

# EXPERT INFORMATION

Natural Food Supplements • Super Foods

*You recognize us  
by the quality!*



# CONTENTS

<b><u>Sanatur quality standard</u></b>	Page				
	1				
<b><u>Microalgae</u></b>					
BioChlorella (pyrenoidosa), organic	4-5				
BioSpirulina (platensis), organic	2-3				
BioSpirulina & BioChlorella 2 in1, organic	6				
<b><u>Mineral nutrients and trace elements</u></b>					
Chromium, SpiruChrom	7				
Complex, SpiruComplex	11				
Iron, SpiruEisen	8				
Iron, SPIRU® Iron 100 % herbal, organic <b>NEW</b>	12				
Iodine 100 % herbal, organic	15				
Calcium 100 % herbal	18				
Copper 100 % natural	16				
Magnesium 100 % natural	19				
Selenium, SpiruSelen	9				
Selenium, SPIRU® Selenium 100 % herbal, organic <b>NEW</b>	13				
Silicium 100 % herbal, organic	17				
Zinc, SpiruZink	10				
ZincSpirulina & Acerola	14				
<b><u>Grasses and Super Foods</u></b>					
Alfalfa, organic		Page			
Spelt grass, organic		20			
Barley grass, organic		21			
Wheat grass, organic		22			
Cumin, nutmeg & coriander, organic <b>NEW</b>		23			
Kale, organic <b>NEW</b>		24			
Rosehip powder, organic		25			
Curcuma powder, organic		26			
Moringa, organic		27			
Sea buckthorn powder, organic		28			
Yam root, organic		29			
		30			
<b><u>Vitamins &amp; enzymes</u></b>					
Organic Acerola (vitamin C)		31			
Choline Plus		32			
CoEnzyme Q10		33			
Natto complex		34			
Rhodolia rosea plus (B vitamins)		35			
SpiruActiv cartilage & joints, organic		36			
SPIRU® B vitamin complex		37			
SPIRU® Vital Plus, organic <b>NEW</b>		38			
Vitamin D3 Plus		39			
Vitamin K2		40			
Vitamin K2 Plus		41			
<b><u>Omega 3 fatty acids</u></b>					
DHA Plus herbal		42			
Omega 3 fish oil		43			
Omega 3 herbal		44			
<b><u>Antioxidants</u></b>					
Astaxanthin Plus				Page	
Curcuma Plus				45	
Grape seed OPC & vitamin C, organic				46	
				47	
<b><u>Energised Spirulina</u></b>					
SPIRU® Energetic				48	
<b><u>Pet food supplements</u></b>					
				49-50	
<b><u>Herbal essences</u></b>					
Field horsetail herbal essence, organic				51	
Wild garlic herbal essence, organic				51	
Mugwort herbal essence, organic				51	
Wild teasel root essence, organic				52	
Coriander herbal essence, organic				52	
Dandelion herbal essence, organic				52	
Black walnut essence, organic				52	
<b><u>SpiruSkin cosmetics</u></b>					
SpiruSkin hyaluron cosmetic				53	
SpiruSkin system cosmetic				54-56	
<b><u>Algira sea algae cosmetics</u></b>					
				57	

# YOU RECOGNIZE US BY THE QUALITY

## Quality is our signature feature!

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

## You can trust the Sanatur quality standard!

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

## Sanatur – Your partner for healthy brand quality!

## Sanatur microalgae standard

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

This is why Sanatur microalgae

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

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

#### Pesticides

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

#### Heavy metals

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

#### Radioactivity

Test by means of gamma spectrometry.

#### Microbiology

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

#### Algal toxins

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

#### PAH

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

#### General information:

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



# BioSpirulina/OrganicSpirulina (Spirulina platensis)

Organic food supplement with Spirulina microalgae to ensure the supply of vitamins and iron

## VIGOUR & IMMUNE SYSTEM

 Important for

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

*You recognize us by the quality!*



**Suitable for:**

- Adults, school children, senior citizens, athletes

Special target group:

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

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

### THINGS TO KNOW

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

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

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

### SANATUR QUALITY STANDARD

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

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



BioSpirulina product data on next page ⇒

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





PRODUCT DATA

**BioSpirulina**  
Tablets



Recommended dose:  
3 x 4 tablets daily

► Natural ingredients of BioSpirulina:  
Vitamin A (from pro-vitamin A), vitamin K1  
and iron.

Ingredients:

Spirulina platensis microalgae powder\* (100%)  
\*Controlled organic cultivation; DE-ÖKO-001

Consumer information:

Free from gluten and lactose

Art.No.: 1010371 (kbA, Naturland)  
Packaging unit: 100 tablets  
EAN: 4036185001668 / PZN: 02530475

Art.No.: 1010819 (kbA, Naturland)  
Packaging unit:  
6 x 100 tablets / display  
EAN: 4036185002795

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

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

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

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

PRODUCT DATA

**BioSpirulina**  
Powder



Recommended dose:  
1 x 1 measuring spoon of powder daily

► Natural ingredients of BioSpirulina:  
Vitamin A (from pro-vitamin A), vitamin K1  
and iron.

Ingredients:

Spirulina platensis microalgae powder\* (100%)  
\*Controlled organic cultivation; DE-ÖKO-001

Consumer information:

Free from gluten and lactose

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

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

Art.Nr.: 1010827 (kbA, Naturland)  
Packaging unit: 400 g powder  
EAN: 4036185001743  
PZN: 12726050

PRODUCT DATA

**BioSpirulina**  
Capsules



Recommended dose:  
3 x 4 capsules daily

► Natural ingredients of BioSpirulina:  
Vitamin A (from pro-vitamin A), vitamin K1  
and iron.

Ingredients:

Spirulina platensis microalgae powder\* (78%)  
hydroxypropylmethylcellulose (capsule shell)  
\*Controlled organic cultivation; DE-ÖKO-001

Consumer information:

Free from gluten and lactose

► For people who prefer capsules neutral  
in taste.

Art.No.: 1010817 (kbA)  
Packaging unit: 100 capsules  
EAN: 4036185000944  
PZN: 08405191

PRODUCT DATA

**BioSpirulina**  
Granules



Recommended dose:  
1 x 1 measuring spoon of granules daily

► Natural ingredients of BioSpirulina:  
Vitamin A (from pro-vitamin A), vitamin K1  
and iron.

Ingredients:

Spirulina platensis micro-algae powder\* (100%)  
\*controlled organic cultivation; DE-ÖKO-001

Consumer information:

Free from gluten and lactose

► Particularly suitable for toppings or with  
muesli and other dishes.  
Simply sprinkle on top.

Art.No.: 1010833 (kbA)  
Packaging unit: 130 g granules  
EAN: 4036185001637

## BioChlorella/Organic Chlorella (Chlorella pyrenoidosa)

A food supplement made from Chlorella microalgae  
For the supply of vitamins and iron

### METABOLISM & PSYCHE

 Important for:

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

*You recognize us  
by the quality!*



 Suitable for:

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

Special target groups:

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

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

### THINGS TO KNOW

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

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

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

### SANATUR QUALITY STANDARD

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

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



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

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

BioChlorella product data on next page ⇒



PRODUCT DATA

**BioChlorella**  
Tablets



Recommended dose:  
3 x 4 tablets daily

► Natural ingredients of BioChlorella:  
Folic acid (vit. B9), vitamin K1 and iron

Ingredients:

Chlorella pyrenoidosa microalgae powder\* (100%)  
\*Strictly controlled organic cultivation, DE ÖKO-001

Consumer information:

Free from gluten, lactose and iodine

Art.No.: 1010240 (kbA, Naturland)  
Packaging unit: 100 tablets  
EAN: 4036185003228 / PZN: 07366744

Art.No.: 1010241 (kbA, Naturland)  
Packaging unit:  
6 x 100 tablets / display  
EAN: 4036185003266

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

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

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

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

PRODUCT DATA

**BioChlorella**  
Powder



Recommended dose:  
1 x 1 measuring spoon of powder daily

► Natural ingredients of BioChlorella:  
Folic acid (vit. B9), vitamin K1 and iron

Ingredients:

Chlorella pyrenoidosa microalgae powder\* (100%)  
\*Strictly controlled organic cultivation, DE ÖKO-001

Consumer information:

Free from gluten, lactose and iodine

► Particularly suitable for green dips, smoo-  
thies, quark with herbs etc.

