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PRODUCT CATALOG
2017

anastore  **com**
the **best** choice

ACETYL L - CARNITINE

GUARANTEED PURITY OVER 99%

1 unit **26,00 €**

Ref. BB10

3 units **404,00-€**

500 mg / 60 tablets

+1 free 78,00 €

TO STIMULATE PRODUCTION OF CELLULAR ENERGY

Acetyl L - carnitine supplies the cells with carnitine, a fuel they need to function.

Certain cells in an organism, such as those in the muscles or the heart or again the cells in the nervous system, and thus in the brain, are known to have energy requirements that are more important than elsewhere.

Acetyl L - carnitine is de facto recommended for improving **sporting performance**, but also for **visual problems, cerebral degeneration, depression or diabetes**.

THE VERY LATEST:

Acetyl L - carnitine supplies a source of biologically active carnitine, immediately usable by the cells.

PRINCIPALES INDICATIONS :

Visual problems, Brain degeneration, Depression, Diabetes, Sports performance

COMPOSITION:

For 2 tablets: 1000 mg of purified extract of acetyl L - carnitine (ALC), purity 99% min.

DIRECTIONS:

2 tablets a day to crunch or suck.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **29,00 €**

ACTION BITTER PLANTS

FRUCTOOLIGOSACCHARIDES, ARTICHOKE, GREEN TEA, GREEN COFFEE (SVETOL®), MILK THISTLE

300 ml / 20 Powerful Shot drink

DRINK WITH PLANT EXTRACTS FOR A SATIATING, SLIMMING AND CLEANSING EFFECT

Our .357Phyto® energy drinks offer the quickest and most convenient way to consume higher quality plant extracts, through single dose shots of extracts with standardised high quality active principle content proven to be effective.

We have incorporated **BITTER PLANTS** shots into the .357Phyto® range, offering a combination of fructooligosaccharides and plant extracts of optimum quality and effectiveness for losing weight and cleansing the body.

One BITTER PLANTS shot contains: fructooligosaccharides (Actilight®), dry extract of artichoke leaf standardised to contain 5% cynarine, dry extract of green tea leaves standardised to contain 50% polyphenols, 20% catechins and 7% epigallocatechin gallate (EGCG), dry extract of green coffee beans (Svetol®) standardised to contain 50% polyphenols, and dry extract of milk thistle seed standardised to contain 80% silymarin.

Fructooligosaccharides are a fibre that aids weight loss by increasing feelings of fullness, reducing food intake.

Green tea and extract of **Svetol® green coffee** help to burn fat, thanks to their thermogenic and glucose absorption-reducing effect, enhancing the slimming properties of **BITTER PLANTS**.

Artichoke and **milk thistle** are plants with hepatoprotective, cleansing and digestive properties. Their respective cynarine and silymarin content guarantees optimum effectiveness.

PRINCIPALES INDICATIONS :

Aids weight loss, feelings of fullness, fat-burning, detoxifying and digestive actions

COMPOSITION:

Per shot (15 ml): 3000 mg fructooligosaccharides (Actilight®), 400 mg dry extract of artichoke leaves (*Cynara scolymus* L.) standardised to contain 5% cynarine (i.e. 20 mg), 400 mg dry extract of green tea leaves (*Camellia sinensis* (L.) Kuntze) standardised to contain 50% polyphenols (i.e. 200 mg), 20% catechins (i.e. 80 mg) and 7% epigallocatechin gallate (EGCG) (i.e. 28 mg), 200 mg dry extract of green coffee beans (Svetol®) (*Coffea canephora* Pierre ex A. Froehner) standardised to contain 50% polyphenols (i.e. 100 mg), 100 mg dry extract of milk thistle seeds (*Silybum marianum* (L.) Gaertn.) standardised to contain 80% silymarin (i.e. 80 mg), anise seed essential oil (*Pimpinella anisum* L.), sweetener (E960): steviol glycosides.

DIRECTIONS:

Take 1 shot a day, outside of meals. Shake before use.

USAGE PRECAUTIONS

Contains caffeine (28 mg / shot). Not recommended for children, pregnant or breast-feeding women. Do not exceed the recommended daily dose.

ACTION CLIMAX PLEASURE SHOT DRINK

ORGANIC FOREST HONEY, EXTRACTS OF WATERMELON, BEETROOT, ACEROLA AND POMEGRANATE

1 unit **36,00 €**

Ref. UC10

300 ml / 20 Powerful Shot drink

REINVIGORATING DRINK WITH EXTRACT FRUIT TO STIMULATE SEXUAL FUNCTION

Our new range of .357Phyto® drinks are the quickest and most convenient way to consume the highest-quality vegetable extracts thanks to their monodose format. Shots of extracts titrated in active ingredients of proven quality and effectiveness.

Our CLIMAX shot combines the most effective extracts for **improving male and female sexual activity**.

A CLIMAX shot contains: organic forest honey, watermelon extract standardised to contain 10% in L-citrulline, extract of beetroot, extract of acerola standardised to contain 25% in vitamin C and extract of pomegranate standardised to contain 40% in ellagitannins.

Watermelon and beetroot cause an increase in nitric oxide, a molecule implied in vasodilatation, improving blood flow towards the penis and vagina.

Organic forest honey, rich in antioxidants and energy, combined with acerola, which offers 100% vitamin C NRVs* (80 mg), contributes to reducing fatigue and improving sperm quality.

Pomegranate, fruit of fertility, is rich in antioxidants and helps treat erectile dysfunction and the menopause.

*NRVs: Nutrient Reference Values.

PRINCIPALES INDICATIONS :

Vasodilatation, libido, fertility, erectile dysfunction, symptoms of the menopause.

COMPOSITION:

Per shot (15 ml): 5000 mg of organic forest honey, 900 mg of dried extract of watermelon (*Citrullis lanatus*) standardised to contain 10% in L-citrulline (90 mg), 500 mg of dry extract of beetroot (*Beta vulgaris*), 320 mg of dried extract of acerola (*Malpighia glabra*) standardised to contain 25% in vitamin C (L-ascorbic acid) (80 mg (100% NRVs*)), 100 mg of dried extract of pomegranate (*Punica granatum*) standardised to contain 40% in ellagitannins (40 mg), natural pomegranate flavouring.

*NRVs: Nutrient Reference Values.

DIRECTIONS:

Take 1 shot a day. Shake before use.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **22,00 €**

3 units **88,00-€**

+1 free **66,00 €**

ALPHA LIPOIC ACID

A-LACYS RESET®
ALPHA LIPOIC ACID, L-CYSTEINE BASE,
MAGNESIUM

300 mg / 30 capsules

A POWERFUL PERFORMANCE BOOSTER AND REGULATOR

α-LACYS RESET® is a patented complex containing a synergy of alpha lipoic acid, cysteine and magnesium. This synergy controls and neutralises existing free radicals, while rejuvenating the body and it can be used as an adjunct in the treatment for diabetes.

Alpha lipoic acid:

By activating an enzyme (AMP-kinase), alpha-lipoic acid improves aerobic metabolism. Specifically, it helps reduce body fat, promoting **weight loss**, and acts to **reduce fatigue** and **improve recovery after exercise**.

L-cysteine acid:

Promotes glutathione synthesis action, helping to control oxidation in the body, **combatting the effects of aging**. It also helps to **re-balance hormonal disorders** and improves mood during menopause.

The magnesium helps to regulate energy metabolism* and relieves deficiency in those with type 2 diabetes.

*COMMISSION REGULATION (EU) No 432/2012 of 16 May 2012 establishing a list of permitted health claims made on foods, other than those referring to the reduction of disease risk and to children's development and health.

PRINCIPALES INDICATIONS :

anti-aging, hormonal disorders, antioxidant, weight loss, athletic performance, diabetes

COMPOSITION:

One capsule contains: 300 mg of α-LACYS RESET® (alpha lipoic acid, L-cysteine base acid and magnesium (in the form of magnesium oxide)).

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dosage.

ANASKIN

COLLAGEN, HYALURONIC ACID, COENZYME Q10, ACEROLA (VITAMIN C) AND BILBERRY

1 unit **30,00 €**

Ref. AS65

130 g / 20 single-dose sachets

3 units **120,00 €**

+1 free 90,00 €

THE HIGHEST QUALITY INGREDIENTS TO COMBAT AGEING SKIN

Multiple factors (e.g. stress, insomnia, poor diet) can affect the health and appearance of our skin. To recover its beauty, energy and vitality, caring for the outside of your skin is not enough: you need to treat skin from the inside.

To combat ageing skin, we have developed ANASKIN, a product that contains the highest quality ingredients: **hydrolysed and deodorised collagen of marine origin (fish), hyaluronic acid and coenzyme Q10 from biotechnology, acerola extract (*Malpighia glabra* L.) standardised to contain 25% vitamin C, and dry extract of blueberry (*Vaccinium myrtillus* L.) standardised to contain 25% anthocyanidins.**

This combination of bioactive compounds helps the skin to restore its healthy and radiant appearance and achieve greater hydration and nutrition. ANASKIN also has a delicious and refreshing lime flavour: it nourishes your skin in the tastiest and healthiest way!

PRINCIPALES INDICATIONS :

Ageing skin, dry skin, wrinkles

COMPOSITION:

Per single-dose sachet (6.5 g): 5000 mg hydrolysed and deodorised marine origin (fish) collagen, 720 mg dry extract of acerola (*Malpighia glabra* L.) standardised to contain 25% vitamin C (in the form of L-ascorbic acid) (i.e. 180 mg (225% NRVs*)), lime flavour, maltodextrin, 50 mg of coenzyme Q10 (ubidecarenone)**, 50 mg of hyaluronic acid**, 50 mg dry extract of bilberry (*Vaccinium myrtillus* L.) standardised to contain 25% anthocyanidins (i.e. 12.5 mg), sweetener: steviol glycosides.

*NRVs: Nutrient Reference Values.

**From biotech (natural fermentation).

DIRECTIONS:

Mix 1 single-dose sachet per day with a glass of water (200 ml), outside of meals.

USAGE PRECAUTIONS

Not recommended if pregnant or lactating women. Do not exceed the recommended daily dose.

ANGELICA

CONCENTRATED EXTRACT OF ANGELICA ROOT

1 unit **19,00 €**

3 units **76,00 €**

+1 free 57,00 €

425 mg / 60 capsules

COMBATING INDIGESTION AND ENHANCING WELLBEING

Known as the 'herb of the angels', *Angelica archangelica* has a long tradition in Nordic countries such as Iceland.

Angelica is a plant packed with properties concentrated within its compound roots that are beneficial for **alleviating dyspeptic disorders** (e.g. mild gastrointestinal spasms, slow digestion), **combating indigestion and enhancing wellbeing**.

Our concentrated extract of angelica root guarantees maximum effectiveness.

PRINCIPALES INDICATIONS :

Indigestion, bile problems, diuretics and anxiolytics.

COMPOSITION:

2 capsules contain: 850 mg concentrated extract of angelica root (*Angelica archangelica* L.) equivalent to 1.5 g of dried root.

DIRECTIONS:

2 capsules per day in two separate doses, taken with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

ARTICHOKE

5% MIN. OF CYNARIN

1 unit **14,00 €**

Ref. JJ10

3 units **56,00 €**

400 mg / 60 capsules

+1 free 42,00 €

AN EXCELLENT ALLY FOR THE LIVER

Used since ancient times, it was only in the mid-20th century that we were able to isolate from it the compound to which the artichoke owes its reputation: cynarine.

Cynarine stimulates **secretion of bile** and **fights liver problems** (alcoholic cirrhosis, toxins, hepatitis...).

It was even synthesised and used as a medication until the 1980s, **to stimulate the liver and gall bladder as well as to lower cholesterol levels.**

Artichoke is **also useful against arteriosclerosis, anemia, alcoholic cirrhosis, all kinds of toxins or hepatitis.**

Our extract of artichoke standardised to contain 5% of cynarine. A level which **guarantees the best effectiveness.**

The artichoke reduces basal and postprandial glycaemia*, its content in inulina helps to control the levels of glucose and triglycerides in blood** bringing benefits to people with diabetes.

* www.fitoterapia.net

** Effects of high performance inulin supplementation on glycemic status and lipid profile in women with type 2 diabetes: a randomized, placebo-controlled clinical trial. Dehghan et al. (2013) Health Promot Perspect 3(1), 55-63.

PRINCIPALES INDICATIONS :

liver, liver disorders, gallbladder disorders, infections, atherosclerosis, hypercholesterolemia, anaemia, cirrhosis, viral hepatitis, diabetes

COMPOSITION:

2 capsules contain : 800 mg of leaves artichoke dry purified extract (*Cynara scolymus* L.), standardised to contain 5% min. of cynarin (equivalent to 40 mg).

DIRECTIONS:

2 capsules per day with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **21,00 €**

3 units **84,00 €**

+1 free 63,00 €

ASHWAGANDHA

STANDARDISED TO CONTAIN 5% WITHANOLIDES

400 mg / 60 capsules

INDIAN PANACEA

Ashwagandha (*Withania somnifera*) is an adaptogenic plant used in Ayurvedic medicine for over 3,000 years. Also known as "Indian Ginseng", it is recognised as a remedy with powerful properties.

Extract of Ashwagandha root, standardised to contain 5% withanolides:

Due to its standardised withanolide content, Ashwagandha contributes to the health and strengthening of the body: **it is the ultimate regulator.**

Ashwagandha stimulates immune system defences, helping to prevent numerous illnesses and **restoring vitality and energy.**

It is also used to **stimulate libido, enhance sexual function and combat infertility**, since it improves and revitalises sperm quality and also combat premature ejaculation.

It also plays a role in combating mental fatigue, **reducing the harmful effects of stress and depression.** Its relaxant and calming properties **promote restful sleep and relaxation.**

PRINCIPALES INDICATIONS :

Loss of libido, infertility, stress, insomnia, fatigue, depression, sleeplessness, chronic illnesses, premature ejaculation

COMPOSITION:

2 capsules contain: 800 mg dry extract of Ashwagandha root (*Withania somnifera* (L.) Dunal) standardised to contain 5% withanolides (40 mg).

DIRECTIONS:

Take 2 capsules per day with half a glass of water, two hours before going to bed.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ASHWAGANDHA

STANDARDISED TO CONTAIN 5% WITHANOLIDES

Ref. NA17

400 mg / 120 capsules

1 unit **34,00 €**

3 units ~~136,00 €~~

+1 free 102,00 €

INDIAN PANACEA

Ashwagandha (*Withania somnifera*) is an adaptogenic plant used in Ayurvedic medicine for over 3,000 years. Also known as "Indian Ginseng", it is recognised as a remedy with powerful properties.

Extract of Ashwagandha root, standardised to contain 5% withanolides:

Due to its standardised withanolide content, Ashwagandha contributes to the health and strengthening of the body: it is the ultimate regulator.

Ashwagandha stimulates immune system defences, helping to prevent numerous illnesses and restoring vitality and energy.

It is also used to stimulate libido, enhance sexual function and combat infertility, since it improves and revitalises sperm quality and also combat premature ejaculation.

It also plays a role in combating mental fatigue, reducing the harmful effects of stress and depression. Its relaxant and calming properties promote restful sleep and relaxation.

PRINCIPALES INDICATIONS :

Loss of libido, infertility, stress, insomnia, fatigue, depression, sleeplessness, chronic illnesses, premature ejaculation

COMPOSITION:

2 capsules contain: 800 mg dry extract of Ashwagandha root (*Withania somnifera* (L.) Dunal) standardised to contain 5% withanolides (40 mg).

DIRECTIONS:

Take 2 capsules per day with half a glass of water, two hours before going to bed.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **24,00 €**

3 units ~~96,00 €~~

+1 free 72,00 €

ASTRAGALUS

ASTRAGALUS ROOT EXTRACT STANDARDISED TO CONTAIN 50% POLYSACCHARIDES

500 mg / 90 capsules

POWERFUL ANTI-FATIGUE EFFECTS

Astragalus (*Astragalus membranaceus* Moench) or Huang qi has been prescribed in traditional Chinese medicine for centuries, due to its multiple reinvigorating properties.

It is an adaptogenic plant with high levels of active compounds (polysaccharides, astragalosides) that stimulate the immune system, cardiovascular and hepatic systems. It also facilitates the action of macrophages, cells that engulf and attack foreign bodies. This strengthens the body, helping to protect and defend it from bacteria and viruses.

Our astragalus root has high standardised polysaccharide content and offers powerful anti-fatigue effects, while improving the body's resistance to stress.

PRINCIPALES INDICATIONS :

Immunostimulating, antiviral, adaptogen and vasodilator

COMPOSITION:

For 3 capsules: 1500 mg of dry extract of astragalus root (*Astragalus membranaceus* Moench) standardised to contain 50% polysaccharides (i.e. 750 mg).

DIRECTIONS:

3 capsules a day, with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Do not use if you have a personal or family history of breast cancer. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

A VERY SENSUAL MASSAGE OIL

THE MASSAGE

1 unit **26,00 €**

Ref. LH45

50ml - Glass bottle anti-UV with dosing pump

IT STIMULATES YOUR SENSES AWAKE

This sensual oil with ylang ylang, patchouli, sandalwood and cinnamon, promotes an awakening of the senses. Leaves skin soft and slightly perfumed.

COMPOSITION:

Organic Sesame oil, organic Vanilla oily macerate, essential oils: organic Ylang ylang, organic Ceylon Cinnamon, organic Patchouli, Caledonian Sandalwood, natural fragrance, organic Rosemary extract.

Perfume: Floral fragrance, sweet, woody, warm, vainilla.

DIRECTIONS:

Use for sensitive massage of the whole body. Do not apply to mucous membranes.

1 unit **40,00 €**

BALANCING AND PURIFYING SERUM

COMBINATION TO OILY SKIN

0084127

30 ml - Tinted anti-UV glass pump bottle.

Targeting combination to oily skin and packed with active plant extracts, this serum regulates sebum secretion whilst purifying and cleansing the skin, giving long-lasting results. Rich in balancing essential oils, it regulates and restores the skin's natural functions.

PRINCIPALES INDICATIONS :

Hidratation, regulates sebum secretion.

COMPOSITION:

Organic Jojoba oil, organic Hazelnut oil, essential oils: organic Tea tree, organic Palmarosa, organic Clary Sage, organic Peppermint, organic Rosemary extract.

* ingredients produced by Organic Farming

INCI : Simmondsia Chinensis Oil*, Corylus Avellana Nut Oil*, Aroma (natural)*, Melaleuca Alternifolia Oil*, Salvia Sclarea Oil*, Mentha Piperita Oil*, Rosmarinus Officinalis Leaf Extract*, Geraniol, Linalool, Limonene, Benzyl Benzoate, Farnesol, Benzyl Salicylate, Citral, Eugenol.

* ingredients produced by Organic Farming

DIRECTIONS:

Morning and night, delicately apply 1 to 3 drops of botanical serum to the whole face concentrating on the T-zone and any shiny areas. Reinforces and completes the action of the botanical lotions. Use alone or alongside your daily moisturizing lotion.

BCAA 4:1:1

Ref. XB41

1000 mg / 90 tablets

1 unit **19,00 €**

3 units **76,00 €**

+1 free 57,00 €

BOOSTS MUSCLE ENDURANCE AND RECOVERY

BCAAs – L-leucine, L-isoleucine and L-valine – are three branched-chain amino acids. They're considered 'essential' because they're not made by the body.

These amino acids, components of proteins, are essential during muscular exertion for conserving muscle glycogen and counteracting muscle catabolism. An adequate intake of L-leucine, L-isoleucine and L-valine helps bodybuilding by preventing the degradation of muscle proteins.

This increases muscle mass more quickly, improving protein and energy synthesis.

Fuel your muscles with BCAAs for effective bodybuilding.

Our BCAAs bring you the 3 most important amino acids you need in your sports activity: L-leucine, L-isoleucine and L-valine, at the most efficient ratio 4:1:1.

L-Leucine has an anti-catabolic effect, it facilitates the repair of muscle tissue, helps stabilize glutamine levels and stimulates the secretion of growth hormone.

L-Isoleucine is needed for forming haemoglobin, it stabilizes blood glucose and stimulates energy synthesis.

L-Valine stimulates the synthesis of proteins and energy, improves muscle coordination, and promotes muscle tissue repair.

Our BCAA formula is rich in these 3 essential amino acids in optimal proportions, giving your muscles the nutrients and energy they need.

PRINCIPALES INDICATIONS :

Bodybuilding (anabolism), strength, muscle recovery

COMPOSITION:

Each tablet contains: 1000 mg three branched chain amino acids in a 4:1:1 ratio, i.e. 666.67 mg L-Leucine, 166.67 mg L-Isoleucine and 166.67 mg L-Valine.

DIRECTIONS:

1 tablet a day with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **38,50 €**

3 units **154,00 €**

+1 free 115,50 €

BCAA 4:1:1 + L-CITRULLINE

HIGH-PERFORMANCE

320 g tub / 200 tablets

PROVIDES L-CITRULLINE, WHICH STRENGTHENS THE ACTION OF BCAA

An innovative formula based on the latest scientific research, even more effective for boosting sporting performance and improving muscle recovery.

The addition of L-citrulline completes the intake of 3 branched-chain amino acids: L-leucine, L-isoleucine and L-valine.

L-citrulline participates in increasing:

- nitric oxide (N.O.) production in the body. **It promotes the dilation of blood vessels (vasodilator properties) and improves erectile function.**

- creatine, an amino acid used to **increase muscle strength and endurance during training.**

L-citrulline combines perfectly with BCAA 4:1:1 (Best ratio) amino acids, which play a key role in the repair and growth of muscle tissue, protein synthesis and muscle recovery following exercise.

PRINCIPALES INDICATIONS :

Vasodilator, improves sporting performance and muscle recovery and reduces muscle injuries associated with resistance training, maintains muscle mass

COMPOSITION:

6 tablets contain: 2820 mg of L-leucine, 1776 mg of L-citrulline, 705 mg of L-isoleucine, 705 mg of L-valine.

DIRECTIONS:

6 tablets a day with half a glass of water, divided in two doses, before and after exercise.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

BIOCURCUMAX™

BIODISPONIBLE CURCUMIN TITRATED OVER 95%

Ref. CA30

350 mg / 60 capsules

1 unit **34,00 €**

3 units ~~136,00 €~~

+1 free 102,00 €

A SPICY NUTRITIONAL PLAN

We suggest our **100% natural and patented curcumin extract**

Our bioavailable curcumin stays in the blood for 8 hours, more time than others extracts standardised to contain 95% curcuminoids. The maximum effectiveness is consequently reached with reduced doses!

Used as a spice to make Indian curries, turmeric (*Curcuma longa*), which is the source of curcumin, is known for its **antioxidant properties**.

Studies show that the curcumin that it contains stops cancer cells from developing, particularly in the case of **stomach and colon cancer**.

It also **protects brain cells from degenerating** and is believed to be effective in **preventing and treating Alzheimer's disease**.

Manufactured by a laboratory compliant with the GMP standards of the pharmaceutical industry, the high active principle content of these extracts is guaranteed through regular tests, which can be viewed online.

PRINCIPALES INDICATIONS :

Cancer (alimentary strategy), neurodegenerative diseases (prevention)

COMPOSITION:

2 capsules contain: 700 mg dry extract of tumeric rhizome (*Curcuma longa* L.) Biocurcumax™, standardised to contain 95% in curcuminoids (equivalent to 665 mg).

DIRECTIONS:

2 capsules a day, with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Do not use in case of obstruction of the bile ducts or gallstones. Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

1 unit **21,00 €**

3 units ~~84,00 €~~

+1 free 63,00 €

BIO ROYAL JELLY

PRODUCT OF BIOLOGICAL AGRICULTURE

3 glass jars of 10 g

AN INCOMPARABLE SOURCE OF VITALITY

Royal jelly, particularly rich in **vitamins (especially Vitamin B) and amino acids**, is particularly relevant to people who are tired and stressed, and gives them more vitality.

It is very effective in the prevention and treatment of flu and allows the balance of the sympathetic nervous system to be re-established.

For young people, royal jelly increases resistance to fatigue and hard work and stimulates growth.

THE VERY LATEST:

Our royal jelly comes from organic apiculture and is treated under sterile conditions for better stability.

PRINCIPALES INDICATIONS :

Flu, fatigue, stress, immune disorders.

COMPOSITION:

Royal jelly derived from bees (10 grams per pot) packaged under sterile conditions. Guaranteed 10-2 HDA (10-hydroxy-2 decenoic acid).

DIRECTIONS:

Take once day in the morning on an empty stomach using the spoon provided (approx. 1 g). Can be taken with honey to sweeten the taste.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dosage.

BIOTECH HYALURONIC ACID

90% MINIMUM PURITY GUARANTEED

1 unit **48,00 €**

Ref. HA06

3 units ~~192,00 €~~

100 mg / 120 capsules

+1 free 144,00 €

A NATURAL COMPONENT EFFECTIVE AGAINST AGEING SKIN AND JOINT PROBLEMS

Hyaluronic acid is a constituent naturally present in our body that tends to diminish with age.

Taking hyaluronic acid can delay skin's ageing, the onset of rheumatism and other joint disorders, as well as eye problems.

Rediscover healthy, glowing skin through the moisturising effects of hyaluronic acid!

It protects the body's tissues, reducing internal and external signs of ageing.

Our method for obtaining hyaluronic acid uses **natural fermentation**, a biotechnological process that involves fermenting yeasts which will spontaneously produce hyaluronic acid.

This means our hyaluronic acid offers the highest purity level available on the market.

THE VERY LATEST:

We favour a process of obtaining this without recourse to animals, unlike the normal current practice, as hyaluronic acid is often simply extracted from the vitreous humour of a cow's eye, a shark's skin or a cockerel's crest. Our process relies on natural fermentation, a biotechnological process consisting of letting yeasts ferment and spontaneously produce the hyaluronic acid. Thus our hyaluronic acid has the highest level of purity available on the market. With no solvent residues or impurities, and with Casher certification.

PRINCIPALES INDICATIONS :

Skin hydration, appearance of wrinkles, joint problems, rheumatism, dry eyes

COMPOSITION:

2 capsules contain: 200 mg of biotech hyaluronic acid (natural fermentation), 90% min. purity.

DIRECTIONS:

2 capsules per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

BIOTECH HYALURONIC ACID

90% MINIMUM PURITY GUARANTEED

1 unit **29,00 €**

3 units ~~116,00 €~~

100 mg / 60 capsules

+1 free 87,00 €

A NATURAL COMPONENT EFFECTIVE AGAINST AGEING SKIN AND JOINT PROBLEMS

Hyaluronic acid is a constituent naturally present in our body that tends to diminish with age.

Taking hyaluronic acid can delay skin's ageing, the onset of rheumatism and other joint disorders, as well as eye problems.

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PRINCIPALES INDICATIONS :

Skin hydration, appearance of wrinkles, joint problems, rheumatism, dry eyes

COMPOSITION:

2 capsules contain: 200 mg of biotech hyaluronic acid (natural fermentation), 90% min. purity.

DIRECTIONS:

2 capsules per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

BLUEBERRY JUICE

RICH IN VITAMINS AND ANTIOXIDANTS

1 unit **5,50 €**

Ref. ZK10

Glass bottle / 330 ml

100% FRUIT JUICE

Anastore presents a new range of delicious 100% natural fruit juices with no added sugars or additives.

Made from fruits harvested in Latvia during the summer, our juices are created using a process of cold pressing and slight pasteurisation, a guarantee of quality and high nutrient content.

Enjoy the refreshing taste of sea buckthorn, raspberry, cranberry and blueberry juices!

Blueberry juice has many beneficial properties and is considered a superfood. It is rich in vitamins and antioxidants, including anthocyanins.

Our blueberry juice has a pleasant fruity and slightly acidic flavour.

Enjoy the delicious taste of our blueberry juice!

PRINCIPALES INDICATIONS :

Anti-inflammatory, antioxidant.

COMPOSITION:

100% blueberry juice (*Vaccinium corymbosum* L. and *Vaccinium angustifolium* Aiton).

DIRECTIONS:

Can be consumed on its own or diluted in water. Shake before using.

USAGE PRECAUTIONS

May contain particles of fruit.

1 unit **13,00 €**

BORAGE OIL

LINOLENIC GAMMA ACID (OMEGA-6)

50ml - Glass bottle anti-UV with dosing pump

HEALTH AND YOUTHFULNESS OF THE SKIN

Borage oil, obtained by pressing the plant's seeds, provides essential fatty acids for the health of the skin, including gamma-linolenic acid, one of the so-called omega 6 oils.

Through its extremely nourishing action and its deep-down hydration properties, borage oil prevents the formation of wrinkles and helps combat stretchmarks.

PRINCIPALES INDICATIONS :

ageing skin, wrinkles, stretchmarks

COMPOSITION:

Linoleic acid, Linolenic acid, Oleic acid, Palmitic acid, Stearic acid.

DIRECTIONS:

Face and body: apply morning and evening to revitalise your skin. As an ultra-mild make-up remover. As a hair mask to restore natural beauty and shine to your hair. Add essential oil for a more specific effect.

- Cosmetic and/or culinary use depending on the respective oil.
- To be used pure or in combination in order to obtain the simultaneous benefit of all their advantages.
- They make an excellent excipient for thinning essential oils.
- They make an excellent base for massage oils.

