and zinc is a vitamin complex for vision with billberry anthocyanins, vitamins and zinc for daily vision support, especially when there is extra strain on the eyes. The bioactive substances of billberry (anthocyanins, organic acids, carotenes, pectic substances, microelements) acting along with B-group vitamins, vitamin N, rutin and zinc:

promote eye stress relief and vision preservation;

protect the eyes from fatigue and irritation;

improve vision adaptation in the dark and strengthen the walls of blood vessels, including the fundus;

have a positive impact on the visual organs functional state linked with the deficiency of vitamins and microelements.

How do the components work? Billberry anthocyanins stimulate the synthesis and natural regeneration of the visual pigment rhodopsin, helping to increase visual acuity, improve adaptation to the dark and low light conditions. This accelerates the process of natural retinal regeneration and reduces eye fatigue from extensive work.

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

Group-B vitamin complex is necessary for normal metabolic processes in the eye tissues.

Vitamin B1 increases visual performance, whereas its deficiency causes muscle weakness, including in the eye tissues. Vitamin B2 deficiency leads to red eyes, a burning sensation in

the eyes and eyelids. If there is a vitamin B6 deficiency, there may be increased eye strain and twitching.

Zinc is essential for the formation of the main visual pigment rhodopsin and carrying of 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. Zinc deficiency in the body is associated with the structural changes in the retina and decreased color perception.

Billberry-forte Evalar- Dietary supplement. Not a pharmaceutical product.

Method of Administration For adults and children over 14 years of age - 2 tablets 2 times a day with food, for children 7-14 years of age - 3 tablets a day, for children 3-7 years of age - 1 tablet 2 times a day. Period of administration - 2-4 months. A 10-day break is allowed.

Contraindications Personal intolerance to the components, pregnancy, breast-feeding.

Consultation with a doctor is recommended before use.

Composition microcrystalline cellulose (carrier), zinc lactate, ascorbic acid; film coating components (food additives): hydroxypropyl methylcellulose (thickening agent), polyethyleneglycol (glazing agent), titanium dioxide, carmine and iron oxide (colorings); rutin, bilberry extract, vegetable calcium stearate and amorphous silica (anti-caking agents), pyridoxin hydrochloride, riboflavin, thiamine hydrochloride

Quantity of Useful Substances Quantity in daily dose and % of recommended daily intake level (adequate level)

Component name

In 4 tablets for adults and children over 14 years of age

In 3 tablets for children 7-14 years of age

In 2 tablets for children 3-7 years of age

Zinc, not less than

15 mg

100%

11 mg

100%

7.5 mg

94%

Vitamin C, not less than

50 mg

83%

37.5 mg

62.5%

25 mg

50%

Vitamin P (rutin), not less than

10 mg

33%

7.5mg

—1

5 mg

—1

Anthocyanins (from bilberry), not less than

2 mg

4%

1.5 mg

—1

1 mg

Vitamin B6(pyridoxin), not less than

2 mg

100%

1.5 mg

100%

1 mg

83%

Vitamin B2(riboflavin), not less than

2 mg

125%<sup>2</sup>

1.5 mg

125%<sup>2</sup>

1mg

100%

Vitamin B1(thiamine), not less than

1.5 mg

107%<sup>2</sup>

1.13 mg

102%<sup>2</sup>

0.75mg

1 Recommended daily intake for children is not established 2 Does not exceed the upper allowable intake level

Shelf Life Shelf life - 3 years. Expiry 07.2023.

Manufacturer Evalar, RUSSIA



# Chernika Lutein

Vitamin complex for vision with bilberry anthocyanins, vitamins and zinc, enhanced with lutein for the daily vision support of the whole family: for adults, schoolchildren and even children from the age of 3

Description Billberry FORTE with Lutein contains bilberry anthocyanins, vitamins and zinc, necessary for daily vision support, especially when there is extra strain on the eyes, and additionally enhanced with lutein – a carotenoid that protects the eye's retina. The retina is the tissue of the eye consisting of light-sensitive cells and nerve fibers. Excessive light can lead to its structural change. The eye has a strong defense system against the risk of photodamage, the main component of which is lutein. The higher the density of lutein in the retina is, the lower is the risk of changes in it. Reduced protective function due to the lack of lutein in the diet leads to retinal pigmented layer depletion, which can lead to visual impairment. Today this is the most common cause of vision problems in people over the age