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

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

PRODUCT DATA

**BioChlorella**  
Capsules



Recommended dose:  
3 x 4 capsules daily

► Natural ingredients of BioChlorella:  
Folic acid (vit. B9), vitamin K1 and iron

Ingredients:

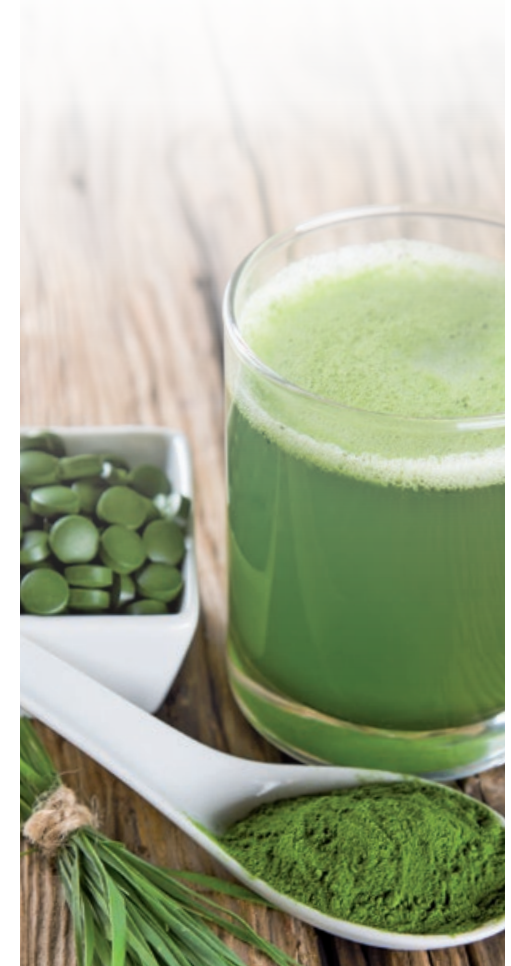
Chlorella pyrenoidosa microalgae powder\* (78%)  
hydroxypropylmethylcellulose (capsule shell)  
\*Strictly controlled organic cultivation, DE ÖKO-001

Consumer information:

Free from gluten, lactose and iodine

► For people who prefer capsules neutral in  
taste.

Art.No.: 1010247 (kbA)  
Packaging unit: 200 capsules  
EAN: 4036185003297  
PZN: 09083045



# BioSpirulina & BioChlorella

## Organic Spirulina & Organic Chlorella

Food supplement made from Spirulina & Chlorella microalgae  
For the supply of vitamins and iron

### ENERGY & METABOLISM

 **Important for:**

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



*You recognize us  
by the quality!*



**Suitable for:**

- Adults, school children, senior citizens, athletes

Special target groups:

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

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

### SANATUR QUALITY STANDARD

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

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

Sanatur

### PRODUCT DATA

#### BioSpirulina & BioChlorella

Organic food supplement  
For the supply of vitamins and iron

#### Recommended dose:

3 x 4 tablets daily

► Natural ingredients of BioSpirulina:  
vitamin A and iron  
Natural ingredients of BioChlorella:  
vitamin B12 and iron

#### Ingredients:

Spirulina microalgae powder\* (50%)  
Chlorella microalgae powder\* (50%)  
\*Controlled organic cultivation, DE-Öko-001

#### Consumer information:

Free from gluten, lactose and iodine

Please ask for the current nutrient analysis.

Art.No.: 1010272 (kbA, Naturland)  
Packaging unit: 250 tablets  
EAN: 4036185003334  
PZN: 07366833

Art.No.: 1010273 (kbA, Naturland)  
Packaging unit: 500 tablets  
EAN: 4036185003341  
PZN: 07366862

Art.No.: 1010274 (kbA, Naturland)  
Packaging unit: 750 tablets  
EAN: 4036185003358  
PZN: 07366879

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

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



# SpiruChrom/Chromium

Natural food supplement

Chromium supply, 100% Spirulina microalgae

## BLOOD SUGAR LEVEL



Important for:

- Blood sugar level
- Metabolism



*You recognize us  
by the quality!*

## SANATUR QUALITY STANDARD

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

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

## THINGS TO KNOW

Trace elements are most effective in a "team". Enzymes, amino acids, vitamins and fatty acids know exactly how they can be of assistance to each other so that they are absorbed by our body and transported to the respective destination. Sanatur trace elements make use of the Spirulina microalgae capacity to include trace elements diluted in water in their rich nutrient spectre. In this way we can offer chromium as part of a food supplement.

Chromium plays a major part in the metabolism of carbohydrates, especially sugar (glucose tolerance). In our body, chromium is mainly found in the liver, spleen, muscles, bones and fat. Its concentration decreases with age.

The estimated daily chromium dose for adults is between 30 and 100 µg. Good chromium sources include liver, kidney, muscle tissue, cereals and vegetables.

Chromium can enhance a normal blood sugar level. In 1850, every German consumed about 30 kilograms of sugar per year. Today, we consume approximately 40 kilograms.

Sanatur

## PRODUCT DATA

### SpiruChrom

Natural food supplement  
For chromium supply

### Recommended dose:

1 tablet daily

► 56 µg chromium  
per recommended dose (1 tablet)

► 1 tablet of SpiruChrom covers 140 %  
of the daily chromium requirement\*

\* According to LMIV nutrient values

### Ingredients:

Spirulina platensis microalgae powder (100%)

Country of origin: Taiwan

100 % natural

### Consumer information:

Free from gluten, lactose and iodine

Please ask for the current nutrient analysis.

Art.No.: 1010029

Packaging unit: 100 tablets

EAN: 4036185002061

PZN: 01146510

Art.No.: 1010065

Packaging unit: 6 x 100 tablets / display

EAN: 4036185002832

Art.No.: 1010030

Packaging unit: 250 tablets

EAN: 4036185002078

PZN: 02640488

Chromium contributes to:	
Healthy and normal blood sugar levels	X
Normal metabolism	X



Suitable for:

- Adults, senior citizens
- Children
- People who love sweets

Special target group:  
People who care for a  
normal blood sugar level

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

### What is special about Sanatur Spiru trace elements:

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

# SpiruEisen/Iron

Natural food supplement  
Iron supply, 100% Spirulina microalgae

## ENERGY & STAMINA



Important for:

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



*You recognize us  
by the quality!*

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

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



Suitable for:

- Adults, women, athletes

Special target groups:

- Pregnant and breast-feeding women

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

**What is special about Sanatur Spiru trace elements:**

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

### SANATUR QUALITY STANDARD

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

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

### THINGS TO KNOW

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

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

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



### PRODUCT DATA

#### SpiruEisen

Natural food supplement  
For iron supply

Recommended dose:

5 tablets daily

- ▶ 7 mg of iron per recommended dose (5 tablets)
- ▶ 5 tablets of SpiruEisen cover 50 % of the daily iron requirement\*

\* According to LMIV nutrient values

Ingredients:

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

**100 % natural**

Consumer information:

Free from gluten, lactose and iodine

Please ask for the current nutrient analysis.