BOSWELLIA

STANDARDISED TO CONTAIN 80% IN BOSWELLIC ACID

1 unit **29,00 €**

3 units **116,00 €**

+1 free 87,00 €

Ref. BS90

300 mg / 90 capsules

A POWERFUL NATURAL ANTI-INFLAMMATORY AGENT FROM AYURVEDIC MEDICINE

Boswellia serrata is a tree originally found in India highly valued on account of the resin extruded from its trunk when it is cut open. **This resin is very popular in Ayurvedic medicine in which it has traditionally been used to treat, among other illnesses, arthritis, asthma and bronchitis.** It has also been used to produce incense.

This precious resin contains a high percentage of boswellic acids, pentacyclic triterpenic acids with great anti-inflammatory power the effectiveness of which is attested to by various scientific studies.

Boswellic acids act by inhibiting various pro-inflammatory molecules such as the enzyme 5-lipoxygenase, cyclooxygenase and the complement system.

Our concentrated extract of *Boswellia serrata* gum resin standardised to contain 80% in boswellic acids and is recommended as an anti-inflammatory agent, a painkiller, for allergies and for helping to reduce the inflammation associated with conditions such as rheumatoid arthritis, psoriasis, erythematous eczema, asthma and inflammatory illnesses of the intestines.

Thanks to its high concentration of boswellic acids the product is highly effective.

PRINCIPALES INDICATIONS :

anti-inflammatory, painkiller, anti-allergy

COMPOSITION:

3 capsules contain: 900 mg of dry extract of gum resin of boswellia (*Boswellia serrata* Roxb. ex Colebr.) standardised to contain 80% boswellic acid (i.e. 720 mg).

DIRECTIONS:

3 capsules a day, with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

1 unit **26,00 €**

BOTANICAL LOTION PURIFYING AND MATTIFYING

COMBINATION TO OILY SKIN

0085111

100ml - Tinted anti-UV glass bottle

A revitalising lotion, suitable for combination to oily skin, that regulates sebum secretion, purifies the skin and mattifies the complexion. This regulating, purifying lotion is formulated from fresh plant waters and juices: fresh aloe vera juice, rosemary water, tea tree, peppermint and ylang ylang.

COMPOSITION:

Organic andalusian Aloe Vera fresh juice, organic Alcohol, organic and fair trade Damascus Roses water freshly prepared by HEVEA, organic Rosemary water, essential oils : organic Ylang Ylang, organic Tea Tree, Peppermint, ultra-mild Cosmebio® allowed preservative

* ingredients produced by Organic Farming.

INCI : Rosa Damascena Distillate*, Citrus Aurantium Amara Water*, Aloe Vera Leaf Juice and Alcohol*, Dehydroacetic Acid and Benzyl Alcohol, Aroma (natural), Citrus Aurantium Amara Oil*, Linalool, Limonene, Geraniol.

* ingredients produced by Organic Farming

DIRECTIONS:

Close eyes and vaporize lightly over the face. Gently work into the face using a cotton wool pad, concentrating on the T-zone and any shiny areas. Can be used prior to applying the Balancing and Purifying Botanical Sap, or applied on its own at any time of day.

CALCIUM (CITRATE) + VIT. D3

TITRATED TO CONTAIN 21% IN CALCIUM (100% NRVS*) AND VITAMIN D3 (50% NRVS*)

1 unit **12,00 €**

3 units **48,00 €**

+1 free 36,00 €

Ref. DM20

3013 mg / 60 Tablets

TO BUILD AND MAINTAIN BONE DENSITY

Calcium, the most abundant mineral in the human body, has an essential role in the **building and solidity of bone mass** as well as the **prevention of osteoporosis**.

Present in almost all the cells of the body, it is involved in the very many biochemical reactions vital to their functioning.

The calcium citrate is combined with **Vitamin D3 (cholecalciferol)**, which enables the bone to absorb the calcium: this vitamin, supplied by food or produced by the body when it is exposed to the sun, is all the more indispensable as it is often deficient in adults, and in particular, in old people.

Furthermore, it plays a part in the prevention of colon cancer : during digestion, the excess of calcium neutralises fatty acids, a source of irritation to the mucous membrane of the intestine.

▶ THE VERY LATEST:

Of organic origin, calcium citrate is the source of calcium most easily absorbed, best assimilated and best tolerated by the body. Potentialised by Vitamin D3, it is also the most efficient in preventing and treating osteoporosis.

PRINCIPALES INDICATIONS :

bones, osteoporosis, cancer (food), high blood pressure, menstrual disorders

COMPOSITION:

2 tablets contain : 3886 mg of Tri calcium citrate titrated to contain 21% in calcium (equivalent to 800 mg) (100 % NRVs*), 1 mg Vitamin D3 (Cholecalciferol 110000 IU/g max. equivalent to 2.5 µg)(50% NRVs*)

*NRVs : Nutrient Reference Values.

DIRECTIONS:

2 tablets a day to crunch or suck, at mealtimes.

USAGE PRECAUTIONS

Excessive consumption may produce laxative effects. Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

1 unit **29,00 €**

3 units **116,00 €**

+1 free 87,00 €

CAPSIMAX

HOT PEPPER EXTRACT (CAPSICUM)

315 mg / 60 capsules

POWERFUL CALORIE BURNER

CAPSIMAX is a patented composition of **capsicum** extract.

Increases energy expenditure and promotes weight loss in men and women.

It has been clinically proven by a study carried out at the University of Oklahoma in the United States that taking Capsimax before exercise helps to raise the metabolism before, during and after exertion. **Helping to burn off no less than 278 extra calories!**

Stimulates the 'digestion' of carbohydrates (sugars) in runners at rest and during exercise; **boosts the oxidation of fats and burning of lipids needed for weight loss and reduces calorie intake.**

Taking Capsimax helps to burn off 12 times more calories during rest.

This product received the 2009 Scientific Excellence Award from US-based organisation SupplySide West.

PRINCIPALES INDICATIONS :

Calorie burner, weight loss, increase of energy expenditure

COMPOSITION:

Each capsule contains: 315 mg of Capsimax™ (chili fruit extract (*Capsicum annum* L.)) standardised to contain 2% capsaicinoids (i.e. 6.3 mg)

DIRECTIONS:

1 capsule by day to be taken with a little water, 30 to 60 minutes before beginning exercise. On rest days, take one capsule with water before breakfast.

USAGE PRECAUTIONS

Stop taking at least two weeks before any surgical operation. Do not take before going to bed. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

CEYLON CINNAMON

CONCENTRATED EXTRACT 4:1

1 unit **19,00 €**

Ref. JD95

3 units **76,00 €**

250 mg / 90 capsules

+1 free 57,00 €

ANTI-DIABETIC, ANTIOXIDANT, ANTI-INFLAMMATORY AND ANTI-BACTERIAL PROPERTIES

A spice used for thousands of years, **Ceylon cinnamon** (*Cinnamomum verum* J. Presl) has **valuable medicinal properties** and has been used in Ayurvedic medicine and traditional Chinese medicine as a neuroprotective and to treat digestive, gynaecological and respiratory problems.

Ceylon cinnamon is now recommended primarily for **lowering blood glucose levels** and alleviating digestive problems such as dyspepsia. It also has antioxidant, antibacterial and anti-inflammatory properties.

Our 4:1 concentrated extract of cinnamon guarantees maximum quality and effectiveness. Unlike Chinese cinnamon, which contains a high concentration of coumarin, a compound that can be harmful if consumed in large quantities, **Ceylon cinnamon only contains traces of coumarin.**

PRINCIPALES INDICATIONS :

Antioxidant, diabetes, dyspepsia, digestive problems.

COMPOSITION:

3 capsules contain: 750 mg of Ceylon cinnamon extract 4:1 concentrated (*Cinnamomum verum* J. Presl).

DIRECTIONS:

3 capsules a day with half a glass of water, to distribute three times during the meal.

USAGE PRECAUTIONS

Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

1 unit **23,90 €**

3 units **95,60 €**

+1 free 71,70 €

CHITOSAN

GUARANTEED PURITY OVER 90%

300 mg / 200 capsules

A NATURAL FIBRE FIGHTING FAT ACCUMULATION

Chitosan is a fibrous substance obtained from chitine, the main constituent of the carapaces of crustaceans. Attracting fat like blotting paper, it forms a gel with it which is eliminated naturally.

It facilitates weight loss, by preventing assimilation of the fats contained in food and thus leading the body to use its fat reserves.

It also supports intestinal and bowel function.

▶ THE VERY LATEST:

Our Chitosan is deacetylated to over 90%. This rate guarantees that it has the highest effectiveness, as it is only when deacetylated that it can bind itself to cholesterol or fat in the intestine.

PRINCIPALES INDICATIONS :

Slimming, digestion

COMPOSITION:

4 capsules contain: 1200 mg of Chitosan Hi density(1-4)-2-amino-2-deoxy-B-D-glucan (**crustaceans**), Min. 90 % purity

DIRECTIONS:

4 capsules per day with a glass of water, divided into two doses, before mealtimes. Should preferably be linked to a low-fat diet and regular exercise programme.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

CHOLESTEROL BALANCE ORGANIC RED YEAST RICE, ORGANIC GREEN TEA

1 unit **27,00 €**

3 units **408,00-€**

+1 free 81,00 €

Ref. CF60

387 mg / 60 capsules

AN EFFECTIVE REMEDY FOR REGULATING YOUR CHOLESTEROL NATURALLY

A combination of 2 natural components known for their ability to prevent and reduce blood cholesterol levels (LDL cholesterol) and cardiovascular risk factors.

Organic red yeast rice standardised to contain 1.6% monacolin K:

Our red yeast rice extract contains the quantities of monacolin K needed to **reduce bad cholesterol (LDL cholesterol) and the cardiovascular risk factors** caused by the formation of atheromatous plaques in the artery walls.

Monacolin K belongs to the statin family: these are substances that inhibit the formation of the enzyme HMG-CoA reductase in the liver, responsible for the production of bad cholesterol.

Dry extract of organic green tea standardised to contain 45% polyphenols, 25% catechins and 7% EGCG:

Green tea contains antioxidant substances from the catechin family, including EGCG (epigallocatechin-3-gallate), which helps **increase levels of good cholesterol (HDL), while reducing levels of bad cholesterol and protecting blood vessels** from inflammations such as osteoarthritis and atheromatous plaques. It helps lower blood pressure and **reduces cardiovascular and obesity risk factors**.

PRINCIPALES INDICATIONS :

Cholesterol, hyperglycaemia, atherosclerosis, heart problems, diabetes, anti-inflammatory.

COMPOSITION:

2 capsules contain: 580 mg Organic red yeast rice (*Monascus purpureus*) standardised to contain 1.6% monacolin (i.e. 9.2 mg), 194 mg dry extract of Organic green tea leaves (*Camellia sinensis* (L.) Kuntze) standardised to contain 45% polyphenols (i.e. 87.3 mg), 25% catechins (i.e. 48.5 mg) and 7% EGCG (i.e. 13.5 mg).

DIRECTIONS:

2 capsules per day with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Contains caffeine from green tea, not recommended for children, pregnant or lactating women (7.7 mg/ 2 capsule). Do not exceed the recommended daily dose.

1 unit **24,00 €**

3 units **96,00-€**

+1 free 72,00 €

CHONDROITIN SULFATE

GUARANTEED PURITY OVER 90%

400 mg / 60 capsules

FOR PAINFUL JOINTS

Chondroitin helps principally to fight **arthrosis**, which is characterised by degeneration of the joint cartilage and the bones. It supports cell absorption of cartilage and reduces inflammation and **pain**.

In addition, chondroitin inhibits the enzymes responsible for cell deterioration in the **cartilage** and reinforces the mobility of blood clots, lipids and cholesterol deposits at joint level.

This product has the best results taken in conjunction with glucosamine HCL, the action of which in the protection of cartilage is absolutely complementary to it.

▶ THE VERY LATEST:

The high purity index of our chondroitin ensures its optimal efficacy.

PRINCIPALES INDICATIONS :

joint pain, arthritis, rheumatism

COMPOSITION:

Each capsule contains: 400 mg chondroitin sulfate, marine origin (**fish**). Min. 90% purity.

DIRECTIONS:

1 capsule per day with half a glass of water, outside mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

CLARIFYING AND INVIGORATING LOTION

NORMAL TO DRY SKIN

1 unit **28,00 €**

Ref. 0085211

100ml. Tinted anti-UV glass bottle

A revitalising lotion, suitable for normal to dry skin, that smoothes wrinkles, tightens pores and boosts radiance. This toning lotion helps combat dull complexions and is formulated from fresh plant waters and juices: fresh aloe vera juice, fresh rose water, fresh bitter orange flower water and neroli.

COMPOSITION:

Ingredients : Organic and fair trade Damascus Roses water freshly prepared by HEVEA, organic Bitter Orange flower water, organic Andalusian Aloe Vera fresh juice, organic Neroli essential oil, ultra-mild Cosmebio® allowed preservative.

* ingrediens produced by Organic Farming.

INCI : Rosa Damascena Distillate*, Citrus Aurantium Amara Water*, Aloe Vera Leaf Juice and Alcohol*, Dehydroacetic Acid and Benzyl Alcohol, Aroma (natural), Citrus Aurantium Amara Oil*, Linalool, Limonene, Geraniol.

* ingredients produced by Organic Farming

DIRECTIONS:

Close eyes and vaporize lightly over the face. Gently work the lotion into the face with the fingertips. Can be used prior to applying a Botanical Serum or applied on its own at any time of day.

1 unit **9,60 €**

ORGANIC COCONUT VEGETABLE OIL

COCOS NUCIFERA

200ml - Glass bottle

THE SECRET OF TAHITIAN WOMEN'S BEAUTY FOR THE BODY AND THE HAIR

Coconut oil has the special characteristic of containing a large proportion of lauric acid, a very important substance for health. In nature only human maternal milk is as rich in lauric acid.

The fats present in coconut oil have nutritional qualities very close to those found in a mother's milk and identical immunity properties. Coconut oil is anti-viral and anti-bacterial.

It has a protective effect on delicate and damaged hair, and regenerates the skin even in the most sensitive areas such as the eyelids.

PRINCIPALES INDICATIONS :

Immunity, anti-viral and anti-bacterial properties, protecting hair and skin.

COMPOSITION:

Arachidic acid, Linoleic acid, Myristic acid, Oleic acid, Palmitic acid, Stearic acid, Lauric acid, Capric acid, Caproic acid.

Smell: Odour typical of coconut, slightly bitter.

DIRECTIONS:

Face and body: apply morning and evening to revitalise your skin. As an ultra-mild make-up remover. As a hair mask to restore natural beauty and shine to your hair. Add essential oil for a more specific effect.

- Cosmetic and/or culinary use depending on the respective oil.
- To be used pure or in combination in order to obtain the simultaneous benefit of all their advantages.
- They make an excellent excipient for thinning essential oils.
- They make an excellent base for massage oils.

USAGE PRECAUTIONS

Can cause irritations on sensitive skins.

COENZYME Q10

GUARANTEED PURITY (OBTAINED BY NATURAL FERMENTATION)

1 unit **18,00 €**

3 units **72,00 €**

+1 free 54,00 €

Ref. GG11

40 mg / 60 capsules

FOR THE BODY'S OVERALL HEALTH

Co-enzyme Q10 is found in all the cells of the body. Coenzyme Q10 is therefore essential to the body's overall health.

It protects the **cardiovascular system**, strengthens the **immune system**, complements the treatment of certain **cancers (breast, prostate)** and prevents certain aging diseases like **neurological complaints** or **arteriosclerosis**.

Essential to the proper functioning of skin cells, Coenzyme Q10 helps to delay the effects of skin's ageing.

Our Coenzyme Q10 is obtained using special strains of yeast: during their natural fermentation, the yeast spontaneously produces Q10. **This patented biotechnological process guarantees you the best possible purity levels, with no impurities or solvent residues.**

The natural form of Q10 is identical to the Q10 produced in the human body, unlike the less easily absorbed synthetic cis form.

▶ THE VERY LATEST:

Our Coenzyme Q10 is obtained using special strains of yeast: during their natural fermentation, the yeast spontaneously produces Q10. This patented biotechnological process guarantees you the best possible purity levels, with no impurities or solvent residues. The natural form of Q10 is identical to the Q10 produced in the human body, unlike the less easily absorbed synthetic cis form.

PRINCIPALES INDICATIONS :

Heart problems, cholesterol, weakened immune system, atherosclerosis, wrinkles

COMPOSITION:

- Coenzyme Q10 - 40 mg: For 1 capsule, 40 mg of coenzyme Q10 (ubidecarenone), (obtained by natural fermentation) purity > 99%.
- Coenzyme Q10 - 100 mg: For 1 capsule, 100 mg of coenzyme Q10 (ubidecarenone), (obtained by natural fermentation) purity > 99%.

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime and as advised by your therapist.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **35,00 €**

3 units **140,00 €**

+1 free 105,00 €

COENZYME Q10

GUARANTEED PURITY (OBTAINED BY NATURAL FERMENTATION)

100 mg / 60 capsules

FOR THE BODY'S OVERALL HEALTH

Co-enzyme Q10 is found in all the cells of the body. Coenzyme Q10 is therefore essential to the body's overall health.

It protects the **cardiovascular system**, strengthens the **immune system**, complements the treatment of certain **cancers (breast, prostate)** and prevents certain aging diseases like **neurological complaints** or **arteriosclerosis**.

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The natural form of Q10 is identical to the Q10 produced in the human body, unlike the less easily absorbed synthetic cis form.

PRINCIPALES INDICATIONS :

Heart problems, cholesterol, weakened immune system, atherosclerosis, wrinkles

COMPOSITION:

- Coenzyme Q10 - 40 mg: For 1 capsule, 40 mg of coenzyme Q10 (ubidecarenone), (obtained by natural fermentation) purity > 99%.
- Coenzyme Q10 - 100 mg: For 1 capsule, 100 mg of coenzyme Q10 (ubidecarenone), (obtained by natural fermentation) purity > 99%.

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime and as advised by your therapist.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

CORDYCEPSPRIME™

STANDARDISED EXTRACT: ADENOSINE 0.28% | D-MANNITOL (CORDYCEPIC ACID) 8% CLINICALLY TESTED

Ref. PC90

500 mg / 90 capsules

1 unit **31,00 €**

3 units **424,00-€**

+1 free 93,00 €

MAJOR ADAPTOGEN, SYMBOL OF LONGEVITY AND VIRILITY

Cordyceps sinensis is an amazing medicinal mushroom from the Cordycipitaceae family, commonly used in Chinese medicine, whose mycelium grows in the body of a caterpillar. **It high value is due to its rarity and many therapeutic benefits; for this reason it is often referred to as “brown gold”.**

CordycepsPrime™ CS-4 has been selected for its exceptional properties:

- Very high standardised adenosine (0.28%) and D-mannitol (8%) content.
- Produced using biotechnology (a patented natural fermentation process).
- More than 30 studies in 20 years.

Cordyceps is an excellent supplement for combating ageing. Studies have shown that cordyceps extract boosts the activity of antioxidant enzymes (SOD), while reducing oxidation of lipids and inhibiting the activity of monoamine oxidases (a family of enzymes that degrades neurotransmitters such as serotonin).

A powerful tonic, it boosts physical energy and contributes to a significant improvement in athletes’ athletic performance.
It is also an aphrodisiac that helps boost virility in both men and in women.

A major adaptogen, it offers increased resistance to stress and disease.

PRINCIPALES INDICATIONS :

fatigue, aphrodisiac, stimulates the immune system and sexual activity, anti-inflammatory

COMPOSITION:

3 capsules contain: 1500 mg dry extract of cordyceps mycelium (CordycepsPrime™) (*Cordyceps sinensis* (B.) Saccardo) standardised to contain 8% cordycepic acid (D-mannitol) (i.e. 120 mg) and standardised to contain 0.28% adenosine (i.e. 4.2 mg).

DIRECTIONS:

3 capsules a day with half a glass of water, divided in three doses, at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **5,50 €**

CRANBERRY JUICE

TO TREAT AND PREVENT URINARY TRACT INFECTIONS

Glass bottle / 330 ml

100% FRUIT JUICE

Anastore presents a new range of delicious 100% natural fruit juices with no added sugars or additives.

Made from fruits harvested in Latvia during the summer, our juices are created using a process of cold pressing and slight pasteurisation, a guarantee of quality and high nutrient content.

Enjoy the refreshing taste of sea buckthorn, raspberry, cranberry and blueberry juices!

Cranberry (*Vaccinium macrocarpon* Aiton) is rich in **proanthocyanidins (PAC)**, molecules with **antioxidant** properties. Cranberry juice is also used to treat and prevent urinary tract infections.

Our cranberry juice has a pleasant acidic taste that reveals a subtle sweetness.

Try our cranberry juice and discover its extraordinary properties!

PRINCIPALES INDICATIONS :

Antioxidant, urinary tract infections.

COMPOSITION:

100% cranberry juice (*Vaccinium macrocarpon* Aiton).

DIRECTIONS:

Can be consumed on its own or diluted in water 1:4 and sweetened if desired. Shake before using.

USAGE PRECAUTIONS

May contain particles of fruit.

CRO® PALEO BAR

DRIED FIGS, SEEDLESS DATES, RAW ALMONDS WITH SKIN, ROASTED HAZELNUTS, RAW NUTS, CRANBERRIES, RASPBERRIES, BLACKBERRIES

1 unit **9,90 €**

Ref. PB40

6 paleo bars x 40g

A 100% NATURAL ENERGY BAR INSPIRED BY THE PALAEOLITHIC DIET

Based on the principles of the paleo diet, we have developed CRO® energy bars: a combination of nature's best products that offer the healthiest and most natural way to get energy.

Prepared following the ancient fig bread tradition, our CRO® bars are free from additives and only contain fruits that our ancestors would have eaten: dried figs, seedless dates, raw almonds, hazelnuts, nuts, cranberries, raspberries and blackberries.

Together these ingredients contribute to the high nutritional quality of our CRO® paleo bars: they are rich in antioxidants, vitamins and minerals.

Thanks to their high fibre content, they also have a satiating effect on appetite and their monounsaturated fatty acid content makes them a heart-healthy product.

PRINCIPALES INDICATIONS :

Improved overall physical and mental health, prevention of cardiovascular and degenerative diseases, disappearance of fatigue, weight loss, hunger pangs.

COMPOSITION:

Dried figs (60%), seedless dates (12%), dried fruits 17.5% (raw almonds with skin, roasted hazelnuts, raw nuts), freeze-dried red berries 10.5% (cranberries, raspberries, blackberries).

DIRECTIONS:

Consume 1 or 2 bars per day between main meals, or in case of low energy or to satiate appetite. Take before or during physical exercise, with plenty of water.

1 unit **2,20 €**

CRO® PALEO BAR

DRIED FIGS, SEEDLESS DATES, RAW ALMONDS WITH SKIN, ROASTED HAZELNUTS, RAW NUTS, CRANBERRIES, RASPBERRIES, BLACKBERRIES

1 paleo bar x 40 g

A 100% NATURAL ENERGY BAR INSPIRED BY THE PALAEOLITHIC DIET

Based on the principles of the paleo diet, we have developed CRO® energy bars: a combination of nature's best products that offer the healthiest and most natural way to get energy.

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COMPOSITION:

Dried figs (60%), seedless dates (12%), dried fruits 17.5% (raw almonds with skin, roasted hazelnuts, raw nuts), freeze-dried red berries 10.5% (cranberries, raspberries, blackberries).

DIRECTIONS:

Consume 1 or 2 bars per day between main meals, or in case of low energy or to satiate appetite. Take before or during physical exercise, with plenty of water.

DAMIANA

CONCENTRATED EXTRACT 4:1

Ref. MM15

350 mg / 90 capsules

1 unit **22,00 €**

3 units **88,00 €**

+1 free 66,00 €

A NATURAL APHRODISIAC AND TONIC

Damiana, also known as *Turnera diffusa* or *Turnera aphrodisiaca*, is a shrub native to America. Its intensely aromatic leaves, long used by the Maya peoples, are known for their aphrodisiac, tonic and diuretic properties.

Flavonoids in Damiana stimulate blood circulation and testosterone production, **increasing sexual desire and vitality, as well as athletic performance.**

It is effective in men, since it treats premature ejaculation, but also in women, due to its regulatory effect on hormonal imbalances, menstrual problems and amenorrhea.

Its properties also **promote better recovery after sexual activity.**

In addition to its antiseptic and diuretic actions, it is **an excellent tonic that relieves anxiety and stress.**

PRINCIPALES INDICATIONS :

Increases libido, premature ejaculation and menstrual problems.

COMPOSITION:

3 capsules contain: 1050 mg damiana leaves concentrated extract 4:1 (*Turnera diffusa* Willd. ex Schult.).

DIRECTIONS:

3 capsules a day, with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Do not use if you have a personal or family history of breast cancer. Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

1 unit **16,00 €**

3 units **64,00 €**

+1 free 48,00 €

DEODORISED GARLIC

100:1 CONCENTRATED EXTRACT OF DEODORISED GARLIC (EQUIVALENT TO 2 G OF FRESH GARLIC)

60 capsules

THE MIRACLE FOOD FOR REGULATING BLOOD PRESSURE AND CHOLESTEROL

Universally recognised for its multiple therapeutic properties, garlic (*Allium sativum* L.) is an essential health ally and has been used for over 5,000 years as a food and medicine. **It is a powerful, natural antimicrobial, an immunostimulant and also protects cardiovascular health by improving lipid profile and lowering blood pressure.**

The key components of garlic include sulphur-containing compounds such as allin, allicin and diallyl disulphide. These have anti-microbial, anti-tumour and anti-platelet properties, contributing to garlic's extraordinary therapeutic potency.

Our 100:1 concentrated extract of deodorised garlic capsules provide the equivalent of 2 grams of fresh garlic in a single dose.

As a deodorised extract, it has no strong smell or taste, avoiding the problems associated with digesting garlic.

PRINCIPALES INDICATIONS :

Stimulates the immune system, lowers blood pressure and cholesterol levels, prevents cardiovascular disease and atherosclerosis, antimicrobial.

COMPOSITION:

2 capsules contains: Soya bean oil, distilled monoglycerides, 20 mg of deodorised garlic concentrated extract 100:1 (*Allium sativum* L.) (equivalent to 2 g of fresh garlic).

DIRECTIONS:

2 capsules per day with a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

DETOX-FORT

PURIFYING PLANTS
STANDARDISED EXTRACTS

1 unit **24,00 €**

3 units **96,00 €**

+1 free 72,00 €

Ref. SC40

400 mg / 60 capsules

HELPS DETOXYF THE HOMOTOXINS PRODUCED BY THE BODY.

Our Detox-Fort formula is a blend of highly standardised plants extracts with cleansing properties for the main excretory organs.

Standardised cynarin extract from artichoke leaf stimulates the detoxifying and hepatoprotective action of the liver by reducing lipid peroxidation. Cynarin also helps lower the body's absorption of fats and reduce cholesterol levels by decreasing lipolysis.

Dandelion improves hepatic, biliary and urinary function. It also helps to prevent kidney stones and reduces water retention.

Aloe Vera juice extract acts as a general tonic on the stomach while stimulating bile secretion. The laxative properties of Aloe leaf juice help accelerate gastrointestinal transit, cleansing the body.

Damiana leaf extract boosts the elimination of mucus in the trachea and bronchial tubes, purifying the respiratory tract.

Our Detox-Fort formula acts as a stimulant to help flush toxins from your body, to regain energy and inner balance.

PRINCIPALES INDICATIONS :

Detoxification of the main excretory organs (lungs, liver, kidneys, intestines).

COMPOSITION:

4 capsules contain: 800 mg dry extract of leaves of artichoke (*Cynara scolymus* L.) standardised to contain 5% cynarin (40 mg), 400 mg concentrated extract 4:1 of damiana leaves (*Turnera diffusa* Willd. ex Schult), 200 mg dry extract of leaf juice of aloe (*Aloe vera* (L.) Burm f.), 200 mg dry extract of dandelion root (*Taraxacum officinale* F.H. Wigg).

DIRECTIONS:

4 capsules a day, 2 capsules in the morning and 2 capsules in the midday with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Do not use if you have a personal or family history of breast cancer. Do not use for long periods of time. 2-week course of treatment. Not recommended for pregnant or lactating women or for children under the age of 12. Do not exceed the recommended daily dose.

1 unit **13,00 €**

3 units **52,00 €**

+1 free 39,00 €

DHEA

GUARANTEED PURITY OVER 99%

DE010A

10 mg / 60 capsules

THE ANTI-AGING STAR

DHEA (dehydroepiandrosterone) is a natural steroid hormone that is indispensable for the life of all the cells in an organism.

Levels of DHEA diminish with age.

DHEA supplementation, according to numerous scientific publications, slows down the effects of aging.

THE VERY LATEST:

Our DHEA is made by a laboratory to the BPF pharmaceutical standards in force. Which enables us to guarantee its high level of purity, regularly verified by a certificate of analysis.

PRINCIPALES INDICATIONS :

anti-aging

COMPOSITION:

- DHEA 10 mg: For 1 capsule 10 mg of DHEA (dehydroepiandrosterone), purity 99% min (obtained by semisynthesis)
- DHEA 25 mg: For 1 capsule 25 mg of DHEA (dehydroepiandrosterone), purity 99% min (obtained by semisynthesis)
- DHEA 50 mg: For 1 capsule 50 mg of DHEA (dehydroepiandrosterone), purity 99% min (obtained by semisynthesis)

DIRECTIONS:

1 to 2 capsules a day, with half a glass of water at mealtimes. Preferably in the morning.

USAGE PRECAUTIONS

Do not use in case of pregnancy, breast-feeding, or breast, ovary or prostate cancer.

