



HEALTH & BEAUTY

**COLLECTION**  
**2024**



**MORE QUALITY**  
*FOR YOUR LIFE*



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**MORE NATURE. MORE SCIENCE.**  
FOR YOUR HEALTH AND BEAUTY.  
**MORE QUALITY** FOR YOUR LIFE.



## DEAR FRIENDS,

We have been pursuing a vision for years: we want to enable everyone to lead a healthy, vibrant and successful life. Of course, this is a dream – but we are working hard to get as close to this dream as possible. This is precisely why we develop innovative, needs-orientated product concepts for health and beauty.

LR stands for "More quality for your life" – both in terms of our product portfolio and our outstanding business model. Every month, thousands of people choose to recommend our top products and build their own team of sales partners – when, where and with whom they want. When it comes to an attractive income and long-term business opportunity, we have been a reliable partner for over 38 years. You too can benefit from the success of our proven business model and our unique product

range. With the **LR BODY MISSION** products, our innovative Zeitgard Pro Cosmetic Device and our LR LIFETAKE Mind Master Formula Gold, you are right at the forefront. The best thing at LR is our products and our business model align perfectly, giving your career a real boost.

OUR AIM: **MORE QUALITY FOR YOUR LIFE.** MORE QUALITY OF LIFE FOR EVERYONE.

We have been writing a success story with our unique products for over 38 years: Many people around the world rely on our outstanding product quality and trust in its effectiveness. One thing is certain: with our innovative product solutions, which contribute to people's constantly growing health awareness, we are right on trend! For us, the power of nature combined with the latest scientific findings plays a key role in improving quality of life.

**We invite you to take this opportunity and get started with us today!**

Dr Andreas Laabs  
CEO





# LR IS MORE...

More Quality for your Life: True to this claim we offer our customers many high-quality natural products which were developed from the power of nature and based on the latest scientific findings. However, our principle “More Quality” goes way beyond the quality of our products. For us, it means taking responsibility– for our employees, for our partners and suppliers, for our region and for the environment.



MADE IN GERMANY

## QUALITY AT THE HIGHEST LEVEL

“Made in Germany” stands for premium quality worldwide – and therefore for high requirements on our products. Our customers can rely on that! In order to offer 100% transparency, we have marked all of our products that are manufactured directly in Germany with the “Made in Germany” logo.



## PROVEN QUALITY

We apply very high quality standards to our products. In addition to continuous internal testing, compliance with these standards is strictly controlled and certified by independent, recognised institutes. SGS INSTITUT FRESENIUS confirms for example the consistently high quality of the Aloe Vera Drinking Gels.



## SELECTED INGREDIENTS

We always select the ingredients of our products based on the latest research results and only in the highest quality. In our beauty and care products, we refrain from using microplastics, parabens and mineral oils.



## SUSTAINABLE & CLIMATE-FRIENDLY

For maximum transparency, LR published a comprehensive sustainability report (ESG report) for the first time in 2023. We use 100% green electricity at our production site in Germany. Almost all of our folding cartons are made from FSC-certified paper, and some of our bottles and jars are made from recycled plastic or plant-based plastic.



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www.fsc.org  
FSC® N003255





## RECOMMENDED BY EXPERTS

"In addition to requirement-specific products, LR also provides scientifically proven expert advice on nutrition, exercise and lifestyle," says **Dr. Sven Werchan**, an independent nutrition expert.



**Dr. Werner Voss**, founder and Head of Dermatest GmbH confirms: "The LR care range offers optimum daily care for every skin requirement with ingredients of the highest quality combined with state-of-the-art formulations."



"High-quality care is the basis for radiantly beautiful skin," says **Dr. med. Gerrit Schlippe**, expert for dermatology and venereology, who has been active in practical and theoretical cosmetics research for 25 years. "LR products bring the beauty salon to your bathroom. They are targeted to age-related as well as individual skin requirements."



### STATE-OF-THE-ART PRODUCTION

With our cutting-edge Aloe Vera production facility, we reinforce our claim "Made in Ahlen" and set new pan-European standards with an innovative high-tech production and manufacturing park.

This way, we do not only save valuable resources used for long-distance transports, we also improve our CO2 footprint – therefore streamlining the entire ecological production process.



### LOVE FOR THE ENVIRONMENT

Environmentally friendly methods are very important to us. For example, the Aloe Vera for our drinking gels is grown without the use of artificial fertilizers and without pesticides. We also refrain from animal testing for the development of our health and beauty products.



### SOCIALLY COMPATIBLE WORK

We offer you the opportunity to become self-employed, regardless of your professional background. With us, you have the chance to lead a self-determined, independent and successful life. For more financial freedom within your own personal schedule. With more financial and time freedom you can choose to live your life on your own terms. Full-time, spare-time or part-time, the choice is yours depending on your own personal situation. We don't invest in expensive advertising and therefore redirect bonuses and commissions back to our trusted Partners.



### OPPORTUNITIES FOR CHILDREN

Supporting underprivileged children is very important to us. Offering these children equal educational opportunities, is a crucial precondition for a better future. That is why we founded the LR Global Kids Fund e. V. more than 10 years ago, which supports local initiatives currently in 17 European countries.

All information can be found at [www.lrgkf.com](http://www.lrgkf.com)

# CONTENT

## HEALTH, NUTRITION & LIFESTYLE



### 8 | LR LIFETAKE

YOUR LIFE. YOUR RHYTHM.  
YOUR WELL-BEING.

Innovative nutritional solutions for your well-being,  
developed with the latest scientific findings and  
the best of nature

#### 12 BASIS

14 Aloe Vera Drinking Gels

18 NUTRIENT COMPLEX

#### 20 SPECIALISTS

22 Performance & Energy

24 Cardiovascular System

26 Intestine & Digestion

28 Bones, Joints & Muscles

#### 30 STRENGTHENING

32 Immune System & Balance

#### 34 BEAUTY FROM WITHIN

35 Beauty Elixir

### 36 | LR BODY MISSION

LR BODY MISSION – FOR A HEALTHY DIET  
AND A HEALTHY LIFESTYLE

A holistic concept with delicious meals, smart  
companions and lots of support for a healthy  
lifestyle.

#### 36 LR BODY MISSION

38 LR FIGUACTIVE

40 Smart Meals

#### 44 SMART COMPANIONS



## BEAUTY & CARE



### 48 | LR ALOE VIA

YOUR WAY TO NATURALLY NURTURED SKIN

Moisturising care with the power of Aloe vera for the whole family.

50 SPECIAL CARE

54 FACIAL CARE AND CLEANSING

56 BODY CARE AND CLEANSING

58 ORAL & DENTAL CARE

### 60 | LR ZEITGARD

FOR TIMELESSLY BEAUTIFUL SKIN

Professional anti-aging management for use at home.

62 COSMETIC DEVICE

66 CLEANSING

69 SYSTEM

72 DAILY CARE

### 76 | LR MICROSILVER PLUS

77 HAND CARE







# HEALTH, NUTRITION & LIFESTYLE

## A HEALTHY LIFESTYLE FOR MORE WELL-BEING

If your busy daily life leaves you with limited time to adhere to a healthy diet, our products could serve as a beneficial choice to complement your hectic lifestyle.

Our nutritional products promote your general well-being and provide support in all phases of your life.

### STRONG BRANDS FOR YOUR HEALTH-LIFE-BALANCE

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#### **LR LIFETAKT**

- BASIS
- SPECIALISTS
- STRENGTHENING
- BEAUTY FROM WITHIN



# Your life. Your rhythm. Your well-being.

## FOR YOUR HEALTH-LIFE-BALANCE

Due to our contemporary and modern day lifestyle, our body faces many challenges, potentially disrupting its normal function and throwing it completely out of synch.

With a holistic approach, LR LIFETAKT offers you a variety of premium products that provide individual and specific support in every phase of your life.



### MORE PRODUCT QUALITY. MORE QUALITY OF LIFE.

**LR LIFETAKT** develops products with proven and consistently high quality. This is confirmed by renowned, independent institutes, such as SGS INSTITUT FRESENIUS



### MORE PRODUCT VARIETY. MORE INDIVIDUALITY.

**LR LIFETAKT** offers you innovative product solutions for your well-being tailored to your individual needs. For your individual requirements. In every phase of your life.



### MORE NATURE. MORE SCIENCE.

**LR LIFETAKT** combines the latest scientific and research findings with the best of nature. The result are products with particular effectiveness for your personal gain in well-being.





# Nutrition according to your needs

LR LIFETAKE helps you face the challenges of everyday life. Our broad range of nutrition products offers you manifold customised solutions that support your health and performance. Whether you need basic care, specific support or physical strengthening – your needs, your choice!

## Base

Your daily supply of basic nutrients for your health.

- Aloe Vera Drinking Gels
- Nutrient complex

## Specialists

Your individual expert nutrients tailored to your individual needs.

- Performance & Energy
- Cardiovascular System
- Intestine & Digestion
- Bones, Joints & Muscles

## Strengthening

Your all-round protection for your immune system and inner health – for every season.

- Immune System & Balance

## Beauty from within

Beauty shots for women with the best science and nature has to offer.



Aloe Vera Drinking Gel – a true all-rounder

# Aloe Vera Drinking Gel

## YOUR ELIXIR OF LIFE

The Aloe Vera Drinking Gel from LR lets you enjoy life to the fullest: It supplies, protects, regenerates and supports your body for your well-being.<sup>1-4</sup>

- **YOUR METABOLISM EXPERT:** The Aloe Vera Drinking Gel supports your immune system.<sup>1</sup>
- **YOUR IMMUNE PROTECTION:** The Aloe Vera Drinking Gel supports your immune system.<sup>2</sup>
- **YOUR REGENERATOR:** The Aloe Vera Drinking Gel supports your body's own regeneration processes.<sup>3, 4</sup>
- **YOUR ENERGY BOOSTER:** The Aloe Vera Drinking Gel provides selected ingredients for energy and vitality.<sup>1, 3</sup>

## Aloe Vera



Ingredients with scientifically proven effectiveness as well as essences from nature.



+SELENIUM



+HONEY



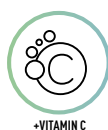
+GINGER



+LEMON



+ZINC



+VITAMIN C

The LR Aloe Vera leaf fillet becomes a true health expert thanks to the PLUS of added ingredients with scientifically proven effectiveness that support you in different stages of life.



# At LR, quality meets expertise

## UNIQUE

Only the LR Aloe Vera Drinking Gels have been awarded the SGS Institut Fresenius and the IASC seal for:

- ✓ Premium quality: produced from Aloe Vera leaf fillet
- ✓ Gentle processing
- ✓ High production standards

## LONG-STANDING EXPERTISE

- ✓ Aloe Vera -expert for 20 years – “Made in Germany”
- ✓ One of the most modern production sites in Germany
- ✓ Standardised internal quality controls
- ✓ Cooperation with renowned experts

## SUPERIOR TASTE

The essences and ingredients give the LR LIFETAKT Aloe Vera Drinking Gels their wide range of flavours:

- ✓ Traditional with Honey – with a natural, pleasant taste of honey
- ✓ Immune Plus – with the natural- light spiciness of ginger
- ✓ Peach Flavour – with fruity peach flavour
- ✓ Intense Sivera – with a natural note of healthy nettle extract
- ✓ Active Freedom – with natural orange flavour



WWW.IASC.ORG



WWW.SGS-QUALITAETSSIEGEL.DE/EN

**Quality is our top priority.** From raw material processing to the final product – every step in the supply chain is subject to strict quality controls at LR. This is confirmed by **SGS Institut Fresenius and the certificates of the IASC.**



WWW.KOELNERLISTE.COM

**“Made in Germany”** is our **quality promise**, which you can count on 100 %.



MADE IN GERMANY

The Aloe Vera Drinking Gels by LR LIFETAKT are on the **Cologne List®**. On the **Cologne List®**, products with a minimised doping risk are published.

<sup>1</sup> LR Aloe Vera Drinking Gels contain vitamin C which contributes to a regular energy metabolism.

<sup>2</sup> LR Aloe Vera Drinking Gels contain vitamin C which contributes to a normal function of the immune system.

<sup>3</sup> LR Aloe Vera Drinking Gels contain vitamin C which contributes to the reduction of fatigue and exhaustion.

<sup>4</sup> LR Aloe Vera Drinking Gels contain vitamin C which contributes to the regeneration of the reduced form of vitamin E.



# Aloe Vera Drinking Gels

ARE TRUE HEALTH SPECIALISTS

## HIGHEST QUALITY

Each of our Aloe Vera Drinking Gels  
complies with highest quality standards:



## HEALTH SUPPORT



### The specialist for your well-being

The 3 building blocks for your health:  
Nutrient supply, immune system,  
metabolic support<sup>1,2,3</sup>

## IMMUNE POWER



### The expert for your immune system

The triple plus for your immune  
system: Supports immune cells,  
supports the immune system,  
protects the immune function<sup>4,5</sup>

## BODY SHAPE



### The expert for your body consciousness

The triple plus for body-conscious  
people: light, supporting<sup>1</sup> and  
stimulating for the metabolism.

## MOVE SUPPORT



### The expert for your mobility

The triple kick for your  
musculoskeletal system:  
Mobility, stability and energy<sup>1,8,9,10</sup>

## HEART VITALITY



### The expert for your vitality

With triple power for more vitality:  
supports the blood vessels, ensures  
nutrients supply, protects from  
oxidative stress<sup>2,6,7</sup>

<sup>1</sup> Vitamin C contributes to a regular energy metabolism.

<sup>2</sup> Vitamin C increases iron absorption.