**Art.No.:** 1010378

**Packaging unit:** 100 tablets

**EAN:** 4036185002337

**PZN:** 01146591

**Art.No.:** 1010070

**Packaging unit:** 6 x 100 tablets / display

**EAN:** 4036185002931

**Art.No.:** 1010379

**Packaging unit:** 250 tablets

**EAN:** 4036185002344

**PZN:** 02530417

# SpiruSelen/Selenium

Natural food supplement  
Selenium supply with Spirulina microalgae;  
contains vitamin E (from 100% RRR- $\alpha$ -tocopherol)

## CELL PROTECTION



**Important for:**

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



*You recognize us  
by the quality!*

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



**Suitable for:**

Professional people, athletes, senior citizens

Special target groups:

Frequent flyers and people subject to high oxidative stress situations.

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

**What is special about Sanatur Spiru trace elements:**

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

## SANATUR QUALITY STANDARD

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

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

## THINGS TO KNOW

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

Sanatur

## PRODUCT DATA

### SpiruSelen

Natural food supplement  
For selenium supply

Recommended dose:

2 tablets daily

► 55  $\mu$ g of selenium and 3.6 mg of vitamin E per recommended dose (2 tablets)

► 2 tablets of SpiruSelen cover 100% of the daily selenium requirement\*

\* According to LMIV nutrient values

Ingredients:

Spirulina platensis microalgae powder (99.6%),  
vitamin E

Country of origin: Taiwan

**100 % natural**

Consumer information:

Free from gluten, lactose and iodine

Please ask for the current nutrient analysis.

**Art.No.:** 1010022

**Packaging unit:** 100 tablets

**EAN:** 4036185002009

**PZN:** 01146504

**Art.No.:** 1010066

**Packaging unit:** 6 x 100 tablets/display

**EAN:** 4036185002856

**Art.No.:** 1010024

**Packaging unit:** 250 tablets

**EAN:** 4036185002016

**PZN:** 02641252

# SpiruZink/Zinc

Natural food supplement  
Zinc source from 100% Spirulina microalgae

## IMMUNE SYSTEM & EYESIGHT



Important for:

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



*You recognize us  
by the quality!*



Suitable for:

- Adults, athletes, senior citizens

Special target group:

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

What is special about Sanatur Spiru trace elements:

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

### SANATUR QUALITY STANDARD

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

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

### THINGS TO KNOW

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



### PRODUCT DATA

#### SpiruZink

Natural food supplement  
For zinc supply

#### Recommended dose:

4 tablets daily

- ▶ 3.5 mg zinc per recommended dose of 4 tablets
- ▶ 4 tablets of SpiruZink cover 35% of the daily zinc requirement\*

\* According to LMIV nutrient values

#### Ingredients:

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

#### 100% natural

#### Consumer information:

Free from gluten, lactose and iodine

Please ask for the current nutrient analysis.

Art.No.: 1010034

Packing unit: 100 tablets

EAN: 4036185002092

PZN: 01146473

Art.No.: 1010067

Packing unit: 6 x 100 tablets/display

EAN: 4036185002870

Art.No.: 1010036

Packing unit: 250 tablets

EAN: 4036185002108

PZN: 02640838

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

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



# SpiruComplex

Natural food supplement

Chromium, selenium and zinc source from 100% Spirulina microalgae

## TRACE ELEMENTS



Important for:

- Blood sugar level
- Fertility
- Mental functions
- Skin, hair, nails
- Hormone levels
- Immune system
- Bones
- Acid-base balance
- Thyroid gland
- Sperm production
- Eyesight
- Cell protection



**Suitable for:**

- Adults, senior citizens

Special target group:

- Performance-oriented professionals and students
- Women during menopause

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

**What is special about Sanatur Spiru trace elements:**

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

## SANATUR QUALITY STANDARD

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

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



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



## PRODUCT DATA

### SpiruComplex

Natural food supplement for chromium, selenium and zinc supply

#### Recommended dose:

3 tablets daily

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

► 3 tablets of SpiruComplex cover 135% of chromium, 120% of selenium and 20% of daily zinc requirements\*

\* According to LMIV nutrient values

#### Ingredients:

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

#### 100% natural

#### Consumer information:

Free from gluten, lactose and iodine

Please ask for the current nutrient analysis.

**Art.No.:** 10100252

**Packaging unit:** 100 tablets

**EAN:** 4036185002177

**PZN:** 11011018

**Art.No.:** 1010069

**Packaging unit:** 6 x 100 tablets/display

**EAN:** 4036185002917

**Art.No.:** 10100254

**Packaging unit:** 250 tablets

**EAN:** 4036185002184

**PZN:** 11011024

**NEW!**  
**SPIRU® Iron 100% herbal**

Organic food supplement with herbal Iron

## ENERGY & STAMINA

 **Important for:**

- Blood formation
- Mental (cognitive) capabilities
- Energy metabolism
- Oxygen supply
- Immune system
- Physical and mental fitness



*You recognize us by the quality!*

 **Suitable for:**

- Adults, children, senior citizens, athletes

Special target groups:

- Children and adolescents during growth, pregnant and breast-feeding women
- People with low iron and/or haemoglobin blood values

**SPIRU® Iron 100% herbal** only contains iron stored in plants. All parts of the plant are from organic cultivation; they are processed gently according to organic processing guidelines

**What is special about SPIRU® Iron 100% herbal:**

- Only herbal iron sources
- Locally grown beetroot and exotic curry leaves
- The complete nutrient spectrum of beetroot
- Easily digestible
- Neutral in intestines
- In correct dosage also suitable for children and adolescents

### SANATUR QUALITY STANDARD

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



### PRODUCT DATA

**SPIRU® Iron 100 % herbal**

Organic food supplement for iron supply

Recommended dose:

1 capsule daily

► 7 mg (50%\*) iron per recommended dose (1capsule)

\* According to LMIV nutrient values

Ingredients:

Beetroot powder\* 43%, curry leaf extract\* 38%, hydroxypropylmethylcellulose (capsule cover)

\* Controlled organic cultivation, DE-ÖKO-001

Beetroot from German organic farming

100 % natural

Consumer information:

Free from gluten, lactose and iodine

**Art.No.:** 1010215

**Packaging unit:** 90 capsules

**EAN:** 4036185002382

**PZN:** 14309876

Iron contributes to:	
Normal formation of blood cells and haemoglobin	X
Normal energy metabolism	X
Reduces fatigue and tiredness	X
Normal function of immune system	X
Normal cognitive* function	X
Normal oxygen transport in our body	X
Iron plays a role in cell division	X

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

# SPIRU® Selenium 100% herbal *NEW!*

Organic food supplement with herbal Selenium

## THYROID GLAND FUNCTION



Important for:

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



*You recognize us by the quality!*



Suitable for:

- Professionals
- Athletes
- Senior citizens

Special target groups:

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

**SPIRU® Selenium 100% herbal** contains exclusively plant-based Selenium. All used plant components are farmed ecologically and processed gently subject to organic guidelines.

