



# 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<sup>1,2</sup>.

Vitamin D3 is a comprehensive regulator of immune defenses. It helps reduce the risk of airways infections<sup>3</sup>. 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 cell<sup>4</sup>.

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, &#945;-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&#8209;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<sup>1, 2</sup>.

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 cell<sup>3</sup>.

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 unique<sup>1</sup> 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-related<sup>1</sup>
- Mitigates the risk of stroke<sup>1</sup> as it reduces blood clotting
- Relieves heaviness in the legs, sensation of cold, pain when walking, or painful cramps<sup>1</sup>

Good news: Ginkgoum is twice better value<sup>2</sup>! Millions of Russians choose Ginkgoum from Evalar<sup>3</sup>.

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](http://www.evalar.ru)

Shelf life: 3 years.

<sup>1</sup> Caused by circulatory disorders and increased blood viscosity.

<sup>2</sup> 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 patented<sup>1</sup> 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 month<sup>2</sup> 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 month<sup>2</sup> 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 month<sup>2</sup> 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 content<sup>1</sup> 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.<sup>1</sup> 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 analogue<sup>2</sup>. 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.



# Ivy at cough Evalar

The first and only1 ivy extract in tablet form on the market.

The natural expectorant for any cough helps to thin and excrete the sputum, alleviates the cough and eases breathing, reduces the frequency of coughing fits, and speeds up recovery from coughing.

70% better value2.

Tablets. Ingredients: ivy extract, vitamin C, hesperidin, sage essential oil.

Presentation: 50 tablets of 0.25 g.

Recommended use: adults and children over 14 years of age take 1 tablet 3 times a day

before meals, for at least 10 days, until the cough disappears completely. The course of treatment can be repeated if needed.

Shelf life: 2 years.

Syrup. Ingredients: ivy extract.

Presentation: 100 ml bottle.

Recommended use: adults take 1 teaspoon (5 ml) of syrup 3 times a day before meals for at least 10 days, until the cough disappears completely. The course of treatment can be repeated if needed.

1 According to CJSC DSM Group, at the end of the first quarter of 2018, the dietary supplement Ivy Cough medicine Evalar is the first and only monocomponent dietary supplement containing only ivy extract as an active substance produced in the form of tablets for oral administration among medicinal drugs and dietary supplements sold in pharmacies in the Russian Federation.

2 According to CJSC DSM Group, at the end of August 2018, the weighted average retail price for a 100 ml bottle of Ivy Cough medicine dietary supplement in the form of oral syrup produced by Evalar is 1.7 times lower than the price of a similar product.



# Izzhogoff

Turn off heartburn! The most beneficial<sup>1</sup> heartburn medicine. Mint freshness in a convenient format

Izzhogoff by Evalar:

Provides fast and long-term neutralization of excess hydrochloric acid in gastric juice, thereby providing a protective effect on the gastric mucosa<sup>2</sup>

The effect occurs within 3-5 minutes due to the good solubility of the tablets and the high calcium content

Gentle action - created on the basis of substances that exist in their natural form in nature and are natural for the human body

Can be taken throughout pregnancy and while breastfeeding<sup>3</sup>

The preparation has a mint flavor and does not contain sugar. People with diabetes can take it when stomach acid production is increased to relieve symptoms of heartburn

The best price<sup>1</sup> among heartburn medications

Easy to remember - beneficial to buy!

Indications for use:

Symptoms associated with high acidity of gastric juice and reflux esophagitis: heartburn, sour belching, recurrent pain in the stomach, a feeling of fullness or heaviness in the epigastric region, dyspepsia (including those caused by an error in diet, medication, alcohol abuse, coffee, nicotine), dyspepsia in pregnancy.

Composition of active ingredients: Calcium Carbonate - 680 mg, Magnesium Carbonate (basic magnesium carbonate) - 80 mg

1 Prices based on the manufacturer's price list and Albus from 22.05.2019 According to the instructions for use.

2 According to the instructions for use.

3 In the recommended doses, the drug does not pose a danger to the fetus or child.



# IZZHOGOFF (HEARTBURN OFF) chewable tablets

Provides fast and long-term neutralization of excess hydrochloric acid in gastric juice, protecting the stomach lining. The tablets work in just 3 to 5 minutes, due to good solubility and high calcium content. The best price<sup>1</sup> among heartburn medications.