DHEA

GUARANTEED PURITY OVER 99%

1 unit **16,00 €**

Ref. DE025A

3 units **64,00 €****25 mg / 60 capsules****+1 free 48,00 €****THE ANTI-AGING STAR**

DHEA (dehydroepiandrosterone) is a natural steroid hormone that is indispensable for the life of all the cells in an organism.

Levels of DHEA diminish with age.

DHEA supplementation, according to numerous scientific publications, slows down the effects of aging.

▶ THE VERY LATEST:

Our DHEA is made by a laboratory to the BPF pharmaceutical standards in force. Which enables us to guarantee its high level of purity, regularly verified by a certificate of analysis.

PRINCIPALES INDICATIONS :**anti-aging****COMPOSITION:**

- DHEA 10 mg: For 1 capsule 10 mg of DHEA (dehydroepiandrosterone), purity 99% min (obtained by semisynthesis)
- DHEA 25 mg: For 1 capsule 25 mg of DHEA (dehydroepiandrosterone), purity 99% min (obtained by semisynthesis)
- DHEA 50 mg: For 1 capsule 50 mg of DHEA (dehydroepiandrosterone), purity 99% min (obtained by semisynthesis)

DIRECTIONS:

1 to 2 capsules a day, with half a glass of water at mealtimes. Preferably in the morning.

USAGE PRECAUTIONS

Do not use in case of pregnancy, breast-feeding, or breast, ovary or prostate cancer.

1 unit **19,00 €**3 units **76,00 €****+1 free 57,00 €****DHEA**

GUARANTEED PURITY OVER 99%

DE050A

50 mg / 60 capsules**THE ANTI-AGING STAR**

DHEA (dehydroepiandrosterone) is a natural steroid hormone that is indispensable for the life of all the cells in an organism.

Levels of DHEA diminish with age.

DHEA supplementation, according to numerous scientific publications, slows down the effects of aging.

▶ THE VERY LATEST:

Our DHEA is made by a laboratory to the BPF pharmaceutical standards in force. Which enables us to guarantee its high level of purity, regularly verified by a certificate of analysis.

PRINCIPALES INDICATIONS :**anti-aging****COMPOSITION:**

- DHEA 10 mg: For 1 capsule 10 mg of DHEA (dehydroepiandrosterone), purity 99% min (obtained by semisynthesis)
- DHEA 25 mg: For 1 capsule 25 mg of DHEA (dehydroepiandrosterone), purity 99% min (obtained by semisynthesis)
- DHEA 50 mg: For 1 capsule 50 mg of DHEA (dehydroepiandrosterone), purity 99% min (obtained by semisynthesis)

DIRECTIONS:

1 to 2 capsules a day, with half a glass of water at mealtimes. Preferably in the morning.

USAGE PRECAUTIONS

Do not use in case of pregnancy, breast-feeding, or breast, ovary or prostate cancer.

DHEA

GUARANTEED PURITY OVER 99%

1 unit **31,00 €**

Ref. DE050C

3 units **424,00-€**

50 mg / 120 capsules

+1 free 93,00 €**THE ANTI-AGING STAR****DHEA** (dehydroepiandrosterone) is a natural steroid hormone that is indispensable for the life of all the cells in an organism.Levels of **DHEA** diminish with age.**DHEA** supplementation, according to numerous scientific publications, slows down the effects of aging.**THE VERY LATEST:***Our DHEA is made by a laboratory to the BPF pharmaceutical standards in force. Which enables us to guarantee its high level of purity, regularly verified by a certificate of analysis.***PRINCIPALES INDICATIONS :**

anti-aging

COMPOSITION:

- DHEA 10 mg: For 1 capsule 10 mg of DHEA (dehydroepiandrosterone), purity 99% min (obtained by semisynthesis)
- DHEA 25 mg: For 1 capsule 25 mg of DHEA (dehydroepiandrosterone), purity 99% min (obtained by semisynthesis)
- DHEA 50 mg: For 1 capsule 50 mg of DHEA (dehydroepiandrosterone), purity 99% min (obtained by semisynthesis)

DIRECTIONS:

1 to 2 capsules a day, with half a glass of water at mealtimes. Preferably in the morning.

USAGE PRECAUTIONS

Do not use in case of pregnancy, breast-feeding, or breast, ovary or prostate cancer.

1 unit **24,90 €**3 units **99,60-€**+1 free 74,70 €**DHEA**

GUARANTEED PURITY OVER 99%

DE025C

25 mg / 120 capsules

THE ANTI-AGING STAR**DHEA** (dehydroepiandrosterone) is a natural steroid hormone that is indispensable for the life of all the cells in an organism.Levels of **DHEA** diminish with age.**DHEA** supplementation, according to numerous scientific publications, slows down the effects of aging.**THE VERY LATEST:***Our DHEA is made by a laboratory to the BPF pharmaceutical standards in force. Which enables us to guarantee its high level of purity, regularly verified by a certificate of analysis.***PRINCIPALES INDICATIONS :**

anti-aging

COMPOSITION:

- DHEA 10 mg: For 1 capsule 10 mg of DHEA (dehydroepiandrosterone), purity 99% min (obtained by semisynthesis)
- DHEA 25 mg: For 1 capsule 25 mg of DHEA (dehydroepiandrosterone), purity 99% min (obtained by semisynthesis)
- DHEA 50 mg: For 1 capsule 50 mg of DHEA (dehydroepiandrosterone), purity 99% min (obtained by semisynthesis)

DIRECTIONS:

1 to 2 capsules a day, with half a glass of water at mealtimes. Preferably in the morning.

USAGE PRECAUTIONS

Do not use in case of pregnancy, breast-feeding, or breast, ovary or prostate cancer.

DOUBLE ACTION ENERGY & MENTAL

ORGANIC HONEY, ACEROLA, GUARANA, ORGANIC ROYAL JELLY, AMERICAN GINSENG, GINKGO BILOBA

1 unit 25,00 €

Ref. UE20

300 ml / 20 Powerful Shot drink

ENERGY DRINK MADE FROM PLANT EXTRACTS TO BOOST PHYSICAL AND MENTAL CAPACITY

Our new range of drinkable products .357Phyto® is the most comfortable and the quickest way to consume high-quality vegetable extracts thanks to monodoses, shots titrated in quality active ingredients the effectiveness of which has been demonstrated.

ENERGY & MENTAL shots are a synergy of extracts of maximum efficiency which increase vitality and energy and improve memory and attention-span.

A shot of ENERGY & MENTAL contains: organic forest honey, acerola extract standardised to contain 25 % vitamin C, guarana extract standardised to contain 18% caffeine, royal jelly, American ginseng extract standardised to contain 10% in ginsenosides and ginkgo extract standardised to contain 24% in glucosides of flavonol and 6% terpenic lactones.

The American ginseng extract Cereboost™ and ginkgo improve cognitive functions and mood due to the action of their bioactive ginsenoside molecules, terpenic lactones and glucosides of flavonol.

Organic forest honey and organic royal jelly provide energy and are rich in antioxidants. Guarana seeds increase strength and vitality thanks to their caffeine.

Acerola, a natural source of vitamin C, provides 100% of the NRVs* of this vitamin which helps to reduce tiredness and fatigue.

*NRVs: Nutrient Reference Values.

PRINCIPALES INDICATIONS :

energy, vitality, reduces fatigue, antioxidant, improves memory and attention span

COMPOSITION:

Per shot (15 ml): 6000 mg of organic honey, 320 mg of dry extract of acerola fruit (*Malpighia glabra*) standardised to contain 25% in vitamin C L-ascorbic acid (i.e. 80 mg (100% NRVs*)), 195 mg of dry extract of guarana seeds (*Paullinia cupana* Kunth) standardised to contain 18% in caffeine (i.e. 35.1 mg), 150 mg of freeze-dried organic royal jelly, 100 mg of dry extract of root of American ginseng (Cereboost™) (*Panax quinquefolius*) standardised to contain 10% in ginsenosides (i.e. 10 mg), 30 mg of dry extract of ginkgo leaves (*Ginkgo biloba*) standardised to contain 24% in flavone glycosides (i.e. 7.2 mg) and at 6% in terpene lactones (i.e. 1.8 mg), cola flavoring from natural essential oils.

*NRVs: Nutrient Reference Values.

DIRECTIONS:

Take 1 shot a day. Shake before use.

USAGE PRECAUTIONS

It contains guarana caffeine which is unsuitable for children and pregnant women (35.1 mg caffeine/shot). Avoid eating at night. Consult your doctor in case of simultaneous use of anticoagulants. Do not exceed the recommended daily dose.

1 unit 19,00 €

ECHINACEA PURPUREA & ANGUSTIFOLIA

STANDARDISED TO CONTAIN ECHINACOSIDES AND CHICORIC ACID

3 units 76,00 €

+1 free 57,00 €

300 mg / 60 capsules

TO REINFORCE THE ORGANISM'S NATURAL DEFENCES AGAINST FLU-LIKE CONDITIONS AND SEASONAL ALLERGIES.

Echinacea is traditionally used for its immunostimulant qualities.

This plant is used as a preventative or curative remedy for treating coughs, colds, flu and bronchitis.

It is an adaptogenic plant that enhances the organism's resistance by stimulating the immune system.

THE VERY LATEST:

Our complex of echinacea is cleverly proportioned to contain echinacosides and chicoric acid at the same time, providing maximum efficacy.

PRINCIPALES INDICATIONS :

Chills, respiratory infections, flu-like conditions, coughs and colds.

COMPOSITION:

For 2 capsules: 400 mg of echinacea herbal extract (*Echinacea angustifolia* DC.) standardised to contain 2% of echinacosides (8 mg) and 200 mg of echinacea purple root extract (*Echinacea purpurea* L.) standardised to contain 4% in chicoric acid (8 mg).

DIRECTIONS:

2 capsules a day, with half a glass of water at mealtimes. 8-week course of treatment. Take a break of one or two weeks during the treatment.

USAGE PRECAUTIONS

Product not advised in any cases of allergy or autoimmune systems. Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

ELEUTHEROCOCCUS

STANDARDISED TO CONTAIN 0.8%
ELEUTHEROSIDES

1 unit **19,00 €**

3 units ~~76,00 €~~

+1 free 57.00 €

Ref. NB60

500 mg / 60 capsules

SIBERIAN GINSENG TO COMBAT STRESS

Used for thousands of years, **eleutherococcus** (*Eleutherococcus senticosus* (Rupr. et Maxim.) Maxim) is a powerful **adaptogen** that helps the body cope with stress.

Eleutherococcus, also known as **Siberian ginseng**, is a very effective natural remedy for combatting the symptoms of asthenia (weakness and fatigue). Its **adaptogenic** attributes are due to eleutherosides within the roots of eleutherococcus: bioactive compounds with antioxidant, anti-fatigue, anti-stress and immunomodulatory properties.

Our **eleutherococcus extract is standardised to contain 0.8% eleutherosides, guaranteeing optimum quality.**

PRINCIPALES INDICATIONS :

Adaptogen, anti-stress, anti-fatigue, immune modulator.

COMPOSITION:

2 capsules contain: 1000 mg dry extract of eleutherococcus root (*Eleutherococcus senticosus* (Rupr. et Maxim.) Maxim.) standardised to contain 0.8% eleutherosides (i.e. 8 mg).

DIRECTIONS:

2 capsules per day with half a glass of water in two separate doses at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **45,00 €**

**ENERGIZING AND NOURISHING
SERUM.**

NORMAL TO DRY SKIN

0084227

30 ml - Tinted anti-UV glass bottle with pipette

Designed for normal to dry skin and fill with active plant extracts, this intensive serum revitalizes and nourishes the skin, strengthening its natural defences. Revitalising and protective, it brings comfort, softness and lustre to the skin.

PRINCIPALES INDICATIONS :

Moisturising, dry skin

COMPOSITION:

Organic and fair trade Argan oil pressed in Morocco by a cooperative of berber women, organic Poppy oil freshly pressed by HÉVÉA, vegetable Squalane extracted from Olive tree leaves, organic Avocado oil, organic Evening Primrose, essential oils: Rosewood, organic roman Chamomile, organic African Geranium, organic Neroli, organic Rosmary extract.

DIRECTIONS:

Morning and night, delicately apply 2 to 4 drops of botanical serum to the whole face. Reinforces and completes the action of the botanical lotions. Use alone or alongside your daily moisturizing lotion.

FENUGREEK

STANDARDISED TO CONTAIN 50% SAPONINS

1 unit **23,00 €**

Ref. MF50

3 units **92,00 €**

500 mg / 60 capsules

+1 free 69,00 €

A POWERFUL NATURAL ANDROGEN

Our Fenugreek seed extract has the highest concentration of steroidal saponins on the market (50%), making it extremely effective in increasing free testosterone levels.

Fenugreek seed extract standardised to contain 50% saponins:

Native to the Mediterranean and Asia, fenugreek is one of the oldest known medicinal and culinary plants in the world. It is mainly used due to its androgenic and tonic properties.

Rich in antioxidants, fenugreek helps to protect the body from the formation of free radicals generated during exercise.

In addition to boosting recovery after exercise, it helps increase muscle mass faster, while ensuring nutrient intake is used more effectively.

It is high in fibre and rich in vitamins, phosphorus, iron and protein, which gives it a tonic effect, stimulating appetite in malnourished people and restoring energy to those recovering from illness or suffering from depression.

PRINCIPALES INDICATIONS :

Increasing muscle mass, tonic, natural anabolic steroid, anti-inflammatory, anaemia, loss of appetite.

COMPOSITION:

2 capsules contain : 1000 mg dry extract of Fenugreek seed (*Trigonella foenum-graecum* L.) standardised to contain 50% saponins (i.e. 500 mg).

DIRECTIONS:

2 capsules a day, with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

1 unit **25,00 €**

FUMARATE CARNITINE

250 mg / 60 capsules

3 units **100,00 €**

+1 free 75,00 €

FOR OPTIMAL SPORTING PERFORMANCE

L - Carnitine carries fatty acids into the mitochondria.

These power stations at the heart of our cells feed the cells with energy by metabolising fatty acids.

Certain tissues, like muscles for example, need more energy when expending intense physical effort. Which is where L - Carnitine is of benefit for sportsmen and -women.

THE VERY LATEST:

Our L - Carnitine Fumarate delivers a much more effective biological action than L - Carnitine Tartrate, the form of L - Carnitine usually sold.

PRINCIPALES INDICATIONS :

Training. Muscular effort.

COMPOSITION:

2 capsules contain: 500 mg of L-Carnitine fumarate, with 58.5 % of L - Carnitine (equivalent to 292.5 mg) and 41.5 % of Fumaric acid (equivalent to 207.5 mg)

DIRECTIONS:

For best results, take 1 capsule 8 hours before exercise, followed by another capsule 3 hours before exercise with half a glass of water. L-Carnitine Fumarate has a half-life of 15 hours and its maximum concentration in the blood occurs 3-4 hours after its absorption.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

GARCINIA

STANDARDISED TO CONTAIN 60%
HYDROXYCITRIC ACID (HCA)

1 unit **21,00 €**

3 units **84,00 €**

+1 free 63,00 €

Ref. DD11

400 mg / 90 capsules

AN ACID FRUIT SLIMMING AND APPETITE SUPPRESSANT.

Due to its exceptionally high purity level, our *Garcinia cambogia*, containing 60% hydroxycitric acid, guarantees maximum effectiveness.

Garcinia cambogia is a plant native to Asia that has been used for many years for its therapeutic properties.

Recent research has shown that the fruit contains hydroxycitric acid (HCA), a highly effective acid for decreasing appetite and weight loss by reducing fat mass.

Hydroxycitric acid inhibits the citrate lyase enzyme, which converts sugars into fats, preventing the accumulation of fats in adipose tissue.

It also acts as an appetite suppressant by increasing secretion of serotonin, the hormone that causes satiety.

Garcinia therefore helps reduce fat mass and body weight, and also reduces cholesterol.

PRINCIPALES INDICATIONS :

Weight control, appetite regulation, cholesterol

COMPOSITION:

2 capsules contain: 800 mg of Garcinia (*Garcinia cambogia* Desr.) dry extract of fruit standardised to contain 60% min of hydroxycitric acid (HCA) (480 mg).

DIRECTIONS:

2 capsules per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **19,90 €**

3 units **79,60 €**

+1 free 59,70 €

GINKGO BILOBA

STANDARDISED TO CONTAIN MIN. 24% FLAVONE
GLYCOSIDES AND 6% TERPENE LACTONES

60 mg / 240 capsules

AN EFFECTIVE TREATMENT FOR STIMULATING MEMORY AND CONCENTRATION

Known for several thousand years *Ginkgo biloba* has many medical applications. It improves capillary and venous circulation, treats memory problems, senility, skin disorders, varicose veins, haemorrhoids and heavy legs.

It also significantly improves cognitive function in the over 50s. Its effectiveness is due to the flavonol glycosides and the terpene lactones that it contains.

The flavonoid glycoside and terpene lactone (ginkgolides and bilobalides) content of our ginkgo biloba exceeds the minimum 24% and 6% required for therapeutic efficacy. This makes it an exceptionally high quality pharmaceutical product.

PRINCIPALES INDICATIONS :

circulation disorders, memory problems, asthma, senility, Alzheimer's disease

COMPOSITION:

Each capsule contains: 60 mg of ginkgo (*Ginkgo biloba* L.) leaves extract standardised to contain 24% in flavone glycosides (equivalent to 14.4 mg) and 6% in terpene lactones (equivalent to 3.6 mg).

DIRECTIONS:

1 capsule a day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Consult your doctor in case of simultaneous use of anticoagulants. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

GINKGO BILOBA

STANDARDISED TO CONTAIN MIN. 24% FLAVONE GLYCOSIDES AND 6% TERPENE LACTONES

Ref. GG24

60 mg / 120 capsules

1 unit **17,00 €**

3 units **68,00 €**

+1 free 51.00 €

AN EFFECTIVE TREATMENT FOR STIMULATING MEMORY AND CONCENTRATION

Known for several thousand years *Ginkgo biloba* has many medical applications. It improves capillary and venous circulation, treats memory problems, senility, skin disorders, varicose veins, haemorrhoids and heavy legs.

It also significantly improves cognitive function in the over 50s. Its effectiveness is due to the flavonol glycosides and the terpene lactones that it contains.

The flavonoid glycoside and terpene lactone (ginkgolides and bilobalides) content of our ginkgo biloba exceeds the minimum 24% and 6% required for therapeutic efficacy. This makes it an exceptionally high quality pharmaceutical product.

PRINCIPALES INDICATIONS :

circulation disorders, memory problems, asthma, senility, Alzheimer's disease

COMPOSITION:

Each capsule contains: 60 mg of ginkgo (*Ginkgo biloba* L.) leaves extract standardised to contain 24% in flavone glycosides (equivalent to 14.4 mg) and 6% in terpene lactones (equivalent to 3.6 mg).

DIRECTIONS:

1 capsule a day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Consult your doctor in case of simultaneous use of anticoagulants. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **35,00 €**

3 units **140,00 €**

+1 free 105.00 €

GINSENG (CEREBOOST™) + BACOPA MONNIERI

CLINICALLY PROVEN & STANDARDISED EXTRACTS

423 mg / 60 capsules

INCREASES YOUR COGNITIVE PERFORMANCES

Boost your cognitive ability with Ginseng (Cereboost™) + *Bacopa monnieri*, a synergy of plant extracts with recognised neuron-stimulating and memory-enhancing properties.

Cereboost™, an American ginseng extract with a standardised minimum ginsenoside content, boosts cognitive ability and helps recover mental alertness. *Bacopa monnieri* improves memory capacity, attention and nerve activity.

Scientifically proven, ginseng (Cereboost™) and *Bacopa monnieri* extracts will help you to boost your intellectual capacity.

Our formulas are made from standardised extracts that have undergone rigorous scientific testing to prove their effectiveness.

PRINCIPALES INDICATIONS :

Memory, stress, cognitive ability, attention

COMPOSITION:

Each capsule contain: 200 mg dry extract of American ginseng root (Cereboost™) (*Panax quinquefolius* L.) standardised to contain 10% ginsenosides (equivalent to 20 mg), 223 mg dry extract of brahmi (*Bacopa monnieri* L.) standardised to contain 45% bacosides (equivalent to 100 mg).

DIRECTIONS:

1 capsule per day with a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

GLUCOSAMINE HCL

GUARANTEED PURITY OVER 99%

1 unit **15,00 €**

Ref. EE40

3 units **60,00 €**

500 mg / 60 capsules

+1 free 45,00 €

TO PROTECT CARTILAGE

Glucosamine improves the cells' synthesis of cartilage. Thus it helps principally to combat **arthrosis**, the main feature of which is degeneration of joint cartilage and bones.

It considerably reduces the **inflammation** and **pain** associated with this.

In addition, as it supports the viscosity of the synovial fluid, it contributes to good **cartilage** lubrication, testimony to good joint health.

For better results, it is used with chondroitin sulphate, which has a complementary action in the protection of cartilage.

▶ THE VERY LATEST:

The high purity index of our glucosamine hydrochloride (HCL) guarantees its maximal effectiveness.

PRINCIPALES INDICATIONS :

osteoarthritis, pain, rheumatism

COMPOSITION:

2 capsules contain: 1000 mg of Glucosamine HCL, purity 99% min.

DIRECTIONS:

2 capsules per day with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **28,00 €**

3 units **112,00 €**

+1 free 84,00 €

GOJI (LYCIUM BARBARUM)

STANDARDISED TO CONTAIN 50%
POLYSACCHARIDES

375 mg / 120 capsules

ANTIOXIDANT SYMBOL OF YOUTH AND VITAL ENERGY

Our dry extract of Goji berry (*Lycium barbarum*) is concentrated 20:1, standardised to contain 50% in polysaccharides. It provides a dose equal to 30 g of fresh berries and 750 mg of polysaccharides.

The Tibetan Goji berries (*Lycium barbarum*) have been traditionally used for thousands of years in East Asia for medicinal purposes and as a healthy foodstuff. Thought to rebalance the Yin and Yang in Traditional Chinese Medicine, these berries have antioxidant, anti-aging, immunomodulating and neuroprotective properties.

A thousand-year old **natural tonic used to improve longevity and health**, Goji berries are a superfood with powerful antioxidant properties.

Rich in polysaccharides, carotenoids, flavonoids and vitamin C, Goji berries help the body to tackle aging, improve quality of sleep, reduce stress and combat fatigue, thus improving general well-being.

Our product has been subjected to strict quality controls that have certified it contains no heavy metals or pesticides.

PRINCIPALES INDICATIONS :

Antioxidant, anti-aging, energy, sleep, stress

COMPOSITION:

Per 4 capsules: 1500 mg of dried goji berry extract (*Lycium barbarum* L.) standardised to contain 50% polysaccharides (i.e. 750 mg).

DIRECTIONS:

4 capsules a day, with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

GOTU KOLA (CENTELLA ASIATICA)

STANDARDISED TO CONTAIN 20% TRITERPENES, 8% ASIATICOSIDE AND 5.5% MADECASSOSIDE

Ref. GK60

100 mg / 60 capsules

1 unit **18,00 €**

3 units **72,00 €**

+1 free **54,00 €**

THE NATURAL CURE FOR POOR CIRCULATION

Gotu kola (*Centella asiatica* (L.) Urb.) has been used for 3000 years in Ayurvedic medicine and is a natural and effective remedy for treating pain and swelling caused by venous insufficiency.

Our standardised extract of aerial parts of Gotu kola contains 20% triterpenes, 8% asiaticoside and 5.5% madecassoside.

Triterpenes, asiaticoside and madecassoside in gotu kola **help to relieve the symptoms of venous insufficiency** by enhancing collagen synthesis, maintaining balance in connective tissue and improving microcirculation.

Thanks to its high level of standardised contents, our Gotu kola acts to alleviate the symptoms of various venous disorders (chronic venous insufficiency, venous hypertension, varicose veins). It is also effective in preventing circulatory problems that occur in long-haul flights.

PRINCIPALES INDICATIONS :

Chronic venous insufficiency, venous hypertension, varicose veins.

COMPOSITION:

2 capsules contain: 200 mg of dry extract of aerial parts of gotu kola (*Centella asiatica* (L.) Urb.) standardised to contain 20% triterpenes (i.e. 40 mg), 8% asiaticoside (i.e. 16 mg) and 5.5% madecassoside (i.e. 11 mg).

DIRECTIONS:

2 capsules per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **25,00 €**

3 units **100,00 €**

+1 free **75,00 €**

GRAPE OPC & RESVERATROL

STANDARDISED TO CONTAIN 95% IN PROANTHOCYANIDINS AND 50% IN RESVERATROL

60 mg / 60 capsules

A NATURAL VENOTONIC TO RELIEVE CIRCULATION PROBLEMS

The interaction of these two standardised active principles multiplies their beneficial action on circulation problems.

Dry extract of grape seed standardised to contain 95% in polyphenols, proanthocyanidins:

Grape OPCs (oligomeric proanthocyanidins) are phenolic compounds recognised for their cardiovascular and venotonic benefits. They, **relieving sensations of heavy legs and the appearance of varicose veins, improve blood circulation.**

OPCs also have **antioxidant and cholesterol-lowering properties.**

Dry extract of Japanese knotweed root (Protykin®) standardised to contain 50% in resveratrol:

Japanese knotweed is known to be the richest source of resveratrol, a powerful antioxidant vital to maintaining good health. It also has **anti-inflammatory properties, and acts to inhibit bad cholesterol (LDL).**

In addition, resveratrol protects cells against damage caused by free radicals and protects the cardiovascular system by increasing the elasticity of blood vessels.

PRINCIPALES INDICATIONS :

Cardiovascular problems, venous insufficiency, anti-inflammatory, inhibition of bad cholesterol, atherosclerosis, antioxidant, cancer prevention (prostate and breast).

COMPOSITION:

2 capsules contain: 100 mg of grape seed dry extract (*Vitis vinifera* L.) standardised to contain 95% polyphenols, proanthocyanidins (equivalent to 95 mg), 20 mg of Japanese knotweed root dry extract (Protykin®) (*Polygonum cuspidatum* Siebold et Zucc.) standardised to contain 50% in resveratrol (equivalent to 10 mg).

DIRECTIONS:

2 capsules per day with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

GREEN COFFEE (SVETOL®) + GREEN TEA

CLINICALLY PROVEN & STANDARDISED EXTRACTS

Ref. SC15

400 mg / 60 capsules

1 unit **29,00 €**

3 units **116,00 €**

+1 free 87,00 €

POWERFUL CALORIE BURNER

Svetol® contains natural extract of decaffeinated green coffee that not only decreases glucose absorption in the intestine but also promotes the use of body fat as an energy source, by reducing the body's liver glycogenolysis rate through glucose-6-phosphatase inhibition.

In addition to its weight loss benefits, SVETOL® also improves your figure!

To ensure our products are as effective as possible, our laboratories have combined the Svetol® formula with green tea extract, whose thermogenic power enhances the burning and natural elimination of fats.

Svetol® inhibits lipases, digestive enzymes whose job is to break down triglycerides, leading to a decrease in the release of fats and their accumulation in the liver and other areas of the body.

Clinical tests based on a daily intake of 400 mg of Svetol have demonstrated the effectiveness and bioavailability of this product, which is fully absorbed by the body.

PRINCIPALES INDICATIONS :

Weight loss, fat burner, antioxidant

COMPOSITION:

Per 2 capsules contain: 400 mg dry extract of green coffee seed (*Coffea canephora robusta* Pierre ex A. Froehner) (Svetol®) standardised to contain 50% polyphenols (i.e. 200 mg), 400 mg dry extract of green tea leaves (*Camellia sinensis* (L.) Kuntze) standardised to contain 50% polyphenols (i.e. 200 mg), including 20% catechins (i.e. 80 mg), and standardised to contain 7% epigallocatechin gallate (EGCG) (i.e. 28 mg).

DIRECTIONS:

2 capsules per day in a dose with half a glass of water at mealtime.

USAGE PRECAUTIONS

Contains caffeine. Not recommended for children or pregnant women (24 mg caffeine/ 2 capsules). Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **22,00 €**

3 units **88,00 €**

+1 free 66,00 €

GREEN TEA

STANDARDISED TO CONTAIN 50% IN POLYPHENOLS

400 mg / 60 capsules

A POWERFUL PROTECTION AGAINST FREE RADICALS

Green tea is known for its polyphenols: these powerful antioxidants can fight the effect of free radicals on the cells.

Green tea can thus prevent the development of many cancers, particularly of the stomach, liver, pancreas, breast, lungs, oesophagus and skin.

It also plays an important part in preventing cardiovascular problems, and particularly atherosclerosis: flavonoids in fact limit the risks of thrombosis, reducing bad cholesterol in favour of good, and help lessen high blood pressure.

THE VERY LATEST:

Its high titration of EGCG (Epigallocatechin gallate) guarantees maximum effectiveness for our green tea.

PRINCIPALES INDICATIONS :

Prevention of cancer, high cholesterol, atherosclerosis, blood glucose, viral diseases, bacterial infections

COMPOSITION:

2 capsules contain : 800 mg of dry extract of green tea's leaves (*Camellia sinensis* L.), standardised to contain 50% polyphenols (i.e. 400 mg), including 20% catechins (i.e. 160 mg), and standardised to contain 7% epigallocatechin gallate (EGCG) (i.e. 56 mg).

DIRECTIONS:

2 capsules per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Contains caffeine. Not recommended for children or pregnant women (32 mg/2 capsules). Avoid eating at night. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

GRIFFONIA

STANDARDISED TO CONTAIN MIN 30% IN L - 5 - HTP

1 unit **29,00 €**

3 units **116,00 €**

+1 free 87,00 €

Ref. PP18

170 mg / 180 capsules

A NATURAL RESPONSE TO DEPRESSION

Griffonia simplicifolia is an African plant the seeds of which are naturally rich in L-5-HTP (Hydroxytryptophan), the direct precursor of serotonin, one of the principal neurotransmitters in the brain.