**What is special about SPIRU® Selenium 100% herbal:**

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

### SANATUR QUALITY STANDARD

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

Sanatur

### PRODUCT DATA

#### SPIRU® Selenium 100% herbal

Organic food supplement for selenium supply

#### Recommended dose:

1 capsule daily

- ▶ 88 µg (160%\*) selenium per recommended dose (1capsule)

\* According to LMIV nutrient values

#### Ingredients:

Beetroot powder\* 82%, hydroxypropylmethyl-cellulose (capsule cover), Orgen-SE<sup>®</sup> (mustard seed extract)\* 2%

\* Controlled organic cultivation, DE-ÖKO-001 Beetroot from German organic farming

#### 100% natural

#### Consumer information:

Free from gluten, lactose and iodine

**Art.No.:** 1010174

**Packaging unit:** 90 capsules

**EAN:** 4036185002375

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

# ZincSpirulina & Acerola

Natural food supplement

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

## IMMUNE SYSTEM

 Important for:

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



*You recognize us by the quality!*



**Suitable for:**

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

Natural foods as nutrient sources:

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

**What is special about Sanatur ZincSpirulina & Acerola:**

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

## SANATUR QUALITY STANDARD

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

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

**Sanatur**

## PRODUCT DATA

### ZinkSpirulina & Acerola

Natural food supplement for zinc and vitamin C supply

Recommended dose:

2 capsules twice a day

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

▶ 4 capsules ZincSpirulina & Acerola cover 24% of daily zinc and 137% of daily vitamin C requirements \*

\* According to LMIV nutrient values

Ingredients:

Spirulina microalgae powder 50%, Acerola cherry powder 32% (Acerola cherry, maltodextrin), hydroxypropylmethyl cellulose (capsule cover)

**100% natural**

Consumer information:

Free from gluten, lactose and iodine

**Art.No.:** 1010805

**Packaging unit:** 90 capsules

**EAN:** 4036185004287

**PZN:** 00009739

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



# Iodine 100% herbal

Organic food supplement  
Natural iodine source from seaweed

## THYROID GLAND



Important for:

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



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

### What is special about Sanatur Iodine 100% herbal:

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

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



### PRODUCT DATA

#### Iodine 100% herbal

Organic food supplement for iodine supply

#### Recommended dose:

1 capsule daily

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

► 1 capsule covers 100% of daily iodine requirements\*

\* According to LMIV nutrient values

#### Ingredients:

Barley grass powder\*, Seagreens® sea algae powder\* (ascophyllum nodosum) 39,6%, hydroxypropylmethyl cellulose (capsule cover)

\* Controlled organic cultivation, DE-ÖKO-001

#### 100% natural

#### Consumer information:

Free from gluten and lactose

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

Art.No.: 1010052

Packaging unit: 60 capsules

EAN: 4036185004669

PZN: 10358837

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



Suitable for:

Adults, children, senior citizens

Special target groups:

Vegans, pregnant and breastfeeding women

# Copper 100% natural

Natural food supplement

Copper source from yeast and cocoa extract

## IRON METABOLISM



Important for:

- Connective tissue
- Iron absorption
- Skin pigmentation
- Hair pigmentation
- Energy
- Nerves
- Immune system
- Cell protection

*You recognize us  
by the quality!*



Sanatur Copper 100% natural exclusively utilizes organically bound copper, abstaining completely from mineral copper.

### What is special about Sanatur Copper 100% natural:

- Exclusively organically bound copper
- Cocoa extract as a natural copper source
- Copper yeast – natural inactive yeast
- Refined with native barley grass powder

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

Copper is an essential trace element. The recommendation for adults and senior citizens is 1 to 1.5 mg of copper daily. Copper plays a role in the iron metabolism. The transport of iron in our body cannot function properly without copper. Therefore, lack of iron over a longer period is often connected with a lack of copper. Copper is involved in many enzyme reactions which is why copper is essential for the immune system and for the body's own cell protection.

Cocoa, cashew nuts, cheese, pulses and pig's liver contain a lot of the trace element copper.

Sanatur

### PRODUCT DATA

#### Copper 100% natural

Natural food supplement for copper supply

#### Recommended dose:

1 capsule daily

► 1 mg of copper per recommended dose (1 capsule)

► 1 capsule covers 100% of daily copper requirements\*

\* According to LMIV nutrient values

#### Ingredients:

Barley grass powder, cocoa extract (19%), hydroxypropylmethyl cellulose (capsule cover), copper yeast (4%)

#### 100% natural

#### Consumer information:

Free from gluten, lactose and iodine

**Art.No.:** 1010049

**Packaging unit:** 60 capsules

**EAN:** 4036185004553

**PZN:** 08717252

Copper contributes to:	
Normal transport of iron	X
Normal hair pigmentation	X
Normal skin pigmentation	X
Maintaining normal connective tissue	X
Normal energy metabolism	X
Normal function of nervous nerve function	X
Normal function of immune system	X
Protecting cell components from oxidative damage	X



### Suitable for

Adults, senior citizens, vegans

Special target groups:

- People with iron deficiency
- People who turn grey very early

# Silicium 100 % herbal (Silicon) *NEW!*

Available from January 2018

Organic food supplement

Organic silicon from indigenous stinging nettles and Asian bamboo

## STINGING NETTLE & BAMBOO



Important for:

- Connective tissue
- Skin
- Hair
- Nails



*You recognize us  
by the quality!*

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

### What is special about Sanatur Silicium 100% herbal:

- Herbal silicon
- Made from bamboo and stinging nettle leaves
- Controlled organic cultivation
- Stinging nettles from German farms
- Bamboo extract from Indian *Bambusa arundinacea*

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

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

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



### PRODUCT DATA

#### Silicium 100 % herbal

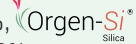
Organic food supplement for the supply of silicon

#### Recommended dose:

2 capsules daily

- ▶ 150 mg of organic silicon per recommended dose

#### Ingredients:

Stinging nettle powder\* 63%,  Orgen-Si<sup>®</sup> (organic bamboo extract\*) 19%, hydroxypropylmethyl cellulose (capsule shell)

\*Controlled organic cultivation, DE-ÖKO-001

#### 100 % natural

#### Consumer information:

Free from gluten, lactose and iodine

Art.No.: 1010806

Packaging unit: 60 capsules

EAN: 4036185004942

# Calcium 100% herbal

Natural food supplement

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

## BONES & MUSCLES



Important for:

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

*You recognize us  
by the quality!*



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

**What is special about Sanatur Calcium 100% herbal:**

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

In terms of quantity, calcium has the highest mineral level in the human organism. 99.5% of the calcium in our body is found in our bones and teeth. An adult skeleton contains between 800 g and 1,000 g of calcium. Up to the age of 30, the skeleton is built up; thereafter it loses approx 1% of its mass per annum.

Adults are recommended to add 1,000 mg of calcium to their daily diet. However, large amounts of calcium can only be processed in combination with a sufficient amount of vitamin D.

Sanatur

### PRODUCT DATA

#### Calcium 100% herbal

Natural food supplement for calcium supply

Recommended dose:

3 capsules daily

▶ 480 mg of calcium per recommended dose (3 capsules)

▶ 3 capsules cover 60% of daily calcium requirements\*

\* According to LMIV nutrient values

Ingredients:

Red algae powder (66%), hydroxypropylmethylcellulose (capsule cover), stinging nettle powder (9%), red clover powder (9%), BioSpirulina microalgae powder (3%)

100% natural

Consumer information:

Free from gluten, lactose and iodine

**Art.No.:** 1010230

**Packaging unit:** 100 capsules

**EAN:** 4036185004539

**PZN:** 08718300

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



Suitable for:

Children and adolescents, adults and senior citizens, vegans

Special target groups:

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



# Magnesium 100 % natural

Natural food supplement

Marine Magnesium combined with stinging nettle

## MUSCLES & NERVES



Important for:

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

*You recognize us  
by the quality!*



Suitable for:

- Active people
- People under stress

Special target groups:

Athletes, professionals, students

**What is special about Sanatur Magnesium 100 % natural:**

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

Magnesium is a mineral that has to be included in our food daily. Unfortunately only few foods contain high enough amounts. The human body contains 24 g of magnesium on average, at least half of which is found in our bones. The bones act as mobilised storage.

The average magnesium requirement per day is between 300 mg and 350 mg. We lose magnesium by sweating or by taking certain medication. This is why athletes and elderly people should add a sufficient amount of magnesium to their diet.