of 60. Lutein plays an important role in the prevention of structural changes in the eye. How do the ingredients of Billberry FORTE with Lutein work? Blueberry anthocyanins stimulate the synthesis and natural regeneration of the visual pigment rhodopsin, helping to increase visual acuity, improve adaptation to dark and low light conditions. This accelerates the process of natural retinal regeneration and reduces eye fatigue from extensive work. The complex of bioflavonoids of billberry and rutin with vitamin C helps to strengthen the vascular wall, improve blood supply to the eyes and maintain normal intraocular pressure. Group-B vitamin complex is necessary for normal metabolic processes in the eye tissues. Vitamin B1 increases visual performance, whereas its deficiency causes muscle weakness, including in the eye tissues. Vitamin B2 deficiency leads to red eyes, burning sensation in the eyes and eyelids. If there is a vitamin B6 deficiency, there may be increased eye strain and twitching. Zinc is essential for the formation of the main visual pigment rhodopsin and carrying of 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. Zinc deficiency in the body is associated with the structural changes in the retina and decreased color perception. Lutein and zeaxanthin that is formed from it in the eye tissues are the main components of the shielding and antioxidant system protecting the eye from the negative effects of light output and especially its most aggressive part - ultraviolet radiation. Billberry FORTE with Lutein contains the whole complex of Billberry-forTE with vitamins and zinc, which is additionally enhanced with lutein – a carotenoid that protects the eye retina. Billberry FORTE with Lutein - Dietary supplement. Not a pharmaceutical product.

**Method of Administration** For adults and children over 14 years of age - 2 tablets 2 times a day with food, for children 7-14 years of age - 3 tablets a day, for children 3-7 years of age - 1 tablet 2 times a day. Period of administration - 2-4 months. A 10-day break is allowed.

**Contraindications** Personal intolerance to the components. Consultation with a doctor is recommended before use.

**Composition** microcrystalline cellulose (carrier), ascorbic acid; film coating components (food additives): hydroxypropyl methylcellulose (thickening agent), polyethyleneglycol (glazing agent), titanium dioxide, carmine and iron oxide; zinc oxide, vegetable calcium stearate and amorphous silica (anti-caking agents), rutin, lutein (marigold extract), billberry extract, pyridoxin hydrochloride, thiamine hydrochloride, riboflavin

**Quantity of Useful Substances** Quantity in daily dose and % of recommended daily intake level (adequate level)

**Component name**

In 4 tablets for adults and children over 14 years of age

In 3 tablets for children 7-14 years of age

In 2 tablets for children 3-7 years of age [1][2]

Vitamin C, not less than

70 mg

117%<sup>2</sup>

52.5 mg

87.5%

35 mg

70%

Zinc, not less than

15 mg

100%

11 mg

100%

7.5 mg

94%

Vitamin P (rutin), not less than

10 mg

33%

7.5 mg

—1

5 mg

—1

Lutein (from marigolds), not less than

0.5 mg

10%

0.375 mg

0.25 mg

—1

Anthocyanins (from bilberry), not less than

2 mg

4%

1.5 mg

—1

1 mg

—1

Vitamin B6 (pyridoxin), not less than

2 mg

100%

1.5 mg

100%

1 mg

83%

Vitamin B2 (riboflavin), not less than

1.8 mg

113%<sup>2</sup>

1.35 mg

113%<sup>2</sup>

0.9 mg

90%

Vitamin B1 (thiamine), not less than

1.5 mg

107%<sup>2</sup>

1.13 mg

102%

0.75 mg

83%

<sup>1</sup>Recommended daily intake for children is not established

<sup>2</sup>Does not exceed the upper allowable intake level

Shelf Life Shelf life - 3 years. Expiry 12.2023.

Manufacturer Evalar, RUSSIA

# Fitolax®

Laxative remedy on fruit basis. It's not required to take chewing tables with water. Practical and effective

Active ingredient: apricot powder, senna, plantain extract, dill extract

Product targets: For men, For digestive tract and intestinal microflora, For detox and laxation, For women

Description Intestinal dysfunction accompanied by stool retention is a problem that almost everyone faces to one extent or another. It is most often associated with impaired peristalsis (intestinal motility). The causes of such a disorder are malnutrition and emotional overload and other, and the consequences are impairment of the intestine's evacuation function, slagginess and intoxication, which may lead to body poisoning.

Chewable tables Fitolax is a fruit-based dietary supplement. The combination of fruit and herbs in one tablet renders natural assistance to the intestine.

The gentle laxative Fitolax acts overnight. Fitolax in the evening – result in the morning.<sup>1</sup>Such an intake regimen is convenient and coincides with the body's natural biorhythms.

