









# HEALTH & NUTRITION COLLECTION 2015

### aloe vera

Over 10,000,000 people have been assisted by the Aloe Vera care specialist products!

Over 30,000,000 litres of Aloe Vera Drinking Gel in ten years!

LR is one of the biggest manufacturers of Aloe Vera products worldwide!

Highest Aloe Vera content and bio-extract



Quality, tradition and success, this is Aloe Vera from LR. On that you can trust.



### Contents

MICRO NUTRIENTS AND BALANCED DIET CONCEPT

DIETARY SUPPLEMENTS AND | 06 SPECIALIZED PRODUCTS

WEIGHT MANAGEMENT | 38



ALOE VERA CARE | 48

ANTIBACTERIAL SUPPORT | 54



### 30 years of LR Health & Beauty

30 years of innovations, progress and growth. Along the way, we encountered new faces, different cultures and many challenges. Today, LR is one of Europe's leading suppliers of Aloe Vera products - THE Aloe Vera Company.

But one thing never changed: our aim to enhance peoples' quality of life – all over the world. For instance, through our premium health products "Made in Germany". For the manufacture of these products, LR exclusively uses selected raw materials and takes special care to preserve the active ingredients. Anything less than "excellent" quality is out of question for us. This is also confirmed by, among others, SGS INSTITUT FRESENIUS.

An enhanced quality of life can also be achieved by taking the unique opportunity to become a successful independent LR partner. Many people have already seized this opportunity - and are now part of the LR family which has grown to over 300,000 partners worldwide.

With this Collection 2015, you hold 30 years of well-being competence in your hands - from the popular Aloe Vera Drinking Gels through to competent skin care. You, too, should place your trust in many years of experience and top class quality.

Sincerely Yours

Dr Jens M Abend

CEO, Management Spokesman



MORE QUALITY
for your life.









### LR Health Skills

Top quality for your well-being



### Nutritional Supplements from LR:

### Confidence from A to Z





### aloe vera DRINKING GEL

### Aloe Vera Drinking Gel Honey - Health with Tradition

Hardly any other **natural product** has had so much insight worldwide than the 1000 year old tradition of the Aloe Vera. Whether it's the Mexican Aztecs, the pharaohs of ancient Egypt or Carl the Great on his numerous trips and crusades - they all valued and cherished the constitutional benefits and properties of Aloe Vera.

In developing the first Aloe Vera Drinking Gel LR adopted the example of the traditional and original recipe from the Brazilian Franciscan monk Father Romano Zago. In this he described the combination of the Aloe Vera Gel and pure blossom honey as valuable. LR has further optimized this recipe with new scientific developments - there own unique result: the Aloe Vera Drinking Gel Honey!

Vitamin C (mg)

#### Our Original!

- ◆ 90% pure Aloe Vera Leaf Gel
- 9% blossom honey
- ◆ In accordance to the original recipe from Pastor Romano Zago
- Particularly mild manufacturing



### YOU SAVE

Ask your LR Partner about our discounted set and subscription prices!



#### **IMPORTANT**

It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.

### Aloe Vera Honey the Original from LR



The first Aloe Vera product from LR was and still is the most successful LR product of all time. The Aloe Vera Drinking Gel Honey is tradition in in purest form.







Aloe Vera Drinking Gel Honey Recommendation: daily 3 x 30 ml 1000 ml

80700



Aloe Vera cultivation

Mexican highlands

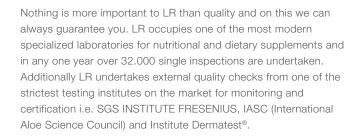
### Controlled cultivation and manufacturing

Each year 23 million Aloe Vera leaves are harvested for LR. They are exclusively grown in Mexico's highlands in order to ensure the very best growing conditions. The cultivation is successfully completed without the application of fertilisers, pesticides or other chemicals! For cultivation we refrain completely from using pesticides.



Sabine Larsen-Vefring
Director Product Development &
Quality Control Nutrition

### Consistent Quality Controls











### Science and research

Scientific research and development is the ground work for all innovative products and concepts. In order to be a forerunner in the field of new scientific and research developments, LR invests a lot of time and money in this. In order to protect these research findings, LR has submitted applications for many of the new products and manufacturing processes for patent applications.

Patent pending



Dr. Lars Lobbedey
Division Manager Health Food
SGS INSTITUTE FRESENIUS GmbH

### INSTITUTE FRESENIUS Quality Seal

"We from the SGS INSTITUTE FRESENIUS can declare with good conscience the sustainable quality of the Aloe Vera Drinking Gels from LR. We undertake ongoing and independent controls to ensure this quality."



Aloe Vera from LR Highest quality for your health



# "Health is the first responsibility in life."

Oscar Wilde Author (1854 – 1900)





### Aloe Vera Drinking Gel Peach – Why no added sugars?

The Aloe Vera Drinking Gel Peach has absolutely no additives from sugar of any type. This is great for everyone. Diabetics for example need to be aware of their daily sugar intake and maintain consistent blood sugar levels as well as many other people who are advised not to consume to much sugar. It is for this target group that LR has developed the Aloe Vera Drinking Gel Peach.

#### Acemannan - valuable and important

One of the most important materials in the gel of the Aloe Vera is acemannan. This matter belongs to the polysaccharides family and is stored within the bodies cells. Acemannan develops its beneficial properties together with the other multitude of substances of the Aloe Vera.

### aloe vera

per daily allowance (3 capsules)
NRV
per daily allowance (3 capsules)
Absolute

Vitamin C (mg)

### The lightest Aloe Vera of all times!

- 98% pure Aloe Vera Leaf Gel
- No added sugar¹
- ◆ 100% of the daily allowance for vitamin C<sup>2</sup>
- Only 0.054 carbohydrate exchange per daily serving – suitable for Diabetics
- Both adults and children love the flavour



### YOU SAVE

Ask your LR Partner about our discounted set and subscription prices!



### **IMPORTANT**

It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.

Aloe Vera contains only natural sugars

<sup>&</sup>lt;sup>2</sup> 100% NRV Nutritional Identification Regulation



Light fruity taste without no added sugars and 98% pure Aloe Vera – this the the Aloe Vera Drinking Gel Peach from LR.







#### Aloe Vera Life Essence Peach

Recommendation: daily 3 x 30 ml 1000 ml 80750

### The treasure chest of Nature

Nature offers us such a diverse range and choice of micro-nutrients that help to protect and support our overall health. LR helps you to use this!