Sanatur

### PRODUCT DATA

#### Magnesium 100 % natural

Natural food supplement for magnesium supply

Recommended dose:

2 capsules daily

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

▶ 2 capsules cover 72 % of daily magnesium requirements\*

\* According to LMIV nutrient values

Ingredients:

Magnesium marine mineral extract (46%), stinging nettle powder (37%), hydroxypropylmethylcellulose (capsule cover)

Consumer information:

Free from gluten, lactose and iodine

**Art.No.:** 1010234

**Packaging unit:** 100 capsules

**EAN:** 4036185004966

**PZN:** 14163970

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

# Alfalfa

High-fibre organic food in German raw food quality

## BONES & METABOLISM



Important for:

- High-fibre diet
- Energy metabolism
- Bones & teeth
- Connective tissue
- Intestinal cleansing
- Cell protection



Alfalfa is the Arabic name for lucerne grass and means "father of all food". This ancient agricultural crop belongs to the legumes family. Our Alfalfa contains vitamin K1, calcium, molybdenum and sulphur which are all essential for the human body and therefore have to be ingested with our food.

We exclusively use pure German organic seeds for our Alfalfa product. The Alfalfa is harvested at the point of its highest nutrient density and ground to a fine powder. The ready-to-eat food has a fibre content of about 50%.

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

Alfalfa is the Arabic term for blue lucerne and means something like "father of all food". A just description, since the plant is a staple food and requires no special soil or environmental qualities. Growing up to 1 metre in height, Alfalfa develops a root network of up to 4.5 metres, making it robust and drought resistant. Its property to bind nitrogen from the air and storing it in the soil by means of symbiotic rhizobia enables it to grow on soil regardless of the nitrogen content in the soil.



### PRODUCT DATA

#### Alfalfa

Organic food from Germany

#### Recommended dose:

For a green breakfast smoothie add 2 tsp of Alfalfa powder (approx. 8 g) to 500 ml of fruit or vegetable juice.

► 8 g of Alfalfa powder contain 144 mg calcium and 120 µg of vitamin K

► 8 g of Alfalfa powder cover 18% of the daily calcium and 160% of the daily vitamin K requirements\*  
\* According to LMIV nutrient values

#### Ingredients:

Alfalfa leaf powder\* (100%)

\* Controlled organic cultivation, DE-ÖKO-001

#### Consumer information:

Free from gluten, lactose and iodine.  
100 g contain about 50 g of fibre.

Taste: mild - tart

Art.No.: 1010286

Packaging unit: 90 g powder

EAN: 4036185004812

PZN: 11013187

*Gluten free*

Alfalfa ingredients contribute to::	Calcium	Vitamin K
Normal energy metabolism	X	
Maintaining healthy bones	X	X
Normal muscle functions	X	



Suitable for:

- People who value a high-fibre diet
- During or after fasting

# Spelt grass

High-fibre organic food in German raw food quality

## METABOLISM



Important for:

- High-fibre diet
- Intestinal cleansing
- “Order” according to Hildegard v. Bingen
- Energy metabolism
- Cell protection
- Bones



*You recognize us  
by the quality!*



DE-ÖKO-001  
German  
Agriculture

### Spelt is the archetype of wheat

- Easily digestible, robust, energetic
- Belongs to the Poaceae (true or sweet grasses) family
- Natural source of fibre and trace elements
- Native plant that shapes our cultural landscape
- Can enrich a balanced diet by a slightly bitter component
- Dietary fibre content of approx. 50% (finished product)
- According to Hildegard v. Bingen, spelt has “ordering powers”

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

Spelt is one of the oldest original cereals; it was even cultivated during the Neolithic Age. The high adjusting qualities of spelt were well known to the abbess and prophet Hildegard von Bingen. She recommended integrating spelt into any type of diet. The American doctor and blood group research specialist, Dr. Peter d'Adamo, found out that spelt is the only cereal well-suited to all blood groups. Many hundred years later, he thus confirmed St. Hildegard's recommendations. Owing to its high fibre content, dried spelt grass is of great importance for a well-balanced, healthy diet.



### PRODUCT DATA

#### Spelt grass

Organic food from Germany

#### Recommended dose:

2 teaspoon of spelt grass powder (approx. 8 g) mixed with 500 ml of vegetable juice daily

► 8 g of spelt grass powder contain 6.4 µg of chromium and 0.34 mg of manganese

► 8 g of spelt grass powder cover 16%\* of the daily chromium and 17%\* of the daily manganese requirements\*

\* According to LMIV nutrient values

#### Ingredients:

Powder: spelt grass powder\* (100%)

Tablets: spelt grass powder\* (99%), separating agent: silicon dioxide (silicic acid)

\* Controlled organic cultivation, DE-ÖKO-001

#### Consumer information:

Free from gluten, lactose and iodine  
100 g contain about 50 g of fibre.

*Gluten free*

**Art.No.:** 1010285

**Packaging unit:** 90 g powder

**EAN:** 4036185004805

**PZN:** 11013193

Spelt grass ingredients contribute to:	Chromium	Manganese
Healthy and normal blood sugar levels	X	
Normal metabolism	X	
Body cell protection from oxidative damage		X
Normal, healthy bones		X
Normal energy metabolism		X
Normal function of connective tissue		X



Suitable for:

- People who value a high-fibre diet
- A balanced and healthy diet
- During or after fasting

# Barley grass

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

## PSYCHE & IMMUNE SYSTEM



Important for:

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



*You recognize us by the quality!*

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

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

Barley grass ingredient folic acid contributes to:	Folic acid (Vit. B9)
Normal blood formation	X
Normal homocysteine metabolism	X
A normal function of the immune system	X
Contributes to normal cell division	X
Normal maternal tissue growth during pregnancy	X
Normal psychological functions	X
The reduction of tiredness and fatigue	X
Normal amino acid synthesis	X



Suitable for:

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



### PRODUCT DATA

#### Barley grass

Organic food from Germany

#### Recommended dose:

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

► 8 g of barley grass powder contain 60 µg of folic acid (vitamin B9).

► 8 g of barley grass powder cover 30%\* of the daily folic acid requirement (vit. B9).

\* According to LMIV nutrient values

#### Ingredients:

Powder: barley grass powder\* (100%)

Tablets: barley grass powder\* (99%)

Separating agent: silicon dioxide (silicic acid)

\* Controlled organic cultivation, DE-ÖKO-001

#### Consumer information:

Free from gluten, lactose and iodine

*Gluten free*

Art.No.: 1010283

Packaging unit: 90 g powder

EAN: 4036185004782

PZN: 11013224

Art.No.: 1010251

Packaging unit: 250 tablets

EAN: 4036185004416

PZN: 08852292



# Wheat grass

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

## ENERGY & IMMUNE SYSTEM



Important for:

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



*You recognize us by the quality!*

Wheat grass ingredients contribute to:	Vitamin A	Manganese
Normal cell differentiation	X	
The maintenance of normal skin and mucous membranes	X	
Normal function of the immune system	X	
Body cell protection from oxidative damage		X
Normal, healthy bones		X
Normal energy metabolism		X
Normal function of connective tissue		X



Suitable for:

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

### Wheat grass - the gentle stimulant for calm people:

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

In the tradition of the Celts, the Maya, the Chinese and the Sumerians we find information on the therapeutic consumption of grasses. Today, cultured grasses such as wheat and barley are often used in conjunction with natural healing. Dr. Earp-Thomas from New Jersey isolated more than a hundred vital substances from wheat grass. According to Dr. Ann Wigmore, Head of the Boston Hippocrates Health Institute, "wheat grass is no medicine as such. However, research has shown that it supplies the body with vital nutrients."



### PRODUCT DATA

#### Wheat grass

Organic food from Germany

#### Recommended dose:

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

► 8 g of wheat grass powder contain 0.3 mg of manganese, 240 µg RE vitamin A and 2.3 mg of lutein.

► 8 g of wheat grass powder cover 16%\* of the daily manganese requirement and 40%\* of the daily vitamin A requirement.