Fitolax fruit chewing tablets have pleasant taste, do not to be taken with water and are easy to administer in any situation.

Quality assurance: production in compliance with the international GMP<sup>2</sup>standards. Fitolax is also produced in the form of chocolate, tea, a fruit bar and beverage concentrate with nice taste and smell that can be added to any drinks.

Dietary supplement. Not a pharmaceutical product.

<sup>1</sup>In 6-8 hours after administration. <sup>2</sup>GMP Certificate No. N0170889 - 03, NSF International (USA). Method of Administration Instruction for the use of Fitolax chewing tablets For adults and children over 14 years of age - 2 tablets in the evening with food. The tablets should be chewed. The laxative effect is achieved in 8-12 hours. If necessary, the single dose may be increased to 4 tablets. Period of administration - 2 weeks. If necessary, the course of administration may be repeated.

Contraindications Personal intolerance to the components, pregnancy, breast-feeding. Consultation with a doctor is recommended before use.

Composition apricot powder, senna extract, fructose (sweetening agent), microcrystalline cellulose (carrier), amorphous silica (anti-caking agent), plantain extract, vegetable calcium stearate (anti-caking agent), croscarmellose (carrier), natural flavoring "Strawberry", dill extract

Quantity of Useful Substances Quantity in 2 tablets (daily dose) and % of recommended daily intake level (adequate level)

Apricot powder

340 mg

—

Senna extract including anthracene derivatives calculated as chrysophanic acid, not less than

210 mg 16.8 mg

168 %<sup>3</sup>

Plantain extract

15 mg

—

Dill extract

0.2 mg

—

<sup>3</sup>Does not exceed the upper allowable intake level

Product form:chewing tablets



Shelf Life Shelf life - 3 years. Expiry 11.2023.

Manufacturer Evalar, RUSSIA



# Garcinia Forte

Garcinia-Forte — the grace of your dreams! Eliminates several causes of excess weight at once

**Description** Garcinia-Forte contains garcinia extract that will help you reduce appetite and switch to a mini diet. The thing is that garcinia contains hydroxycitric acid (HCA) which sets in motion the processes aimed at excess weight reduction in the body and, with enough calorie intake, helps to timely prevent overeating.

Garcinia-Forte — the grace of your dreams! Chromium picolinate is a source of bioavailable chromium. Chromium activates fats oxidation, maintains normal physiological glucose level in the blood, which in its turn contributes to sweet craving suppression and natural weight loss. Chromium supplements are used in diets for people with excess weight as they effectively contribute to fat mass reduction. Vitamins B6 and B12 take part in lipid and protein metabolism, increase overall body tonus.

Fucus is a brown seaweed containing iodine compounds that take part in lipid and protein metabolism.

Garcinia-Forte will help you get rid of fat depots, by “burning” the accumulated fat, and regulate metabolism. With Garcinia-Forte, it is easy to keep fit.

Dietary supplement. Not a pharmaceutical product.

**Method of Administration Recommendations for use:**Adults should take 2 tablets 2 times a day with food.

**Contraindications:**Personal intolerance to the dietary supplement’s ingredients, pregnancy, breast-feeding. Consultation with a doctor is recommended before use.

**Composition** garcinia extract (standardized against hydroxycitric acid), microcrystalline cellulose, maltodextrin and potato starch (carriers), ascorbic acid, fucus extract, vegetable calcium stearate and amorphous silica (anti-caking agents), pyridoxine hydrochloride, chromium picolinate

**Quantity of Useful Substances** Quantity in 4 tablets (daily dose) and % of recommended daily intake level (adequate level)

Garcinia extract including hydroxycitric acid, not less than

400 mg 200 mg

200%\*

Vitamin C, not less than

40 mg

44.4%

Fucus extract, not less than

24 mg

–

Vitamin B6, not less than

1.2 mg

60%

Chromium, not less than

16 &#956;g

32%

\* Does not exceed the defined daily value

Product form: Tablets

Shelf Life Shelf life - 3 years. Expiry 09.2023.

Manufacturer Evalar, RUSSIA



# Haar Vital

Nourish your hair from within! Contains natural vitamins that are absorbed better than synthetic vitamins.

Hair Expert tablets to reduce hair loss What to do if, despite taking vitamins, your hair is still weak, dull, with split ends, continues to fall out and lost its volume?

Perhaps your vitamins are not sufficiently absorbed by the body? This could be the case if the vitamins are synthetic. Try natural vitamins in the composition of biologically active complex Hair Expert.

