



PLANTA*VIS*
SWITZERLAND 

HEALTHFOOD

PRODUCT CATALOGUE

Dietary supplements (valuable food concentrates), supplemental balanced diets and medical devices, raw materials from all over the world, developed by our nutrition scientists – for your healthy life style.

"YOUR HEALTH IS OUR MOTIVATION – THEREFORE THE BEST IS ONLY GOOD ENOUGH FOR US"



OUR CELL PROTECTION COMPLEX

Patent pending: the PlantaVis cell protection complex.

As a company that produces and develops innovative dietary supplements, we work closely with scientists from the fields of nutrition, epigenetics, nutrigenetics, medicine and pharmacy. We place great emphasis on cutting-edge research and integrate research findings into our daily work.

One important result of this is, that we are particularly proud of our new and exclusive cell protection complex, which is already patent pending in Germany.

Oxidative stress has become a problem in our modern society. Stresses at school, in everyday life and at work, as well as a lack of exercise leave their mark in our somatic cells. All in all, these factors can weaken the immune system, accelerate cell ageing and cause chronic inflammatory diseases and metabolic disorders.

A low intake of fruit, vegetables, herbs and mushrooms reduces the phytochemicals available to the body and provokes oxidative stress as well. Many of the phytochemicals that these natural products contain have scientifically proven antioxidant effects. Our micronized cell protection complex can help **resolve this modern form of malnutrition**. We use it in many of our latest products, labelled with our cell protection complex symbol. The following ingredients make our cell protection complex unique:

Camu Camu extract

Camu Camu grows in the western Amazon region. Its fruit contain up to 40 times more vitamin C than oranges. Phytochemicals can enhance the antioxidative, cytoprotective (cell protective) effects of vitamin C several times over in the body.

Melon extract

Melon extract is rich in superoxide dismutase; a group of enzymes that help convert highly reactive superoxide radicals into hydrogen peroxide.

Jiaogulan extract

Jiaogulan, in Chinese Xiancao (immortality), contains a strikingly high level of ginsenosides, a group of phytochemicals that also occurs in ginseng. The ginseng root used to be eaten precisely because of its invigorating effect.

Caper extract

Alongside flavonoid glycosides and rutin, capers contain a mustard oil glycoside. In folk medicine they were used to treat a number of illnesses including chronic inflammatory disease.

Shiitake

Just as Hippocrates in ancient times, the Chinese use food to target specific health disorders. Shiitake is included in the Chinese Pharmacopoeia due to its importance in fighting various ailments.

Our cell protection complex also includes Cordyceps powder, Astragaloside extract (1%), barley extract with 20-25% β -glucan, Chlorophyllin, black pepper extract and L-ascorbic acid.

Convince yourself and allow PlantaVis cell protection complex to strengthen your body cells!



IMMUNE SYSTEM

Page

| | |
|------------------------------------|---|
| Daily Plus capsules | 7 |
| Vitamin D & K2 capsules | 8 |
| Pro Immune capsules | 8 |
| Pomegranate and cranberry capsules | 9 |



DETOXIFICATION

Page

| | |
|--------------------------------------|----|
| Detox powder | 11 |
| Detox capsules | 12 |
| Milk thistle capsules | 13 |
| Pharmacist's herbal bitters capsules | 13 |



BEAUTY

Page

| | |
|--|----|
| Apricot capsules | 15 |
| Collagen powder | 15 |
| Bamboo sprout capsules | 16 |
| Millet and caffeine capsules | 16 |
| Planta Skin Lightening capsules | 16 |
| Pennywort and field horsetail capsules | 17 |



ACTIVITY

Page

| | |
|------------------------------|----|
| Pine bark with OPC capsules | 19 |
| Alkaline herbal mix capsules | 19 |
| Iron capsules | 20 |
| Q10 complex capsules | 20 |
| Good Aging capsules | 21 |
| ArthronVis capsules | 21 |



VITALITY

Page

| | |
|-----------------------------------|----|
| Elderberry capsules | 23 |
| Curcuma and frankincense capsules | 23 |
| Prickly pear capsules | 24 |
| Citrus aurantium capsules | 24 |
| Spirulina and Camu Camu tablets | 25 |



SLIMMING

Page

| | |
|--------------------------------------|----|
| FormSchön Set incl. Satiety capsules | 27 |
|--------------------------------------|----|



PERFORMANCE

Page

| | |
|---------------------------------|----|
| PlantaBrain capsules | 29 |
| ProAgil - L-tryptophan capsules | 30 |
| ProAgil - Griffonia capsules | 30 |
| ProAgil capsules | 31 |



FERTILITY

Page

| | |
|----------------|----|
| Women capsules | 33 |
| Men capsules | 33 |



LOVE

Page

| | |
|---------------------------|----|
| Maca capsules | 35 |
| PlantViril medical powder | 35 |



METABOLISM

Page

| | |
|---|----|
| Smoke tree and stinging nettle capsules | 37 |
| PlantaBiotic capsules | 37 |
| Basic capsules | 38 |
| Plus capsules | 38 |
| Satiety capsules for diabetics | 39 |



SKIN CARE & TESTS

Page

| | |
|-------------------------------|----|
| ProSkin skin and wound powder | 41 |
| BioMonitor StressTest | 41 |

OUR PHILOSOPHY

Welcome to PlantaVis!

According to the proverb, "You are what you eat." even during antiquity, Hippocrates, the famous doctor who lived from 460 BC until about 370 BC, taught "Let food be thy medicine and medicine be thy food." At PlantaVis, we are also convinced that a healthy, balanced diet, in conjunction with an active lifestyle is an essential aspect of ensuring good health and well-being long into old age.

However, our eating habits have changed dramatically since these insights first became known. Ready-made meals and pre-prepared ingredients have become common place in many households, canteens and even restaurants. These products are often 'empty' of nutrients and contain large amounts of carbohydrates; although they are filling, they are poor sources of micronutrients.

The effects that these foods have on our health are worsened by the fact that very few people regularly manage to eat the recommended five daily servings of fruit and vegetables. Today, most people base their diet on just 400 different foods; this contrasts strongly with our hunter-gatherer ancestors who used around 4,000.

At PlantaVis we feel very strongly about the environment and the rich range of natural ingredients that nature has to offer. Every time we enter our storage facilities, we feel like we are entering a vast treasure chamber and we quickly fall under the spell of the fascinating and enticing scent of herbs and spices from all around the world.

Our innovative products enable you to share in our enthusiasm for natural products. We only use the best natural raw materials to compose our unique dietary supplements, and we are particularly proud of our exclusive cell protection complex, which is why you'll find it in most of our products.

We do hope you'll welcome this opportunity to explore the enchanting world of PlantaVis.

Sincerely,
Your PlantaVis team





IMMUNE SYSTEM

A healthy immune system provides the best protection against organic causes of disease and numerous other substances that can adversely affect your health.



High-quality vitamins and minerals can intelligently support our body's normal functions and help to strengthen its natural defences.

Daily Plus capsules



Multi-vitamin mineral capsules

A dietary supplement in the form of multi-vitamin mineral capsules.

| Ingredient | per daily dose (3 capsules) | RDA (%) * |
|------------------|--------------------------------|-----------|
| Magnesium | 118.57 mg | 31.62 % |
| Calcium | 120.12 mg | 15.01 % |
| Iron | 15.00 mg | 107.14 % |
| Vitamin C | 120.00 mg | 150.00 % |
| Zinc | 15.07 mg | 150.67 % |
| Potassium | 39.34 mg | 1.96 % |
| Vitamin E | 12.10 mg α-TE | 100.80 % |
| Nicotinamide | 15.00 mg | 93.75 % |
| Pantothenic acid | 9.04 mg | 150.65 % |
| Manganese | 3.00 mg | 150.00 % |
| Copper | 1.52 mg | 152.70 % |
| Vitamin B12 | 3.75 µg | 150.00 % |
| Vitamin D3 | 7.50 µg | 150.00 % |
| Vitamin B1 | 1.81 mg | 164.59 % |
| Vitamin B6 | 2.09 mg | 149.35 % |
| Vitamin B2 | 2.10 mg | 150.00 % |
| Vitamin K1 | 45.00 µg | 60.00 % |
| Folic acid | 300.00 µg | 150.00 % |
| Iodine | 226.08 µg | 150.72 % |
| Selenium | 72.06 µg | 131.01 % |
| Biotin | 75.00 µg | 150.00 % |

Ingredients: Magnesium carbonate, calcium carbonate, hydroxy-propyl methylcellulose (capsule), ferrous gluconate, L-ascorbic acid, zinc gluconate, potassium chloride, DL-alpha-tocopheryl acetate, cell protection complex (camu camu extract containing 20% L-ascorbic acid1, L-ascorbic acid1, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract (Extramel®), pepper extract containing 95% piperine), nicotinamide, calcium pantothenate, manganese sulphate monohydrate, copper sulphate pentahydrate, cyanocobalamin, cholecalciferol, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, phyloquinone, pteroylm-noglutamic acid, sodium iodide, sodium selenite pentahydrate, biotin.

