

Natural Food Supplements • Superfoods • Cosmetic
EXPERT INFORMATION



DE-ÖKO-001
Taiwan
Agriculture



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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 LFBG.

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 LFGE, 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 benzo[fluoranthen].
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



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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 pre-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

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Taiwan/India agriculture

Consumer information:

Naturally free from gluten, lactose and
iodine

Art. No.: 1010372 (kbA, Naturland)

Packaging unit: 250 tablets

EAN: 4036185001675 / PZN: 02530529



BioChlorella/Organic Chlorella (Chlorella pyrenoidosa)

Organic food supplement with vitamins and iron

METABOLISM & PSYCHE

 **Important for:**

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



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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.



	Vitamin B12	Folic acid Vitamin B9	Iron
Organic Chlorella ingredients contribute to:			
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

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

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%)

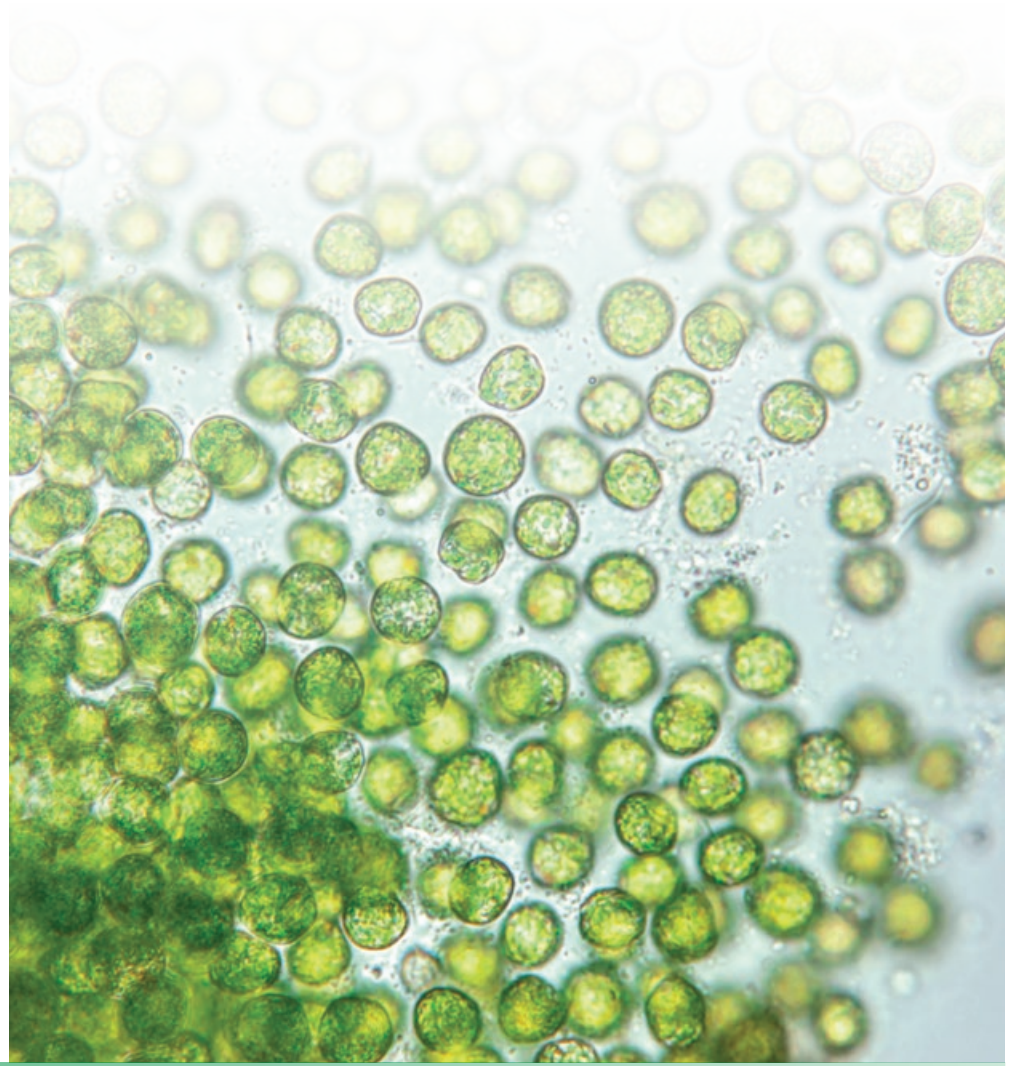
*Strictly controlled organic cultivation
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Taiwan Agriculture

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



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



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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

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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

Organic Spirulina & Organic Chlorella ingredients contribute to:	Vitamin A Iron proflamin 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.