It has been found that natural vitamins are absorbed much better.

Hair Expert contains natural B vitamins, essential amino acids and enzymes, which are further enhanced by horsetail, taurine, cystine, zinc and biotin.

The source of natural silicon (horsetail) in Hair Expert tablets increases the formation of collagen, essential for healthy hair and skin. It nourishes the hair from the inside, giving it shine and a healthy appearance.

The amino acids taurine and cystine provide the necessary conditions for strong and vigorous hair growth, prevent hair loss, promote firmness, elasticity and a healthy texture. Zinc is essential for intensive hair growth and development.

Biotin (contains sulfur) can be called a beauty vitamin.

Regulates the fat content in the skin, providing shine and a beautiful appearance of hair.

Take Hair Expert and discover how beautiful - thick and shiny - your hair can be!

90% of people who have taken Hair Expert are satisfied with the result and recommend it to their friends<sup>1</sup>.

For maximum effect it is recommended to combine it with Hair Expert Lotion.

Composition Microcrystalline cellulose (carrier), yeast autolysate, taurine, polyvinylpyrrolidone (carrier), cystine, horsetail extract, film coating components (food additives): hydroxypropyl methylcellulose (thickener), polyethylene glycol (glazer), hydroxypropyl cellulose (thickener); calcium stearate and amorphous silicon dioxide (anti-caking agents), zinc oxide, biotin.

Composition of 2 tablets (daily intake) and % of recommended daily intake (adequate level)

Brewer's yeast autolysate

(source of natural vitamins)

300 mg

Taurine, not less than

150 mg

37,5%

Cystine

100 mg

Field Horsetail Extract

60 mg

Zinc oxide,

including zinc, not less than

15 mg 12 mg

80%

Biotin

150 mcg

300%2

Recommendations for use

Adults - 1 tablet 2 times a day with meals. The duration of intake - 3 months. Regular use is allowed with a 10-day break.

Contraindications

Individual intolerance to the components, pregnancy, breast-feeding. It is recommended to consult a doctor before use.

State Registration Certificate (SGR)

No. KZ.16.01.78.003.E.004473.04.15 dated 21.04.2015.

Form of production

Tablets

Number of pills in a package

60 1.0 g each

Shelf life

3 years

Storage conditions

Store at a temperature not exceeding 25 ° C

1Test involving 40 women over the course of 3 months. 2Does not exceed the maximum permissible level of consumption.



# Hepatrin™

Hepatrin - triple benefit for the liver! It contains three the most important components for liver protection: essential phospholipids, milk thistle, artichoke. Benefit: one drug instead of three

Description Our life consists of weekdays and weekends. And only our liver has no time to rest: adverse environmental conditions, abundance of spicy and fatty food, alcohol burden the liver thrice the norm! But it is the liver that protects our body. You also provide solid protection for it with natural1complex Hepatrin by Evalar.

Hepatrin's unique composition has three the most important natural components for the liver:

Essential phospholipids – contribute to the natural regeneration of liver cells.

Milk thistle (silymarin) – contribute to liver protection against toxins and the negative impact of free radicals.

Artichoke – is aimed at bile production and outflow regulation.

Acting together, these natural components naturally create triple protection for the liver against negative effects, allowing it to work at full capacity.

So, you do not need to use three different products, take the “three in one”– Hepatrin.

Dietary supplement. Not a pharmaceutical product. 1 Russian Federation Patent No 24186601 2GMP Certificate No N0170889 - 03, NSF International (USA).

Method of Administration For adults - 1 capsule 2 times a day with food. Period of administration — minimum 1 month. Long-term administration is recommended — 3-6 months with regular repetitions. Contraindications Personal intolerance to the components, pregnancy, breast-feeding. Consultation with a doctor is recommended before use.

Composition Lecithin, rice starch (carrier), capsule components (food additives): gelatin; titanium dioxide, iron oxides (colorings); artichoke extract, milk thistle extract, tocopherol acetate, amorphous silica and magnesium stearate (anti-caking agents), pyridoxine hydrochloride, thiamine hydrochloride, riboflavin

Quantity of Useful Substances Quantity in 2 capsules (daily dose) and % of recommended daily intake level (adequate level)

Lecithin, including essential phospholipids, not less than3  
180

–  
Artichoke extract  
90

–  
Milk thistle extract, including silymarin, not less than3  
67 40  
133%4

Vitamin E, not less than3  
10 mg TE  
100%

Pyridoxin (vitamin B6), not less than3  
2  
100%

Thiamine (vitamin B1), not less than3  
1.5  
107%4

Riboflavin (vitamin B2), not less than3  
1.8  
112%4

3In accordance with TU 9100-159-21428156-14 4Does not exceed the upper allowable daily intake level TE - tocopherol equivalent

Shelf Life Shelf life - 3 years. Expiry 10.2023.