Serotonin is involved in sleep as well as managing stress, **stimulating its production reduces states of depression or anxiety and helps you find quality sleep again.**

Griffonia is therefore an extremely effective natural remedy to help restore calm, peace of mind and sleep quality.

The L-5-HTP present in *Griffonia simplicifolia* **does not have the side effects of synthetic anti-depressants and carries no risk of addiction.** It reduces anxiety and depression **without interfering with the brain's natural functioning**, unlike synthetic anti-depressants.

PRINCIPALES INDICATIONS :

depression, stress, anxiety, bulimia, sleep disorders, fatigue, headaches, fibromyalgia, appetite suppressant

COMPOSITION:

3 capsules contain: 510 mg dry extract of griffonia seed (*Griffonia simplicifolia* (DC.) Baill.), standardised to contain 30% L-5-HTP (i.e. 153 mg).

DIRECTIONS:

3 capsules a day, spreading out over 3 doses, taking one before each meal with half a glass of water.

USAGE PRECAUTIONS

Do not consume if you are currently taking antidepressants or anxiolytics. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **19,00 €**

3 units **76,00 €**

+1 free 57,00 €

GRIFFONIA

STANDARDISED TO CONTAIN MIN 30% IN L - 5 - HTP

170 mg / 90 capsules

A NATURAL RESPONSE TO DEPRESSION

Griffonia simplicifolia is an African plant the seeds of which are naturally rich in L-5-HTP (Hydroxytryptophan), the direct precursor of serotonin, one of the principal neurotransmitters in the brain.

Serotonin is involved in sleep as well as managing stress, **stimulating its production reduces states of depression or anxiety and helps you find quality sleep again.**

Griffonia is therefore an extremely effective natural remedy to help restore calm, peace of mind and sleep quality.

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PRINCIPALES INDICATIONS :

depression, stress, anxiety, bulimia, sleep disorders, fatigue, headaches, fibromyalgia, appetite suppressant

COMPOSITION:

3 capsules contain: 510 mg dry extract of griffonia seed (*Griffonia simplicifolia* (DC.) Baill.), standardised to contain 30% L-5-HTP (i.e. 153 mg).

DIRECTIONS:

3 capsules a day, spreading out over 3 doses, taking one before each meal with half a glass of water.

USAGE PRECAUTIONS

Do not consume if you are currently taking antidepressants or anxiolytics. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

GUARANA POWER®

STANDARDISED TO CONTAIN 12% NATIVE
CAFFEINE
BEING 80 MG OF NATURAL CAFFEINE (TWO
CAPSULES)

1 unit **29,00 €**

3 units **116,00 €**

+1 free 87,00 €

Ref. NG50

334 mg / 60 capsules

MENTAL AND PHYSICAL PERFORMANCE

Our guarana seed extract has a standardized natural caffeine content, that is caffeine naturally occurring in guarana, avoiding add synthetic caffeine as most of our competitors

Our guarana, standardised to contain over 12% natural caffeine, contains the highest concentration of natural caffeine on the market.

Guarana is a plant from the Brazilian Amazon, long used by indigenous people for its numerous energising, slimming and antimicrobial properties.

Dry extract of guarana, standardised to contain 12% natural caffeine:

Due to its high tannin content, guarana is a less abrupt and more lasting stimulant than coffee. It acts as a neurostimulant and improves brain functions such as learning, memory retention and concentration.

Guarana enhances strength and endurance, and has a tonic effect on the muscles. This makes it very effective during exam periods, during workload peaks and for athletes training for a competition.

In addition to its energising effects, due to its high natural caffeine content, guarana also acts as an appetite suppressant and fat burner, by converting fat into energy that can be rapidly used by the body.

Guarana restores strength and vitality and combats fatigue: it stimulates the immune system, making it more resistant to bacterial and viral attack. It also improves sexual function by boosting the libido

PRINCIPALES INDICATIONS :

Fatigue, poor concentration, anti-stress, memory, weight loss, muscle building, libido

COMPOSITION:

2 capsules contain: 668 mg dry extract of guarana seeds (Paullinia cupana Kunth) standardised to contain 12% caffeine (i.e. 80 mg).

DIRECTIONS:

Take 2 capsules per day with half a glass of water, before breakfast.

USAGE PRECAUTIONS

Contains caffeine. Not recommended for children or pregnant and lactating women (80 mg/2 capsules). Do not exceed the recommended daily dose.

1 unit **18,00 €**

3 units **72,00 €**

+1 free 54,00 €

GYMHEMA

CONTAINING 100 MG OF GYMNEMIC ACID

400 mg / 60 capsules

A SYNERGY OF ACTIONS TO LIMIT SUGARS

Gymnema is a plant that grows in the tropical forests of northern and western India: the gymnemic acid it contains regenerates the insulin-secreting cells of the pancreas, improves their glucose absorption and suppresses the perception of sweet flavours.

Chromium is involved in the secretion of insulin, increasing its capacity to bind to target cells.

PRINCIPALES INDICATIONS :
Diabetes type 1 and 2 Obesity Weight loss

COMPOSITION:
2 capsules contain : 800 mg *Gymnema sylvestre* leaf dry extract standardised to contain gymnemic acid min. 25% (200 mg), chromium (from chromium chloride (III))16.45 µg (41% NRVs*).

(NRVs: Nutrient Reference Values.)

DIRECTIONS:
2 capsules per day with half a glass of water at mealtimes. Take nutritional intake into account.

USAGE PRECAUTIONS
Not recommended for children and pregnant or breast-feeding women. Cannot replace insulin treatment in type I and II diabetes but may be used as a supplement to it under medical supervision. Do not exceed the recommended daily dose.

HOP EXTRACT (LIFENOL®) + BLACK COHOSH

CLINICALLY PROVEN & STANDARDISED EXTRACTS

Ref. SC45

185 mg / 60 capsules

1 unit **36,00 €**

3 units **144,00-€**

+1 free 108,00 €

EFFECTIVELY REDUCES HOT FLUSHES AND OTHER DISCOMFORTS ASSOCIATED WITH MENOPAUSE

70% of menopausal women suffer from hot flushes and other complaints that affect their quality of life.

Black cohosh is a remedy for hot flushes, mood swings and other physiological changes associated with menopause. Clinical tests have demonstrated its effectiveness in regulating the endocrine system.

Lifenol®, a natural food supplement containing hop extract, reduces hot flushes and other menopausal symptoms such as sweating, insomnia, nervousness and vertigo.

Studies based on a daily intake of 85 mg of Lifenol® have found that the treatment improved the quality of life of menopausal women within just 6 weeks, with no side effects.

Our formulas are made from standardised extracts that have undergone rigorous scientific testing to prove their effectiveness.

PRINCIPALES INDICATIONS :

Hot flushes, menopausal symptoms.

COMPOSITION:

Each capsule contains: 100 mg dry extract of black cohosh (*Cimicifuga racemosa*) root and rhizome standardised to contain 2.5% triterpene glycosides (expressed as 27-deoxyactein, i.e. 2.5 mg), 85 mg dry extract of *Humulus lupulus* hop cone (Lifenol®) standardised to contain 0.152% 8-prenylnaringenin (8-PN) (i.e. 129 µg)

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **29,00 €**

3 units **116,00-€**

+1 free 87,00 €

INCAFORCE

GUARANA, MACA, ACEROLA, CACAO

STANDARDISED EXTRACTS

400 mg / 90 capsule

ENERGY IN ITS PUREST FORM

COMPOSITION:

3 capsules contain: 447 mg dry extract of guarana seed (*Paullinia cupana* Kunth), containing 18% caffeine (80 mg), 300 mg concentrated extract 4:1 of Maca tuber root extract (*Lepidium meyenii*), organic farming product (Organic Macatonic™), 300 mg dry extract of acerola fruit (*Malpighia glabra*), containing 25% Vitamin C in the form of L-ascorbic acid (75 mg) (93.75 % NRVs*), 150 mg dry extract of cacao nibs (*Theobroma cacao* L.) (Cocoapure®), containing 12% catechins (18 mg).

*NRVs: Nutrient Reference Values.

DIRECTIONS:

3 capsules a day with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Contains caffeine of guarana. Not recommended for children or pregnant women (80 mg/ 3 capsules). Avoid eating at night. Do not exceed the recommended daily dose.

INSTINCT MALE

Ref. QX67

90 capsules

1 unit **39,00 €**

3 units **156,00 €**

+1 free 117,00 €

STIMULATES SEX DRIVE AND MALE ERECTION

Our Instinct Male formula contains plant extracts selected for their beneficial effects on sex drive and male erection.

A high percentage of men of all ages suffer from decreased libido and erectile dysfunction. Since these problems are often linked to physical factors, remedies are available.

Our Instinct Male formula stimulates erection and revives male sex drive.

L-arginine and extracts of grape and pomegranate dilate blood vessels and increase blood flow to the penis, which helps stimulate erection in the same way as Viagra.

Ginkgo extract, taken in 60 mg doses each day, enhances blood circulation and has been proven to significantly improve sexual performance. **Coleus extract**, standardised to contain 10% forskolin, also has vasodilatory properties.

Ginseng extract stimulates sexual function, particularly erectile function, by exerting a dilatatory effect on erectile tissues in the penis. **Giant poppy extract** enhances erection through its relaxing effect on the smooth muscle in the penis, increasing blood flow.

Tribulus increase testosterone, boosting sex drive and libido. **Damiana extract** is known for its aphrodisiac properties. Meanwhile, **schisandra fruit extract** has adaptogenic properties that help to combat the stresses and strains of everyday life.

This blend of complementary plant extracts with proven venotonic and vasodilatory qualities will help you perform at your best, naturally.

THE VERY LATEST:

This supplement should ideally be combined with our testosterone precursor for maximum effect on libido and vitality. Arginine promote the secretion of growth hormone and promote physical and mental wellbeing.

PRINCIPALES INDICATIONS :

Erectile dysfunction, low sex drive, decreased libido, sexual performance.

COMPOSITION:

3 capsules contain: 600 mg of L-arginine; 90 mg dry extract of coleus root (*Coleus forskohlii* (Poir.) Briq.) standardised to contain 10% in forskolin (i.e. 9 mg); 90 mg dry extract of tribulus fruit (*Tribulus terrestris* L.) standardised to contain 40% in saponin (i.e. 36 mg); 90 mg of schisandra dried fruit extract (*Schisandra chinensis* (Kurcz.) Baill.) standardised to contain 10% in schisandrins (i.e. 9 mg); 90 mg damiana leaves concentrated extract 4:1 (*Tournefortia diffusa* Willd. ex Schult.); 60 mg of grape seed dry extract (*Vitis vinifera* L.) standardised to contain 95% polyphenols, proanthocyanidins (i.e. 57 mg); 60 mg dry extract of ginkgo leaves (*Ginkgo biloba* L.) standardised to contain 24% in flavone glycosides (i.e. 14.4 mg) and 6% in terpenes lactones (i.e. 3.6 mg); 60 mg concentrated dry extract 4:1 of field poppy petal (*Papaver rhoeas* L.); 60 mg dry extract of pomegranate fruit (*Punica granatum* L.) standardised to contain 40% in ellagitannins (i.e. 24 mg); 45 mg dry extract of Korean red ginseng leaves (*Panax ginseng* C.A Meyer), containing 20% in ginsenosides (i.e. 9 mg).

DIRECTIONS:

3 capsules per day with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women, children or teenagers. Not recommended for people taking antihypertensive, antidiabetic, antidepressant medication, or those with heart problems. Do not use if you have a personal or family history of breast cancer. Consult your doctor in case of taking simultaneous of anticoagulants. Do not exceed the recommended daily dose.

1 unit **31,00 €**

3 units **124,00 €**

+1 free 93,00 €

JOINT PAIN

HARPAGOPHYTUM, TURMERIC, UNCARIA TOMENTOSA

310 mg / 60 capsules

THE MOST EFFECTIVE NATURAL COMPOUNDS FOR COMBATING JOINT PAIN

A blend of 3 natural components renowned for their effectiveness in preventing and treating joint pain.

Dry extract of Harpagophytum (Devil's Claw) root, with standardised Harpagoside content:

Our patented Devil's claw extract with standardised harpagoside content inhibits COX-2, the enzyme involved in the inflammation process and reduces pains and stiffness. Clinical studies indicate that it is particularly effective in relieving back pain.

Dry extract of Turmeric rhizome with standardised curcuminoid content:

The antioxidant properties of curcumin present in the rhizome Curcuminoid root extract boosts the effect of the harpagophytum. It protects our bodies against inflammation and regulates the action of the enzymes responsible for preventing cartilage deterioration.

Dry extract of Uncaria Tomentosa (Cat's claw) bark with standardised Alkaloid content:

The primary action of the alkaloids present in this bark is stimulating the immune system. This action allows the body to fight against autoimmune diseases that attack healthy tissue in cartilage by mistake, bone fractures, viral and bacterial infections and the effects of ageing – 4 key factors in arthritis.

PRINCIPALES INDICATIONS :

joint pain, back pain, arthritis, anti-inflammatory, antiviral, stimulates the immune system.

COMPOSITION:

2 capsules contain: 400 mg dry extract of devil's claw root (*Harpagophytum procumbens* (Burch.) DC.) (from organic farming), standardised to contain 2.5% harpagoside (i.e. 10 mg), 200 mg dry extract of turmeric rhizome (*Curcuma longa* L.), standardised to contain 95% curcuminoids (i.e. 190 mg), 20 mg dry extract of cat's claw bark (*Uncaria tomentosa* (Willd.) D.C.), standardised to contain 3% alkaloids (i.e. 0.6 mg).

DIRECTIONS:

2 capsules per day with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

KONJAC

STANDARDISED TO CONTAIN 90%
GLUCOMANNAN

1 unit **15,00 €**

Ref. DG64

371 mg / 63 capsules

3 units ~~60,00 €~~

+1 free 45,00 €

GREAT NATURAL APPETITE SUPPRESSANT, PROMOTE INTESTINAL TRANSIT AND PROTECTS THE DIGESTIVE SYSTEM

Konjac tuber (*Amorphophallus konjac* K. Koch) is rich in glucomannan, a soluble fibre that **increases feelings of fullness and helps you lose weight**.

Our **konjac glucomannan** is the **perfect ally for losing weight** when accompanied by a low-calorie diet, since increasing feelings of fullness decreases appetite.

Konjac glucomannan also helps lower LDL cholesterol levels and **regulates bowel function**.

Our konjac extract is standardised to contain 90% glucomannan, ensuring maximum effectiveness.

PRINCIPALES INDICATIONS :

Hypercholesterolemia, diet slimming, satiating

COMPOSITION:

9 capsules contain: 3,339 mg dry extract of konjac tuber (*Amorphophallus konjac* K. Koch) standardised to contain 90% glucomannan (i.e. 3,005 mg).

DIRECTIONS:

9 capsules per day taken in three doses with one or two glasses of water, before meals and accompanied by a low-calorie diet.

USAGE PRECAUTIONS

We recommend taking with plenty of water to ensure substance reaches stomach. Do not use if you have difficulties with swallowing. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **3,60 €**

KONJAC NOODLES (SHIRATAKI)

EXTRACTED FROM KONJAC TUBER
(GLUCOMANNAN)

Rehydrated shirataki

INCREASES FEELINGS OF SATIETY AND CONTRIBUTES TO WEIGHT LOSS

Discover an alternative to pasta that is **low in calories and carbohydrates, gluten-free and high in fibre: konjac noodles, or shirataki**.

Our **konjac noodles (shirataki)** contain **glucomannan**: a soluble fibre extracted from **konjac tuber** (*Amorphophallus konjac* K.Koch) highly recommended for people following a **slimming diet**, as it **increases feelings of fullness**.

Konjac glucomannan also helps to improve intestinal transit and reduce levels of LDL cholesterol and triglycerides.

Our konjac noodles (shirataki) contain 13% fibre (glucomannan) and just 31 calories per 100 g of rehydrated product!

PRINCIPALES INDICATIONS :

Hypercholesterolaemia, slimming diets, satiety.

COMPOSITION:

Ingredients of reconstituted product: water, konjac flour (13%), acidity correctors (citric acid and calcium hydroxyde), tapioca syrup and tapioca starch.

DIRECTIONS:

Place into plenty of very hot or boiling water for at least 7 minutes. Drain and rinse well with hot water. Thorough rinsing reduces the carbohydrate content of the product. Sauté and season to taste.

KUDZU

STANDARDISED TO CONTAIN 40% ISOFLAVONES AND 12% DAIDZEIN

Ref. CP40

100 mg / 60 capsules

1 unit **14,00 €**

3 units **56,00 €**

+1 free 42,00 €

HELPS TO TREAT WITHDRAWAL SYMPTOMS

Kudzu (*Pueraria lobata* (Willd.) Ohwi) has been used for thousands of years in traditional Chinese medicine to treat problems relating to alcohol addiction.

Kudzu root contains isoflavones (daidzein, puerarin, daidzin etc.) and has been proven effective in reducing nicotine consumption. These isoflavones also have anxiolytic activity that can help to treat other addictions, such as alcohol addiction.

Our kudzu extract is standardised to contain 40% isoflavones and 12% daidzein, ensuring the highest quality.

PRINCIPALES INDICATIONS :

Alleviation of withdrawal symptoms, anxiolytic, decreased consumption of nicotine and alcohol consumption, menopause.

COMPOSITION:

1 capsule contain: 100 mg dry extract of kudzu root (*Pueraria lobata* (Willd.) Ohwi) standardised to contain 40% isoflavone (i.e. 40 mg) and 12% daidzein (i.e. 12 mg).

DIRECTIONS:

1 capsule a day, with half a glass of water at mealtime.

USAGE PRECAUTIONS

Do not use if you have a personal or family history of breast cancer. Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

1 unit **27,00 €**

3 units **108,00 €**

+1 free 81,00 €

LEMON BALM + VALERIAN

STANDARDISED EXTRACTS

400 mg / 60 capsules

A NATURAL SOLUTION TO COMBAT SLEEP DISORDERS AND INSOMNIA

Rediscover your daily vitality and restorative sleep with our perfect synergy of plants.

Used by doctors in ancient Greece to treat insomnia, valerian helps to reduce fatigue and lethargy during the day. It is known to act on certain chemical messages from the brain and help reduce stress and anxiety.

Lemon balm, known for its soothing properties, has a calming effect and improves the quality of sleep. It is also useful for treating anxiety and agitation.

When combined, these plants work together to reduce sleep onset latency, minimise the risk of night-time waking and mitigate the harmful effects of stress.

PRINCIPALES INDICATIONS :

Restless sleep, sleep disorders, insomnia, stress, anxiety

COMPOSITION:

2 capsules contain: 400 mg dry extract of lemon balm leaves (*Melissa officinalis* L.) standardised to contain 10% rosmarinic acid (equivalent to 40 mg), 400 mg dry extract of valerian root (*Valeriana officinalis* L.) standardised to contain 0.8% valerenic acid (equivalent to 3.2 mg).

DIRECTIONS:

2 capsules a day, with half a glass of water, two hours before going to bed.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women and children under the age of 12. Do not exceed the recommended daily dose.

L-GLUTAMINE

99% PURITY GUARANTEE

1 unit **26,00 €**

Ref. BB14

3 units ~~404,00 €~~

570 mg / 120 Capsules

+1 free 78,00 €

FAVOR RECOVERY AFTER EXERCISE

L - glutamine is the only biologically active form of glutamine, it is used by athletes to improve recovery after exercise and minimize the effect of strenuous exercise on the immune system.

L - glutamine is an amino acid indispensable to proteic synthesis, particularly as regards the immune system and the digestive system. It acts in defence of the organism. It prevents cellular destruction, facilitating for example the healing of ulcers.

The role of glutamine does not stop there: its stocks are built up in the muscles, it also stimulates the synthesis of glycogen, which facilitates recovery after effort and prevents the appearance of muscular cramps.

THE VERY LATEST:

Our glutamine is selected with care. It is 99% pure and is manufactured by a laboratory working to the strictest pharmaceutical standards, guaranteeing maximum purity.

PRINCIPALES INDICATIONS :

Recovery after effort, immunological defence of the organism, muscular cramps

COMPOSITION:

4 capsules contain: 2280 mg of L-Glutamine.

DIRECTIONS:

4 capsules a day with half a glass of water, spreading out over 2 doses, before at mealtimes or after exercise.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **30,00 €**

L - GLUTATHIONE AND PAPAYA

GUARANTEED PURITY OVER 98%

3 units ~~120,00 €~~

400 mg / 60 capsules

+1 free 90,00 €

A PROTECTIVE SYNERGY

The active ingredient in papaya, papain, is an enzyme that can break down large molecules, like sugars and proteins, collagen fibres and cellulite, but also those complexes that are immune to antigens and antibodies. It facilitates not only the digestive absorption of food and the elimination of stored fats, but also the renewal of the immune system.

Glutathion, a protein we produce naturally, regenerates immune cells. It is also an effective detoxing agent and a powerful antioxidant.

The synergy of our two active ingredients is the best for preventing the consequences of aging, as it reinforces the immune system and fights oxidative stress in cells, which are its two principal causes.

THE VERY LATEST:

The great purity of our ingredients guarantees maximal effectiveness and quality.

PRINCIPALES INDICATIONS :

Viral infections, rheumatisms, inflammations, diabetes insulin resistant

COMPOSITION:

2 capsules contain: 400 mg reduced L-Glutathione, 400 mg dry purified extract from papaya fruit (*Carica papaya* L.) standardised to contain 100% papaine (equivalent to 400 mg).

Proteolytic activity greater than 600 TU/mg min.

DIRECTIONS:

2 capsules a day, spreading out over 2 doses, midday and evenings, with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Papaya enzymes are destroyed if taking hydrochloric acid-based medication. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dosage.

L-HISTIDINE

FROM BIOTECH

1 unit **28,45 €**

Ref. FH40

3 units **113,80 €**

500 mg / 60 capsules

+1 free 85,35 €

ENHANCES SEXUAL AROUSAL AND INTENSIFIES FEMALE ORGASM

L-histidine is an essential amino acid that if not produced by the body can only be supplied through diet or by taking foody supplements.

Through its vasodilatory action, histidine helps to boost female libido.

Histidine is a precursor for histamine, the active molecule that triggers orgasm when released into the body by mast cells. As the key element of sexual pleasure, it must be present in sufficient quantities.

Specialists have identified histamine as a neurotransmitter for female orgasm.

In addition, this amino acid is involved in several metabolic processes. It offers many anti-inflammatory and antioxidant benefits, and contributes to tissue growth and repair.

Our L-histidine is produced using biotechnology (natural fermentation) and fulfils the most stringent quality standards.

PRINCIPALES INDICATIONS :

boosts libido, facilitates orgasm, anti-inflammatory, antioxidant, tissue regeneration

COMPOSITION:

2 capsules contain: 1000 mg of L-histidine, from biotech (obtained by natural fermentation).

DIRECTIONS:

2 capsules a day with half a glass of water, in the morning on an empty stomach.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **15,00 €**

3 units **60,00 €**

+1 free 45,00 €

MARINE MAGNESIUM

TITRATED AT OVER 58.8%

300 mg / 60 capsules

TO OVERCOME BOUTS OF TIREDNESS AND STRESS

In France, almost one in 4 women and one in 6 men is magnesium deficient.

Magnesium is essential for many functions of the body. Present in all the body's cells (an adult's body has approx. 25 g of this mineral in total), it participates in over 300 enzymatic reactions among other things. **It is particularly essential for maintaining the nervous and muscular balance.**

Since the body has no magnesium reserves, it needs a daily and regular intake to meet its requirements. Magnesium deficiency usually leads to states of tiredness and stress. **An adjusted intake of magnesium therefore brings relaxation, calm and energy. It is particularly recommended for athletes, who lose a lot of magnesium during physical exertion.**

Our marine magnesium extract from the Mediterranean Sea is filtered, evaporated under vacuum and then crystallised after desalination and lagooning, **without adding preservatives or chemicals.**

This pure seawater extract is a concentrate with over 58.8% elemental magnesium in its various natural forms, such as oxide, hydroxide, sulphate and chloride, for optimum assimilation.

PRINCIPALES INDICATIONS :

fatigue, stress, cramps, spasmophilia

COMPOSITION:

2 capsules contain: 600 mg of marine magnesium (magnesium oxide, sulphate, calcium oxide, chloro and iron) standardised to contain 58.8% in magnesium element (equivalent to 352.8 mg) (94% NRVs*)

*NRVs: Nutrient Reference Values.

DIRECTIONS:

2 capsules per day preferably at mealtime with half a glass of water.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

MAX DEFINITION PROTEIN 750 G

1 unit **29,00 €**

Ref. XM75

WHEY PROTEIN 80%

Highly concentrated protein specifically for sportspeople who wish to increase and define their muscle mass, while reducing adipose tissue.

"Max Definition" whey protein contains 80% fast absorbing whey protein concentrates.

This product's formulation contains many essential amino acids, of which 22.9% are branched-chain amino acids (BCAAs). These are essential in stimulating protein synthesis in muscles as they help increase carbohydrate bioavailability.

"Max Definition" whey protein contains cocoa polyphenols that protect the body from free radicals during exercise.

PRINCIPALES INDICATIONS :
Increase and define the muscle mass

COMPOSITION:

Whey protein concentrate (80%), fat-free cocoa powder (*Theobroma cacao* L.) (8,77%), fructo-oligosaccharides (FOS) (7,97%) extracted from chicory roots, powdered cocoa extract (*Theobroma cacao* L.) from cocoa beans, "Cocoapure®" (up to 12% catechins) (1,33%).

DIRECTIONS:

Take one dose (30 g) diluted in 250 ml of water 2 hours before or immediately after exercise. Only use the product when following a balanced diet.

USAGE PRECAUTIONS

Do not exceed the recommended daily dose. Do not use this product if you are pregnant or breastfeeding.

1 unit **11,50 €**

3 units ~~46,00 €~~

+1 free 34,50 €

MELATONIN

GUARANTEED PURITY OVER 99%

1.9 mg / 60 capsules

REGULATOR OF THE BIOLOGICAL CLOCK

Melatonin production is highest during adolescence and decreases with age. Therefore, taking melatonin improves sleep quality and helps regulate our biological clock.

Melatonin naturally regulates sleep and **has none of the side effects of conventional sleeping pills.**

Melatonin relieves tension, relaxes the muscles, is naturally sleep inducing, promotes healthy sleep, diminishes grogginess after sleep and reduces night-time awakenings.

In addition, melatonin helps the body to adapt to changes in its biological clock, which helps prevent jet-lag in travellers.

Sublingual melatonin acts effectively when rapidly absorbed through the buccal mucosa.

PRINCIPALES INDICATIONS :
Sleeping disorder, vigilance disorder, syndrome of delayed sleep phase, jet-lag

COMPOSITION:

- Melatonin 1.9 mg: For 1 capsule, 1.9 mg of melatonin (synthetic origin), purity 99% min
- Sublingual melatonin 1.9 mg: For 1 tablet, 1.9 mg of melatonin (synthetic origin), purity 99% min

DIRECTIONS:

1 capsule or tablet a day, half hour before going to bed with half a glass of water.

USAGE PRECAUTIONS

The beneficial effect is obtained by consuming 1 mg of melatonin close to bedtime. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

MELATONIN

GUARANTEED PURITY OVER 99%

1 unit **19,00 €**

Ref. AN21

3 units ~~76,00 €~~

1.9 mg / 120 capsules

+1 free 57.00 €

REGULATOR OF THE BIOLOGICAL CLOCK

Melatonin production is highest during adolescence and decreases with age. Therefore, taking melatonin improves sleep quality and helps regulate our biological clock.

Melatonin naturally regulates sleep and **has none of the side effects of conventional sleeping pills.**

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Sublingual melatonin acts effectively when rapidly absorbed through the buccal mucosa.

PRINCIPALES INDICATIONS :

Sleeping disorder, vigilance disorder, syndrome of delayed sleep phase, jet-lag

COMPOSITION:

- Melatonin 1.9 mg: For 1 capsule, 1.9 mg of melatonin (synthetic origin), purity 99% min
- Sublingual melatonin 1.9 mg: For 1 tablet, 1.9 mg of melatonin (synthetic origin), purity 99% min

DIRECTIONS:

1 capsule or tablet a day, half hour before going to bed with half a glass of water.

USAGE PRECAUTIONS

The beneficial effect is obtained by consuming 1 mg of melatonin close to bedtime. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **19,00 €**

3 units ~~76,00 €~~

+1 free 57.00 €

MELATONIN

GUARANTEED PURITY OVER 99%

Sublingual 1.9 mg / 120 tablets + stevia

REGULATOR OF THE BIOLOGICAL CLOCK

Melatonin production is highest during adolescence and decreases with age. Therefore, taking melatonin improves sleep quality and helps regulate our biological clock.

Melatonin naturally regulates sleep and **has none of the side effects of conventional sleeping pills.**

Melatonin **relieves tension, relaxes the muscles, is naturally sleep inducing, promotes healthy sleep, diminishes grogginess after sleep and reduces night-time awakenings.**

In addition, melatonin helps the body to adapt to changes in its biological clock, which helps prevents jet-lag in travellers.

Sublingual melatonin acts effectively when rapidly absorbed through the buccal mucosa.