\* According to LMIV nutrient values

#### Ingredients:

Powder: wheat grass powder\* (100%)

Tablets: wheat grass powder\* (99%)

Separating agent: Silicon dioxide (silicic acid)

\* Controlled organic cultivation, DE-ÖKO-001

#### Consumer information:

Free from gluten, lactose and iodine

*Gluten free*

Art.No.: 1010284

Packaging unit: 90 g powder

EAN: 4036185004799

PZN: 11013230

Art.No.: 1010256

Packaging unit: 250 tablets

EAN: 4036185004430

PZN: 08852263

# Cumin, nutmeg & coriander *NEW!*

Organic food supplement with spices  
Vegan capsule

## MIXED SPICES

TV and the press have reported about intensive mixed spices:

### Cumin

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

### Nutmeg

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

### Coriander

Intensive aromatic coriander seed powder (controlled organic cultivation, Germany)



*You recognize us  
by the quality!*

## SANATUR QUALITY STANDARD

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

## THINGS TO KNOW

### Cumin

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

### Nutmeg

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

### Coriander

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



## PRODUCT DATA

### Cumin, nutmeg & coriander

Organic food supplement

#### Recommended dose:

1 capsule contains:  
116 mg cumin  
116 mg nutmeg  
119 mg coriander

#### Ingredients:

Coriander\* 28%, cumin\* 27.5%, nutmeg\* 27.5 %  
hydroxypropyl methylcellulose (capsule shell)

\* Controlled organic cultivation, DE-ÖKO-001

#### Consumer information:

Free from lactose and iodine  
May contain traces of glutenous cereal

**Art.No.:** 1010201

**Packaging unit:** 90 capsules

**EAN:** 403618500548

**PZN:** 14273262



### Suitable for:

- People over the age of 45

### Special target group:

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

# Kale *NEW!*

Organic food supplement from Germany

## ENERGY & DIGESTION



Important for:

- Energy
- Digestion
- Blood sugar level
- Bones
- Muscles



### Kale- a most popular superfood:

- Kale has an extraordinary nutrient profile
- As an indigenous plant, it characterises our landscape
- Kale can be the perfect support for a balanced diet
- Kale is an alkaline vegetable and a natural mineral source (chromium and calcium)

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

Even in ancient times, cabbage and kale were considered to be healthy food. Like other kinds of cabbage, kale contains glucosinolates. In recent years, glucosinolates have become a focus in oncologic studies which explore the nutritional benefits of cabbage. So far, 150 different types of glucosinolates have been discovered. One of the most investigated glucosinolates is glucoraphanin or sulphoraphane.

The widely spread idea of boiling kale for a long time is outdated. Kale can be prepared in a short period of time, and it can even be blanched. Kale is particularly popular among health-conscious people in the United States. It can be used in smoothies as well as fruit or vegetable juices.



### PRODUCT DATA

#### Kale

Organic food from Germany

#### Our recommendation:

Stir kale powder into fruit or vegetable juice, mix well and enjoy your smoothie

► 8 g of kale powder contain 160 mg of calcium and 15.2 µg of chromium.

► 8 g of kale cover 20%\* of the daily calcium and 38%\* of the daily chromium requirement

\* According to LMIV nutrient values

#### Ingredients:

Kale powder\* (100%)

\* Controlled organic cultivation, DE-ÖKO-001

#### Consumer information:

Free from gluten, lactose and iodine

**Art.No.:** 10100523

**Packaging unit:** 120 g powder

**EAN:** 403618500531

**PZN:** 14261193

The nutrients in kale powder contribute to:	Calcium	Chromium
Normal energy metabolism	X	
Normal function of digestive enzymes	X	
Normal metabolism of macronutrients		X
Healthy and normal blood sugar level		X
Healthy and normal bones and teeth	X	
Normal muscle function	X	
Normal blood clotting	X	
Normal signal transfer between nerve cells	X	



Suitable for:

- People who care about a balanced and alkaline diet
- During or after fasting

# Rosehip powder

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

## CARTILAGE & JOINTS



Important for:

- Joints
- Bones
- Cartilage
- Nerves
- Cell protection



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

**What is special about Sanatur rosehip powder:**

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

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



### PRODUCT DATA

#### Rosehip powder

Organic food with vitamin C

#### Recommended dose:

2 level measuring spoons (7.5 g) per day

- ▶ Approx. 12 mg of vitamin C per portion (7.5 g)
- ▶ 1 portion covers 15% of the daily vitamin C\* requirement

\* According to LMIV nutrient values

#### Ingredients:

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

\* Controlled organic cultivation, DE-ÖKO-001

#### Consumer information:

Free from gluten, lactose and iodine

**Art.No.:** 10100283

**Packaging unit:** 160 g powder

**EAN:** 4036185004546

**PZN:** 08717246

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



Suitable for:

- People over the age of 45

Special target group:

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

# Curcuma (turmeric powder)

Curcuma longa – organic quality spice  
Fine-tasting intensive spice

## SUNNY & STRONG



Important for:

- Digestion
- Cell protection



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

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

### What is special about Sanatur Kurkuma (turmeric):

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

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

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

Sanatur

### PRODUCT DATA

#### Curcuma (turmeric powder)

Curcuma longa

#### Ingredients:

Curcuma root\*, ground (100%)

\* Controlled organic cultivation, DE-ÖKO-001

#### Consumer information:

Free from gluten, lactose and iodine

Art.No.: 1010152

Packaging unit: 160 g jar

EAN: 4036185004829

PZN: 11290596



# Moringa

Moringa oleifera – the tree of life

## ENERGY & CELL PROTECTION



Important for:

- High-fibre and high-protein diet
- Healthy, low-fat diet
- Digestion
- Cell protection
- Energy
- Immune system
- Bones
- Muscles



### SANATUR QUALITY STANDARD

- Controlled organic cultivation
- Natural food product
- 100% herbal
- Natural minerals and trace elements source
- Extra finely ground
- Contains no additives
- Processed and filled in Germany
- Safe and environmentally friendly packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms

### THINGS TO KNOW

In its home region in the Himalayas, the botanic plant Moringa oleifera is simply called "moringa". It is also referred to as the tree of life. It is known to be a nutritious, fast growing and modest plant which is why the moringa tree is now grown in many subtropical and tropical regions of our planet. Its leaves contain many nutrients which makes them ideal for extraordinary food supplements.

Sanatur

### PRODUCT DATA

#### Moringa powder

Organic food supplement, raw food quality

#### Recommended dose:

Stir 2 heaped teaspoons (approx. 8 g) of moringa powder in meals or drinks

- 8 g of moringa powder cover 24%\* of the daily calcium requirement, 23%\* of the daily manganese requirement and 22%\* of the daily selenium requirement \* According to LMIV nutrient values

#### Ingredients:

Moringa leaves powder\* (100%)

\*Controlled organic cultivation, DE-ÖKO-001

#### Consumer information:

Free from gluten, lactose and iodine

Art.No.: 1010156

Packaging unit: 100 g powder

EAN: 4036185004775

PZN: 10926081

#### Moringa capsules *NEW*

Organic food supplement

#### Recommended dose:

6 capsules throughout the day

#### Ingredients:

Moringa leaves powder\* (80%)  
hydroxypropylmethylcellulose (capsule shell)

\* Controlled organic cultivation, DE-ÖKO-001

Free from gluten, lactose and iodine

Art.No.: 1010158

Packaging unit: 120 capsules

EAN: 4036185001408

PZN: 11652013

Moringa ingredients contribute to:	Calcium	Manganese	Selenium
The protection of cell constituents from oxidative damage		X	X
Normal energy metabolism	X	X	
A normal function of the immune system			X
Normal, healthy bones	X	X	
Normal muscle functions	X		
Normal thyroid gland function			X



Suitable for:

- All adults irrespective of age and profession

# Sea-buckthorn powder

Herbal organic food supplement made from fruity sea-buckthorn berries

## SUNNY BUCKTHORN



Important for:

- Resilience
- Vigour



Suitable for:

- Children and adults

Special target groups:

- Diabetics
- People who cannot take maltodextrin



*You recognize us  
by the quality!*

Sea-buckthorn loves the healthy climate on coastlines and in the mountains. Owing to its adaptable and tough nature it can thrive in such barren regions. Applying a refined grinding technology, we can now use 100% of its pure, flavourful, oleiferous and bright orange fruit. The colourful and fruity berries can enhance a healthy and diverse diet.