Recommended dose: 3 capsules daily with plenty of liquid.

Content: 90 capsules · **Weight:** 46.5 g

Article number: 5111

Jiaogulan supports the activity of the lymphocytes, while the medicinal fungi Cordyceps and Shiitake are said to strengthen the immune system. Together with antioxidants, vitamins and minerals, the valuable ingredients of these capsules help to give your diet a daily boost.



High-quality vitamins and minerals can intelligently support our body's normal functions and help to strengthen its natural defences.

Vitamin D & K2 capsules



For the immune system

Vitamin D helps to keep the immune system working normally.

A dietary supplement in the form of vitamin D & K2 capsules

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|------------|--------------------------------|-----------|
| Vitamin C | 32.00 mg | 40.00 % |
| Vitamin D | 20.00 µg | 400.00 % |
| Vitamin K2 | 150.00 µg | 200.00 % |

Ingredients: rice flour, hydroxypropyl methylcellulose (capsule), cell protection complex (camu camu extract containing 20% L-ascorbic acid¹, L-ascorbic acid¹, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside IV (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract (EXTRAMEL®), black pepper extract containing 95% piperine), menaquinone, medium-chain triglycerides, cholecalciferol.

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · **Weight:** 29.8 g
Article number: 5116

Pro Immune capsules



For the spring

Selenium and zinc help to maintain the normal functions of the immune system.

Dietary supplements containing vitamins and minerals

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|------------|--------------------------------|-----------|
| Calcium | 240.24 mg | 30.03 % |
| Magnesium | 187.50 mg | 50.00 % |
| Vitamin C | 84.26 mg | 105.33 % |
| Zinc | 10.00 mg | 100.00 % |
| Manganese | 2.00 mg | 100.00 % |
| Vitamin B6 | 1.40 mg | 100.00 % |
| Selenium | 55.00 µg | 100.00 % |

Ingredients: calcium carbonate, hydroxypropyl methylcellulose (capsule), magnesium oxide, elderberry extract, L-ascorbic acid, quercetin, grapefruit powder, stinging nettle powder, lemon juice powder, spinach powder, perilla powder, zinc chloride, Spirulina powder, linseed powder, black cumin powder, cell protection complex (camu camu extract containing 20% L-ascorbic acid¹, L-ascorbic acid¹, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside IV (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract (EXTRAMEL®), black pepper extract containing 95% piperine), manganese gluconate, broccoli powder, pyridoxine hydrochloride, sodium selenite pentahydrate.

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · **Weight:** 51.8 g
Article number: 6112



Many people are affected by urinary tract or bladder infections. The proanthocyanidin found in cranberries uses its antibacterial and anti-inflammatory properties to help the body to fend off such infections.

Pomegranate and cranberry capsules



Do something good for your immune system

Vitamin C helps ensure a healthy immune system.

Dietary supplement with vitamin C

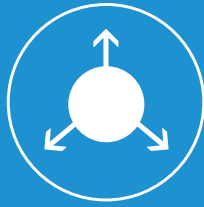
| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|---------------------|--------------------------------|-----------|
| Vitamin C | 58.00 mg | 72.50 % |
| Pomegranate extract | 170.00 mg | |
| Cranberry extract | 160.00 mg | |

Ingredients: hydroxypropyl methylcellulose (capsule), 15.3% pomegranate extract, 14.4% cranberry extract, bearberry powder, cell protection complex (camu camu extract containing 20% L-ascorbic acid,¹ L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Extramel®], black pepper extract containing 95% piperine), rosehip powder, black radish powder, L-ascorbic acid, medium chain triglycerides, magnesium salts of fatty acids (separating agent), Geranium robertianum extract, Geranium maculatum extract.

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · **Weight:** 33.3 g
Article number: 3485

Wild cranberries originally grew in the forests of North America but now tend to be found on huge plantations in the USA. The bright red berries were given their name by the first settlers in America, who decided to call them "crane-berries" because the petals of the plant resembled the bill of a crane.



DETOXIFICATION

A regular detox can help counter numerous health risks.

Our bodies regularly absorb small amounts of toxins. Luckily, many of these toxic substances are excreted before they can do any lasting damage. However, this is not always the case, and heavy metals such as lead, cadmium and mercury, among other toxins, tend to remain in the body. Sometimes these substances result from dental fillings but they are also often found in otherwise healthy foods such as fish, fruit and vegetables. Exposure to these contaminants increases the concentration of toxic substances in the body, which can lead to significant liver and kidney damage. It's clearly high time for a natural detox!

Why do parrots eat clay?

Quite a few types of animals eat clay on a regular basis, and this is also the case with parrots. Some parrots have even been seen using their sharp beaks to nibble away at rocks. These birds are searching for special minerals that naturally neutralize toxic substances.

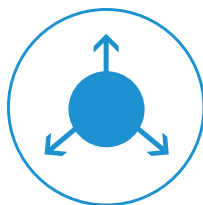
The porous labyrinth-like structure of clinoptilolite zeolite binds toxins.

Detox powder and capsules function in exactly the same way as the minerals consumed by animals. However, our detox powder and capsules are class IIa medical device! The key to the benefits that our detox treatments provide is found in the highly mineralised zeolite that they contain. Zeolite that is obtained from natural sources is known as clinoptilolite. The great advantage of clinoptilolite zeolite is that its particular structure enables it to bind heavy metals in the body, which can then be excreted naturally.

The mineral is extremely porous and traversed by numerous microchannels: seven grams of clinoptilolite zeolite has a surface area equivalent to that of a football field. This provides the mineral with an enormous capacity for ion exchange and enables its structure to absorb and bind toxins. This capacity is further enhanced by micronization – a special milling process that we use during the preparation of all of our detox products.

Indulge in a detox.

Our detox powder and capsules provide natural detoxification; moreover, clinoptilolite zeolite has no known side effects. The products are available in packs of 90 grams (or 144 capsules) or 180 grams (or 288 capsules), and last for a 12 or 24-day detox respectively. During the treatment, clinoptilolite can effectively bind heavy metals so that they can be excreted. We recommend combining our detox powder or capsules with our milk thistle capsules; however, these are also effective when taken by themselves. Milk thistle capsules contain our proven cell protection complex¹, which combines the effects of the South American camu camu, Jiaogulan from Asia, and powdered Cordyceps and shiitake mushrooms. Our detox powder and capsules are class IIa medical device and perfect for detoxification!



Our detox products can be used to significantly reduce the level of ammonium and heavy metals found in the body; in particular, this includes lead, cadmium and mercury. They can also help relieve the stress placed on liver, kidney, pancreas and blood metabolism.

Detox powder 12-day treatment



A class IIa medical device

Ingredients: micronized clinoptilolite zeolite. Detox powder is a class IIa medical device in powder form, consisting of 100% micronized clinoptilolite.

Dosage instructions: Stir 1-2 measuring spoons (1.25–2.5g) of detox powder into water (200ml) 3 times a day and drink 30 minutes before each main meal. We recommend taking 1 measuring spoon 3 times a day as a preventive measure or 2 measuring spoons three times a day as a treatment.

Content: 90 g
Article number: 1182

Detox powder 24-day treatment

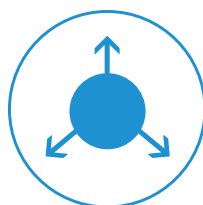


A class IIa medical device

Ingredients: micronized clinoptilolite zeolite. Detox powder is a class IIa medical device in powder form, consisting of 100% micronized clinoptilolite.

Dosage instructions: Stir 1-2 measuring spoons (1.25–2.5g) of detox powder into water (200ml) 3 times a day and drink 30 minutes before each main meal. We recommend taking 1 measuring spoon 3 times a day as a preventive measure or 2 measuring spoons three times a day as a treatment.

Content: 180 g
Article number: 1183



Our detox products can be used to significantly reduce the level of ammonium and heavy metals found in the body; in particular, this includes lead, cadmium and mercury. They can also help relieve the stress placed on liver, kidney, pancreas and blood metabolism.