<sup>3</sup> Vitamin C supports the immune system.

<sup>4</sup> Vitamin C, zinc and selenium contribute to a normal function of the immune system.

<sup>5</sup> Zinc has a function in cell division.

<sup>6</sup> Vitamin C supports the formation of collagen for a normal functioning of the blood vessels.

<sup>7</sup> Vitamin C helps to protect the cells from oxidative stress.

<sup>8</sup> Vitamin C contributes to reducing fatigue and exhaustion.

<sup>9</sup> Vitamin C supports the formation of collagen for a normal cartilage function.

<sup>10</sup> Vitamin C contributes to the regular formation of collagen to maintain the normal function of the bones.

# Pure Pleasure FOR YOUR WELL-BEING



WITH  
90%  
ALOE VERA

Traditional Honey

## THE SPECIALIST FOR YOUR HEALTH

- 1. SUPPLY:** Provides you with important nutrients and supports nutrient utilisation<sup>1</sup>
- 2. DEFENCE:** Supports the immune system<sup>2</sup>
- 3. METABOLISM:** Supports energy metabolism<sup>3</sup>

90% Aloe Vera leaf fillet, honey and vitamin C

Aloe Vera Drinking Gel  
Traditional with Honey\*  
80700 | 1000 ml

Aloe Vera Drinking Gel  
Traditional with Honey  
Set of 3

80743 | 3 x 1000 ml

Recommended allowance:  
• 3 x 30 ml daily



WITH  
85%  
ALOE VERA

Immune Plus

## THE EXPERT FOR YOUR IMMUNE SYSTEM

- 1. SUPPORT:** Supports existing immunecells<sup>4</sup>
- 2. STIMULATION:** Supports the immunesystem<sup>4,5</sup>
- 3. PROTECTION:** Supports the functionality of your immune system<sup>4</sup>

85% Aloe Vera leaf fillet, ginger, lemon and honey as well as vitamin C, zinc and selenium

Aloe Vera Drinking Gel  
Immune Plus\*  
81000 | 1000 ml

Aloe Vera Drinking Gel  
Immune Plus  
Set of 3

81003 | 3 x 1000 ml

Recommended allowance:  
• 3 x 30 ml daily

<sup>1</sup> Vitamin C increases iron absorption.

<sup>2</sup> Vitamin C supports the immune system.

<sup>3</sup> Vitamin C contributes to a regular energy metabolism.

<sup>4</sup> Vitamin C, zinc and selenium contribute to a normal function of the immune system.

<sup>5</sup> Zinc has a function in cell division.

\* Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

# EXPERIENCE FULL DIVERSITY



WITH  
**98%**  
ALOE VERA

## Peach Flavour

### THE EXPERT FOR YOUR BODY CONSCIOUSNESS

1. **LIGHT:** Sugar-free<sup>3</sup>, perfect to keep your body healthy and in shape.<sup>1,2</sup>
2. **SUPPORTING:** Supports your energy metabolism<sup>2</sup>
3. **INVIGORATING:** Supports<sup>1</sup> the energy metabolism<sup>2</sup>

98% Aloe Vera leaf fillet, vitamin C

Aloe Vera Drinking Gel  
Peach Flavour\*

80750 | 1000 ml

Aloe Vera Drinking Gel  
Peach Flavour\*  
Set of 3

80783 | 3 x 1000 ml

Recommended allowance:  
• 3 x 30 ml daily



WITH  
**88%**  
ALOE VERA

## Active Freedom

### THE EXPERT FOR YOUR MUSCULOSKELETAL SYSTEM

1. **MOBILITY:** Supports the normal cartilage function<sup>5</sup>
2. **STABILITY:** Supports the normal bone function.<sup>6</sup>
3. **ENERGY:** Supports the energy metabolism and reduces fatigue<sup>4,7</sup>

88% Aloe Vera leaf fillet, collagen, glucosamine sulphate, chondroican sulphate as well as vitamins C and E

Aloe Vera Drinking Gel  
Active Freedom\*

80850 | 1000 ml

Aloe Vera Drinking Gel  
Active Freedom  
Set of 3

80883 | 3 x 1000 ml

Recommended allowance:  
• 3 x 30 ml daily

<sup>1</sup> Vitamin C supports the immune system.

<sup>2</sup> Vitamin C contributes to a regular energy metabolism.

<sup>3</sup> Aloe Vera contains naturally occurring sugars.

<sup>4</sup> Vitamin C contributes to a regular energy metabolism.

<sup>5</sup> Vitamin C supports the regular formation of collagen for a normal cartilage function.

<sup>6</sup> Vitamin C contributes to the regular formation of collagen to maintain the normal function of the bones.

<sup>7</sup> Vitamin C contributes to reducing fatigue and exhaustion.

\* Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.



## HIGHEST QUALITY

Each of our Aloe Vera Drinking Gels complies with highest quality standards



MADE IN GERMANY



WWW.SGS-QUALITAETSSIEGEL.DE/EN



WWW.IAVSC.ORG



WWW.KOELNERLISTE.COM

WITH  
**90 %**  
ALOE VERA



Intense Sivera

### THE EXPERT FOR YOUR VITALITY

- 1. STABILISATION:** Supports the normal function of the bloodvessels<sup>1</sup>
- 2. SUPPLY:** Supplies vitamin C and supports iron absorption<sup>2</sup>
- 3. PROTECTION:** Protects the cells from oxidative stress<sup>3</sup>

90% Aloe Vera leaf fillet,  
nettle extract and vitamin C

### Aloe Vera Drinking Gel Intense Sivera

80800 | 1000 ml

### Aloe Vera Drinking Gel Intense Sivera Set of 3

80823 | 3x 1000 ml

### Recommended allowance:

- 3 x 30 ml daily



<sup>1</sup> Vitamin C supports the formation of collagen for a normal functioning of the blood vessels.

<sup>2</sup> Vitamin C increases iron absorption.

<sup>3</sup> Vitamin C helps to protect the cells from oxidative stress.

\* Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

Interesting facts: Nutrients – the fundament for health

# Nutrient Diversity

## COLOURFUL FOODS EQUAL A HEALTHIER LIFESTYLE

Our body doesn't function without nutrients. They are our energy suppliers and are vital for our overall and well-being. Eating a diverse range of colourful food is essential for a well-balanced diet. "Eat a rainbow every week!"

This is what nutritionists recommend. Different types of fruit and vegetables should be consumed regularly. The different colours can indicate different ingredients and, in combination, contribute to a healthy balanced diet.



**Green:** vitamins, minerals

**Red:** calcium, potassium, magnesium

**Yellow/Orange:** vitamin C

**Blue/Violet:** antioxidants



### Acid-base-balance – the equilibrium is what matters!

An unbalanced diet, stress and lack of exercise can impair our acid-base balance. Our body becomes acidic which may result in discomfort. A varied diet with many basic nutrients and a balanced lifestyle help to maintain a good acid-base balance.

#### Ideal ratio of acids and bases:

Meat	Green salad
Sausage	Bell pepper
Fish	Tomatoes
Cheese	Apples
Dairy products	Bananas
Bread	Potatoes
Mail	Spinach
Chocolate	Soft fruit

**20 %**  
ACIDS

**80 %**  
BASES

### Essential fatty acids – necessary for body and soul!

Omega-3 fatty acids AND omega-6 fatty acids are poly-unsaturated fatty acids and essential for life. They are a component of the cell membranes in our body. They ensure that the cell membranes remain permeable and flexible and that the cells can work properly. The brain largely consists of fat. The polyunsaturated docosahexaenoic acid, for example, is the most important fatty acid of the brain. A particular high content of these healthy fatty acids are contained e.g. in oil-rich sea fish, nuts and seeds.

# Base FOR GOOD HEALTH



## Vita Active<sup>6,7,8</sup>

### YOUR VITAMIN SUPPLY

- Valuable combination of vitamins and plant elements
- 10 vitamins in only one teaspoon: B1, B2, B3, B5, B6, B7, B9, B12, D, E
- Made from 21 natural fruit and vegetable concentrates
- Positive effects for body and health<sup>1</sup>



**Vita Active Red Fruits\***  
80301 | 150 ml

### Recommended allowance:

- 1 x 5 ml (one teaspoon) per day



## Super Omega

### THE EXPERT FOR A HEALTHY HEART

- Supports heart and brain functions and the preservation normal vision.<sup>4</sup>
- Valuable combination of omega-3 fatty acids EPA and DHA as well as beta-glucan
- With 1260mg omega-3 fatty acids – from 630mg EPA and 420mg DHA among others



From sustainable fishing

**Super Omega Capsules\***  
80338 | 60 capsules / 99.3 g

### Recommended allowance:

- 3 x 1 capsule daily



## Pro Balance<sup>5</sup>

### FOR A HEALTHY ACID-BASE-BALANCE

- Stabilises effectively the acid-base-balance<sup>5</sup>
- Selected minerals and trace elements, such as magnesium, calcium, copper, chromium, etc.
- With a valuable mixture of citrates and carbonates



**Pro Balance Tablets\***  
80102 | 360 tablets / 252 g

### Recommended allowance:

- 3 x 4 tablets daily

<sup>1</sup> Thiamine and vitamin B12 contribute to a normal energy metabolism and cardiac function. Thiamine supports the nervous system and cardiac function. Vitamin D and vitamin B6 contribute to a normal function of the immune system.

<sup>2</sup> EPA and DHA support a healthy heart function. For this, a daily intake of at least 250 mg EPA and DHA is required.

<sup>3</sup> DHA supports the preservation of normal brain function.

<sup>4</sup> DHA supports the preservation of normal vision.

<sup>5</sup> Magnesium in Pro Balance supports a regular energy metabolism and helps maintain the electrolyte balance.

\* Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

# Performance needs positive energy

## What is oxidative stress?

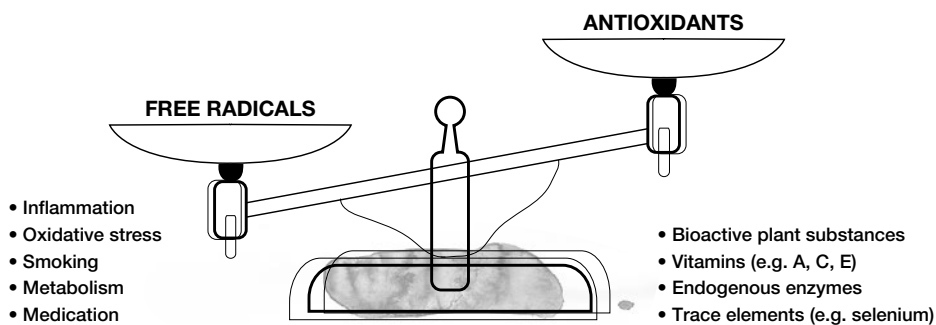
In general, the body has its own defensive mechanisms. If these are not sufficient, oxidative stress may occur, i.e. an imbalance of free radicals and antioxidants.

### FREE RADICALS

Free radicals are the result of natural metabolic processes in the body or of external aggressors such as unhealthy diet, stress and physical inactivity. An excess may damage cell constituents or impair metabolic processes.

### ANTIOXIDANTS

These radical scavengers protect our cells. They can prevent damage to cell structures and reduce oxidative stress.

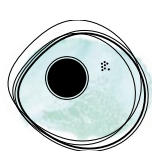


## Stress go away!

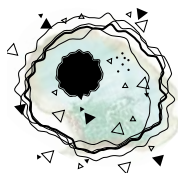
A balanced and varied diet with sufficient antioxidants is important to counteract oxidative stress.

These antioxidants include in particular vitamins A, C and E. However, many other food components can also have an antioxidant effect, e.g. trace elements like selenium. Even the active ingredients known as secondary plant compounds lipoic acid, lycopene, lutein, flavonoids, or the coenzyme Q10 which are contained in e.g. fruits and vegetables can help protect the body from oxidative stress.

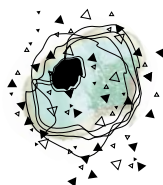
## OXIDATIVE STRESS



Normal cell



Free radicals attack the cell



Cell with oxidative stress



Apple with antioxidants, e.g. lemon juice



Oxidative stress on an apple

Fig.1: Example for oxidative stress, illustrated in a cell

Fig.2: Example for oxidative stress, illustrated in an apple



START THE DAY

# with MORE POWER



## Mind Master

### FOCUSED AND HIGH PERFORMANCE THANKS TO MIND MASTER<sup>1,2,3,4</sup>

- Protects your body from oxidative stress with valuable antioxidants<sup>2</sup>
- Provides you with high-quality energy nutrients<sup>1,4</sup> and supports you in phases of fatigue & exhaustion<sup>1,3,4</sup>
- With grape juice and aloe vera
- With a complex of high-quality vitamins and trace elements
- With L-carnitine and the coenzyme Q10

**36 % aloe vera leaf fillet  
+ L-carnitine and coenzyme Q10  
and grape juice from grape juice  
concentrate and green tea extract**



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### Mind Master Formula Red

80950 | 500 ml

### Mind Master pack of 5

80935 | 5 x 500 ml

### Recommended allowance:

- 1 x 80ml daily

<sup>1</sup> Vitamin B12 contributes to a normal energy metabolism and supports the nervous system. Vitamin B12 helps to reduce fatigue and exhaustion.

<sup>2</sup> Vitamin E helps to protect the cells from oxidative stress.

<sup>3</sup> Thiamine and vitamin B12 support mental health.

<sup>4</sup> Iron contributes to a normal energy metabolism and reduces fatigue and exhaustion.

