



Flax Seeds EVALAR, sachets

The richest source of omega-3 and antioxidant vitamins. The flax seed is uniquely rich in omega-3 polyunsaturated fatty acids, dietary fiber, lignans, antioxidant vitamins (A, B, E, P), micronutrients, high-grade vegetable proteins and other biologically active substances. It contains 3 types of valuable polyunsaturated fatty acids, omega-3, omega-6 and omega-9. Flax seeds are 3 times richer in omega-3 than fish oil.

Flax seeds help:

Maintain normal cholesterol levels.

Improve joints mobility.

Ensure regular bowel movement.

Toasted flax seeds from the company EVALAR can be used alone or added to any dish.

Ingredients: Flax Seeds.



Folic acid with vitamins B12 and B6 40 tablets per 0,22 g

A vitamin complex to maintain female reproductive health and beauty. All over the world, including in Russia, 67 to 77 percent of women are facing the deficit of this vital substance. Folic acid is not produced by the body itself, and it is impossible to fill the need in it once and for all. Therefore, we need to replenish its stock on a regular basis. Considering the importance of folic acid and the conditions needed for its better assimilation, the specialists of the company EVALAR developed a dietary supplement, Folic acid with vitamins B12 and B6. The optimal dosage, high quality and affordable price will please every woman and help preserve women's health, which is more valuable than anything in the world!

Ingredients: Folic Acid, Vitamin B6, Vitamin B12.



For skin, hair and nails 60 tablets

A unique* complex based on organic sulfur MSM, L-proline, L-lysine, zinc and copper for the beauty and health of skin, hair and nails.

The unique* complex For Skin, Hair and Nails is a daily supply of valuable nutrients and restorative substances for the body to maintain its natural beauty from the inside.

- Promotes increased production of collagen and keratin; improving the condition of the skin, hair and nails, anti-age effect
- Maintains the beauty of the skin, contributes to its firmness and elasticity, gives a healthy and well-groomed appearance
- Promotes strengthening of the nail plate (prevents delamination)
- Makes hair strong and shiny, protects it from hair loss and excess oiliness

* In the assortment of Evalar



Fruttilar Ginger + Lemon

Many people know that ginger contains a variety of active substances, including essential oils, lipids, amino acids and vitamins. Do you know what is it that makes the ginger cool? It's gingerol! Gingerol gives ginger its pungent taste. It is a unique resinous substance that has a powerful anti-inflammatory effect. To soothe inflammation in the mouth and pharynx, alleviate sore throat and improve overall well-being, it is recommended to use ginger in all available forms: as tea, decoction for gargling, infusion, inhalations, or lozenges.

Try Evalar's Fruttilar Ginger + Lemon, delicious and healthy jelly berries with ginger root and lemon essential oil.

The Ginger + Lemon formula is enhanced with micronutrients that are important for immunity: vitamins C, D3 and zinc.

Fruttilar Ginger + Lemon contributes to:

- Eliminating throat soreness and discomfort when swallowing
- Reducing the risk of developing colds
- Strengthening immune defenses

How do ingredients work?

Ginger root powder has anti-inflammatory, antispasmodic, analgesic, absorbable, antifatulent, sudatory, healing and tonic effect. Ginger also has a strong antioxidant and sedative effect, improves immune defenses and protects from parasites.

Essential lemon oil has bactericidal, virucidal, and antioxidant effects.

Vitamin C is a universally recognized immune potentiator. It enhances the production of interferon proteins, which are among the first to fight viruses. It has anti-inflammatory

properties, helps neutralize free radicals and protect lung cells from their aggressive effects^{1,2}.

Vitamin D3 is a comprehensive regulator of immune defenses. It helps reduce the risk of airways infections³. 80% of people in Russia have a deficit in vitamin D3. It is especially common among the elderly; researchers associate high mortality from coronavirus with this factor.

Zinc. According to recent reports, zinc inhibits the multiplication of coronavirus due to its ability to block the activity of RNA polymerase enzyme and ACE2 enzyme, which help the virus to enter the cell⁴.