Manufacturer Evalar, RUSSIA

de.evalar.com



# Mariendistel Extract

Description Milk thistle extract for liver protection and natural regeneration of liver cells. Our health largely depends on the state of the liver – a critically important organ that takes part in almost all types of metabolism and performs a protective (barrier) function in the body. Adverse ecological situation, improper feeding, bad habits – all this increases the burden on the liver and negatively impacts the state of its cells. That is why liver cells need additional protection and resources for their natural regeneration

Care for the liver is care for one's own health.

Milk Thistle extract in tablets Milk thistle extract is a reliable protector of your liver!

Milk thistle was known as far back as in Ancient Rome with its use during food poisoning.

Today milk thistle is sufficiently researched and widely used in many countries of the world. A unique combination of flavonoids (flavolignans) typical only for milk thistle is called silymarin. Silymarin is one of the currently known complexes of natural compounds that protect liver cells and help sustain its functions.

Silymarin, a complex of flavonoids (flavolignans) in milk thistle, is known for its ability to eliminate toxic substances, both coming from outside and formed in the liver itself as a result of metabolism.

The liver-protective properties of silymarin arise from its antioxidant function and ability to strengthen cell membranes. The excessive accumulation of lipid peroxidation products is one of the leading mechanisms of viability reduction in liver cells (hepatocytes). This leads to a decrease in the strength of the lipid layer of cell membranes. Silymarin prevents the accumulation of lipid hydroperoxides and thus increases the protection of liver cells. In addition, by stabilizing the hepatocytes' cell membrane, silymarin slows the flow of toxic substances into them. Silymarin also supports metabolism in the liver, resulting in even greater support of liver function.

Dietary supplement. Not a pharmaceutical product.

Method of Administration Method of Administration: for adults — 1 tablet a day with food.

Period of administration — 1 month. Long-term administration up to 3 months is allowed.

Not recommended to: persons with personal intolerance to the components of the product, pregnant and breast-feeding women. Consultation with a doctor is recommended before use.

Composition 1 tablet (daily dose) contains: milk thistle extract – 62.5 mg (including flavolignans (silymarin) – 30.0 mg)

Quantity of Useful Substances 1 tablet (daily intake) contains:

Mass

% of recommended daily intake

Milk thistle extract including flavolignans (silymarin), not less than  
160.0mg 80.0 mg

— 267\*\*

\*\* Does not exceed the upper allowable daily intake level.

Shelf Life Shelf life - 3 years. Expiry 10.2023.

Manufacturer Evalar, RUSSIA



# MigStress

Contributes to quick stress relief. Lozenges: easy administration in any situation

Description Specialists all over the world note: underestimating the danger of stress is

harmful for health! Stress, like a worm, "eats away" the body from within, wears it away, makes it weak. As a result: anxiety turns to paranoia, irritability – into aggression, body defenses decrease, chronic illnesses develop... and the person's life is literally "running off the rails". That is why it is so important to eliminate the signs of stress as soon as possible, not letting them develop and reveal themselves.

MigStress is the first to combine the components with a proven anti-stress effect: glycine, passiflora, griffonia. Combined in one tablet, these ingredients produce an immediate anti-stress action, enhancing each other's effect.

The product form – lozenges – ensures the maximal rate of active substances absorption. It is important to note that MigStress does not induce drowsiness and tolerance or decrease attention concentration.

You do not need to take lozenges with water, therefore you can take MigStress anywhere: at work, during a meeting, at the wheel, in public transport etc. The others will not even notice that you are nervous – the signs of stress will disappear without revealing themselves in any way.

Let anxiety and irritability become things of the past – MigStress will surely protect your nervous system from upheavals and unwanted distress.

Active ingredients:

Glycine is an amino acid essential for central nervous system (CNS) function. It balances out excitation and inhibitory processes in CNS, increases mental performance, facilitates the elimination of depressive state and increased irritability, as well as promotes maintaining healthy sleep.

Passiflora increases overall working capacity, helps the body fight stress, handle physical and emotional overstrain, has a calming effect. It is used at hyperexcitability.

Griffonia is a shrub of the bean family coming from West Africa. Its active substances are tryptophan derivatives. Griffonia promotes the production of serotonin hormone, which plays an important role in the body: it calms down nervous system, improves mood, regulates appetite and improves sleep. It is used for depression, insomnia, migraines, anxiety.