Ingredients: calcium carbonate (680.0 mg), magnesium carbonate (80.0 mg).

Presentation: 24 tablets.

Recommended use: The tablets are taken orally. Adults and children over 12 years of age: unless otherwise recommended by a doctor, chew (or dissolve in the mouth) 1 or 2 tablets when heartburn symptoms appear. Another dose may be taken 2 hours later, if needed. The maximum daily dose is 11 tablets.

Shelf life: 3 years.

<sup>1</sup>The prices are based on Albus manufacturer's price list dated 05/22/2019.



## Izzhogoff (heartburn relief), tablets

The combination of magnesium carbonate and plant extracts helps eliminate heartburn and reduce discomfort during digestion.

Ingredients: Magnesium Carbonate, Extracts of Althea, Chamomile, Fennel, Mint Oil.



# Laminaria

For the treatment of iodine deficiency.

100% natural source of iodine.

1 tablet contains 200 micrograms of iodine and supplies the daily body requirement.

Laminaria EVALAR is a natural source of iodine, naturally replenishing its deficiency, supporting the health of the thyroid gland, and promoting the mental and physical performance of the body. Laminaria is a balanced marine product created by nature itself.

Ingredients: Laminaria (Sea Kelp).



# 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



# Levocarnitine, medicine

Levocarnitine is a medicinal product that contains the optimal dose of L-carnitine: if you take just 5 ml of the solution, you will get a therapeutic dose of this "metabolic activator": 1,500 mg!

Levocarnitine is a medicine for workaholics, athletes, managers prone to burnout, fitness adepts, people who would like to lose weight, and even children, from the first years of life!

Improves protein and fat metabolism.

Reduces excess body weight.

Improves performance and endurance.

Contributes to faster recovery after diseases.

Ingredients: Levocarnitine.



# Levocarnitine, tablets

Daily energy and fat burning! 500 g L-carnitine and pantothenic acid in tablets. L-carnitine works together with pantothenic acid, boosting the cellular metabolism, for quicker entry of the stored fats into cells, where the fats get burned, releasing the energy. Due to this effect of L-carnitine and calcium pantothenate, Levocarnitine contributes to:

Transforming fat reserves into energy.

Improving performance and endurance.

Weight loss.

Ingredients: L-Carnitine, Microcrystalline Cellulose and Lactose (Excipients), Sodium Croscarmellose (Vehicle), Pantothenic Acid, Calcium Stearate, Stearic Acid, Silicon Dioxide (Anti-Caking Agents). Film coating components: Hydroxypropyl Methyl Cellulose, Glycerin.





# Licopin

Licopin contributes to:

- slowing down the aging process and maintaining youthful skin
- maintaining prostate health
- reducing the amount of free radicals
- maintaining good functional condition state of cardiovascular system
- maintaining normal cholesterol levels
- strengthening the walls of blood vessels and capillaries
- maintaining normal blood viscosity

Ingredients: Lycopene.



# Lipotropic factor Evalar, tablets

Three lipotropic components: choline, inositol, and methionine promote the removal of fats from the liver, preventing the accumulation of fats in the body, and eliminating the toxins from fat burning. Triple benefit for the liver!

Ingredients: L-Methionine, Inositol, Choline.



# Lora anti-aging cream

Anti-Aging face cream with peptides, hyaluronic acid, wild yams phytoestrogens, and vitamins perfectly moisturizes the skin, nourishing it and stimulating its renewal. The result will be visible after just a month: wrinkles diminish, the structure and tone of the skin improve, and facial contours are tightened.

Ingredients: Tripeptides, Wild Yam Extract, Liposentol Multi, Tera-Vital, D-Panthenol, Hyaluronic Acid.



# Lora anti-aging face tonic

The first antiaging tonic treatment with the effect of 3D-moisturizing and lifting on the basis of Swiss peptides and three kinds of hyaluronic acid. Creates an invisible mesh on the face, saturating the skin with moisture and keeping it in the skin cells. Starts the processes of rejuvenation in the deep layers of the skin. The nozzle enables users to conveniently spray the tonic on the face.