**What is special about Sanatur sea-buckthorn:**

- Contains 100% pure fruit
- Raw organic quality
- Coarsely ground – ideal to sprinkle onto muesli, quark dishes etc.
- Contains no maltodextrin

## SANATUR QUALITY STANDARD

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

## THINGS TO KNOW

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

### Maltodextrin

Maltodextrin is a supporting agent. Supporting agents attach themselves to other agents, and this makes processing and dosage of many raw materials a lot easier. This is why supporting agents are used in many food products.

Maltodextrin is extracted from corn or wheat starch. It is a sugar mixture of monosaccharides, disaccharides and polysaccharides and has approx. 400 calories per 100 g. In our body, its sugar components are transformed into glucose which causes our blood sugar level to rise. Diabetics and people who need to control their glycaemic index should limit their intake of maltodextrin. People who react to maltodextrin with heartburn, belching, nausea, sickness or diarrhoea should not consume any maltodextrin.



## PRODUCT DATA

### Sea-buckthorn

Organic food

### Recommended dose:

Mix 1 heaped teaspoon (approx. 4 g) of sea-buckthorn powder with meals (e.g. yoghurt, muesli etc.) or drinks.

### Ingredients:

Sea-buckthorn (*hippophae rhamnoides*)\*, ground (100%)

\* Controlled organic cultivation, DE-ÖKO-001

### Consumer information:

Free from gluten, lactose and iodine

Taste: sweet, tart

**Art.No.:** 1010171

**Packaging unit:** 100 g powder

**EAN:** 4036185004836

**PZN:** 11290679

# Yam Root

Organic food supplement  
Root powder, organic cultivation in Germany

## MENOPAUSE



Important for:

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



Suitable for

- Adults

Special target groups

- Men above 40
- Woman above 50

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

### What is special about Sanatur Yam Root

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



## SANATUR QUALITY STANDARD

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

## THINGS TO KNOW


Hundreds of different kinds of yam plants grow in warm regions all over the world. The perennial climbing plant grows up to 3 metres high. The plant is dioecious which means that each plant is either male or female. Its leaves are heart-shaped and have clearly visible, parallel nerves. The yam plant blossoms from September to October.

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

Sanatur

## PRODUCT DATA

### Yam Root

Organic food supplement 

### Recommended dose:

2 capsules daily

- ▶ 860 g of yam root powder per recommended dose

### Ingredients:

Yam root powder (77%)\*, hydroxypropylmethyl cellulose (capsule shell), barley grass powder  
\* Controlled organic cultivation, DE-ÖKO-001

### Consumer information:

Free from gluten, lactose and iodine

Art.No.: 1010064

Packaging unit: 60 capsules

EAN: 4036185004676

PZN: 10749727

# BioAcerola (Organic Acerola)

Organic food supplement  
Natural vitamin C from Acerola cherries

## IMMUNE SYSTEM



Important for:

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



*You recognize us  
by the quality!*

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



Suitable for:

- Permanent consumption by the entire family

Special target groups:

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

What is special about Sanatur BioAcerola:

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

## SANATUR QUALITY STANDARD

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

## THINGS TO KNOW

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

Sanatur

## PRODUCT DATA

### BioAcerola lozenges

Natural food supplement with vitamin C

Recommended dose:

2 lozenges daily

► 128 g of vitamin C per recommended dose (2 lozenges)

► 2 lozenges cover 160%\* of the daily vitamin C requirement

\* According to LMIV nutrient values

Ingredients:

Raw cane sugar\*, Acerola fruit powder\* 35% (Acerola fruit\*, maltodextrin), palm fat\*, natural flavouring

\* Controlled organic cultivation, DE-ÖKO-001

Consumer information:

Free from gluten, lactose and iodine

Art.No.: 1010364

Packaging unit: 50 lozenges

EAN: 4036185004379

PZN: 01104836

# Choline Plus

Natural food supplement

Choline combined with Agaricus bisporus mushroom

## LIVER FUNCTION



Important for:

- The liver
- Fat metabolism
- To combat stress
- Homocysteine



Choline enhances the normal function of the liver and supports the fat metabolism. A good liver function is essential since the liver is the central organ in the entire metabolism. It produces essential protein substances, utilises food components and is responsible for bile production. It is also essential for the breakdown of metabolism products, drugs and toxins.

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

Choline is an amine with properties similar to vitamins. This is why it is often called a "pseudo vitamin". As phospholipid, it is part of each cell membrane. Small amounts of choline can be developed by our body. Women have a daily requirement of approx. 425 mg and men need approx. 550 mg per day. Food such as eggs, milk, liver and fish contain choline. However, people who do not eat such products can take choline as a natural food supplement.

Choline supports the liver function. It ensures that food fats do not attach to the liver.

Scientific studies have been looking at how the Agaricus bisporus mushroom influence our metabolism and liver detoxication. The resulting data look promising and recommend the use of this mushroom as a healthy food supplement.

Sanatur

### PRODUCT DATA

#### Choline Plus

Natural food supplement for the supply of choline

#### Recommended dose:

1 capsule per day

- 190 mg of choline and 30 mg of mushroom powder per recommended dose (1 capsule)

#### Ingredients:

Choline-L-bitartrate powder (79%), capsule shell: hydroxypropylmethyl cellulose, mushroom powder (4.8%)

#### Consumer information:

Free from gluten, lactose and iodine

Art.No.: 1010150

Packaging unit: 60 capsules

EAN: 4036185004744

PZN: 11512602

Choline contributes to:

A normal fat metabolism

X

A normal homocysteine metabolism

X

Maintaining a normal liver function

X



Suitable for:

Men, women after menopause, pregnant women

Special recommendation:

- Vegans
- People who are subject to stress and strain

**What is special about Sanatur Choline Plus:**

- With choline-L-bitartrate, good bioavailability
- With Agaricus bisporus mushroom, controlled organic cultivation



# Coenzyme Q10

Herbal food supplement  
Q10 plus vitamin C from Acerola cherries

## ENERGY & CELL PROTECTION



Important for:

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



*You recognize us  
by the quality!*

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



Suitable for:

- Adults, the elderly, athletes

Special target groups:

- People who care about healthy blood vessels

**What is special about Sanatur CoEnzym Q10:**

- 100% natural coenzyme Q10
- Q10 extracted from tobacco leaves through fermentation
- Enhanced with vitamin C from Acerola cherries

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

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

The intake of Q10 via food is about 10 mg per day; both herbal and animal food contains Q10. Vegetable oils, egg yolks, oily fish, butter, liver, meat and pulses are important Q10 sources.