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.: 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.: 1010226

Packaging unit: 250 tablets

EAN: 4036185002481

SelenSpirulina 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:

3 tablets daily

▶ 3 mg zinc per recommended dose of 3 tablets

▶ 3 tablets of ZinkSpirulina cover 30% 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.: 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.

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

- ▶ 1 mg 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 60 %, 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

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

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

► 2 capsules cover 60%* of daily magnesium requirements

* According to LMIV nutrient values

Ingredients:

Marine magnesium extract 42%,
stinging nettle powder 40%,
hydroxypropylmethyl cellulose (capsule shell)

Consumer information:

Naturally free from gluten, lactose and iodine

Art. No.: 1010234

Packaging unit: 100 capsules

EAN: 4036185004966

PZN: 14163970

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

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

- ▶ per capsule 250 mg Ashwagandha powder and 250 mg Ashwagandha extract
- ▶ 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

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

SPERMIDIN Spirucell®

Food supplement with spermidine

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% vegan
- Regional raw material 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, hydroxypropyl methylcellulose (capsule shell), spermidine trihydrochloride 0.02%

Consumer information:

Naturally free from lactose and iodine

Art. No.: 1010225

Packaging unit: 90 capsules

EAN: 4036185003556

PZN: 16354378

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 high-est 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.



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 fruit powder (Malpighia glabra L.), hydroxypropylmethyl cellulose (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

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



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 *Cladonia rangiferina*
- 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 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

K2VITAL® is a registered trademark of Kappa Bioscience AS.

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.

Sanatur

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

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 16.5 µg (30%*) selenium per recommended dose (1 capsule)

* According to LMIV nutrient values

Ingredients:

Acacia seyal fibre (acacia senegal), astaxanthin-rich oleoresin from the alga Haematococcus pluvialis 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



high-dose curcumin

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
- Matcha powder
- Acacia seyal fibre

► **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, 2 mg piperin per recommended dose (1 capsule)

Ingredients:

Acacia seyal fibre (acacia senegal), curcuma extract 29%, matcha powder, 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



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, prickly pear extract and seaweed.

PRODUCT DATA

INGREDIENTS: Aqua, Glycerin, Glycerol Stearate, Octyldodecanol, Cetearyl Alcohol, Prunus Amygdalus Dulcis Oil, Pumice, Benzyl Alcohol, Ethylhexylglycerin, Luffa Cylindrica Fruit Powder, Sodium Gluconate, Carbomer, Titanium Dioxide, Cocamidopropyl Betaine, Sodium Carbomer, Parfum, Sodium Hydroxide, Dehydroacetic Acid, Opuntia Ficus-Indica Stem Extract, Spirulina Platensis Extract, Lecithin, C.I. 77288, Pullulan, Tocopherol, Ascorbyl Palmitate, Citric Acid, Nannochloropsis Oculata Extract, 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. 19140, Sodium Citrate, C.I. 19140, C.I. 42090

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





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.

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 moisturising. 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.

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

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

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

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 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 pamper demanding skin even while showering. An exclusive prickly pear extract and valuable plant extracts ensure soft, silky skin and strong hair. An antimicrobial anti-dandruff active ingredient also makes the hair shiny and supple.

PRODUCT DATA

INGREDIENTS: Aqua, Sodium C14-16 Olefin Sulfonate, Glycerin, Decyl Glucoside, Sodium Chloride, Cocamide Dea Parfum, Acrylates Copolymer, Cocamidopropyl Betaine, Phenoxyethanol, Triethanolamine, Benzyl Alcohol, Tea-Cocoyl Glutamate, Sodium Gluconate, Chlorphenesin, Panthenol, Citric Acid, Polyquaternium-7, Opuntia Ficus-Indica Stem Extract, Dehydroacetic Acid, Spirulina Platensis Extract, 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 intensify.

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



Sanatur

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