### Stinging Nettle extract

Stinging Nettle leaves are well known for their **high concentration of natural silicon**. Silicon is an important trace element and essential for our bodies. "Essential" means that this substance must be delivered through nutrition into the body as it is not manufactured.



### EPA (fatty acids)

EPA is a multi unsaturated fatty acid that belongs to the Omega 3 fatty acid family. Together with other nutrients it is responsible for many processes within the body and in particular it helps to support the health of the heart. Fish, in particular lipid-rich cold water fish such as tuna, mackerel and sardines, contain valuable eicosapentaenoic acid.



### DHA (fatty acids)

DHA is like EPA a polyunsaturated Omega-3 fatty acid. Just like EPA, DHA plays an **important role in the health and heart function.** It is recommended at least 250 mg per day is taken. DHA is also essential for our brain and our nerve cells. 97% of DHA consist of Omega 3 fatty acids in our brain

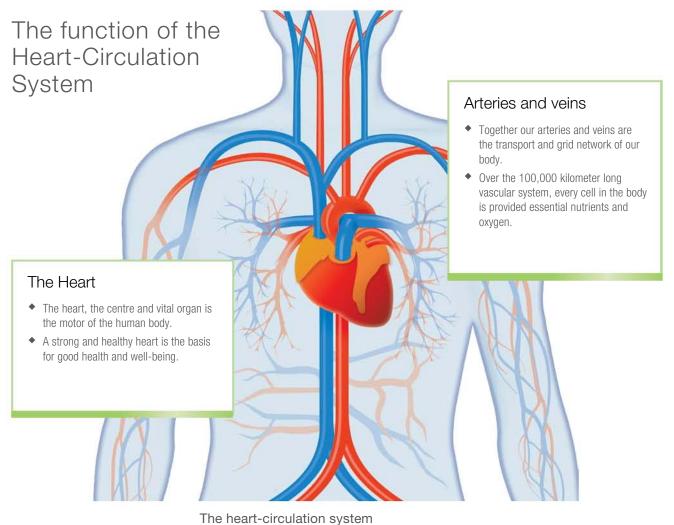


### Sustainable Fishing

Today overfishing of the sea is an extremely important issue to be recognized and responsible and sustainable fishing must be adopted. LR ensures that all their fishing for omega 3 fatty acids including mackerel, sardine and tuna fish is exclusively farmed from sustainable fisheries from the South American pacific region. This is independently certified with the official quality seal "Friend of the Sea,"

# Look after the health of your heart!





#### Good for the heart

It doesn't take much to actively support your cardiovascular system. Regular exercise and a balanced diet are the key. Essential nutrients such as omega-3 fatty acids from fatty saltwater fish contribute further to a healthy heart function.

### Affair of the Heart

Stinging nettle extract combined with 90% pure leaf Aloe Vera and 7% blossom honey – this is the Aloe Vera Drinking Gel Sivera. A true specialist!





Aloe Vera Drinking Gel Sivera Recommended Dosage: daily 3 x 30 mls 1000 ml 80800





SIVERA



### The specialist with stinging nettle extract

- ◆ 90% pure Aloe Vera leaf
- ◆ 7% blossom honey
- With stinging nettle extract

### % YOU SAVE

Ask your LR Partner about our discounted set and subscription prices!



#### **IMPORTANT**

It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.



### omega 3 for a healthy heart



The Omega-3-fatty acids EPA (Eicosapentaen acid) and DHA Docosahexaen acid) are important in helping to maintain a healthy heart function. They help control for example the blood lipid levels and helps support the fluidity of blood.

Domega 3 f.

1260 Omega 3 fatty acids (mg)

630 EPA (fatty acids) (mg)

420 DHA (fatty acids) (mg)

117 beta-glucan (mg)





and aqua culture
www.friendofthesea.org



### The daily contribution towards a healthy heart

- With a high content of EPA & DHA
- Only from free ranged mackerel, sardines and tuna fish
- Only from sustainable caught fish from the South American Pacific.
- No genetically engineering



### YOU SAVE

Ask your LR Partner about our discounted set and subscription prices!



### **CERTIFIED**

Scientifically confirmed by the EFSA\*

<sup>1</sup> EPA and DHA support a healthy heart function. For this, a daily intake of at least 250 g EPA and DHA is required.

<sup>\*</sup> European Food Safety Authority

### The joints

### A complicated master piece from Nature

In order for our musculoskeletal system and our joints to function well it is very important that they receive adequate supplies of micro-nutrients – especially when the body is under any type of stress!



### Movement:

### The key to health and satisfaction

Official studies show, that we clearly don't exercise enough. Not only is this detrimental to our fitness levels, but also to our overall health and well being.



### **FITNESS**

To stay fit it is important that you regularly exercise. However with this extra stress on your body it is important to avoid excessive or over straining your body and to help with this you can supplement with micro nutrients to help support your body.

### **PREVENTION**

Our joints are constantly in movement and this movement requires essential nutrients to ensure that the joint muscles are continually lubricated. If this is not suffice, degeneration of the joints may occur.

### WELL-BEING

It is well known that regular exercise and movement helps to improve your overall well-being. As well as sport you can do everyday things. for example, take the stairs instead of the lift or escalators, walk instead of driving. It is also important to be aware of your micronutrients for your joints!







eoun german beautiful allowance (all beautiful allowance)

83 % 10 Vitamin E (mg)

50 % 2,5 vitamin D (µg)

50 % 1 manganese (mg)

- 100 chondroitine sulphur (mg)

- 675 glucosamine sulphur (mg)

### An optimal partner to the Aloe Vera Freedom!

- With essential nutrients such as vitamin E, D, manganese
- ◆ Lactose and gluten free

### TIP



The Aloe Vera MSM Body Gel is an optimal addition to the Freedom products from LR. Willow bark extract and bear berry leaves help to deliver fast results from the pain from stresses and strains leaving you feeling good. See page 51

### % YOU SAVE

Ask your LR Partner about our discounted set and subscription prices!

#### Freedom Joint Plus

Recommended Dosage: daily 2 x 1 capsules 80190

### Movement means freedom

Enjoy the Freedom without the pain! Aloe Vera Drinking Gel Freedom with nutrients for the joints is an excellent support. The optimal addition: Freedom Plus Capsules.