Distinctive features of Fruttilar lozenges:

Delicious and healthy jelly berries. No artificial flavors, dyes or GMOs. The lozenges are gluten and lactose free. Moreover, they are manufactured in a gentle temperature regime, which makes it possible to keep vitamins, minerals and plant components as active as possible.

Natural ingredients. The manufacture of jelly base involves sugar, gelatin and molasses, traditional components in the food industry.

Convenient to take. Water is not required.

Ingredients: Sugar, starch syrup, food gelatin, ginger root powder, citric acid (acidity regulator), ascorbic acid, citrus pectin (gelling agent), zinc citrate, concentrated apple juice, natural lemon flavoring, natural cartamus extract dye, glazing (vegetable oil, white beeswax, α-tocopherol acetate, citric acid), essential lemon oil, cholecalciferol.

1 Carr A.C., Maggini S. Vitamin C and Immune Function. *Nutrients*. 2017 Nov; 9(11): 1211.

2 Monosova O.Y., Sharapova K.G. Vitamins, micro and macronutrients and their effect on immune system. *Effective pharmacotherapy. Pediatrics*. 2010. ' 2. №. 6–11.

3 Ilie P.Ñ., Stefanescu S., Smith L. The role of vitamin D in the prevention of coronavirus disease 2019 infection and mortality. *Aging Clin Exp Res*. 2020 Jul; 32(7): 1195-1198.

4 Skalny A., Rink L., Ajsuvakova O. et al. Zinc and respiratory tract infections: Perspectives for COVID‑19 (Review). *Int J Mol Med*. 2020 Jul; 46(1): 17-26.

Dietary supplement. This product is not a drug.



Fruttilar Immunity Vitamins

Fruttilar Immunity Vitamins help:

- Increase the body's defenses, maintain the activity of the immune system
- Reduce the risk of developing colds, recover from a cold (flu)

How the ingredients work:

Flowers and elderberry fruit extract are rich in biologically active ingredients to strengthen the immune system. Its berries contain anthocyanidins - substances known for their immunostimulating effects. Research has shown that elderberry extract is an excellent remedy for both cold and flu symptoms.

Vitamin C (ascorbic acid) is a recognized immunostimulant. Enhances the production of interferon proteins. It has anti-inflammatory properties, helps neutralize free radicals and protect lung cells from their aggressive effects^{1, 2}.

Vitamin E (tocopherol) is necessary for the normalization of the internal environment of the body, which is important in the prevention of diseases. Increases the body's defenses and stabilizes the circulatory, muscular, and nervous systems.

Zinc strengthens the immune system, accelerates wound healing, maintains visual acuity, and participates in the formation of bones. According to recent reports, zinc inhibits the multiplication of coronavirus due to its ability to block the activity of the enzyme RNA polymerase and the enzyme ACE2, which helps the virus to enter the cell³.

1 Carr A.C., Maggini S. Vitamin C and Immune Function. *Nutrients*. 2017 Nov; 9(11): 1211.

2 Monosova O.Y. Sharapova K.G. Vitamins, micro- and macronutrients and their effect on the immune system. *Effective pharmacotherapy. Pediatrics*. 2010. No. 2. P. 6–11.

3 Skalny A., Rink L., Ajsuvakova O. et al. Zinc and respiratory tract infections: Perspectives for COVID-19 (Review). *Int J Mol Med*. 2020 Jul; 46(1): 17-26.



Fruttilar Multivitamins

Unique* formula of vitamins - chewable pastilles in the form of gummy berries.

Vitamins A, B1, B2, C and others are necessary for a normal functioning of an adult. All vitamins in the process of influencing the human body are in close dependence on each other, which means that a lack of some can disrupt the correct action of others. That is why the role of vitamins in human life should not be underestimated.

To prevent vitamin deficiencies, or to replenish their deficiencies, pay attention to Fruttilar Multivitamins.

It is a balanced composition of vitamins and minerals to support daily health, energy and wellness. Enriches the diet and replenishes the body's need for vitamins and minerals.

