

Natural Food Supplements • Superfoods • Cosmetic
EXPERT INFORMATION



Sanatur

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YOU RECOGNIZE US BY THE QUALITY

Quality is our signature feature!

It is our target to support your good health.
To this end, we offer high-quality, natural and safe vital substances.

You can trust the Sanatur quality standard!

- Natural raw materials
- Concentrated formulations
- Sensible combinations and dosages
- 100% herbal, vegan or organic production
- Full declaration of all ingredients
- Sustainable choice of raw materials
- Gluten-free and lactose-free products
- No fillers, dyes or flowing agents
- No questionable ingredients or additives
- Environmentally friendly packaging
- Processed and filled in Germany
- Filling and storage of products in energetically refurbished rooms free from electric smog and earth radiation

Sanatur – Your partner for healthy brand quality!

Sanatur microalgae standard

At Sanatur, respecting the natural requirements of microalgae takes top priority

This is why Sanatur microalgae

- are cultivated from strong, healthy microalgae strains
- grow in osmosis water or fresh water of drinking water quality
- are cultivated in the open in intensive sunshine
- are fed with organic herbal and mineral nutrients
- are harvested at the time when nutrient density is highest
- are natural and processed without any additives
- are stored and processed in geopathically and electromagnetically refurbished rooms
- are tested by means of subtle measurement methods such as Super-COLORPLATE® and biochemical terrain analysis

Quality and safety tests for Sanatur microalgae exceed the legal requirements by far. Our seal confirms this. Our products are tested and approved by independent and accredited testing laboratories.

Pesticides

Test for more than 60 different chemical substances. Test acc. to § 64 LFGB.

Heavy metals

Test for arsenic, lead, cadmium and mercury. Test acc. to DIN 15736. Basis: Naturland regulations.

Radioactivity

Test by means of gamma spectrometry.

Microbiology

Test for indicator germs for contamination or potential health hazard germs. Test acc. to § 64 LFGB, ISO 4832, 4833, 6888, 16649, 7932, 21528, DRGM-B.

Algal toxins

Test for microcystins, nodularin, anatoxin. Test by means of LC-MS/MS.

PAH

PAK 4: Following the EU regulation No. 935/2011, PAK states the sum of polycyclic aromatic hydrocarbons benzopyren, chrysen, benzoanthracen and benzofluoranthen.
Method: CON-PV 01176, GC-MS

General information:

Sanatur products are not treated with ionising radiation. Test by means of photoluminescence method.



BioSpirulina/OrganicSpirulina (Spirulina platensis)

Organic food supplement with vitamin A and iron

VIGOUR & IMMUNE SYSTEM

 Important for

- Vigour
- Immune system
- Energy
- Fitness
- Mental fitness
- Haematosiis
- Bones
- Oxygen transport



DE-ÖKO-001
Taiwan
Landwirtschaft



Suitable for:

- Adults, school children, senior citizens, athletes

Special target group:

- People under high psychological pressure
- Pregnant and breast-feeding women
- People with a restricted diet choice

► BioSpirulina may be used without restriction as a long-term, natural and easily digestible food supplement. BioSpirulina is a natural product which is compatible with any prescribed medication and can also be used by patients with chronic diseases.

SANATUR QUALITY STANDARD

- 100% natural / vegan
- Cultivated in Southern Taiwan/India
- Certified according to Naturland standards
- Controlled organic cultivation
- Pure and safe culture cultivation
- Cultivated in pure fresh drinking water in sunlight only
- Raw food quality
- Filled and stored in geopathically and electromagnetically refurbished rooms



BioSpirulina is subject to independent checks in Germany for: heavy metals, algae toxins, radiation, bacteria, pesticides, radioactivity and PAH.

THINGS TO KNOW

Spirulina algae are small and spiral-shaped blue-green algae measuring 3 to 16 µm. They are thought to be among the first living organisms on our planet. Its typical colour is due to two plant compounds, and the intense green chlorophyll colour mixes with blue phycocyanin. The result is a dark green Spirulina colour. Its name reflects the spiral shape which is most interesting in energetic terms.

Spirulina grows in inland waters with a basic pH value between 9 and 11. It does not have any cellulose shell which means that the human body can easily split and digest all components.

The cultivation of BioSpirulina meets the highest quality requirements. We offer BioSpirulina as tablets, powder, granules and capsules. The use of anti-caking agents and pressing aids is not required. Every batch is carefully checked to fulfil a wide range of quality features. In addition to numerous lab results, the intense dark green colour plays a major role.



	Vitamin A from pro-vitamin A	Iron
Organic Spirulina ingredients contribute to:		
Red blood cell and haemoglobin formation		X
Normal oxygen transport		X
Normal energy metabolism		X
Normal function of immune system	X	X
Normal cognitive function		X
Normal cell division and formation	X	X
Decreasing fatigue and exhaustion		X
Healthy, normal skin and mucous membranes	X	
Normal, healthy eyesight	X	
Normal iron metabolism	X	

BioSpirulina product data on next page ⇒

PRODUCT DATA

BioSpirulina
Tablets



Recommended dose:
3 x 4 tablets daily

► Natural ingredients of BioSpirulina:
Vitamin A (from pro-vitamin A), vitamin K
and iron.

Ingredients:

Spirulina platensis microalgae powder* (100%)
*Controlled organic cultivation
DE-ÖKO-001
Taiwan/India agriculture

Consumer information:

Naturally free from gluten, lactose and
iodine

Art. No.: 1010408 (kbA, Naturland)
Packaging unit: 100 tablets
EAN: 4036185001750 / PZN: 16045594

Art. No.: 1010372 (kbA, Naturland)
Packaging unit: 250 tablets
EAN: 4036185001675 / PZN: 02530529

Art. No.: 1010373 (kbA, Naturland)
Packaging unit: 500 tablets
EAN: 4036185001682 / PZN: 02530535

Art. No.: 1010810 (kbA, Naturland)
Packaging unit: 750 tablets
EAN: 4036185001729 / PZN: 03429689

Art. No.: 1010377 (kbA, Naturland)
Packaging unit: 1000 tablets
EAN: 4036185001699 / PZN: 02741700

PRODUCT DATA

BioSpirulina
Powder



Recommended dose:
1 x 1 measuring spoon of powder daily

► Natural ingredients of BioSpirulina:
Vitamin A (from pro-vitamin A), vitamin K
and iron.

Ingredients:

Spirulina platensis microalgae powder* (100%)
*Controlled organic cultivation
DE-ÖKO-001
Taiwan/India agriculture

Consumer information:

Naturally free from gluten, lactose and
iodine

► Particularly suitable for green dips,
smoothies, quark with herbs etc.

Art. No.: 1010815 (kbA, Naturland)
Packaging unit: 125 g powder
EAN: 4036185001613
PZN: 02898123

Art. No.: 1010827 (kbA, Naturland)
Packaging unit: 400 g powder
EAN: 4036185001743
PZN: 12726050



BioChlorella/Organic Chlorella (Chlorella pyrenoidosa)

Organic food supplement with vitamins and iron

METABOLISM & PSYCHE

 **Important for:**

- Energy
- Psyche
- Mental capacity
- Immune system
- Blood formation



DE-ÖKO-001
Taiwan
Landwirtschaft



Suitable for:

- Recommended for all adults 1 to 2 times a year for 4 to 6 weeks
- During fasting

Special target groups:

- People who are planning to, or who are having amalgam fillings removed
- People with high mental or psychological burden

► For people with sensitive digestion we recommend the mixed product BioSpirulina & BioChlorella. BioChlorella is often combined with Sanatur herbal essences.

SANATUR QUALITY STANDARD



- 100 % natural/vegan
- Cultivated in Southern Taiwan
- Certified according to Naturland standards
- Strictly controlled organic cultivation
- Safe and pure cultivation
- Cultivated in fresh drinking water in sunlight only
- Grown in natural climate conditions
- Algae fed with extracts organically cultivated plants
- Raw food quality
- Filled and stored in geopathically and electromagnetically refurbished rooms

BioChlorella is subject to independent checks in Germany for: heavy metals, algae toxins, radiation, bacteria, pesticides, radioactivity and PAH.

THINGS TO KNOW

Chlorella algae are minute green algae measuring only one hundredth millimetre. It owes its striking green colour to its natural chlorophyll contents. "Small and green" are the characteristics of these microalgae. The name Chlorella is a translation of "small and green".

Chlorella grows in fresh water and is ball-shaped. The outer shell is made of cellulose, and inside it offers a wide spectre of nutrients including iron, vitamin K1 and folic acid (vit. B9).

For our BioChlorella product, green Chlorella pyrenoidosa microalgae are cultivated according to Naturland standards. This means that the entire production process is based on ecological and sustainable methods. The algae are fed exclusively with herbal extracts. All plants used for this nutrient-rich extract are, of course, products of strictly controlled organic cultivation.



Organic Chlorella ingredients contribute to:	Vitamin B12	Folic acid Vitamin B9	Iron
Normal amino acid synthesis		X	
Red blood cell and haemoglobin formation, normal blood formation	X	X	X
Normal energy metabolism	X		X
Decreasing fatigue and exhaustion	X	X	X
Normal homocysteine metabolism	X	X	
Normal function of immune system	X	X	X
Normal neurological and psychological function	X	X	
Normal oxygen transport			X
Normal maternal tissue growth during pregnancy		X	
Normal cell division	X	X	X
Normal cognitive* function			X

* The term "cognitive" describes human functions in connection with perception, learning, remembering and thinking, i.e. the human processing of recognition and information.

BioChlorella product data on next page ⇒



PRODUCT DATA

BioChlorella
Tablets



Recommended dose:
3 x 4 tablets daily

► Natural ingredients of BioChlorella:
Folic acid (vit. B9), vitamin B12 and iron

Ingredients:

Chlorella pyrenoidosa (sorokiniana) microalgae powder* (100%)

*Strictly controlled organic cultivation
DE ÖKO-001
Taiwan Agriculture

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010262 (kBA, Naturland)
Packaging unit: 100 tablets
EAN: 4036185003310 / PZN: 16045588

Art. No.: 1010243 (kBA, Naturland)
Packaging unit: 250 tablets
EAN: 4036185003235 / PZN: 07366632

Art. No.: 1010244 (kBA, Naturland)
Packaging unit: 500 tablets
EAN: 4036185003242 / PZN: 07366520

Art. No.: 1010245 (kBA, Naturland)
Packaging unit: 750 tablets
EAN: 403618500325 / PZN: 07366483

Art. No.: 1010246 (kBA, Naturland)
Packaging unit: 1000 tablets
EAN: 4036185003280 / PZN: 08886167

PRODUCT DATA

BioChlorella
Powder



Recommended dose:
1 x 1 measuring spoon of powder daily

► Natural ingredients of BioChlorella:
Folic acid (vit. B9), vitamin B12 and iron

Ingredients:

Chlorella pyrenoidosa (sorokiniana) microalgae powder* (100%)

*Strictly controlled organic cultivation
DE ÖKO-001
Taiwan Agriculture

Consumer information:

Naturally free from gluten, lactose and iodine

► Particularly suitable for green dips,
smoothies, quark with herbs etc.

Art. No.: 1010238 (kBA, Naturland)
Packaging unit: 100 g powder
EAN: 4036185003204
PZN: 07366460

Art. No.: 1010254 (kBA, Naturland)
Packaging unit: 300 g powder
EAN: 4036185003303
PZN: 12726044



BioSpirulina & BioChlorella

Organic Spirulina & Organic Chlorella

Organic food supplement with vitamins and iron

ENERGY & METABOLISM

 **Important for:**

- Energy
- Fitness
- Psyche
- Metabolism
- Oxygen transport
- Mental capacity
- Immune system
- Blood formation



DE-ÖKO-001
Taiwan
Landwirtschaft



 **Suitable for:**

- Adults, school children, senior citizens, athletes

Special target groups:

- People with a high psychological burden
- People with a limited diet choice

► The combination of Spirulina and Chlorella is ideal for people with a sensitive digestion; Spirulina is enhanced by a lightening component.

SANATUR QUALITY STANDARD

- 100% natural / vegan
- Cultivated in Southern Taiwan
- Certified according to Naturland standards
- Strictly controlled organic cultivation
- Safe and pure cultivation
- BioChlorella with open cell wall
- Cultivated in fresh drinking water in sunlight only
- Grown in natural climate conditions
- Algae fed with extracts organically cultivated plants
- Raw food quality
- Filled and stored in geopathically and electromagnetically refurbished room



BioSpirulina & BioChlorella is subject to independent checks in Germany for: heavy metals, algae toxins, radiation, bacteria, pesticides, radioactivity and PAH.



PRODUCT DATA

BioSpirulina & BioChlorella

Organic food supplement
For the supply of vitamins and iron

Recommended dose:

3 x 4 tablets daily

► Natural ingredients of BioSpirulina:
vitamin A and iron

Natural ingredients of BioChlorella:
vitamin B12 and iron

Ingredients:

Spirulina microalgae powder* (50%)

Chlorella microalgae powder* (50%)

*Controlled organic cultivation

DE-ÖKO-001

Taiwan Agriculture

Consumer information:

Naturally free from gluten, lactose and iodine

Please ask for the current nutrient analysis.

Art. No.: 1010272 (kbA, Naturland)

Packaging unit: 250 tablets

EAN: 4036185003334

PZN: 07366833

Art. No.: 1010273 (kbA, Naturland)

Packaging unit: 500 tablets

EAN: 4036185003341

PZN: 07366862

Art. No.: 1010274 (kbA, Naturland)

Packaging unit: 750 tablets

EAN: 4036185003358

PZN: 07366879

Organic Spirulina & Organic Chlorella ingredients contribute to:	Vitamin A Iron protitamin A	Vitamin B12	Iron
Red blood cell and haemoglobin formation, normal blood formation		X	X
Normal energy metabolism		X	X
Decreasing fatigue and exhaustion		X	X
Healthy, normal skin and mucous membranes	X		
Normal homocysteine metabolism		X	
Normal function of immune system	X	X	X
Normal neurological and psychological function		X	
Normal oxygen transport			X
Normal, healthy eyesight	X		
Normal cell division	X	X	X
Normal cognitive* function			X

* The term "cognitive" describes human functions in connection with perception, learning, remembering and thinking, i.e. the human processing of recognition and information.

EisenSpirulina/Iron

Natural food supplement for iron supply
100 % Spirulina microalgae

ENERGY & STAMINA



Important for:

- Energy metabolism
- Oxygen transport
- Blood formation
- Immune system
- Mental (cognitive) capacity

vegan



Suitable for:

- Adults, women, athletes
- Special target groups:
- Pregnant and breast-feeding women

SANATUR QUALITY STANDARD

- Raw food quality
- Cultivated in Southern Taiwan
- Safe and pure cultivation
- ISO certified algae farm partner
- Filled and stored in geopathically and electromagnetically refurbished rooms



EisenSpirulina is subject to independent checks in Germany for: heavy metals, algae toxins, radiation, bacteria, pesticides, radioactivity and PAH.

THINGS TO KNOW

Iron is an important trace element in our body which contains between 2.5 and 4 grams of iron. Haemoglobin binds 2/3 of the iron.

The haemoglobin value is often used to describe the iron contents. However, this does not provide any details on the iron contents in our body. The haemoglobin value is, for example, important for blood donation.

Products such as offal, lean red meat, poultry, fish and shellfish contain iron. Furthermore, iron is found in pulses, nuts and seeds, wholemeal products and green vegetables.

Sanatur

PRODUCT DATA

EisenSpirulina

Natural food supplement for iron supply

Recommended dose:

4 tablets daily

► 6 mg of iron per recommended dose (4 tablets)

► 4 tablets of EisenSpirulina cover 43%* of the daily iron requirement

* According to LMIV nutrient values

Ingredients:

Spirulina platensis microalgae powder (100%)
Country of origin: Taiwan

100 % natural

Consumer information:

Naturally free from gluten, lactose and iodine

Please ask for the current nutrient analysis.

Art. No.: 1010208

Packaging unit: 100 tablets

EAN: 4036185002221

Art. No.: 1010210

Packaging unit: 250 tablets

EAN: 4036185002474

Iron contributes to:	
Red blood cell and haemoglobin formation	X
Normal energy metabolism	X
Decreasing fatigue and exhaustion	X
Normal function of immune system	X
Normal cognitive* function	X
Normal cell division	X
Normal oxygen transport	X

* The term "cognitive" describes human functions in connection with perception, learning, remembering and thinking, i.e. the human processing of recognition and information.

EisenSpirulina results from the addition of the iron trace element to Spirulina microalgae. This is part of the natural microalgae growth process.

What is special about Sanatur Spiru trace elements:

- 100% natural
- Spirulina is a natural food product with a complex and high-quality nutrient spectrum
- Spirulina integrates water soluble micronutrients like iron into its versatile nutrient range
- Food supplement with trace elements

SelenSpirulina/Selenium

Natural food supplement for selenium supply
Contains vitamin E (from 100% RRR- α -tocopherol)

CELL PROTECTION



Important for:

- Hair and nails
- Immune system
- Thyroid gland
- Sperm formation
- Cell protection

vegan



Suitable for:

Professional people, athletes, senior citizens

Special target groups:

Frequent flyers and people subject to high oxidative stress situations.