Aloe Vera Drinking Gel Freedom Recommended Dosage: daily 3 x 30 ml 1000 ml 80850





per daily allowance (3 capsules) NRV	per daily allowance (3 capsules) Absolute	
56 %	45	Vitamin C (mg)
58%	7	Vitamin E (mg)

#### The movement specialist

- ◆ 88% pure leaf Aloe Vera
- With vitamin C to help support the build up of collagen for normal cartilage function



### YOU SAVE

Ask your LR Partner about our discounted set and subscription prices!



### **CERTIFIED**

Scientifically confirmed by the EFSA\* Vitamin C to assist in the building of collagen for normal cartilage function.



### **IMPORTANT**

It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.

<sup>\*</sup> European Food Safety Authority

# Motivation Business Energy Sport Lifestyle Activities Family protection from oxidized stress<sup>6</sup> new love of life

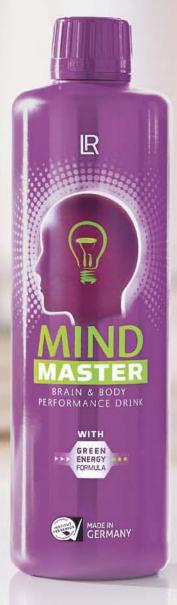






Mind Master Brain & Body Performance Drink Formula Green

Recommended Dosage: Daily 80 ml 500 ml 80900





#### The true Classic

- the Original from LR
- With the full energy from green tea
- You daily support whether you are working, managing the house, going to school or uni etc.

Patent pending



### YOU SAVE

Ask your LR Partner about our discounted set and subscription prices!



### **IMPORTANT**

It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.

\* Patent No: DE 10 2013 205 049 A1

### Mind Master: Vitality! Active! Successful!



Living life in the fast lane? Successful career, success in sport, time for the family and of course time for yourself. Those who want to live an active and full life must ensure they have an optimal nutritional supply. Mind Master contains specialized complimentary and balanced micro-nutrients with important functions.

You contribute amongst others

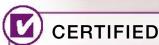
- to help support a regular energy metabolism function
- for a regular function of the nervous system
- to help psychological stress
- to help eliminate tiredness and fatigue
- to help cognitive function

Same effect, new flavour:

Next to our green classic now stands the new Formula Red variant with a fruity grape flavour.

### Our quality promise

LR places particular value on the outstanding quality of the Mind Master. This quality is confirmed by the INSTITUTE FRESENIUS Quality Seal – one of the hardest seals to obtain on the market.



#### Scientifically confirmed by the EFSA\*

- Thiamine and Vitamin B12 help to regulate normal energy and metabolism levels
- Vitamin B12 contributes to the normal functioning of the nervous system.
- <sup>3</sup> Vitamin B12 helps to support the normal mental health function of our system.
- Vitamin B12 and iron help to alleviate tiredness and fatigue.
- <sup>5</sup> Iron contributes to the normal cognitive function.
- <sup>6</sup> Vitamin E contributes to the protection of cells against oxidated stress.
- \* European Food Safety Authority





#### The red version

- With fruity grape flavour
- The same properties as the original: Mind Master Formula Green
- Your daily companion during your free time, during sport, in the school, etc.



Mind Master Brain & Body Performance Drink Formula Red

Recommended Dosage: daily 80 ml 500 ml 80950

## Colostrum A miracle from nature



"Colostrum from LR is a processed premium product. And as with all natural raw materials can be subjected to normal variations. This may has some impact on the taste or the consistency of the product. However this has no impact or value on the quality or the contents of the product. This LR guarantees through the ongoing and regular testings and controls undertaken for example by SGS Institute Fresenius."

Sabine Larsen-Vefring
Director Research, Development & Quality
Control Nutrition

### INSTITUTE FRESENIUS Quality Seal

The INSTITUTE FRESENIUS Quality Seal is one of the hardest seals of approval on the market. Together with LR's own quality control team, SGS INSTITUTE FRESENIUS oversees the manufacturing of the LR Colostrum products. From the first step of the raw colostrum, the manufacturing and through to the last step each stage is continually over sighted.



### Quality made in Germany



Colostrum is not all the same Colostrum! The quality of the LR Colostrum is of the highest quality, each manufacturing stage is undertaken in Germany and is extensively controlled.

### 1. CONTROL:

#### Raw materials - quality

LR exclusively uses Colostrum from the first hours from cows in Germany. Only surplus Colostrum is collected and extensively tested. Every production and farm is completely traceable!

### 2. CONTROL:

#### Manufacturing - Quality

The total manufacturing process of the raw Colostrum is managed under strict controls by LR. Every step of this process is subject to regular controls and oversights including independent audits e.g. SGS INSTITUTE FRESENIUS of the manufacturing sites.

### 3. CONTROL:

### Quality of the finished product

Every production line is comprehensively examined by LR – including microbiological and physical parameters to ensure the concentration and quality of the materials. This is also carried out by independent body's including SGS INSTITUTE FRESENIUS who conduct regular and random independent laboratory analysis and tests







ser daily allowance 3 capsules)

800

Colostrum (mg)

#### 01 | Colostrum Compact Recommended Dosage:

Recommended Dosage: daily 2 x 1 capsule 60 capsules/30.9 g 80360

#### 02 | Colostrum Direct

Recommended Dosage: daily 8 ml 125 ml 80361

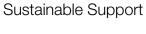
#### 03 | Colostrum Pearls

Recommended Dosage: take daily a small measured spoon (2g) 60 g 80362





Aus Kolostrum der ersten Stunden



- colostrum containing capsules
- 800 mg Colostrum powder per daily portion



### The best from nature



The raw material colostrum is valuable and sensitive. To ensure premium quality of the product, LR pays strict attention to the following quality parameters.

- Exclusively from cows from Germany
- Using only the overflow of the first hour of the Colostrum
- Gentle manufacturing to preserve the sensitive contents
- No added preservatives

Patent pending

#### Quick and direct

- Premium product based on colostrum
- Liquid colostrum, defatted and decaseinated
- High quality cold manufacturing process

er daily allowance capsules) plostrum Pearls

800

Colostrum (mg)

#### The delicious alternative

- Sweet pearls full of colostrum that children love
- 800 mg Colostrum powder per daily portion

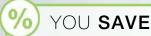








Aus Kolostrum der ersten



Ask your LR Partner about our discounted set and subscription prices!