PRINCIPALES INDICATIONS :

Sleeping disorder, vigilance disorder, syndrome of delayed sleep phase, jet-lag

COMPOSITION:

- Melatonin 1.9 mg: For 1 capsule, 1.9 mg of melatonin (synthetic origin), purity 99% min
- Sublingual melatonin 1.9 mg: For 1 tablet, 1.9 mg of melatonin (synthetic origin), purity 99% min

DIRECTIONS:

1 capsule or tablet a day, half hour before going to bed with half a glass of water.

USAGE PRECAUTIONS

The beneficial effect is obtained by consuming 1 mg of melatonin close to bedtime. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

MELICINAL HONEY AND PLANT SYRUP

ORGANIC FOREST HONEY, ORGANIC PROPOLIS, ELDERBERRY, ACEROLA, PURPLE CONEFLOWER, POMEGRANATE, ESSENTIAL OILS

1 unit **29,00 €**

Ref. JM15

150 g /

FOREST HONEY SYRUP AND MEDICINAL PLANTS TO ALLEVIATE COUGHS AND STRENGTHEN THE IMMUNE SYSTEM.

As part of our MELICINAL brand Honey & Plant Syrup is a natural alternative to synthesis syrup. The action of the forest honey and of the propolis is reinforced by a selection of plants highly effective in fighting colds, soothing coughs, strengthening defences and helping to treat flu.

Used for thousands of years honey —a treasure for good health —, is rich in nutrients and active principles. This priceless natural product has a variety of properties beneficial to the human body: it is the best way to alleviate a sore throat or cough thanks to its soothing and anti-inflammatory properties.

Propolis have antioxidant, anti-inflammatory and antiviral properties.

Black elderberry (*Sambucus nigra*) increases sweating and helps expectoration, purple coneflower (*Echinacea purpurea*) stimulates the immune system and acerola (*Malpighia glabra*) provides 100% of the NRVs* of vitamin C. Pomegranate (*Punica granatum*) and the synergy of lemon, mint, eucalyptus and thyme essential oils also give Syrup of Honey and Plants antimicrobial and expectorant properties.

*NRVs: Nutrient Reference Values

PRINCIPALES INDICATIONS :

Helps fight flu, colds, infections such as coughs, fever, angina and stimulates immune defences

COMPOSITION:

Ingredients per dose (15 g): 12,500 mg of organic forest honey, 500 mg of liquid alcoholic extract of organic propolis, 400 mg of dry black elderberry extract (*Sambucus nigra*) standardised to contain 3% anthocyanidins (i.e. 12 mg), organic Damask rose water (*Rosa damascena*), organic lemon peel essential oil (*Citrus limon* L.), 320 mg of dry extract of acerola (*Malpighia glabra*) standardised to contain 25% vitamin C (in the form of L-ascorbic acid) (i.e. 80 mg (100% NRVs*)), 200 mg of dry extract of purple coneflower root (*Echinacea purpurea*) standardised to contain 4% polyphenols (i.e. 8 mg), natural pomegranate aroma, organic eucalyptus leaf essential oil (*Eucalyptus globulus* Labill.), acidity corrector: citric acid, 50 mg of dry pomegranate extract (*Punica granatum*) standardised to contain 40% ellagitannins (i.e. 20 mg), organic mint aerial parts essential oil (*Mentha x piperita* L.), thyme aerial parts essential oil (*Thymus zygis* L.).

*NRVs: Nutrient Reference Values.

DIRECTIONS:

1 tablespoon (7.5 g) twice a day.

USAGE PRECAUTIONS

Due to the high honey concentration crystallization may occur. This phenomenon does not alter the final product quality. Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

1 unit **17,00 €**

3 units **68,00 €**

+1 free **51,00 €**

MELICINAL HONEY & ELDERBERRY

ORGANIC HONEY POWDER, ELDERBERRY, ORGANIC FREEZE-DRIED ROYAL JELLY, ZINC

20 tablets

TO FIGHT COLDS AND FLU SYMPTOMS

As part of our MELICINAL product range, we present HONEY AND ELDERBERRY TABLETS, a natural solution for combating colds and flu-like symptoms.

MELICINAL HONEY AND ELDERBERRY TABLETS combine the beneficial properties of elderberry (*Sambucus nigra* L.) and bee products (honey and royal jelly). It also contains zinc, which helps maintain a healthy immune system.

Honey and royal jelly contain multiple nutrients and their antioxidant, antibacterial and anti-inflammatory properties are well known. The fruit of the elderberry has been used for centuries in traditional medicine and has immunostimulant and anti-viral effects.

Our MELICINAL HONEY AND ELDERBERRY TABLETS are a combination of the best ingredients for combating colds and flu-like symptoms, relieving sore throats and boosting immune defences.

PRINCIPALES INDICATIONS :

Immunostimulant, sore throat, flu-like symptoms, colds.

COMPOSITION:

2 tablets contain: 2000 mg of honey powder (milk)*, lemon flavouring, 440 mg dry extract of elderberries (*Sambucus nigra* L.) standardised to contain 3% anthocyanidins (i.e. 13.2 mg), 400 mg of freeze-dried royal jelly*, zinc gluconate (10 mg of zinc (100% NRVs**)), anti-caking agent: magnesium stearate.

*From organic farming.

*NRVs: Nutrient Reference Values.

DIRECTIONS:

Suck on one lozenge twice daily.

USAGE PRECAUTIONS

Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

MILK THISTLE

80% MIN. SILYMARIN

1 unit **13,00 €**

Ref. JJ11

3 units **52,00 €**

200 mg / 60 capsules

+1 free 39,00 €

FAMOUS FOR ITS DIGESTIVE, DIURETIC AND DEPURATIVE PROPERTIES

Silymarine, a substance contained in the seeds of the milk thistle, is particularly beneficial for the liver. It enables more rapid healing of **hepatitis** and **cirrhosis** by supporting the reconstruction of the organ.

Silymarine also supports discharge from the gall bladder and is thus useful in cases of **hepatic deficiency** or **gallstones**.

Milk thistle finally is recommended in cases of frequent **nosebleed**, **heavy periods**, **counteracts travel sickness** and **cardiac problems**.

▶ THE VERY LATEST:

Our Silymarine is extracted from the seeds of the milk thistle by a laboratory to the pharmaceutical standards in force, which guarantees a very high quality and thus efficacy for our product.

PRINCIPALES INDICATIONS :

Hepatitis, cirrhosis, liver problems, gallbladder, liver failure, gallstones, nosebleed, heavy periods, travel sickness, heart problems

COMPOSITION:

Each capsule contains: 200 mg of dry extract from milk thistle (*Silybum marianum* (L.) Gaertn) seed standardised to contain 80% min. silymarin (equivalent to 160 mg).

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

MONOHYDRATE CREATINE

CREAPURE®

1 unit **29,00 €**

3 units **116,00 €**

500 g tub

+1 free 87,00 €

TO DEVELOP AND TONE THE MUSCLES

Creatine is an amino acid produced naturally by the human body. However, the body only produces half the creatine it needs, and that's where a creatine supplement comes in.

Mainly used by athletes, creatine improves endurance and performance, especially in sports with short bursts of high intensity exercise.

Creatine aids the accumulation of ATP (adenosine triphosphate, a cellular energy source) in muscle tissue, helping to supply the right amount of energy during exercise. It also promotes muscle recovery.

Endurance is boosted by up to 15% and energy can be boosted by as much as 30% during bursts of intense effort such as sprinting.

Creapure® creatine has premium quality and optimal food safety guaranteed, thanks to its maximum purity verified by rigorous quality controls.

PRINCIPALES INDICATIONS :

muscle fatigue, muscle recovery, sport

COMPOSITION:

500 gr of creatine monohydrate (Creapure®).

DIRECTIONS:

3 grams of creatine monohydrate per day, i.e. one measuring spoon, mixed with a moderately sweetened drink.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

MULTIVITAMIN FORMULA

IRON, MAGNESIUM, ZINC, COPPER, CHROMIUM, MANGANESE, MOLYBDENUM, SELENIUM, IODINE, CALCIUM, PHOSPHORUS, VITAMINS A, B1, B2, B3, B5, B6, B8, B9, B12, C, D3, E

Ref. DM50

800 mg / 60 capsules

1 unit **15,00 €**

3 units **60,00 €**

+1 free **45,00 €**

FOR MAXIMUM WELL-BEING!

Scientists have identified almost 40 vitamins and minerals essential to the human body. Given that illness and tiredness increases our natural requirements and that our diet is often lacking in these elements, a **supplementation in vitamins and minerals**, such as this formula, could turn out to be really useful!

All the more since it has been recognised (in France, SU.VI.MAX study) that taking such a supplement regularly has a protective effect against triggering certain cancers.

▶ THE VERY LATEST:

A balanced synergy of vitamins and minerals with a studied and controlled compound

PRINCIPALES INDICATIONS :

Prevention and/or correction of disorders linked to a deficient diet, tiredness, stress or illness.

COMPOSITION:

Each capsule contains (800 mg): 100 mg calcium (in the form of *dicalcium phosphate*), 77 mg of phosphorus (in the form of *dicalcium phosphate*), 60 mg magnesium (in the form of *magnesium oxide*) (16% NRVs*), 80 mg vitamin C (in the form of *L-ascorbic acid*) (100% NRVs), 20 mg potassium (in the form of *potassium citrate*), 14 mg iron (in the form of *ferrous fumarate*) (100% NRVs), 12 mg vitamin E (in the form of *D-alpha-tocopheryl acetate*) (100 % NRVs), 16 mg Niacin (in the form of *nicotinamide*) (100% NRVs), 2 mg of manganese (in the form of *manganese gluconate*) (100% NRVs), 10 mg of zinc (in the form of *zinc oxide*) (100% NRVs), 800 µg vitamin A (in the form of *retinyl acetate*) (100% NRVs), 6 mg vitamin B5 (in the form of *D-Pantothenic calcium*) (100% NRVs), 1 mg copper (in the form of *copper sulfate*) (100% NRVs), 5 µg vitamin D3 (in the form of *cholecalciferol*) (100% NRVs), 1.4 mg vitamin B6 (in the form of *pyridoxine hydrochloride*) (100% NRVs), 1.4 mg vitamin B2 (in the form of *riboflavin*) (100% NRVs), 1.1 mg vitamin B1 (in the form of *thiamin mononitrate*) (100% NRVs), 40 µg chromium (in the form of *chromium chloride (III)*) (100 % NRVs), 200 µg folate (in the form of *pteroylmonoglutamic acid*) (100% NRVs), 150 µg iodine (in the form of *potassium iodide*) (100% NRVs), 55 µg selenium (in the form of *sodium selenite*) (100 % NRVs), 25 µg molybdenum (in the form *ammonium molybdate*) (50% NRVs), 50 µg biotin (D-Biotin) (100% NRVs), 2.5 µg vitamin B12 (in the form of *cyanocobalamin*) (100% NRVs).

*NRVs: Nutrient Reference Values.

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime. Take nutritional intake into account.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **24,00 €**

3 units **96,00 €**

+1 free **72,00 €**

NATURAL LAXATIVE

EXTRACT OF SENNA LEAVES STANDARDISED TO CONTAIN 5-5% IN SENNOSIDES B, CONCENTRATED EXTRACT 4:1 OF GREEN ANISE FRUIT

320 mg / 60 capsules

THE ASSOCIATION OF THE MOST POWERFUL LAXATIVES FROM PHYTOTHERAPY

Digestive difficulties and constipation are the most common gastrointestinal complaints people face and may be due to a variety of factors such as change of routine or poor quality food. **Senna leaves and green anise are a natural remedy for this type of digestive complaint. This product combines the best doses of plant extract to maximise effectiveness:**

Dry Alexandrina senna leaf extract (*Senna alexandrina* Mill.) standardised to contain 5.5% sennosides B and dry concentrated extract 4:1 of green anise fruit (*Pimpinella anisum* L.):

Senna leaves are rich in hydroxyanthracenics, sennosides, molecules with laxative effects which stimulate bowel movement, helping in the treatment of occasional constipation.

Green anise has gastroprotective properties alleviating symptoms of functional dyspepsia (stomach ache, acidity, heaviness, swelling...), aiding digestion and reducing the time it takes food to move through the intestines.

The combination of senna leaves and green anise fruit takes effect 8-10 hours after being administered, stimulates the secretion of digestive juices and provides relief in cases of flatulence and abdominal colic pains.

PRINCIPALES INDICATIONS :

constipation, digestive complaints

COMPOSITION:

2 capsules contain: 320 mg of senna alexandrina leaf extract (*Senna alexandrina* Mill.) standardised to contain 5.5% in sennosides B (i.e. 17.6 mg), 320 mg of concentrated extract 4:1 of green anise fruit (*Pimpinella anisum* L.).

DIRECTIONS:

2 capsules per day with half a glass of water, preferably in the evening.

USAGE PRECAUTIONS

Not to be given to children under the age of 12. Consult your doctor in cases of pregnancy or lactation. Do not use for long periods of time without consulting a specialist. Do not exceed the recommended daily dose.

NETTLE ROOT

EXTRACT STANDARDISED TO CONTAIN 0.8%
VEGETABLE STEROLS

1 unit **21,00 €**

Ref. LO50

250 mg / 60 capsules

3 units **84,00 €**

+1 free 63,00 €

RELIEVES URINARY SYMPTOMS RELATED TO BENIGN ENLARGEMENT OF THE PROSTATE

In Europe, nettle (*Urtica dioica* L.) has been used for medicinal purposes for centuries. It has traditionally been used to relieve conditions such as rheumatism, anaemia, eczema and nephritis.

Nettle root is now recommended for relieving lower urinary tract symptoms associated with benign prostatic hyperplasia, increasing urine volume and flow. Its anti-inflammatory and hypotensive action also gives it cardioprotective properties.

Nettle root is very rich in nutrients: it contains polysaccharides, vegetable sterols, triterpene acids, fatty acids, lignans and polyphenols.

Our nettle root extract is standardised to contain 0.8% vegetable sterols, guaranteeing maximum efficacy.

PRINCIPALES INDICATIONS :

urination disorders, prostatic hyperplasia, anti-inflammatory, cardioprotective, hypotensive.

COMPOSITION:

2 capsules contain: 500 mg dry extract of nettle root (*Urtica dioica* L.) standardised to contain 0.8% vegetable sterols (i.e. 4 mg).

DIRECTIONS:

2 capsules a day, with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Seek the advice of your doctor or pharmacist. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **23,90 €**

3 units **95,60 €**

+1 free 71,70 €

OMEGA-3

EPAX® QUALITY

500 mg / 90 capsules

A PURE, SUSTAINABLE, HIGH-QUALITY PRODUCT FOR A BALANCED DIET

Omega 3 is vital to a good nutritional balance. These non-saturated fatty acids present particularly in oily fish are most of the time not provided in sufficient quantities by our food, still too rich in saturated fatty acids.

Omega 3 limits excess cholesterol and helps prevent the risk of cardiovascular disease (brain, heart and blood vessels).

It is also said to lessen pain and inflammation.

Produced from wild fish oils using sustainable fishing practices, our Omega 3 concentrate is free of contamination and contains no pesticides or heavy metals. By choosing EPAX®, you can be assured of the maximum PURITY, QUALITY and SUSTAINABILITY of our fish oils.

PRINCIPALES INDICATIONS :

Balanced diet, cardiovascular prevention, pain and inflammation

COMPOSITION:

3 capsules contain : 1500 mg of wild fish oil concentrated in omega-3, standardised to contain 30% eicosapentaenoic acid (EPA 450 mg) and 20% to docosahexaenoic acid (DHA 300 mg) in the form of triglycerides [EPAX® quality]

DIRECTIONS:

3 capsules a day before meals with half a glass of water. Take nutritional intake into account.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

OMEGA 3 - EPA +

TITRATED TO 38% IN EPA

Ref. CL10

500 mg / 120 capsules

1 unit **36,00 €**

3 units **144,00 €**

+1 free 108,00 €

FOR EMOTIONAL WELL-BEING

The omega oils in our oils are certified as not derived from salmon and have an unbeatably high purity rate.

Clinical trials have shown the incomparable contribution of food supplements of Omega 3 to the treatment of depression or certain mental problems.

It has been found that these illnesses are accompanied by an increase in the levels of arachidonic acid (AA) in the brain, a substance which comes from an excess of Omega 6.

However, one of the constituents of Omega 3 acids, EPA (eicosapentaenoic acid) is able to counteract production of AA. Which just shows the benefit of Omega 3 high in EPA as a supplement for our emotional well-being !

THE VERY LATEST:

Its very high EPA content makes it an exceptional product in the field of emotional well-being and depression.

PRINCIPALES INDICATIONS :

Depression, emotional distress

COMPOSITION:

4 capsules contain : 2000 mg fatty fish oil titrated to 38% of EPA (eicosapentaenoic acid) (equivalent to 760 mg) and 7% of DHA (docosahexanoic acid) (equivalent to 140 mg), 8.4 mg of vitamin E (D-alpha-tocopheryl acetate) (70% NRVs*)

(*NRVs: Nutrient Reference Values.)

DIRECTIONS:

4 capsules per day with half a glass of water, divided into two doses at mealtimes. Take nutritional intake into account.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **24,00 €**

3 units **96,00 €**

+1 free 72,00 €

OMEGAFLOR

2 G OMEGA 3 VEGETABLE ORIGIN PER SACHET

130 ml / 20 single dose sachets

HEART-HEALTHY, REDUCES TRIGLYCERIDE LEVELS AND HELPS TO MAINTAIN NORMAL BLOOD CHOLESTEROL LEVELS

OMEGAFLOR is a combination of vegetable oils with high vegetable omega 3 content (alpha-linolenic acid).

This essential fatty acid is acquired through diet, because the body cannot synthesise it. It is known for its multiple benefits for the body: it is heart-healthy, reduces triglyceride levels and helps to maintain normal blood cholesterol levels.

Each sachet of OMEGAFLOR provides 2 g of vegetable omega 3 (alpha-linolenic acid) and contains organic camelina seed oil (*Camelina sativa* L. Crantz), chia seed oil (*Salvia hispanica* L.), organic sea buckthorn seed oil (*Hippophae rhamnoides* L.), organic pumpkin seed oil (*Cucurbita pepo* L.) and organic extract of calendula flowers (*Calendula officinalis* L.).

PRINCIPALES INDICATIONS :

Balanced diet, cardiovascular prevention, pain and inflammation

COMPOSITION:

Ingredients per single dose sachet (6.5 ml):
4100 mg of organic camelina seed oil (*Camelina sativa* L. Crantz) standardised to contain 32% alpha-linolenic acid (omega 3) (i.e. 1312 mg), 1000 mg chia seed oil (*Salvia hispanica* L.) standardised to contain 60% alpha-linolenic acid (omega 3) (i.e. 600 mg), 500 mg organic sea buckthorn seed oil (*Hippophae rhamnoides* L.) standardised to contain 24% alpha-linolenic acid (omega 3) (i.e. 120 mg) and 1% sterols (i.e. 5 mg), 500 mg organic pumpkin seed oil (*Cucurbita pepo* L.), 5 mg organic extract of calendula flowers (*Calendula officinalis* L.) standardised to contain 17% faradiol esters (i.e. 0.85 mg).

DIRECTIONS:

Take 1 single dose sachet per day. Consume raw.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ORGANIC ACEROLA - NATURAL VITAMIN C

NATURAL VITAMIN C EXTRACT

Ref. DM31

170 mg / 60 tablets

1 unit **21,00 €**

3 units **84,00 €**

+1 free **63,00 €**

THE FAMOUS ANTI-FATIGUE VITAMIN WITH PROTECTIVE PROPERTIES!

1 tablet = 170 mg of vitamin C, i.e. 212.5% of daily requirements. Take nutritional intake into account.

Ascorbic acid or vitamin C plays a part in the synthesis of blood vessels and muscles and in iron absorption processes.

Vitamin C also contributes to defending the body against infections and protecting blood vessel walls thus preventing cardiovascular disease. It is also essential for the healing of wounds.

Vitamin C requirements increase not only in the event of fractures, infections or anti-cancer treatment, but also depending on lifestyle (intense physical activity, excessive alcohol consumption, taking the contraceptive pill, smoking).

THE VERY LATEST:

Our vitamin C is natural and therefore bioavailable with guaranteed content! Our vitamin C is extracted from acerola, a small cherry from South America, which is one of nature's richest fruits in vitamin C. It has been eaten for a long time by the Amazonian Indians who are aware of its stimulating and protective properties.

PRINCIPALES INDICATIONS :

immune system disorders, tiredness, ageing-related problems, bone fractures, wounds.

COMPOSITION:

In one tablet (2265 mg): 1000 mg of dry extract of acerola (from Organic Farming) (*Malpighia punicifolia* L.) standardised to contain 17% Vitamin C (L-ascorbic acid) (i.e. 170 mg of Vitamin C) (212.5% NRVs*).

*NRVs: Nutrient Reference Values.

DIRECTIONS:

1 tablet by day to crunch or suck.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **22,50 €**

ORGANIC ARGAN PLANT OIL

UNROASTED, FAIR TRADE, FIRST COLD PRESSED VIRGIN OIL

0021019

200 ml - Tinted anti-UV glass bottle

PRECIOUS AND RARE, PROTECTS AND REVITALISES SKIN

Argan trees are endemic to Morocco and grown by women's cooperatives. Cultivation of the tree helps to protect Moroccan soil against desertification.

Softening and regenerating, argan oil nourishes and hydrates skin, restoring its glow and suppleness.

Made from unroasted kernels, argan plant oil has a high unsaponifiable content. Half of these are beta-carotenes, vitamin A precursors.

Argan oil is also rich in vitamin E, giving it antioxidant properties.

Argan plant oil repairs and protects skin from dryness and external stresses. Its high essential fatty acid content also helps to prevent ageing.

Argan oil is very effective for relieving chapped skin and burns and accelerating the healing of spots and wounds. It also strengthens hair and nails.

Press-extracted for HÉVÉA, our argan oil is produced through an equitable partnership with a Berber women's cooperative in the Taroudant region.

PRINCIPALES INDICATIONS :

Dehydrated and ageing skin

COMPOSITION:

Argan oil* (*Argania Spinosa*).

*ingredient from Organic Farming.

DIRECTIONS:

Face and body: apply morning and evening to revitalise and nourish your skin. As an ultra-mild make-up remover (moisten previously a piece of cotton with hot water). As a hair mask or hair care before of after shampoo to restore natural beauty and shine to your hair.

ORGANIC BLACK CUMIN

POWDER NOTHING BUT PLANTS®

1 unit **9,00 €**

Ref. JN05

3 units ~~36,00 €~~

Black cumin seeds 50 g

+1 free 27,00 €

DISTINCTIVE AND UNIQUE FLAVOUR

COMPOSITION:

Black cumin seeds (from organic farming) (*Nigella sativa* L.).

DIRECTIONS:

Black cumin seeds can be used in many baking recipes, vegetable dishes and also with meat or fish rich in fats.

ORGANIC BREWER'S YEAST

NATURAL SOURCE OF VITAMINS

1 unit **24,00 €**

3 units ~~96,00 €~~

500 mg / 180 capsules

+1 free 72,00 €

REAP THE BENEFITS OF AN AGE-OLD YEAST REMEDY

A remedy for nutritional balance, but also for rejuvenating a tired body and preventing the effects of ageing, the virtues of brewer's yeast speak for themselves.

Brewer's yeast can be used as a health supplement, **to prevent the effects of ageing, and as a rejuvenator for staying young, energetic and in shape.**

It acts on the skin and complexion and has traditionally been prescribed for new mums to help combat the fatigue and depression that are common after childbirth.

The organic production method for our yeast ensures that **it is free from all chemical products**, unlike many conventional brewer's yeasts. The strict hygiene standards applied during production guarantees that our yeast has an **excellent dry preservation.**

PRINCIPALES INDICATIONS :

Nutritional balance, Fatigue, Irritability, Pregnancy and breastfeeding, Acne, Recovering from illness, Intestinal infection or antibiotic treatment (helps reconstitute the intestinal flora).

COMPOSITION:

6 capsule contains: 3000 mg of brewer's yeast (*Saccharomyces cerevisiae*) from organic farming.

DIRECTIONS:

6 capsules a day with half a glass of water, divided in three doses, at mealtimes.

USAGE PRECAUTIONS

Not recommended for patients with hyperuricemia (high level of uric acid in the blood) and patients taking MAOI type antidepressants and meperidine.

ORGANIC CAMU CAMU

POWDER NOTHING BUT PLANTS®

1 unit **18,00 €**

Ref. GC33

3 units ~~72,00 €~~

100 servings / Camu camu powder 100 g

+1 free 54,00 €

13000 MG OF VITAMIN C PER 100 G OF PRODUCT

PRINCIPALES INDICATIONS :

Anti-inflammatory, antioxidant, immune system.

COMPOSITION:

Per daily dose: 1 g camu camu pulp powder (from organic farming) (*Myrciaria dubia* (Kunth) McVaugh).

DIRECTIONS:

1 serving (1 g) per day. Mix 1 g (1 spoon) of powder with water, juice, smoothies or milk. You can also dust camu camu powder on meals and salads.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **12,00 €**

ORGANIC CARDAMOM POWDER

POWDER NOTHING BUT PLANTS®

3 units ~~48,00 €~~

Cardamom powder 50 g

+1 free 36,00 €

SOFT CITRUS AROMA AND SLIGHTLY SPICY FLAVOUR

COMPOSITION:

Cardamom seeds powder (from organic farming) (*Elettaria cardamomum* (L.) Maton).

DIRECTIONS:

For medicinal purposes, cardamom seeds can be used in infusions (200 g per litre of water), or as 1.5 g of cardamom powder per day. As a spice, cardamom tends to be mainly used in pastries and oriental dishes.

ORGANIC CHASTEBERRY

CONCENTRATED EXTRACT (4:1) OF VITEX FRUIT,
EQUIVALENT TO 96 MG OF DRIED FRUIT

1 unit **18,00 €**

Ref. GO24

24 mg / 120 capsules

3 units ~~72,00 €~~

+1 free 54,00 €

VITEX FRUIT HELPS TO TREAT MENSTRUAL COMPLAINTS AND MASTODYNIA

A large number of women suffer from **premenstrual syndrome** symptoms. These symptoms can be physical and psychological, and range from headaches, cramps, fatigue, mood swings, irritability, to anxiety, sadness and sleeping problems.

Vitex fruit, or chasteberry (*Vitex agnus-castus* L.), is **effective in relieving these troublesome symptoms**. Hippocrates (5th Century BC) even referred to the *Vitex agnus-castus* fruit in his gynaecological treatises. **Vitex fruit also helps to treat menstrual complaints and mastodynia (breast pain).**

Our concentrated extract (4:1) of organically grown vitex fruit guarantees the highest possible quality.

PRINCIPALES INDICATIONS :

Premenstrual syndrome, menstrual cycle changes, mastodynia, acne.

COMPOSITION:

1 capsule contains: 24 mg concentrated extract (4:1) of vitex fruit (from organic farming) (*Vitex agnus-castus* L.), equivalent to 96 mg of dried fruit.

DIRECTIONS:

1 capsule a day, with half a glass of water at breakfast.

USAGE PRECAUTIONS

Do not use if you have a personal or family history of breast cancer. Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

ORGANIC CHIA SEEDS

POWDER NOTHING BUT PLANTS®

1 unit **12,00 €**

Chia seeds 500 g

NATURAL SOURCE OF VEGETABLE OMEGA-3

PRINCIPALES INDICATIONS :

Antioxidant, cholesterol, digestive, energy, constipation, satiety.

COMPOSITION:

Chia (*Salvia hispanica* L.) seeds (from organic farming).

DIRECTIONS:

The daily intake is no more than 15 g.

ORGANIC CLOVE POWDER

POWDER NOTHING BUT PLANTS®

1 unit **12,00 €**

Ref. JL04

3 units ~~48,00 €~~

Clove powder 50 g

+1 free 36,00 €

INTENSE AND POWERFUL AROMA

COMPOSITION:

Clove powder (from organic farming) (*Syzygium aromaticum* (L.) Merr. & L.M. Perry).

DIRECTIONS:

The ideal spice for meat stews.

1 unit **6,70 €**

ORGANIC COCONUT VEGETABLE OIL

COCOS NUCIFERA

50ml - Glass bottle anti-UV with dosing pump

THE SECRET OF TAHITIAN WOMEN'S BEAUTY FOR THE BODY AND THE HAIR

Coconut oil has the special characteristic of containing a large proportion of lauric acid, a very important substance for health. In nature only human maternal milk is as rich in lauric acid.

The fats present in coconut oil have nutritional qualities very close to those found in a mother's milk and identical immunity properties. Coconut oil is anti-viral and anti-bacterial.

It has a protective effect on delicate and damaged hair, and regenerates the skin even in the most sensitive areas such as the eyelids.

PRINCIPALES INDICATIONS :

Immunity, anti-viral and anti-bacterial properties, protecting hair and skin.

COMPOSITION:

Arachidic acid, Linoleic acid, Myristic acid, Oleic acid, Palmitic acid, Stearic acid, Lauric acid, Capric acid, Caproic acid.

Smell: Odour typical of coconut, slightly bitter.

DIRECTIONS:

Face and body: apply morning and evening to revitalise your skin. As an ultra-mild make-up remover. As a hair mask to restore natural beauty and shine to your hair. Add essential oil for a more specific effect.

- Cosmetic and/or culinary use depending on the respective oil.
- To be used pure or in combination in order to obtain the simultaneous benefit of all their advantages.
- They make an excellent excipient for thinning essential oils.
- They make an excellent base for massage oils.

USAGE PRECAUTIONS

Can cause irritations on sensitive skins.