It has a general fortifying effect and helps:

- Maintain the body with increased mental, physical and psychological stress, and an active lifestyle
- Reduce fatigue (replenishes energy, relieves fatigue)
- Antioxidant protection against free radicals

*In the assortment of Evalar



Fruttilar Vitamin D3

Unique* form of vitamin D3 – gummy berry chewable lozenges. Optimal dosage of 600 IU in 1 lozenge to maintain immunity.

Fruttilar Vitamin D3 is for those who want not only to benefit from vitamin D3, but also to delight themselves with a pleasant taste. It is distinguished by a unique¹ form of release - marmalade berries.

Fruttilar Vitamin D3 helps:

- Strengthen immunity and reduce the risk of developing colds
- Promote better absorption of calcium, strengthening of bones, teeth, reducing the risk of osteoporosis
- Increase muscle strength
- Maintain the cardiovascular and nervous systems, regulate the reproductive function of the body, increase the level of "the hormone of happiness" serotonin, and improve mood.

Convenient use - just 1 lozenge a day!

*In the assortment of Evalar



Fruttilar Vitamins for pregnant women

Folic acid + calcium L-methylfolate, vitamins, minerals, iodine and choline to promote maternal and child health. Easy to take gummy berry chewable pastilles.

The dietary supplement Fruttilar Vitamins for Pregnant Women is intended for women planning pregnancy, during pregnancy and during breastfeeding and is recommended as an additional source of zinc, iodine, manganese, biotin, folic acid, nicotinamide, vitamins A, D, E, C, B1, B5, B6, B12.

The benefits include:

- Convenient route of administration. Easy to take gummy berry chewable lozenges instead of hard-to-swallow pills, especially for an expectant mother suffering from toxikosis. In addition, chewable vitamins and minerals are easier to absorb because they are chewed before being swallowed.
- A readily available form of folic acid - methylfolate at an optimal daily dosage of 600 mcg.



Garcinia forte

Promote a decrease in appetite

Activate fat burning

Cambodian Garcinia fruit contain hydroxy citric acid (HCA).

Ingredients: Garcinia Extract, Focus Extract, Vitamin C, Vitamin B6, Chromium Picolinate.



General tonic elixir Evalar

Evalar Energy Tonic is a remedy for fatigue. This is a medicinal product that increases overall body tone and vitality. Evalar Energy Tonics a universal energy supplier for increasing physical and mental performance.

Ingredients: Sandy Everlasting Flowers, Hawthorn Fruit, Common St. John's Wort Herb, Coriander Fruit, Laminaria Thallus, Maral Roots Rhizomes with Roots, Peppermint Leaves, Red Deer Antlers Extract, Common Plantain Leaves, Rhodiola Rosea Rhizomes and Roots, Chamomile Flowers, Rowan Fruit, Licorice Roots, Common Yarrow Grass, Rose Hips, Spiny Eleutherococcus Rhizomes and Roots, Cranberry Fruit, Horse Chestnut Seeds, Siberian Cedar Nuts, Honey.



Ginger Tea

Promotes:

Acceleration of metabolism.

Weight loss.

Elimination of excess body fluid.

Better functional state of the upper respiratory tract.

A combination of herbal tea components: medicinal ginger, thyme herb, willow bark, Melissa officinalis herb, linden flowers and rosehip, have a general tonic effect, increasing the body's defenses.

Ingredients: White Willow Bark, Ginger Rhizomes, Melissa Officinalis Herb, Linden Flowers, Thyme Herb, Rose Hips.



Ginkgo biloba Evalar 120 mg

Ginkgo biloba extract, 40 or 120 mg in 1 tablet.

Acting on the blood vessels of the brain, Ginkgo Biloba EVALAR improves the blood supply to the brain, memory and attention, and reduces weather sensitivity.

With Ginkgo Biloba EVALAR, the mind is clear, the memory is excellent!

Ingredients: Ginkgo Biloba Extract, Glycine.



Ginkgoum capsules

Ginkgoum improves cerebral and peripheral blood circulation. This natural remedy made of Ginkgo biloba leaves extract reduces blood viscosity, preventing thrombosis. As a result, it solves several problems:

- Improves memory, attention and mental performance
- Cures headache, dizziness and tinnitus, even if they are weather-related¹
- Mitigates the risk of stroke¹ as it reduces blood clotting
- Relieves heaviness in the legs, sensation of cold, pain when walking, or painful cramps¹

Good news: Ginkgoum is twice better value²! Millions of Russians choose Ginkgoum from Evalar³.

