



# 5 HTP

Non-medicinal antidepressant.

5-HTP is a natural\* "antidepressant" of plant origin with a high degree of assimilation helps:

- synthesize serotonin and melatonin in the body
- reduce the effect of stress on the body (anxiety, depression, irritability, aggressiveness, apathetic state, panic attacks, neurosis), calm down and relax
- improve mood
- adapt when changing time zones
- promotes increase in energy and efficiency, gives vigor
- normalization of a healthy cycle of sleep and wakefulness, normalization of sleep based on emotional breakdown, improvement of the quality and duration of sleep
- reduce food addiction, cravings for carbohydrates: sweets, starchy foods
- reduce cravings for alcohol, tobacco and other addictive substances
- slow down the aging process (Anti-age effect)

\*Active ingredients.



# Altai Legends balsam sedative

The recipe includes medicinal plants that have proven themselves in traditional and folk medicine as effective soothing and sedative remedies, relieving increased nervous tension and reducing the risk of developing nervous system diseases, such as neuroses and sleep disorders.

The balsam is based on five-lobed Motherwort, Chamomile, Peppermint, Melissa Officinalis, Calendula Officinalis, Natural Honey.

Contents in 100 g: Proteins: 0 g, Fats: 0 g, Carbohydrates: 62 g Energy: 250 kcal.



# Baby Formula bears Calmness

Delicious chewable lozenges with glycine, mint, Melissa officinalis, magnesium, vitamin B6 for children from 3 years of age.

The competently selected components of the complex: glycine, mint and Melissa officinalis extracts, magnesium, vitamin B6, have a balancing effect on the processes of excitation and inhibition in the central nervous system, improve mental performance, reduce irritability and severity of vegetative reactions, and restore normal night sleep.

Ingredients: Glycine, Mint Extract, Melissa Extract, Magnesium, Vitamin B.



# Biorhythm antistress 24 day/night

The daily dose is divided into 2 tablets, Day and Night, in accordance with human biorhythms. This helps to restore the daily biorhythms of the body, getting rid of fatigue, irritability and sleep problems.

The morning tablet helps manage the stress during the day.

The evening tablet promotes faster sleep onset at night.

Ingredients (Morning tablet): Extracts of Motherwort, St. John's Wort, Melissa Officinalis, Rutin, Vitamin B6, Vitamin B1; (Evening Tablet): Extracts of Eschscholtzia, Passionflower, Rutin, Pantothenic Acid.



# Chelated Magnesium, tablets

The first chelated magnesium in combination with amino acids, which provides maximum absorption of magnesium. Convenient to take: just 1 tablet a day. Recommended for adults and children from 14 years of age, as well as for pregnant and lactating women.

Promotes:

- stress resistance
- better function of the nervous system, muscles, and heart
- healthier sleep
- easing muscle spasms and cramps



# Lavender

ANTI-AGE product line.

Antistress, daily calmness, good sleep.

Lavender oil works differently from all other soothing oils. It optimizes the functioning of nerve cells, bringing them into balance: as a result, fears, obsessive thoughts and anxiety go away. Instead comes calmness, that gives you strength to overcome life's difficulties.

Lavender by Evalar promotes:

- resistance to stress
- daily calmness
- good sleep and helps fall asleep faster



# Magnesium B6 EVALAR, tablets, solution

For stronger nerves. Increases the resistance to stress, maintains a healthy sleep, improves the functional state of the nervous system, and helps relieve muscle spasms.

Now in a liquid form.

For the whole family: adults and children from 3 years of age, as well as pregnant and lactating women. Advantageous price compared to the imported analogue.

Ingredients: Magnesium Asparaginate, Vitamin B6.



# Melatonin

Most Cost-Effective Melatonin<sup>1</sup>. Sleep quality depends on the level of melatonin in the body. If you have insomnia and regular sleeping pills do not work, try taking Melatonin Evalar tablets. They supply the lack of melatonin, for faster sleep onset, reduces the number of nighttime awakenings and improves well-being on waking up in the morning without feeling lethargic, fatigued or tired. In case of jet lag, Melatonin Evalar helps adapt the body to rapid change of time zones, without causing addiction or dependence.