SANATUR QUALITY STANDARD

- Raw food quality
- Cultivated in Southern Taiwan
- Safe and pure cultivation
- ISO certified algae farm partner
- Filled and stored in geopathically and electromagnetically refurbished rooms



SelenSpirulina is subject to independent checks in Germany for: heavy metals, algae toxins, radiation, bacteria, pesticides, radioactivity and PAH.

THINGS TO KNOW

Since 1957, the selenium trace element has been classified as essential. Even today, not all of its functions in our body have been discovered. Bound mainly to proteins, selenium plays an important part in various processes, for example in cell protection from oxidative damage or in the normal function of our immune system. The human body contains approx. 13 to 20 mg of selenium. It is mainly absorbed in the small intestine and stored primarily in muscles, liver, kidneys and spleen.



PRODUCT DATA

SelenSpirulina

Natural food supplement for selenium supply

Recommended dose:

2 tablets daily

- ▶ 66 μ g of selenium and 4 mg of vitamin E per recommended dose (2 tablets)
- ▶ 2 tablets of SelenSpirulina cover 120 % of the daily selenium requirement*

* According to LMIV nutrient values

Ingredients:

Spirulina platensis microalgae powder (99.6%), vitamin E (0,4%)

Country of origin: Taiwan

100 % natural

Consumer information:

Naturally free from gluten, lactose and iodine

Please ask for the current nutrient analysis.

Art. No.: 1010223

Packaging unit: 100 tablets

EAN: 4036185002238

Art. No.: 1010226

Packaging unit: 250 tablets

EAN: 4036185002481

SeleniumSpirulina ingredients contribute to:	Selenium	Vitamin E
Normal, healthy hair	X	
Normal immune system	X	
Normal, healthy nails	X	
Protection of cell components against oxidative damage	X	X
Normal thyroid gland function	X	
Normal spermatogenesis	X	

SelenSpirulina results from the addition of the selenium trace element to Spirulina microalgae. This is part of the natural microalgae growth process.

What is special about Sanatur Spiru trace elements:

- 100 % natural
- Spirulina is a natural food product with a complex and high-quality nutrient spectrum
- Spirulina integrates water soluble micronutrients like selenium into its versatile nutrient range
- Food supplement with trace elements

ZinkSpirulina/Zinc

Natural food supplement for zinc supply
100 % Spirulina microalgae

IMMUNE SYSTEM & EYESIGHT

 **Important for:**

- Immune system
- Fertility
- Eyesight
- Mental functions
- Acid-base balance
- Bones
- Cell protection

 **vegan**



Suitable for:

- Adults, athletes, senior citizens

Special target group:

- Men and women who wish to conceive
- Pregnant and breast-feeding women

What is special about Sanatur Spiru trace elements:

- 100% natural
- Spirulina is a natural food product with a complex and high-quality nutrient spectrum
- Spirulina integrates water soluble micronutrients like zinc into its versatile nutrient range
- Food supplement with trace elements

SANATUR QUALITY STANDARD

- Raw food quality
- Cultivated in Southern Taiwan
- Safe and pure cultivation
- ISO certified algae farm partner
- Filled and stored in geopathically and electromagnetically refurbished rooms



Spirulina is subject to independent checks in Germany for: heavy metals, algae toxins, radiation, bacteria, pesticides, radioactivity and PAH.

THINGS TO KNOW

Zinc is one of the most important trace elements. It plays a major role in many physiological and bio-chemical functions; more than 1,000 enzymes contain zinc. In our body, zinc can primarily be found in our muscles and bones, but also in our hair, skin, nails, retina and genitals. A daily dose of 10mg is recommended for men and 7mg for women.



PRODUCT DATA

ZinkSpirulina

Natural food supplement for zinc supply

Recommended dose:

5 tablets daily

- ▶ 4 mg zinc per recommended dose of 5 tablets
- ▶ 5 tablets of ZinkSpirulina cover 40% of the daily zinc requirement*

* According to LMIV nutrient values

Ingredients:

Spirulina platensis microalgae powder (100%)
Country of origin: Taiwan

100 % natural

Consumer information:

Naturally free from gluten, lactose and iodine

Please ask for the current nutrient analysis.

Art. No.: 1010224

Packing unit: 100 tablets

EAN: 4036185002245

Art. No.: 1010227

Packing unit: 250 tablets

EAN: 4036185002498

Zinc contributes to:	
Normal DNA synthesis and cell division	X
Normal fatty acid metabolism	X
Normal fertility and reproduction	X
Maintaining normal skin, hair and nails	X
Normal function of immune system	X
Normal carbohydrate metabolism	X
Normal bone function	X
Normal cognitive* functions	X
Protection of cell components from oxidative damage	X
Acid-base metabolism	X
Healthy eyesight	X
Normal vitamin A metabolism	X
Maintaining normal testosterone levels in the serum	X
Normal protein synthesis	X

* The term "cognitive" describes human functions in connection with perception, learning, remembering and thinking, i.e. the human processing of recognition and information.

ComplexSpirulina

Natural food supplement with trace elements

Chromium, selenium and zinc source from 100% Spirulina microalgae

TRACE ELEMENTS



Important for:

- Blood sugar level
- Fertility
- Mental functions
- Skin, hair, nails
- Hormone levels
- Immune system

- Bones
- Acid-base balance
- Thyroid gland
- Sperm production
- Eyesight
- Cell protection

vegan



Suitable for:

- Adults, senior citizens

Special target group:

- Performance-oriented professionals and students
- Women during menopause

ComplexSpirulina results from the Spirulina microalgae absorbing the trace elements chromium, selenium and zinc. This happens naturally during growth

What is special about Sanatur Spiru trace elements:

- 100% natural
- Spirulina is a natural food product with a complex and high-quality nutrient spectrum
- Spirulina integrates water soluble micronutrients like chromium, selenium, zinc into its versatile nutrient range
- Food supplement with trace elements

SANATUR QUALITY STANDARD

- Raw food quality
- Cultivated in Southern Taiwan
- Safe and pure cultivation
- ISO certified algae farm partner
- Filled and stored in geopathically and electromagnetically refurbished rooms



ComplexSpirulina is subject to independent checks in Germany for: heavy metals, algae toxins, radiation, bacteria, pesticides, radioactivity and PAH.

* The term "cognitive" describes human functions in connection with perception, learning, remembering and thinking, i.e. the human processing of recognition and information.



PRODUCT DATA

ComplexSpirulina

Natural food supplement with trace elements

Recommended dose:

3 tablets daily

► 40 µg chromium, 66 µg selenium and 2 mg zinc per recommended dose of 3 tablets

► 3 tablets of ComplexSpirulina cover 100% of daily chromium requirements, 120% of daily selenium requirements, 20%* of daily zinc requirements

* According to LMIV nutrient values

Ingredients:

Spirulina platensis microalgae powder (100%)
Country of origin: Taiwan

100% natural

Consumer information:

Naturally free from gluten, lactose and iodine

Please ask for the current nutrient analysis.

Art. No.: 10100252

Packaging unit: 100 tablets

EAN: 4036185002177

PZN: 11011018

Art. No.: 10100254

Packaging unit: 250 tablets

EAN: 4036185002184

PZN: 11011024

SpiruComplex trace elements contribute to:	Chromium	Selenium	Zinc
Maintaining a healthy blood sugar level	X		
Normal DNA synthesis and cell division			X
Normal fatty acid metabolism			X
Normal fertility and reproduction			X
Normal hair		X	X
Normal skin			X
Normal function of immune system		X	X
Normal carbohydrate metabolism			X
Normal bone function			X
Normal cognitive* functions			X
Normal nails		X	X
Protection of cell components from oxidative damage		X	X
Normal acid-base metabolism			X
Normal metabolism	X		X
Normal thyroid gland function		X	
Normal sperm genesis		X	
Healthy eyesight			X
Normal vitamin A metabolism			X
Maintaining normal testosterone levels in the serum			X
Normal protein synthesis			X

Bio Selen Plus 100% pflanzlich (Organic Selenium 100 % herbal)

Organic food supplement with herbal Selenium

THYROID GLAND FUNCTION

-  **Important for:**
- Thyroid gland
 - Cell protection
 - Sperm production
 - Immune system
 - Hair and nails



DE-ÖKO-001
EU/Non-EU
Agriculture



Suitable for:

- Professionals
- Athletes
- Senior citizens

Special target groups:

- Frequent flyers and people who are subject to high oxidative stress situations

SANATUR QUALITY STANDARD

- 100% herbal / vegan
- Natural raw materials as nutrient sources
- Controlled organic cultivation
- Contains no additives
- Produced and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Bio Selen Plus is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.



PRODUCT DATA

Bio Selen Plus

Organic food supplement with herbal Selenium

Recommended dose:

1 capsule daily

► 88 µg (160%*) selenium per recommended dose (1 capsule)

* According to LMIV nutrient values

Ingredients:

Beetroot powder*, hydroxypropylmethylcellulose (capsule shell), **mustard seed extract*** 2%

* Controlled organic cultivation

DE-ÖKO-001

EU/Non-EU Agriculture

Beetroot from German organic farming

100 % herbal

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010444

Packaging unit: 60 capsules

EAN: 4036185003082

PZN: 16896375

Selenium contributes to:	
Normal, healthy hair	X
Normal immune system	X
Normal, healthy nails	X
Protection of cell components against oxidative damage	X
Normal thyroid gland function	X
Normal spermatogenesis	X

Bio Selen Plus contains exclusively plant-based Selenium. All used plant components are farmed ecologically and processed gently subject to organic guidelines.

What is special about Bio Selen Plus:

- Natural and all-herbal combination of mustard seed extract and beetroot
- 100% herbal selenium from mustard seed extract
- Complete nutrient range of beetroot

ZinkSpirulina & Acerola

Food supplement with natural zinc and vitamin C

Natural source of zinc from Spirulina microalgae & vitamin C from acerola cherries

IMMUNE SYSTEM



Important for:

- Immune system
- Locomotor system
- Blood vessels
- Mental functions
- Skin and collagen formation
- Fatty acid metabolism
- Acid-base balance
- Eyesight
- Cell protection

vegan



Suitable for:

- People who quickly need to boost their immune system
- People suffering from stress

Natural foods as nutrient sources:

- The acerola cherry is naturally high in vitamin C
- Spirulina is a natural food with a complex nutrient range

What is special about Sanatur ZinkSpirulina & Acerola:

- 100% natural
- Spirulina is natural food source with a complex and high-quality nutrient spectrum
- Spirulina integrates water soluble micronutrients like zinc into its versatile nutrient range
- The acerola cherry is a natural source of vitamin C
- Zinc and vitamin C support each other and ensure the normal function of our immune system

SANATUR QUALITY STANDARD

- 100% herbal / vegan
- Natural raw materials as nutrient sources
- ZinkSpirulina from pure and safe culture cultivation
- Contains no additives
- Produced and filled in Germany
- Filled and stored in geopathically and electromagnetically refurbished rooms



ZinkSpirulina & Acerola is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.



PRODUCT DATA

ZinkSpirulina & Acerola

Food supplement with natural zinc and vitamin C

Recommended dose:

2 capsules twice a day

▶ 2.5 mg zinc, 110 mg vitamin C per recommended dose (4 capsules)

▶ 4 capsules ZinkSpirulina & Acerola cover 25%* of daily zinc and 137%* of daily vitamin C requirements

* According to LMIV nutrient values

Ingredients:

Spirulina microalgae powder 50%, Acerola cherry powder (Malpighia glabra L. 25%), hydroxypropylmethylcellulose (capsule shell)

100 % herbal

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010805

Packaging unit: 90 capsules

EAN: 4036185004287

PZN: 00009739

ZinkSpirulina & Acerola ingredients contribute to:	Zinc	Vitamin C
Normal function of blood vessels, skin and gums		X
Normal DNA synthesis and cell division	X	
Normal fatty acid metabolism	X	
Normal fertility and procreation	X	
Normal function of immune system	X	X
Normal function of bones, cartilage and teeth		X
Maintaining healthy bones, hair and nails	X	X
Normal cognitive function*	X	
Normal collagen formation		X
Protection of cell components from oxidative damage	X	X
Normal acid-base metabolism	X	
Maintaining healthy eyesight	X	
Normal vitamin A metabolism	X	
Reducing fatigue and exhaustion		X

* The term "cognitive" describes human functions in connection with perception, learning, remembering and thinking, i.e. the human processing of recognition and information.

Jod 100 % pflanzlich (Iodine 100 % herbal)

Organic food supplement with iodine
Natural iodine source from seaweed

THYROID GLAND



Important for:

- Thyroid gland
- Energy metabolism
- Nerves
- Skin
- Mental function



DE-ÖKO-001
EU Agriculture



Suitable for:

Adults, children, senior citizens

Special target groups:

Vegans, pregnant and breastfeeding women

SANATUR QUALITY STANDARD

- 100% herbal / vegan
- Resources from controlled organic cultivation (Scottish coast)
- Contains no additives
- Produced and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Jod is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

Iodine is one of the essential (vital) trace elements. It plays a particularly important role in the development of thyroid gland hormones. The daily requirement for adults is approx. 150 µg of iodine. There tends to be iodine deficiency in Germany because only small amounts of iodine can be found in our soil and in our waters. Most of the food containing iodine comes from the sea. Fish such as haddock or whiting contain a high amount of iodine. There are alternatives for people who do not like seafood. Spinach, for example, contains approx. twelve micrograms of iodine per 100 g. Eggs, various baked products (such as rye bread) and beef also contain iodine.



PRODUCT DATA

Jod 100% pflanzlich

Organic food supplement with iodine

Recommended dose:

1 capsule daily

▶ 150 µg of iodine per recommended dose (1 capsule)

▶ 1 capsule covers 100%* of daily iodine requirements

* According to LMIV nutrient values

Ingredients:

Barley grass powder*, sea algae powder* (ascophyllum nodosum) 39%, hydroxypropylmethylcellulose (capsule shell)

*Controlled organic cultivation

DE-ÖKO-001
EU Agriculture

100 % herbal

Consumer information:

Naturally free from gluten and lactose

For our capsule products we almost exclusively use herbal plug capsules. People having difficulty swallowing capsules may pull the capsule covers apart and consume the powder stirred into fluids or foods (like yoghurt).

Art. No.: 1010052

Packaging unit: 60 capsules

EAN: 4036185004669

PZN: 10358837

Art. No.: 1010205

Packaging unit: 200 capsules

EAN: 4036185004690

PZN: 16852142

Iodine contributes to:	
Normal thyroid gland function	X
Normal production of thyroid gland hormones	X
Normal energy metabolism	X
Normal muscle function	X
Normal nervous system function	X
Maintaining a healthy skin	X
Normal cognitive function	X

A specially developed mixture of choice seaweeds is used for Sanatur iodine. This mixture is also known by the registered name PureSea®.

What is special about Sanatur Jod 100% pflanzlich:

- Seaweed in organic raw food quality
- Harvested in European marine areas with the highest water quality
- Dried at low temperatures
- Refined with native barley grass powder

Kupfer Plus (Copper Plus)

Food supplement with copper
Copper in buckwheat germs

CONNECTIVE TISSUE

 **Important for:**

- Iron transport
- Connective tissue
- Energy metabolism
- Hair pigmentation
- Skin pigmentation
- Immune system
- Neural system
- Cell protection

vegan



 **Suitable for:**

Anyone who wishes to support the connective tissue
Women who have problems with their iron metabolism
Anyone suffering from hair or skin pigmentation problems

What is special about Sanatur Kupfer Plus (Copper Plus):

- 100% herbal
- Copper in buckwheat germs
- 100% herbal/vegan
- Capsule content contains no additives
- Gluten-free

SANATUR QUALITY STANDARD

- 100% vegan
- Natural food as nutrient supply
- Contains no bulking agents, colour and preservatives
- Safe and environmentally-friendly packaging
- Processed and filled in Germany
- Filled and stored in geopathically and electromagnetically refurbished rooms



Copper Plus is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.



PRODUCT DATA

Kupfer Plus

Food supplement with copper

Recommended dose:

1 capsule daily

- ▶ 1000 µg of copper per recommended dose (1 capsule)
- ▶ 1 capsule of Kupfer Plus covers 100%* of the daily copper requirement

*According to LMIV nutrient values

Ingredients:

Seyal acacia fibre, buckwheat germ powder 26%, capsule shell: hydroxypropyl methylcellulose

100% herbal

Consumer information:

Naturally free from gluten, lactose and iodine.

Not suitable for children and adolescents.
Owing to production, it may contain traces of gluten, lupins and soy.

Art. No.: 1010049

Packaging unit: 60 capsules

EAN: 4036185003624

PZN: 17304454

Copper contributes to:	
Normal connective tissue	X
Normal iron transport in our body	X
Normal energy metabolism	X
Normal hair pigmentation	X
Normal skin pigmentation	X
Normal function of the immune system	X
Normal function of the neural system	X
Cell protection from oxidative stress	X

Copper is primarily required for a proper function of enzymes. This means that, without this trace element, many functions and reactions in our body would be impossible.

We would like to point out the transport of iron in particular, because our body cannot process iron properly without copper. Copper also plays an important role for the way we look because it influences our skin and hair pigmentation and supports our connective tissue.