ORGANIC CRANBERRY

STANDARDIZED TO 10% PROANTHOCYANIDINS

1 unit **19,00 €**

Ref. FF05

3 units ~~76,00 €~~

360 mg / 30 capsules

+1 free 57,00 €

FOR THE PREVENTION OF URINARY INFECTIONS

Cranberry is rich in proanthocyanidins (anti-oxidant and anti-bacterial), **preventing the appearance and recurrence of cystitis** (urinary infections) **by stopping bacteria attaching to the walls of the bladder and reproducing.**

Due to these antioxidant effects, cranberry juice helps prevent urinary tract infections in both men and women, as well as their recurrence.

Each capsule contains 36 mg of proanthocyanidins, i.e. 100% of the RDA (Recommended Daily Allowance) recommended by the AFSSA (French Food Safety Agency).

PRINCIPALES INDICATIONS :

Urinary tract infection (cystitis), ulcers, gingivitis

COMPOSITION:

1 capsule contain: 360 mg dry extract of cranberry (from organic farming) (*Vaccinium macrocarpon* Ait.), standardised to contain 10% in proanthocyanidins (i.e. 36 mg).

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Do not take with anticoagulants. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **19,00 €**

ORGANIC FRESH ALOE VERA AND ROSE JUICE

NON-GREASY FLUID FACE AND BODY GEL

ORGANIC ALOE VERA FROM ANDALUSIA, FRESH FROM THE PRESS, AND DAMASK ROSE FROM FAIR TRADE

0088116

50 ml - Tinted anti-UV glass pump bottle

REGENERATES SKIN AND RESTORES RADIANCE

This fondant, non-greasy gel, blends harmoniously the organic Aloe Vera fresh juice from Andalusia and fairtrade partnership organic fresh roses flower water produced by HÉVÉA in the Roses Valley in Morocco.

Two plants with inestimable and approved properties for a moisturizing and refreshing care.

This precious treatment regenerates your skin and restores radiance, softness and suppleness.

PRINCIPALES INDICATIONS :

Dry, damaged skin

COMPOSITION:

Fair trade Damask rose (*Rosa damascena*) flower water freshly prepared by HÉVÉA*, fresh Aloe Vera juice (*Aloe barbadensis*) from Andalusia*, ultra-mild Cosmebio® allowed preservative*.

*ingredient from Organic Farming.

DIRECTIONS:

Use in daily care after showering. This precious care regenerates your skin and restores its radiance and softness.

**ORGANIC FRESH ALOE VERA
AND VETIVER JUICE**

NON-GREASY FLUID FACE AND BODY GEL

ORGANIC ALOE VERA FROM ANDALUSIA, FRESH
FROM THE PRESS, AND VETIVER

Ref. 0089616

50 ml - Tinted anti-UV glass pump bottle

1 unit **19,00 €**

PROTECTS AND REPAIRS SKIN

This gel is made from the fresh juice of whole organic Andalusian Aloe Vera leaves pressed to order, fairtrade organic Damask rosewater freshly prepared by HÉVÉA, and organic Vetiver essential oil.

Hydrates, repairs and protects skin.

With a light, satiny, non-greasy texture, it is quickly absorbed by the skin and leaves a light, fresh vetiver fragrance.

This precious treatment regenerates your skin and restores radiance, softness and suppleness.

PRINCIPALES INDICATIONS :

Dry, damaged skin

COMPOSITION:

Fresh Aloe Vera (*Aloe barbadensis*) juice from Andalusia*, Damask rose (*Rosa damascena*) flower water freshly prepared by HÉVÉA*, vetiver (*Crysopogon zizanioides*) essential oil*, ultra-mild Cosmebio® allowed preservative*.

*ingredient from Organic Farming.

DIRECTIONS:

Used as a moisturizer skin care after bathing. It can be used as after shave.

1 unit **18,00 €**

3 units ~~72,00 €~~

+1 free 54,00 €

ORGANIC GINGER

ORGANIC EXTRACT STANDARDISED TO CONTAIN
1.5% GINGEROLS AND SHOGAOLS

375 mg / 60 capsules

AN EFFECTIVE TREATMENT FOR DIGESTIVE DISORDERS

Ginger rhizome (*Zingiber officinale* Roscoe) has been used for thousands of years in Ayurvedic medicine to treat **rheumatic pains, colds and digestive problems.**

It is now considered **an effective treatment for digestive disorders such as dyspepsia** (a disorder that causes epigastric pain): ginger rhizome increases gastric emptying, prevents swelling and prevents nausea.

Due to its phenolic compounds, ginger has **antiemetic properties** (anti vomiting) and prevents kinetosis, or motion sickness.

Our extract of organic ginger rhizome is standardised to contain 1.5% gingerols and shogaols, ginger's active principles, guaranteeing greater effectiveness.

PRINCIPALES INDICATIONS :

Nausea, vomiting, kinetosis (motion sickness), digestive disorders, arthritis, colds.

COMPOSITION:

2 capsules contain: 750 mg dry extract of ginger rhizome (from organic farming) (*Zingiber officinale* Roscoe) standardised to contain 1.5% gingerols and shogaols (i.e. 11.25 mg).

DIRECTIONS:

2 capsules per day, taken with half a glass of water in two separate doses, one before each meal.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ORGANIC GINGER POWDER

POWDER NOTHING BUT PLANTS®

1 unit **9,00 €**

Ref. JG03

3 units ~~36,00 €~~

Ginger powder 50 g

+1 free 27,00 €

EXOTIC AROMA AND CITRUS NOTES

COMPOSITION:

Ginger rhizome powder (*Zingiber officinale* Roscoe) (from organic farming).

DIRECTIONS:

Used as a spice and for medicinal purposes. If you want to use it for medicinal purposes, the recommended intake for adults is 0.5-2 g/per day of ginger powder in one single dose, or taken in several doses. If it is consumed to prevent cinetosis (motion sickness), take 30 minutes before starting your journey.

1 unit **29,90 €**

3 units ~~119,60 €~~

+1 free 89,70 €

ORGANIC GINSENG

STANDARDISED TO CONTAIN 15% TOTAL GINSENOSESIDES

200 mg / 90 capsules

UNIVERSAL REMEDY, SOURCE OF ENERGY AND VITALITY

Our concentrated extract of organic Korean red Ginseng root (*Panax ginseng* C.A. Meyer) is standardised to contain 15% ginsenosides, ensuring its quality and effectiveness.

Mysterious "Tonic root" known in the Far East for more than 5000 years, **ginseng root is considered as a universal remedy**, known to be effective against many illnesses.

Its indications are very many and concern all those bodily functions that are supposed to diminish with age.

Ginseng is the plant of energy and vitality. It helps regulate the nervous system and is even known for its aphrodisiac properties.

Our Ginseng, cultivated to the specifications of organic agriculture, is also minutely controlled thanks to different laboratory analyses. This guarantee of the highest quality is also a guarantee that our Ginseng is free from environmental contaminants (pesticides carried on the wind, heavy metals found in the earth, micro-organisms colonising plots after harvesting).

PRINCIPALES INDICATIONS :

Energy, vitality, tiredness, nervous balance, libido, cardiovascular disease

COMPOSITION:

Each capsule contains: 200 mg of ginseng root dry extract (from organic farming) (*Panax ginseng* C.A. Meyer), standardised to contain 15% total ginsenosides (equivalent to 30 mg).

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended in the case of high blood pressure. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ORGANIC GINSENG AND ROYAL JELLY PHIALS

1 unit **19,00 €**

Ref. NA10

3 units ~~76,00 €~~

20 phials of 10 ml

+1 free 57,00 €

A COCKTAIL FOR LONG LIFE COUNTERACTS STRESS AND FATIGUE !

Thanks to their long-known tonic effect, these 2 superfoods improve sporting and intellectual performance, **stimulate the immune system** to prevent **infectious diseases**, strengthen the systems of those who are **weak or convalescent**, treat **erectile dysfunction** and **prevent aging**.

▶ THE VERY LATEST:

Panax ginseng CA Meyer which is used in the composition of our phials has been growing for a minimum of 5 to 7 years, without pesticides and in earth that has not been polluted by heavy metals. Which guarantees it an incomparable purity. Also, our royal jelly is certified chloramphenicol-free.

PRINCIPALES INDICATIONS :

asthenia, fatigue

COMPOSITION:

Per phial: 4.9 g organic honey, 1 g fresh royal jelly, 130 mg liquid extract of *Panax ginseng* C.A. Meyer (total ginsenosides 19.5 mg).

DIRECTIONS:

Take 1 phial, preferably in the morning on an empty stomach, either neat or diluted with a drink, tea or fruit juice.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dosage.

1 unit **16,90 €**

ORGANIC GOJI BERRIES

POWDER NOTHING BUT PLANTS®

20 servings / Goji berries 200 g

SOURCE OF ENERGY AND HEALTH

PRINCIPALES INDICATIONS :

Antioxidant, anti-aging, energy, sleep, stress

COMPOSITION:

Per daily dose: 10 g whole dried goji berries (from organic farming) (*Lycium barbarum* L.).

DIRECTIONS:

Take 10 g of goji berries per day.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ORGANIC HARPAGOPHYTUM

STANDARDISED TO CONTAIN 2.7% MIN. IN HARPAGOSIDE

Ref. EE24

400 mg / 120 capsules

1 unit **29,00 €**

3 units **116,00 €**

+1 free 87,00 €

A NATURAL SOLUTION TO JOINT PROBLEMS

Harpagophytum or “devil’s claw” has long been known for its therapeutic properties. These roots were used by the natives of the desert of Kalahari, as traditional medicine, for **its anti-inflammatory and analgesic properties**, but also by the Europeans and Canadians to relieve osteoarthritis.

Our Harpagophytum is a highly concentrated extract in Harpagoside, obtained through a patented process. Studies have shown that Harpagophytum is not only a significant effect on the inhibition of COX - 2, an enzyme responsible for inflammatory processes, but it also acts on chondrocytes in the regeneration of existing extracellular matrix, increasing the level of glycosaminoglycans by 38% and by stimulating the 41% hyaluronic acid synthesis.

In particular it treats pain associated with **rheumatism** and **arthrosis** or other **joint inflammations**.

Sportsmen and women use it to treat **tendonitis** and **joint pain**.

THE VERY LATEST:

Our harpagophytum is a natural, organic anti-inflammatory. It does not have the side effects of synthetic anti-inflammatories. It contains no pesticides or heavy metals and its mycotoxin content is checked regularly by an independent laboratory.

PRINCIPALES INDICATIONS :

Rheumatism, arthrosis, inflammations, lumbar arthritis, diuresis problems, tendonitis, digestive disorders, liver disorders

COMPOSITION:

2 capsules contain: 800 mg of devil’s claw root dry extract (from organic farming) (*Harpagophytum procumbens* (Burch.) DC.) standardised to contain 2.7% in harpagoside (equivalent to 21.6 mg).

DIRECTIONS:

2 capsules per day with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **18,00 €**

3 units **72,00 €**

+1 free 54,00 €

ORGANIC HARPAGOPHYTUM

STANDARDISED TO CONTAIN 2.7% MIN. IN HARPAGOSIDE

400 mg / 60 capsules

A NATURAL SOLUTION TO JOINT PROBLEMS

Harpagophytum or “devil’s claw” has long been known for its therapeutic properties. These roots were used by the natives of the desert of Kalahari, as traditional medicine, for **its anti-inflammatory and analgesic properties**, but also by the Europeans and Canadians to relieve osteoarthritis.

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Rheumatism, arthrosis, inflammations, lumbar arthritis, diuresis problems, tendonitis, digestive disorders, liver disorders

COMPOSITION:

2 capsules contain: 800 mg of devil’s claw root dry extract (from organic farming) (*Harpagophytum procumbens* (Burch.) DC.) standardised to contain 2.7% in harpagoside (equivalent to 21.6 mg).

DIRECTIONS:

2 capsules per day with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ORGANIC JOJOBA VEGETABLE OIL

SIMMONDSIA CHINENSIS

1 unit **9,50 €**

Ref. 0011016

50ml - Glass bottle anti-UV with dosing pump

A LIQUID WAX, REBALANCING, HYDRATING AND PROTECTING ALREADY USED BY THE INDIANS

The application of jojoba oil to the hair controls the secretion of sebum and gives back brilliance and tone to hair while making it less delicate and more supple.

Thanks to its texture it penetrates the skin very easily and regenerates it while at the same time protecting it by creating a non-fat film which preserves natural hydration of the skin against the action of cold and dryness.

Its anti-inflammatory properties make it an excellent base for creams designed to care for sensitive skin. It is highly recommended as a baby skin care product thanks to its softness and protective qualities.

PRINCIPALES INDICATIONS :

Regenerating, hydrating, protecting.

COMPOSITION:

Oleic acid, Palmitic acid, 11-eicosenoic acid.
Smell: Sweet odour reminiscent of hazelnuts.

DIRECTIONS:

Face and body: apply morning and evening to revitalise your skin. As an ultra-mild make-up remover. As a hair mask to restore natural beauty and shine to your hair. Add essential oil for a more specific effect.

- Cosmetic and/or culinary use depending on the respective oil.
- To be used pure or in combination in order to obtain the simultaneous benefit of all their advantages.
- They make an excellent excipient for thinning essential oils.
- They make an excellent base for massage oils.

USAGE PRECAUTIONS

Not to be associated with vitamin A, as it nullifies its effect. Non-edible.

1 unit **17,00 €**

3 units ~~68,00 €~~

+1 free 51,00 €

ORGANIC MACA

CONCENTRATED EXTRACT 4:1

500 mg / 60 capsules

FOR THE LIBIDO AND FERTILITY IN MEN AND WOMEN

The **maca**, sometimes also called "Peruvian ginseng", is a root from the high plateaux of the Andes reputed for its effect on the libido and on fertility, as much in men as women.

Its high nutritional value makes it an ideal food supplement for protecting tone long-term.

▶ THE VERY LATEST:

Our **Maca extract**, cultivated to the specifications of **organic agriculture**, is also minutely controlled thanks to different laboratory analyses. This guarantee of **the highest quality** is also a guarantee that our Maca is free of environmental contaminants (pesticides carried on the wind, heavy metals found in the earth, micro-organisms colonising plots after harvesting)

PRINCIPALES INDICATIONS :

Fertility, libido, sexuality, fatigue, stress, menopause

COMPOSITION:

2 capsules contain: 1000 mg Maca tuber extract 4:1 concentrated (from organic farming) (Organic Macatonic™) (*Lepidium meyenii* Walp.).

DIRECTIONS:

2 capsules per day with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ORGANIC MACA

CONCENTRATED EXTRACT 4:1

1 unit **24,90 €**

Ref. MM10

3 units ~~99,60 €~~

500 mg / 120 capsules

+1 free 74,70 €

FOR THE LIBIDO AND FERTILITY IN MEN AND WOMEN

The **maca**, sometimes also called "Peruvian ginseng", is a root from the high plateaux of the Andes reputed for its effect on the libido and on fertility, as much in men as women.

Its high nutritional value makes it an ideal food supplement for protecting tone long-term.

THE VERY LATEST:

Our **Maca extract**, cultivated to the specifications of **organic agriculture**, is also minutely controlled thanks to different laboratory analyses. This guarantee of **the highest quality** is also a guarantee that our Maca is free of environmental contaminants (pesticides carried on the wind, heavy metals found in the earth, micro-organisms colonising plots after harvesting)

PRINCIPALES INDICATIONS :

Fertility, libido, sexuality, fatigue, stress, menopause

COMPOSITION:

2 capsules contain: 1000 mg Maca tuber extract 4:1 concentrated (from organic farming) (Organic Macatonic™) (*Lepidium meyenii* Walp.).

DIRECTIONS:

2 capsules per day with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ORGANIC MACA POWDER

POWDER NOTHING BUT PLANTS®

1 unit **18,00 €**

50 servings / Maca powder 250 g

APHRODISIAC AND FERTILITY ENHANCER

PRINCIPALES INDICATIONS :

Fertility, libido, sexuality, fatigue, stress, menopause

COMPOSITION:

Per daily dose: 5 g maca tuber powder (from organic farming) (*Lepidium meyenii* Walp.).

DIRECTIONS:

1 serving (5 g) per day. Mix with water, juice, smoothies or milk. You can also dust maca powder on meals and salads.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ORGANIC MAITAKE (GRIFOLA FRONDOSA)

STANDARDISED EXTRACT TO CONTAIN 30% POLYSACCHARIDES (15% BETA-GLUCANS)

Ref. GN70

250 mg / 60 capsules

1 unit **24,00 €**

3 units **96,00 €**

+1 free 72.00 €

STRENGTHENS THE IMMUNE SYSTEM

Maitake (*Grifola frondosa* (Dicks.: Fr.) S.F. Gray) has been one of the most prized mushrooms in Japan for thousands of years. It is consumed as food and has valuable medicinal properties due to its bioactive compounds.

Rich in nutrients, maitake contains **polysaccharides** and **beta-glucans**. These compounds have **immunostimulatory** properties and help to lower blood glucose levels.

Maitake can help improve and prevent symptoms of obesity, arteriosclerosis and diabetes caused by high cholesterol levels.

Maitake also has heart-healthy properties that help to reduce hypertension and LDL cholesterol levels.

Our organic maitake extract is standardised to contain 30% polysaccharides and 15% beta-glucans, guaranteeing maximum effectiveness.

PRINCIPALES INDICATIONS :

Antioxidant, cancer, cholesterol, diabetes, immunostimulant.

COMPOSITION:

2 capsules contain: 500 mg dry extract of maitake (from organic farming) (*Grifola frondosa* (Dicks.: Fr.) S.F. Gray) standardised to contain 30% polysaccharides (i.e. 150 mg) and 15% beta-glucans (i.e. 75 mg).

DIRECTIONS:

2 capsules per day with half a glass of water in two separate doses, at mealtimes.

USAGE PRECAUTIONS

Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

1 unit **22,60 €**

ORGANIC NIGELLA VEGETABLE OIL

NIGELLA SATIVA

0021319

200ml - Glass bottle anti-UV

THE OIL OF THE PHARAOHS

Acts on and strengthens the immune system, making it possible to combat asthma, hay fever and respiratory problems in general.

Clinical studies have shown that the immune system produced antibodies more with the nigella sativa oil cure. Black cumin stimulates immunity and physical activity: it acts as a detoxifier and tonic.

Nigella vegetable oil has a beneficial effect on candidiasis (*Candida albicans*) and other skin complaints such as dermatitis, eczema, psoriasis and even burns, chapped skin and sunstroke. The oil is also useful in the treatment of rheumatism and other inflammatory illnesses.

PRINCIPALES INDICATIONS :

Strengthens the immune system, skin complaints, anti-inflammatory.

COMPOSITION:

Linoleic acid, Oleic acid, Palmitic acid, Stearic acid.
Smell: Weak odour.

DIRECTIONS:

Face and body: apply morning and evening to revitalise your skin. As an ultra-mild make-up remover. As a hair mask to restore natural beauty and shine to your hair. Add essential oil for a more specific effect.

- Cosmetic and/or culinary use depending on the respective oil.
- To be used pure or in combination in order to obtain the simultaneous benefit of all their advantages.
- They make an excellent excipient for thinning essential oils.
- They make an excellent base for massage oils.

USAGE PRECAUTIONS

Alternate with other vegetable oil for food use (olive, argan).

ORGANIC NOPAL

MIN 40% FIBRE CONTENT

Ref. DD15

470 mg / 180 capsules

1 unit **19,00 €**

3 units ~~76,00 €~~

+1 free 57,00 €

A PREMIUM AID FOR WEIGHT CONTROL

The Nopal is a Mexican cactus eaten every day for **its digestive virtues**.

The appetite-regulating properties of our organic Nopal come from its high fibre content. **It captures and absorbs fats and sugars to curb assimilation.**

Nopal increases satiety effect for an easier loss of weight and a decrease of your appetite. He regulates glycemia and level of fatty acids content in your blood for a healthier diet, with serenity and confidence.

Combined with a healthy diet and regular physical activity, Nopal is a great addition to any slimming programme.

Our Nopal is grown organically, guaranteeing the best possible quality.

PRINCIPALES INDICATIONS :

Weight control, digestion problem, diabetes, cholesterol, hyperglycaemia, slinness

COMPOSITION:

2 capsules contain: 940 mg dry nopal leaf extract (*Opuntia ficus-indica*), with 40% min. fibre content (i.e. 376 mg).

DIRECTIONS:

2 capsules per day with a glass a glass of water, divided into two doses taken one before each meal.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **19,00 €**

3 units ~~76,00 €~~

+1 free 57,00 €

A SUPER FRUIT RICH IN ANTIOXIDANTS

The pomegranate tree (*Punica granatum* L.) has been cultivated for thousands of years and its fruit, **the pomegranate, has multiple beneficial properties**. A source of good health, the use of pomegranate for medicinal purposes dates back to ancient times and **it is now known to have a high nutraceutical value, due to its antioxidant molecule content.**

Extract of organically grown pomegranate standardised to contain 50% total polyphenols and 30% punicalagins :

Our organic pomegranate extract has a high concentration of polyphenols and punicalagins, molecules with high antioxidant potency that are the primary sources of pomegranate's positive effects.

Pomegranate helps to prevent cardiovascular diseases and has neuroprotective and gastroprotective properties. With its anti-inflammatory and anti-UV activity, it is a great ally for improving skin health and combating skin aging.

PRINCIPALES INDICATIONS :

Antioxidant, anti-inflammatory, cardiovascular and digestive health

COMPOSITION:

1 capsule contain: 500 mg dry extract of pomegranate (organically gown) (*Punica granatum* L.) standardised to contain 50% polyphenols (i.e. 250 mg) and 30% punicalagins (i.e. 150 mg).

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ORGANIC POMEGRANATE

STANDARDISED TO CONTAIN 50% POLYPHENOLS AND 30% PUNICALAGINS

500 mg / 30 capsules

**ORGANIC RED REISHI
(GANODERMA LUCIDUM)**

STANDARDISED EXTRACT TO CONTAIN 30%
POLYSACCHARIDES (15% BETA-GLUCANS)

Ref. GM30

300 mg / 30 capsules

1 unit **19,00 €**

3 units **76,00 €**

+1 free **57,00 €**

POTENT, IMMUNOSTIMULANT ADAPTOGEN

The red reishi (*Ganoderma lucidum*) is a mushroom that has been used in traditional medicine for thousands of years for its **adaptogen, immunostimulant, anti-inflammatory and antioxidant properties**. Its Chinese name (lingzhi) is associated with longevity and immortality.

The red reishi is an adaptogen, a natural substance that helps the body to regain balance and strength when faced with changes brought about by stress.

The reishi mushroom is rich in nutrients and contains multiple chemical compounds (**over 200 bioactive compounds** have been identified), in particular, **ergosterols, polysaccharides and triterpenes** for their beneficial properties.

The reishi's polysaccharides possess immunostimulant properties. Within the polysaccharides group we find the beta-glucans, compounds which reinforce the immune system. The reishi also contains triterpenes derived from lanostane, a group of molecules with antioxidant, anti-inflammatory and anti-allergen properties.

Our dry extract of organic reishi standardised at 30% polysaccharide content (15% betaglucans) and 1% triterpenes, thanks to its adaptogen and stimulant properties, helps the body naturally protect itself and maintain balance.

PRINCIPALES INDICATIONS :

Stimulates the immune system, anti-inflammatory, treatment of asthma and respiratory problems, cardioprotective, fatigue, recovery

COMPOSITION:

1 capsule contain: 300 mg dry extract of reishi (from organic farming) (*Ganoderma lucidum* (Leys.) ex Karst) standardised to contain 30% polysaccharide (i.e. 90 mg) and 15% beta-glucan (i.e. 45 mg).

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **29,00 €**

3 units **116,00 €**

+1 free **87,00 €**

**ORGANIC RED REISHI
(GANODERMA LUCIDUM)**

STANDARDISED EXTRACT TO CONTAIN 30%
POLYSACCHARIDES (15% BETA-GLUCANS)

300 mg / 60 capsules

POTENT, IMMUNOSTIMULANT ADAPTOGEN

The red reishi (*Ganoderma lucidum*) is a mushroom that has been used in traditional medicine for thousands of years for its **adaptogen, immunostimulant, anti-inflammatory and antioxidant properties**. Its Chinese name (lingzhi) is associated with longevity and immortality.

The red reishi is an adaptogen, a natural substance that helps the body to regain balance and strength when faced with changes brought about by stress.

The reishi mushroom is rich in nutrients and contains multiple chemical compounds (**over 200 bioactive compounds** have been identified), in particular, **ergosterols, polysaccharides and triterpenes** for their beneficial properties.

The reishi's polysaccharides possess immunostimulant properties. Within the polysaccharides group we find the beta-glucans, compounds which reinforce the immune system. The reishi also contains triterpenes derived from lanostane, a group of molecules with antioxidant, anti-inflammatory and anti-allergen properties.

Our dry extract of organic reishi standardised at 30% polysaccharide content (15% betaglucans) and 1% triterpenes, thanks to its adaptogen and stimulant properties, helps the body naturally protect itself and maintain balance.

PRINCIPALES INDICATIONS :

Stimulates the immune system, anti-inflammatory, treatment of asthma and respiratory problems, cardioprotective, fatigue, recovery

COMPOSITION:

1 capsule contain: 300 mg dry extract of reishi (from organic farming) (*Ganoderma lucidum* (Leys.) ex Karst) standardised to contain 30% polysaccharide (i.e. 90 mg) and 15% beta-glucan (i.e. 45 mg).

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ORGANIC ROSEHIP PLANT OIL

FIRST COLD PRESSED

1 unit **38,90 €**

Ref. 0012319

200 ml - Tinted anti-UV glass bottle

NOURISHES AND PREVENTS SKIN AGEING

Rosehip oil is extracted from the seeds of the rosehip fruit, and has a thick consistency.

It is rich in polyunsaturated fatty acids, which regenerate cells and improve their suppleness. **These regenerating properties make rosehip oil an excellent active ingredient for combating the effects of ageing on the skin.**

Organic rosehip oil also has healing properties, due to its high vitamin A acid (retinoic acid) content.

Rosehip oil's active ingredient has the unique ability to work deep in the epidermis, in contrast to many cosmetic products.

It nourishes skin and restores suppleness. It is particularly recommended for rehydrating and revitalising dry, damaged skin, for healing sunburn and preventing the appearance of wrinkles and stretch marks.

PRINCIPALES INDICATIONS :

Anti-ageing, nourishing, regenerating, healing

COMPOSITION:

Rosehip seed oil* (*Rosa rubiginosa*).

*ingredient from Organic Farming.

DIRECTIONS:

Face and body: apply morning and evening to revitalise your skin. As an ultra-mild make-up remover. As a hair mask to restore natural beauty and shine to your hair.

USAGE PRECAUTIONS

Not edible. Can be used undiluted for topical application, or diluted to 20% with another oil for more general use.

ORGANIC SAFFRON

OUR SAFFRON, AN EXCEPTIONAL PRODUCT

1 unit **37,00 €**

3 units ~~148,00 €~~

15 mg / 60 capsules

+1 free 111,00 €

ANTI-DEPRESSANT, ANTI-STRESS AND ANXIOLYTIC PROPERTIES

PRINCIPALES INDICATIONS :

depression, stress, improving mood, anxiolytic, antioxidant.

COMPOSITION:

1 capsule contains: 15 mg of crushed Spanish saffron stigmas (from organic farming) (*Crocus sativus* L.).

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ORGANIC SHIITAKE (*LENTINULA EDODES*)

STANDARDISED EXTRACT TO CONTAIN 30%
POLYSACCHARIDES (15% BETA-GLUCANS)

Ref. GL60

250 mg / 60 capsules

1 unit **24,00 €**

3 units **96,00 €**

+1 free **72,00 €**

HELPS TO COMBAT FATIGUE

Used for thousands of years in traditional Chinese medicine, **shiitake** (*Lentinula edodes* (Berk.) Pegler) is an edible mushroom rich in proteins and polysaccharides, which include **lentinan**, a beta-glucan with **numerous medicinal properties**.

Polysaccharides in **shiitake** act as **powerful immunomodulators**. In addition to being rich in vitamins and minerals, shiitake is an excellent restorative and helps combat fatigue.

Shiitake also has antibiotic, antiviral, antithrombotic and lipid-lowering activity (reduces cholesterol levels).

Our **organic shiitake extract is standardised to contain 30% polysaccharides and 15% beta-glucans, guaranteeing maximum effectiveness.**

PRINCIPALES INDICATIONS :

Immunomodulator, anti-bacterial, antiviral, cholesterol

COMPOSITION:

2 capsules contain: 500 mg dry extract of shiitake (from organic farming) (*Lentinula edodes* (Berk.) Pegler) standardised to contain 30% polysaccharides (i.e. 150 mg) and 15% beta-glucans (i.e. 75 mg).

DIRECTIONS:

2 capsules a day, with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

1 unit **23,00 €**

3 units **92,00 €**

+1 free **69,00 €**

ORGANIC SPIRULINA

500 mg / 180 capsules

THE MOST POTENT OF FOODS, RICH IN PROTEINS AND IN IRON, FOR THE RECOVERY OF HEALTH AND ENERGY

Our organic spirulina complying with Microbiological Criteria laid down by the European Pharmacopoeia. Guarantee maximum efficiency and safety.

This microscopic algae is made up of a **top-quality food supplement**, rich in assimilable iron.

100% natural and organic, our spirulina contains more beta-carotene, iron, vitamin B12 and gamma-linoleic acid than any other food. It is as rich in vitamin E as wheat and as rich in calcium, phosphorus and magnesium as milk.