Detox capsules 12-day treatment



A class IIa medical device

Ingredients: 624mg of micronized clinoptilolite zeolite.
Auxiliary agents to aid machine packaging in capsules:
155mg of sodium hydrogen bicarbonate, 24mg of water,
6mg of magnesium stearate. Cellulose capsule (hydroxy-
propyl methylcellulose) 120mg.

Dosage instructions: Take 2–4 detox capsules with plenty of water (at least 200ml) 3 times a day, 30 minutes before each main meal. We recommend taking 2 capsules 3 times a day as a preventive measure or 4 capsules 3 times a day as a treatment.

Content: 144 capsules · **Weight:** 133 g
Article number: 1083

Detox capsules 24-day treatment

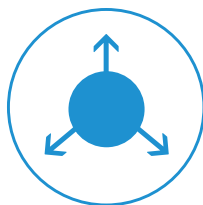


A class IIa medical device

Ingredients: 624mg of micronized clinoptilolite zeolite.
Auxiliary agents to aid machine packaging in capsules:
155mg of sodium hydrogen bicarbonate, 24mg of water,
6mg of magnesium stearate. Cellulose capsule (hydroxy-
propyl methylcellulose) 120mg.

Dosage instructions: Take 2–4 detox capsules with plenty of water (at least 200ml) 3 times a day, 30 minutes before each main meal. We recommend taking 2 capsules 3 times a day as a preventive measure or 4 capsules 3 times a day as a treatment.

Content: 288 capsules · **Weight:** 267 g
Article number: 1084



Regular detoxification can prevent numerous health risks.

Milk thistle capsules



Good for a healthy liver

Choline helps maintain a healthy liver.

Dietary supplement containing choline

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|------------|--------------------------------|-----------|
| Vitamin C | 80.00 mg | 100.00 % |
| Vitamin E | 3.36 mg α-TE | 28.00 % |
| Choline | 48.69 mg | |

Ingredients: milk thistle, hydroxypropyl methylcellulose (capsule), **cell protection complex** (camu camu extract containing 20% L-ascorbic acid, 1 L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Extramel®], black pepper extract containing 95% piperine), Burma Spirulina powder, choline bitartrate, L-ascorbic acid, curcuma extract 95% curcuminoids, dandelion extract 10:1, DL-alpha-tocopheryl acetate, medium-chain triglycerides, magnesium salts of fatty acids (separating agent), lapacho tea extract.

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · Weight: 36.0 g
Article number: 2074

Pharmacist's herbal bitters capsules



Dietary supplement

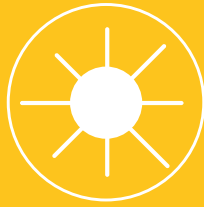
| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|------------|--------------------------------|-----------|
| Naringin | 39.60 mg | |
| Cynarine | 1.00 mg | |
| Caffeine | 4.00 mg | |

Ingredients: hydroxypropyl methylcellulose (capsule). Olive leaf extract (20% oleuropein), mate extract (5% **caffeine**), Tribulus extract (40% saponins), broccoli powder, gentian root powder, yarrow powder, angelica root powder, grapefruit extract (99% naringin), yellow **mustard seed** powder, dandelion root powder, artichoke extract (2.5% cynarine), hops powder, horseradish, thyme powder, coriander, aniseed powder, fennel powder, rosemary powder, black pepper extract (95% piperine).

Recommended dose: 2 capsules daily with plenty of liquid.

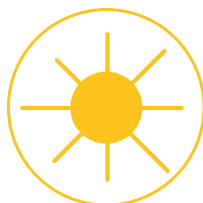
Contains caffeine. Not recommended for children or during pregnancy.

Content: 60 capsules · Weight: 31.1 g
Article number: 4285



BEAUTY

Each epoch has its own ideas of what constitutes beauty,
and we encounter them in the fine arts such as painting,
sculpture, architecture and music.



Beauty comes from within! Although this view from popular wisdom mainly applies to inner values, it is clear that the things we eat can have an effect on our hair, skin, connective tissue and veins.

Apricot capsules



In the sun

Zinc and selenium help protect the cells from oxidative stress.

Dietary supplements containing vitamins and minerals

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|-------------|--------------------------------|-----------|
| Zinc | 10.00 mg | 100.02 % |
| Vitamin A | 784.00 µg RE | 98.00 % |
| Copper | 1.00 mg | 100.24 % |
| Vitamin B12 | 2.50 µg | 100.00 % |
| Vitamin C | 32.00 mg | 40.00 % |
| Folic acid | 200.00 µg | 100.00 % |
| Iodine | 151.28 µg | 100.85 % |
| Selenium | 54.04 µg | 98.25 % |
| Biotin | 50.00 µg | 100.00 % |

Ingredients: hydroxypropyl methylcellulose (capsule), apricot powder, carrot powder; cell protection complex (camu camu extract containing 20% L-ascorbic acid,¹ L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Extramel®], black pepper extract containing 95% piperine), stinging nettle extract, zinc gluconate, magnesium salts of fatty acids (separating agent), Dunaliella algae 2.5%, tagetes extract (5% zeaxanthin), medium-chain triglycerides, beta-carotene 10%, retinyl acetate, copper gluconate, cyanocobalamin 0.1% with mannitol, pteroylmonoglutamic acid (folic acid), potassium iodide, sodium selenite pentahydrate, biotin.

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · Weight: 33.3 g
Article number: 2479

Collagen powder



Do something good for your skin

Zinc helps keep your skin healthy.

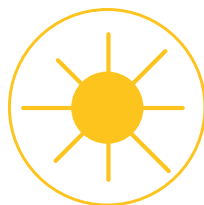
Dietary supplement with vitamins

| Ingredient | per daily dose (10 g) | RDA (%) * |
|---------------------|--------------------------|-----------|
| Hydrolysed Collagen | 7,208.90 mg | |
| Vitamin C | 54.12 mg | 67.65 % |
| Zinc | 2.66 mg | 26.66 % |
| Vitamin E | 2.98 mg α-TE | 24.83 % |
| Manganese | 1.08 mg | 54.11 % |
| Vitamin B6 | 0.50 mg | 36.31 % |

Ingredients: collagen hydrolyzate, crystalline fructose, blackcurrant powder, rosehip powder, berry mix, beetroot powder, blackcurrant aroma, L-ascorbic acid, citric acid, zinc sulphate, DL-alpha-tocopheryl acetate, manganese gluconate, pyridoxine hydrochloride.

Recommended dose: 10 g daily with 200 ml of liquid.

Content: 300.0 g
Article number: 4147



Beauty comes from within! Although this view from popular wisdom mainly applies to inner values, it is clear that the things we eat can have an effect on our hair, skin, connective tissue and veins.

Bamboo sprout capsules



Do something good for you connective tissues

Manganese contributes to the healthy development of connective tissue.

Dietary supplement

| Ingredient | per daily dose (2 capsules) | RDA (%)* |
|-----------------------|-----------------------------|----------|
| Vitamin C | 80.00 mg | 100.00 % |
| Manganese | 2.00 mg | 100.20 % |
| Copper | 1.00 mg | 100.24 % |
| Bamboo sprout extract | 660.00 mg | |

Ingredients: 60.4% bamboo sprout extract (75% silicon), hydroxypropyl methylcellulose (capsule), **cell protection complex** (camu camu extract containing 20% L-ascorbic acid,¹ L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Extramel®], black pepper extract containing 95% piperine), L-ascorbic acid, manganese gluconate, medium-chain triglycerides, magnesium salts of fatty acids (separating agent), copper gluconate.

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · Weight: 32.8 g
Article number: 2428

Millet and caffeine capsules



Do something good for your hair

Biotin, selenium and zinc help ensure healthy hair.

Dietary supplement with vitamins and minerals

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|-------------------|-----------------------------|-----------|
| Zinc | 10.00 mg | 100.02 % |
| Vitamin C | 80.00 mg | 100.00 % |
| Vitamin E | 12.00 α-TE | 100.01 % |
| Ferrous gluconate | 1.15 mg | 8.27 % |
| Copper | 1.00 mg | 100.80 % |
| Selenium | 55.24 µg | 100.43 % |
| Molybdenum | 49.96 µg | 99.92 % |
| Biotin | 50.00 µg | 100.00 % |
| Caffeine | 10.00 mg | |

Ingredients: hydroxypropyl methylcellulose (capsule), 17.5% brown millet, **cell protection complex** (camu camu extract containing 20% L-ascorbic acid,¹ L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Extramel®], black pepper extract containing 95% piperine), flaxseed powder, nettle extract, zinc gluconate, L-ascorbic acid, DL-alpha-tocopheryl acetate, pomegranate peel powder, bamboo shoot extract (75% silicon), pennywort powder, fig powder, ferrous gluconate, caffeine (0.9%), magnesium salts of fatty acids (separating agent), medium-chain triglycerides, copper gluconate, p-aminobenzoic acid (PABA), sodium selenite pentahydrate, sodium molybdate, biotin.