Mangan Plus (Manganese Plus)

Food supplement with manganese
Manganese in buckwheat germs

BONES & TISSUE

 **Important for:**

- Bones
- Connective tissue
- Energy metabolism
- Cell protection



 **Suitable for:**

Women and men over 50 years

What is special about Sanatur Mangan Plus:

- 100% herbal
- Manganese in buckwheat germs
- 100% herbal/vegan
- Capsule content without additives
- Gluten-free
- Tested Sanatur Premium Quality

SANATUR QUALITY STANDARD

- 100% vegan
- Natural food as nutrient supply
- Contains no bulking agents, colour and preservatives
- Safe and environmentally-friendly packaging
- Processed and filled in Germany
- Filled and stored in geopathically and electromagnetically refurbished rooms



Mangan Plus is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.



PRODUCT DATA

Mangan Plus

Food supplement with manganese

Recommended dose:

1 capsule daily

- ▶ 1 mg of manganese per recommended dose (1 capsule)
- ▶ 1 capsule of Mangan Plus (Manganese Plus) covers 50%* of the daily manganese requirement
*According to LMIV nutrient values

Ingredients:

Buckwheat germ powder 50%, seyal acacia fibre, capsule shell: hydroxypropyl methylcellulose

100% herbal

Consumer information:

Naturally free from gluten, lactose and iodine.

Owing to production, it may contain traces of gluten, lupins and soy.

Art. No.: 1020050

Packaging unit: 60 capsules

EAN: 4036185003624

PZN: 16852165

Manganese contributes to:	
Normal connective tissue formation	X
Normal, healthy bones	X
Normal metabolism	X
Cell protection from oxidative stress	X

Connective tissue encompasses soft body tissue as well as stable bone and cartilage tissue. It covers our organs and it characterises our skin. In a strongly condensed structure it forms bones and cartilage. Manganese is an essential mineral and it is also responsible for our connective tissue formation.

Silicium 100 % pflanzlich (Silicon 100% herbal)

Food supplement with silicium

Silicium from Asian bamboo and indigenous stinging nettles

BAMBOO & STINGING NETTLE



Important for:

- **Connective tissue**
- **Skin**
- **Hair**
- **Nails**

vegan



Our indigenous stinging nettle (*Urtica diica* L) and the exotic Indian bamboo *Bambusa arundinacea* have one thing in common: They both supply herbal silicium. Silicium is responsible for the plants to grow fast and to be highly stable while being elastic.

What is special about Sanatur Silicium 100 % pflanzlich:

- Herbal silicium
- Made from bamboo and stinging nettle leaves
- Stinging nettles from German farms
- Bamboo extract from Indian *Bambusa arundinacea*

SANATUR QUALITY STANDARD

- 100% herbal, vegan
- Contains no additives
- Processed and filled in Germany
- Safe and environmentally packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Silicium is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

Garden owners are not very fond of stinging nettles, but they should be. Stinging nettles belong to the most famous traditional medical plants. It has been considered to have strengthening and cleansing properties for centuries. Stinging nettles in our gardens indicate nutrient-rich soil, and they contain many minerals. It is food for the larvae of more than 50 butterfly species such as the peacock butterfly. In addition, it is ideal as a fertiliser for vegetables and flowers. All parts of the plant from the root to the seeds are edible. For Sanatur Silicium, we only used stinging nettle leaves from German organic cultivation prior to blooming.

Similar to our stinging nettle, bamboo is considered to be one of the traditional plants of ayurveda in India. Bamboo sap rich in silicon can be found in the hollow spaces of bamboo stalks. It is called tabasheer. For Sanatur Silicium, we use the silicium-rich extract of *Bambusa arundinacea* from organic cultivation in India.



PRODUCT DATA

Silicium 100 % pflanzlich

Food supplement with silicium

Recommended dose:

2 capsules daily

- ▶ 170 mg of organic silicon per recommended dose

Ingredients:

Bamboo extract 65 %, hydroxypropylmethylcellulose (capsule shell), stinging nettle powder 12 %,

100 % herbal

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010806

Packaging unit: 90 capsules

EAN: 4036185003730

Kalzium 100 % pflanzlich (Calcium 100 % herbal)

Herbal food supplement with calcium

Herbal calcium source from red algae with stinging nettle & red clover

BONES & MUSCLES



Important for:

- Bones
- Teeth
- Muscles
- Digestion
- Energy
- Blood clotting
- Cells
- Nerves

vegan



Suitable for:

Children and adolescents, adults and senior citizens, vegans

Special target groups:

- People who eat few or no dairy products
- Pregnant women
- During menopause

What is special about Kalzium 100 % pflanzlich:

- Purely herbal calcium sources
- Free from gluten and lactose
- Calcium content supplemented with native herbs such as stinging nettle and red clover

SANATUR QUALITY STANDARD

- 100% herbal / vegan
- Resources from natural foods
- Contains no additives
- Produced and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms

Kalzium 100 % pflanzlich is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.



PRODUCT DATA

Kalzium 100% pflanzlich

Herbal food supplement with calcium

Recommended dose:

3 capsules daily

► 500 mg of calcium per recommended dose (3 capsules)

► 3 capsules cover 62,5%* of daily calcium requirements

* According to LMIV nutrient values

Ingredients:

Red algae powder 66%,
stinging nettle powder 15%,
hydroxypropylmethylcellulose (capsule shell),
spirulina micro-algae powder 4%,
red clover powder 2%

100 % herbal

Consumer information:

Naturally free from gluten and lactose

Art. No.: 1010230

Packaging unit: 100 capsules

EAN: 4036185004539

PZN: 08718300

Calcium contributes to:	
Maintaining normal healthy bones	X
Maintaining normal healthy teeth	X
Normal muscle function	X
Normal blood clotting	X
Normal energy metabolism	X
Normal neurotransmitter function	X
Normal digestion enzyme function	X
Calcium plays a role in cell division and specialisation	X

For the production of **Sanatur Kalzium 100% pflanzlich** red algae are used, which are counted among the highest quality herbal calcium sources in the world. To optimize the calcium content the red algae is mixed with native herbs such as stinging nettle and red clover and supplemented with BioSpirulina. This purely herbal combination complements a whole food diet.

Magnesium

Food supplement with magnesium
Marine Magnesium combined with stinging nettle

MUSCLES & NERVES

 **Important for:**

- Muscles
- Nerves
- Psyche
- Energy, exhaustion
- Tiredness
- Electrolyte balance
- Protein synthesis
- Bones
- Teeth



 **Suitable for:**

- Active people
- People under stress

Special target groups:
Athletes, professionals, students

What is special about Sanatur Magnesium:

- A purified marine mineral extract
- Source of marine minerals & micronutrients
- Combined with German stinging nettle

SANATUR QUALITY STANDARD

- 100% vegan
- Purified sea water extract
- Contains no additives
- Produced and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms

Magnesium is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.



PRODUCT DATA

Magnesium

Food supplement with magnesium

Recommended dose:

2 capsules daily

► 270 mg of magnesium per recommended dose (2 capsules)

► 2 capsules cover 72%* of daily magnesium requirements

* According to LMIV nutrient values

Ingredients:

Marine magnesium extract 46%,
stinging nettle powder 37%,
hydroxypropylmethylcellulose (capsule shell)

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010234

Packaging unit: 100 capsules

EAN: 4036185004966

PZN: 14163970

Art. No.: 1010235

Packaging unit: 180 capsules

EAN: 4036185003570

PZN: 16852165

Magnesium contributes to:	
Electrolyte balance	X
Normal energy metabolism	X
Maintaining healthy bones	X
Normal muscle functions	X
Normal nerve function	X
Normal protein synthesis	X
Normal psychological function	X
Maintaining healthy teeth	X
Normal cell division	X
Reducing fatigue and tiredness	X

Akazienfaser / Acacia seyal faser

Organic food with dietary fibre

DIETARY FIBRE



Important for:

- High dietary fibre content
- Intestinal cleansing
- Metabolism



DE-ÖKO-001
African Agriculture



Suitable for:

- People who attach importance to a high-fibre diet

Inavea™ is a registered trademark of nexira and stands for:

- Cultivation in cooperation with the NGO SOS Sahel
- Protection against deforestation and desertification
- For soil improvement and biodiversity
- For economic and social development in the Sahel

SANATUR QUALITY STANDARD

- 100% herbal/vegan
- Controlled organic cultivation
- Contains no additives
- very finely ground
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms.



Sanatur

PRODUCT DATA

Akazienfaser

Organic food with dietary fibre

Recommended dose:

1 measuring spoon of powder daily

- ▶ 8 g dietary fibre per dosage (10 g)

Ingredients:

Acacia seyal faser* 100%

*Controlled organic cultivation

DE-ÖKO-001

African Agriculture

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010232

Packaging unit: 200 g powder

EAN: 4036185003563

PZN: 16791334

Dietary fiber is an important part of a varied and balanced diet.

For adults, the German Nutrition Society specifies a consumption of at least 30 g dietary fiber per day as a guideline. According to data from the National Consumption Study II, men achieve an average of 25 g and women 23 g of fiber per day. In addition to whole grains, fruits, vegetables, and legumes are good sources of fiber. If you want to improve your dietary fiber balance, you can use Sanatur acacia fibers, because they contain up to 90% water-soluble dietary fiber.

Inavea™ acacia fibers are extracted from the dried resin of carefully selected acacia trees in the African Sahel. There peasant women scratch the bark of the acacia trees and harvest the acacia resin that emerges. The processing into fine powder takes place in Europe.

The dried resin looks like small amber and, thanks to Inavea™, is just as valuable for the farmers and their families.

Ashwagandha

Organic food supplement

WITHANIA SOMNIFERA



Ashwagandha (Withania somnifera)
is also known as sleeping berry
or Indian ginseng

Somnifera can be translated as:
Causing or supporting sleep

• Ashwagandha is popular and much appreciated in modern everyday life. In Ayurveda, it is associated with calm and relaxed human beings.

- ✓ Ashwagandha extract KSM-66® and Ashwagandha powder in equal shares
- ✓ Both raw materials are exclusively derived from the nourishing root
- ✓ KSM-66® extract provides the highest ordinary withanolide content (5%)

The producer of KSM-66® is the only Ashwagandha producer with own farms, production plants, test laboratories and research centres.



DE-ÖKO-001
Indien
Agriculture



Suitable for:

- People who attach importance to a balanced basic diet

Ashwagandha - the exotic superfood

- Natural organic food providing nutrients
- Premium Ashwagandha extract KSM-66®
- Contains all parts of the root in a natural proportion
- 5% withanolides in KSM-66®
- 100% herbal/vegan
- Contains no additives

SANATUR QUALITY STANDARD

- Controlled organic cultivation
- 100% herbal, vegan
- Harvested at highest nutrient density
- Extra finely ground
- Contains no additives
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms

Ashwagandha is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

The highest concentration of Ashwagandha substances is found in its root. Withanolides are of particular significance. They are valuable ingredients, and the higher the withanolide content, the higher the product quality. The combination with other natural substances make this plant truly extraordinary.



PRODUCT DATA

Ashwagandha

Organic food supplement

Recommended dose:

1-2 capsules daily with a lot of liquid

- ▶ 250 mg or 500 mg Ashwagandha powder and 250 mg or 500 mg Ashwagandha extract per recommended dose
- ▶ 12,5 mg withanolide per capsule

Ingredients:

Ashwagandha root extract* (Withania somnifera) 42%, Ashwagandha root powder* (Withania somnifera) 42%, hydroxypropylmethylcellulose (capsule shell)

* Controlled organic cultivation
DE-ÖKO-001
Indien Agriculture

Consumer information:

Naturally free from gluten, lactose and iodine

Gluten free

Art. No.: 1010206

Packaging unit: 60 capsules

EAN: 4036185003549

PZN: 16354384

Art. No.: 1010236

Packaging unit: 180 capsules

EAN: 4036185003587

PZN: 16852159

Gerstengras / Barley grass

Organic food from Germany

High dietary fibre food supplement, 100% German uncooked vegetarian quality

PSYCHE & IMMUNE SYSTEM



Important for:

- High dietary fibre content
- Intestinal cleansing
- Energy
- Cell protection
- Immune system
- Psyche
- Cognitive function
- Bones



DE-ÖKO-001
German
Agriculture



Suitable for:

- People who attach importance to a high-fibre diet
- To support healthy and balanced nutrition
- During or after fasting

SANATUR QUALITY STANDARD

- Raw food quality
- Controlled organic cultivation in Germany
- 100% herbal and vegan
- Harvested at the point of highest nutrient density
- Dried at room temperature
- Ground extra fine
- Contains no additives
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Gerstengras is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

In their biophoton research, biophysicists have established the importance of fresh green plants in our diet to assist our metabolism. Every second, millions of cells die in our body, and they need to be reproduced. This is only possible by means of the food we eat, and this is why we need fresh, balanced and nutrient-rich food. Green and organically grown products from Germany contain much "light", otherwise they would not be so green. For our body, green food is, indeed, a "super food".



PRODUCT DATA

Gerstengras

Organic food from Germany



Recommended dose:

Mix 2 teaspoons of barley grass powder daily (approx. 8 g) with 500 ml fruit juice, or take 4 x 5 barley grass tablets per day with much liquid.

- 8 g of barley grass powder cover 15 %* of the daily requirement of vitamin C
 - 15 %* of the daily requirement of folic acid
 - 15 %* of the daily requirement of molybdenum
 - 40 %* of the daily requirement of vitamin K
- * According to LMIV nutrient values

Ingredients:

Powder: barley grass powder* (100%)
Tablets: barley grass powder* (99%)
Separating agent: silicon dioxide (silicic acid)
* Controlled organic cultivation
DE-ÖKO-001
German Agriculture

Consumer information:

Naturally free from gluten, lactose and iodine

Gluten free

Art. No.: 1010283

Packaging unit: 90 g powder

EAN: 4036185004782

PZN: 11013224

Art. No.: 1010287

Packaging unit: 250 g powder

EAN: 4036185004881

PZN: 12727368

Art. No.: 1010251

Packaging unit: 250 tablets

EAN: 4036185004416

PZN: 08852292

Barley grass ingredients contribute to:	Vitamin C	Molybdenum	Vitamin K
Normal function of the nervous system	X		
The protection of cell constituents from oxidative damage	X		
Normal muscle functions	X		
To a normal metabolism of sulfur-containing amino acids		X	
Normal, healthy bones			X
The normal formation of connective tissue			X

Barley grass is particularly rich in nutrients and dietary fibres. The Japanese researcher, Dr. Hagiwara, analysed barley grass in numerous research studies and is convinced of its health effects. Barley grass contains a host of vital substances to enhance our diet. Sanatur Gerstengras (barley grass) contains approx. 50 g of dietary fibres per 100 g.

Weizen gras / Wheat grass

Organic food from Germany

High dietary fibre food supplement, 100% German uncooked vegetarian quality

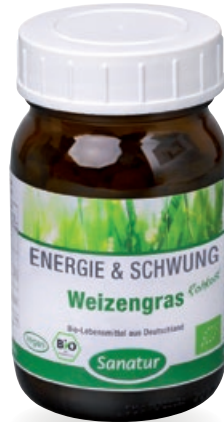
ENERGY & IMPETUS

 **Important for:**

- High-fibre diet
- Intestinal cleansing
- Energy
- Cell protection
- Immune system
- Skin and mucous membranes
- Bones



DE-ÖKO-001
German
Agriculture



Suitable for:

- People who attach importance to a high-fibre diet
- During or after fasting

Weizen gras - the gentle stimulant for calm people:

- Belongs to the family of true or sweet grasses
- Enhances our landscape as native plant
- Enhances a balanced diet by adding a slightly bitter component
- Natural dietary fibre source and trace element source, e.g. chromium and manganese
- Dietary fibre contents in finished product approx. 50%

SANATUR QUALITY STANDARD

- Raw food quality
- Controlled organic cultivation in Germany
- 100% herbal and vegan
- Harvested at the point of highest nutrient density
- Dried at room temperature
- Ground extra fine
- Contains no additives
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms




Weizen gras is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.



PRODUCT DATA

Weizen gras

Organic food from Germany 

Recommended dose:

Mix 2 teaspoons of wheat grass powder daily (approx. 8 g) with 500 ml fruit juice, or take 4 x 5 wheat grass tablets per day with much liquid.