Spirulina is particularly effective in cases of **anaemia, demineralisation and for the overworked**. It gives back **health, energy and vitality, and at the same time is very effective in detoxifying the body, fighting fatigue, combating stress and speeding up convalescence.**

Low in calories, it regulates blood lipids and even promotes weight loss.

Our **spirulina is cultivated organically**, which preserves it against contamination from heavy metals or other pollutants found in seas.

PRINCIPALES INDICATIONS :

fatigue, stress, anaemia, immune system, cancer, weight loss, recovery from illness

COMPOSITION:

- 8 capsules contain: 4000 mg of spirulina algae powder from organic aquaculture (*Spirulina platensis* (Gomont) Geitler), vegetable-based capsule: hydroxypropyl methylcellulose.
- 8 tablets contain: 4000 mg of spirulina algae powder from organic aquaculture (*Spirulina platensis* (Gomont) Geitler).

DIRECTIONS:

8 capsules/tablets per day with half a glass of water, divided into two doses after mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ORGANIC SPIRULINA & CHLORELLA*

*FROM ORGANIC AQUACULTURE

Ref. NA31

400 mg / 120 capsules

1 unit **29,00 €**

3 units **116,00 €**

+1 free 87,00 €

TWO MICROALGAE FOR A MORE EFFECTIVE MULTIVITAMIN

3 billion years' old, spirulina and chlorella are both rich sources of protein, essential fatty acids, minerals (magnesium, iron, chromium) and vitamins (B2, B12). Combined, they have a revitalising effect on the body.

Spirulina is a blue-green microalgae belonging to the cyanobacteria family and is mainly found in the warm waters of India, Chile and Mexico. **Spirulina has numerous healing and preventive properties; rich in iron, it is an exceptional source of carotenoids.** Through its high fibre and protein content, it helps you feel fuller by regulating appetite. The phycocyanin present in spirulina stimulates the immune system.

Chlorella is a microscopic green freshwater algae from the Chlorophyceae class of algae. Used since time immemorial in Asia, it has many beneficial properties. **This nutrient-rich algae is more than 50% protein. Its exceptionally high chlorophyll concentration (4 times more than spirulina) boosts its antioxidant action. Not only does this help reduce cholesterol, but it also makes it an excellent detoxifier.**

Our extracts are sourced from organic aquaculture, meaning they are subject to very strict pesticide analysis and offer maximum purity

PRINCIPALES INDICATIONS :

Fatigue, anaemia, allergies, weight loss, cholesterol, hypertension, detoxification of heavy metals.

COMPOSITION:

In 4 capsules: 1200 mg of organic spirulina algae powder (*Spirulina platensis* (Gomont) Geitler), 400 mg of chlorella algae powder from organic aquaculture (*Chlorella vulgaris* Beijerinck).

DIRECTIONS:

4 capsules a day with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **30,00 €**

ORGANIC SPIRULINA POWDER

POWDER NOTHING BUT PLANTS®

125 servings / Spirulina powder 500 g

SPIRULINA FROM ORGANIC AQUACULTURE WITH HIGH PROTEIN CONTENT

PRINCIPALES INDICATIONS :

Fatigue, stress, anaemia, immune system, cancer, weight loss, recovery from illness

COMPOSITION:

Per daily dose: 4 g spirulina algae powder (from organic aquaculture) (*Spirulina platensis* (Gomont) Geitler).

DIRECTIONS:

1 serving (4 g) per day. Mix with water, juice, smoothies or milk. You can also dust spirulina powder on meals and salads.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ORGANIC SPIRULINA POWDER

POWDER NOTHING BUT PLANTS®

1 unit **19,00 €**

Ref. IS10

62 servings / Spirulina powder 250 g

SPIRULINA FROM ORGANIC AQUACULTURE WITH HIGH PROTEIN CONTENT

PRINCIPALES INDICATIONS :

Fatigue, stress, anaemia, immune system, cancer, weight loss, recovery from illness

COMPOSITION:

Per daily dose: 4 g spirulina algae powder (from organic aquaculture) (*Spirulina platensis* (Gomont) Geitler).

DIRECTIONS:

1 serving (4 g) per day. Mix with water, juice, smoothies or milk. You can also dust spirulina powder on meals and salads.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **9,00 €**

3 units ~~36,00 €~~

+1 free 27,00 €

ORGANIC SWEET PAPRIKA POWDER

POWDER NOTHING BUT PLANTS®

Sweet paprika powder 50 g

PUNGENT SPICE

COMPOSITION:

Sweet paprika powder (from organic farming) (*Capsicum annum* L.).

DIRECTIONS:

The perfect spice for providing dishes a pungent aroma.

ORGANIC TURMERIC POWDER

POWDER NOTHING BUT PLANTS®

1 unit **12,00 €**

Ref. JT10

Turmeric powder 100 g

EXCEPTIONAL, FRESH AND AROMATIC SPICE

COMPOSITION:

Turmeric rhizome powder (from organic farming) (*Curcuma longa* L.).

DIRECTIONS:

Turmeric is used for medicinal and culinary purposes. For medicinal purposes, the dose recommended by the EMA for relieving the symptoms of indigestion is 1.5-3g of ground turmeric rhizome (EMA).

1 unit **24,00 €**

PEA PROTEIN POWDER

POWDER NOTHING BUT PLANTS®

16 servings / Pea protein powder 500 g

FROM ORGANIC FARMING, 85% PROTEIN

PRINCIPALES INDICATIONS :

To increase definition and muscle mass; rapid recovery after exercise.

COMPOSITION:

Per daily dose: 30 g of pea protein powder (from organic farming) (*Pisum sativum* L.).

DIRECTIONS:

1 serving (30 g) per day. Mix with water, juice, smoothies or milk. You can also pea protein powder in meals.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

PRECURSOR GH

RICH IN AMINO ACIDS AND PLANT EXTRACTS

1 unit **38,00 €**

Ref. BG10

3 units ~~152,00 €~~

120 capsules

+1 free 114,00 €

NATURAL GROWTH HORMONE PRECURSOR

Our Precursor GH has high amino acid content, including L-Arginine, L-Glutamine, L-Leucine, L-Tyrosine, L-Tryptophan, L-Isoleucine, L-Valine, and L-Ornithine. These amino acids stimulate the synthesis of growth hormone.

Growth hormone promotes cell renewal, **boosts mental performance and encourages a positive mindset.**

GH Precursor **helps maintain muscle mass, while helping the body to burn fat more rapidly. Skin looks younger and more toned.** Helps you burn fat faster with longer lasting results.

Recommended for athletes, it **improves endurance, physical strength and reduces fatigue.**

There is a relationship between growth hormone and testosterone, where secretion of one often promotes secretion of the other – they complement each other. We recommend combining the GH Precursor with our TST Precursor.

PRINCIPALES INDICATIONS :

anti-ageing, physical and sports performance, weight loss, physical and mental wellbeing, maintaining muscle mass, cell renewal, healthy skin and bones, energy, vitality.

COMPOSITION:

4 capsules contain: 400 mg L-Arginine pyroglutamate, 200 mg L-Glutamine, 200 mg L-Leucine, 200 mg L-Tyrosine, 200 mg L-Tryptophan, 200 mg L-Isoleucine, 200 mg L-Valine, 40 mg L-Ornithine, 40 mg organic yeast extract (*Saccharomyces cerevisiae*).

DIRECTIONS:

4 capsules per day with half a glass of water, divided into two doses taken one hour before each meal.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **39,00 €**

3 units ~~156,00 €~~

+1 free 117,00 €

PRECURSOR TSH

NATURAL FORMULA WITH BALANCED ACTIVE INGREDIENTS.

60 capsules

NATURAL THYROID HORMONE PRECURSOR

The importance of thyroid hormone balance is often overlooked, but the thyroid gland is essential to a healthy body. It has an impact on optimum muscle mass to body fat ratio.

Thyroid maintenance promotes weight loss by reviving a sluggish metabolism.

TSH Precursor also helps reduce fatigue and is recommended for **cardiovascular, digestive, psychological, muscular and joint disorders.**

Our TSH Precursor formula is scientifically formulated to optimise the thyroid's functions and cellular processes.

Our thyroid hormone precursor facilitates the production of key hormones for improving wellbeing and physical, psychological and emotional balance.

PRINCIPALES INDICATIONS :

tiredness, weight gain, muscle cramps, tingling or numbness in limbs and fingertips, sleep disorders and mood swings (irritable, uncontrolled agitation), depressive tendencies.

COMPOSITION:

2 capsules contain: 300 mg of lipid extract of guggul resin (*Commiphora mukul* Engl.) standardised to contain 2.5% ketosteroid (7.5 mg), 200 mg L-tyrosine, 100 mg of root extract of ashwagandha (*Withania somnifera* (L.) Dunal) standardised to contain 5 % withanolids (5 mg), 100 mg dry extract of coleus (*Coleus forskohlii* (Poir.) Briq.) standardised to contain 10% forskolin (10 mg), 10 mg dry extract of *Sophora japonica* flower standardised to contain 95% quercetin (9.5 mg), 1.23 mg zinc (in the form of zinc gluconate) (12% NRVs*), 8.4 µg selenium (in the form of selenium enriched yeast) (15% NRVs*).

*NRVs: Nutrient Reference Values.

DIRECTIONS:

2 capsules per day with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

PRECURSOR TST

VEGETAL EXTRACTS WITH HIGH CONTENT OF ACTIVE PRINCIPLES

Ref. QX10

120 capsules

1 unit **45,00 €**

3 units **180,00 €**

+1 free 135,00 €

NATURAL TESTOSTERONE BOOSTER.

Our new formula has increased concentration of forskolin, vitexin, isoflavones and magnesium for maximum efficiency.

Based on plant extracts with a high active component content, our formula boosts hormone function in the body.

A natural testosterone precursor, Precursor TST **helps to develop muscle mass and promotes endurance, charisma and competitiveness.**

Our Precursor TST **reduces prostate problems and signs of feminisation** because it acts as an aromatase inhibitor (aromatase is an enzyme which converts testosterone into oestrogen).

It guarantees excellent health, a powerful immune system, physical fitness and above-average mental function.

Supported by a minerals complex (zinc, magnesium), the testosterone released remains active and is able to have maximum effect on the body.

Forskolin, present in our Precursor TST, acts in synergy with testosterone to **promote fat loss.**

PRINCIPALES INDICATIONS :

sedentary lifestyle and weight gain, chronic fatigue, strength and endurance sports, drop in libido, erectile dysfunction, lack of energy and vitality, mood disorders, rickets, weak immune system.

COMPOSITION:

4 capsules contain: 400 mg dry extract of tribulus fruit (*Tribulus terrestris* L.) with 40% saponin content (240 mg), 317.68 mg of magnesium oxide (187.5 mg of magnesium (50% NRVs*)), 200 mg dry extract of fenugreek seed (*Trigonella foenum-graecum* L.) with 50% saponin content (100 mg), 200 mg of Saw Palmetto fruit (*Serenoa repens* W. Bartram) Small) titrated to 20% fatty acids (40 mg), 200 mg dry extract of coleus root (*Coleus forskohlii* (Poir.) Briq.) titrated to 10% forskolin content (20 mg), 200 mg dry extract of purple passionflower (*Passiflora incarnata* L.) with 3.5% vitexin content (7 mg), 200 mg dry extract of red clover flower (*Trifolium pratense* L.) with 8% in isoflavonoids content (16 mg), 40.8 mg of zinc gluconate (5 mg zinc (50% NRVs*)), 0.88 mg of 0.7 mg of pyridoxine hydrochloride (0.7 mg of vitamin B6 (50% of NRVs)).

*NRVs: Nutrient Reference Values.

DIRECTIONS:

4 capsules a day, with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women, children or teenagers. Not recommended for people taking antihypertensive or antidiabetic medication, or those with heart problems. Do not use if you have a personal or family history of breast cancer. Seek the advice of your doctor and/or pharmacist. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **29,00 €**

3 units **116,00 €**

+1 free 87,00 €

PROBIOTICS FORMULA

FORMULA CONTAINING FIBRES AND LACTIC BACTERIA LYOPHILIZED

3.5 billion bacteria / 60 capsules

TO STRENGTHEN INTESTINAL HEALTH AND NATURAL DEFENCES

Our blend of Probiotics and Fibre contributes to the healthy bacterial balance of the intestine.

- They **assist intestinal transit**, making digestion more comfortable,
- They **strengthen the immune system** by encouraging growth of the bacteria that are most resistant to pathogens,
- The **improve absorption of food**, and thus **assimilation of minerals**, such as [magnesium](#) for example.

All this helping to create a general sense of wellbeing!

PRINCIPALES INDICATIONS :

intestinal pathologies, intestinal infections, lactase deficiency, hypercholesterolemia (high cholesterol), antibiotic treatment, ulcers, chronic headaches, hepatic encephalopathy

COMPOSITION:

3 capsules contain (10.5 billion lactic bacteria): 1.05 billion *Lactobacillus acidophilus*; 1.05 billion *Lactobacillus delbrueckii bulgaricus*; 1.05 billion *Lactobacillus plantarum*; 1.05 billion *Lactococcus lactis*; 1.05 billion *Bifidobacterium infantis*; 1.05 billion *Lactobacillus brevis*; 1.05 billion *Lactobacillus casei*; 1.05 billion *Lactobacillus rhamnosus*; 1.05 billion *Bifidobacterium bifidum*; 1.05 billion *Bifidobacterium breve*.

DIRECTIONS:

3 capsules per day with half a glass of water, one before each meal.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

PROTEIN ISOLATE 1.5 KG

Ref. WI15

1 unit **49,00 €**

3 units ~~146,00 €~~

+1 free 147,00 €

VERY HIGH CONCENTRATION OF NATURAL PROTEINS

Developed by a team of elite athletes and nutritionists, our ISOLATE whey protein isolate is aimed at athletes and physically active people who want to increase their muscle mass, through its high level of purity and quality.

Whey protein isolate is rich in branched-chain amino acids leucine, isoleucine and valine. **Supplementation of these amino acids promotes protein synthesis in muscle and helps to prevent muscle damage associated with intense, prolonged exercise.**

Our ISOLATE also contains cocoa with standardised catechin content, molecules with antioxidant properties that improve recovery and **have a flavoursome, pleasant taste**, without the need to add artificial colours or flavours, thanks to its fat-free cocoa content and stevia, a natural sweetener.

The combination of whey protein isolate and cocoa provides the protein and energy needed to increase muscle mass and improve recovery after exercise.

PRINCIPALES INDICATIONS :

increase lean muscle mass, rapid recovery after exercise

COMPOSITION:

Whey protein isolate (90%), fat-free cocoa powder (*Theobroma cacao* L.) (7%), dry extract of cocoa seeds (*Theobroma cacao* L.) "Cocoapure®" (standardised to contain 12% catechins) (1,07 %).

DIRECTIONS:

Mix 25 g of powder (1 spoon) with 250 ml of water. Use a mixer to prepare, then leave to stand for a few minutes.

USAGE PRECAUTIONS

Does not replace a varied and balanced diet and a healthy lifestyle. If you are undergoing medical treatment, seek your therapist's advice. For adult use only. Keep out of reach of young children.

1 unit **5,50 €**

RASPBERRY JUICE

HEALTHY AND NATURAL TONIC

Glass bottle / 330 ml

100% FRUIT JUICE

Anastore presents a new range of delicious 100% natural fruit juices with no added sugars or additives.

Made from fruits harvested in Latvia during the summer, our juices are created using a process of cold pressing and slight pasteurisation, a guarantee of quality and high nutrient content.

Enjoy the refreshing taste of sea buckthorn, raspberry, cranberry and blueberry juices!

Our raspberry juice (*Rubus idaeus* L.) is a natural, healthy tonic. Its mineral, vitamin (C, E, niacin and folic acid), fibre and ellagic acid content make raspberry juice a functional beverage with high nutritional value.

Our raspberry juice has the pleasant acidity of the red fruit.

Try our antioxidant-rich raspberry juice and discover its amazing flavour!

PRINCIPALES INDICATIONS :

Antioxidant, tonic.

COMPOSITION:

100% raspberry juice (*Rubus idaeus* L.).

DIRECTIONS:

Can be consumed on its own or diluted in water 1:4 and sweetened if desired. Shake before using.

USAGE PRECAUTIONS

May contain particles of fruit.

REDOX
POWERFUL ANTIOXIDANT

1 unit **49,00 €**

Ref. AX500A

3 units ~~196,00 €~~

500 mg / 60 capsules

+1 free 147,00 €

HIGH PROTECTION INDEX

Redox gets its antioxidant properties from its combination of natural ingredients:

- Our Powergrape grape extract (taken from French Bordeaux grapes) is clinically tested for its antioxidant strength.
- Our organic spirulina provides a concentration of nutrients and antioxidant vitamins.
- Quercetin is a flavonoid with antioxidant properties 1000 times higher than that of vitamin E.
- The green tea extract is standardised and is rich in polyphenols.

THE VERY LATEST:

REDOX's ORAC value: 7817 µmoles Trolox equivalents per gram. The ORAC (Oxygen Radical Absorbance Capacity) method is used by the USDA (United States Department of Agriculture) to select nutrients with strong antioxidant properties, called 'ORAC Value'.

PRINCIPALES INDICATIONS :

Oxidative stress, cancer prevention (SUVIMAX study), neurodegenerative illnesses

COMPOSITION:

2 capsules contain: 400 mg of grape extract, fruit of the vineyard (*Vitis vinifera*), (Powergrape®) with a minimum of 90% total polyphenol content (360 mg), 200 mg of dried green tea leaf extract (*Camellia sinensis*) with a minimum of 98% total polyphenol content (196 mg), 200 mg of *Sophora japonica* extract with 98% quercetin content (196 mg), 200 mg organic spirulina powder (*Arthrospira platensis*).

DIRECTIONS:

2 capsules a day, with half a glass of water at mealtimes and on the advice of your doctor.

USAGE PRECAUTIONS

No known contraindications. No undesirable effects or interactions with plants, supplements or medicines. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dosage.

1 unit **49,00 €**

REGENERATING AND SMOOTHING SERUM

MATURE AND FRAGILE SKIN

0084027

30 ml - Tinted anti-UV glass pump bottle.

NOURISHES AND REVITALISES MATURE, DULL SKIN

This exclusive anti-ageing serum is packed with precious active plant extracts. Combining fresh rose enfleurage with plant-based squalane, pomegranate extract, sea buckthorn and a complex of noble essential oils, it regenerates, smoothes and protects the skin. The rare plant oils protect the skin from ageing and prevent it drying out. Skin is immediately left feeling soft and supple and its radiance is restored.

PRINCIPALES INDICATIONS :

Protection, ageing skin, dry skin

COMPOSITION:

Organic Jojoba oil, Marula oil, vegetable Squalane extracted from Olive tree leaves, organic and fair trade HÉVÉA freshly prepared Damascus Roses enfleurage, organic Sea Buckthorn extract, organic Pomegranate extract, essential oils: Rosewood, organic Patchouli, organic Damascus Roses, organic Carrot, organic Cistus, organic Rosemary extract.

* Ingredients produced by Organic Farming

INCI : Simmondsia Chinensis Oil*, Sclerocarya Birrea Oil*, Olea Europaea Squalane, Rosa Damascena Extract (enfleurage)*, Hippophae Rhamnoides Fruit Extract*, Punica Granatum Seed Extract*, Aniba Rosaeodora Oil, Pogostemon Cablin Oil*, Rosmarinus Officinalis Leaf Extract*, Aroma (natural)*, Rosa Damascena Oil*, Daucus Carota Oil*, Cistus Ladaniferus Oil*, Linalool, Citronellol, Geraniol, Limonene, Citral, Benzyl Benzoate, Farnesol, Eugenol.

* ingredients produced by Organic Farming

DIRECTIONS:

Morning and night, delicately apply 2 to 4 drops of botanical serum to the whole face. Reinforces and completes the action of the botanical lotions. Use alone or alongside your daily moisturizing lotion.

RHODIOLA ROSEA

STANDARDISED TO CONTAIN 5% ROSAVINS

1 unit **29,00 €**

Ref. RR40

3 units **116,00 €**

400 mg / 60 capsules

+1 free 87,00 €

TO COMBAT STRESS AND MENTAL FATIGUE

Rhodiola rosea combats physical and mental stress, enhances mental activity and restores energy and vitality.

Rhodiola rosea has extraordinary health regeneration properties and its effectiveness in regulating the body and adapting to situations of particular mental fatigue make this plant – standardised to contain 5% Rosavins – a precious ingredient.

Rhodiola rosea is an adaptogenic plant: it contains a rare natural complex substance that helps the body to adapt to the various stresses it undergoes, whatever their origin might be. Adaptogenic plants bring a functional and variable response to the individual; they tend to increase the body's homeostatic capacity.

▶ THE VERY LATEST:

Rosavin has powerful antioxidant properties.

PRINCIPALES INDICATIONS :

Stress, mental fatigue, burnout, poor concentration, sleep, depression.

COMPOSITION:

Each capsule contains: 400 mg dry extract of roseroot (*Rhodiola rosea* L.) standardised to contain 5% rosavins (20 mg).

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **19,00 €**

ROSE AND TEA MICELLAR WATER

ULTRA-MILD MAKE-UP REMOVER

0070211

100 ml - Tinted anti-UV glass bottle

CLEANSES AND REMOVES MAKEUP

Extra gentle micellar water cleanses and removes face and eye makeup. Suitable for all skin types, even sensitive skins.

Created using fresh organic rosewater produced by HÉVÉA in Morocco's Valley of Roses, fresh aloe vera juice and green tea infusion. Free from aggressive cleansing agents.

Leaves skin clean, soft and hydrated.

PRINCIPALES INDICATIONS :

Cleansing, removes makeup

COMPOSITION:

Fair trade rosa Damascena (*Rosa damascena*) flower water freshly prepared by HÉVÉA*, fresh aloe vera juice (*Aloe barbadensis*) from Andalusia*, cornflower water (*Centaurea cyanus*)*, Sencha green tea infusion (*Camellia sinensis*)*, glycerin*, Mediterranean sea salt, ultra-mild Cosmebio® allowed preservative*.

*ingredient from Organic Farming.

DIRECTIONS:

Impregnate cotton with Rose-Tea micellar water in order to clean and/or remove make up delicately from face and eyes. No rinsing required. Finish with HÉVÉA botanic lotion face mist.

SABAL PALMETTO AND PUMPKIN SEED

1 unit **29,00 €**

Ref. LL30

3 units **116,00 €**

440 mg / 120 capsules

+1 free 87,00 €

FOR TREATING BENIGN HYPERTROPHY OF THE PROSTATE

The dwarf palm Sabal palmetto (*Serenoa repens*) as well as squash seeds are two plants traditionally used for urination problems associated with benign prostatic hyperplasia (BPH).

The combination of the best active ingredients of these plants contributes to retarding the development of prostatic tissue linked to age (particularly in cases of **light to moderate hyperplasia of the prostate (phases I and II)**) and to soothing urinary difficulties.

▶ THE VERY LATEST:

The combination of these two plants does not have the undesirable effects on sexual function that synthetic medicines can have.

PRINCIPALES INDICATIONS :

micturition problems, moderate hyperplasia of the prostate (phases I and II)

COMPOSITION:

2 capsules contain: 720 mg dry extract of sabal palmetto fruit (*Serenoa repens* (W. Bartram) Small), standardised to contain 20% total fatty acids (i.e. 144 mg minimum), 160 mg concentrated pumpkin seed extract (*Cucurbita pepo* L.).

DIRECTIONS:

2 capsules a day with half a glass of water before mealtimes.

USAGE PRECAUTIONS

Seek the advice of your doctor and/or pharmacist. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **49,00 €**

3 units **196,00 €**

+1 free 147,00 €

SANDIX

WATERMELON, FENUGREEK SEED, POMEGRANATE AND GINKGO BILOBA EXTRACTS

120 capsules

A SYNERGY OF PLANTS KNOWN FOR THEIR APHRODISIACS AND VASODILATORS PROPERTIES

Our product SANDIX combines the best plant extracts with potent vasodilator properties that improve sporting performance and help to deal with erection problems.

Watermelon dry extract (*Citrullus lanatus*) standardised to contain 10% in L-Citrulline:

The watermelon provides L-Citrulline, an amino acid which transforms into arginine and intervenes in the synthesis of nitric oxide, a molecule involved in vasodilation.

Pomegranate dry extract (*Punica granatum* L.) standardised to contain 40% in ellagitannins:

Pomegranate (*Punica granatum* L.) is known as the fruit of fecundity and is rich in antioxidant molecules. It increases the concentration of nitric oxide in the vascular endothelium, facilitating the erection and sporting performance.

Fenugreek seed dry extract (*Trigonella foenum-graecum* L.) standardised to contain 50% in saponins:

Fenugreek seeds (*Trigonella foenum-graecum* L.) are rich in steroidal saponins and have been traditionally used to regulate hormone levels and increase testosterone levels.

Ginkgo biloba dry extract (*Ginkgo biloba* L.) standardised to contain 24% in flavonol glycosides and 6% in terpene lactones:

Ginkgo biloba (*Ginkgo biloba* L.) is known for its vasodilator and neuroprotective properties. It contains terpene lactones and flavonol glycosides which ensure maximum efficiency.

PRINCIPALES INDICATIONS :

Vasodilator, erection problems, sporting performance, fertility

COMPOSITION:

For 4 capsules: 1000 mg of dried watermelon extract (*Citrullus lanatus*) standardised to contain 10% in L-Citrulline (i.e. 100 mg), 600 mg of fenugreek seed extract (*Trigonella foenum-graecum* L.) standardised to contain 50% in saponins (i.e. 300 mg), 100 mg of dried pomegranate extract (*Punica granatum* L.) standardised to contain 40% in ellagitannins (i.e. 40 mg), 60 mg of dried ginkgo biloba extract (*Ginkgo biloba* L.) standardised to contain 24% in flavone glycosides (i.e. 14.4 mg) and 6% in terpene lactones (i.e. 3.6 mg).

DIRECTIONS:

4 capsules a day with half a glass of water in two doses at mealtimes.

USAGE PRECAUTIONS

Consult your doctor in case of simultaneous use of anticoagulants. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

SCHISANDRA

SCHISANDRA DRIED FRUIT EXTRACT
CONCENTRATE 30:1 STANDARDISED TO
CONTAIN 10% IN SCHISANDRINS

1 unit **18,00 €**

3 units **72,00 €**

+1 free 54,00 €

Ref. MS20

200 mg / 30 capsules

A POWERFUL GENERAL TONIC THAT STIMULATES THE NERVOUS SYSTEM

Schisandra (*Schisandra chinensis*) is an adaptogen plant originating from East Russia, North West China and Korea.

Our schisandra dried fruit extract is concentrated 30:1 and standardised to contain 10% in schisandrins (lignans), polyphenolic molecules which can be found in schisandra berries and provide this plant with its therapeutic properties.

Known in China as the "5 flavour berry" (Wu wei zi), traditional Chinese medicine gives its fruit the essence of 5 elements (wood-acid, fire-bitter, earth-sweet, metal-spicy and water-salty) related to its impact on different parts of the body (kidneys, liver, lungs, heart and stomach).

Its anti-stress and anti-fatigue efficiency and its ability to improve mental performance and work capacity is proven.

PRINCIPALES INDICATIONS :

Fatigue, stress, physical and mental performance, concentration, antioxidant, libido

COMPOSITION:

200 mg of schisandra dried fruit extract (*Schisandra chinensis* (Kurz.) Baill.) standardised to contain 10% in schisandrins (i.e., 20 mg).

DIRECTIONS:

1 capsule a day, with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

SEA BUCKTHORN JUICE

WONDERFUL NATURAL TONIC

1 unit **5,50 €**

Glass bottle / 330 ml

100% FRUIT JUICE

Anastore presents a new range of delicious 100% natural fruit juices with no added sugars or additives.

Made from fruits harvested in Latvia during the summer, our juices are created using a process of cold pressing and slight pasteurisation, a guarantee of quality and high nutrient content.

Enjoy the refreshing taste of sea buckthorn, raspberry, cranberry and blueberry juices!

Our sea buckthorn juice (*Hippophae rhamnoides* L.) is a wonderful natural tonic, thanks to its vitamin (C, E, folic acid), flavonoids, carotenoids and organic acids content.

Our sea buckthorn berry juice is a multivitamin with a mildly sharp and bitter taste.

Boost your immune system and increase your energy with the healthy properties of sea buckthorn berries!

PRINCIPALES INDICATIONS :

Boost the immune system, tonic.

COMPOSITION:

100% sea buckthorn berry juice (*Hippophae rhamnoides* L.).

DIRECTIONS:

Can be consumed on its own or diluted in water 1:4 and sweetened if desired. Shake before using.

USAGE PRECAUTIONS

May contain particles of fruit.

SELENIUM YEAST & VITAMIN C

TITRATED TO 0.22% IN ORGANIC SELENIUM (100% NRVS*)

Ref. DM10

60 tablets

1 unit **9,50 €**

3 units **38,00 €**

+1 free 28,50 €

A DEFENSIVE SYNERGY FOR THE SYSTEM

Selenium, an oligo-element indispensable to the human body, is a major antioxidant in the **fight against free radicals**, just like Vitamin C with which it acts in synergy.

It defends the **immune system**, by blocking the reproduction of viruses. It also combats **stress** and **anxiety**.

It also plays a part in the **prevention** of certain cancers.

Finally, it contributes to the **cleansing** of heavy metals from the **system** (arsenic, lead, mercury, cadmium)

THE VERY LATEST:

Our selenium in the form of yeast is similar to the form one finds naturally in plants : this form , L(+) selenomethionine, is also the one best absorbed by the body.