Recommended dose: 2 capsules daily with plenty of liquid.

Contains caffeine. Not recommended for children or during pregnancy.

Content: 60 capsules · Weight: 30.8 g
Article number: 2411

Planta Skin Lightening capsules



Pigment balance

Copper helps to maintain the normal pigmentation of the skin.

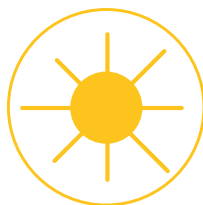
A dietary supplement

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|----------------|-----------------------------|-----------|
| Vitamin C | 32.00 mg | 40.00 % |
| Hydroxytyrosol | 12.00 mg | |
| Copper | 0.50 mg | 50.00 % |
| Vitamin B2 | 2.00 mg | 142.86 % |
| Biotin | 60.00 µg | 120.00 % |

Ingredients: Olive leaf powder, almond powder, hydroxypropyl methylcellulose (capsule), **cell protection complex** (camu camu extract containing 20% L-ascorbic acid,¹ L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside IV (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Extramel®], black pepper extract containing 95% piperine), hydroxytyrosol, para-aminobenzoic acid, sodium hyaluronate, coenzyme Q10, copper gluconate, riboflavin, biotin.

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · Weight: 30.8 g
Article number: 6111



Field horsetail is a hardy plant from the horsetail family, the oldest family of plants that exists on the planet.

Pennywort and field horsetail capsules



Do something good for your skin

Zinc, vitamin B2, B3 and A help keep your skin healthy.

Dietary supplement with vitamins and minerals

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|-------------------------|--------------------------------|-----------|
| Vitamin C | 80.00 mg | 100.00 % |
| Vitamin B3 | 16.00 mg NE | 100.00 % |
| Zinc | 10.00 mg | 100.02 % |
| Vitamin B2 | 1.40 mg | 100.00 % |
| Vitamin A | 803.60 µg RE | 100.45 % |
| Selenium | 55.24 µg | 100.43 % |
| Pennywort | 50.00 mg | |
| Field horsetail extract | 50.00 mg | |

Ingredients: millet powder, hydroxypropyl methylcellulose (capsule), cell protection complex (camu camu extract containing 20% L-ascorbic acid,¹ L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Ext-ramel®], black pepper extract containing 95% piperine), bamboo sprout extract (75% silicon), zinc gluconate, 4.5% field horsetail extract, 4.5% pennywort, L-ascorbic acid, nicotinamide, tagetes extract (5% zeaxanthin), hyaluronic acid, magnesium salts of fatty acids (separating agent), medium-chain triglycerides, retinal acetate, riboflavin, sodium selenite pentahydrate.

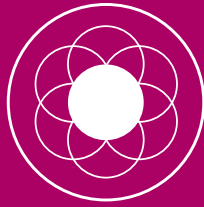
Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · Weight: 32.8 g
Article number: 2480



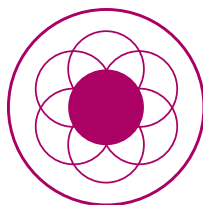
Pennywort is a perennial slender-looking creeping plant that grows in wet, marshy areas. It is a member of the parsley family.





ACTIVITY

“If you rest, you rust”
Activity breeds activity.



People have been using the power of plants and fungi in order to maintain a high level of physical and mental activity for centuries.

Pine bark with OPC capsules



Do something good for your body's cells

Copper helps to protect the cells from oxidative stress.

Dietary supplement with vitamins and minerals

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|--|--------------------------------|-----------|
| Vitamin C | 80.00 mg | 100.00 % |
| Vitamin B6 | 1.40 mg | 100.15 % |
| Copper | 1.00 mg | 100.10 % |
| Vitamin A | 800.66 µg RE | 100.08 % |
| Iron | 14.00 mg | 100.00 % |
| Vitamin D | 5.00 µg | 100.00 % |
| Pine bark extract | 180.00 mg | |
| including oligomeric proanthocyanidins | 171.00 mg | |

Ingredients: hydroxypropyl methylcellulose (capsule), pine bark extract (95% oligomeric proanthocyanidins), cell protection complex (camu camu extract containing 20% L-ascorbic acid,¹ L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Extramel®], black pepper extract containing 95% piperine), ferrous gluconate, Burma Spirulina powder, L-ascorbic acid, spinach extract (10% ecdysone), broccoli extract, carrot extract, cabbage extract, Polypodium leucotomos powder, pomegranate extract (40% ellagic acid), colostrum powder, Persicaria extract (25% resveratrol), black garlic extract, magnesium salts of fatty acids (separating agent), medium-chain triglycerides, retinyl acetate, copper gluconate, ergocalciferol, pyridoxine hydrochloride.

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · **Weight:** 29.5 g
Article number: 2605

Alkaline herbal mix capsules



Do something good for your acid-base balance

Zinc contributes to a healthy acidbase balance.

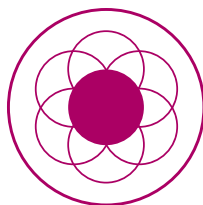
Dietary supplement with zinc

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|------------|--------------------------------|-----------|
| Vitamin C | 38.80 mg | 48.50 % |
| Zinc | 10.01 mg | 100.16 % |
| Magnesium | 3.23 mg | 0.86 % |
| Calcium | 4.21 mg | 0.52 % |
| Potassium | 15.04 mg | 0.75 % |

Ingredients: hydroxypropyl methylcellulose (capsule), cell protection complex (camu camu extract containing 20% L-ascorbic acid,¹ L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Extramel®], black pepper extract containing 95% piperine), zinc gluconate, dandelion powder, grape seed extract (95% OPC), acerola extract (17% L-ascorbic acid), artichoke powder, devil's claw powder, stinging nettle, elderflower powder, lime blossom powder, gentian root, sodium citrate, tri-magnesium citrate, tri-calcium citrate, potassium citrate, sodium bicarbonate, potassium bicarbonate, wild garlic powder, lupine powder, yarrow, milk thistle seeds, juniper berries, calamus root, anise, fennel, caraway, liquorice root, medium-chain triglycerides, magnesium salts of fatty acids (separating agent), Russian tarragon.

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · **Weight:** 32.9 g
Article number: 4070



Successfully leading an active life comes right down to the finest details, with intact cells and healthy blood representing a key prerequisite. Specific vitamins and minerals are needed to meet this requirement.

Iron capsules



Do something good for the blood

Iron contributes to the healthy formation of red blood cells and haemoglobin.

Dietary supplement

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|------------|--------------------------------|-----------|
| Vitamin C | 112.00 mg | 140.00 % |
| Iron | 45.00 mg | 321.42 % |

Ingredients: acerola powder, hydroxypropyl methylcellulose (capsule), cell protection complex (camu camu extract containing 20% L-ascorbic acid,¹ L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Extramel®], black pepper extract containing 95% piperine), rice flour, iron (II) sulphate monohydrate, citric acid anhydride, Bioperine®.

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · **Weight:** 29.6 g
Article number: 4480

Q10 complex capsules



Do something good for your body's cells

Vitamin C supports the normal formation of collagen for the body's normal cartilage function.

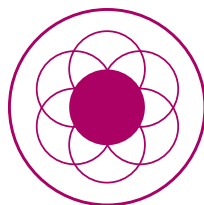
Dietary supplement

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|--------------|--------------------------------|-----------|
| Folic acid | 400.00 µg | 200.00 % |
| Vitamin C | 32.00 mg | 40.00 % |
| Coenzyme Q10 | 100.00 mg | |

Ingredients: microcrystalline cellulose, hydroxypropyl methylcellulose (capsule), cell protection complex (camu camu extract containing 20% L-ascorbic acid,¹ L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Extramel®], black pepper extract containing 95% piperine), coenzyme Q10, pteroylmonoglutamic acid (folic acid).

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · **Weight:** 22.5 g
Article number: 4299



Everyone wants to lead an active life well into old age. Our products contain proven extracts from European and exotic plants.

Good Aging Capsules



Help to keep cells young

These capsules use zinc to maintain normal DNA synthesis and protect cells against oxidative stress.