- ▶ 8 g of wheat grass powder cover 15%* of the daily requirement of manganese
 - 100%* of the daily requirement of vitamin K
 - 15%* of the daily requirement of iron
- * According to LMIV nutrient values

Ingredients:

Powder: wheat grass powder* (100%)
Tablets: wheat grass powder* (99%)
Separating agent: Silicon dioxide (silicic acid)
* Controlled organic cultivation
DE-ÖKO-001
German Agriculture

Consumer information:

Naturally free from gluten, lactose and iodine

Gluten free

Art. No.: 1010284

Packaging unit: 90 g powder

EAN: 4036185004799

PZN: 11013230

Art. No.: 1010288

Packaging unit: 250 g powder

EAN: 4036185004898

PZN: 1272374

Art. No.: 1010256

Packaging unit: 250 tablets

EAN: 4036185004430

PZN: 08852263

Ingredients in wheat grass powder contribute to:	Vitamin K	Iron	Manganese
the protection of cell constituents from oxidative damage			X
normal energy-yielding metabolism		X	X
a normal function of the immune system		X	
the reduction of tiredness and fatigue		X	
the maintenance of normal bone	X		X
normal formation of red blood cells and haemoglobin		X	
the normal formation of connective tissue			X

Ingredients in wheat grass tablets contribute to:	Vitamin A from provitamin A	Manganese
the protection of cell constituents from oxidative damage		X
normal energy-yielding metabolism		X
a normal function of the immune system	X	
the maintenance of normal vision	X	
the maintenance of normal bone		X
the maintenance of normal skin and mucous membranes	X	
the normal formation of connective tissue		X

Cumin, Muskat & Koriander (Cumin, nutmeg & coriander)

Organic food supplement with spices

MIXED SPICES



TV and the press have reported about intensive mixed spices:

Cumin

The dried seeds are ground to a fine and intensive powder (controlled organic cultivation, Turkey)

Nutmeg

Finely ground seeds from the nutmeg tree (controlled organic cultivation, Sri Lanka)

Coriander

Intensive aromatic coriander seed powder (controlled organic cultivation)



DE-ÖKO-001
EU-/Non-EU-
Agriculture



SANATUR QUALITY STANDARD

- 100 % herbal, vegan
- Contains no additives
- Processed and filled in Germany
- Safe and environmentally friendly packaging
- Filling and storage of products in energetically refurbished rooms free from electric smog and earth radiation



Cumin, Muskat & Koriander is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.



Suitable for:

- People over the age of 45

Special target group:

- People who work in jobs where their joints are under great strain

THINGS TO KNOW

Cumin

Cumin has been used as a spice for many centuries. Its delicious flavour is omnipresent in the Indian cuisine. Cumin tastes fresh and lemony – a bit like camphor. It is slightly sweet and also a little hot. The Arabic falafel dish is spiced with cumin.

Nutmeg

Freshly ground nutmeg enhances many dishes such as mashed potatoes, white sauce, spinach or oriental dishes. The dry hard nut is the seed of the nutmeg fruit. Cultivation of the nutmeg tree is restricted to some Indonesian islands which is why nutmeg was sometimes weighed out in gold in seafaring times. A pinch of nutmeg suffices for a typical flavour. Higher dosages (>5g) should not be used.

Coriander

Coriander is a Mediterranean herb. The small branchy leaves are often used in the Asian cuisine. Dried seeds are used as a spice. Similar to cumin, coriander contains ethereal oils which stimulate our appetite. As a result, the following health statement has been applied for: "Coriander and cumin are good for our digestion." There has been no decision yet.

Sanatur

PRODUCT DATA

Cumin, Muskat & Koriander

Organic food supplement with spices

Recommended dose:

1 capsule contains:

116 mg cumin

116 mg nutmeg

119 mg coriander

Ingredients:

Coriander 28%, cumin 27.5%, nutmeg 27.5 %, hydroxypropylmethylcellulose (capsule shell)

*Controlled organic cultivation

DE-ÖKO-001

EU-/Non-EU-Agriculture

Consumer information:

Naturally free from gluten, lactose and iodine

May contain traces of glutenous cereal

Art. No.: 1020075

Packaging unit: 90 capsules

EAN: 403618500609

PZN: 16741885

Hagebutten Pulver / Rosehip powder

Organic food supplement
Rosa canina L.AP-4 (rosehip)

CARTILAGE & JOINTS



Important for:

- Joints
- Bones
- Cartilage
- Nerves
- Cell protection



DE-ÖKO-001
Chile
Agriculture



Suitable for:

- People over the age of 45

Special target group:

- People who work in jobs where their joints are under great strain

SANATUR QUALITY STANDARD

- 100% herbal, vegan
- Raw food quality
- Controlled organic cultivation
- Standardised rosehip powder from rosa canina L. AP-4
- Contains no additives
- Processed and filled in Germany
- Safe and environmentally-friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Rosehip powder is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

Roses have been grown for thousands of years. In addition to the blossoms, rosehips – the seed capsule – have become a firm part of our dietary culture. The rosa canina L rosehip is a very popular dog rose. The AP-4 variety is particularly popular with scientists when it comes to healthy joints. The rosehip fruit is known for its high vitamin C content. The seed capsules are used for herbal tea or jam. Contrary to rosehips processed in high temperatures for jam or fruit spread, the standardised powder of our rosehip powder is dried in mild temperatures. This prevents the loss of nutrients.



PRODUCT DATA

Hagebutten Pulver

Organic food with vitamin C

Recommended dose:

2 level measuring spoons (7.5 g) per day

- ▶ Approx. 16 mg of vitamin C per portion (7.5 g)
- ▶ 1 portion covers 20%* of the daily vitamin C requirement

* According to LMIV nutrient values

Ingredients:

Rosehip rosa canina L.AP-4, pulverised* (100%)

* Controlled organic cultivation
DE-ÖKO-001
Chile Agriculture

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 10100283

Packaging unit: 160 g powder

EAN: 4036185004546

PZN: 08717246

Vitamin C contributes to:	Vitamin C
Normal collagen formation and the normal function of bones, teeth, cartilage, gums, skin and blood vessels	X
The protection of cell constituents from oxidative damage	X
A normal function of the immune system	X
The normal function of the nervous system	X

For our rosehip powder we only use rosa canina L. AP-4 fruit from a certified plantation in Chile, ensuring careful harvesting and processing.

What is special about Sanatur Hagebutten Pulver:

- Dried at low temperatures below 40°C
- The harvest begins only when the fruit is fully ripe
- Itchy hairs removed from pips
- Fruit and pips are finely ground

Kurkuma / Curcuma (turmeric powder)

Organic food

Curcuma longa - organic quality spice - fine-tasting intensive spice

SUNNY & STRONG



Important for:

- Digestion
- Cell protection



DE-ÖKO-001
India
Agriculture



For our Sanatur Kurkuma (turmeric) we only use organically grown plants. After the harvest, the tubers are carefully washed, dried and ground to a very fine powder. The finer the grinding, the better the aromatic flavour which reminds of ginger.

Turmeric is used for a host of dishes such as stews, sauces, dips, fish and meat. It can also be used for sweet dishes, especially if combined with aniseed, ginger and coriander.

What is special about Sanatur Kurkuma (turmeric):

- Organic quality
- 3 g of curcumin per 100 g
- Strong colour and aroma
- Very finely ground

SANATUR QUALITY STANDARD

- 100% herbal, vegan
- Controlled organic cultivation
- Carefully dried
- Contains no additives
- Processed and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Kurkuma is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

Curcuma is also called yellow ginger, Indian saffron or turmeric. It belongs to the ginger family. Its root is a fleshy tuber, and the plant grows up to one metre and has a beautiful white or pink blossoms. According to ancient documents from India, the plant was used as a remedy five thousand years ago.

The curcuma rootstalk contains essential oils from sesquiterpenes (especially turmeron and zingiber) as well as 3 to 5% curcuminoids, i.e. bitter substances. They consist of curcumin and other very intensive yellow or orange pigments. Turmeric or curcuma can be heated, but it is not lightfast which is why it should be stored in the dark. It has a pleasant smell and tastes spicy and slightly bitter. Most curry powders use turmeric for the yellow colour. It goes well with meat and fish as well as sauces, dips, stews and barbecues, and it can also be used in sweet dishes, especially if combined with ginger, aniseed and coriander.

Sanatur

PRODUCT DATA

Kurkuma (turmeric powder)

Organic food

Ingredients:

Curcuma root*, ground (100%)

*Controlled organic cultivation

DE-ÖKO-001

India Agriculture

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010152

Packaging unit: 160 g jar

EAN: 4036185004829

PZN: 11290596

Sanddorn Fruchtfleischöl / Sea-buckthorn fruit pulp oil

Organic food

SUNNY BUCKTHORN



Important for:

- Skin
- Mucous membrane
- Gastric mucosa



DE-ÖKO-001
German
Agriculture



For our sea buckthorn fruit oil, the sun-ripened berries from one of the oldest sea buckthorn growing areas on the German Baltic coast are used. The bright orange fruits grow directly behind sandy dunes. Mild sea air and the warming rays of the sun, which are additionally reflected by the water, determine the climate of the growing area. The fruits are cultivated in controlled organic cultivation, carefully harvested and gently pressed. Only the ripe pulp of the berries is used for pressing. The resulting pure pulp oil, with the collected power of the coastal summer, is then bottled in its natural state.

What is special about Sanatur Sea-buckthorn fruit oil:

- organic quality
- without any additives
- high-concentrated

SANATUR QUALITY STANDARD

- 100% herbal, vegan
- Controlled organic cultivation in Germany
- Contains no additives
- Processed and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Sea-buckthorn fruit oil is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

“Sanddorn” or sea-buckthorn probably has its name from the sandy dunes of the North Sea and the Baltic Sea where it grows. As the bush grows on barren ground it must have strong roots. Its strength is also found in its bright orange berries which have a strong flavour. At first sight, the sea-buckthorn bush seems unspectacular. It is bulky and bizarre, and its strong roots hold it firmly in the ground. Its leaves and thorns protect the bright orange berries. Sea-buck-thorn is an unusual plant: it is vigorous and resilient.



PRODUCT DATA

Sanddorn Fruchtfleischöl

Organic food

Ingredients:

Sea buckthorn fruit pulp oil (100%)

*Controlled organic cultivation

DE-ÖKO-001

German Agriculture

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 10100292

Packaging unit: 50 ml

EAN: 4036185004393

PZN: 00683312

SPERMIDIN Spirucell®

Food supplement with spermidine
Spermidine in germ powder

German cultivation

SPERMIDIN

Growing old while feeling young ...

Some substances are of such great importance that our body can actually produce them. One of these important substances is the polyamine compound spermidine. All of our cells contain it. However, with growing age, the body's own production decreases drastically.

vegan



“The fountain of youth”

It seems that spermidine plays a major part in what is called autophagy. In autophagy, the cells get rid of damaged or useless cell components. This creates building blocks which are re-used and support cell metabolism. This could well be described as the human body's recycling programme. Any disruption of this cleansing process may impair the human organism.

*Our motto:
Remain young in your mind!*



Suitable for:

People aged over 50
People who attach importance to a balanced and varied diet; people who wish to support to the body's own substances

SANATUR QUALITY STANDARD



- 100% herbal, vegan
- Regional raw materials from natural foodstuff
- Extra finely ground and encapsulated
- Contains no additives
- Produced in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms

SPERMIDIN Spirucell® is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

The biogenic polyamine compound spermidine is a most impressive nutrient which can be found in every cell in the human body. With growing age, however, the spermidine content decreases. Our Spirucell® product is a herbal and spermidine-rich food supplement made from wheat germs; it is therefore ideal for supplying our body with this natural nutrient.

For some years, scientists have been researching and publishing the effect of spermidine in various studies.



Sanatur

PRODUCT DATA

SPERMIDIN Spirucell®

Food supplement with spermidine

Recommended dose:

4 capsules daily

- ▶ 0.8 mg spermidine per recommended dose

Ingredients:

Wheat germ powder (76%),
hydroxypropylmethylcellulose (capsule shell),
buckwheat germ powder (4%)

Consumer information:

Naturally free from lactose and iodine

Art. No.: 1010225

Packaging unit: 90 capsules

EAN: 4036185003556

PZN: 16354378

Art. No.: 1010229

Packaging unit: 200 capsules

EAN: 4036185003679

Yamswurzel / Yam Root

Organic food supplement

Root powder, organic cultivation in Germany

German cultivation

LIGHTYAM



Important for:

- A healthy diet
- Light metabolism
- Menopause
- Prostate
- Feeling of satiety



DE-ÖKO-001
German
Agriculture



The yam root (*Dioscorea batatas*) is a popular tuber vegetable from the Asian high plains. The powerful tubers can grow up to 2 metres deep into the soil. It is also referred to as "root of light". The plants used for our product are grown in Germany. They thrive in large boxes with special growth supports. This allows the plant to thrive and ensures a careful harvest.

What is special about Sanatur Yamswurzel:

- 100% organic quality from Germany
- Light root of raw food quality, dynamic agriculture
- Only pure white male tubers are used
- Dried gently
- Finely ground



Suitable for

- Adults

Special target groups

- Men above 40
- Woman above 50

SANATUR QUALITY STANDARD

- 100% herbal, vegan
- Regional materials, natural food
- Controlled organic cultivation
- Extra finely ground and encapsulated
- Contains no additives
- Produced in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Yamswurzel is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

Hundreds of different kinds of yam plants grow in warm regions all over the world. The perennial climbing plant grows up to 3 metres high.

The yam root is becoming increasingly popular as a vegetable and as a food supplement. The root is highly nutritious and staple food for many Asians and native Mexicans. The white root is neutral in taste. It is said that it can store much light which is also referred to as "prana" which, in Hinduism, means something like life or vitality or life energy. Absorbing light energy via food is of utmost importance in Indian dietetics. In Europe, the yam root is mainly used as a food supplement during menopause.

Sanatur

PRODUCT DATA

Yamswurzel

Organic food supplement

Recommended dose:

2 capsules daily

- ▶ 860 g of yam root powder per recommended dose

Ingredients:

Yam root powder (*Dioscorea batatas*)* (77%), hydroxypropylmethylcellulose (capsule shell), acacia seyal faser*

* Controlled organic cultivation
DE-ÖKO-001
EU/Non-EU agriculture

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010064

Packaging unit: 60 capsules

EAN: 4036185004676

PZN: 10749727

Helmkraut / Skullcap (Scutellaria baicalensis)

Herbal food supplement

THE POWERFUL ROOT



Important for:

- Immune System
- Virus protection



There are numerous study results regarding Baikal skullcap, describing its virus protection properties. In addition, skullcap supports the bio-availability of medication and phytochemicals. The combination with liquorice root enhances its properties. If medication or food supplements are consumed together with skullcap, please note that this may enhance their bio-availability. This means that the same dosage may have a stronger effect. This effect is often used in traditional Chinese medicine and shows why liquorice root and skullcap are often combined.

What is special about Sanatur skullcap:

- Real Baikal skullcap is used exclusively
- Sustainable wild harvests
- Gently dried and finely ground
- Mixed with acacia powder for optimum absorption in the intestines
- Capsule shell made of cellulose, suitable for vegans
- Dried gently
- Finely ground



Suitable for

- Adults

Please note: Skullcap should not be consumed by pregnant women or people suffering from diabetes. Skullcap can influence insulin and sugar levels.

SANATUR QUALITY STANDARD

- 100% herbal, vegan
- Raw materials from natural foods
- Extra finely ground and encapsulated
- Contains no additives
- Produced in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Skullcap is subject to independent checks in Germany for: heavy metals, microbiology, PAK and ETO.

THINGS TO KNOW

Baikal skullcap is used in traditional Chinese medicine for medical purposes. It should not be mistaken for South American skullcap which is also called American skullcap or, in Latin, scutellaria lateriflora. The roots of Baikal skullcap are traditionally used against virus infections while the leaves of American skullcap are used in nervine or antispasmodic tonics.



PRODUCT DATA

Helmkraut

Herbal food supplement

Recommended dose:

2 capsules per day with much liquid

- 700mg of skullcap, 200mg of baicalin per dose (2 capsules)

Ingredients:

Skullcap root extract (scutellaria baicalensis Georgi) 68%, acacia seyal fibre, hydroxypropylmethyl cellulose (capsule shell)

Consumer information:

- Naturally free from gluten, lactose, iodine
- May contain traces of gluten, soy beans, milk, nuts, celeriac, mustard, sesame, lupins of sulphate

Art. No.: 1010845

Packaging unit: 60 capsules

EAN: 4036185003716

PZN: 17928864

Süßholzwurzel / Licorice root

Food supplement with glycyrrhizin

THE MULTI-TALENT



Important for:

- Throat
- Mucous membranes
- Stomach
- Anti-viral



Liquorice roots have been used in medicine since ancient times. They contain more than 400 precious substances, the most popular being the glycoside “glycyrrhizin”. In addition, there is a number of precious flavonoids (such as liquiritin), phenolic compounds and coumarin.

A balm for mucous membranes in the throat and in the stomach.

In Europe, we predominantly appreciate its anticonvulsant and coughing up effect. Liquorice is a freely available remedy against cough and hoarseness. It is also used under medical supervision to treat stomach ulcers.

What is special about Sanatur liquorice root:

- Medical product quality extract from glycyrrhiza glabra
- Sustainable wild harvest
- 100% herbal
- Gently dried and finely ground
- Mixed with acacia fibre powder for optimum intestinal absorption
- Cellulose capsule shell suitable for vegans



Suitable for

- Adults, against cough and hoarseness

Please note: Safe daily glycyrrhizin consumption: 100mg. Pregnant women, patients suffering from high blood pressure and electroanalysis variations should not exceed this amount.

SANATUR QUALITY STANDARD

- 100% herbal, vegan
- Raw materials from natural plants
- Extra finely ground and encapsulated
- Contains no additives
- Produced in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Sanatur liquorice root is subject to independent checks in Germany for: heavy metals, microbiology, PAK and ETO.

THINGS TO KNOW

There are 30 different kinds of liquorice, but the European liquorice glycyrrhiza glabra is the most popular. It has a high natural content of precious ingredients.

For Sanatur liquorice root extract, we only use the nutritious roots of glycyrrhiza glabra. They are hand-picked and extracted under standardised medical product quality conditions. In a few seconds, the extract is spray-dried without using any carrier substances.