\* Patent No: DE 10 2011 008 579 A1







# Cistus

#### 01 | Cistus Incanus Tea

Herbal tea with Cistus Incanus and Peppermint.

Directions of use: Allow to brew for 8-10 minutes. Decant or strain before drinking. 250 g

80404

#### 02 | Cistus Incanus Spray

with 86% Cistus Incanus Extract Recommended Dosage: daily 3x3 sprays 30 ml 80326

#### 03 | Cistus Incanus Capsules

with 71% Cistus Incanus extract Recommended dosage: 2 tablets daily 60 Capsules/33.5 g 80325

### Our quality promise

For our Cistus Incanus products we use only selected, fine cuts of the rich intensive leaves. Wood, stalks or off-cuts are rejected.

#### Nature pure

- 95% Cistus Incanus leaves
- ◆ 5% refreshing mint leaves
- ◆ 100% natural substances, no aroma



Cístus

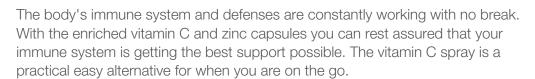
Incanus

### **IMPORTANT**

It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.

01

### Nature knows the way



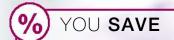


38 % 30 Vitamin C (mg)  Witamin E (mg)  Vitamin E (mg)		
Quick help on the go		
<ul> <li>with vitamin C and E</li> <li>Pleasant fresh flavour through mint</li> </ul>		
Light dosage through direct spray in the mouth	Cistus Incanus Incanus Incanus	Cistus Incanus  Mit der Kraft der Zistrose  Oa

per daily allowance (3 capsules) NRV	per daily allowance (3 capsules) Absolute		
100%	80	Vitamin C (mg)	
20 %	2	Zinc (mg)	

### Support for the immune system

- with zinc and vitamin C
- pure vegetable capsule shell



Ask your LR Partner about our discounted set and subscription prices!



Scientific evidence from the EFSA states:

1 Vitamin C and Zinc help with the normal functioning of the immune system by:

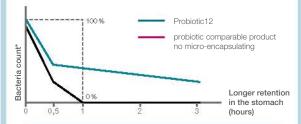
\* European Food Safety Authority

### PROBIOTIC 12





### More impact through patented micro encapsulating!



\*logarithmic scaling

Critical for the effectiveness of pro-biotic products is the survival rate of the bacteria during the crucial passage way into the intestines. The circulation of hydrochloric acid in the stomach causes many bacteria to be destroyed and they become ineffective. Probiotic12, in a double micro-encapsulating which clearly protects the efficiency of the bacteria and many other products.





Protects against bacteria through a Exposed bacteria<sup>2</sup> double micro encapsulation<sup>1</sup>

10.0001 / 15.0002-zero growth through the grid patterned-electron-microscope

#### Rich and valuable enterobacteria



The human intestinal wall is populated from good bacteria so call probiotic bacteria and from other bacterias. The natural balance of these bacterias has a major impact of our general well being.

#### optimal support for your well-being



The intestine is one of the biggest organs in our body and it is responsible for a major part of our bodies general health.

#### 12 bacteria strains



Probiotic12 contains per capsule around 1 billion probiotic bacteria. These helps to distribute 12 different bacteria strains. The combination is unique.

#### Pro-biotic bacteria culture

Bifido bacterium longum
Bifido bacterium breve
Bifido bacterium bifidum
Bifido bacterium inifantis
Bifido bacterium lactis
Lactobacillus plantarum
Lactobacillus casei
Lactobacillus paracasei
Lactobacillus rhamnosus
Lactobacillus acidophilus
Lactobacillus bulgaricus
Streptococcus thermophilus

#### + Präbioticum\*

FOS (fruit oligo saccharides)

\* Pro-biotic is a nutrient for pro-biotic bacteria and works as an additional "start helper" for the body's own bacteria.

# Probiotic12 – for my well-being



Probiotic bacteria distributes over 400 varying bacteria strains. Millions and millions of these bacteria populate our intestine. The human well-being depends on the right balance of these bacteria.



## Good health and well being for every situation

per daily allowance (3 capsules) NRV	per daily allowance (3 capsules) Absolute	
	250	Red clover extract (mg)
100%	5	Vitamin D3 (µg)
50%	400	Calcuim (mg)

### Natural support during menopause

- With calcium and vitamin D for the maintenance of normal bone structure
- with red clover extract
- Lactose and gluten free



#### **IMPORTANT**

It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.



### Cell protection through antioxidants

- Vitamin C, E and zinc to help support and protect the body's cells against oxidized stress
- supplemented with vitamin A
- Gluten free



#### YOU SAVE

Ask your LR Partner about our discounted set and subscription prices!

#### Woman Phyto active

Recommended Dosage: Daily 3x1 capsules 90 capsules/46.8 g 80332









### Far Eastern Vitality

Reishi, the "mushroom for long life", has been a staple in for hundreds of years in the oriental culture. Its beneficial characteristic are no longer the secret of the Asian world.





per daily allowance (3 capsules) NRV	per daily allowance (3 capsules) Absolute	
75%	60	Vitamin C (mg)
-	100	Reishi-Powder (mg)
-	240	Reishi-Extract (mg)

#### "Reishi – for longer living"

- With Reishi powder and extract
- ◆ With vitamin C
- Famous far eastern tradition
- ◆ Vegan



### YOU SAVE

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#### Reishi Plus with Vitamin C

The highly nutritious Reishi Mushroom Powder in this product is enriched with Vitamin C.

• take three capsules daily with fluid / 15,2 g

# Vitamin guarantee for the whole family

### **vita**AKTIV

Vitamins are a true good health support. Vitamin D and B6 help support the body's immune system, vitamin B12 supports the regeneration of cells and vitamin B1 helps maintain a good healthy heart.

They all are contained in Vita Aktiv – available in two delicious flavours.



Vitamin D3 (µg) 100% 100% Vitamin E (mg) 100% Thiamine (mg) 100% Riboflavin (mg) 100% Vitamin B6 (mg) Vitamin B12 (µg) 100% 2,5 100% 16 Niacin (mg) 100% 200 Folic acid (µg) 6,0 100% Pantothenic acid (mg) 100% Biotin (µg)

### The safe vitamin-provision!

- Quality compact-concentrate of natural fruit and vegetable assortments
- ◆ 100% vitamin supplement with just a teaspoon (5ml) per day
- No preservatives or colourings
- Delicious as a dressing over yogurt, fresh waffles or cake

### % YOU SAVE

Ask your LR Partner about our discounted set and subscription prices!