\* Dietary supplements are not a substitute for a balanced diet and a healthy lifestyle.

\*\* Patent pending in Germany. Patent no.: DE 10 2023 123 064.6

# With power<sup>11, 14</sup> THROUGHOUT YOUR DAY



Tear open



Take without  
water



Feel the energy 6 for  
your brain & body



## Mind Master Extreme

### ENERGY FOR BODY<sup>5,6,8,9,10</sup> AND MIND<sup>7,9</sup>

#### 1. Energy for the mind

- Awake and alert within minutes<sup>5,6,8</sup>
- For better performance, attention & concentration<sup>5,6,7</sup>
- Improves mental & cognitive function<sup>5,7</sup>

#### 2. Energy for the body

- Fit within a short time<sup>5,6,8</sup>
- For stamina and performance<sup>5,6,8</sup>
- Supports regeneration<sup>10</sup>

+ coenzyme Q10 and BCAA as well  
as green tea and guarana extract



MADE IN GERMANY



LACTOSE-FREE



GLUTEN-FREE



WITHOUT  
ARTIFICIAL  
COLORANTS



SUGAR-FREE

### Mind Master Extreme Performance Powder\*

80980 | 35g / 14 sticks à 2,5g

#### Recommended allowance:

- Pour the content of the stick directly onto your tongue and let it dissolve in your mouth once a day.

<sup>5</sup> The caffeine contained in guarana enhances attention and concentration. The caffeine contained in guarana contributes to increased endurance.

<sup>6</sup> Vitamin B12 helps reduce tiredness and fatigue.

<sup>7</sup> Thiamine, vitamin B6 and vitamin B12 support mental health.

<sup>8</sup> Vitamin C contributes to a regular energy metabolism.

<sup>9</sup> Vitamins E, C and selenium in Mind Master Extreme contribute to protecting the cells from oxidative stress.

<sup>10</sup> Vitamin D supports the preservation of a normal muscle function.

\* Dietary supplements are not a substitute for a balanced diet and a healthy lifestyle.

# FORTUNATELY THERE IS MIND MASTER GOLD



## DAILY DRINK WITH HAPPINESS FORMULA

The fruity-fresh flavour explosion of grapefruit, honeydew melon and lemon immediately puts you in a good mood!

Mind Master Formula Gold helps you to better master the challenges of everyday life.

## Mind Master Gold

### POSITIVE ENERGY FOR EVERYDAY LIFE AND CHALLENGING PHASES OF LIFE<sup>11,12,13,14</sup>

- Protects the body from oxidative stress with valuable antioxidants<sup>2</sup>
- Provides you with high-quality energy nutrients<sup>11</sup> and supports you in phases of tiredness & fatigue<sup>11,12,13</sup>
- Enriched with turmeric, valuable white tea extract and aloe vera
- With a complex of high-quality vitamins and trace elements
- Provides valuable nutrients for your psyche and mental well-being<sup>14</sup>

+ With vitamin D and K, with Q10 and L-carnitine



### Mind Master Gold Formula\*

80940 | 500 ml

### Mind Master Formula Gold set of 5

80945 | 5 x 500 ml

### Consumption recommendation:

- Everyday 1 x 80 ml



WWW.SGS-QUALITAETSSIEGEL.DE/EN

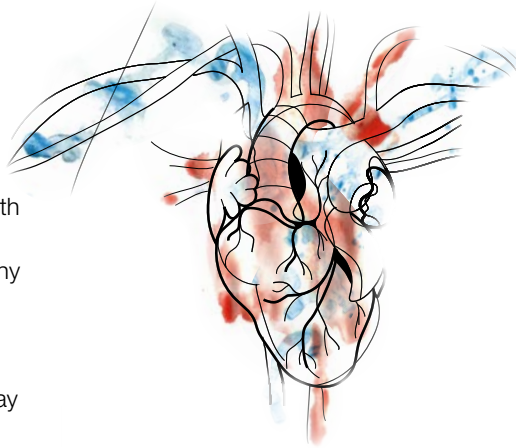
<sup>11</sup> Vitamin B12 contributes to normal energy metabolism, normal functioning of the nervous system and to the reduction of tiredness and fatigue. <sup>12</sup> Iron contributes to normal cognitive function and normal oxygen transport in the body. <sup>13</sup> Vitamin D contributes to the maintenance of normal bones and normal muscle function. <sup>14</sup> Vitamin B12 contributes to normal mental function and normal function of the nervous system. Iron contributes to normal cognitive function \*\*\* Patent pending in Germany. Patent no.: 10 2023 123 064.6

# Teamwork: Cardiovascular System

## Our lifeline: the cardiovascular system

The heart is continuously pumping blood into the circulatory system and supplies the entire body with oxygen and nutrients. With every beat, the engine of life is pumping blood into the large, small and tiny blood vessels.

The blood vessels form the infrastructure for our circulatory system – just like a highly branched network of roads. Take care of your heart every day and support it so that it can support you.



## Everything your heart desires

### HEALTHY LIFESTYLE

Every day, our life style demands a lot from our heart. Stress, for example, puts a permanent strain on your system. Your body releases messenger substances which can have a stressful effect in the long run.

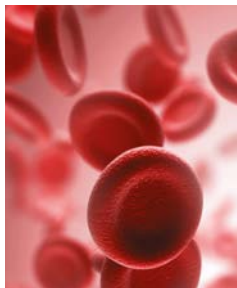
### NUTRIENTS

For a healthy heart function, essential nutrients are vital for our cardiovascular system. These should therefore be sufficiently available in our diet, e.g. polyunsaturated omega-3 fatty acids from sea fish such as salmon and mackerel, or magnesium, which is crucial for the muscle function of the heart and is contained in e.g. green vegetables or nuts.



The **heart** is the **most important muscle of our body**.

It continuously supplies our organs and tissues with blood and thus with essential oxygen and nutrients. The heart is like a central pump that drives our blood circulation.



Through the vascular system, the blood reaches every part of our body. Every day, our heart pumps about **6,000 litres of blood** through our circulatory system – corresponding to about 5 litres per minute. It takes one minute for the blood to run through the entire body.



The **total length** of all **blood vessels** is **about 100,000 km** which corresponds to more than twice the circumference of the earth.



While the **veins** transport blood to the heart, the **arteries** transport blood away from the heart. The **tiny vessels** that connect the small arterioles and venules with each other are called **capillaries**.



# For your heart ONLY THE BEST



WITH  
90%  
ALOE VERA

## Intense Sivera

### THE EXPERT FOR YOUR VITALITY

- 1. STABILISATION:** Supports the normal function of the bloodvessels<sup>1</sup>
- 2. SUPPLY:** Supplies vitamin C and supports ironabsorption<sup>2</sup>
- 3. PROTECTION:** Protects the cells from oxidative stress<sup>3</sup>

90% Aloe Vera inner leaf fillet, nettle extract and vitamin C



**Aloe Vera Drinking Gel  
Intense Sivera**  
80800 | 1000 ml

**Recommended allowance:**  
• 3 x 30ml daily



## Super Omega

### THE EXPERT FOR A HEALTHY HEART

- Supports heart and brain functions and the preservation of normal vision<sup>4</sup>
- Valuable combination of omega-3 fatty acids EPA and DHA as well as beta-glucan
- With 1260mg omega-3 fatty acids – from 630mg EPA and 420mg DHA among others



From sustainable fishing

**Super Omega capsules\***  
80338 | 60 capsules / 99.3 g

**Recommended allowance:**  
• 3 x 1 capsule daily



## Reishi Plus

### "MUSHROOM OF IMMORTALITY"

- Supports the functioning of the blood vessels by promoting regular collagen formation<sup>5</sup>
- Supports the energy metabolism<sup>6</sup> and protects the cells from oxidative stress<sup>9</sup>



**Reishi Plus capsules**  
80331 | 30 capsules / 15.6 g

**Recommended allowance:**  
• 13 x 1 capsule daily

<sup>1</sup> Vitamin C supports the formation of collagen for a normal functioning of the blood vessels. <sup>2</sup> Vitamin C increases iron absorption. <sup>3</sup> Vitamin C helps to protect the cells from oxidative stress. <sup>4</sup> EPA and DHA support a healthy heart function. For this, a daily intake of at least 250 mg EPA and DHA is required. <sup>5</sup> DHA supports the preservation of normal brain function. <sup>6</sup> DHA supports the preservation of normal vision. <sup>7</sup> Vitamin C contributes to a regular collagen formation to support the normal function of the blood vessels, healthy bones, cartilage, skin and teeth. <sup>8</sup> Vitamin C contributes to a regular energy metabolism. <sup>9</sup> Vitamin C protects cells from oxidative stress and helps reduce fatigue and exhaustion.

\* Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

# A good feeling is important

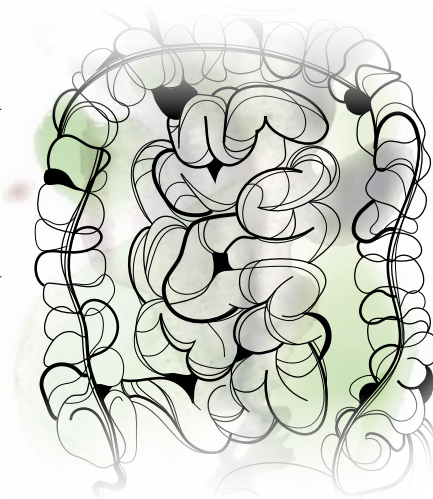
## Our intestine – high performance for our digestion

Our intestines task is to absorb all the nutrients our body needs from the food we consume. And it fulfils this task like a "top athlete": Within a lifetime of 75 years, around 30 tons of food and 50,000 litres of beverages, but also

kilos of pollutants, pathogens and bacteria, travel through our intestine. The intestine's task is to always provide us with the useful components only and to protect us from harmful substances.

The intestine controls, trains and regulates the immune system.

About 80% of the immune cells can be found within the intestine.



In our colon, there are more bacteria than there are human body cells.

The condition of our intestine essentially determines our daily well-being, our current health and, in the long term, our life expectancy.

### IMPORTANT FOR THE IMMUNE SYSTEM

A healthy intestinal flora is a prerequisite for the immune system and digestion to work properly. Therefore, the intestine needs fibres which function as propellant and keep the colon moving.

### YOUR BOWEL HAS A SECOND BRAIN

There are millions of neurons located within our colon which control the complicated digestive process. These neurons make our abdomen sensitive to external aggressors. For example, restlessness may lead to intestinal upsets just like eating too heavy. On the other hand, relaxation, pleasure as well as light food improve your gut feeling.

### ALL THE BEST FOR YOUR INTESTINE

Make sure you get regular exercise and eat a high-fibre diet. Both stimulate digestion and give you a good gut feeling. Foods rich in fibre are e.g. nuts, beans, fruits, vegetables and whole grain bread. They boost your intestinal function.

# Well-being BEGINS IN THE ABDOMEN

## Pro 12 Formula

### 12 DIFFERENT BACTERIAL STRAINS

One Pro 12 capsule contains 1 billion bacteria. They can be divided into over 12 different bacterial strains.



### Pro 12

#### SUPPORT FOR YOUR GENERAL WELL-BEING

- 1 billion bacteria per capsule from 12 different bacterial strains
- Fibres support the natural reproduction of bacteria
- Patented micro-encapsulation which protects the bacteria significantly more efficiently, thus ensuring that the bacteria reach the intestines unharmed.



Patented micro-encapsulation\*\*

#### For 12 Capsules\*

80370 | 30 capsules / 17 g

#### Recommended allowance:

- 1 x 1 capsule daily



### Herbal Fasting Tea

#### EASILY DIGESTIBLE AND SOOTHING TEA

- low-calorie combination of valuable herbs
- with green tea, mate leaves, lapacho bark, nettle leaves, rooibos tea, lemongrass, liquorice
- ensures the daily liquid supply, especially in the context of a diet
- an ideal alternative to water



#### Herbal Fasting Tea

80205 | 250 g

#### Recommended allowance:

- Pour boiling water over 1 – 2 heaped teaspoons in a large cup, cover and steep for 5 – 7 minutes, then strain
- 3 – 4 cups daily

# Exercise is the key

## The musculoskeletal system – nature's complex masterpiece

Our body consists of a passive musculoskeletal system, i.e. bones, joints, ligaments and cartilage, and an active musculoskeletal system (muscles, tendons, fasciae). Our joints work hard every day. Fast walking e.g. can increase the load on the hip joints up to seven times the body weight.

Exercise and sufficient nutrients, such as vitamins C and E, glucosamine and chondroitin are important for the musculoskeletal system. Our bone density decreases with age, therefore it is important to take more care of our musculoskeletal system.