PRODUCT DATA

Süßholzwurzel

Food supplement with glycyrrhizin

Recommended dose:

1 capsule daily

- ▶ 30 mg of glycyrrhizin per capsule

Ingredients:

Liquorice root extract 64% (glycyrrhiza glabra L.), acacia seyal fibre, hydroxypropylmethyl cellulose (capsule shell)

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010844

Packaging unit: 60 capsules

EAN: 4036185003723

PZN: 17879321

BioAcerola (Organic Acerola)

Organic food supplement with vitamin C
Natural vitamin C from Acerola cherries

IMMUNE SYSTEM

 **Important for:**

- Immune system
- Iron intake
- Cell protection
- Locomotor system
- Skin and collagen formation
- Blood vessels



DE-ÖKO-001
Non-EU
Agriculture



Suitable for:

- Permanent consumption by the entire family

Special target groups:

- People with many physical activities
- People who cannot eat citric fruit
- People who primarily eat vegetarian food and suffer from low iron values

SANATUR QUALITY STANDARD

- 100% natural, vegan
- Organic quality
- Raw materials from natural food
- Contains no fillers, dyes, preservatives
- Processed and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



BioAcerola is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

The Acerola cherry, also known as the Antilles cherry, is one of the fruit that contains the highest amount of vitamin C worldwide. It grows on small evergreen bushes in South America. The dried fruit powder is a popular raw material used to increase the content of natural vitamin C in our food.



PRODUCT DATA

BioAcerola lozenges

Organic food supplement with vitamin C

Recommended dose:

2 lozenges daily

▶ 100 g of vitamin C per recommended dose (2 lozenges)

▶ 2 lozenges cover 125%* of the daily vitamin C requirement

* According to LMIV nutrient values

Ingredients:

Raw cane sugar*, acerola fruit powder* (Malipighia glabra L.* 21%), cocos fat*, natural flavouring

*Controlled organic cultivation
DE-ÖKO-001
Non-EU Agriculture

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010364

Packaging unit: 60 lozenges

EAN: 4036185003617

PZN: 16896323

Vitamin C contributes to::	
Normal function of immune system	X
Reducing fatigue and tiredness	X
Normal function of blood vessels, skin and gums	X
Normal function of bones, cartilage and teeth	X
Normal collagen formation	X
Protection of cell components from oxidative damage	X
Increasing the non-haem-iron absorption, i.e. it increases the intake of iron from vegetables	X
Normal function of nervous system	X
Normal mental function	X

What is special about Sanatur BioAcerola:

- 100% vitamin C from Acerola cherries
- Controlled organic cultivation
- Mild, fruity flavour
- Suitable for people who react to acidic food
- Pleasant lozenge shape

CoEnzym Q10 plus Vitamin C

Herbal food supplement

Q10 plus vitamin C from Acerola cherries

ENERGY & CELL PROTECTION



Important for:

- Cell protection
- Skin & collagen formation
- Energy metabolism
- Locomotor system
- Blood vessels
- Immune system
- Iron intake

vegan



Suitable for:

- Adults, the elderly, athletes

Special target groups:

- People who care about healthy blood vessels

What is special about Sanatur CoEnzym Q10:

- 100% natural coenzyme Q10
- Q10 in high Japanese quality from KANEKA
- Enhanced with vitamin C from Acerola cherries

SANATUR QUALITY STANDARD

- 100% herbal, vegan
- Raw materials from natural food
- Contains no fillers, dyes and preservatives
- Processed and filled in Germany
- Safe and environmentally-friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Coenzyme Q10 is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

Coenzyme Q10 can be found anywhere in the human body. Organs with high energy intake such as heart, lungs and liver show the highest concentration of Q10.

The coenzyme Q10 concentration decreases with increasing age, for example, in the heart of an 80-year-old person, only 60% of the coenzyme Q10 can be found compared with a 20-year-old person.

Sanatur

PRODUCT DATA

CoEnzym Q10 plus Vitamin C

Herbal food supplement

Recommended dose:

1 capsule per day

► 40 mg of coenzyme Q10 and 40 mg of vitamin C per capsule

► 1 capsule covers 50% of the daily vitamin C requirement*

* According to LMIV nutrient values

Ingredients:

Acerola powder 66.5%, hydroxypropylmethylcellulose (capsule shell), coenzyme Q10 (ubichinon) 11.6%, separating agent: magnesium salts from fatty acids, silica

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010353

Packaging unit: 100 capsules

EAN: 4036185003532

Coenzym Q10 ingredients contribute to:	Vitamin C
Normal energy metabolism	X
Fighting fatigue and exhaustion	X
Normal blood vessel, skin and gum function	X
Increases non-haem-iron absorption, i.e. it enhances the intake of iron from herbal food	X
Normal bone, cartilage and teeth	X
Normal collagen formation	X
Normal function of nervous system	X
Protecting cell components from oxidative damage	X
Normal psychological function	X
Normal function of immune system	X

Natto Complex

Food supplement with nattokinase

Harmony mixture with nattokinase, monakoline K, astaxanthin & coenzyme Q10

納豆 NATTO



Important for:

- The heart
- Blood vessels
- Blood thinner



vegan

Natto is a traditional Asian food product. Just like bread in Europe, natto has been a staple diet in Asia for 2,000 years.

What is special about Natto Complex:

- Nattokinase from fermented soy beans
- Astaxanthin from haematococcus pluvialis algae
- Coenzyme Q10
- Monakolin K - red fermented rice flour
- Chlorella microalgae powder



Suitable for:

- Adults and the elderly

Special target group:

- People who look after their heart and blood circulation

▶ If you take blood-thinning medication please consult your GP prior to consuming Natto Complex.

SANATUR QUALITY STANDARD

- 100% herbal, vegan
- Raw materials from natural food
- Contains no fillers, dyes and preservatives
- Processed and filled in Germany
- Safe and environmentally-friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Natto Complex is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

Natto consists of soy beans fermented by means of bacillus subtilis. In Asia, natto is considered to be a firm part of healthy nutrition as it is good for our heart and blood vessels.

Astaxanthin is a natural dye extracted from haematococcus pluvialis algae. The fresh-water algae are not quite 0.1mm in size. In terms of structure, astaxanthin is related to the known carotenoids such as carotin, zeaxanthin and lutein.

Coenzyme Q10 can be found anywhere in the human body. Organs with high energy intake such as heart, lungs and liver show the highest concentration of Q10.

Sanatur

PRODUCT DATA

Natto Complex

Food supplement with nattokinase

Recommended dose:

1 capsule daily

- ▶ 100 mg (2000 FE) of nattokinase, 1.8 mg monakoline K, 1 mg of coenzyme Q10, 0.1 mg astaxanthin per recommended dose (1 capsule)

Ingredients:

Natto powder (fermented **soy** beans) 29.7%, red rice flour, chlorella microalgae powder, hydroxypropylmethylcellulose (capsule shell), astaxanthin algae mass, coenzyme Q10

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 10100274

Packaging unit: 60 capsules

EAN: 4036185004591

PZN: 00478925

Rhodiola rosea Plus

Food supplement with natural B vitamins
Rose root (Rhodiola rosea)

PERFORMANCE & PSYCHE



Important for:

- Psyche
- Performance
- Concentration
- Fatigue
- Exhaustion
- Nerves

vegan



Rhodiola rosea Plus contains B vitamins which contribute to:	Vitamin B3	Vitamin B5	Vitamin B6	Vitamin B12
Normal function of psyche	X		X	X
Normal function of nerves	X		X	X
Reducing fatigue and exhaustion	X		X	X
Normal mental performance		X		

What is special about Sanatur Rhodiola rosea Plus:

- Standardised rose root powder with 3% rosavins
- Inactive brewer's yeast with standardised B vitamin contents



Suitable for:

- People suffering from stress-related conditions
- People with multiple burdens
- Athletes
- People suffering from emotional and physical exhaustion

Special target groups:

- Professions with burnout risks: Teachers, medical and social professions, managers and executives

SANATUR QUALITY STANDARD

- 100% herbal/vegan
- Processed and filled in Germany
- Contains no additives
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Rhodiola rosea Plus is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

Today, an ever increasing amount of flexibility is required at work, within the family or during our leisure time. This means that every-day life is becoming more stressful which can lead to fatigue, lack of concentration, lack of motivation and a drop in performance.

Unfortunately, stress situation cannot always be avoided or stopped at once. This is where B vitamins and herbal adaptogens can help. Adaptogens are plants which help our organism become more resistant to stress. They increase our body's adaptability to stressors, and stress can be handled more easily. Rose root is one widely recognised adaptogen. There are no side effects, and it has a positive influence on our well-being.

Sanatur

PRODUCT DATA

Rhodiola rosea Plus

Food supplement with natural B vitamins

Recommended dose:

1 capsule per day

► 200 mg of Rhodiola rosea, 8 mg vitamin B3, 3,6 mg vitamin B5, 1 mg vitamin B6 and 1 µg vitamin B12 per recommended dose (1capsule)

► 1 capsule covers the daily requirements as follows:

50 %* of vitamin B3

60 %* of vitamin B5

71 %* of vitamin B6

40 %* of vitamin B12

* According to LMIV nutrient values

Ingredients:

Brewer's yeast powder (Saccharomyces cerevisiae) 50%, rhodiola rosea extract 33%, hydroxypropyl-methylcellulose (capsule shell)

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010072

Packaging unit: 60 capsules

EAN: 4036185004720

PZN: 11141695

Art. No.: 1010194

Packaging unit: 180 capsules

EAN: 4036185004928

PZN: 13824180

SpiruActiv cartilage & boones

Organic food supplement with vitamin C

Rosehip (rosa canina L.AP4) Acerola cherries, BioChlorella and BioSpirulina

CARTILAGE & BOONES



Important for:

- Joints
- Bones
- Cartilage
- Nervous system
- Energy metabolism
- Regeneration
- Cell protection



DE-ÖKO-001
Non-EU-
Agriculture



Suitable for:

- People aged 45 and over

Special target group:

- People who work in jobs where the joints have to bear much strain

What is special about Sanatur SpiruActiv cartilage & boones:

- Standardised Rose canina (L.AP-4) rosehip powder
- Natural vitamin C from Acerola fruit powder
- Enhanced with BioSpirulina and BioChlorella
- No side effects

SANATUR QUALITY STANDARD

- 100% herbal, vegan
- Raw materials from controlled organic cultivation
- Processed and filled in Germany
- Contains no additives
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



THINGS TO KNOW

Roses have been cultivated for many thousand years. Not only are they appreciated for their beauty, but also for their varied use in our cuisine. In addition to the petals, the fruit of the rose – the rosehip – is much appreciated. The beauty of the pink dog rose (rosa canina) flowers, for example, enchants us in the summer, while its rich dark red rosehips add a beautiful touch of colour in the autumn. The seed capsules contain vitamin C and enrich our diet in herbal tea or jam. For SpiruActiv, the standardised rosa canina L rosehip powder is used. In contrast to rosehips which are turned into jams using strong heat, the standardised powder is dried in mild temperatures. In this way, the loss of nutrients owing to high temperatures can be avoided.



PRODUCT DATA

SpiruActiv cartilage & boones

Organic food supplement with vitamin C

Recommended dose:

3 capsules daily

▶ 24 mg of vitamin C per recommended dose (3 capsules)

▶ 3 capsules cover 30%* of the daily vitamin C requirement

* According to LMIV nutrient values

Ingredients:

Rosehip fruit powder* (Rosa canina L.AP-4) 67,5%, hydroxypropylmethylcellulose (capsule shell), acerola fruit powder*, chlorella micro-algae powder*, spirulina microalgae powder*

* Controlled organic cultivation

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Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 10100278

Packaging unit: 90 capsules

EAN: 4036185004607

PZN: 1009440551

SPIRU® B-Vitamin Complex

Food supplement with B-vitamins

All B-vitamins in active organic form with quinoa sprouts

NERVES & ENERGY

 Important for:

- Performance
- Nervous system
- Energy metabolism
- Psyche
- Skin and mucous membranes
- Immune system
- Blood formation

vegan



 Suitable for:

- People with multiple exposure to stress and strain
- Vegetarians or vegans

Special target group:

- People under a lot of stress, pregnant women

What is special about SPIRU® B-Vitamin Complex:

- Quinoa sprouts provide organically active B-vitamins
- Patented PANMOL® B-COMPLEX method
- Holistic mixture owing to organic Spirulina

SANATUR QUALITY STANDARD

- 100% herbal, vegan
- Raw materials from natural food
- Contains no fillers, dyes and preservatives
- Processed and filled in Germany
- Safe and environmentally-friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



SPIRU® B-Vitamin Complex is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.



PRODUCT DATA

SPIRU® B-Vitamin Complex

Food supplement with B-vitamins

Recommended dose:

3 capsules per day

Nutrients	per recommended dose (3 capsules)
Vitamin B1 (thiamine)	0.88 mg (80 %*)
Vitamin B2 (riboflavin)	1.12 mg (80 %*)
Vitamin B3 (niacin)	12.8 mg (80 %*)
Vitamin B5 (pantothenic acid)	4.96 mg (80 %*)
Vitamin B6 (pyridoxine)	1.12 mg (80 %*)
Vitamin B7 (biotin)	40 µg (80 %*)
Vitamin B9 (folic acid)	200 µg (100 %*)
Vitamin B12 (cyanocobalamin)	2.5 µg (100 %*)

* According to LMIV nutrient values

Ingredients:

Acacia Seyal Faser, quinoa sprouts 34 %, hydroxypropylmethylcellulose (capsule shell)

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010221

Packaging unit: 90 capsules

EAN: 4036185003525

PZN: 14261187

Art. No.: 1010228

Packaging unit: 200 capsules

EAN: 4036185003655

SPIRU® B-Vitamin Complex components contribute to:	Thiamin	Riboflavin	Niacin	Pantothenic acid	Pyridoxin	Biotin	Folic acid	Cobalamin
	B1	B2	B3	B5	B6	B7	B9	B12
Normal blood formation							X	
Normal formation of red blood cells		X			X			X
Normal energy metabolism	X	X	X	X	X	X		X
Normal iron metabolism		X						
Normal mental function				X				
Maintaining healthy hair						X		
Maintaining healthy skin		X	X			X		
Normal heart function	X							
Maintaining normal homocystein metabolism					X		X	X
Regulation of hormonal activity					X			
Normal function of immune system					X	X	X	X
Normal tissue growth during pregnancy							X	
Normal function of nervous system	X	X	X		X	X		
Normal protein and glycogen metabolism					X			
Protection of DNA from oxidative damage		X						
Maintaining healthy eyesight		X						
Normal macro-nutrient metabolism						X		
Normal synthesis and metabolism of steroid hormones, vit. D and some neuro-transmitters				X				
Normal cell division							X	X
Reducing fatigue and tiredness	X		X		X	X	X	X

Vitamin D3 Oil, 100 % herbal

Food supplement with heral vitamin D3 from algae
With MCT-oil from coconut.

Only 1 drop daily!
For the whole family!

IMMUNE SYSTEM

 Important for:

- Immune system
- Bones
- Muscles
- Teeth
- Locomotor system
- Cell division

NEW



vegan

 Suitable for:

- Everyone during winter months and on days without sunshine
 - The elderly
 - Dark-skinned people
- Special target group:
- Children and adolescents during growth

SANATUR QUALITY STANDARD

- Natural oil from coconut and algae
- Contains no fillers and preservatives
- Processed and filled in Germany
- Safe and environmentally-friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Vitamin D3 Oil is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

- The vitamin D creation in our skin is determined by our place of residence (latitude), the weather (season, hours of sunshine), our lifestyle and skin properties (pigmentation, thickness).
- On average, our nutrition provides 10-20% of our vitamin D requirement. The rest is created via our skin.
- After the age of 65, the vitamin D creation in our skin can decrease by more than half.
- Dark-skinned people create less vitamin D in their skin compared with light-skinned people.

Sanatur

PRODUCT DATA

Vitamin D3 Oil

Food supplement with vitamin D

Recommended dose:

1 drop daily

► 12,5 µg: 500 IU (International Units) of vitamin D per recommended dose (1 drop)

► 1 drop of vitamin D3 oil covers: 62,5%* of the daily vitamin D requirement

* According to LMIV nutrient values

Ingredients:

Coconut oil (Cocos nucifera L.), vitamin D3 from algae (2,5 %)

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010302

Packaging unit: 30 ml

EAN: 4036185003747

PZN: 18131381

Sanatur Vitamin D3 Oil contributes to:	Vitamin D
Normal function of immune system	X
Maintaining normal bones and teeth	X
Normal cell division	X
Normal function of muscles	X
Normal intake and use of calcium and phosphorus	X
Maintaining a normal blood-calcium concentration	X

What is special about Sanatur Vitamin D3 Oil:

- 12,5 µg (500 IU) of vitamin D3 per drop
- vitamin D3 oil from algae
- with MCT-oil from coconut for a optimal absorption
- only natural oils are processed
- premium quality

Vitamin D3 Plus

Food supplement with heral vitamin D3 and minerals
Herbal vitamin D3 with calcium and magnesium from the sango coral

SUN-VITAMIN



Important for:

- Bones
- Joints
- Cartilage
- Teeth
- Locomotor system
- Immune system
- Cell division



Suitable for:

- Everyone during winter months and on days without sunshine
 - The elderly
 - Dark-skinned people
- Special target group:
- Children and adolescents during growth

SANATUR QUALITY STANDARD

- Raw materials from natural food
- Contains no fillers, dyes and preservatives
- Processed and filled in Germany
- Safe and environmentally-friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Vitamin D3 Plus is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

- The vitamin D creation in our skin is determined by our place of residence (latitude), the weather (season, hours of sunshine), our lifestyle and skin properties (pigmentation, thickness).
- Vitamin D and calcium are a combination to ensure healthy bones
- Our bone mass increases up to 30 years of age. After the age of 40 we should try and maintain as much of our bone mass as possible.
- On average, our nutrition provides 10-20% of our vitamin D requirement. The rest is created via our skin.
- After the age of 65, the vitamin D creation in our skin can decrease by more than half.
- Dark-skinned people create less vitamin D in their skin compared with light-skinned people.