Ingredients: Melatonin 3.0 mg.

Presentation: 20 tablets.

Recommended use and dosage: in case of sleep disturbance, take 3 mg once daily, 30 to 40 minutes before bedtime. In case of jet lag, take Melatonin as an adaptogen when changing time zones, 3 mg 30 to 40 minutes before bedtime, 1 day before the flight and during the next 2 to 5 days.

Shelf life: 2 years.

<sup>1</sup>The prices are based on Albus manufacturer's price list dated 06/18/2019 (for 1 tablet active ingredient). Prices at specific pharmacies may vary.



# Milona-8 sedative

A complex of medicinal herbs with a mild soothing effect on the central nervous system, promoting the activation of its own anti-stress mechanisms that mitigate the effects of stress. Ingredients: Phytoformula EVALAR (Herb of the Motherwort, Hops, Rhizomes and Roots of Valeriana, Oregano Herb, Melissa Officinalis, Peppermint Leaves).



# Motherwort extract Evalar

Sedative medication based on the extract of the motherwort enhanced with vitamin B6. The remedies with motherwort are used for treating increased nervous excitability, psychasthenia and neurasthenia, accompanied by insomnia, a feeling of tension and increased reactivity, as well as vegeto-vascular dystonia and neuroses. Ingredients: Motherwort Extract, Vitamin B6



# Motherwort Forte Liquid Extract

Fast calming effect. High dosage of motherwort - 100 mg<sup>1</sup>, fortified with magnesium and vitamin B6.

Motherwort Forte is a phytocomplex for daily support of the nervous system, which has a quick calming effect and helps:

- Improve the state of the nervous system
- Increase body's resistance to stress
- Promote removal of anxiety, emotional stress and irritability
- Improve the emotional state
- Falling asleep with insomnia, promote healthy and deep sleep
- Mild cardiotonic action (slows down the rhythm and optimizes the heart rate)
- Maintain normal blood pressure
- Improve the functional state of the cardiovascular system. 2

Daytime soothing Motherwort Forte will gradually eliminate the signs of stress: cold hands, muscle spasms, the desire to run somewhere, and the body will relax with gratitude. You will react to everything that happens calmly, without losing your head and health.

1 In 10 ml (daily intake).

2 Confirmed by SRC No. KZ.16.01.98.003.Ä.001008.11.19.



# Phytohypnosis

No need to use synthetic sleeping pills for sleep problems. Phytohypnosis is a herbal remedy that ensures fast falling asleep and a sound sleeping at any age. This medicine is absolutely safe and does not cause morning fatigue. The sublingual presentation does not require washing with water and allows the active substances to work quickly and efficiently, to achieve the desired result.

Ingredients: Phytoformula EVALAR (Passiflora Extract, Green Oats Extract, Eschscholtzia Extract)



# Relaxosan Day

To relieve excessive nervous tension during the day, try Relaxosan Day. Thanks to high doses of natural components included in the composition, it helps relieve the big city syndrome associated with anxiety, mental fatigue, nervousness, mood swings, irritability and psychic tension, without disturbing the concentration.

Ingredients: extracts of valerian, mint, lemon balm, and mint essential oil.

Presentation: 20 tablets of 0.55 g.

Recommended use: adults and children over 14 years of age take 2 tablets 2 times a day with meals, for at least 1 month.

Shelf life: 3 years.



# Relaxosan night extract

Don't let daytime problems disturb your sleep; take Relaxosan Night before going to bed. It helps overcome the insomnia caused by nervous tension accumulated during the day. Thanks to its liquid form, it is better absorbed and acts faster. The drug has a calming and anti-spastic effect, thanks to the extracts of valerian rhizomes and roots, lemon balm and mint leaves included in the composition.