Dietary supplement. Not a pharmaceutical product.

Method of Administration Recommendations for use: For adults - 1 tablet up to 4 times a day. Keep the tablet under the tongue until it is fully dissolved.

Contraindications: Personal intolerance to the components, pregnancy, breast-feeding. Consultation with a doctor is recommended before use.

Composition glycine, sorbitol (carrier), passiflora extract, gum arabic (carrier), griffonia extract, cocoa powder, calcium stearate and amorphous silica (anti-caking agents), natural flavoring "Chocolate"

Quantity of Useful Substances      Quantity in 4 tablets (daily dose) and % of recommended daily intake level (adequate level)

Glycine  
1,200mg

Passiflora extract    including flavonoids in terms of vitexin, not less than  
320 mg    5.76 mg  
57.6%

Griffonia extract    (5- hydroxytryptophan)  
100mg

Shelf Life    Shelf life - 3 years. Expiry 12.2023.

Manufacturer    Evalar, RUSSIA



# Mumijo Evalar

In an easy-to-use form – in tablets. 100% refined Altai mumijo

Feeling unwell, we often immediately begin to take handfuls of synthetic pills forgetting that nature gives us many natural remedies. One of them is mumijo - it is often called "mountain resin", "tears of mountains", "mountain wax". Over centuries, mumijo has proven itself to be a most valuable complex of natural bioactive substances, and its use is scientifically validated by numerous studies.

The combination of organic and mineral compounds determines a wide range of mumijo's useful properties. And each of these substances is capable of participating in various metabolic processes in the body, activating cell and tissue metabolism. The mumijo collected in the Altai mountains has unique characteristics – the concentration of microelements in it is one third higher than in the mumijo collected elsewhere!

Evalar offers you AltaiGolden Mumijo in an easy-to-use form – in tablets. The tablet form of mumijo is produced via a patented technology without excipients.

Golden Mumijo by Evalar is 100% refined Altai mumijo, produced via the original technology that helps to preserve its active substances to the maximum: vitamins, amino acids and over 30 micro- and macroelements of high bioavailability. A true gold standard of Altai mumijo!

Golden refined Altai Mumijo promotes:

- keeping bone tissue within the norm;
- increasing immunodefenses.

It is Evalar's Golden Mumijo that has become the best-seller in Russia – brand No. 1 among dietary supplements with mumijo. Quality assurance: production in compliance with the international GMP quality standard.

## Composition

Refined Altai mumijo

Quantity in 2 tablets (daily dose) and % of recommended daily intake level (adequate level)

Refined mumijo, including humic acids, not less than

400 mg 12 mg

24%

## Recommendations for use

For adults and children over 14 years of age – 1 tablet 2 times a day with food. Period of administration – 1 month, in case of fracture injuries – up to 2 months.

## Contraindications

Personal intolerance to the components, pregnancy, breast-feeding. Consultation with a doctor is recommended before use.

## State registration certificate

No RU.77.99.11.003.E.008742.10.14 of 03.10.2014

## Product form

Tablets

Tablet quantity per pack

20, 60 tablets per 0,2g

Shelf life

5 years

Storage conditions

Do not store above 25°C

1. According to the data of the marketing agency ZAO DSM Group on the volume of retail sales by value and volume among oral dietary supplements containing mumiyo as active substance. 2. Certificate No. 0170889-173GMPMF-1.

The product availability depends on the law of the country and the availability of the product at the distributor's stock.



# Pustyrnik Forte

High dose of motherwort – 100 mg a day, enhanced with magnesium and vitamin B6. High sedative effect and quick calming action

**Description** Motherwort (Leonurus) is valued for its sedative effect. Leonurus cardiaca<sup>1</sup> that grows in Altai and is a part of Motherwort Forte\* Evalar tablets ranks among the top in sedative quality.

Only Motherwort Forte Evalar has a unique combination of a high dose of high-quality motherwort (100 mg a day) with “calm-bringing elements”: magnesium and vitamin B6 (Russian Federation Patent No. 2361599).

That same Altai motherwort is also a component of the drug Calmness Formula \*\* by Evalar. It helps not only to calm down but also decrease blood pressure, which has gone up due to the stress, slow down heart contractions and increase heart force, which will later help to save your heart.

The majority of buyers feel the difference and specifically choose Motherwort Forte by Evalar<sup>2</sup>.

You will feel the difference, too!