Ginkgoum, herbal medicine from Evalar.

Ingredients: Ginkgo biloba dry extract 40 mg, 80 mg, 120 mg in 1 capsule.

Presentation: 30, 60 or 90 capsules.

Recommended use: for symptomatic treatment of cerebral circulation disorders: 1 or 2 capsules (40 to 80 mg) 3 times a day, or 1 capsule (120 mg) 1 or 2 times a day, for at least 8 weeks. For peripheral circulation disorders: 1 capsule (40 mg) 3 times a day or 2 capsules (80 mg) 2 times a day, for at least 6 weeks. For vascular or involutional inner ear pathology: 1 capsule (40 mg) 3 times a day or 2 capsules (80 mg) 2 times a day. For the treatment of vestibular vertigo and tinnitus (ringing or buzzing in the ears), 1 capsule (120 mg) once a day for up to 3 months. The capsules should be taken with a small amount of liquid, with or without meals. For full instructions on medical use, see the website www.evalar.ru

Shelf life: 3 years.

¹ Caused by circulatory disorders and increased blood viscosity.

² Compared with a similar product, ginkgo biloba; according to marketing agency CJSC DSM

Group DSM, at the end of 2017, the analogue for comparison was selected by active ingredients and dosage.

3 Among ginkgo biloba products, in volume; according to CJSC DSM Group, at the end of 2017.



GINKOUM

A natural medicine. 40 or 80 mg of Ginkgo biloba extract in 1 capsule. Ginkoum improves cerebral and peripheral blood circulation, and reduces blood viscosity, preventing thrombosis.

As a result, it solves several problems:

Eliminates headache, dizziness and tinnitus, even if they are weather-related.

Improves memory, attention and mental performance.

Relieves pain when walking, heaviness in the legs, painful cramps and feeling of cold.

Reduces the risk of heart attacks and strokes.

Ingredients: Dry Ginkgo Biloba Extract, 40 mg and 80 mg in 1 Capsule.



Glucosamine

Medicinal product for the treatment* of acute and chronic diseases of the musculoskeletal system (anti-inflammatory and analgesic effect).

* In complex therapy.



Glycine Forte Evalar 300 mg

Glycine Forte EVALAR features:

High content of glycine: 300 and 500 mg in 1 tablet.

The action of glycine is enhanced by the vitamins for the brain, B1, B6, B12.

The tablets dissolve easily and quickly, which contributes to the quick effect.

Reducing nervous and mental stress, improving performance in the daytime and sleep at night.

Ingredients: Glycine, Lemon Juice Powder, Natural Flavoring "Lemon", Cyanocobalamin, Pyridoxine Hydrochloride, Thiamine Hydrochloride.



Gogi berries

Absolutely natural remedy against excess weight.

Goji berries help reduce body weight and accelerate metabolism. The consumption of goji contributes to the production of natural growth hormone, which is used by the body to burn fat and strengthen the bones and ligaments.

These berries are a natural antioxidant that prevents the formation of harmful free radicals and eases the stress experienced by the body when losing weight.

Goji berries:

Contribute to weight loss

Reduce appetite

Accelerate metabolism

Relieve insomnia

Normalize blood sugar level

Increase immunity

Contribute to the acceleration of cell division in the most important organs, for a noticeable rejuvenating effect

It was discovered that goji berries contain an element beta sitosterol that significantly lowers the level of cholesterol in the blood. Antioxidants in these berries prevent the oxidation of cholesterol and fend off the formation of cholesterol plaques. In addition, goji berries are beneficial for the digestive tract, starting the process of proper digestion.

Ingredients: Dried Goji Berries (Lycium Cinense).

Proteins: 19 g, Fats: 1,5 g, Carbohydrates: 56 g Energy: 320 kcal.



Golden Refined Altai Mumiyo

Mumiyo EVALAR is the gold standard of the Altai mumiyo! This product is a 100% pure Altaic mumiyo, 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.