Ingredients: Liposentol Hydro, Succinic Acid, L-Carnosine, Novhyal, Hyaluronic Acid.



# Lora collagen drink

7000 mg of collagen peptides in 1 serving, for quick and deep skin rejuvenation. Every year, the skin loses about 1.5% of its collagen, which causes it to become thinner, sag and get wrinkled. Therefore, the use of collagen in the form of dietary supplements can really slow down the process of skin aging. Particularly so, as modern nutraceuticals provide collagen peptides with high bioavailability (up to 95%).

LORA Collagen Drink helps:

Reduce wrinkles.

Make the skin firmer.

Improve complexion.

Ingredients: Fructose, Collagen Peptides, L-Carnosine, Lemon Juice, Hyaluronic Acid.



# Lora Edelweiss stem cells

This most perfect remedy for restoring the youth<sup>1</sup> provides visible transformation from the first days of application<sup>2</sup>.

This is the first serum in Russia with Edelweiss stem cells<sup>3</sup>, a unique recipe developed in Switzerland, exclusively for Evalar company. The synergy of active ingredients and stem cells of Edelweiss renews every cell, restoring the radiance of youth to the skin of face and neck. The result is proven, as a visible transformation from the first days of use<sup>2</sup>, and a long-term effect<sup>2</sup>.

Ingredients: MAJESTEM, Lipex 205 (Butyrospermum Parkii, Shea Butter, Citric acid), SYN-COLL (Palmitoil tripeptide-5), L-Fucose (6-Deoxy-L-galactose), Allantoin, Hyaluronic acid, AmihopeLL (Lauroyllysine), Amelioxo A 0841 (Glycerin, Tocopherol, Water, Silybum Marianum Fruit extract, Carnosine, Lecithin, Phenoxyethanol).

Presentation: tube 30 g.

Recommended use: apply the serum to previously cleansed skin of the face, neck and d&#233;collet&#233; 1 or 2 times a day, for at least 4 weeks. For all skin types.

Shelf life: 2 years.

1In the range of CJSC Evalar.

2 Study of properties of alpine edelweiss stem cell extract, Sederma, 2015.

3 According to the study of Russian pharmacy market, 2018.



# Lora eye cream

The bur grass extract and caffeine improve microcirculation, increase the density of the skin, preserve collagen and elastin. The cream will eliminate wrinkles, swelling and dark circles around the eyes.

Ingredients: REGU-AGE Complex, Bur Grass Extract, Caffeine, Liposentol Multi, Pentavitin, SYN-TACKS, D-Panthenol, Hyaluronic Acid.



# Lora hand cream

Instantly moisturizes and softens the skin, for a long time.

Ingredients: Pentavitin, Liposentol Hydro, Soluble Collagen with Elastin, L-Carnosine, Hyaluronic Acid, Chromabright.



# Lora serum mesoeffect

Contains a high concentration of active substances produced in Switzerland:

4 types of peptides for rejuvenation

3rd generation hyaluronic acid and pentavitin for deep moisturizing

L-carnosine and vitamins protect against pigmentation

A mesoroller with titanium needles enhances the effect of LORA Anti-Aging Serum Mesoeffect.

Visible results from the first application!

Ingredients: SYN-HYCAN, SYN-COLL, REGU-AGE Complex, Pentavitin, Liposentol Multi, L-Carnosine, L-Arginine, Aloe Vera Gel, Novhyal, D-Panthenol, Hyaluronic Acid, Tisol.



# Lora SPF 50+

The cream contains only proven cosmetic components of the latest generation: the complex of UVA/UVB filters PARSOL, peptides SYN-TACKS, hyaluronic acid, pentavitin, chromabright. 4 effects at once: maximum protection from sunlight, rejuvenating effect, deep moisturizing and protection from pigmentation.

Ingredients: Peptide Complex, D-Panthenol, Vitamin E, Chromabright, Hyaluronic Acid.



# Lora tablets

Antiaging tablets with hyaluronic acid and wild yam extract start the process of rejuvenation from the inside:

Reducing the depth and severity of wrinkles.

Making skin firmer.

Improving complexion.

Recommended for use together with antiaging face cream LORA.

Ingredients: Wild Yam Extract, Vitamin C, Vitamin E, Hyaluronic Acid.