### Muscles

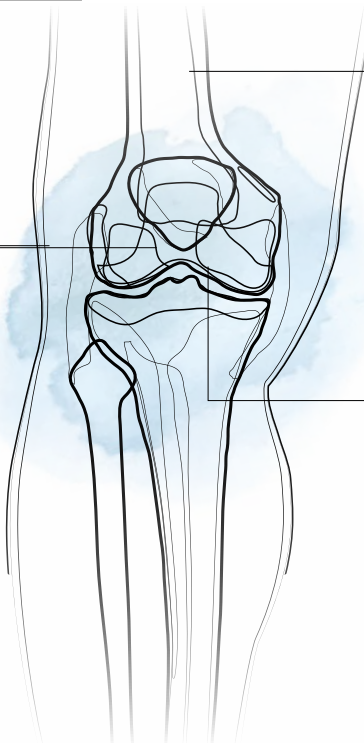
- About 600 muscles keep our body running and provide support together with bones and tendons
- Muscles are involved in all of the body's movements

### Tendons

- Tendons are the connection between muscles and bones
- They consist of collagen connective tissue which makes them tear-resistant, but not very elastic

### Synovial fluid

- The synovial fluid surrounds the cartilage
- You can support the synovial fluid in the supply of the cartilage with important joint nutrients such as vitamins C, E, glucosamine and chondroitin



### Bones

- Bones form the framework of the musculoskeletal system
- Important nutrients for the bones are e.g. vitamin D, calcium and manganese
- The German Nutrition Society recommends paying special attention to a sufficient supply of vitamin D\*

### Cartilage

- Cartilage plays a major role in the functioning of the joints
- It consists of a network of cartilage cells and elastic collagen fibres
- It absorbs its required nutrients from the synovial fluid

\* German Nutrition Society (2012)

**By the way:** As there is no blood circulation inside the cartilage, it is dependent on regular exercise. The movement during exercise ensures that essential nutrients are “massaged” into the articular cartilage.



# Support YOUR VITALITY



## Active Freedom

### THE EXPERT FOR YOUR MUSCULOSKELETAL SYSTEM

- 1. MOBILITY:** Supports the normal cartilage function<sup>1</sup>
- 2. STABILITY:** Supports the normal bone function<sup>2</sup>
- 3. ENERGY:** Supports the energy metabolism and reduces fatigue<sup>3</sup>

88% Aloe Vera leaf fillet, vitamins C and E, collagen, glucosamine sulfate and chondroican sulfate



**Aloe Vera Drinking Gel Active Freedom\***  
80850 | 1000 ml

**Recommended allowance:**  
• 3 x 30ml daily



## Active Freedom

### SUPPORT FOR YOUR MUSCULOSKELETAL SYSTEM

- Provides antioxidants functioning as a protective mechanism against free radicals<sup>4</sup>
- Maintains a normal bone structure and the formation of connective tissue<sup>5,6</sup>
- Supports muscle function<sup>7</sup>  
Contains glucosamine sulphate and chondroitin sulphate, the building blocks of cartilage and joint tissue



**Active Freedom Capsules\***  
80190 | 60 capsules / 37.4 g

**Recommended allowance:**  
• 2 x 1 capsule daily



## Protein Power

### FOR OPTIMAL PROTEIN SUPPLY

- Supports bone maintenance<sup>9</sup>
- Actively supports muscle growth<sup>8</sup>
- Additional protein supply for older people<sup>10</sup>
- 80% pure protein from 5 different protein components
- With magnesium and vitamin B6



**Protein Powder Powdered Drink Vanilla**  
80550 | 375 g

**Recommended allowance:**  
• Mix one measuring spoon of powder (12.5g) daily in 100ml water or 125 ml skimmed milk

<sup>1</sup> Vitamin C supports the regular formation of collagen for a normal cartilage function. <sup>2</sup> Vitamin C in Aloe Vera Drinking Gel Active Freedom contributes to a normal collagen formation for a regular function of the bones. <sup>3</sup> Vitamin C contributes to a normal energy metabolism and to reducing fatigue and exhaustion. <sup>4</sup> Manganese and vitamin E help to protect the cells from oxidative stress. <sup>5</sup> Manganese and vitamin D contribute to maintaining healthy bones. <sup>6</sup> Manganese supports the normal formation of connective tissue. <sup>7</sup> Vitamin D supports the preservation of a normal muscle function. <sup>8</sup> Proteins help maintain and increase muscle mass. <sup>9</sup> Proteins help maintain healthy bones. <sup>10</sup> Vitamin B6 helps maintain the normal protein and glycogen metabolism.

\* Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. \*\* of the recommended daily allowance. Referring to the prepared product, mixed with 125ml milk.

# It all depends on the right protection!

## The power of the immune system

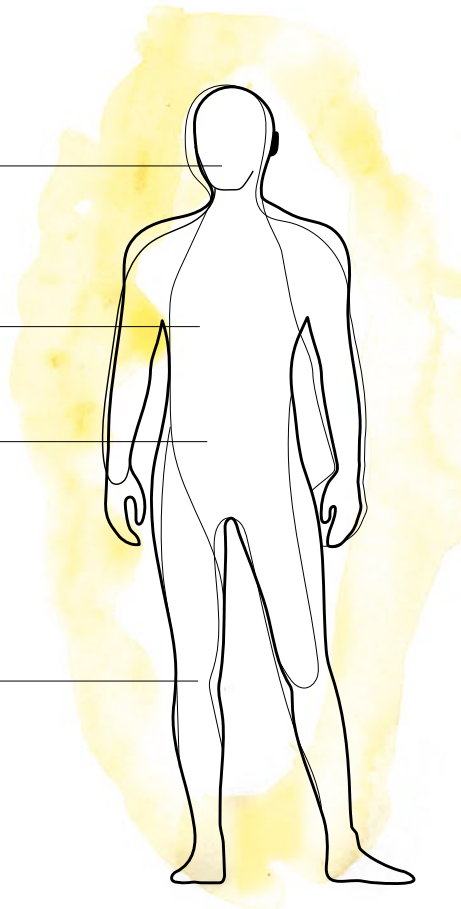
The immune system distinguishes between “harmful” and “harmless”. As soon as pathogens or pollutants are detected, it seeks to repel them. In addition, the immune system regulates the body’s bacterial flora.

Main entry points for pathogens and pollutants: nose, throat and intestines.

The liver supplies the immune system with energy.

Around **80% of the immune cells** are produced in the digestive system.

Immune cells are also formed in the bone marrow.



## TEAMWORK

The immune system is not located in a certain part of the body. Instead, it consists of a highly complex network of cells, molecules, tissue and organs that interact to protect the body against pathogens. We all have a congenital and an acquired immune system. The latter develops as soon as it comes into contact with certain pathogens. It “remembers” the aggressors and is thus able to provide a faster and more targeted immune response after a second contact.

### THIS IS HARMFUL TO YOUR IMMUNE SYSTEM



STRESS



NOT ENOUGH SLEEP



ALCOHOL



SMOKING



PHYSICAL INACTIVITY



RELAXATION AND SLEEP



HEALTHY DIET



DRINKING ENOUGH



EXERCISE



VITAMIN D

### THIS IS BENEFICIAL TO YOUR IMMUNE SYSTEM

# Well prepared

FOR EVERY SEASON



## INFO

The light natural spiciness of ginger in combination with refreshing lemon and sweet honey is a very special palate sensation.

WITH  
85 %  
ALOE VERA



Immune Plus<sup>1,\*</sup>

## THE EXPERT FOR YOUR IMMUNE SYSTEM

- 1. SUPPORT:** Strengthens existing immune cells<sup>1</sup>
- 2. STIMULATION:** Supports the immune system<sup>1,2</sup>
- 3. PROTECTION:** Supports the regular function of the immune system.<sup>1</sup>

85% Aloe Vera leaf fillet, ginger, lemon and honey as well as vitamin C, zinc and selenium



MADE IN GERMANY



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## Aloe Vera Drinking Gel Immune Plus\*

81000 | 1000 ml

## Aloe Vera Drinking Gel Immune Plus Set of 3

81003 | 3 x 1000 ml



## Recommended allowance:

- 3 x 30ml daily

<sup>1</sup> Vitamin C, zinc and selenium contribute to a normal function of the immune system.

<sup>2</sup> Zinc has a function in cell division.

\* Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

# Well prepared

EVEN IN DULL WEATHER



MADE IN GERMANY

"Made in Germany" is our quality promise, which you can count on 100%.



## Colostrum Liquid

### FOR YOUR WELL-BEING: THE BEST OF NATURE

- For a general sense of well-being
- Ready to drink: for quick, direct consumption
- Premium quality: defatted, decaseined, unpasteurised
- Produced on the basis of colostrum
- From colostrum of the first hours
- From European cows
- The cold production process preserves the ingredients



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WITHOUT ARTIFICIAL COLORANTS



WITHOUT PRESERVATIVES

### Colostrum Liquid

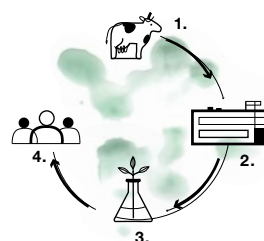
80361 | 125 ml

### Recommended allowance:

- 8ml per day

### FROM RAW MATERIAL TO THE PREMIUM PRODUCT

1. Premium resources
2. Processing
3. Product quality
4. Independent test purchases are made in Germany and are subject to strict controls.



## Colostrum Capsules

### EVERYTHING YOUR BODY NEEDS TO FEEL GOOD

- For a general sense of well-being when consumed regularly
- Made from pure cow colostrum
- Premium quality: defatted, carefully processed
- 800mg colostrum powder per daily allowance



WWW.SGS-QUALITAETSSIEGEL.DE/EN



WITHOUT PRESERVATIVES

### Colostrum capsules

80360 | 60 capsules / 30.9 g

### Recommended allowance:

- 2 x 1 capsule daily





## Cistus Incanus Spray

### THE QUICK SPRAY FOR YOUR THROAT

- Support for the immune system<sup>1</sup>
- Ideal for on the go
- Fresh flavour with menthol and mint
- 86% Cistus Incanus extract
- Enriched with vitamin C and vitamin E



**Cistus incanus Spray\***  
80326 | 30 ml

#### Recommended allowance:

- 3 x 3 sprays per day
- Easy dosage by direct spraying into the throat



## Cistus Incanus Capsules

### PROMOTES THE BODY'S IMMUNE RESPONSE

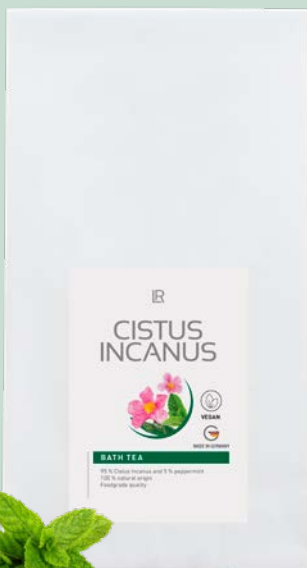
- Support for the immune system<sup>1</sup>
- With the power of the rockrose
- 69% Cistus Incanus extract
- Enriched with vitamin C and zinc



**Cistus incanus capsules\***  
80325 | 60 capsules / 34.4 g

#### Recommended allowance:

- 2 x 1 capsule daily



## Cistus Incanus Bath Tea

### RELAXATION AND WELL-BEING IN EVERY SEASON

- Use to relax in a full-body, face, hand, or foot bath
- Ideal for irritated, sensitive skin
- Natural herbs: 95% Cistus Incanus, 5% peppermint
- Of natural origin in food quality



**Cistus Incanus Bathing Tea**  
24003 | 250 g

#### Use:

- Fill 4 tablespoons of Cistus Incanus Bathing Tea into a teapot and add 1 litre of boiling water. Strain through a sieve after 8-10 minutes. Fill bathtub with water and add the brew.



BREW  
BATHING TEA\*\*



POUR  
INTO BATHTUB



ENJOY  
YOUR BATH

<sup>1</sup> The vitamin C in Cistus Incanus spray and capsules supports a normal functioning of the immune system. \*Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

\*\* Add 1 litre of boiling water to 4 spoons of Cistus Incanus Bathing Tea.

Interesting facts: Beauty from within

# The Secret of True Beauty

## What is beautiful?

Ideals of beauty vary and change depending on the zeitgeist, fashion and culture. Curvy shapes are popular in some countries, slim ones in others. In certain cultures; a small nose could be considered beautiful, in others; a bigger nose, for example.

### However, there are a few similarities:

Healthy, radiant skin is considered beautiful everywhere. Vibrant, shiny attractive looking hair. Healthy, strong well groomed nails.

### But the ultimate secret of long-lasting beauty is: smiling!

If you smile a lot, you look very attractive, wrinkles or not. And always remember: Beauty is in the eye of the beholder. And our beholders are often much more benevolent than we are.



## WOMEN WANT ...

- A youthful appearance with fewer wrinkles
- A clear, healthy complexion without irritations
- A firm body with less cellulite
- Vibrant, shiny hair
- Strong, healthy nails



# 80%

of all cosmetic surgeries are performed **on women**.  
It does not have to be this way.

## Superfoods and vitamins

Wouldn't it be wonderful if you could stop time? Unfortunately, smooth, radiant skin and full, shiny hair are ephemeral. An unbalanced diet, stress, alcohol and smoking, UV radiation and ozone pollution also have a negative impact on our appearance. That is why superfoods, smoothies and vitamin complexes for an optimal supply of vitamins, minerals and trace elements are more popular than ever.

With a balanced diet and a healthy lifestyle, you have a good chance of preserving youthful beauty for as long as possible.

### There are numerous beauty boosters:

- Zinc of animal origin as well as from nuts, grains and legumes such as lentils or green peas
- Collagen of animal origin, but also red fruits and vegetables such as strawberries, cherries, beetroot or tomatoes contain collagen
- Hyaluronic acid of animal origin, as well as from plant-based foods such as potatoes, almonds, cashews or bananas
- Biotin from oatmeal, nuts, mushrooms or even bananas and apples
- Vitamin E from hazelnuts, almonds, blueberries or sweet potatoes

# Youthful beauty

## COMES FROM WITHIN

Do you want a youthful and beautiful appearance, with nothing to hide, regardless of age? You're not alone in this desire; a natural and healthy appearance ranks as the No. 1 ideal of beauty.