Contributes to faster bone repair in case of injury.

Promotes the processes of regeneration (self-healing) of tissues.

Strengthens the body's defenses.

Mumiyo EVALAR became a bestseller in Russia: #1 brand among dietary supplements with mumiyo.

Ingredients: Purified Mumiyo.



Green Oats EVALAR, sachet bags

A general tonic with a composition rich in natural substances: fibers, enzymes, vitamins, microelements, amino acids. Helps restore strength in case of fatigue.

The main active ingredient is the flavonoglycoside isovitexine that helps strengthen the nervous system.

Ingredients: Oat Grass.



Green tea extract

Promotes weight loss and accelerates metabolism, with a tonic and antioxidant effect

Biologically active substances of green tea support lipid (fat) and carbohydrate metabolism, collagen synthesis and connective tissue function, ease physical and mental fatigue, strengthen blood vessels and capillaries, improve their elasticity, and have antioxidant effect, protecting our body's cells from the negative effects of free radicals.



Gynecol

Gynecol is a patented¹ biologically active food additive based on the extract of ortilia secunda herb, reinforced with a herbal complex. Gynecol acts gently. It is a multipurpose product, preparing the female body for future motherhood and contributing to the preservation of women's reproductive health.

Ingredients: Ortilia Secunda Herb, Ortilia Secunda Herb Extract, Yarrow Herb Extract.



Hair Expert Lotion

Awakens dormant hair bulbs, enhancing hair growth. Innovative formula: taurin, biotin, hyaluronic acid, etc.

Results:

Reduction of hair loss to 85% in 1 month² and acceleration of hair growth

90% of women were satisfied with the result of using the Hair Expert line.

The product does not contain sulphates, or irritate the scalp. For all types of hair.

Ingredients: Liposentol Hydro, L-Arginine, Taurin, L-Carnitine, Biotin, Vitamin B6, Aminophylline, Lauric Acid, Menthol.



Hair expert shampoo (sulfate free)

The strength of 6 proteins: collagen, elastin, keratin, L-carnitine, L-arginine, taurin, revitalizes the hair from the roots to the tips.

Clinically proven:

Reduction of hair loss to 85% in 1 month² and acceleration of the hair growth.

Restores shine and hair structure.

Protects, in case of thermal styling.

Ingredients: L-Arginine, Taurin, L-Carnitine Tartrate, Water-Soluble Chitosan, Biotin Plus, Citric Acid, Nicotinamide, Soluble Collagen with Elastin, D-Panthenol, Keratin Hydrolyzate, Horse Chestnut Extract, Liposentol Hydro, Argan Oil.



Hair Expert, tablets

Nutrition for the hair, from within. The product contains natural vitamins, which are digested better than synthetic ones.

Result:

Reduction of hair loss to 85% in 1 month² and acceleration of hair growth.

90% of women were satisfied with the result of using the Hair Expert line.

Ingredients: Beer Yeast Autolysate, Taurin, Cystine, Horsetail Extract, Zinc Oxide, Biotin.



Hepatrin Evalar

Triple protection for the liver.

Only Hepatrin contains three important natural components for liver protection:

Essential phospholipids promote the natural renewal of liver cells.

Milk thistle contains silymarin, which protects the liver from toxins and the negative effects of free radicals.

Artichoke regulates the production of bile and its outflow.

One remedy instead of three: Hepatrin!

Ingredients: Lecithin, Extracts of Milk Thistle, Artichoke, Vitamin E, Vitamin B6, Thiamine, Riboflavin.



Hepatrin-detox drink

In its unique composition:

L-Ornithine is a naturally occurring amino acid that helps neutralize and rapidly eliminate toxins.

Inositol (vitamin B8) removes excess fat from liver cells, preventing it from accumulating.

Taurin provides energy to the liver cells, restoring their normal function.

Acting together, they intensively remove toxins, protect the liver from fat deposits and restore its natural function. The composition of the drink provides high bioavailability of the ingredients and their rapid assimilation.

Hepatrin Detox is a product with triple effect!