### **IMPORTANT**

It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.

Vita Aktiv tropic Recommended Dosage: daily 5 ml 150 ml

80510

Vita Aktiv Recommended Dosage: daily 5 ml 150 ml 80301

\* 100% NRV Nutritional Identification Regulation

# Balance is the foundation of everything!



ProBalance gives your body essential basic minerals for inner balance – also great used as a bath salt for the skin!

### A clever combination

Some minerals harmonize perfectly, while others impede each other. Therefore, the right combination is vital. Only in this way can minerals support the acid-base balance of the body and fulfil a variety of further functions.

#### 15% 300 calcuim (mg) 53% 200 Magnesuim (mg) 87% 695 Calcuim (mg) 453 copper (ua) 45% chromate (µg) 150% 60 80 molybdenum (µg) 160%

### Basic salts are also great for bathing!

- Results in a basic pH-balance of the bath water of around 8.5
- Helps stimulate the restructuring of the top dermal layer of the skin
- With the strength of basic minerals and precious ruby stones, amethyst and amber.

TO TAKE

#### Basic minerals to take!

- Balanced minerals and trace minerals
- A valuable mix of citrate, carbonate and gluconate.
- Lactose Free



ph Cosmetics

### %) YOU SAVE

Ask your LR Partner about our discounted set and subscription prices!

#### ProBalance

Recommended Dosage: daily 3x4 tablets 360 Tablets/ 252g 80102

#### ph cosmetics basic Bath Salts

Application: For a full bath 2-3 large spoonfuls for a foot bath 1 large spoonful 530 g 8116



Figuactiv Body Mission - More than just a diet!



R

28 BODY MISSION

Figuretiv

### Your Body Mission Guide

TELEFORE PROFITED BY

The information brochure and the online diet manager will provide you with recipes and tips any time!

#### Your meals

THE PERSON NAMED IN THE PE

The Figuactiv meal substitute products for exactly 28 days will be delivered to your doorstep.
Counting calories is a thing of the past!

### Your diet companion

\*

Helpful supplementary products will support you in achieving your dream figure!

# The new Body Mission: the easy route to weight loss!

Many diets are complicated or difficult to keep up. Not with Figuactiv Body Mission! The easy programme guides you in achieving your dream figure.





#### Here's how it works:

Replace two meals by Figuactiv.



in the morning

at lunchtime

in the evening



#### SO SIMPLE

It couldn't be easier: replace 2 meals, prepare 1 yourself. We will provide you with healthy and delicious recipes. Counting calories is a thing of the past!



#### IT WORKS!

The Body Mission is based on the latest nutritional research findings. The clever mix and the broad variety make it easy to keep up the diet!



#### **TOP QUALITY**

A unique combination of high-quality ingredients: The optimised product recipes ensure optimum nutrient supply. This is top quality Made in Germany!

## Important diet companions



#### Figuactiv Protein Drink for enhanced muscle support

During a diet, it is vital to maintain muscle mass. The Figuactiv Protein Drink provides extra proteins to support the muscles.

#### Figuactiv Protein Drink

- 80 % protein
- 5 different protein components
- With magnesium & vitamin B6 Recommended allowance: Mix one measuring scoop (12,5 g) per day with water or skim 375 g 80550



#### **VERIFIED**

#### Scientifically confirmed by EFSA\*:

- · Proteins help maintain muscle mass
- · Proteins help increase muscle mass
- Magnesium helps maintain the normal protein synthesis and muscle function
- Vitamin B6 helps maintain the normal protein and glycogen metabolism



#### Figuactiv Tea drinking is important

Not only during a diet. The Figuactiv herbal fasting tea is the perfect low-calorie source of liquid.

#### Figuactiv Diet Herbal Tea

- · enjoy with every meal
- nice change from just mineral water
- delicious herbal mixture 250 g



#### Figuactiv Lineé the alternative for food cravings

#### Figuactiv Linée +3 With high dietary fibre content 210 g 80380

<sup>\*</sup> European Food Safety Authority

## Mission dream figure: Get started now!



- 1 Just choose the flavour and order now
- 2 Start Body Mission
- 3 Lose weight and feel well



#### You will receive:

- Information brochure
- Personal code for the online diet
- 2 x Figuactiv Shakes of your choice
- 1 x Figuactiv Soup of your choice
- 1 x Figuactiv Vital
- 1 x Figuactiv Bar of your choice
- 1 x Figuactiv Herbal Fasting Tea
- 1 x Figuactiv Protein Drink
- 1 x ProBalance
- 1 x Shaker

Including: Online Diet Manager

- Personal code with each set
- · Anytime and anywhere on your smartphone
- ◆ Your personal weight loss guide
- · Shows your progress
- · Encourages and reminds you
- · Provides you with diet plans and recipes



Your LR partner will be pleased to provide you with information on further Figuactiv programmes

Figuactiv 28 days

"Expert Program"

**Body Mission** 



# The meal that tastes like muesli



"Great tasting fruity crunchy muesli! With an added splash of milk in yoghurt making it even creamier!"

#### Figuactiv Vital

- ◆ Mix with yogurt or milk!
- ◆ With fruity cranberry pieces
- No added preservatives
- Lactose Free

Figuactiv Vital Crunchy Cranberry 450 g can 80295





# Every shake a healthy meal

Every shake replaces one full meal and provides all the nutrients your body needs. A balanced and healthy meal.





"I love it, in Summer I simply mix my shake with ice cold milk - diet made easy and fun!"



#### Figuactiv Shakes

- A combination of plant and animal protein.
- Low in lactose
- Gluten free
- No added preservatives
- No added sugars2

<sup>2</sup> contains natural sugar

**Figu**Aktiv Strawberry-Banana 450 g can

Strawberry-Banana Latte Macchiato Vanilla



80203 80280



<sup>1</sup> Based on three average sized meals during the day the energy output of 2,000 kcal daily

## Ideal for on-the-go

#### Figuactiv Riegel

- Substantial meal for on the go
- Balanced nutritional supply
- For chocolate, crispy and strawberry enthusiasts



"I am always the go and it is so hard to stick to my diet. But with the Figuactiv Bar it is so simple!"