A dietary supplement with vitamins and minerals.

| Ingredient | per daily dose (3 capsules) | RDA (%)* |
|--------------------|--------------------------------|----------|
| Zinc | 10.00 mg | 100.00 % |
| Copper | 1.00 mg | 100.65 % |
| Chromium | 40.17 µg | 100.42 % |
| Folic acid | 201.00 µg | 100.50 % |
| Selenium | 55.08 µg | 100.14 % |
| Biotin | 50.10 µg | 100.20 % |
| Vitamin E | 12.00 mg α-TE | 100.08 % |
| Vitamin C | 24.00 mg | 30.00 % |
| Astragalus extract | 60.00 mg | |
| Alpha-lipoic acid | 60.00 mg | |

Ingredients: Capsule: hydroxypropyl methylcellulose, mulberry powder, wood ear powder, matcha powder, moringa leaf powder, yam extract, L-arginine, cell protection complex (camu camu extract with 20% L-ascorbic acid¹, L-ascorbic acid¹, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), barley extract with 20-25% β-glucan, chlorophyllin, melon extract (EXTRAMEL®), black pepper extract containing 95% piperine), Astragalus extract, alpha lipoic acid, Jiaogulan extract, coenzyme Q10, L-carnitine tartrate, knotweed extract (resveratrol), D-alpha tocopheryl acetate, black garlic extract, bitter melon extract, bamboo sprout extract, quercetin, zinc hydroxy carbonate, copper hydroxy carbonate, Nicotinamide adenine dinucleotide (NADH), chromium picolinate, pteroylmonoglutamic acid, sodium selenite, biotin.

Recommended dose: 3 capsules daily with plenty of liquid.

Size: 90 capsules · weight: 48.5g
Article number: 7113

ArthronVis Capsules



A dietary food for special medical purposes (a balanced diet) for the dietary treatment of complaints and improvement of symptoms in the case of osteoarthritis.

Contains a high concentration of methylsulfonylmethane in order to adapt the product to meet the special nutritional requirements for having an anti-inflammatory and pain-relieving effect on the joints.

| Nutritional values | per 100 g | per daily dose (8 capsules) |
|--------------------|-----------------|--------------------------------|
| Energy | 16 KJ 4 kcal | 1 KJ 0.3 kcal |
| Fat | 0.44 g | 0.03 g |
| of which saturates | 0.43 g | 0.03 g |
| Carbohydrate | - | - |
| of which sugars | - | - |
| Protein | - | - |
| Salt | 0.07 g | 0.05 g |

Ingredients: Methylsulfonylmethane 84.9%, capsule: hydroxypropyl methylcellulose, medium-chain triglycerides.

Recommended dose: 2 x 4 capsules daily with plenty of liquid. One daily portion (8 capsules) contains 6g methylsulfonylmethane.

Size: 240 capsules · weight: 211.9g
Article number: 6113



VITALITY

Treating vitality simply as survival, hardly does the matter justice. Nobody merely wants to survive! We all want to welcome each new day with drive and enjoy our lives to the full.



Vitality is the term used to refer to physical, mental, emotional and social aspects of a person's well-being. Natural healing ingredients can have positive influence on all of these aspects in a wide variety of different ways.

Elderberry capsules



Do something good for your eyes

Vitamin A and vitamin B2 help ensure good vision.

Dietary supplement with vitamins

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|---------------|--------------------------------|-----------|
| Vitamin E | 12.00 mg α-TE | 100.24 % |
| Vitamin C | 32.00 mg | 40.00 % |
| Vitamin B2 | 1.40 mg | 100.00 % |
| Vitamin A | 970.26 µg RE | 121.28 % |
| Beta-carotene | 1.00 mg | |
| Elderberry | 310.00 mg | |

Ingredients: 28.3% elderberry powder, hydroxypropyl methylcellulose (capsule), cell protection complex (camu camu extract containing 20% L-ascorbic acid,¹ L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Extramel®], black pepper extract containing 95% piperine), beetroot powder, blueberry powder, tagetes extract (5% lutein), 4.6% elderberry extract (10% anthocyanins), DL-alpha-tocopheryl acetate, beta-carotene, astaxanthin (2% carotenoids), tagetes extract (5% Zeaxanthin), medium-chain triglycerides, magnesium salts of fatty acids (separating agent), retinyl acetate, riboflavin.

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · **Weight:** 32.8 g
Article number: 3083

Curcuma and frankincense capsules



Do something good for your body's cells

Vitamin C contributes towards protecting the cells from oxidative stress.

Dietary supplement containing vitamin C

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|--|--------------------------------|-----------|
| Vitamin C | 80.00 mg | 100.00 % |
| Frankincense | 230.00 mg | |
| Curcuma | 250.00 mg | |
| Frankincense extract 65% boswellic acid | 32.50 mg | |
| Curcuma extract 95% curcuminoids | 47.50 mg | |

Ingredients: 21.9% ground curcuma, 20.2% frankincense powder, hydroxypropyl methylcellulose (capsule), cell protection complex (camu camu extract containing 20% L-ascorbic acid,¹ L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Extramel®], black pepper extract containing 95% piperine), oak bark powder, 4.3% Curcuma long extract, 4.4% frankincense extract (65% boswellic acid), Potentilla tormentilla extract, L-ascorbic acid, medium-chain triglycerides, magnesium salts of fatty acids (separating agent).

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · **Weight:** 34.2 g
Article number: 2682



Natural digestion controls a number of different processes. It provides us with physical vitality and has an impact on our mental and emotional awareness. Healthy veins enable us to have physical vitality.

Prickly pear capsules



Do something good for your digestion

Calcium helps ensure the healthy functioning of digestive enzymes.

Dietary supplement with calcium

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|---------------------------|--------------------------------|-----------|
| Calcium | 120.12 mg | 15.01 % |
| Vitamin C | 32.00 mg | 40.00 % |
| Prickly pear | 50.00 mg | |
| Bifidobacterium breve | 1.2x10 ⁹ CFU | |
| Enterococcus faecium | 1.2x10 ⁹ CFU | |
| Lactobacillus rhamnosus | 1.2x10 ⁹ CFU | |
| Lactobacillus Casei | 1.2x10 ⁹ CFU | |
| Lactobacillus plantarum | 1.2x10 ⁹ CFU | |
| Lactobacillus acidophilus | 1.2x10 ⁹ CFU | |
| Bifidobacterium bifidum | 3.6x10 ⁹ CFU | |

Ingredients: linseed, calcium carbonate, hydroxypropyl methylcellulose (capsule), cell protection complex (camu camu extract containing 20% L-ascorbic acid,¹ L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Extramel®], black pepper extract containing 95% piperine), 4.5% Nopal prickly pear powder, Lactobacillus acidophilus, Lactobacillus casei, Bifidobacterium breve, Lactobacillus rhamnosus, Lactobacillus plantarum, Enterococcus faecium, medium-chain triglycerides, magnesium salts of fatty acids (separating agent), Bifidobacterium bifidum.

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · Weight: 32.7 g
Article number: 2274

Citrus aurantium capsules



Do something good for your veins

Vitamin C contributes to healthy collagen formation, which helps ensure blood vessels function properly.

Dietary supplement with vitamins

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|----------------------|--------------------------------|-----------|
| Vitamin B6 | 1.41 mg | 100.74 % |
| Folic acid | 200.00 µg | 100.00 % |
| Vitamin B12 | 2.50 µg | 100.00 % |
| Vitamin C | 32.00 mg | 40.00 % |
| Citrus bioflavonoids | 220.00 mg | |

Ingredients: hydroxypropyl methylcellulose (capsule), citrus extract (50% bioflavonoids); gelatine (capsule), cell protection complex (camu camu extract containing 20% L-ascorbic acid,¹ L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Extramel®], black pepper extract containing 95% piperine), Ginkgo biloba powder, buckwheat seed powder, horse chestnut extract (20% aescin), magnesium salts of fatty acids (separating agent), medium-chain triglycerides, cyanocobalamin 0.1% acid with mannitol, pyridoxine hydrochloride, pteroylmonoglutamic acid (folic acid).

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · Weight: 33.7 g
Article number: 2469



We do not become aware of the importance of our immune system and its influence on our vitality until we are struck by constant infections. Take care of your body before infections strike. Supports your body's natural defences.

Spirulina and Camu Camu tablets



Supports your body's natural defences

Vitamin C helps to keep the immune system working normally.

Dietary supplement

| Ingredient | per daily dose (6 tablets) | RDA (%) [*] |
|-------------------|-------------------------------|----------------------|
| Burma spirulina | 2,400.00 mg | |
| Camu camu extract | 240.00 mg | |
| Vitamin C | 240.00 mg | 300.00 % |

Ingredients: Burma spirulina powder, camu camu extract 20%, vitamin C, L-ascorbic acid, separating agent: silicon dioxide nano.