PRODUCT DATA

Vitamin D3 Plus

Food supplement with herbal vitamin D3 and minerals

Recommended dose:

1 capsule daily

► 20 µg: 800 IU (International Units) of vitamin D per recommended dose (1 capsule)

► 1 capsule of vitamin D plus cover:
400 %* of the daily vitamin D requirement
20 %* of the daily calcium requirement
20 %* of the daily magnesium requirement

* According to LMIV nutrient values

Ingredients:

Sango coral powder (87 %),
hydroxypropylmethylcellulose (capsule shell),
vitamin D3 from lichen (1%)

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 10100299

Packaging unit: 90 capsules

EAN: 4036185004874

PZN: 12894310

Sanatur Vitamin D Plus ingredients contribute to:	Vitamin D	Calcium	Magnesium
Maintaining normal bones and teeth	X	X	X
Normal function of immune system	X		
Normal cell division	X	X	X
Normal function of muscles	X	X	X
Reducing fatigue and tiredness			X
Normal nervous system function			X
Normal energy metabolism		X	X
Normal intake and use of calcium and phosphorus	X		
Maintaining a normal blood-calcium concentration	X		

What is special about Sanatur Vitamin D3 Plus:

- 15 µg (600 IU) of vitamin D3 per capsule
- Calcium and magnesium from the sango coral as natural mineral source
- Only fossil corals are used, quarrying is strictly supervised by environmental authorities

Vitamin K2

Food supplement with vitamin K2
K2 as biologically active MK-7

MK-7 BONES...



Important for:

- Healthy bones
- Blood clotting

vegan



Suitable for:

- People who attach importance to healthy bones

Special target groups:

- Age 40+

SANATUR QUALITY STANDARD

- 100% vegan
- Stable vitamin K compound
- Capsule shell: purely herbal
- Processed and filled in Germany
- Contains no additives
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Vitamin K2 is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

Vitamin K2 activates the protein osteocalcin which can only fulfil its function in its active form to provide the bones with calcium. If there is no vitamin K2, the protein remains inactive and calcium cannot reach the bones or teeth. There is another protein activated by vitamin K2 which addresses the deposit of calcium in the artery walls. If there is no vitamin K2, this protein cannot fulfil its function which means that calcium cannot reach the artery walls and is, instead, deposited as plaque in our arteries.

The intake of vitamin K2 as menaquinone-7 is the easiest way. It is derived from herbal raw materials by means of synthesis in an optimum purity.

Sanatur

PRODUCT DATA

Vitamin K2

Food supplement with vitamin K2

Recommended dose:

1 capsule daily

► 105 µg of vitamin K2
per recommended dose (1 capsule)

► 1 capsule covers 140%* of the daily vitamin K2
requirement

* According to LMIV nutrient values

Ingredients:

Barley grass powder,
hydroxypropylmethylcellulose (capsule shell),
vitamin K2 (20 %)

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010114

Packaging unit: 90 capsules

EAN: 4036185004737

PZN: 11141703

Sanatur Vitamin K2 contributes to:	Vitamin K
Keeping bones healthy	X
Normal blood clotting	X

What is special about Sanatur Vitamin K2

- High resorption rate of K2 through MK-7
- Equally high contents through micro-capsules
- Highest purity 98%
- 92% biologically active all-trans-menaquinone-7

Vitamin K is very delicate and degrades very quickly in light conditions. The vitamin stays stable owing to micro-capsules.

► People who take blood thinning medication should consult their doctor prior to taking vitamin K2

Vitamin K2 Plus

Food supplement with natural vitamin K2 and vitamin D3
K2 as biologically active MK-7 and herbal vitamin D from lichen

Exclusive combination for strong bones!

K2 & D3 herbal

 **Important for:**

- Healthy bones
- Blood clotting
- Immune system



vegan



Suitable for:

- People who attach importance to healthy bones

Special target groups:

- Age 40+

SANATUR QUALITY STANDARD

- 100% herbal / vegan
- Stable vitamin K compound
- Herbal vitamin D3 from lichen
- Capsule shell: purely herbal
- Processed and filled in Germany
- Contains no additives
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Vitamin K2 Plus is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

Vitamin K2 activates the protein osteocalcin which can only fulfil its function in its active form to provide the bones with calcium. If there is no vitamin K2, the protein remains inactive and calcium cannot reach the bones or teeth. There is another protein activated by vitamin K2 which addresses the deposit of calcium in the artery walls. If there is no vitamin K2, this protein cannot fulfil its function which means that calcium cannot reach the artery walls and is, instead, deposited as plaque in our arteries.

The intake of vitamin K2 as menaquinone-7 is the easiest way. It is derived from herbal raw materials by means of synthesis in an optimum purity.



PRODUCT DATA

Vitamin K2 Plus

Food supplement with natural vitamin K2 and vitamin D3

Recommended dose:

1 capsule daily

► 90 µg of vitamin K2 and 15 µg of vitamin D3 per recommended dose (1 capsule)

► 1 capsule covers 120%* of the daily vitamin K2 requirement and 300%* of the daily vitamin D3 requirement

* According to LMIV nutrient values

Ingredients:

Barley grass powder, hydroxypropylmethylcellulose (capsule shell), vitamin K2 (Menaquinon 7) (15%), vitamin D3 vegan (2.3%)

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010179

Packaging unit: 90 capsules

EAN: 4036185004768

PZN: 12872159

	Vitamin D	Vitamin K
Sanatur Vitamin K2 Plus contributes to:		
Keeping bones healthy	X	X
Normal blood clotting		X
Normal function of immune system	X	
Normal intake and use of calcium and phosphorus	X	
Normal function of muscles	X	

What is special about Sanatur Vitamin K2 Plus:

- High resorption rate of K2 through MK-7
- Equally high contents through micro-capsules
- Highest purity 98%
- 92% biologically active all-trans-menaquinone-7
- Herbal vitamin D3

Vitamin K is very delicate and degrades very quickly in light conditions. The vitamin stays stable owing to micro-capsules.

► People who take blood thinning medication should consult their doctor prior to taking vitamin K2 Plus

DHA Plus pflanzlich

Food supplement with omega-3 fatty acids
DHA from algae oil for the supply of omega-3 fatty acids

BRAIN & HEART



Important for:

- Brain function
- Eyes
- Eyesight
- Heart
- Blood circulation system

vegan



Suitable for:

- Children, adolescents, adults under stress
- Pregnant and breastfeeding women
- People who care about the performance of their eyes, brain and heart
- Vegetarians and vegans

► Please note: People who take blood-thinning medication should consult their doctor prior to taking DHA Plus herbal.

SANATUR QUALITY STANDARD

- 100% herbal/vegan
- Natural raw materials as nutrients
- Herbal capsule shell based on corn starch
- Contains no colouring, filling or preserving substances
- Processed and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



DHA Plus is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

Docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are the two highest levels in the development of omega-3 fatty acids. They are part of every body cell and fulfil important functions.

Salt-water fish provide one of the few fatty acid sources. This is why most omega-3 products are made from refined fish oil. Our omega-3 fatty acids are made from algae only and have no influence on the sea eco-system. They offer a new option to provide a herbal and sustainable supply of omega-3.



PRODUCT DATA

DHA Plus pflanzlich

Food supplement with omega-3 fatty acids

Recommended dose:

2 capsules daily with the main meal

► 250 mg DHA and 125 mg EPA per recommended dose (2 capsules)

Ingredients:

Algae oil 75% (algae oil made from schizochytrium sp micro-algae, sunflower oil, rosemary extract, anti-oxidants: tocopherol) casule shell (humectant agent: glycerol, thickening agent: modified corn starch, carrageen; water, acidity regulator: sodium carbonate)

Consumer information:

Free from gluten, lactose and iodine

Art. No.: 1010195

Packaging unit: 80 capsules

EAN: 4036185004935

The positive effect on the brain function and eyesight in adults starts with a daily dose of 250 mg of DHA. The positive effect on the heart function in adults starts with a daily dose of 250 mg DHA and EPA. The positive effect on the foetus and baby starts when pregnant and breast-feeding women consume 200 mg of DHA in addition to their normal recommended intake of omega-3 fatty acids (250 mg DHA and EPA).

Omega-3 fatty acids contribute to:	DHA	EPA
Maintain normal brain function	X	
Maintain normal eyesight	X	
Maintain normal heart function	X	X
Support a normal brain development in foetuses and breast-fed babies when taken by the mother	X	
Support a normal eye development in foetuses and breast-fed babies when taken by the mother	X	

What is special about Sanatur DHA Plus herbal:

- Contains DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid)
- Purely herbal - from microalgae oil
- Equivalent to animal omega-3 fatty acids

Environmental point: ecologically neutral omega-3 product to combat overfishing in global oceans

Omega-3 Fettsäuren / Omega-3 fatty acids

Food supplement

Omega-3 fatty acids from fish oil (sardines, anchovies, herrings and mackerels)

HEART FUNCTION



Important for:

- Eyes
- Brain
- Heart



Suitable for:

- People who look after their cholesterol level
- People who do not consume much food containing omega-3
- People above the age of 45

Special recommendation:

- To support the nervous system during or after a Dr. Klinghardt therapy

SANATUR QUALITY STANDARD



- Raw material from natural food
- Caught in the North Atlantic Ocean
- Wild fishing without drag nets
- Contains NO heavy metals or dioxins
- Processed and filled in Germany
- Contains no filling, colouring or preserving substances
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms

Omega-3 Fettsäuren is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

Omega-3 fatty acids are polyunsaturated fatty acids. The three most important omega-3 fatty acids are: alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). The long-chain polyunsaturated fatty acids EPA and DHA can partly be produced in our body by transforming alpha-linolenic acid (ALA). As the transformation to EPA and DHA does not produce sufficient quantities it is referred to as "conditionally essential". Hence it is essential to add fatty acids to our diet.



PRODUCT DATA

Omega-3 Fettsäuren

Food supplement

Recommended dose:

3 capsules daily

- 525 mg of omega-3 fatty acids per recommended dose, i.e. 270 mg of EPA, 180 mg of DHA, 27 mg (225%*) of vitamin E

* According to LMIV nutrient values

Ingredients:

Fish oil (70%), capsule shell: gelatine, humectant: glycerol, water; vitamin E

Art. No.: 1010059

Packaging unit: 120 capsules

EAN: 4036185004102

PZN: 13235259

Omega-3 fatty acids ingredients contribute to:	DHA	EPA	Vitamin E
Normal heart function	X	X	
Maintaining normal brain function Minimum dosage: 250 mg DHA (= 5 capsules Sanatur omega 3 fatty acids)	X		
Protection of cell components from oxidative damage			X
Maintaining normal eyesight Minimum dosage: 250 mg DHA (= 5 capsules Sanatur omega 3 fatty acids)	X		

What is special about Sanatur Omega-3 Fettsäuren:

- Fish oil extracted using a physical method
- Gently refined
- With the important omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid)
- Vacuum-processed
- Herbal vitamin E from 100% RRR- α tocopherol
- Vitamin E protects precious fatty acids from oxidation

Omega-3 herbal

Food supplement with alpha-linolenic acid
Alpha-linolenic acid from perilla oil (wild sesame)

CHOLESTEROL LEVEL



Important for:

- Blood fat values
- Cholesterol



vegan



Suitable for:

- People watching their cholesterol level
- People consuming insufficient amounts of food containing omega-3
- People over the age of 45

Special recommendation:

- To support the nervous system during or after a Dr. Klinghardt therapy

SANATUR QUALITY STANDARD

- 100% herbal/vegan
- Natural raw materials for nutrient supply
- Contains no colouring, filling or preserving substances
- Processed and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Omega-3 herbal is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

In scientific terms, alpha-linolenic acid (ALA) which can be found in herbal foods and fats is considered to be one of the omega-3 fatty acids. Alpha-linolenic acid can be found in rape, wild sesame, walnuts and linseed oil and is an essential fatty acid which can be converted in the body to the biologically higher-ranking omega-3 fatty acids EPA and DHA by means of a series of complicated reactions. Replacing saturated fatty acids by monounsaturated or polyunsaturated fatty acids in our diet helps maintain a normal blood cholesterol level.



PRODUCT DATA

Omega-3 pflanzlich

Food supplement with alpha-linolenic acid

Recommended dose:

3 capsules daily

► 900 mg of alpha-linolenic acid and 27 mg (225%*) of vitamin E per recommended dose (3 capsules)

* According to LMIV nutrient values

Ingredients:

Perilla oil (71%), capsule shell (humectant: glycerol; modified corn starch, humectant: glycerol, gelling agent: carrageen, acidity regulator: sodium carbonate, water), vitamin E

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010822

Packaging unit: 120 capsules

EAN: 4036185004300

PZN: 04777168

Omega 3 herbal ingredients contribute to:	Alpha-linolenic acid	Vitamin E
Maintaining a normal blood-cholesterol concentration	X	
Protection of cell components against oxidative damage		X

Perilla belongs to the mint family and is also known as shiso or red shiso. It is indispensable in the Japanese cuisine. The seeds of perilla frutescens consist of fat (approx. 40%) and contain a high amount of the alpha-linolenic omega-3 fatty acid.

Alpha-linolenic acid:

- An essential fatty acid
- Cannot be produced by the body
- Must be added to our daily diet
- Is transformed to active EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid)

What is special about Sanatur Omega-3 pflanzlich:

- 100% herbal alpha-linolenic acid from perilla oil
- With herbal vitamin E from 100% RRR- α -tocopherol

Omega-3 herbal, organic

Food supplement with alpha-linolenic acid
Alpha-linolenic acid from perilla oil (wild sesame)

CHOLESTEROL LEVEL



Important for:

- Blood fat values
- Cholesterol



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Suitable for:

- People watching their cholesterol level
- People consuming insufficient amounts of food containing omega-3
- People over the age of 45

Special recommendation:

- To support the nervous system during or after a Dr. Klinghardt therapy

SANATUR QUALITY STANDARD

- 100% herbal/vegan
- Controlled organic cultivation
- Contains no colouring, filling or preserving substances
- Processed and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Omega-3 herbal, organic is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

In scientific terms, alpha-linolenic acid (ALA) which can be found in herbal foods and fats is considered to be one of the omega-3 fatty acids. Alpha-linolenic acid can be found in rape, wild sesame, walnuts and linseed oil and is an essential fatty acid which can be converted in the body to the biologically higher-ranking omega-3 fatty acids EPA and DHA by means of a series of complicated reactions. Replacing saturated fatty acids by monounsaturated or polyunsaturated fatty acids in our diet helps maintain a normal blood cholesterol level.

Sanatur

PRODUCT DATA

Omega-3 pflanzlich, BIO

Food supplement with alpha-linolenic acid

Recommended dose:

3 capsules daily

- ▶ 1000 mg of alpha-linolenic acid per recommended dose (3 capsules)

Ingredients:

Perilla oil* (84%), hydroxypropylmethylcellulose (capsule shell)

*Controlled organic cultivation

DE-ÖKO-00

Non-EU Agriculture

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010842

Packaging unit: 90 capsules

EAN: 4036185003686

PZN:

Alpha-linolenic acid contributes to:	Alpha-linolenic acid
Maintaining a normal blood-cholesterol concentration	X

Perilla belongs to the mint family and is also known as shiso or red shiso. It is indispensable in the Japanese cuisine. The seeds of perilla frutescens consist of fat (approx. 40%) and contain a high amount of the alpha-linolenic omega-3 fatty acid.

Alpha-linolenic acid:

- An essential fatty acid
- Cannot be produced by the body
- Must be added to our daily diet
- Is transformed to active EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid)

What is special about Sanatur Omega-3 pflanzlich, BIO:

- 100% herbal alpha-linolenic acid from perilla oil
- controlled organic cultivation

Nachtkerzen-Öl / Evening primrose oil, organic (Oenothera biennis)

Organic food supplement with evening primrose oil

LIQUID GOLD



Important for:

- Skin and mucous membranes



DE-ÖKO-001
Non-EU-
Agriculture



Also known as nightrose, the evening primrose is very nutritious, and its long tap root is a popular vegetable. However, it is the seeds which are particularly precious because they contain its famous oil which is used in skincare both for internal and external applications.