# Savoury meals – varied and delicious



You still can have hearty food and a consciously calorie reduced meals. With Figuactiv Soup you will always have your dream weight in sight!

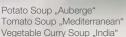


"I always like something to eat at meal times – so I simply add fresh cooked vegetables to my Figuactiv Soup giving me the variety I want."

#### Figuactiv Soup

- Lactose Free
- Gluten free
- No added preservatives

Figuactiv Soup 500 g can



80209 80210







# The Scientific Board of Advisers of LR:

They advise LR in the realms of scientific research and studies in the development of innovative product concepts.



**Prof. Clancy** is regarded worldwide as an expert in Probiotics. He lectures at the Australian University of Newcastle. Prof. Clancy advises LR on the numerous scientific questions and assists in the development of new products and concepts from scientific findings.

Prof. Dr. Robert Llewellyn Clancy University Newcastle, Australia



**Dr. Voss** is a Specialist in Dermatology, as well as the founder and manager of the renowned and accredited Institute Dermatest GmbH. Dr. Voss not only supports LR on the professional analysis of products but also provides advice on the professional procedural processes of individual scientific testing, studies and consumer census.

Dr. Werner Voss Founder and Director of the Dermatest® GmbH, Medical Research Company



**Prof. Kersher** lectures at the University of Hamburg in the faculty for Cosmetics and Body Care and also specalises in the field of dermatology, venerology, and allergology. She advises LR on her area of expertise and is particularly active in new projects.

Prof. Dr. Martina Kerscher

Professor for Cosmetic Sciences University Hamburg

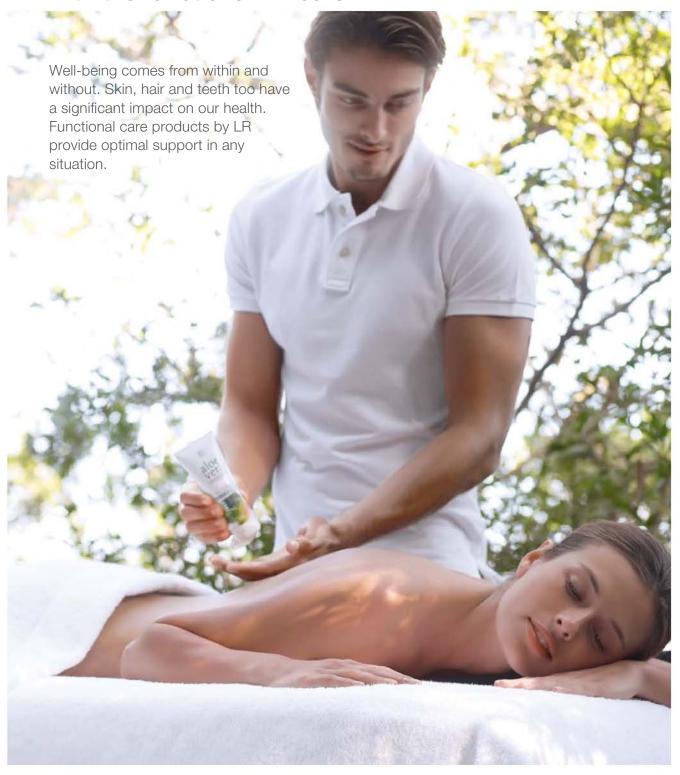
#### Science & Research

The basis for every successful product by LR is based largely on scientific findings. In our eyes we are always seeking new and innovative products and therefore together we work closely with leading international scientific bodies and professionals.

We always have a goal before us the health of our customers!

## A complete sense of well-being

with the functional LR care



## LR care competence

#### From prevention to first aid

Every person is different. The functional care series by LR offer the perfect solution, in all instances. Innovative formulas and premium ingredients ensure effective and particularly intense care.

#### Aloe Vera Skin Care

- Special care
- · Facial care
- Dental care



#### MICROSILVER PLUS Antibacterial support

- Dental care
- Hand care
- Foot care
- Hair care
- Facial care
- ◆ Body care



#### Healthy and glossy coat for your four-legged friend



#### Aloe Vera Shampoo

For horses and dogs

- Gently cleans and nourishesLeaves the fur soft, smooth and shiny
- 500 ml 20120



#### Aloe Vera Coat Gloss Spray

For horses and dogs

+ Embellishes and increases the natural shine of the coat 400 ml 20121



#### Aloe Vera Quick Help Spray

For horses, dogs and cats

Helps strengthen the skin's own natural

- + Moisturises the skin
- Cistus extract help protect against annoying insects
- + Simply spray onto the skin. 400 ml 20122

Save money with the set: Aloe Vera Tierpflege-Set Art.-No. 20123

## The Specialist:

SOS Care with the strength of Aloe Vera

- Very high Aloe Vera content
- approved ingredients



#### 01 | Aloe Vera with Propolis

Tender lotion. Refined propolis from the bee honeycomb with moisturising Aloe Vera for a rich cream suitable for dry and extremely damaged skin.

Natural bees wax extract for intensive moisture.

(a) Gently massage into skin as needed 100 ml 20002

#### 02 | Aloe Vera Concentrate

Aloe Vera Gel from the leaf in its natural form and consistency.

- Maximum moisture and high Aloe Vera concentration.
- Refreshes the skin leaving a cool pleasant sensation.

Apply to the skin as needed. 100 ml 20001

#### Aloe Vera Box

20050

Your Complete Care Set 3 products in one box:

- 01 | Aloe Vera with Propolis, 100 ml
- 02 | Aloe Vera Concentrate, 100 ml
- 03 | Aloe Vera Emergency Spray in the handy 150ml bottle (special size only available in the box set)
- you also receive the informative
  Aloe Vera Brochure FREE

## The Multi-Talent:

The best of Aloe Vera and twelve plant extracts



## aloe vera

83% Aloe Vera



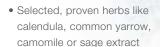
excellent quality and certified source of supply of the raw materials

tested for skin suitability



Selected active substances





- Moisturising for your skin
- For skin irritations

#### 03 | Aloe Vera Emergency Spray

High performing combination of Aloe Vera and 12 proven herbal essences.

- Acts likes a protective film on very dry demanding skin
- Simply spray onto the skin to calm and cool irritations.

500 ml 20000





You can find more highlights on our product assortment in our Beauty Collection
Ask your LR Partner!