LR LIFETAKT 5in1 Beauty Elixir fulfils your 5 biggest beauty wishes with only 1 shot a day – for natural beauty. <sup>1-5</sup>

### ACTIVE COMPLEX

The **active complex** activates the beauty processes and combats signs of aging.<sup>1-5</sup> It combines the essential beauty ingredients in balanced concentration:

- 2.5g **collagen** peptides
- 50mg **hyaluronic acid**
- valuable **copper**
- effective **zinc**
- high content of **9 vitamins**:  
100% vitamin E, thiamine, riboflavin, niacin, B6, biotin, B12, vitamin C per daily allowance\* and 75% vitamin A per daily allowance\*



### PREVENTIVE COMPLEX

The Preventive Complex protects you from external aggressors and prevents signs of aging. It combines the most vital ingredients with the power of nature:

- 20% Aloe Vera gel
- blood orange extract
- blueberry extract
- golden root extract
- green tea extract



5in1 Beauty Elixir

### YOUTHFUL BEAUTY FROM HEAD TO TOE

1. Youthful looking skin with less wrinkles <sup>1</sup>
2. Beautiful complexion <sup>1</sup>
3. Healthy connective tissue <sup>2</sup>
4. Strong, shiny hair <sup>3</sup>
5. Strong, healthy nails <sup>4</sup>

Unique and revolutionary action thanks to the innovative double complex, harnessing the best of science and nature.



MADE IN GERMANY



LACTOSE-FREE



GLUTEN-FREE



SUGAR-FREE



WITHOUT ARTIFICIAL COLORANTS

### Recommended allowance:

- Drink 1 shot a day



5in1  
Beauty Elixir  
81030 | 30 x 25 ml

<sup>1</sup> biotin, zinc, vitamin A, riboflavin and niacin help preserve normal skin. Copper helps to maintain regular skin pigmentation. Vitamin C supports the regular collagen formation to maintain the natural skin function. <sup>2</sup> Copper helps to support the connective tissue. <sup>3</sup> Biotin and zinc contribute to maintaining healthy hair. Copper helps to support regular hair pigmentation. <sup>4</sup> Zinc supports the preservation of healthy nails. <sup>5</sup> Vitamin E helps to protect the cells from oxidative stress. Thiamine contributes to normal energy metabolism. Vitamin B6 and B12 help to reduce fatigue and exhaustion.  
\* Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. \*\* of the recommended daily allowance



# BODY MISSION



## LR BODY MISSION – EAT SMART

Our everyday lives can sometimes be quite challenging – especially for our diet. It's nice to have someone by your side to walk the path with you.

The **LR BODY MISSION** is your companion for smart nutrition and a lifestyle that brings out the best – for you, for your nutrition, And for your feel-good-body.

**OUR LR BODY MISSION IS SMART.  
OUR LR BODY MISSION IS SIMPLY MORE!**

## THE LR BODY MISSION IS MORE!

### MORE SUCCESSES

Delicious meals, clever accompanying products and tips for a healthy lifestyle will help you to eat smart and achieve your own personal Body Mission goals.

### MORE QUALITY

Developed by experts and based on scientific findings, the **LR BODY MISSION** is your competent, reliable partner when it comes to a healthy, smart lifestyle

### MORE NATURAL

Numerous carefully selected natural ingredients make our **LR FIGUACTIVE** meals something very special.

### MORE PLEASURE

Choose your **LR FIGUACTIVE** meals from many different varieties and flavours and enjoy a particularly natural, clean taste experience.

### MORE FOR YOU

The **LR BODY MISSION** fits your lifestyle and helps you to achieve your personal goals – no matter who you are, no matter what motivates you, no matter what your goals are.

**YOUR LIFE, YOUR  
DECISION, YOUR LR BODY  
MISSION!**

<sup>1</sup> **Weight control:** Replacing two of the daily main meals as part of a low-calorie diet with such a meal replacement (LR **FIGUACTIVE** shakes, soups and flakes) contributes to weight loss. To achieve the stated effect, two main meals should be replaced daily. **Weight maintenance:** Replacing one of the daily main meals as part of a low-calorie diet with such a meal replacement (LR **FIGUACTIVE** Shakes, Soups and Flakes) helps to maintain weight after weight loss. To achieve the stated effect, one main meal a day should be replaced by a meal replacement.



# YOUR VERY PERSONAL LR BODY MISSION



This **Body Mission** 1 Month Set includes Part 1 and Part 2.

Part 1 is the 5 LR **FIGUACTIVE** Products.

Part 2 is the Smart Companions Set

## LR BODY MISSION 1 month – free choice\*\*

Choose 5 LR **FIGUACTIVE** products from numerous delicious varieties.

If you intend to replace two meals a day for one month, then opt for:

### 2 x LR **FIGUACTIVE** shakes in the following flavours:

Smooth Cocoa, Fruity Strawberry, Soft Vanilla, Lovely Coffee

### 2 x LR **FIGUACTIVE** soups in the following flavours:

Juicy Tomato, Spicy Curry or Yummy Veggie

### 1 x LR **FIGUACTIVE** Flakes Raspberry

### In addition, you will receive the following smart companions:

1 x Pro Balance tablets\*  
1 x Herbal Fasting Tea  
1 x Protein Power Drink Powder Vanilla\*  
1 x LR Shaker



**LR BODY MISSION**  
1 month – free choice\*\*  
81260

# LR BODY MISSION – TRIPLE SMART!



## Your meals:

With LR **FIGUACTIVE** products you easily reduce your calorie intake by replacing two of the three daily meals with a shake, soup or flakes<sup>1</sup>



## Smart companions:

Whether it's building muscle or maintaining acid-base balance, these smart companions elevate your healthy lifestyle.



## Your online support:

A healthy lifestyle with a lot of exercise, a balanced diet and sufficient hydration, are the prerequisites for your successful **LR BODY MISSION**. Benefit from convenient weekly plans, tasty recipes and exercise routines, for even more motivation and success.

[www.body-mission.com](http://www.body-mission.com)

<sup>2</sup> Magnesium in Pro Balance contributes to normal energy metabolism and electrolyte balance. <sup>3</sup> Proteins contribute to the maintenance and increase of muscle mass.

\* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. \*\* To replace two meals a day for one month, choose e.g. B. 2 x shakes, 2 x soups and 1 x flakes.



# FIGU ACTIVE



3 x + 300 ml

**Creamy Caramel and toffee flavour  
for connoisseurs!**

- With natural caramel flavouring
- With fibre, including from psyllium husks and vegan proteins from peas, chickpeas and field beans
- With sweetness from the stevia plant
- Free from flavour enhancers, palm oil and artificial colourings
- Gluten and lactose free

LR FIGUACTIVE

**Tasty Caramel Shake**

81250 | 496 g



VEGAN



LOW IN SUGAR



HIGH FIBRE CONTENT



HIGH PROTEIN  
CONTENT\*



NATURAL  
FLAVOURS



MADE IN GERMANY

## DELICIOUS SHAKES TO FALL IN LOVE WITH

With the LR FIGUACTIVE shakes in 5 different flavours, you can enjoy your life the smart way! Our shakes are irresistibly delicious, replace a full meal and are packed full of valuable natural ingredients. Simply prepare 3 tablespoons with 300 ml of unsweetened soya drink in a shaker – done!

\* **Weight control:** Replacing two of the daily main meals as part of a low-calorie diet with such a meal replacement (LR FIGUACTIVE shakes, soups and flakes) contributes to weight loss. To achieve the stated effect, two main meals should be replaced daily. **Weight maintenance:** Replacing one of the daily main meals as part of a low-calorie diet with such a meal replacement (LR FIGUACTIVE Shakes, Soups and Flakes) helps to maintain weight after weight loss. To achieve the stated effect, one main meal a day should be replaced by a meal replacement.



# CREAMY INDULGENCE FOR EVERY TASTE



## Strawberry season all year round!

- For fruity-sweet moments of happiness
- With fibre, including from psyllium husks and vegan proteins from peas, field beans and soya
- With sweetness from the stevia plant
- Free from flavour enhancers, palm oil and artificial colourings
- Gluten and lactose free

LR FIGUACTIVE  
Fruity Strawberry Shake  
81241 | 496 g



3 x + 300ml



## Pure pleasure for coffee lovers!

- Finely bitter coffee flavour for the perfect start to the day
- With fibre, including from psyllium husks and vegan proteins from peas, chickpeas and field beans
- With sweetness from the stevia plant
- Free from flavour enhancers, palm oil and artificial colourings
- Gluten and lactose free

LR FIGUACTIVE  
Lovely Coffee Shake  
81242 | 496 g



3 x + 300ml



## A light vanilla dream to sweeten your day!

- With real, flavoured vanilla pods
- With fibre, including from psyllium husks and vegan proteins from peas, field beans and soya
- With sweetness from the stevia plant
- Free from flavour enhancers, palm oil and artificial colourings
- Gluten and lactose free

LR FIGUACTIVE  
Soft Vanilla Shake  
81240 | 496 g



3 x + 300ml



## Creamy chocolate flavour for those with a sweet tooth!

- The full flavour of fresh cocoa beans
- With fibre, including from psyllium husks and vegan proteins from peas, chickpeas and field beans
- With sweetness from the stevia plant
- Free from flavour enhancers, palm oil and artificial colourings
- Gluten and lactose free

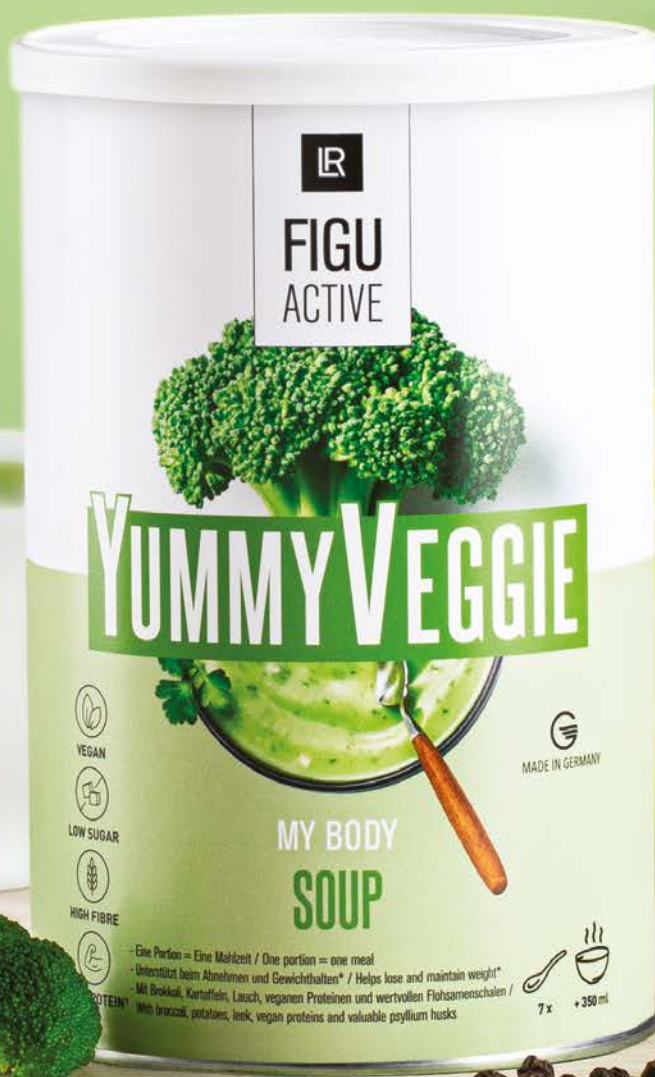
LR FIGUACTIVE  
Smooth Cocoa Shake  
81243 | 496 g



3 x + 300ml



# FIGU ACTIVE



VEGAN



LOW IN SUGAR



HIGH FIBRE CONTENT



HIGH PROTEIN  
CONTENT\*



NATURAL  
FLAVOURS



MADE IN GERMANY

## Full veggie power!

- Wonderfully creamy vegetable soup with broccoli, potatoes and leek
- With fibre, including from psyllium husks and vegan proteins from peas, field beans and soya
- Free from flavour enhancers, palm oil and artificial colourings
- Gluten and lactose free

LR FIGUACTIVE

Yummy Veggie Soup

81246 | 488 g



7 x + 350 ml

\* **Weight control:** Replacing two of the daily main meals as part of a low-calorie diet with such a meal replacement (LR FIGUACTIVE shakes, soups and flakes) contributes to weight loss. To achieve the stated effect, two main meals should be replaced daily. **Weight maintenance:** Replacing one of the daily main meals as part of a low-calorie diet with such a meal replacement (LR FIGUACTIVE Shakes, Soups and Flakes) helps to maintain weight after weight loss. To achieve the stated effect, one main meal a day should be replaced by a meal replacement.



# DELICIOUS SOUPS FOR GOURMETS

The savoury LR **FIGUACTIVE** soups bring veggie power into your everyday life! They replace a full meal and provide a balanced nutrient profile – and are 100% vegan. Full-bodied, creamy enjoyment and lots of valuable, natural ingredients make our soups a very special flavour experience. Simply stir 7 tablespoons into 350ml hot water using a whisk.