The components of Motherwort Forte promote

Rapid relief from emotional tension and irritability;

Increased stress tolerance;

Muscle relaxation and general relaxation;

Emotional state improvement.

The day-time sedative Motherwort Forte will gradually eliminate the signs of stress: cold hands, muscle spasms, a desire to run somewhere... and the body will gratefully relax. You will calmly react to everything that is going on, without losing your head or your health.

**Bioactive components and their properties:**

Motherwort has a rapid sedative effect, improves the functional state of the nervous and cardiovascular systems.

Magnesium plays an important role in the muscular and nervous irritability processes of the body, it is necessary for nerve impulses transmission, promotes relaxation, nervous system irritability reduction, that is why it is sometimes called the “element of calmness”. In combination with vitamin B6, magnesium is better absorbed by the body.

Vitamin B6 is necessary for normal functioning of the central and peripheral nervous system, which helps control emotions. It promotes better absorption of magnesium.

And what about nights? Perfect sleep also depends on magnesium and B6! So, complement your choice with Sleep Formula by Evalar. With Motherwort Forte and Sleep Formula, you will become the master of your emotions.

Produced by Evalar: bargain price, high quality after the GMP4 standard

Dietary supplement. Not a pharmaceutical product.

1Report on Comparison Testing, Siberian branch of the Russian Academy of Sciences, Novosibirsk, 2013 2According to the 2016 data of ZAO DSM Group, it occupies the leading place in the pharmacy sales rating for dietary supplements and solid form pharmaceutical products containing motherwort. 3GMP Certificate No. Ñ0170889 - 03, NSF International (USA).

Method of Administration Recommendation for the use of Motherwort Forte according to the instruction: for adults - 1 tablet 2 times a day with food.

Contraindications: Personal intolerance to the components, pregnancy, breast-feeding.

Consultation with a doctor is recommended before use.

Composition asparaginate, microcrystalline cellulose (carrier), motherwort extract, maltodextrin (carrier), film coating components (food additives): hydroxypropyl methylcellulose, titanium dioxide (coloring), polyethyleneglycol, talc; croscarmellose, corn starch (carriers); pyridoxine hydrochloride (vitamin B6), vegetable calcium stearate and amorphous silica (anti-caking agents)

Quantity of Useful Substances Quantity in 2 tablets (daily dose) and % of recommended daily intake level (adequate level)

Magnesium, not less than

24 mg

6%

Motherwort extract, including luteolin, not less than

100 mg 250 ± 956;g

Vitamin B6(pyridoxine), not less than

1.6 mg

80%

4In accordance with TU 9100-253-21428156-14.

Shelf Life Shelf life - 3 years. Expiry 08.2023.

Manufacturer Evalar, RUSSIA



# Trifolium Complex

Description High cholesterol level – like a silent killer – is slowly but steadily destroying our cardiovascular system. It is literally disfiguring vessel walls making them look like rusty water-pipes. If measures are not taken in time, the matter may end in a real vascular disaster. Dioscorea-based Ateroklefit BIO will help you keep the cholesterol level within the norm. Dioscorea is a plant capable of lowering the cholesterol level by increasing the level of blood phospholipids; increasing the lecithin/cholesterol ratio and thus lessening the chance of cholesterol deposition in arterial vessels and cholesterol plaques formation. The active substances in dioscorea improve cardiac performance and normalize arterial blood pressure. Ateroklefit BIO promotes:

keeping the levels of cholesterol and arterial blood pressure within the norm;  
lipid metabolism normalization (transformation of LDL ("bad cholesterol") into HDL ("good cholesterol"));  
reduction of atherosclerotic vessel lesion development risk;  
improvement of cardiovascular functional state.

Normal cholesterol level keeps cardiovascular health in check, on which our health in general largely depends.

Ateroklefit BIO is a mixture of the bioactive substances of dioscorea extract, red clover extract, hawthorn flower and leaf extract, vitamins Ñ (ascorbic acid), PP (nicotinic acid) and rutin – for keeping the cholesterol level within the norm.

Ateroklefit Biois a dietary supplement, not a pharmaceutical product.

Method of Administration For adults — 1 capsule 2 times a day with food. Period of administration — 1 month. After a 10-day break administration may be repeated.

Contraindications Personal intolerance to the ingredients, pregnancy, breast-feeding.

Consultation with a doctor is recommended before use.