Recommended dose: 6 tablets daily with plenty of liquid.

Size: 360 tablets · weight: 171.7g
Article number: 6115



Spirulina algae grows outdoors in tropical and subtropical waters with a high salt content. Spirulina has been used as a food for centuries. It is rich in both protein and chlorophyll.



SLIMMING

Excess weight is a common problem in modern-day life and society. Healthy intestinal flora, improving how your body burns fat and carbohydrates, fibres and a healthy acid-base balance all support your body as you progress towards your feel-good weight.



The FORMSCHÖN Monthly Set with perfectly coordinated products. Featuring PlantaSlim for an energetic start to your day with vitalising extracts, satiety capsules for lunchtime hunger pangs and PlantaLax to regulate the intestinal flora and re-establish a healthy acid-base balance.

PlantaSlim Morning

Satiety capsules Midday

PlantaLax Evening



To stimulate your metabolism

B12 helps to maintain a normal energy metabolism.

A dietary supplement containing vitamin B12

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|---------------------------|--------------------------------|-----------|
| Guarana extract | 300.00 mg | |
| of which caffeine | 30.00 mg | |
| Green tea extract | 300.00 mg | |
| of which polyphenols | 180.00 mg | |
| Green coffee extract | 169.40 mg | |
| of which chlorogenic acid | 84.70 mg | |
| Raspberry extract | 100.00 mg | |
| of which ketone | 98.00 mg | |
| Hesperidin | 54.00 mg | |
| Vitamin B12 | 5.00 µg | 200.00 % |

Ingredients: Guarana extract (caffeine), green tea extract (polyphenols), capsule shell: hydroxypropyl methylcellulose, green coffee extract (chlorogenic acid), raspberry extract (ketone), hesperidin, capsaicin extract, saffron extract, methylcobalamin.

Recommended dose: 2 capsules daily with plenty of liquid in the morning before breakfast.

Size: 60 capsules · weight: 34.5g
Set article number: 7112

A Class IIa medical device

For increasing your feeling of satiety and thus reducing your appetite as a form of supportive treatment of excess weight and weight control.

Ingredients: One satiety capsule contains 400 mg blond psyllium husk powder, sodium bicarbonate and magnesium stearate. The capsule shell is made of hydroxypropyl methylcellulose.

Appetite suppressant capsules for the effective treatment of excess weight and efficient weight control as part of a diet plan. Contain a virtually zero-calorie, finely ground vegetable-based bulking agent: blond psyllium in the stomach and swell to form a soft gelatinous mass. The increased swelling of the stomach content leads to a quicker feeling of satiety when eating, thus making it easier to eat less. This in turn reduces calorie intake and makes it easier to persevere with dieting measures.

Dosage instructions: 3–5 capsules with plenty of water 30 minutes before your main meal. As part of a 30-day treatment. Please stop taking the capsules for 3 days before starting a new treatment.

Size: 120 capsules · weight: 72.1g
Set article number: 7112

Also available individually:
Article number: 1299

For your acid-base balance

Zinc helps to maintain a normal acid-base balance.

A dietary supplement containing zinc

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|--------------------|--------------------------------|-----------|
| Zinc | 2.50 mg | 25.00 % |
| Prickly pear fibre | 200.00 mg | |
| Bacteria | 54x100 ⁹ KbE | |
| Calcium | 63.20 mg | 7.90 % |
| Kalium | 72.30 mg | 3.60 % |
| Magnesium | 29.10 mg | 7.80 % |

Ingredients: Calcium citrate, prickly pear fibre, potassium citrate, capsule: hydroxypropyl methylcellulose, magnesium citrate, bacteria mixture (maltodextrin, lactobacillus rhamnosus, bifidobacterium breve, bifidobacterium bifidum, lactobacillus acidophilus, lactococcus lactis, bifidobacterium longum), spirulina powder, zinc citrate.

Recommended dose: 2 capsules daily with plenty of liquid in the evening after dinner.

Size: 60 capsules · weight: 34.2g
Set article number: 7112



PERFORMANCE

Working hard in your professional life, enjoying sports activities and making the most of a busy and satisfying private life – surely this is what everyone wants? When doing so, it's important to achieve a balance between your physical and emotional well-being.



The brain needs a variety of different substances provided by a healthy diet to perform optimally – especially under difficult conditions.

PlantaBrain capsules



For better concentration

Vitamin B12 helps ensure a healthy nervous system.

Dietary supplement

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|-------------|--------------------------------|-----------|
| Vitamin C | 80.00 mg | 100.00 % |
| Vitamin B2 | 1.00 mg | 71.42 % |
| Vitamin B6 | 0.82 mg | 58.57 % |
| Vitamin B1 | 0.71 mg | 64.54 % |
| Vitamin B12 | 2.00 µg | 80.00 % |
| Biotin | 40.00 µg | 80.00 % |
| Caffeine | 17.60 mg | |

Ingredients: hydroxypropyl methylcellulose (capsule), Bacopa monnieri extract, mate tea extract (8% **caffeine**), cola nut extract (2% **caffeine**), beetroot powder, Ginkgo biloba extract (24% flavonoids, 6% lactones), L-tryptophan, sunflower lecithin powder, omega-3 powder, blueberry powder, L-ascorbic acid, chlorophyllin, sodium magnesium complex, Bioperine® 95%, riboflavin, pyridoxine hydrochloride, thiamine hydrochloride, methyl cobalamin 1% with mannitol, biotin.

Recommended dose: 2 capsules daily with plenty of liquid.

Contains caffeine (17.60 mg per daily dose).
Not recommended for children or during pregnancy.

Content: 60 capsules · Weight: 49.9 g
Article number: 4230

Kola nuts are the small long and oval seeds of the kola tree, which is mainly native to Africa. Alongside their high caffeine content, kola nuts also contain significant amounts of theobromine and various polyphenols.



Pressure to perform and constant stress form part and parcel of the modern world of work. Anyone who has to deal with such increased stress and strain also requires special nutrients.

ProAgil - L-tryptophan capsules



A good start to the day

Vitamin B5 helps us to maintain our normal mental performance.

A dietary supplement with L-tryptophan

| Ingredient | per daily dose (3 capsules) | RDA (%) * |
|----------------------------------|--------------------------------|-----------|
| L-Tryptophan | 500.01 mg | |
| Calcium | 119.99 mg | 15.00 % |
| Magnesium | 56.25 mg | 15.00 % |
| Vitamin C | 160.00 mg | 200.00 % |
| Iron | 27.99 mg | 200.00 % |
| Niacin | 32.00 mg | 200.00 % |
| Pantothenic acid (vitamin B5) | 11.99 mg | 200.00 % |
| Vitamin B12 | 5.01 µg | 200.40 % |
| Vitamin B6 | 2.80 mg | 200.00 % |
| Riboflavin (vitamin B2) | 2.80 mg | 200.00 % |
| Folic acid | 400.02 µg | 200.01 % |

Ingredients: L-tryptophan, calcium carbonate, hydroxypropyl methylcellulose (capsule), rice flour, L-ascorbic acid, ferrous fumarate, nicotinamide, calcium pantothenate, cyanocobalamin (0.1% with mannitol), pyridoxine hydrochloride, riboflavin, pteroylmonoglutamic acid.

Recommended dose: 3 capsules daily with plenty of liquid **before breakfast**.

Content: 90 capsules · **Weight:** 52.7 g
Article number: 5113

ProAgil - Griffonia capsules



Endurance for the day

Vitamin B6 helps to reduce levels of tiredness and fatigue.

A dietary supplement with Griffonia

| Ingredient | per daily dose (3 capsules) | RDA (%) * |
|-------------------------|--------------------------------|-----------|
| Griffonia | 705.00 mg | |
| Calcium | 119.99 mg | 15.00 % |
| Magnesium | 56.25 mg | 15.00 % |
| Vitamin C | 160.00 mg | 200.00 % |
| Iron | 27.99 mg | 200.00 % |
| Niacin | 32.00 mg | 200.00 % |
| Pantothenic acid | 11.99 mg | 200.00 % |
| Vitamin B12 | 5.01 µg | 200.40 % |
| Vitamin B6 | 2.80 mg | 200.00 % |
| Riboflavin (vitamin B2) | 2.80 mg | 200.00 % |
| Folic acid | 400.02 µg | 200.01 % |

Ingredients: Griffonia extract (with 20% 5-Hydroxytryptophan), calcium carbonate, hydroxypropyl methylcellulose (capsule), magnesium carbonate, L-ascorbic acid, ferrous fumarate, nicotinamide, calcium pantothenate, cyanocobalamin (0.1% with mannitol), pyridoxine hydrochloride, riboflavin, pteroylmonoglutamic acid.