## Now it's getting spicy!

- Hearty, spicy curry flavour with a hint of ginger
- With fibre, including from psyllium husks and vegan proteins from peas, field beans and soya
- Free from flavour enhancers, palm oil and artificial colourings
- Gluten and lactose free

LR **FIGUACTIVE**  
Spicy Curry Soup

81245 | 488 g



7 x + 350 ml



## Mediterranean summer feeling in a bowl!

- The full flavour of juicy tomatoes and fresh basil
- With fibre, including from psyllium husks and vegan proteins from peas, chickpeas and field beans
- Free from flavour enhancers, palm oil and artificial colourings
- Gluten and lactose free

LR **FIGUACTIVE**  
Juicy Tomato Soup

81244 | 488 g



7 x + 350 ml





# FIGU ACTIVE



VEGAN



LOW IN SUGAR



HIGH  
FIBER CONTENT



HIGH PROTEIN  
CONTENT\*



NATURAL  
FLAVOURS



MADE IN GERMANY

## Crispy breakfast muesli

- With fruity raspberries, nuts and delicate chocolate chunks
- With fibre from flea seed husks among others and vegan protein from peas, chickpeas and fava beans.
- With the sweetness from the stevia plant
- Free from artificial flavours, palm oil and artificial colourants
- Lactose-free

LR FIGUACTIVE  
Raspberry Flakes

81247 | 420 g



6 x + 300 ml

<sup>1</sup> Proteins contribute to the maintenance and increase of muscle mass. \* When prepared as recommended.





# BERRY FLAKES!

Crunchy oatmeal, fruity raspberries and delicate chocolate chunks will turn your breakfast into a delight to your palate! Our LR **FIGUACTIVE** Raspberry Flakes replace a full meal, help you loseweight<sup>1</sup> and maintain your weight and and is ready in no time. Simply mix 6 tablespoons in 300ml unsweetened soy drink and stir – that's it!



# ENHANCED SUPPORT FOR A SMARTER LIFESTYLE

Smart companions make life easier!

Our **LR BODY MISSION** Supporters complement your daily diet and provide you with the basis for a smart lifestyle that brings you closer to your goals step by step. Whether it's muscle building<sup>2</sup>, support for metabolism<sup>4</sup> and acid-base balance<sup>1</sup> or smart drinks – these clever companions are the smart plus for your **LR BODY MISSION**.

## Support Muscle development

Provide your body with  
sufficient protein during  
your **LR BODY MISSION**  
to support building muscle

### Protein Power Vanilla drink powder\*

80550 | 375 g



## Support your acid-base balance<sup>1</sup>

The Pro Balance tablets  
provide your body with  
valuable alkaline trace  
elements during your  
**LR BODY MISSION**.

### Pro Balance Tablets\*

80102 | 360 Tablets / 252 g





### Keep your fluid levels up

A carefully selected mixture of valuable herbs provides you with soothing warm tea, ensuring a healthy fluid balance, and ensures a balanced fluid balance.

### Herbal fasting tea

80205 | 250 g



### Support your metabolism<sup>1</sup>

The LR LIFETAKT Aloe Vera Drinking Gel with peach flavour is your perfect LR BODY MISSION companion – without any added sugar<sup>\*\*</sup>.

### Aloe Vera Drinking Gel Peach flavour\*

80750 | 1000 ml



<sup>1</sup> Magnesium in Pro Balance contributes to normal energy metabolism and electrolyte balance. <sup>2</sup> Proteins contribute to the maintenance and increase of muscle mass. <sup>4</sup> Vitamin C contributes to normal energy metabolism. <sup>\*</sup> Food supplements are not a substitute for a varied, balanced and healthy lifestyle. <sup>\*\*</sup> Contains naturally occurring sugars



# BEAUTY & CARE

## HIGH-QUALITY CARE FOR EVERY SKIN REQUIREMENT

When it comes to our care and cosmetic products, we make no compromises.

Only the best from science and nature for skin and hair! Our high-quality skin care series for every skin requirement offer you a variety of options to cleanse, care for and indulge your face, body and hair in the best possible way.

## POWERFUL CARE PRODUCTS FOR INDIVIDUAL REQUIREMENTS

---

### **LR ALOE VIA**

- SPECIAL CARE
- FACIAL CARE & CLEANSING
- BODY CARE & CLEANSING
- ORAL AND DENTAL CARE

### **LR ZEITGARD**

- DEVICE
- CLEANSING - SYSTEM
- DAILY CARE
- SPECIAL CARE
- SPECIAL CARE & BEAUTIES

### **LR MICROSILVER PLUS**

- BODY CARE

LR

ALOE • VIA



*LR* Your way  
to naturally  
nurtured skin

*Aloe Via*



On the way to naturally beautiful and healthy skin with the nourishing and regenerative power of Aloe Vera – this is what **LR ALOE VIA** stands for. Whether young or old, everyone will find the right solution for their needs in our broad range of products. You and your loved ones will be cared for from head to toe with the best Aloe Vera can give us.

The basis of our product promise: a well-trusted care concept **LR Aloe Via** unites the best Aloe Vera has to offer – its gel – with 15 years of Aloe Vera care competence by LR. A high Aloe Vera content, proven combinations of active ingredients and the natural power of precious organic extracts are what make the **LR ALOE VIA** care series so unique and varied in terms of effects:

- It regenerates
- moisturises
- soothes
- and protects – 100% free of parabens and mineral oils.

Regular checks by the International Aloe Science Council (IASC) guarantee a high quality of our Aloe Vera – from cultivation to processing. The independent institute Dermatest confirms the skin tolerability.

28 LR ALOE VIA products are patented thanks to their unique concentration of Aloe Vera gel and various organic extracts.

Find your way to naturally nurtured skin – with **LR ALOE VIA**.





## Special Care

### LR ALOE VIA SPECIAL CARE

For a healthy skin feeling



## Face Care

### LR ALOE VIA FACE CARE & CLEANSING

For a radiantly beautiful look



## Body Care

### LR ALOE VIA BODY CARE & CLEANSING

For noticeably smooth and soft skin



## Oral Care

### LR ALOE VIA ORAL & DENTAL HYGIENE

For a beautiful, healthy smile



**High Aloe Vera contents** for particularly mild, intensive care and regeneration – also perfect for sensitive skin.



**Enriched with nourishing organic extracts** – specifically adapted to the individual care requirement.



LR ALOE VIA stands for quality **“Made in Germany”**. That is our promise you can count on 100 %.



The seal of the **International Aloe Science Council (IASC)** certifies our Aloe Vera Gel premium quality and purity – from cultivation to processing.



The skin tolerability of all Aloe Vera products is confirmed by the renowned, independent institutes Dermatest and Derma Consult.



28 LR ALOE VIA products are patented thanks to their unique concentration of Aloe Vera gel and various organic extracts.

LR  
ALOE·VIA



# Special Care

For a healthy skin feeling

## Special care

**LR ALOE VIA Special care** – especially soothing and regenerating for stressed and irritated skin. The LR ALOE VIA products cover stressed skin like a protective film and have a cooling, soothing and regenerating effect. It is supported by special combinations of active ingredients and soothing herbal essences.



MADE IN GERMANY

„Made in Germany“  
is our **promise** you  
can count on 100%.



### Aloe Vera Relaxing Thermal Lotion

Warming lotion for muscle tensions

- With 45% Aloe vera gel and natural essential oils
- With long lasting thermal effect to relieve muscle tension
- Stimulates the blood circulation and leaves the skin smooth
- Especially effective in combination with an intensive massage



### Aloe Vera Multi-purpose MSM Body Gel

Quickly absorbing, cooling gel cream for stressed muscles and joints

- 60% Aloe Vera gel, a special MSM sulphur compound, bearberry leaves and willow bark extract
- Tones up the skin and gives it elasticity

# Special Care

For quick relief  
in everyday life

## Special care

Aloe Vera – a true care expert meets selected herbal extracts to unfold its full potential. Our **3 LR ALOE VIA Skin Specialists** for all purposes take care of stressed skin with various needs in a natural, intensive and gentle way. From head to toe, from young to old.



MADE IN GERMANY

„Made in Germany“  
is our **promise** you  
can count on 100%.



### Aloe Vera Quick Emergency Spray

- Light spray for the whole body
- With 83% Aloe Vera gel, 11 herbal essences and propolis beeswax
  - Forms a protective film on the skin, soothes and cools Supports the skin's natural regeneration
  - Without perfume oils

20600 | 400 ml

### Aloe Vera Moisturising serum

- Refreshing gel for dry, irritated skin
- Particularly high Aloe Vera gel content of 90%
  - Provides your skin with intensive moisture
  - Cools, soothes and refreshes
  - Without perfume oils

20601 | 100 ml

### Aloe Vera Protective Propolis Cream

- Rich cream for particularly dry skin in need of care
- With 79% Aloe Vera gel and propolis beeswax extract
  - Intensively nurtures the skin and strengthens its natural barrier function
  - Provides silky smoothness and leaves a pleasant skin feeling

20602 | 100 ml





## YOU SAVE WITH SETS

### The “all purpose” SOS care

**Aloe Vera Special Care Box** 20650  
 Aloe Vera with Propolis · 100 ml  
 Aloe Vera Concentrate · 100 ml  
 Aloe Vera Emergency Spray  
 in the handy 150 ml bottle  
 (special size only available in the box set)  
 you also receive the informative booklet.



# 1

### REGENERATION

#### Quick Emergency Spray

Pleasantly light **emergency spray** for the whole body with Aloe Vera and premium herbal extracts. A reliable companion for tiny everyday emergencies.

# 2

### MOISTURE

#### Moisturising gel concentrate

Refreshing **gel concentrate** for dry, stressed skin: A true all-rounder with 90% pure Aloe Vera gel for maximum moisture!

# 3

### PROTECTION

#### Protective Propolis Cream

**Rich Propolis Cream** with Aloe Vera and beeswax extract for extremely dry, rough and stressed skin that requires intensive care.

### APPLICATION TIPS



*Gently massage the spray into your scalp to soothe itching.*



*Apply the concentrate under your day care products to provide dry facial skin with some extra moisture.*



*The rich cream protects face and hands against cold, wind and weather.*

# Face Care

## Facial care

**LR ALOE VIA Facial care and cleansing** – with Aloe Vera to maintain a good moisture balance. Combines high-quality ingredients such as organic olive extract in unique formulas and ensures the right balance of the facial skin every day. Nothing goes beyond the great feeling of beautiful and healthy skin.



MADE IN GERMANY

**"Made in Germany"** is our **quality promise**, which you can count on 100%.

For a  
radiant  
look

The main ingredient of our **LR ALOE VIA care range** – pure Aloe Vera gel – not only has a regenerating and nurturing effect but above all provides the skin with lots of moisture. For a very special moisture boost and pure refreshment.



### Aloe Vera Multi-active Day Cream

- Light texture for the day
- With 50% Aloe Vera gel, organic olive extract & grape seed oil
  - Provides intensive moisture and preserves the natural moisture content
  - Protects the skin against external environmental influences
  - For supple skin and a radiant complexion

20674 | 50 ml



### Aloe Vera Refreshing Gel Cream

- Light, quickly absorbing sorbet texture for the face
- 50% Aloe Vera gel and organic olive extract
  - Provides intense moisture with an extra boost of freshness
  - Revitalises the complexion and protects the skin from free radicals
  - For refreshed skin and a radiant complexion

20679 | 50 ml



### Aloe Vera Express Moisture Face Mask

- Refreshing mask for the face
- 50% Aloe Vera gel, organic wild rose extract and an active ingredient combination of Aquaxyl and Aquapront™
  - Provides the skin with up to 95% more moisture in just 3 minutes\*
  - Improves skin elasticity and moisture content
  - For refreshed skin and a radiant complexion

20689 | 75 ml

\* confirmed on the basis of a corneometer – measurement in 20 test persons by Institut Dermatest in January 2017



# 1 DETOX

Ginger and moringa extracts remove dead skin cells and environmental pollutants (e.g. particulate matter and radicals), cleanses your skin from deep within and prevents further accumulation of pollutants by providing your skin with a lotus-like effect. Organic ginger extract offers additional skin protection.

# 2 MOISTURE

Aloe Vera provides moisture and supports skin regeneration.

# 3 THE BUBBLE-BOOSTER

The bubble booster increases oxygen supply and helps form tiny bubbles which enhance the detox and moisturising effect. This effect makes it easier to remove dirt particles, and the moisture can penetrate more deeply into your skin.



## Aloe Vera Skin-Refining Facial Peeling

- Soft gel texture for the face
- 50% Aloe Vera gel, organic rose extract and plant-based exfoliating particles
- Gently removes dead skin cells and stimulates circulation
- Refines the complexion without affecting the skin's natural balance
- For soft skin and a radiant complexion

20673 | 75 ml



## Aloe Vera Magic Bubble Mask

- Deeply effective, cleansing detox foam mask for the face
- with moringa extract, ginger extract, Aloe Vera gel and bubble booster
- prevents the deposition of pollutants
- moisturises
- The skin looks fresh and radiantly beautiful again

20789 | 50 ml

# Body Care

For an all-round feeling of freshness

## Body care and cleansing

Refreshment for the whole body and pure hygiene with the best of Aloe Vera for the whole family. This includes not only thorough cleansing but also a reliable feeling of freshness and additional moisture.



### Aloe Vera Gentle Cleansing Hand Soap

Nourishing cream soap for the hands

- With 38% Aloe Vera gel and organic calendula extract
- Gentle cleansing and moisturising



### Aloe Vera Soft Hand Cream

Quickly absorbing cream for the hands

- With 35% Aloe Vera gel and organic calendula extract
- Nourishes and moisturises
- The hands feel soft and smooth







MADE IN GERMANY

„Made in Germany“  
is our **promise** you  
can count on 100%.

Aloe Vera hand care products pamper and soothe stressed hands – every day. The composition of Aloe Vera and organic calendula extract stimulates skin regeneration. In addition, Aloe Vera provides moisture. Thus, even rough, stressed hands become soft and smooth again. The gentle deodorant roll-on protects against body odor and leaves a pleasant feeling of freshness.