What is special about organic Sanatur evening primrose oil:

- Unrefined organic oil
- Cold-pressed
- Oxygen exclusion processing
- Easy dosage
- Capsule content free from additives
- Cellulose capsule shell, suitable for vegans



Suitable for:

- People attaching importance to a healthy and balanced diet
- People with sensitive skin

Special recommendation:
People with skin problems such as dry, flaky and sensitive skin

SANATUR QUALITY STANDARD

- 100% herbal/vegan
- Natural raw materials, highly nutritious
- Controlled organic cultivation
- Contains no colouring, filling or preserving substances
- Processed and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms

Omega-3 herbal, organic is subject to independent checks in Germany for: heavy metals, microbiology, PAK and ETO.



Sanatur

PRODUCT DATA

Nachtkerzen-Öl

Organic food supplement with evening primrose oil

Recommended dose:

3 capsules daily

- 1,500 mg of evening primrose oil per recommended dose (3 capsules)

Ingredients:

Organic evening primrose oil (oenothera biennis) 84%, hydroxypropylmethyl cellulose (capsule shell)

*Controlled organic cultivation

DE-ÖKO-00

Non-EU-Agriculture

Consumer information:

Naturally free from gluten, lactose and carra-geen.

Art. No.: 1010846

Packaging unit: 60 capsules

EAN: 4036185003693

PZN: 21122466

Schwarzkümmel-Öl / Black cumin oil, organic (Nigella sativa)

Organic food supplement with black cumin oil

TREASURE OF THE PHARAOHS



Important for:

- Digestion
- Well-being
- Respiratory tract



Black cumin is the magic formula of the orient. A bottle of the precious 3330-year-old black cumin oil was even found in Pharaoh Tutankhamen's grave.

It is possible to grow black cumin in your garden, too. For our product, the plants are organically cultivated, carefully harvested and the seeds are gently pressed. The cold-pressed oil is filled in herbal capsule shells and packaged by Sanatur in light-protected brown jars.

What is special about organic Sanatur black cumin oil:

- Real black cumin nigella sativa
- Pure black cumin oil
- Cold-pressed
- Certified organic farming in Egypt
- Capsule content free from additives
- Capsule shell made of cellulose, suitable for vegans



Suitable for:

- People attaching importance to a balanced + healthy diet
- People suffering from digestive disorders

Special recommendation:

- People consuming greasy and indigestive food

SANATUR QUALITY STANDARD

- 100% herbal/vegan
- Black cumin oil from controlled organic farming
- Free from colouring, fillers and preservatives
- Controlled organic cultivation
- Contains no colouring, filling or preserving substances
- Processed and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Black cumin oil, organic is subject to independent checks in Germany for: heavy metals, microbiology, PAK and ETO.

THINGS TO KNOW

In India, Egypt and Syria, black cumin has been revered and used and consumed in many dishes for thousands of years. The seeds are sprinkled over the oriental pita bread, and this is how the tasty spice has become known in Europe, too. The extraordinary seed oil has been successfully applied in many natural medicines.



PRODUCT DATA

Schwarzkümmel-Öl

Organic food supplement with black cumin oil

Recommended dose:

3 capsules daily

- ▶ 1,500 mg of black cumin oil per recommended dose (3 capsules)

Ingredients:

Organic black cumin oil (nigella sativa) 84%, hydroxypropylmethyl cellulose (capsule shell)

*Controlled organic cultivation

DE-ÖKO-00

Egyptian Agriculture

Consumer information:

Naturally free from gluten, lactose and carra-geen.

May contain traces of nuts.

Art. No.: 1010847

Packaging unit: 60 capsules

EAN: 4036185003709

PZN: 17879290

Astaxanthin Plus

Herbal food supplement with astaxanthin and selenium

With açai berry powder, blueberry powder and selenium from mustard seed extract

CELL PROTECTION



Important for:

- Cell protection
- Eyesight
- Eye adaptability

vegan



Suitable for:

- People who often work in front of screens
- Students and pupils
- Sun lovers

SANATUR QUALITY STANDARD

- 100% herbal/vegan
- Natural raw materials for nutrient supply
- Contains no colouring, filling or preserving substances
- Processed and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Astaxanthin Plus is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

ASTAXANTHIN

Astaxanthin is a natural pigment derived from the hematococcus pluvialis algae. The pigment used to be called hematochrome. The fresh-water algae are approx. 0.1mm in size. Astaxanthin is structurally related to the known carotenoids: carotene, zeaxanthin and lutein. Many scientists believe that they share the functions pertaining to carotenoids.

ACAI BERRY

The cabbage tree (euterpe olacacea) is a palm tree which grows in South America. The tree has fruit and palm hearts. One palm consists of several stems which can grow up to 25 metres. The fruit of the cabbage palm has been used as food for centuries.

We know the fruit as acai: a purple berry which almost turns black when fully ripe. Acai berries contain anthocyanins; anthocyanins are water-soluble plant pigments that can also be found in elderberries, aubergines, cherries, blue grapes and blueberries.

Sanatur

PRODUCT DATA

Astaxanthin Plus

Herbal food supplement with astaxanthin and selenium

Recommended dose:

1 capsule daily

► 4 mg of astaxanthin, 10 mg of anthocyanins, and 20 µg (36%*) selenium per recommended dose (1 capsule)

* According to LMIV nutrient values

Ingredients:

Acacia seyal faser, organic algae mass with astaxanthin 38%, hydroxypropylmethylcellulose (capsule shell), blueberry extract powder 5.6%, **mustard seed extract 0,6%**

Consumer information:

Naturally free from gluten, lactose and iodine

Art.No.: 1010074

Packaging unit: 60 capsules

EAN: 4036185004638

PZN: 02260449

Selenium contributes to:	
Normal, healthy hair	X
Normal immune system	X
Normal, healthy nails	X
Protection of cell components against oxidative damage	X
Normal spermatogenesis	X

The following statements have been applied for but have so far been declined by EFSA:

- Adds to normal muscle function
- Supports a healthy immune system

Reason for decline: The statement and the data are too general and not precise enough.

- Protects the skin from damage caused by UV rays
- Influences heliobacter pylori infection
- Adds to normal spermatogenesis
- Adds to maintaining healthy joints, tendons and connective tissue
- Protects DNA, proteins and fats from oxidative damage
- Maintains normal eyesight
- Maintains normal blood cholesterol concentration

Reason for decline: The studies presented so far do not show sufficient validity.

Curcuma Plus

Food supplement with curcumin
Highly dosed & herbal

CURCUMIN



Important for:

- Antioxidant processes
- Body's defence
- Intestines
- Cells

vegan



One capsule of Curcuma Plus contains as much curcumin as an entire packet of curcumin powder.

What is special about Sanatur Curcuma Plus:

Curcuma (turmeric) as BCM-95® full spectre extract with MAX effect

- Sevenfold bioavailability
- Double retention time in blood*

*Compared with conventional curcuma products

- Black pepper extract
- Green tea extract
- Barley grass powder

► **Curcumin and piperin are organic enhancers.** Organic enhancers have no pharmacological effect but they enhance the bioavailability of vitamins and minerals. What is more, they can increase the bioavailability of medication against high blood pressure, tuberculosis, cancer, bacteria or fungi.



Suitable for:

- Adults and children

Special target group:

- People who attach great importance to a healthy diet and healthy cells

SANATUR QUALITY STANDARD

- 100% herbal/vegan
- Natural raw materials for nutrient supply
- Contains no filling, colouring or preserving substances
- Processed and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Kurkuma Plus is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

Curcuma, or turmeric, is a well-known Asian spice. It owes its yellow-orange colour to the curcumin polyphenol which has been subject to numerous studies, e.g. by Dorai in 2001: "Therapeutic potential of curcumin in human prostate cancer", or by Patel in 2009: "Synergistic role of curcumin with current therapeutics in colorectal cancer".

Until recently, and as stated by Schaffer in 2015 in "An update on curcuma as a functional food in the control of cancer and inflammation", the poor bioavailability of curcuma used to be an issue.

Sanatur

PRODUCT DATA

Curcuma Plus

Food supplement with herbal extracts

Recommended dose:

1 capsule per day

- 140 mg of curcumin per recommended dose (1 capsule)

Ingredients:

Barley grass powder, curcuma extract (28%), green tea extract, hydroxypropylmethylcellulose (capsule shell), black pepper extract

Consumer information:

Naturally free from gluten, lactose and iodine

Art.No.: 1010157

Packaging unit: 60 capsules

EAN: 4036185004751

PZN: 11563338

Art.No.: 1010163

Packaging unit: 180 capsules

EAN: 4036185004843

PZN: 16852171

Traubenkern OPC & Vitamin C / Grape seed OPC & vitamin C

Organic food supplement with vitamin C

CELL PROTECTION

-  **Important for:**
- Cell protection
 - Blood vessels
 - Skin & collagen production
 - Locomotor system
 - Iron absorption
 - Immune system



Suitable for:

- People with a high antioxidant requirement

Special target group:

- People with iron deficiency

SANATUR QUALITY STANDARD

- 100% herbal, vegan
- Natural raw materials as nutrient sources
- Controlled organic cultivation
- Contains no additives
- Processed and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms



Traubenkern OPC & Vitamin C is subject to independent checks in Germany for: heavy metals, pesticides and bacteria.

THINGS TO KNOW

OPC (oligomeric proanthocyanidins) are natural bittering agents found in many plants. They have always been part of our nutrition. Belonging to the flavonoids, they are mostly found in the skin or in the rind of plants. This precious phytochemical is often lost when we peel fruits and vegetables. A high concentration of OPC is found in the rind, the roots, the leaves and the fruits of woody plants. It is always found in the part of the plant where defences against outside influences must be strongest.

The bitter-tasting compounds are interesting in many ways; they are found in many plants, in specialities such as artichokes and lettuce, and they taste delicious.

Herbal dyes such as yellow, red, lilac and blue belong to the isoflavones and anthocyanidins. They are found in red wine and in many berries and fruits. Anthocyanidins protect plants against bright UV light, and they bind free radicals which are formed through oxidative stress.



PRODUCT DATA

Traubenkern OPC & Vitamin C

Organic food supplement with vitamin C

A well balanced mixture of grapeseed flour with OPC and Acerola powder with natural vitamin C

OPC = Oligomere Proanthocyanidin
 OPC = Bittering agent considered to be a interesting secondary phytochemical

Recommended dose:

3 capsules daily

- ▶ 120 mg of OPC and 52 mg (65%*) of vitamin C per recommended dose (3 capsules)

* According to LMIV nutrient values

Ingredients:

Grapeseed flour* 62 %, acerola fruit powder* (Malpighia glabra L. 12 %), hydroxypropylmethylcellulose (capsule shell)

*Controlled organic cultivation

DE-ÖKO-001

EU/Non-EU Agriculture

Consumer information:

Naturally free from gluten, lactose and iodine

Art.No.: 1010820

Packaging unit: 90 capsules

EAN: 4036185004294

PZN: 04263067

Art.No.: 1010821

Packaging unit: 200 capsules

EAN: 4036185003594

PZN: 16852113

OPC and vitamin C contribute to:	vitamin C
Normal function of blood vessels, skin and gums	X
Normal energy-yielding metabolism	X
The reduction of tiredness and fatigue	X
Increases non-haem iron absorption	X
Normal function of bones, cartilage and teeth	X
Normal collagen formation	X
The normal function of the nervous system	X
The protection of cell constituents from oxidative damage	X
Normal psychological functions	X

Wellness Cosmetic

Compositions made from natural salts, brine and minerals replicate spa springs. In concentrated form and easy to use, they offer the opportunity to turn your own bathroom into a wellness oasis for body and soul.

- ✓ Primeval sea salts
- ✓ Contains no artificial fragrances
- ✓ Contains no mineral oils
- ✓ Contains no paraffin oils
- ✓ Contains no polyethylene glycol (PEG)
- ✓ Contains no dyes
- ✓ No colourings or preservatives



Aqua Body Scrub

Das Sanatur Aqua Body Scrub is available in three impressive fragrance variants.

☉ **It opens the pores, promotes blood circulation and maintains with rich oils.**

Application: At the end of the shower, distribute the peeling in several small portions on the wet skin and rub in with gentle circular movements. Then take a quick shower and gently dry the skin.

Use once or twice a week. Highly recommended after the sauna, steam bath or full bath.

Verbene-Multivitamin

Aqua Body Scrub

Nourishing peeling salt for velvety skin. With fruity-citrus-fresh scent.

PRODUCT-DATA

Ingredients (INCI): Sodium Chloride, Olus Oil, Parfum, Tocopherol, Limonene, Helianthus Annuus Seed Oil, Citral, Maltodextrin, Niacinamide, Calcium Pantothenate, Pyridoxine HCl, Riboflavin, Folic Acid, Sodium Ferrocyanide, Sodium Carbonate

☉ For every skin type

Art. No.: 1020103
Packaging Unit: 250 g
EAN: 4036185006250
PZN: 17184139

Bunter Pfeffer Aqua Body Scrub

The nourishing peeling salt envelops the body with a warm, aromatic, slightly peppery scent.

PRODUCT-DATA

Ingredients (INCI): Sodium Chloride, Olus Oil, Piper Nigrum, Schinus Terebinthifolius, Parfum, Tocopherol, Helianthus Annuus Seed Oil, Sodium Ferrocyanide, Sodium Carbonate, Limonene

☉ For every skin type

Art. No.: 1020105
Packaging Unit: 250 g
EAN: 4036185006243

Pinie Aqua Body Scrub

An intense, spicy and woody resinous fragrance invigorates and refreshes body and senses. The nourishing peeling salt contains eucalyptol and is not suitable for children under 3 years.

PRODUCT-DATA

Ingredients (INCI): Sodium, Chloride, Olus Oil, Parfum, Tocopherol, Helianthus Annuus Seed Oil, Sodium Ferrocyanide, Sodium Carbonate, Limonene

☉ For every skin type

Art. No.: 1020104
Packaging Unit: 250 g
EAN: 4036185006267

Basenbad

Alkaline bath
Alkaline bath salt

For soft, clean skin with good blood flow, a vital body sensation and inner balance.

- **Your bath turns alkaline**
- **Remineralising and activating your skin**

PRODUCT-DATA

Ingredients (INCI): Sodium Chloride, Sodium Bicarbonate, Sodium Carbonate, Sodium Ferrocyanide

☉ For every skin type

Application:

Bath: Dissolve 3-4 tablespoon "Basenbad" (alkaline bath) in the bath. We recommend 1-2 baths per week. The temperature should be between 36° and 38° Celsius.

Footbath: 1 tablespoon of "Basenbad"

Duration: 30 minutes minimum

Warm baths help you to relax, cold baths are refreshing and vitalising.

Art. No.: 1020101
Packaging Unit: 250 g
EAN: 4036185006236
PZN: 17184145



Magnesiumbad

Magnesium bath
Bath salt granules

The granules are easily to dissolve and provide your body with precious magnesium via your skin

- **Relaxing and balancing**
- **Soothing skin irritations**
- **Recovering and refreshing**

PRODUCT-DATA

Ingredients (INCI): Magnesium Sulfate

☉ For every skin type

Application:

Bath: Dissolve 250 g of magnesium bath salt granules in your bath (37°C). The water should just cover your body.

Footbath: (5 litres footbath), 60 g of magnesium bath salt granules.

Bath/footbath duration: 20 - 30 min.

Art. No.: 1020102
Packaging Unit: 1000 g
EAN: 4036185006434
PZN: 17184122





SpiruSkin

SPIRULINA INTENSIVE CARE

Exclusive anti-ageing face care with hyaluronic acid and Argireline®

The effective formula of SpiruSkin Hyaluron Eye & Face Essence in combination with our innovative Hyaluron 24h Cream provides the skin with long-lasting moisture and make the skin look fresher and more attractive.

- High and low-molecular hyaluronic acid
- Anti-wrinkling agent Argireline®
- Spirulina platensis extract
- Precious herbal oils
- No unnecessary additives
- Fragrance-free

We do not use additives such as parabens, mineral oils, silicones, aluminium or PEGs. Our products do not contain any allergy-critical fragrances or etherial oils.

Hyaluron Cleansing Gel

(150 ml pump bottle) Suitable for any type of skin.

Cleansing with moisture boost. The mild, gently cleansing gel already cares for the skin during cleansing and provides it with an extra portion of moisture.

ACTIVE SUBSTANCES

- High and low-molecular hyaluronic acid
- Spirulina platensis extract
- Argireline® (acetyl-hexapeptide-8)

INGREDIENTS: Aqua, Glycerin, Disodium Cocoamphodiacetate, Cocamidopropyl Betaine, Decyl Glucoside, Xanthan Gum, Citric Acid, Sodium Chloride, Benzyl Alcohol, Sodium Gluconate, Sodium Benzoate, Potassium Sorbate, Parfum, Ananas Sativus Fruit Extract, Sodium Hyaluronate, Spirulina Platensis Extract, Caramel, Caprylyl Glycol, Acetyl Hexapeptide-8

Art.No.: 1010190
150 ml pump bottle
EAN: 4036185005482

Hyaluron Eye & Face Essence

(10 ml Roll-on) Suitable for any type of skin

For a fresh, radiant look! Refresh your skin with the roll-on and provide it with lots of moisture. Small wrinkles are smoothed by means of Argireline®. Natural cornflower extract is the ideal skincare for stressed skin.