Composition dioscorea extract, capsule components (food additives): gelatin; iron oxide and titanium dioxide (colorings); ascorbic acid, clover extract, nicotinic acid (vitamin ÐÐ), hawthorn flower and leaf extract, amorphous silica (anti-caking agent), rutin, vegetable magnesium stearate (anti-caking agent)

Quantity of Useful Substances Quantity in 4 capsules (daily dose) and % of recommended daily intake level (adequate level)

Dioscorea extract

600 mg

Clover extract

140 mg

Sum of flavonoids in terms of rutin, not less than 10 mg

33.3%

Hawthorn flower and leaf extract

20 mg

Rutin

8 mg

Vitamin Ñ, not less than

140 mg

233 %<sup>1</sup>

Vitamin PP (niacin), not less than

40 mg NE

222 %<sup>1</sup>

<sup>1</sup>Does not exceed the maximum allowable intake level

Shelf Life Shelf life - 3 years. Expiry 11.2023.

Manufacturer

Evalar, RUSSIA

# Troychatka Evalar

Troychatka Evalar – a natural antihelminthic remedy

**Description**Troychatka Evalar against parasites Everyone becomes a “host” of parasites at least once in their life. They enter our body in different ways and can exist in different organs and systems: the digestive tract, muscle tissues, even in the brain, eyes, anywhere. Parasites have adapted to the conditions of existence in the human body so well that they are very difficult to identify and destroy, but their presence does not go unnoticed in our body: parasites drain the body by consuming nutrients; disrupt the normal functioning of organs and systems by contaminating them with toxins; they unbalance the body, forcing it to constantly compensate for the damage caused by them. Over many millennia, parasites have learned to infiltrate and live in the human body, which is a great source of food for them. They have managed to adapt to the conditions of existence in the living environment of the human body so well and have developed such protective mechanisms that the body cannot recognize and destroy them. Although the human body is an excellent habitat for parasites, the latter are utterly undesirable “guests” for humans.

Troychatka is a specially developed complex of three herbs' extracts that creates adverse conditions for parasites. The herbal bitterness encapsulated in Troychatka has a mild choleric and secretagogue action, which promotes clearing the body both from the “uninvited guests” and their waste products.

For several years, Troychatka Evalar rightly remains the absolute leader among dietary supplements with an antiparasitic action<sup>1</sup> because it has already helped millions of Russians. Troychatka Evalar is No. 1 in Russia. The majority of Russian buyers choose specifically this product. Remember this packaging and make sure that you buy Troychatka produced by Evalar.

The unique composition of Troychatka Evalar is patent-protected<sup>2</sup>. All the herbs in the composition of Troychatka Evalar are grown on Evalar's plantations in the ecologically pure foothills of the Altai Mountains and are processed using modern technology, which guaranties their high quality and effect.

Specially for children, Evalar has developed Troychatka for children — the only natural antiparasitic complex that can be taken from the age of 3.

<sup>1</sup>According to the 2009 data of research company ZAO DSM Group

<sup>2</sup>Russian Federation Patent No 2241482.

Dietary supplement. Not a pharmaceutical product.

**Method of Administration** For adults - 2 capsules 3 times a day 30 minutes before meals.

**Period of administration** — minimum 1.5 months. If necessary, the administration may be repeated in 6 months. For preventive treatment, a “mild” dosage regimen, which requires only 2 packs, may be used: 1st day - 2 capsules 1 time a day; 2nd day - 2 capsules 2 twice a day; from the 3rd day - for 9 days 3 capsules 2 times a day.

**Note:** During the administration of the complex, you may feel slight discomfort or fatigue. It is due to the fact that parasites, when finding themselves in an aggressive environment, produce a lot of toxins. It is necessary to quickly clear the body from the toxins. For that, use eliminants that enhance the transit (elimination) of toxins from the body, for example, Fitotranzit.

Not recommended to: persons with personal intolerance to the components of the product, pregnant and breast-feeding women. Consultation with a doctor is recommended before use.

**Composition** cloves, capsule (gelatin, coloring: titanium dioxide), common tansy flowers, dry common tansy extract, dry aspen bark extract; amorphous silica, calcium stearate, talc (anti-caking agents).



Quantity of Useful Substances 6 capsules (daily intake) contain:

Mass

Cloves

1,716 mg

Common tansy flowers

343.2 mg

Dry common tansy extract

170.4 mg

Dry aspen bark extract

148.8 mg

The intake of 6 capsules per day covers the body's daily physiological requirement of flavonoids by 120% (36 mg), which does not exceed the upper allowable intake level.

Shelf Life Shelf life - 3 years. Expiry 01.2024.

Manufacturer Evalar, RUSSIA