57



### Aloe Vera Protective Roll-On Deodorant

Gentle anti-perspirant without alcohol

- With 15% Aloe Vera gel and organic cotton extract
- Reliable protection against body odour and underarm wetness
- Leaves a pleasant feeling of freshness
- Good skin tolerability even with sensitive skin
- Especially gentle after shaving

# Oral Care

## *Oral and dental hygiene*

Who does not want a beautiful, light-hearted laughter? This is not possible without well-groomed teeth and lips. With its regenerative power, Aloe Vera ensures a fresh and healthy oral flora. This way, you can always show your smile without hesitating!

For a  
healthy,  
beautiful  
smile







MADE IN GERMANY

„Made in Germany“  
is our **promise** you  
can count on 100%.

Aloe Vera hand care products pamper and soothe stressed hands – every day. The composition of Aloe Vera and organic calendula extract stimulates skin regeneration. In addition, Aloe Vera provides moisture. Thus, even rough, stressed hands become soft and smooth again. The gentle deodorant roll-on protects against body odor and leaves a pleasant feeling of freshness.



### Aloe Vera Extra Fresh Tooth Gel

Tooth gel for daily tooth-cleansing

- With 43% Aloe Vera gel and Echinacea extract
- Cleans teeth and gums thoroughly and gently
- Provides a pleasantly fresh mouthfeel
- Without fluoride



# SCIENTIFICALLY DEVELOPED AND TESTED COSMETICS FOR TIMELESS BEAUTY





# YOUR BEAUTY STUDIO AT HOME

Enjoy the luxury of professional treatments that bring the beauty studio to your home: An innovative, patent-pending\* high-tech device with four different application options for effective cleansing and care of face and body – tailored to age-related and individual skin requirements. LR ZEITGARD is the unique, technological cosmetic system that gives you long lasting beauty.



Recommended  
by experts



Innovative, high-tech



Highly effective  
care formulas



Scientifically developed  
and tested cosmetics



## ZEITGARD PRO COSMETIC DEVICE

The core product of LR ZEITGARD: A patent-pending\* device that unites and intelligently combines state-of-the-art technologies and four beauty tools. Whether face or body, cleansing or care – a true all-rounder at the highest technological level.

### CLEANSING

Gentle and thorough facial cleansing down to the pores. Two highly effective products complement professional cleansing with the new Zeitgard Pro Cosmetic Device. For pure skin like after visiting a beauty studio.

### FACE & BODY CARE

Daily Care for face and body with highly effective care formulas for age-related and individual skin requirements. In combination with the professional tools of the Zeitgard Pro Cosmetic Device, the effect of the premium cosmetics is noticeably intensified.



# NEW SMART TECHNOLOGY: 1 DEVICE & 4 BEAUTY TOOLS



# INNOVATION: HIGHTECH MEETS BEAUTY

Discover a new level for your daily beauty routine:  
The patent-pending\* Zeitgard Pro Cosmetic Device of the new generation is apparative cosmetics at the highest level for timeless beauty.

An outstanding high-tech device that combines advanced technologies such as ultrasound and oscillation with four different beauty tools in professional quality. When changing the attachment, the smart Zeitgard Pro Cosmetic Device recognises which technology is being used.



The Zeitgard Pro Cosmetic Device is a real all-rounder and can show effects just like in a beauty salon. It is assumed that e.g. anti-aging ingredients are transported significantly faster and deeper into the skin tissue by ultrasound vibrations. They act like a micro-massage and thus stimulate the formation of new collagen. The result: Face and body contours look firmer.

Dr med. Gerrit Schlippe  
Specialist in dermatology & venereology,  
25 years of expertise in cosmetics research



# WOW – GREAT STUDY RESULTS

## FOR THE ZEITGARD PRO COSMETIC DEVICE

The innovative hightech device convinces with scientific skills, high quality standards and optimal performance. Extensive studies conducted with the Zeitgard Pro appliances have proven that smart technology combined with effective care products lead to results you can both see and feel.

### FACE CLEANSING TOOL



# 10x

A CLEANSING METHOD  
THAT IS 10 TIMES MORE  
EFFECTIVE

SUITABLE FOR **EVERY  
SKIN TYPE** AND DAILY  
APPLICATION\*

### FACE PEELING TOOL



# 43%

REDUCTION  
ON AVERAGE

VISIBLE REDUCTION OF  
BLACKHEADS AFTER  
**ONLY ONE APPLICATION\***

”



Following intensive testing and examination of the Zeitgard Pro appliances, we were able to scientifically prove all of the effects described. The effectiveness of the four tools is to be described as “very good”. That is why from a dermatological and cosmetological point of view, I can recommend the Zeitgard Pro Cosmetic Device.

- Dr Werner Voss  
Founder and Head of Dermatest GmbH,  
Medical Research Company



**BLACKHEADS\***  
AFTER ONLY ONE APPLICATION

**FLAKINESS OF SKIN\***  
AFTER ONLY ONE APPLICATION

**SCALY SKIN\***  
AFTER JUST ONE APPLICATION

**ROUGHNESS OF SKIN\***  
AFTER ONLY ONE APPLICATION

■ Normal skin  
■ Skin in need of care

REDUCTION  
on average  
**43%**

REDUCTION  
on average  
**78%**

REDUCTION  
on average  
**37%**

REDUCTION  
on average  
**23%**

# 90%

very oily skin as initial  
situation

# 88%

visibly flaky skin as initial  
situation

# 47%

uneven complexion as  
initial situation



FACE SMOOTHING TOOL



UP TO  
**69%**  
REDUCTION

VISIBLY REDUCED  
WRINKLE DEPTH AFTER  
ONLY 4 WEEKS OF USE\*

BODY SKINCARE TOOL



UP TO  
**41%**  
IMPROVEMENT

AFTER ONLY 8 WEEKS  
THE **BODY SKIN IS MORE  
DENSE TO THE TOUCH\***

**WRINKLE DEPTH\***  
AFTER 4 WEEKS OF USE

REDUCTION  
up to  
**69%**

**SKIN ELASTICITY\***  
AFTER 4 WEEKS OF USE

REDUCTION  
up to  
**70%**

**FIRMNESS OF SKIN\***  
AFTER 4 WEEKS OF USE

REDUCTION  
up to  
**49%**

**COLLAGEN TYPE 1A\*\***  
WITH ULTRASONIC TECHNOLOGY  
AFTER 72 HOURS

AVERAGE  
INCREASE  
**11%**

**SKIN DENSITY\*\***  
THROUGH APPLICATION\*\*\*  
AFTER 8 WEEKS

IMPROVEMENT  
Up to  
**41%**

**COLLAGEN TYPE 3A\*\***  
WITH ULTRASONIC TECHNOLOGY  
AFTER 72 HOURS

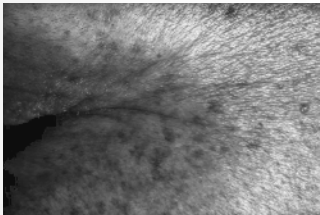
Average  
INCREASE  
**28%**

**ATP CONTENT\*\***  
THROUGH APPLICATION\*\*\*  
AFTER 24 HOURS

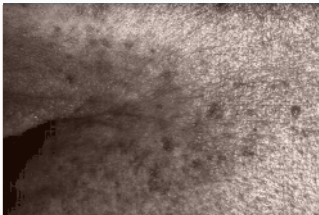
Average  
INCREASE  
**37%**

**DERMAL CELL  
VITALITY\*\***  
THROUGH APPLICATION\*\*\*  
AFTER 72 HOURS

Average  
INCREASE  
**15%**



Before use



After 4 weeks of use

\*\* In-vitro study conducted by the renowned Institut Dermatest GmbH, 2022 \*\*\* Application of Body Skincare Tool in combination with the LR ZEITGARD body cream

# CLEANSING ROUTINE FOR BEAUTIFUL AND RADIANT SKIN

Effective cleansing is the **basis for timelessly beautiful skin**. The modern **oscillation technology** of the Zeitgard Pro Cosmetic Device enables gentle facial cleansing that is up to 10 times more effective. The skin's complexion is improved, the skin structure smoothed. Suitable for daily use and all skin types.

## COSMETIC DEVICE CLEANSING CREAM

Gently but thoroughly cleanses the facial skin in combination with the Face Cleansing Tool. The soft cream with harungana extract supports skin regeneration and improves the general appearance of the skin. The result: a revitalised, gently mattified complexion.

28000 | 125 ml



## PROFESSIONAL CLEANSING TOOL



APPLICATION:  
FACE

The Face Cleansing Tool convinces with a unique hygiene concept. The soft brush filaments of the cleansing brush feature antibacterial Microsilver BG™\*\*\*.

**STEP 1:** Moisten your face with water before use and spread the cleansing cream on your skin. Turn on the device and start gently cleansing the left and right sides of your face and forehead (T-zone) – for about 20 seconds each.

**STEP 2:** Clarify the facial skin after cleansing with the facial toner.

### FACE CLEANSING TOOL\*\*

Facial cleansing brush with antibacterial Microsilver BG™\*\*\* for use with the cleansing cream

70107



### FACE CLEANSING TOOL + ADAPTER

Facial cleansing brush with antibacterial Microsilver BG™\*\*\* and adapter

70105



\* Cosmetic device for home use, patent pending in Germany, with interchangeable attachments. Patent No.: DE 10 2023 101 043.3.

\*\* Scientific study conducted by the renowned Institut Dermatest GmbH, 2022 Period of application: 4 weeks, number of test persons: 20.

\*\*\* The filaments of the brush head ensure impeccable hygiene for up to 3 months thanks to the antibacterial effect of the LR power agent MICROSILVER BG™. MICROSILVER BG™ consists of pure silver powder with a highly porous molecular structure. What makes it so special: MICROSILVER BG™ regulates the new formation of bacteria with a lasting effect.

## INTENSIVE PEELING TOOL



APPLICATION:  
FACE

The cavitation peeling with innovative ultrasound technology enables precise removal of dead skin cells, impurities and excess sebum from the pores and hair follicles. After the treatment, your skin appears visibly smoother, fresher and younger.

- STEP 1:** Apply cleansing cream to moist facial skin by hand, rinse off with water and do not dry the face.
- STEP 2:** Switch on the appliance and gently slide the metal spatula over the well-moistened face at a 45° angle for a maximum of 3 minutes. Always proceed from the inside to the outside and from bottom to top.
- STEP 3:** Apply facial toner with a cleansing pad. It soothes and strengthens the skin barrier after the peeling treatment.



Optimal facial care begins with clean, clarified skin. I recommend cleansing with the Face Cleansing Tool and the cleansing cream 5 times per week. 2 times per week I recommend deep cleansing with the Face Peeling Tool. Manual cleansing with the cleansing cream is sufficient here. The clarifying facial toner is the ideal finishing touch to your daily routine.

Dr med. Gerrit Schlippe  
Specialist in dermatology & venereology,  
25 years of expertise in cosmetics research

## PREMIUM FACIAL TONER



Clarifies and soothes the skin after treatment with the cleansing brush or cavitation peeling. It strengthens the natural protective function of the skin with zinc, allantoin and panthenol and has an invigorating effect thanks to harungana extract. The alcohol-free formula is suitable for all skin types and restores the skin's natural pH value.

28001 | 200 ml

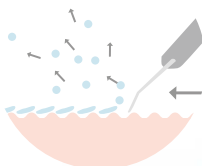


MADE IN GERMANY

### FACE PEELING TOOL\*\*

Cavitation peeling attachment  
for use with water

70104



### THOROUGHLY CLEAN

The special ultrasound frequency vaporises the water molecules on the skin – a series of tiny micro-implosions on the skin. The energy released in this process loosens dirt and dead skin cells, even deep in the pores.



# FACIAL CARE ROUTINE FOR VISIBLY FEWER WRINKLES



## EFFECTIVE ANTI-AGING-TOOL



APPLICATION:  
FACE

Provides visibly more resilience and can reduce signs of aging. The ultrasound technology of the Face Smoothing Tool stimulates the cell metabolism and collagen synthesis of the skin and ensures that the active ingredients of the care products penetrate deeper into the skin. The skin becomes firmer, more resilient and elastic. Wrinkles are significantly reduced. For daily use, morning and evening.

**STEP 1:** Cleanse your skin with the Face Cleansing Tool or the Face Peeling Tool.

**STEP 2:** Apply one of the compatible LR ZEITGARD care products. Put small cream spots on your face and massage them in using the Face Smoothing Tool. Treat the left and right sides for a few seconds. Make circular movements from the inside to the outside and from bottom to top.

### FACE SMOOTHING TOOL\*\*



Smoothing anti-aging  
attachment for use with  
LR ZEITGARD care products

70102



\* Cosmetic device for home use, patent pending in Germany, with interchangeable attachments. Patent No.: 10 2023 101 043.3.

\*\* Scientific study conducted by the renowned Institut Dermatest GmbH, 2022 Period of application: 4 weeks, number of test persons: 20.