PRINCIPALES INDICATIONS :

cancer (prevention through diet), body detoxification, stress, anxiety, viral infections

COMPOSITION:

2 tablets contain: 320 mg of acerola juice powder (*Malpighia punicifolia* L.) standardised to contain 25 % vitamin C (equivalent to 80 mg) (100% NRVs*), 25 mg of selenium yeast standardised to contain 0.22% organic selenium (equivalent to 55 µg) (100% NRVs).

*NRVs: Nutrient Reference Values.

DIRECTIONS:

2 tablets a day, dissolved under the tongue, midday and evenings at mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **35,00 €**

3 units **140,00 €**

+1 free 105,00 €

FORTIFY AND STRENGTHEN SKIN, NAILS AND HAIR

Shiny Hair & Healthy Complexion is a synergy of natural extracts that helps to restore the healthy appearance of hair, skin and nails, improving their general condition and appearance.

Extract of millet seeds (*Panicum miliaceum*) standardised to contain 50% methionine.

Methionine from millet increases the synthesis of keratin (protein making up the hair and nails, also found in the skin's epidermal layer), **improving hair health and shine, as well as nail strength.**

Bamboo stem extract (*Bambusa vulgaris*) standardised to contain 35% organic silica.

Organic silica from bamboo is an essential nutrient that increases collagen and elastin, **improving hair and nail strength and skin elasticity**, producing a more radiant appearance.

Brewer's yeast (*Saccharomyces cerevisiae*) containing 100% of our NRVs* of B-group vitamins.

Brewer's yeast is rich in B-group vitamins, which help to maintain healthy looking hair, skin and nails. Together with methionine, they also increase the number of hairs in the growth phase.

*NRVs: Nutrient Reference Values.

PRINCIPALES INDICATIONS :

dry, brittle hair, hair loss, brittle nails, loss of appetite, acne, deficiencies.

COMPOSITION:

4 capsules contains: 500 mg brewer's yeast (Lalmin ® B-complex Vitamins) (*Saccharomyces cerevisiae*) (1.1 mg vitamin B1 (Thiamin hydrochloride) (100% NRVs*), 1.6 mg vitamin B2 (Riboflavin) (100% NRVs), 16 mg niacin (Nicotinic acid) (100% NRVs), 1.4 mg vitamin B6 (Pyridoxine hydrochloride) (100% NRVs), 6 mg pantothenic acid (D-pantothenate, calcium) (100% NRVs), 200 µg folate (Pteroylmonoglutamic acid) (100% NRVs) and 50 µg biotin (D-biotin) (100% NRVs)), 500 mg millet seed dry extract (*Panicum miliaceum* L.) standardised to contain 50% DL-methionine (i.e. 250 mg), 100 mg bamboo stem dry extract (*Bambusa vulgaris* Schard.) standardised to contain 35% organic silica (i.e. 35 mg).

*NRVs: Nutrient Reference Values.

DIRECTIONS:

4 capsules a day, with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

SHINY HAIR & HEALTHY COMPLEXION

BREWER'S YEAST RICH IN B VITAMINS, MILLET SEED, BAMBOO STEM

120 capsules

SOMATROP
BEVERAGE POWDER
RICH IN AMINO ACIDS

1 unit **36,00 €**

3 units **144,00 €**

+1 free 108,00 €

Ref. BG12
15 doses of 30 g / 450 g

STIMULATES THE PRODUCTION AND RELEASE OF SOMATROPIN (GROWTH HORMONE).

Growth hormone is involved in various bodily processes: it increases protein synthesis, muscle mass and stimulates growth. Its secretion begins to decrease after age 30, resulting in tiredness, increased body fat, and reduced muscle mass and strength.

To stimulate secretion of growth hormone, improve athletic performance and combat fatigue, we have developed Somatrop, a protein shake rich in amino acids (L-citrulline, L-ornithine, glycine, L-Leucine, L-isoleucine, L-valine, L-tryptophan) and highest purity whey protein isolate (ISOLATE), to increase muscle mass.

Our Somatrop also contains Lalmin® B-Complex Vitamins, an inactive dry brewer's yeast rich in B group vitamins that help to reduce tiredness and fatigue, and to regulate hormone activity through its vitamin B6 content.

It also includes dry extract of fenugreek seeds (*Trigonella foenum-graecum* L.) with standardised steroidal saponin content, molecules that help increase testosterone levels, completing Somatrop's stimulating and regulating effect.

PRINCIPALES INDICATIONS :

Boosts athletic performance and muscle mass, combats fatigue, stimulates the release of growth hormone, regulates hormone activity

COMPOSITION:

Per measuring spoon (30 g): 8.381 g of whey protein isolate (milk) (emulsifier: soy lecithin), fat-free cocoa powder (*Theobroma cacao* L.), 1.8 g of fructooligosaccharides (FOS), 1.5 g of L-citrulline, 1.25 g of glycine, 1.25 g of L-ornithine hydrochloride, 1 g of L-leucine, 0.4 g of inactive brewer's yeast with standardised B-group vitamin content (Lalmin® B-complex vitamins) (*Saccharomyces cerevisiae*, nicotinic acid, calcium D-pantothenate, pyridoxine hydrochloride, riboflavin, thiamine hydrochloride, pteroylmonoglutamic acid, D-biotin), 0.25 g of L-isoleucine, 0.25 g of L-tryptophan, 0.25 g of L-valine, 0.25 g dry extract of fenugreek seeds (*Trigonella foenum-graecum* L.) standardised to contain 50% saponins (i.e., 0.125 g).

DIRECTIONS:

Mix 30 g of powder (1 spoonful) with 350 ml of water. Use a mixer to prepare, then leave to stand for a few minutes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ORGANIC SPIRULINA

500 mg / 300 tablets

1 unit **30,00 €**

3 units **120,00 €**

+1 free 90,00 €

THE MOST POTENT OF FOODS, RICH IN PROTEINS AND IN IRON, FOR THE RECOVERY OF HEALTH AND ENERGY

Our organic spirulina complying with Microbiological Criteria laid down by the European Pharmacopoeia. Guarantee maximum efficiency and safety.

This microscopic algae is made up of a top-quality food supplement, rich in assimilable iron.

100% natural and organic, our spirulina contains more beta-carotene, iron, vitamin B12 and gamma-linoleic acid than any other food. It is as rich in vitamin E as wheat and as rich in calcium, phosphorus and magnesium as milk.

Spirulina is particularly effective in cases of anaemia, demineralisation and for the overworked. It gives back health, energy and vitality, and at the same time is very effective in detoxifying the body, fighting fatigue, combating stress and speeding up convalescence.

Low in calories, it regulates blood lipids and even promotes weight loss.

Our spirulina is cultivated organically, which preserves it against contamination from heavy metals or other pollutants found in seas.

PRINCIPALES INDICATIONS :

fatigue, stress, anaemia, immune system, cancer, weight loss, recovery from illness

COMPOSITION:

- 8 capsules contain: 4000 mg of spirulina algae powder from organic aquaculture (*Spirulina platensis* (Gomont) Geitler), vegetable-based capsule: hydroxypropyl methylcellulose.
- 8 tablets contain: 4000 mg of spirulina algae powder from organic aquaculture (*Spirulina platensis* (Gomont) Geitler).

DIRECTIONS:

8 capsules/tablets per day with half a glass of water, divided into two doses after mealtimes.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

ST. JOHN'S WORT

STANDARDISED EXTRACT

Ref. SC25

230 mg / 60 capsules

1 unit **14,50 €**

3 units **58,00 €**

+1 free 43,50 €

EFFECTIVE TREATMENT FOR DEPRESSION AND STRESS

Hypericum, or St. John's Wort, (*Hypericum perforatum* L.) is a plant that has been used for thousands of years to relieve nervous system disorders and is currently the most widely used herbal medicine for the treatment of mild to moderate depression.

Numerous studies support the use of hypericum to treat **mild to moderate depressive episodes**. It also has fewer side effects than synthetic antidepressants.

Its flowering tops contain hypericin and flavonoids, compounds with pharmacological activity that contribute to hypericum's antidepressant effect.

Our hypericum extract is standardised to contain 0,3% hypericin, guaranteeing maximum efficacy.

PRINCIPALES INDICATIONS :

Depression, mood swings, anxiety

COMPOSITION:

Each capsule contains: 230 mg St. John's Wort flower dry extract (*Hypericum perforatum* L.), standardised to contain 0.3% hypericin (690 µg).

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Inform your doctor or pharmacist if you are taking other medication at the same time. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **21,00 €**

SWEET ALMOND PLANT OIL

ORGANIC ANDALUSIAN SWEET ALMOND OIL,
FRESHLY PRESSED FROM WHOLE KERNELS

0022119

200 ml - Tinted anti-UV glass bottle

NOURISHES AND PROTECTS SENSITIVE SKIN

Part of the rose family, the almond tree is native to Asia, where it has been grown for centuries.

Cold-pressed sweet almond oil is a rich source of protein and contains few saturated fatty acids, giving it numerous beneficial properties.

Naturally rich in vitamins A and E, sweet almond oil is amazingly soothing, nourishing and moisturising.

It prevents moisture loss and is recommended for dry or irritated skin. It also has anti-inflammatory properties.

Its gentleness makes it ideal for the most delicate skins.

PRINCIPALES INDICATIONS :

Moisturising, nourishing, anti-inflammatory

COMPOSITION:

Sweet almond oil* (*Prunus Amygdalus Dulcis*).

*Ingredient from Organic Farming.

DIRECTIONS:

Face and body: apply morning and evening to revitalise your skin. As an ultra-mild make-up remover. As a hair mask to restore natural beauty and shine to your hair.

TAURINE

GUARANTEED PURITY OF OVER 99 %

1 unit **19,00 €**

Ref. BB02

3 units ~~76,00 €~~

500 mg / 120 capsules

+1 free 57,00 €

REVITALIZES THE BODY AND MIND

Taurine, while **preserving the integrity of the membranes which surround our cells**, also **reduces the risk of stress** and protects from its outcomes.

It is particularly renowned for retaining magnesium and having a **calming effect**.

It is an optional supplement for vegetarian diets which are taurine deficient.

Taurine is the most concentrated amino-acid in the retina. It is therefore essential for healthy eyes.

▶ THE VERY LATEST:

Our taurine is synthetic, which guarantees its purity and that no animal substances have been used.

PRINCIPALES INDICATIONS :

Stress, overwork, magnesium deficiency, sport

COMPOSITION:

For 1 capsule: 500 mg of taurine (guaranteed purity of over 99%)

DIRECTIONS:

1 capsule a day, with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

1 unit **13,50 €**

3 units ~~54,00 €~~

+1 free 40,50 €

TRIBULUS TERRESTRIS

STANDARDISED TO CONTAIN 40% MIN. IN SAPONINS

470 mg / 90 capsules

IMPROVES SEXUAL AND SPORTING PERFORMANCE

A plant of Indian origin the *Tribulus terrestris* has a stimulating effect on the immune system, as well as the sexual and reproductive systems. It is also an excellent liver tonic.

In men, the effect of tribulus is an increase in the amount of spermatozoa and a 50% increase of testosterone production. Benefits include faster recovery after muscular effort.

In women, it boosts estradiol concentration, helping to reactivate ovarian function and boost sex drive.

Tribulus terrestris also helps convert cholesterol and fats into energy, which is especially beneficial for athletes looking to improve their performance and resistance.

Our *Tribulus terrestris* is manufactured by a laboratory compliant with the GMP standards of the pharmaceutical industry, ensuring **its high purity level**, which is guaranteed through regular testing.

▶ THE VERY LATEST:

Made by a laboratory to the BPF pharmaceutical standards in force. Which enables us to guarantee its high level of purity, regularly verified by a certificate of analysis.

PRINCIPALES INDICATIONS :

muscle fatigue, sport performances, frigidity, impotence, male infertility, athletic performance

COMPOSITION:

1 capsule contain: 470 mg of dry extract of tribulus fruit (*Tribulus terrestris* L.), standardised to contain 40% in saponins (equivalent to 188 mg).

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women, children or teenagers. Not recommended for people taking antihypertensive or antidiabetic medication. Do not exceed the recommended daily dose.

TRIBULUS TERRESTRIS

STANDARDISED TO CONTAIN 40% MIN. IN SAPONINS

Ref. MM20

470 mg / 180 capsules

1 unit **19,00 €**

3 units **76,00 €**

+1 free 57,00 €

IMPROVES SEXUAL AND SPORTING PERFORMANCE

A plant of Indian origin the *Tribulus terrestris* has a stimulating effect on the immune system, as well as the sexual and reproductive systems. It is also an excellent liver tonic.

In men, the effect of tribulus is an increase in the amount of spermatozoa and a 50% increase of testosterone production. Benefits include faster recovery after muscular effort.

In women, it boosts estradiol concentration, helping to reactivate ovarian function and boost sex drive.

Tribulus terrestris also helps convert cholesterol and fats into energy, which is especially beneficial for athletes looking to improve their performance and resistance.

Our *Tribulus terrestris* is manufactured by a laboratory compliant with the GMP standards of the pharmaceutical industry, ensuring its **high purity level**, which is guaranteed through regular testing.

PRINCIPALES INDICATIONS :

muscle fatigue, sport performances, frigidity, impotence, male infertility, athletic performance

COMPOSITION:

1 capsule contain: 470 mg of dry extract of tribulus fruit (*Tribulus terrestris* L.), standardised to contain 40% in saponins (equivalent to 188 mg).

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women, children or teenagers. Not recommended for people taking antihypertensive or antidiabetic medication. Do not exceed the recommended daily dose.

1 unit **14,00 €**

3 units **56,00 €**

+1 free 42,00 €

VITAMIN D3

100% OF PLANT ORIGIN

10 µg (400 IU) / 60 capsules

HELPS THE IMMUNE SYSTEM AND IMPROVES MUSCULOSKELETAL HEALTH

Vitamin D is a fat-soluble vitamin essential for the metabolism of calcium that is involved in various cellular functions and helps prevent several illnesses.

Vitamin D plays an essential role in the normal function of the immune system.

Vitamin D deficiency can cause recurrent winter colds, which in turn weaken our defences.

Vitamin D bolsters the body's immunity and helps it fight off colds.

Vitamin D also helps keep our bones healthy, while vitamin D deficiency increases the risk of osteoporosis.

Vitamin D can be synthesised in the skin after exposure to ultraviolet-B radiation or can be obtained through diet, from foods of animal and plant origin.

Our vitamin D3 (cholecalciferol) of plant origin is 100% natural and suitable for vegetarians and vegans. It is the only vitamin D3 registered with the Vegan Society and the Vegetarian Society!

PRINCIPALES INDICATIONS :

Muscle function, colds, bone health, immune system, osteomalacia, osteoporosis.

COMPOSITION:

1 capsule contains: 46,48,49,50,53µg of vitamin D3 of plant origin (lichen) (as cholecalciferol) (46,48,49,50,53µg NRVs*).

*NRVs: Nutrient Reference Values.

Composition: maltodextrin, corn starch, vitamin D3 of plant origin (lichen) (antioxidant: D-alpha-tocopherol, fractionated coconut oil), sucrose, anti-caking agent: silicon dioxide, antioxidant: ascorbyl palmitate.

DIRECTIONS:

1 capsule per day with half a glass of water after mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

VISUAL PRO®

Ref. VV10

60 capsules

1 unit **39,00 €**

3 units ~~156,00 €~~

+1 free 117,00 €

THE POWER OF ANTIOXIDANTS FOR HEALTHY EYES.

Visual Pro contains a combination of antioxidants that promote healthy eyes and improved vision, especially during periods of prolonged visual intensity.

The antioxidants lutein and zeaxanthin are particularly active in the macula and retina, where they can prevent age-related vision problems.

Bilberries contain precious anthocyanosides; these antioxidants act on the blood flow in the eye and can prevent cataracts, glaucoma and other degenerative macular conditions.

Vitamin A can improve night vision, helps the eye adapt to darkness and enables rapid recovery from glare.

▶ THE VERY LATEST:

Our antioxidant-rich formula also protects the body from free radicals, helping to prevent ageing.

PRINCIPALES INDICATIONS :

glaucoma; cataracts; macular degeneration; impaired vision; night vision

COMPOSITION:

Each capsule contains: 100 mg bilberry dry extract (*Vaccinium myrtillus* L.), containing 25% (25 mg) anthocyanoside; 25 mg purified dry extract containing 10% (2.5 mg) zeaxanthin; 25 mg purified dry extract containing 10% (2.5 mg) lutein; 800 µg vitamin A (retinol acetate) (100% NRVs*).

*NRVs: Nutrient Reference Values.

DIRECTIONS:

1 capsule per day with half a glass of water at meal times, especially during periods of prolonged visual intensity or night work.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **15,00 €**

3 units ~~60,00 €~~

+1 free 45,00 €

VITAMIN A (RETINOL)

DUNALIELLA SALINA, VEGETABLE ORIGIN

16 mg / 60 capsules

HELPS IN MAINTAINING HEALTHY SKIN AND LESSENS THE EFFECTS OF PHOTOAGING

Vitamin A is a fat-soluble vitamin and antioxidant that helps the formation and maintenance of bone and soft tissues, teeth, mucous membranes and skin.

Vitamin A helps in **maintaining healthy skin and lessens the effects of photoaging**. Their consumption stimulates the production of melanin (pigment responsible for the coloration of the skin) and improves the hydration of the skin. In addition. It also promotes **healthy hair** by contributing to capillary regeneration.

This vitamin is obtained from foods of animal (preformed vitamin A) and plant origin (carotenoids). **β-Carotene** is a **provitamin A carotenoid**: it is converted to retinal in the liver and, unlike vitamin A of animal origin, is not accumulated and only transformed into vitamin A when the body needs it.

Our **provitamin A** is **100% natural and is suitable for vegans**, since it comes from *Dunaliella salina*, an algae that can accumulate up to 40% of its dry weight in β-carotene. One dose of our product provides 100% NRVs* of vitamin A.

*NRVs: Nutrient Reference Values.

PRINCIPALES INDICATIONS :

Anti-aging, dry and brittle hair, hair loss, skin care, vision problems, night vision.

COMPOSITION:

1 capsule contains: 16 mg dry extract of Dunaliella salina (*Dunaliella salina* (Dunal) Teodororesco) algae standardised to contain 30% beta-carotene (i.e. 4.8 mg), corresponding to 800 µg RE* (vitamin A (100% NRVs**)).

*RE = all *trans* retinol equivalent.

**NRVs: Nutrient Reference Values.

DIRECTIONS:

1 capsule per day with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

VITAMIN B-COMPLEX

FROM BREWER'S YEAST

1 unit **19,00 €**

Ref. QX35

3 units **76,00 €**

500 mg / 30 capsules

+1 free 57,00 €

100% NRVS OF VITAMINS IN THE GROUP B

Brewer's yeast (*Saccharomyces cerevisiae*) is a nutritional supplement rich in vitamins, amino acids and essential minerals that has multiple positive effects on our bodies.

Our Lalmin® B-ComplexVitamins, an inactive dry brewer's yeast, is a natural source of B-group vitamins that **provides 100% of the NRVs* of vitamins in this group.**

B-group vitamins are needed for the body to function properly. **They contribute to energy and iron metabolism and help combat tiredness and fatigue.**

*NRVs: Nutrient Reference Values.

PRINCIPALES INDICATIONS :

fatigue, stress, B vitamin deficiency

COMPOSITION:

1 capsule contain: 500 mg brewer's yeast (Lalmin® B-complex Vitamins) (*Saccharomyces cerevisiae*) (1.1 mg vitamin B1 (Thiamin hydrochloride) (100% NRVs*), 1.6 mg vitamin B2 (Riboflavin) (100% NRVs), 16 mg niacin (Nicotinic acid) (100% NRVs), 1.4 mg vitamin B6 (Pyridoxine hydrochloride) (100% NRVs), 6 mg pantothenic acid (D-pantothenate, calcium) (100% NRVs), 200 µg folate (Pteroylmonoglutamic acid) (100% NRVs) and 50 µg biotin (D-biotin) (100% NRVs).

*NRVs: Nutrient Reference Values.

DIRECTIONS:

1 capsule a day, with half a glass of water at mealtime.

USAGE PRECAUTIONS

Not recommended if pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **14,00 €**

VITAMIN D3

100% OF PLANT ORIGIN

3 units **56,00 €**

5 µg (200 IU) / 60 capsules

+1 free 42,00 €

HELPS THE IMMUNE SYSTEM AND IMPROVES MUSCULOSKELETAL HEALTH

Vitamin D is a fat-soluble vitamin essential for the metabolism of calcium that is involved in various cellular functions and helps prevent several illnesses.

Vitamin D plays an essential role in the normal function of the immune system.

Vitamin D deficiency can cause recurrent winter colds, which in turn weaken our defences.

Vitamin D bolsters the body's immunity and helps it fight off colds.

Vitamin D also helps keep our bones healthy, while vitamin D deficiency increases the risk of osteoporosis.

Vitamin D can be synthesised in the skin after exposure to ultraviolet-B radiation or can be obtained through diet, from foods of animal and plant origin.

Our vitamin D3 (cholecalciferol) of plant origin is 100% natural and suitable for vegetarians and vegans. It is the only vitamin D3 registered with the Vegan Society and the Vegetarian Society!

PRINCIPALES INDICATIONS :

Muscle function, colds, bone health, immune system, osteomalacia, osteoporosis.

COMPOSITION:

1 capsule contains: 5 µg of vitamin D3 of plant origin (lichen) (as cholecalciferol) (100% NRVs*).

*NRVs: Nutrient Reference Values.

Composition: maltodextrin, corn starch, vitamin D3 of plant origin (lichen) (antioxidant: D-alpha-tocopherol, fractionated coconut oil), sucrose, anti-caking agent: silicon dioxide, antioxidant: ascorbyl palmitate.

DIRECTIONS:

1 capsule per day with half a glass of water after mealtime.

USAGE PRECAUTIONS

Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

VITAMIN K2

OBTAINED THROUGH NATURAL FERMENTATION (MK-7)

Ref. DK07

105 µg / 60 capsules

1 unit **21,00 €**

3 units **84,00 €**

+1 free 63,00 €

HELPS KEEP OUR BONES HEALTHY

Vitamin K is a fat-soluble vitamin that plays an essential role in blood clotting and bone health.

Our **menaquinone-7 vitamin (MK-7)** is a **natural vitamin K2** obtained through fermentation.

Being 100% trans ensures **high bioavailability and absorption** that benefits our bones.

In addition, studies conducted with vitamin MK-7 have shown that this vitamin has anti-inflammatory and cardiovascular properties.

Vitamin K helps keep our bones healthy. If vitamin K intake in the diet is not adequate, the risk of fractures and osteoporosis may increase.

PRINCIPALES INDICATIONS :

Rheumatoid arthritis, osteoarthritis, blood clotting, cardiovascular health, bone health.

COMPOSITION:

1 capsule contains: 52.5 mg of natural menaquinone-7 (MK-7) crystals, produced from biotechnology (obtained through natural fermentation), corresponding to 105 µg of vitamin K2 (140% NRVs*).

*NRVs: Nutrient Reference Values.

DIRECTIONS:

1 capsule per day with half a glass of water, after mealtime.

USAGE PRECAUTIONS

Consult your doctor in case of simultaneous use of anticoagulants. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

1 unit **39,00 €**

3 units **156,00 €**

+1 free 117,00 €

VO2 XTREME

90 capsules

OXYGEN CARRIER – PUSH YOUR SPORTS PERFORMANCE TO THE LIMIT

VO2 max is the maximal oxygen volume a person can consume per unit of time during physical exercise. VO2 max is what determines an athlete's physical capacity. The higher the VO2 max levels, the greater the athletic performance and endurance.

Increase your VO2 max and boost your performance naturally!

Our VO2 Xtreme is made from a blend of plants which acts as a catalyst for your maximal oxygen uptake.

Our clinically proven Powergrape grape extract improves cellular oxygenation and boosts the transport of oxygen by haemoglobin (view scientific study).

Herbal echinacea extract boosts the body's natural production of EPO, as proven in multiple studies.

Nettle extract is rich in iron and helps remove toxins from the blood, helped by dandelion extract. It also stimulates the production of red blood cells. Vitamins B9 and B12 and iron, absorbed through vitamin C.

The natural and rich formulation of our VO2 Xtreme guarantees an improvement in your aerobic capacity to help you excel in sports activities in complete safety.

PRINCIPALES INDICATIONS :

Increase your VO2 max, cellular oxygenation, natural production of EPO by the body

COMPOSITION:

3 capsules contain: 400 mg dry extract of grape (*Vitis vinifera* L.) (Powergrape®) standardised to contain 90% polyphenols (360 mg), 200 mg dry extract of nettle root (*Urtica dioica* L.) standardised to contain 0.8% plant sterols (1.6 mg), 100 mg dry extract of echinacea herb (*Echinacea purpurea* (L.) Moench) standardised to contain 4% polyphenols (4 mg), 80 mg vitamin C (in the form of L-ascorbic acid) (100% of NRVs*), 14 mg iron (in the form of iron pidolate) (100% of NRVs), 80 mg dry extract of dandelion root (*Taraxacum officinale* F.H. Wigg.), 2.5 µg Vitamin B12 (in the form of Cyanocobalamin) (100% of NRVs), 200 µg Folates (Pteroilmonoglutamic acid) (100% of NRVs).

*NRVs: Nutrient Reference Values.

DIRECTIONS:

3 capsules a day in a dose with half a glass of water at mealtime.

USAGE PRECAUTIONS

Seek the advice of your doctor and/or pharmacist. Not recommended for pregnant or lactating women. Do not exceed the recommended daily dose.

WPLANTS
TURMERIC, POMEGRANATE,
SELENIUM, JAPANESE
PAGODA TREE

1 unit **39,00 €**

3 units ~~117,00 €~~

+1 free 117,00 €

Ref. FF60

317.5 mg / 60 capsules

**POWER ⁴ FOR THIS PREVENTIVE ANTIOXIDANT COMPLEX RECOGNIZED BY
THE SCIENTIFIC COMMUNITY**

With its optimal active ingredient content, this natural synergy is unanimously recognised by the scientific community due to its promising medicinal properties for the prevention of degenerative diseases.

Turmeric extract standardised to contain 95% curcuminoids, pomegranate extract standardised to contain 40% ellagitannins, and Japanese pagoda tree extract standardised to contain 95% quercetin:

The antioxidant properties of turmeric, pomegranate and Japanese pagoda tree act to **reduce oxidative stress** and **reduce the risk of chronic and degenerative diseases**. They exert an **anti inflammatory action** and **prevent joint conditions** such as arthritis. They can also be used to **treat digestive disorders** (diarrhoea, nausea, stomach ache).

Selenium yeast, standardised to contain 0.22% organic selenium, strengthens the immune system by detoxifying the body, primarily of heavy metals. It protects cells and aids healthy thyroid function.

PRINCIPALES INDICATIONS :

Antioxidant, prevention of cardiovascular and neurodegenerative diseases and digestive and joint disorders.

COMPOSITION:

2 capsules contain: 500 mg dry extract of turmeric rhizome (*Curcuma longa* L.) standardised to contain 95% in curcuminoids (i.e. 475 mg), 100 mg dry extract of pomegranate fruit (*Punica granatum* L.) standardised to contain 40% in ellagitannins (i.e. 40 mg), 25 mg selenium-enriched yeast standardised to contain 0.22% in organic selenium (i.e. 55 µg) (100% NRVs*), and 10 mg dry extract of Japanese pagoda tree flower (*Sophora Japonica* L.) standardised to contain 95% quercetin (i.e. 9.5 mg).

*NRVs: Nutrient Reference Values.

DIRECTIONS:

2 capsules a day, with half a glass of water at mealtimes.

USAGE PRECAUTIONS

Not recommended if pregnant or breastfeeding. Do not exceed the recommended daily dose.

Ref.	Description	Price
HE02	Organic Essential oil of Ceylan cinnamon	14.20
HE05	Organic Essential oil of Limon	4.95
HE09	Organic Globulus eucalyptus Essential oil	9.50
HE11	Organic Ginger Essential oil	9.70
HE14	Organic Clove Essential oil	7.00
HE17	Organic Grapefruit Essential oil	7.90
HE20	Organic Winter savory Essential oil	10.60
HE23	Organic Linalool thyme Essential oil	10.95
HE27	Organic Bourbon geranium Essential oil	7.75
HE31	Organic Spike lavender Essential oil	8.20
HE34	Organic Peppermint Essential oil	6.25
HE37	Organic Cineol rosemary Essential oil	6.55
HE40	Organic Balsam fir Essential oil	8.50
HE44	Organic Black spruce Essential oil	11.30

Ref.	Description	Price
HE47	Organic Tea tree Essential oil	6.15
ZA01	Guide : Vaincre l'allergie (In french)	9.50
ZA02	Guide : Le chocolat, du plaisir à la santé (In french)	9.50
ZA03	Guide : Cuisson et Sante (In french)	9.50
ZA07	Guide : Les plantes du Bonheur (In french)	9.50
ZA16	Guide : Programme jambes légères (In french)	9.50
ZA21	Guide : Les secrets de santé du thé (In french)	9.50
ZA27	Guide : Votre santé par les plantes (In french)	14.50
ZA29	Guide : Le pouvoir des omega-3 (In french)	12.50
ZA30	Guide : L'olivier trésor de santé (In french)	9.50
ZA33	Guide : Votre santé par les huiles essentielles (In french)	9.50
ZA34	Guide : Prévenir Alzheimer (In french)	9.50
ZA35	Guide : Les bienfaits de la mer (In french)	9.50