## Aloe Vera DermaIntense

with Vitamin B12-active complex ingredients – exclusive by LR



perfume free 20 % Aloe Vera ALL PURPOSE **DERMAINTENSE** MAHONIA EXTRACT

Dermanitense is the innovative solution for dry demanding skin. In particular for sensitive skin on face, throat, elbows and knees.

Aloe Vera DERMAINTENSE – Your quick solution for dry demanding skin.



Innovative Cream for extremely demanding skin. The B12 active ingredients of natural Aloe Vera, evening primrose oil, mahonia extract and vitamin B12 nourish dry reddened skin. Dermaintense is especially suitable for treating particularly dry sensitive skin. APPLY AS often as needed daily to the affected areas. Perfume free.

20006

Patent pending



\* Patent-No.: DE 10 2010 030 443.3

You can find more highlights on our product assortment in our Beauty Collection
Ask your LR Partner!

# Aloe Vera **specialist** for selected application





#### 01 | Aloe Vera Thermo Lotion WITH 45% Aloe Vera

Lightly warming and skin nourishing lotion.

- Conditions with natural oils, eucalyptus & winter green oil.
- Aids with a pleasant warming effect.
- Olive, jojoba, apricot kernel, sesame oils nourish and leave the skin feeling velvety

Gently massage into skin. 100 ml

20003

#### 02 | Aloe Vera MSM Body Gel

Smooth, quick absorbing Gel.

- With barberry leaves and willow bark extract
- + Optimal addition with the Aloe Vera Freedom (see pg 114-115) for external application

Apply to the whole body

200 ml 20004



excellent quality and certified source of supply of the raw materials



tested for skin suitability



high Aloe Vera content



Selected active substances

All products from page 52 onwards have been registered for patent

# Prerequisite for beautiful skin:

## Thorough gently cleaning and perfect care

## Aloe Vera Day Cream Effective moisturising or fragrance and luxurious for every skin type for the

Effective moisturising cream with a soft tender fragrance and luxurious texture. The day care for every skin type for those who long for beautiful skin.



- Provides moisture
- Skin appears firmer, smoother and comfortable the whole day through
- + Ideal under makeup

Apply to clean skin daily 50 ml 20014

#### 50 % Aloe Vera

aloe

#### Aloe Vera Cleansing Milk

Thorough, mild cleanser without drying out the skin.

- BIO Jasmine extract
- Suitable for dry and sensitive skin types
- Ideal to remove makeup
- Moisturises the skin whilst retaining the skins own moisture balance

Massage daily onto face, throat and décolleté avoiding the eye area. Rinse thoroughly with luke warm water 200 ml 20010



#### Aloe Vera Night Cream

The creamy texture and the relaxing scent creates the perfect harmony for an intensive nurturing of the skin during sleep.

BIO Bio olive extract and olive oil stimulate moisture during the night



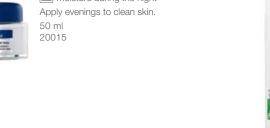
#### Aloe Vera Skin Lotion

Removes any excess makeup or impurities following cleaning the skin.

- BIO Jasmine extract
- Gentle cleanser
- Provides moisture
- Refreshes the skin
- Alcohol free

Apply mornings and evenings after cleaning with cleansing milk over the face, neck and décolleté. Avoid the eye area.

200 ml 20011







#### YOU SAVE WITH **SETS**

#### Aloe Vera Basic Face Care - Set

Cleansing Milk · 200 ml Skin Toner · 200 ml Day Cream · 50 ml Night Cream · 50 ml 20046

\* Patent-No.: DE 10 2010 030 654.1

# Protects the gums and leaves breath fresh and clean



- prevents plaque
- · soothes gums and teeth
- gentle on tooth enamel



#### 01 | Aloe Vera Tooth Gel

A thorough cleaner for the teeth and gums leaving a fresh clean mouth.

■ Echinacea extract helps guard against gum disease

Thoroughly clean (2-3 times per day) 100 ml 20070

#### 02 | Aloe Vera Tooth Gel Sensitive

A particularly thorough clean, suitable for sensitive teeth.

পি Protects tooth enamel

© Clean teeth thoroughly 2-3 times daily 100 ml 20071





The secret of the Microsilver Plus Series is its unique ingredient Microsilver BG™. This is composed from pure silver powder which has a highly porous spongy structure. Microsilver BG™ with its antibacterial properties in combination with varying zinc binding components and dexpanthenol is present in all the products of the Series range. The silver grey colour in these products is a distinctive mark of quality.

#### MICROSILVER PLUS

effective antibacterial:

- Removes undesired bacteria
- Prevents re-emergence of bacteria



The LR combination of active ingredients works threefold\*:

antibacterial

regulates

stabilises





Body region	Area of application**	Solution
Teeth/Mouth	teeth/mouth gums, bad breath, Dental enamel	Antibacterial Toothpaste
Face	Pimples, Impurities	Antibacterial Wash Cream
Face	Pimples, Impurities	Anti-Acne Face Cream
Body	underarm perspiration, odour	Anti-microbial Deo Roll-on
Body	Flaky dry skin	Antibacterial Shower Gel
Body	Flaky dry skin (local)	Anti-abrasive Universal Cream
Body	Flaky dry skin (large-scale)	Anti-dryness Body Emulsion
Hands	perspiration, hygiene	Antibacterial Hand Cream
Hands	perspiration, hygiene (en route)	Antibacterial Hand Gel
Feet	perspiration, odour	Antibacterial Foot Balsam
Hair	dandruff, dry scalp	Anti-dandruff Shampoo





We at DERMATEST® have undertaken numerous clinical studies on the Microsilver Plus products and can conscientiously confirm the effectiveness of the products.

#### Dr. Werner Voss

Founder and Director of the Dermatest® GmbH, Medical Research Company

\*scientifically accredited through several studies (et al. Fresenius)

\*\*not caused by illness





# **Dental Program** at home

Our mouth is a living room for many different bacterias (microorganisms) which sit firmly on the roof of the mouth and multiply. As a result, sugars and left over foods are metabolised into acidity by these microorganisms which can lead to toothache and tooth decay. Microsilver Plus Toothpaste helps to remove these bacterias which are responsible for gum disease, cavities and bad breath.