# NEW TECHNOLOGY & INNOVATIVE ANTI-AGING BOOSTER



Active ingredient transport system

Accompanying the launch of the new Zeitgard Pro Cosmetic Device, we have added the innovative active **ingredient transport system** to the formulations of selected care products. This system works like an anti-aging booster. Together with the Face Smoothing Tool, it increases extensively the cosmetic effectiveness

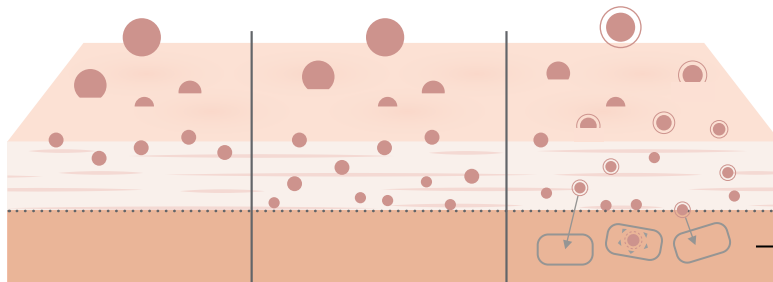
of valuable ingredients by transporting them to and directly into the cell. Thus, the active ingredients are released inside the cell to unfold their full power there. This way, it is possible to get directly to the origins of skin aging and slow it down through targeted nutrient supply.



The combination of ultrasound technology and the compatible facial care products ensure maximum effectiveness. The ultrasound allows active ingredients to penetrate deeper into the layers of the skin. With regular use, a depot of active ingredients builds up in the deeper layers of the skin. Therefore, the results of the treatment are more noticeable and longer visible.

Dr med. Gerrit Schlippe  
Specialist in dermatology & venereology,  
25 years of expertise in cosmetics research

## THE INTERACTION OF ULTRASOUND AND LR ZEITGARD CARE PRODUCTS



1: Without an ultrasound device, conventional care ingredients remain on the surface of the skin.

2: With the ultrasonic device, the active ingredients penetrate into deeper layers of the skin.

3: With the ultrasonic device plus LR ZEITGARD care products, the active ingredients penetrate even deeper into the skin and reach the cell specifically.



Encapsulated active ingredient interacts with the cell



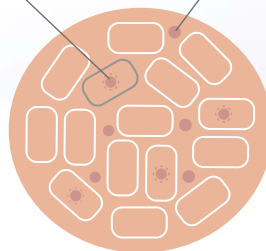
Encapsulated active ingredient penetrates the cell



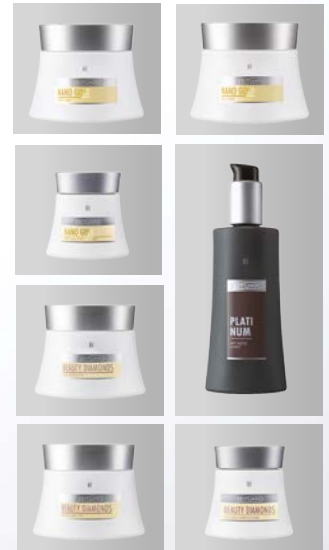
Release of the active substance into the target cell

Active ingredient with active ingredient transport system in target cell

Active ingredient without active ingredient transport system



### FACE CARE PRODUCTS WITH ACTIVE INGREDIENT TRANSPORT SYSTEM



APPLICATION WITH  
**FACE SMOOTHING TOOL**



MADE IN GERMANY

# SMART SUPPORT FOR A FIRM COMPLEXION

## ACTIVATING BODY CREAM

This firming body cream rebuilds the skin's natural collagen structure, moisturises and binds the moisture in the skin. Panthenol and vitamin E strengthen the barrier function, hyaluronic acid visibly pads the skin. The skin has more elasticity and resilience and feels silky and smooth.



Active ingredient transport system:  
Encapsulated active ingredient  
firms the skin and reduces the  
skin's roughness

28002 | 200 ml



## FIRMING BODY MASSAGE TOOL



APPLICATION:  
BODY

The ultrasonic massage with the Body Skincare Tool gives your body a firmer and more even complexion. Used daily, it ensures firmer connective tissue and less cellulite.

**STEP 1:** Apply the body cream once or twice a day. Using the Body Skincare Tool, massage the cream onto the individual body parts for about 2 minutes one after the other. Guide the tool in gentle circular movements in the direction of the lymph nodes: On the legs towards the groin, on the abdomen towards the groin, on the bottom towards the back of the knee and on the arms towards the armpit.

## BODY SKINCARE TOOL \*\*



Skin firming attachment  
for use with LR ZEITGARD  
body cream

70103



# STATE-OF-THE-ART TECHNOLOGY FOR AN EVEN SKIN

Ultrasonic vibrations penetrate several centimetres into the skin and help to liquefy the fat in the skin cells. Thanks to the vibrating massage effect of the Body Skincare Tool, the liquefied fat in the skin cells can evenly reshape, giving the skin a smoother and firmer appearance.

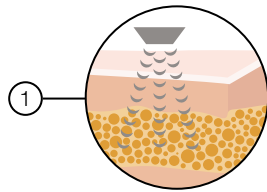
In addition, the active ingredients of the body cream can penetrate deeper and faster into the skin using ultrasound technology. With regular use, a depot of active ingredients builds up in the deep layers of the skin, resulting in a long-lasting effect.



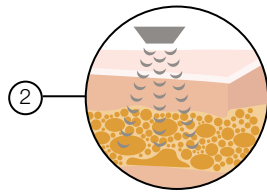
The Body Skincare Tool and the body cream are unbeatable as a team. Thanks to ultrasonic technology, the body cream's ingredients are optimally absorbed and can thus unfold their full effect. Furthermore, the vibrating massage helps to stimulate the blood circulation. The result: firmer connective tissue, more resilient and elastic skin, less cellulite.

Dr. med. Gerrit Schlippe  
Specialist in dermatology & venereology,  
25 years of expertise in cosmetics research

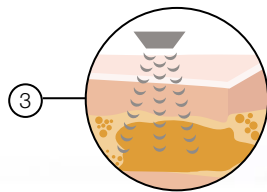
## HOW DOES THE ULTRASOUND APPLICATION WORK?



① The fat in the skin cells forms an uneven surface and our skin appears to have small dimples before the application.



② During the ultrasound application, the fat in the skin cells liquefies.



③ After about 2 minutes, the fat in the skin cells of the treated area is completely liquefied and ready to reshape into an even, smooth surface. Result: The skin appears smoother and firmer.







# SMOOTHING CARE SERIES

## AGAINST PREMATURE SKIN AGING

The premium products with gold particles and silk for skin up to 40 years visibly reduce wrinkles – for a radiant and beautiful complexion. Gold particles based on a collagen booster improve the skin's elasticity. Silk proteins provide a noticeably soft skin feeling and protect the skin from pollutants.



APPLICATION  
WITH  
FACE  
SMOOTHING  
TOOL



New  
care  
formula



Active ingredient transport system:  
Encapsulated active ingredient  
reduces facial expression lines

### Nanogold 2in1 Eye Cream & Mask

- Smoothing, firming eye care
- Soy and rice peptides visibly reduce dark circles and swellings around the eyes
- The eye area appears firmer and smoother – for a fresh and bright look

28194 | 30 ml

### Nanogold Day Cream

- Velvety soft cream for firm and smooth skin
- Counteracts signs of UV-induced skin aging
- Apricot kernel oil, proteins from soy beans as well as other ingredients stimulate the skin's

28192 | 50 ml

### Nanogold Night Cream

- Rich care combats the signs of tired skin overnight
- Micro-algae extract supports the skin's regeneration and improves its structure

28193 | 50 ml



# TONING PREMIUM CARE FOR DEMANDING SKIN

The toning anti-aging care series Beauty Diamonds strengthens skin from the age of 40 and reduces wrinkles visibly. Based on the properties of diamonds in combination with proteins, it slows down the skin-aging process and increases the cell protection mechanism.



APPLICATION  
WITH  
**FACE  
SMOOTHING  
TOOL**



New  
formula



Active ingredient transport system:  
Capsuled active ingredient reduces  
wrinkles and wrinkle depth.

## Beauty Diamonds 2in1 Eye Cream & Mask

- Toning eye cream with "Eye firming effect"
- Strengthens the eye contours with hawthorn as well as Arabian jasmine and reduces drooping eyelids
- The eye area appears firmer

28319 | 30 ml

## Beauty Diamonds Night Cream

- Firming, nurturing care formula with pistachio and grape seed oil defines facial contours overnight
- Builds skin density and volume
- Stimulates cell protection mechanisms for firm, smooth skin

28318 | 50 ml

## Beauty Diamonds Day Cream

- Firming, plumping care formula intensively nourishes and strengthens the skin
- Reduces wrinkles and wrinkle depth and provides defined facial contours with buckthorn extract
- Stimulates elastin and collagen synthesis

28317 | 50 ml



# FRESHNESS AND ENERGY

## FOR SMOOTH, WELL-GROOMED MEN'S SKIN

A wrinkle-reducing, energizing anti-aging cream especially for the demands of male skin – that's Platinum! The highly effective gel cream is quickly absorbed and provides an invigorating boost of energy through its moisturising effect. The skin appears plumped up, wrinkles appear reduced, the skin becomes more resistant and vital.



APPLICATION  
WITH  
**FACE  
SMOOTHING  
TOOL**



New  
care  
formula



Active ingredient transport system:  
Capsuled active ingredient stimulates  
the hyaluron synthesis and fills  
wrinkles



### Platinum Anti-Aging Cream

- Invigorating boost of energy provides male skin with moisture and an alert complexion
- Stimulates the hyaluron synthesis and plumps up the skin from the inside
- Intensifies the collagen synthesis and reduces wrinkle depth
- Vitamin E smoothes the skin's texture, jojoba oil provides the skin with more elasticity
- Protects the cells and reduces oxidative stress

28449 | 50 ml

### DAILY CARE

- STEP 1:** Thoroughly cleanse your face with the Face Cleansing Tool and the cleansing cream
- STEP 2:** Invigorate your skin after cleansing with the clarifying facial toner
- STEP 3:** Apply the Platinum Anti-Aging Cream onto your face with the Face Smoothing Tool

**TIP:** In order to protect your skin from digital aging, you may apply the Blue Light Defender Serum right after cleansing and before you use the anti-aging cream.



Functional care solutions  
for special needs.



LR MICROSILVER  
PLUS BODY CARE

## Healthy skin starts with a well-balanced protective barrier.

Problems with irritated skin, dandruff or periodontitis often have a deeper cause: Our natural protective barrier, the microbiome, is out of balance. Germs have spread.

LR MICROSILVER PLUS offers effective solutions for the special requirements of different parts of the body. The secret of this functional care series is the antibacterial and antiviral active ingredient MicroSilverBG™.

All LR MICROSILVER PLUS  
products contain antibacterial,  
antiviral MicroSilverBG™



### PURE SILVER AGAINST BACTERIA AND VIRUSES

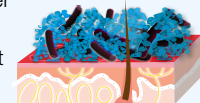
1.

Irritated skin is less able to fend off bacteria and viruses. Bacteria can spread particularly well on highly irritated skin. The skin's microbiome loses its balance.



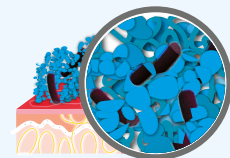
2.

The silver particles in MicroSilver BG™ with their sponge-like structure cover the skin's surface like a net. Germs, such as bacteria and viruses, do not stand a chance. They get caught in the protective silver net.



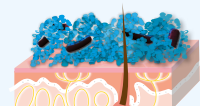
3.

The MicroSilver BG™ silver ions' antiviral, antibacterial effect eliminates viruses and bacteria and prevents them from further spreading.



4.

The MicroSilver BG™ particles adhere to the surface of the skin for a long time and may protect against new bacteria and viruses for up to 12 hours, which enables the microbiome to regenerate and resume its natural protective function.







**MICRO  
SILVER**  
PLUS

# LR MICROSILVER PLUS BODY CARE

## Antibacterial Protection & Care for the Body

### PROBLEM

Stressed and strained hands, an unpleasant smell of sweat, dandruff.

### CAUSE

When exposed to external influences every day, hands come into contact with all kinds of bacteria. On a dry and irritated scalp and under damp, warm armpits germs have an easy game.

### SOLUTION

The LR MICROSILVER PLUS body care system offers a PLUS for every need to remove germs and restore the natural balance of the protective barrier.

- For an intact skin microbiome
- For your personal hygiene
- Instant and long-term effect: long-lasting, netlike protective film may protect for up to 12 hours



### Hand gel for hygienic care

LR MICROSILVER PLUS Hand Gel with MicroSilver BG™ removes up to 99,87% of all germs, such as bacteria and viruses, for up to 12 hours. It is quickly absorbed without leaving a sticky layer, eliminating the need of water.

### THE SPECIAL PLUS

- ZIN'CÎTE™ and dexpanthenol form a nurturing protective film.
- In addition, the mineral complex ZIN'CÎTE™ protects your skin against UVA/UVB rays.



LR GLOBAL KIDS FUND

initiated by LR Health & Beauty

**WE BRING  
A SPARKLE  
TO THE  
EYES OF  
CHILDREN.**



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ALOE·VIA



Young and old,  
protected all  
around





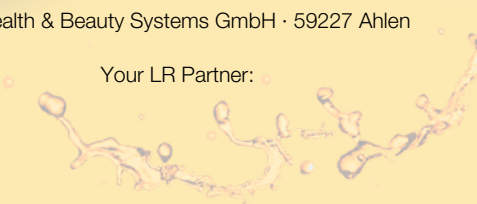
# MIND MASTER FORMULA GOLD:

## THE NEW HAPPINESS FORMULA WITH EXTRA POWER<sup>1</sup>!



LR Health & Beauty Systems GmbH · 59227 Ahlen

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PRICE LIST



<sup>1</sup> Vitamin B12 contributes to normal energy metabolism, normal functioning of the nervous system and to the reduction of tiredness and fatigue. Iron contributes to normal cognitive function and normal oxygen transport in the body.

96025-750

UK