# Lutein-intensive

Contains the maximum amount of lutein (10 mg or 200% of recommended daily allowance) and zeaxanthin.

Promotes the protection of the retina and intensive support for the vision.

Ingredients: Marigold Extract, Vitamin C, Nicotinic Acid, Zinc Oxide, Vitamins A6, A2, A1, A, Zeaxanthin.





# 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.



# Marsh cinquefoil Evalar tea bags

Rhizomes with roots of swamp comarum collected in Altai, for joints and spine. Marsh Cinquefoil (swamp comarum, marshlocks, purplewort), a perennial plant with a creeping rhizome and rising reddish tough stems, curved like a saber. It grows in low-lying grassy marshes along the banks of rivers and lakes, on wet and flooded meadows, in marsh forests, in quiet creeks, in the tundra. The Marsh Cinquefoil tea is available in two forms: in tea bags and in pack. You can choose the presentation that you prefer.

Ingredients: Marsh Cinquefoil Rhizomes with Roots.



# Marsh Cinquefoil EVALAR, tablets, cream

In comprehensive therapy, these products contribute to maintaining the normal function of the joints and spine, keeping joints and spine mobile and flexible, eliminating discomfort and swelling in the joints, promoting natural regeneration of cartilaginous tissue.

Tablets. Ingredients: Powder of Marsh Cinquefoil Rhizomes.

Cream. Ingredients: Extracts of Marsh Cinquefoil Rhizomes and Roots and of Comfrey Roots.



# Marsh cinquefoil tincture

The only medicine based on Marsh Cinquefoil that gently treats the joints, without damaging the stomach. The tincture of Marsh Cinquefoil EVALAR Tincture has a pronounced anti-inflammatory effect in the comprehensive therapy of arthritis and degenerative joints disease. When combined with non-steroidal anti-inflammatory drugs, the product increases their therapeutic effect and makes it possible to reduce the doses.

Ingredients: Marsh Cinquefoil Rhizome, Ethyl Alcohol.



# Massage Oil

Essential oils in combination with arnica, St. John's wort and calendula relieve tension and increase the effectiveness of massage (for muscles and joints).

Ingredients: Oil Extract of St. John's Wort, Calendula, Arnica, Essential Oils of Cloves, Rosemary, Thyme, Mint, Lemon, Lavender.



# Mastocaps

MastoCaps herbal complex, based on the extract of the fruit of the chaste tree (Vitex Agnus-Castus), and the roots and rhizomes of the peony, was designed to maintain women's health and improve the quality of women's life.

Promotes:

The normal course of the premenstrual period.

Maintaining the normal menstrual cycle.

Keeping the breasts healthy.

Ingredients: Peony Rhizomes and Roots, Microcrystalline Cellulose (Vehicle), Vitex Agnus-Castus Extract (Chaste Tree Roots), Calcium Stearate (Anti-Caking Agent).



# Mastophyt cream

MastoPhyt EVALAR contains a whole range of plant extracts: vitex, fucus and broccoli indoles. The extract of vitex reduces the level of prolactine, one of the main culprits of breast soreness before the period. The extract of fucus is a source of organic iodine.

Instead of synthesized indoles, MastoPhyt EVALAR contains the “living” natural complex of broccoli indoles. It is proved that such a complex of natural indoles works more efficiently than artificially synthesized indoles!

Cream. Ingredients: Lanolin, Fucus Extract, Indole-3-Carbinol.



# Mastophyt tablets

MastoPhyt contains a whole range of plant extracts: vitex, fucus and broccoli indoles. The extract of vitex reduces the level of prolactine, one of the main culprits of breast soreness before the period. The extract of fucus is a source of organic iodine.

Instead of synthesized indoles, MastoPhyt contains the “living” natural complex of broccoli indoles. It is proved that such a complex of natural indoles works more efficiently than artificially synthesized indoles!

Ingredients: Broccoli, Extracts of Fucus Vesiculosus, Vitex Agnus-Castus.



# MCC Ankir-B

This source of dietary fiber helps:

Curb the hunger, reduce food intake and prevent overeating

Eliminate the toxins produced by the body in the process of metabolism or coming from outside

Maintain normal function of the intestine

Ingredients: Microcrystalline Cellulose.



# 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.