Ingredients: valerian rhizomes and roots, lemon balm, peppermint leaves, ethanol.

Presentation: 50 and 100 ml bottle.

Recommended use and dosage: take 1 teaspoon (5 ml) of the extract, diluted in 1/3 cup of water, 1 hour before bedtime. The course of treatment lasts 2 to 4 weeks.

Shelf life: 2 years





# Sleep Formula enhanced 30 capsules

The enhanced Sleep Formula will help you get enough sleep in a shorter time! It includes natural phyto-melatonin™, which in combination with sedative herbs, contributes to improving the soundness and quality of sleep, which makes it possible to get quality sleep and rest in a shorter time.

Ingredients: Phyto-Melatonin1 (L-Tryptophan, Griffonia Extract), Evalar Phytoformula (Passionflower Extract, Eschscholtzia Extract, Hops Extract), Capsule (Gelatin), Calcium Pantothenate (Vitamin B5), Pyridoxine Hydrochloride (Vitamin B6), Microcrystalline Cellulose (Vehicle), Magnesium Stearate and Silicon Dioxide (Anti-Caking Agents).



# Sleep Formula Express

The orodispersible tablets are easy to use, because they can be taken without water and provide a faster effect than conventional oral tablets. Sleep Formula Express promotes better sleep with faster sleep onset, and has a positive effect on sleep duration and depth.

Ingredients: glycine, passion flower extract, griffonia extract, cocoa powder.

Presentation: 40 tablets of 0.6 g.

Recommended use: Adults dissolve 2 tablets in the mouth, 30 minutes before bedtime. If you wake up during the night, you may take 2 more tablets.

Shelf life: 3 years.

1Phyto Melatonin is a blend of L-Tryptophan and Griffonia extract that naturally brings the secretion of melatonin back to normal.

2According to the Certificate of Registration, orodispersible tablets provide a faster effect compared to oral tablets.





# Sleep Formula tablets

Fall asleep easily and wake up happy with Sleep Formula! Sleep Formula is a phytocomplex with a cumulative effect, for improving sleep quality.

The phytocomplex Sleep Formula helps:

Relieve emotional tension.

Ease the sleep onset.

Improve the quality and duration of sleep.

Ingredients: Magnesium Carbonate, Extract of Eschscholtzia, Extract of Motherwort, Hops, Vitamin B6, Thiamine (Vitamin B1), Vitamin B12.

The phytocomplex Sleep Formula successfully passed the clinical trials in the clinics of State Research Institute of Mental Health, Tomsk Research Center, Siberian Branch of the Russian Academy of Sciences.



# Sleep Formula Tea

Sleep Formula Tea is a combination of medicinal herbs and fruit, which contributes to restoring normal sound sleep that had been disrupted because of excessive mental and emotional tension, stressful situations, chronic fatigue caused by physical and mental overwork.

Ingredients: Hawthorn Fruit, Origanum Herb, Melissa Officinalis Herb, Chamomile Flowers, Hops, "Bergamot" Flavoring.



# Tryptophan Calmness Formula

500 mg (in 2 capsules) tryptophan of natural origin will return the good mood, working performance and sound sleep. In the day, Tryptophan promotes the natural production of serotonin, the “happiness hormone.” At night, it helps the body produce more “sleep hormone” melatonin.

Ingredients: L-Tryptophan, Vitamins  $\hat{A}5$  and B6.



# Valerian extract Evalar

Valerian extract with a normalized content of valerianic acids (France).

Valerian medicinal products are used separately or in the form of multicomponent medicinal products for the treatment of excessive nervous irritability, psychasthenia and neurasthenia accompanied by insomnia, a feeling of tension and hyperreactivity, as well as climacteric disorders, vegetovascular dystonia and neuroses. Valerian produces best effect in treatment course and during long-term use.

In the production of Valerian extract tablets, EVALAR uses raw materials from leading manufacturers in France and Germany.

Ingredients: Valerian Extract, Glycine.