Recommended dose: 3 capsules with plenty of liquid spread throughout the day and **up to a maximum of 3 hours before going to bed**.

Content: 90 capsules · **Weight:** 53.6 g
Article number: 5114



Pressure to perform and constant stress form part and parcel of the modern world of work. Anyone who has to deal with such increased stress and strain also requires special nutrients.

ProAgil capsules



A dietary food for special medical purposes (a balanced diet) for the dietary treatment of states of exhaustion caused by stress and chronic fatigue syndrome (CFS)

Contains a high concentration of superoxide dismutase in order to adapt the product to meet the special nutritional requirements for combating stress and tiredness.

Extramel is a concentrate extracted from melon juice in a patented process. It has a high content of superoxide dismutase (SOD) enzymes.

| Nutritional values | per 100 g | per daily dose (4 capsules) |
|--------------------|----------------------|-----------------------------|
| Energy | 1,530 KJ 360 kcal | 16 KJ 3.97 kcal |
| Fat | - | - |
| of which saturates | - | - |
| Fat | 71.6 g | 0.79 g |
| of which sugars | - | - |
| Protein | 0.9 g | 0.01 g |
| Salt | - | - |

Ingredients: Corn starch (filling), capsule: hydroxypropyl methylcellulose, melon juice concentrate (Extramel®) standardised on superoxide dismutase 0.9%.

Recommended dose: 4 capsules daily with plenty of liquid **after breakfast**. One daily portion (4 capsules) contains the enzyme superoxide dismutase with activity of 140 IU.

Content: 120 capsules · **Weight:** 33.1 g
Article number: 5112

Also available as a ProAgil set of 3
Article number: 5117



FERTILITY

Many couples want nothing more than to welcome
a new little soul to the earth.



Natural extracts gently support both partners on their journey towards having a child.

Women capsules



Women's fertility

Vitamin B6 helps regulate hormonal activity.

Dietary supplement with vitamin B

| Ingredient | per daily dose (3 capsules) | RDA (%) * |
|-------------|--------------------------------|-----------|
| Zinc | 14.46 mg | 144.68 % |
| Vitamin E | 5.12 mg α-TE | 42.71 % |
| Niacin | 15.00 mg NE | 93.75 % |
| Vitamin B6 | 2.95 mg | 210.86 % |
| Vitamin B12 | 2.85 µg | 114.00 % |
| Folic acid | 570.00 µg | 285.00 % |

Ingredients: maca root powder, gelatine (capsule), L-carnitine tartrate, verbena powder, Vitex agnus-castus powder, medium-chain triglycerides oil (MCT), zinc citrate trihydrate, DL-alpha-tocopheryl acetate, coenzyme Q10, nicotinamide, pyridoxine hydrochloride, cyanocobalamin 0.1% with mannitol, black pepper extract (Bioperine®), pteroylmonoglutamic acid.

Recommended dose: 3 capsules daily with plenty of liquid.

Not for use by people under the age of 18. Not to be taken during pregnancy or when breastfeeding. People who are suffering from a form of oestrogen-sensitive cancer should consult their doctor before using this product.

Content: 90 capsules · Weight: 52.3 g
Article number: 4203

Also available as a combined set for men and women. **Article number: 6114**

Men capsules



Men's fertility

Zinc helps ensure fertility and a healthy reproductive system.

Dietary supplement containing zinc

| Ingredient | per daily dose (5 capsules) | RDA (%) * |
|-------------|--------------------------------|-----------|
| L-arginine | 2,420.15 mg | |
| Maca powder | 1,614.28 mg | |
| Zinc | 14.26 mg | 142.63 % |
| Vitamin E | 10.08 mg α-TE | 84.00 % |
| Vitamin B6 | 2.85 mg | 204.12 % |
| Vitamin B12 | 2.85 µg | 114.00 % |
| Folic acid | 570.00 µg | 285.00 % |
| Niacin | 14.28 mg NE | 89.28 % |
| Selenium | 25.00 µg | 45.45 % |

Ingredients: 47% L-arginine hydrochloride, 31% maca root powder, hydroxypropyl methylcellulose (capsule), L-carnitine tartrate, Muira puama extract, zinc citrate trihydrate, D-L-alpha-tocopheryl acetate, nicotinamide, coenzyme Q10, selenomethionine, pyridoxine hydrochloride, cyanocobalamin 0.1% with mannitol, black pepper extract (Bioperine®), folic acid.

Recommended dose: 5 capsules daily with plenty of liquid.

Content: 150 capsules · Weight: 152.9 g
Article number: 4204



LOVE

The most beautiful aspect of our lives.



Love and affection are two of the most wonderful feelings that can connect two individuals. Nevertheless, a healthy hormonal balance and fully functioning sexual hormones also play a major role.

Maca capsules



Maca root, the 'cult plant of the Incas', comes from the Peruvian highlands and has been traditionally used for centuries. Maca root was valued in many ways by the Incas as it supports overall well-being.

Dietary supplement

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|-------------|--------------------------------|-----------|
| Maca powder | 900.00 mg | |

Ingredients: Maca powder (80%), gelatine (capsule), magnesium salts of fatty acids (separating agent), vegetable oil.

Recommended dose: 2 capsules daily with plenty of liquid. Maca can be taken regularly by men and women of all ages.

Content: 120 capsules · Weight: 66.7 g
Article number: 6282

PlantViril medical powder



A dietary food for special medical purposes (a balanced diet) for the dietary treatment of erectile dysfunction

Contains high concentrations of L-arginine aspartate and adenosine monophosphate in order to adapt the product to meet the special nutritional requirements needed for improving erectile function.

| Nutritional values | per 100 g | per daily dose |
|--------------------|---------------------|--------------------|
| Energy | 1,620 KJ / 381 kcal | 162 KJ / 38.1 kcal |
| Fat | 0.59 g | 0.059 g |
| of which saturates | - | - |
| Carbohydrate | 23.30 g | 2.33 g |
| of which sugars | 9.10 g | 0.91 g |
| Protein | 70.70 g | 7.07 g |
| Salt | 0.06 g | 0.006 g |

Ingredients: L-arginine L-aspartate (80%), grapefruit powder, grapefruit aroma, adenosine monophosphate (2%), sucralose.

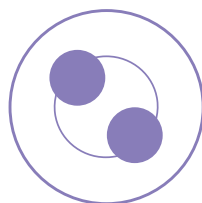
Recommended dose: One measuring spoon containing 10g of powder 1–2 hours before intercourse or half a measuring spoon containing 5g twice a day, always with plenty of liquid. One daily portion (10g) contains 8g L-arginine aspartate and 200mg adenosine monophosphate.

Content: 150 g
Article number: 6116



METABOLISM

The metabolism controls various chemical processes in the human body.



The metabolism controls various chemical processes in the human body.

Smoke tree and stinging nettle capsules



Do something good for your fatty acid metabolism

Zinc helps the body to maintain healthy metabolism of fatty acids.

Dietary supplement with minerals and vitamin C

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|-------------------------|--------------------------------|-----------|
| Smoke tree extract | 50.00 mg | |
| Stinging nettle extract | 80.00 mg | |
| Vitamin C | 32.00 mg | 40.00 % |
| Zinc | 19.93 mg | 199.33 % |
| Chromium | 80.00 µg | 200.00 % |

Ingredients: Nopal prickly pear powder, hydroxypropyl methylcellulose (capsule), green coffee extract, cell protection complex (camu camu extract containing 20% L-ascorbic acid¹, L-ascorbic acid¹, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside IV (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract (EXTRAMEL®), black pepper extract containing 95% piperine), bladderwrack powder, stinging nettle extract, zinc citrate, smoke tree extract, dandelion extract, medium-chain triglycerides, magnesium salts of fatty acids (separating agent), choline bitartrate, chromium chloride.

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · Weight: 31.9 g
Article number: 2299

PlantaBiotic capsules



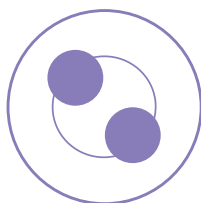
Dietary supplement

| Ingredient | per daily dose (2 capsules) | RDA (%) * |
|---|--------------------------------|-----------|
| Bifidobacterium breve | 28.00 mg | |
| Lactococcus lactis | 8.00 mg | |
| Lactobacillus acidophilus | 2.00 mg | |
| Lactobacillus rhamnosus | 2.00 mg | |
| Bifidobacterium bifidum | 2.00 mg | |
| Bifidobacterium longum | 1.00 mg | |
| The listed bacteria contain 10.3x10 ⁹ CFU. | | |

Ingredients: maltodextrin, rice flour, gelatine (capsule), ascorbyl palmitate (stabilizer), Bifidobacterium breve, Lactococcus lactis, tricalcium phosphate (separating agent), Lactobacillus acidophilus, Lactobacillus rhamnosus, Bifidobacterium bifidum, Bifidobacterium longum.