ACTIVE SUBSTANCES

- High and low-molecular hyaluronic acid
- Spirulina platensis extract
- Argireline® (acetyl-hexapeptide-8)

PRODUCT DATA

INGREDIENTS: Aqua, Glycerin, Centaurea Cyanus Flower Water, Sodium Gluconate, Benzyl Alcohol, Sodium Hyaluronate, Potassium Sorbate, Allantoin, Dehydroacetic Acid, Caramel, Spirulina Platensis Extract, Citric Acid, Caprylyl Glycol, Acetyl Hexapeptide-8

Art.No.: 1010197
10 ml roll-on
EAN: 4036185005451



Hyaluron 24h Cream

(50 ml dispenser) Suitable for any type of skin.

This revitalising and smoothing moisturising cream provides intensive skincare. It contains 2 hyaluronic acids, moisturising Spirulina platensis micro-algae and the special anti-wrinkle agent Argireline®. The exclusive substance reduces the formation of fine lines and wrinkles and relaxes the skin muscles. High-quality vegetable oils such as argan oil, almond oil and olive oil make the skin soft and smooth.

ACTIVE SUBSTANCES

- High and low molecular hyaluronic acid
- Spirulina platensis extract
- Shea butter
- Argan oil, almond oil and olive oil
- Argireline® (Acetyl hexapeptide-8)

PRODUCT DATA

INGREDIENTS: Aqua, Octyldodecanol, Glycerin, Cetearyl Alcohol, Prunus Amygdalus Dulcis Oil, Glyceryl Stearate SE, Butyrospermum Parkii Butter, Palmitic Acid, Stearic Acid, Cera Alba, Benzyl Alcohol, Cetyl Alcohol, Cetearyl Glucoside, Argania Spinosa Kernel Oil, Olea Europaea Fruit Oil, Sodium Gluconate, Titanium Dioxide, Caprylic/Capric Triglyceride, Potassium Sorbate, Xanthan Gum, Lactic Acid, Sodium Hyaluronate, Dehydroacetic Acid, Silica, Jojoba Esters, Polyhydroxystearic Acid, Lecithin, Sodium Hydroxide, Spirulina Platensis Extract, Caramel, Tocopherol, Ascorbyl Palmitate, Caprylyl Glycol, Citric Acid, Acetyl Hexapeptide-8

Art.No.: 1010196
50 ml dispenser
EAN: 4036185005444





SpiruSkin

SPIRULINA INTENSIVE CARE

SpiruSkin products are effective and highly agreeable. Each high quality skin care product contains moisturizing algae extract from Spirulina microalgae and precious plant oils.

SpiruSkin products contain:

- **No parabens**
- **No mineral oils***
- **No paraffin oils***
- **No polyethylene glycol (PEG)***
- **No allergenic fragrances***

Our popular SpiruSkin product "Nutritive Cream" remains unchanged as requested by numerous customers. Hence, the above does not apply to SpiruSkin Nutritive Cream.

* Except Nutritive Cream

2-Phase Eye Make-up Remover

Eye make-up remover

Being free from emulsifiers, the 2-phase product gently yet thoroughly removes eye make-up and waterproof mascara. The precious plant extracts soothe the delicate eye area. Mild and free from fragrances.

PRODUCT DATA

INGREDIENTS: Aqua, Cyclopentasiloxane, C12-15 Alkyl Benzoate, Glycerin, Centaurea Cyanus Flower Water, Sodium Chloride, Phenoxyethanol, 1,2-Hexanediol, Caprylyl Glycol, Potassium Sorbate, Disodium EDTA, Panthenol, Bisabolol, Sodium Hydroxide, Spirulina Platensis Extract, Caramel, Tropolone, C.I. 42090

Art.No.: 1010080
150 ml bottle
EAN: 4036185005017

Cleansing Milk

Gentle cleansing milk

Removes fat and water soluble impurities. Spirulina microalgae and aloe vera soothe and refresh the skin while precious plant oils provide optimum skin care.

PRODUCT DATA

INGREDIENTS: Aqua, Cocos Nucifera Oil, Glycerin, Stearic Acid, Cetearyl Alcohol, Prunus Amygdalus Dulcis Oil, Aloe Barbadensis Leaf Extract, Spirulina Platensis Extract, Phenoxyethanol, Triethanolamine, Chlorphenesin, Parfum, Carbomer, Disodium EDTA, Lecithin, Chlorhexidine Digluconate, Tocopherol, Maltodextrin, Ascorbyl Palmitate, Citric Acid

Art.No.: 1010077
200 ml tube
EAN: 4036185005000

Soft Plankton Peeling

Micro-fine peeling particles made from natural ingredients gently remove excess sebum and small horny skin parts. This ensures the optimal absorption of moisturizing plant extracts like Spirulina platensis, orchid extract and seaweed.

PRODUCT DATA

INGREDIENTS: Aqua, Glycerin, Glyceryl Stearate, Octyldodecanol, Cetearyl Alcohol, Prunus Amygdalus Dulcis Oil, Pumice, Benzyl Alcohol, Ethylhexylglycerin, Luffa Cylindrica Fruit, Carbomer, Titanium Dioxide, Cocamidopropyl Betaine, Disodium EDTA, Sodium Carbomer, Parfum, Sodium Hydroxide, Dehydroacetic Acid, Spirulina Platensis Extract, Phalaenopsis Amabilis Extract, Lecithin, C.I. 77288, Pullulan, Tocopherol, Ascorbyl Palmitate, Leuconostoc/Radish root Ferment Filtrate, Nannochloropsis Oculata Extract, Citric Acid, C.I. 19140, C.I. 42090

Art.No.: 1010084
50 ml jar
EAN: 4036185005031

Beauty Cream Mask

Rich moisturizing cream mask

Selected plant extracts, Spirulina microalgae and premium-quality plant oils such as avocado oil, almond oil and precious vitamins as well as unsaturated fatty acids make your skin feel silky-smooth and fresh at once. Oak rind extract and panthenol provide optimum care for sensitive skin.

PRODUCT DATA

INGREDIENTS: Aqua, Stearic Acid, Caprylic/Capric Triglyceride, Glycerin, C12-15 Alkyl Benzoate, Cetyl Alcohol, Potassium Cetyl Phosphate, Prunus Amygdalus Dulcis Oil, Cyclopentasiloxane, Quercus Robur Bark Extract, Spirulina Platensis Extract, Phenoxyethanol, Ethylhexylglycerin, Chlorphenesin, Persea Gratissima Oil, Sodium Hydroxide, Panthenol, Parfum, Saccharide Isomerate, Disodium EDTA, Zea Mays Oil, Citric Acid, C.I. 75810, Sodium Citrate, C.I. 19140, C.I. 42090

Art.No.: 1010096
50 ml jar
EAN: 4036185005079





Sanatur

Active Moisturizing Gel

Activating moisturizing gel (perfume-free)

This gel contains no fat. Spirulina microalgae and a special complex of seaweed agents ensure long-time moisturizing. The effective formula supports skin elasticity and smoothness. Optimum care, for soft and fresh skin.

PRODUCT DATA

INGREDIENTS: Aqua, Glycerin, Algin, Phenoxyethanol, Ethylhexylglycerin, Salicylic Acid, Trisodium, Phosphate, Spirulina Platensis Extract, Xanthan Gum, Disodium EDTA, Agar

Art.No.: 1010102
30 ml bottle
EAN: 4036185005093

Eye Zone Repair Gel

Moisturizing skin care for sensitive skin around the eyes

- Soothing and hydrating (perfume-free)

This refreshing gel contains no fat. Spirulina microalgae and hyaluronic acid provide long-term moisturizing. Hamamelis extract and Echinacea soothe the skin and provide optimum skin care for the sensitive skin. Lecithin and moss extract make your skin feel refreshed around the eyes where lines and wrinkles first appear.

PRODUCT DATA

INGREDIENTS: Aqua, Glycerin, Triethanolamine, Carbomer, Echinacea Purpurea Extract, Spirulina Platensis Extract, Hamamelis Virginiana Water, Phenoxyethanol, Carrageenan (Chondrus Crispus), Ethylhexylglycerin, Chlorphenesin, Sodium Hyaluronate, Lecithin

Art.No.: 1010104
30 ml bottle
EAN: 4036185005109

Balancing Cream

Intensive moisturizing cream with natural plant extracts and premium-quality oils

Spirulina microalgae and wheat proteins provide optimum moisturizing skin care. Avocado oil, shea butter, almond oil and evening primrose oil make your skin soft and smooth and prevent loss of moisture. Contains panthenol and vitamin E. Mit Panthenol und Vitamin E.

PRODUCT DATA

INGREDIENTS: Aqua, Glycerin, Coco Caprylate/Caprate, Dicaprylyl Carbonate, Caprylic/Capric Triglyceride, Palmitic Acid, Stearic Acid, Cetearyl Alcohol, Prunus, Amygdalus Dulcis Oil, Glyceryl Stearate, Phenoxyethanol, Benzyl Alcohol, Potassium Palmitoyl Hydrolyzed Wheat Protein, Ethylhexylglycerin, Panthenol, Persea Gratissima Oil, Sodium Gluconate, Triethanolamine, Carbomer, Butyrospermum Parkii Butter, Oenothera Biennis Oil, Parfum, Spirulina Platensis Extract, Chondrus Crispus Powder, Tocopheryl Acetate, Dehydroacetic Acid, Lecithin, Tocopherol, Ascorbyl Palmitate, Zea Mays Oil, Citric Acid, C.I. 75810

Art.No.: 1010090
50 ml jar
EAN: 4036185005055

SpiruSkin
 SPIRULINA INTENSIV PFLEGE





SpiruSkin

SPIRULINA INTENSIVE CARE

Only chosen plant extracts and high-quality oils are selected for the SpiruSkin cosmetic range. Our products are highly suitable for all skin types, even for sensitive skin. Our rich Nutritive Cream is the exception, as it provides intensive care for very dry and flaky skin.

Intensive Cream

Comprehensive skin care with plant oils and hyaluronic acid

Contains precious shea butter, coconut oil and almond oil for soft and smooth skin. Treat your skin with selected skin care products such as Spirulina microalgae and hyaluronic acid for an optimum moisture supply. Contains premium-quality bees wax and vitamin E.

PRODUCT DATA

INGREDIENTS: Aqua, Cocos Nucifera Oil, Glycerin, Caprylic/Capric Triglyceride, Cetearyl Alcohol, Palmitic Acid, Prunus Amygdalus Dulcis Oil, Stearic Acid, Dimethicone, Butyrospermum Parkii Butter, Cera Alba, Phenoxyethanol, Triethanolamine, Cetearyl Glucoside, Behenyl Alcohol, Carbomer, Sodium Carbomer, Ethylhexylglycerin, Parfum, Chlorphenesin, Disodium EDTA, Spirulina Platensis Extract, Lecithin, Zea Mays Oil, Sodium Hyaluronate, Tocopherol, Ascorbyl Palmitate, C.I. 75810, Citric Acid

Art.No.: 1010180
50 ml jar
EAN: 4036185005208

Nutritive Cream

Regenerating cream with a tried and tested formula

A rich skin care cream for dry and sensitive skin for optimum care, making your skin soft and smooth*. Contains Spirulina microalgae, shea butter and a natural liposome provider.

* Reduces wrinkles if used regularly, tested by means of the "Primos" 3D-in-vivo skin measuring system, 10/2005 Derma Consult GmbH

PRODUCT DATA

INGREDIENTS: Aqua, Paraffinum Liquidum, Cera Alba, Pentylene Glycol, Peg-22/Dodecyl Glycol Copolymer, Sorbitan Sesquioleate, Caprylic/Capric Triglyceride, Propylene Glycol, Butyrospermum Parkii Butter, Glycerin, Prunus Amygdalus Dulcis Oil, Spirulina Platensis Extract, Isopropyl Myristate, Isopropyl Palmitate, Magnesium Sulfate, Lanolin Alcohol, Parfum, Lecithin, Zea Mays Oil, Linalool, Tocopherol, Sodium Hyaluronate, Coumarin, Ascorbyl Palmitate, C.I. 75810, Citric Acid, Limonene

Art.No.: 1010087
50 ml jar
EAN: 4036185005048



Body Cream

Rich moisturizing body lotion

Selected plant oils and extracts, shea butter, natural lipids and moisturizing substances such as Spirulina microalgae and wheat protein support your skin, provide optimum care and make your skin soft and smooth. Contains vitamin E and lecithin.

PRODUCT DATA

INGREDIENTS: Aqua, Glycerin, Cetearyl Alcohol, Caprylic/Capric Triglyceride, Palmitic Acid, Stearic Acid, Butyrospermum Parkii Butter, Dimethicone, Octyldodecanol, Spirulina Platensis Extract, Glyceryl Stearate, Phenoxyethanol, Sodium Carbomer, Triethanolamine, Potassium Palmitoyl Hydrolyzed Wheat Protein, Ethylhexylglycerin, Caffeine, Chlorphenesin, Carbomer, Parfum, Disodium EDTA, Tocopheryl Acetate, Lecithin, Retinyl Palmitate, Carnitine, Tocopherol, Ascorbyl Palmitate, Sodium Benzoate, Citric Acid, C.I. 19140, C.I. 42090, Coenzyme A

Art.No.: 1010109
200 ml tube
EAN: 4036185005123

Sensitive Hair & Body Shampoo

2-in-1 shampoo and shower gel

Spirulina microalgae and natural substances treat your skin and provide optimum care under the shower. The exclusive orchid extract and precious plant extracts ensure a silky-smooth skin and beautiful hair. The soft lather provides a fine flowery fragrance.

PRODUCT DATA

INGREDIENTS: Aqua, Sodium C14-16 Olefin Sulfonate, Glycerin, Decyl Glucoside, Sodium Chloride, Cocamide Dea, Parfum, Spirulina Platensis Extract, Acrylates Copolymer, Cocamidopropyl Betaine, Phenoxyethanol, Triethanolamine, Benzyl Alcohol, Tea-Cocoyl Glutamate, Chlorphenesin, Disodium EDTA, Panthenol, Citric Acid, Polyquaternium-7, Phalaenopsis Amabilis Extract, Dehydroacetic Acid, Caramel

Art.No.: 1010115
200 ml tube
EAN: 4036185005154

Hand Cream

Rich moisturising care for stressed hands

The hydrating, refreshing hand cream with a floral-fresh flowery fragrance is quickly absorbed and leaves hands soft and velvety. High-quality botanicals, such as cactus extract, almond oil and spirulina extract in combination with skin skin-soothing panthenol and vitamin E smooth and intensively.

PRODUCT DATA

INGREDIENTS: Aqua, Glycerin, Octyldodecanol, Caprylic/Capric Triglyceride, Glyceryl Stearate, Palmitic Acid, Stearic Acid, Cetearyl Alcohol, Prunus Amygdalus Dulcis Oil, Benzyl Alcohol, Sodium Gluconate, Xanthan Gum, Parfum, Lactic Acid, Potassium Sorbate, Opuntia Ficus-Indica Stem Extract, Panthenol, Dehydroacetic Acid, Sodium Hydroxide, Lecithin, Spirulina Platensis Extract, Caramel, Citric Acid, Tocopherol, Ascorbyl Palmitate

Art.No.: 1010237
50 ml pump bottle
EAN: 4036185005499



Sea salt algae bath

Alkaline wellness bath

This is pure relaxation. The alkaline bath is relaxing for tired bones, tense joints and stressed muscles.

PRODUCT-DATA

INGREDIENTS: Maris Sal (sea salt), Laminaria digitata (brown algae), Fucus vesiculosus (bladder wrack)

Art.Nr.: 1010141
250 g jar
EAN: 4036185006045
PZN: 08851803

Sea algae activating package

Active diet support

Seaweed, brown and red coralline algae combined with sea salt support our natural metabolism and provide the skin with moisture. This sea algae package serves as an ideal support during a weight-reducing diet.

PRODUCT-DATA

INGREDIENTS: Lithothamnium calcareum (red coralline algae), Fucus vesiculosus (bladder wrack), Laminaria digitata (brown algae), Maris Sal (sea salt)

Art.Nr.: 1010126
180 g jar
EAN: 4036185006076
PZN: 10749710

Sea algae skin tightening package

Bums, tums and legs

This body package has been developed for the treatment of cellulite and flabby connective tissue. The combination of red coralline algae, oar weed, horsetail and Spirulina - which contain much protein and minerals - can be seen as a fountain of youth for difficult skin zones.

PRODUCT-DATA

INGREDIENTS: Lithothamnium calcareum (red coralline algae), Laminaria digitata (brown algae), Spirulina platensis (micro-algae), Equisetum arvense (horsetail), Hydrolyzed Yeast (yeast protein)

Art.Nr.: 1010134
180 g jar
EAN: 4036185006151
PZN: 10749704

Algira sea algae cosmetics - purely natural!

Sea algae and sea salt reflect the immeasurable wealth of our oceans. More than 100 years ago, people in Brittany discovered that these nutrient-rich products were very beneficial for our health and beauty. Even today, terms such as "Thalasso" and "sea algae cosmetics" are closely linked to Brittany. This is why Algira products only contain sea algae from the wild and romantic coast in Brittany.

- 100 % natural cosmetics
- 0 % additives
- Fragrance-free





Sole UK Distributor

Bio Pathica Ltd
PO Box 217
Ashford
Kent
TN23 6ZU

info@biopathica.co.uk
www.biopathica.co.uk



Sanatur

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