Ingredients: Inositol, Taurin, L-Ornithine, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Natural Flavorings "Mango", "Grapefruit."



Hyaluronic Acid EVALAR, capsules

For deep hydration of the skin from the inside.

Hyaluronic acid in capsules acts on the principle of beauty injections: its molecules fill the skin from the inside, attracting and holding hundreds of molecules of water! The intake of hyaluronic acid can be more effective than the injections, in the long term. The hyaluronic acid from EVALAR has the highest content¹ of Swiss hyaluronic acid, 150 mg in each capsule. Moreover, the combination of low- and high-molecular hyaluronic acids promotes continuous skin moisturizing launching the production of natural hyaluronic acid by the skin. Convenient administration of only 1 capsule per day, and the price that is 2 times more profitable than the US analogue.

Ingredients: 150 mg of Hyaluronic Acid in 1 Capsule.



Indol 3 Forte Evalar

Non-hormonal product of natural origin helps maintain breast health. Enhanced action thanks to broccoli concentrate, which increases the effect of indole-3-carbinol up to 80 times.¹ 100 mg of highly purified indole-3-carbinol in each capsule, as in the imported analogue. The best price, two times more profitable than the analogue². Convenient treatment schedule: 1 capsule per day.

Ingredients: Indole-3-Carbinol, Broccoli Concentrate.



Indol Forte 200 mg

A non-hormonal agent based on natural ingredients for the prevention of breast diseases.

Poor nutrition, a sedentary lifestyle, frequent stress and hereditary diseases are factors that can undermine women's reproductive health in the long term. In conditions of constant "emergency" mode, the body does not have enough strength to resist negative influences from outside and from within. Thus, the tissues of the mammary glands can change, there is a risk of developing mastopathy, lipoma.

Preparations with biologically active substances in the composition will help keep the mammary glands in a healthy state.

Indol Forte from Evalar is a natural dietary supplement that does not contain synthetic hormones, does not cause corresponding side effects and addiction. The drug is designed to help:

- Maintain the balance of female sex hormones

- Reduce the risk of developing pathologies of the mammary glands

- Prevent the formation of lumps

- Reduce soreness in the chest

- Reduce the likelihood of infection with HPV (human papillomavirus). High oncogenic risk HPV can provoke breast cancer

Even one full course of Indol Forte allows you to achieve high results. 1 package is enough for 1 course.

In the course of studies conducted among women suffering from benign dysplasia of the mammary glands and taking indole-3-carbinol-containing drugs, significant improvements were noted in the condition and well-being of patients. So, in 82% of women, the breast tissue became softer and more uniform, in 72% pains decreased.

How ingredients work:

Indole-3-carbinol is an organic compound found in plants of the cruciferous family (cabbage,

kohlrabi, turnip, rutabaga, radish). The substance has a pronounced antitumor activity and antioxidant effect:

Activates special enzymes that bind to xenobiotics - foreign chemicals in the body - and neutralizes them. Hormone-like xenobiotics are dangerous because they provoke the development of malignant tumors

Inhibits the formation of hazardous metabolites (metabolic products) arising from the transformation of estrogen. It has been proven that some metabolites are carcinogenic, stimulate the growth and degeneration of tissues of the uterus, mammary glands, and liver
Slows down the formation of papillomatous formations (nevi, moles, warts).

Slows down the growth of blood vessels in the formations, without affecting healthy tissue.

Increases the efficiency of the natural detoxification system, slows down the oxidative processes that lead to aging of the body. Composition: Indole-3-Carbinol, Microcrystalline Cellulose (carrier), Capsule Components (Food Additives): Gelatin, Calcium Stearate And Amorphous Silicon Dioxide (Anticaking Agents)



Iron chelate tablets

Readily available chelated iron for maximum absorption.

Promotes:

- maintaining normal hemoglobin levels
- reducing the risk of anemia
- decreasing fatigue and increasing efficiency.

Ingredients: ferrous bisglycinate 14 mg.

Presentation: 60 tablets of 0.25 g.

Recommended use: adults and children over 14 years of age take 1 tablet daily with meals, for at least 2 months.

Shelf life: 3 years.