Recommended dose: 2 capsules daily with plenty of liquid.

Content: 60 capsules · Weight: 22.7 g
Article number: 4280



Diabetes mellitus is a metabolic disease that already existed back in the ancient world. Given that the urine of people suffering from diabetes tasted sweet due to the sugar excreted, the disease was known as "honey urine".

Basic capsules



Do something good for your carbohydrate metabolism

Chromium supports the healthy metabolism of macronutrients.

Dietary supplement

| Ingredient | per daily dose (3 capsules) | RDA (%) * |
|---------------------|--------------------------------|-----------|
| Magnesium carbonate | 69.19 mg | 18.45 % |
| Vitamin C | 188.00 mg | 235.00 % |
| Vitamin E | 12.09 mg α-TE | 100.80 % |
| Zinc | 9.34 mg | 93.45 % |
| Chromium | 37.29 µg | 93.22 % |

Ingredients: hydroxypropyl methylcellulose (capsule), bitter melon extract 4:1, magnesium carbonate, aronia extract (80% Vitamin C), L-carnitine tartrate, L-arginine, cell protection complex (camu camu extract containing 20% L-ascorbic acid,¹ L-ascorbic acid, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside extract (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [Extramel®], black pepper extract containing 95% piperine), omega-3 powder, DL-alpha-tocopheryl acetate, separating agent: Cafos MF, zinc carbonate, chromium (III) picolinate.

Recommended dose: 3 capsules daily with plenty of liquid.

Content: 90 capsules · **Weight:** 52.0 g
Article number: 4205

Plus capsules



Do something good for your blood sugar level

Chromium helps maintain normal blood sugar level.

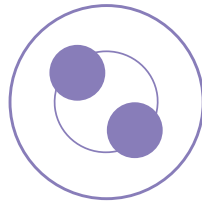
Dietary supplement

| Ingredient | per daily dose (3 capsules) | RDA (%) * |
|------------|--------------------------------|-----------|
| Vitamin C | 32.00 mg | 40.00 % |
| Chromium | 18.66 µg | 46.65 % |

Ingredients: hydroxypropyl methylcellulose (capsule), Cordyceps powder, Elymus root extract, blueberry powder, shaggy ink cap powder, guar gum powder, kidney bean extract, cell protection complex (camu camu extract containing 20% L-ascorbic acid¹, L-ascorbic acid¹, Jiaogulan extract, Cordyceps powder, shiitake powder, caper extract, Astragaloside IV (1%), **barley extract** with 20-25% β-glucan, chlorophyllin, melon extract [EXTRA-MEL®], black pepper extract containing 95% piperine), chromium picolinate.

Recommended dose: 3 capsules daily with plenty of liquid.

Content: 90 capsules · **Weight:** 50.9 g
Article number: 4206



Type 2 diabetes is one of a number of modern widespread diseases and often accompanies obesity. Type 2 diabetes forms metabolic syndrome together with other risk factors.

Satiety capsules for diabetics



A class IIa medical device

Made from the husks of Indian Psyllium (*Plantago ovata* Forssk).

Satiety capsules can be used to treat obesity and in weight control as part of a properly planned diet. They are virtually calorie-free, and are made of the husks of finely ground Indian Psyllium (*Plantago ovata* Forssk), a natural plant-based bulking agent.

Ingredients: one satiety capsule contains 400mg of Indian Psyllium husk powder as well as potassium hydrogen carbonate and magnesium stearate. The capsules are made from hydroxypropyl methylcellulose.

Dosage instructions: Take 3–5 capsules with plenty of liquid 30 minutes before your main meal. As part of a 30-day treatment. Please stop taking the capsules for 3 days before starting a new treatment.

Content: 120 capsules · Weight: 74.5 g
Article number: 1400

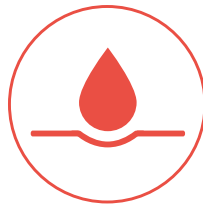


Satiety capsules for diabetics contain Psyllium polysaccharides, a type of fibre that acts as an extremely receptive sponge.



SKIN CARE & TESTS

External factors can bring our skin and our body out of balance.
Protect your skin and learn how to better understand the signs
shown by your body.



Injuries to the skin can often be painful, even if they are only superficial. When injured, our skin needs special care and attention.

ProSkin skin and wound powder



A Class 1 medical device

Ingredients: 100% natural zeolite (clinoptilolite)

For supporting the healing of wounds in the case of superficial skin lesions such as grazes, skin irritations, decubitus ulcers, post-operative wounds, burns and herpes blisters.

Unless otherwise prescribed, apply to the injured areas of skin several times a day as and when required.

Content: 60 g
Article number: 1185

StressTest (BioMonitor by PlantaVis)



A rapid urine test to determine oxidative stress caused by free radicals

The BioMonitor StressTest is used to determine levels of malondialdehyde, known as MDA for short: a substance that normally cannot be found or can only be found in very small concentrations in urine. MDA is considered to be one of the key markers for oxidative stress. Oxidative stress is caused by an increased concentration of free radicals over a long period of time.

Content:

- 1 set of instructions on conducting the test and evaluating the results
- 2 urine cups
- 2 resealable bags with a pipette and a test container with the test reagent

Quantity: 2 tests

Article number: 5115

MADE IN GERMANY

Certified quality based on local products

Our production processes are exclusively conducted according to stringent German standards, with standardised processes ensuring accurate, reliable dosages.

We guarantee our customers that our precisely-dosed preparations reflect the latest scientific research, in order to maintain and improve your wellbeing.

PlantaVis GmbH relies exclusively on extracts that truly meet our rigorous standards. The micronutrients – vitamins, minerals and trace elements – as well as the phytochemicals we use in our preparations are predominantly made from natural sources and guarantee verifiable pure quality.

Our ISO 9001:2000 certification guarantees our customers a consistently high quality within our manufacturing processes.

Preparations tailored to your needs – produced in domestic facilities – even in small quantities.

PlantaVis team welcomes the growing awareness among consumers about the ‘chemicalisation’ of health and well-being. Our company seeks to tread more natural paths, and to do so together with our customers. As such, we make every effort to meet individual needs. All of our dietary supplements are produced in our own facilities. Therefore we are able to tailor our preparations to individual requirements and to produce even small quantities while still ensuring very good value for money.

We are a member of the NEM – the Association of Medium-Sized European Manufacturers and Distributors of Dietary Supplements and Health Products.

Imprint:

PlantaVis Switzerland
Bogon GmbH
Bernstr. 133
CH- 3613 Steffisburg

Phone: +41 31 318 34 31
E-mail: info@plantavis.ch
Website: www.plantavis.ch



RDA (%):

reference amount for average adults in accordance with European regulation 1169/2011

Storage:

Our products need to be stored away from light, in a dry place that is out of the reach of children. Nutritional values are subject to natural fluctuations.

Please note:

The stated recommended daily dosage must not be exceeded. Food supplements should not be used as a substitute for a balanced, varied diet and a healthy lifestyle.

Despite careful production, we cannot accept responsibility for errors or omissions. Subject to change. All information in this catalogue is assumed to have been correct at the time of printing and becomes out of date when the next catalogue is made available.

PLANTA^{VIS} MONOFOOD



SUPERFOODS FOR HEALTHY PLEASURE

Give a try on our PlantaVis MonoFood assortment – Monotony is a thing of the past!

Superfood and Clean Eating are two food trends, representing pure foods, free of any additives and rich in valuable ingredients.

Our MonoFood assortment contains both food trends. Fruits and pulses, vegetables and grasses, proteins and seeds as well as medicinal fungus are containing high-quality ingredients. They were processed in its pure form - as MonoFoods – into powder by maintaining their nutritional value. It is easy to handle and adds variety to your meals – prepared as a smoothie, sprinkled over meals or consumed as a drink in-between. This allows you to consume superfoods all year round, regardless of the season.

FRUITS AND PULSES
GRASSES AND VEGETABLES
PROTEINS AND SEEDS
MEDICINAL FUNGI

Convince yourself:

WWW.PLANTAVIS.CH/MONOFOOD