#### Dental care:

- Dental prevention
- remove microorganisms
- Against bad breath
- Hydroxyapatite repairs tooth enamel

# MICRO SILVER

WITH PUR SILVER TOOTH

PASTE

- Prevention and

Helps strengthen

Protection

enamel

#### **Certified Effectiveness:**

**90%** certified that their gums were more settled\*

\*antibacterial toothpaste was tested on 10 males and females in the age group from 18 to 72 years of age through the Dermatest GmbH over a 4 week period in April 2006.



#### MICROSILVER PLUS Toothpaste

Brush teeth thoroughly for at least 2 minutes in the morning and evening or as necessary. 75 ml 25090

Patent pending

#### Antibacterial solution for the hands and feet

#### Hand care: Reduced bacteria Increased moisture The zinc provides a protective film for the hands

#### Hand hygiene: Hygiene without water A refreshing feeling The zinc provides a protective film for the hands







#### MICROSILVER PLUS **Hand Cream**

A moisturising Hand Cream that contains protective mineral complexes. Apply as often as need to the hands. 75 ml 25050



#### MICROSILVER PLUS Hand Gel

A particularly convenient quick cleanser for on the go - no need for water. 75 ml 25051



#### MICROSILVER PLUS Foot Cream

Apply to the feet as needed mornings and evenings. Light and quick absorbing. 100 ml 25052



#### actively eliminates Dandruff\*

The Microsilver Plus Anti-Dandruff Shampoo not only helps to eliminate dandruff but also reduces the overproduction of scaling of the skin.

#### Certified Effectiveness:

- 100% confirmed that the build up of dandruff appeared less.\*\*
- 100% confirmed that the hair felt clean and the scalp felt soothe.\*\*
- 80% confirmed that the scalp appeared less dry and less inflamed.\*\*

\*developed through a dry scalp

\*\* MICROSILVER PLUS Anti-Dandruff Shampoo was tested on 10 men in the age group from 22 to 56 years of age through the Derma Consult GmbH during the period from April to June 2008.



### Hair care: Mild Cleanser Eliminates dandruff\* Acts as an anti-bacterial Octopirox helps regulate the scalp

#### MICROSILVER PLUS Anti-Dandruff Shampoo

Mild anti-dandruff shampoo. Apply daily or as needed. 150 ml 25070





## proven effectiveness against skin impurities



Blemished impure skin is often a result of an overproduction of the sebaceous glands in the skin. When the sebaceous glands are blocked they become the ideal conditions for the production of microorganisms. Microsilver Plus Face Care Products effectively clean the skin of unwanted bacteria.



► MICROSILVER effective antibacterial

#### Face cleansing:

mild and deep cleansing of pores

Salicylic acid opens the pores



#### **Certified Effectiveness:**

- 100% indicated a high tolerance for the face cream\*
- 85% confirmed a reduction in skin impurities\*
- \*Anti-bacterial face cream was tested on 30 males and females in the age group 16 to 34 years of age through the Dermatest GmbH over a period of 8 weeks in August 2005.

#### Facial care:

- Helps reduce impurities
- soothes the skin
- Defensil has an antiinflammatory effect

#### YOU SAVE WITH SETS

#### MICROSILVER PLUS Face Set

MICROSILVER PLUS Face Wash · 150 ml MICROSILVER PLUS Face Cream · 50 ml 25004



#### 01 | MICROSILVER PLUS Face Wash

Use both mornings and evenings to clean the face with the anti-bacterial face wash.

150 ml 25000

#### 02 | MICROSILVER PLUS Face Cream

Apply the Face Cream following cleansing with the Wash Cream 50 ml 25001



#### helps prevent stressed skin

#### Body cleansing:

- Mild cleanser for extremely dry skin
- kind to the skin and moisturising
- Kind to the skin

#### Body care:

- Nurtures dry skin all over the body
- Stabilises and refines
- Light to wear and suitable for sensitive skin
- performs like a protective coat





#### MICROSILVER PLUS Shower Gel

A mild Shower Gel for daily use for stressed dry skin. The ideal preparation for an all over body nurturing.

200 ml 25023



#### MICROSILVER PLUS Body Emulsion

A light body lotion for use all over the body. 200 ml 25021

#### YOU SAVE WITH **SETS**

MICROSILVER PLUS - Body Set 25109

MICROSILVER PLUS Shower Gel · 200 ml MICROSILVER PLUS Body Emulsion · 200 ml



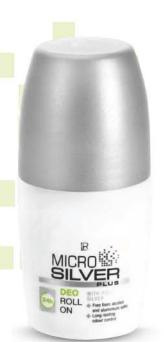
#### Protection against perspiration odours



#### Certified Effectiveness:

- 80% confirmed, that they no longer suffered from unpleasant odour\*
- 80% confirmed, that they no longer suffered from skin inflammation\*
- \* antibacterial Deo Roll-on was tested on 20 males and females in the age group from 25 to 76 years of age through the Dermatest GmbH during a 4 week period in April 2010.





#### Deodorant protection:

- Effective against perspiration odour 24 hrs
- No alcohol: gently for your skin
- No aluminum deposits: no restriction of the sweat glands
  - Talcum absorbs perspiration

#### MICROSILVER PLUS Deo Roll on

Apply mornings and after showering. 50 ml 25022





# proven help for irritated skin



The skin is the largest organ of the human body that is in direct contact with the outside environment. It protects the inner organs from drying out and acts as a barrier against pathogens. Dry, stressed skin is more easily to tear and appear flaky and is more vulnerable to the penetration of bacteria.

ECTOIN® in the MICROSILVER PLUS Universal Cream helps strengthen the skin barrier. Intensively nourishes the skin with moisture.

# Body care: For local treatment of very dry skin. Reduced itch\*\*

Ectoin® helps strengthen the skin

Increases the skins' moisture

\*\*not caused by illness





Locally – for extremely dry skin

#### **Certified Effectiveness:**

- 90% confirmed, that the Universal Cream was very well received on sensitive skin\*
- 85% confirmed that the skin was soothed when using the Universal Cream

\*The anti-bacterial Universal Cream was tested on 16 women and 4 men between the ages 18 to 71 years of age by the Dermatest GmbH of a period of 4 weeks in November 2004



#### MICROSILVER PLUS Universal Cream

Apply the rich Universal Cream to localised areas. For extremely dry rough skin. 75 ml 25020





LR Health & Beauty Systems GmbH · 59227 Ahlen

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Art. No: 93 660-306

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