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

Sanatur

### PRODUCT DATA

#### CoEnzyme Q10

Herbal food supplement for the supply of Q10 and vitamin C

#### Recommended dose:

1 capsule per day

► 30 mg of coenzyme Q10 and 40 mg of vitamin C per recommended dose (1 capsule)

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

\* According to LMIV nutrient values

#### Ingredients:

Acerola powder 64% (Acerola fruit, maltodextrin); hydroxypropylmethyl cellulose (capsule shell), coenzyme Q10 8.6%, separating agent: silica; magnesium salts from fatty acids

#### Consumer information:

Free from gluten, lactose and iodine

**Art.No.:** 1010053

**Packaging unit:** 100 capsules

**EAN:** 4036185004041

**PZN:** 01325098

# Natto Complex

Natural food supplement

Harmony mixture with natto, astaxanthin & coenzyme Q10

## 納豆 NATTO



Important for:

- The heart
- Blood vessels

*You recognize us  
by the quality!*



### What is special about Natto Complex:

- Natto powder from fermented soy beans
- Astaxanthin from haematococcus pluvialis algae
- Coenzyme Q10
- Red fermented rice flour
- Chlorella microalgae powder

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

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

Astaxanthin is a natural dye extracted from haematococcus pluvialis algae. The dye also used to be called haematochrome. The fresh-water algae are not quite 0.1mm in size. In terms of structure, astaxanthin is related to the known carotenoids such as carotin, zeaxanthin and lutein. Many scientists believe that they share the functions attributed to carotenoids.

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

Sanatur

### PRODUCT DATA

#### Natto Complex

Natural food supplement

#### Recommended dose:

1 capsule daily

- ▶ 200 mg (2000FE) of natto powder, 1 mg of coenzyme Q10 and 0.1 mg astaxanthin per recommended dose (1 capsule)

#### Ingredients:

Natto powder (fermented soy beans) 29.7%, red rice flour, Chlorella microalgae powder, hydroxy-propylmethyl cellulose (capsule shell), astaxanthin algae mass, coenzyme Q10

#### Consumer information:

Free from gluten, lactose and iodine

Art.No.: 10100274

Packaging unit: 60 capsules

EAN: 4036185004591

PZN: 00478925

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



Suitable for:

- Adults and the elderly

Special target group:

- People who look after their heart and blood circulation

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

# Rhodiola rosea Plus

Natural food supplement

Rose root (Rhodiola rosea) & B vitamins

## PERFORMANCE & PSYCHE



Important for:

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

*You recognize us  
by the quality!*



### What is special about Sanatur Rhodiola Rosea Plus:

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

Today, an ever increasing amount of flexibility is required at work, within the family or during our leisure time. This means that everyday life is becoming more stressful which can lead to fatigue, lack of concentration, lack of motivation and a drop in performance. If such physical and psychological stress conditions become normality, many individuals reach their limits.

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

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



Suitable for:

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

Special target groups:

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



### PRODUCT DATA

#### Rhodiola rosea Plus

Natural food supplement with B vitamins

Recommended dose:

1 capsule per day

► 200 mg of Rhodiola rosea, 7.6 mg vitamin B3, 2.8 mg vitamin B5, 0.94 mg vitamin B6 and 9 µg vitamin B12 per recommended dose (1 capsule)

► 1 capsule covers the daily requirements as follows:  
48 %\* of vitamin B3  
47 %\* of vitamin B5  
67 %\* of vitamin B6  
36 %\* of vitamin B12

\* According to LMIV nutrient values

#### Ingredients:

Brewer's yeast powder (Saccharomyces cerevisiae) 50%, Rhodiola rosea extract 33%, hydroxypropyl-methyl cellulose (capsule shell)

#### Consumer information:

Free from gluten, lactose and iodine

Art.No.: 1010072

Packaging unit: 60 capsules

EAN: 4036185004720

PZN: 11141695

# SpiruActiv Cartilage & Joints

Organic food supplement with rosehip (rosa canina L.AP4) Acerola cherries, BioChlorella and BioSpirulina

## CARTILAGE & JOINTS



Important for:

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

*You recognize us  
by the quality!*



Suitable for:

- People aged 45 and over

Special target group:

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

**What is special about Sanatur SpiruActiv cartilage & joints:**

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

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

Sanatur

### PRODUCT DATA

#### SpiruActiv cartilage & joints

Organic food supplement with vitamin C

Recommended dose:

3 capsules daily

- ▶ 24 mg of vitamin C per recommended dose (3 capsules)
  - ▶ 3 capsules cover 30%\* of the daily vitamin C requirement
- \* According to LMIV nutrient values

Ingredients:

Rosehip fruit powder\* (Rosa canina L.AP-4) 67%, hydroxypropylmethyl cellulose (capsule shell), Acerola fruit powder\* 8%, maltodextrin\*, BioChlorella microalgae powder, BioSpirulina microalgae powder\* 4%

\* Controlled organic cultivation, DE-ÖKO-00

Consumer information:

Free from gluten, lactose and iodine

**Art.No.:** 10100278

**Packaging unit:** 90 capsules

**EAN:** 4036185004607

**PZN:** 1009440551

The vitamic C in rosehips contributes to:	Vitamin C
Normal collagen formation for a normal function of bones, cartilage and teeth	X
Protecting cells from oxidative stress	X
Normal collagen formation for a normal function of blood vessels, skin and gums	X
Normal nervous system function	X

# SPIRU® B-vitamin complex

Natural food supplement

All B vitamins in active organic form with quinoa sprouts

## NERVES & ENERGY



Important for:

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



*You recognize us by the quality!*



Suitable for:

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

Special target group:

- People under a lot of stress, pregnant women

**What is special about SPIRU® B-vitamin complex:**

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

## SANATUR QUALITY STANDARD

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

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



## PRODUCT DATA

### SPIRU® B-Vitamin Complex

Natural food supplement with B vitamins

Recommended dose:

3 capsules per day

Nutrients	per recommended dose (3 capsules)
Vitamin B1 (thiamine)	0.79 mg (72 %*)
Vitamin B2 (riboflavin)	1.01 mg (72 %*)
Vitamin B3 (niacin)	11.52 mg (72 %*)
Vitamin B5 (pantothenic acid)	4.32 mg (72 %*)
Vitamin B6 (pyridoxine)	1.01 mg (72 %*)
Vitamin B7 (biotin)	36 µg (72 %*)
Vitamin B9 (folic acid)	150 µg (72 %*)
Vitamin B12 (cyanocobalamin)	1.8 µg (72 %*)

\* According to LMIV nutrient values

### Ingredients:

Acacia fiber, PANMOL-B-COMPLEX® 34 %  
(B vitamins from quinoa sprouts),  
hydroxypropylmethyl cellulose (capsule shell)

### Consumer information:

Free from gluten, lactose and iodine

Art.No.: 1010221

Packaging unit: 90 capsules

EAN: 4036185003525

PZN: 14261187



# SPIRU® Vital Plus

Multi vitamins  
100% herbal

Organic food supplement

Certified organic combination with herbal vitamins and minerals

**NEW!**  
Available from 2018

## SANATUR QUALITY STANDARD

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

## VIGOUR & ENERGY



Important for:

- Performance
- Energy metabolism
- Immune system
- Cell protection
- Hormonal activities
- Bones & teeth
- Skin & hair
- Neural system
- Blood formation



You recognize us  
by the quality!



Suitable for:

- People under multiple strain aged 10 to 100
- Athletes, the elderly
- Vegetarians or vegans

### What is special about Sanatur SPIRU® Vital Plus:

- Certified organic mixture made from curly kale powder, amla fruit, guava fruit, holy basil leaves, curry leaves, lemon fruit extract
- 100% natural
- 0% additives

SPIRU® Vital Plus components contribute to:	Vitamin B1	Vitamin B2	Vitamin B3	Vitamin B5	Vitamin B6	Vitamin B7	Vitamin B9	Vitamin C	Vitamin E	Iron (Fe)	Chromium (Cr)	Selenium (Se)
Normal blood formation							X					
Normal energy metabolism	X	X	X	X	X	X		X		X		
Normal mental function				X								
Maintaining healthy hair							X					X
The maintenance of normal skin and mucous membranes		X	X				X					
Normal heart function	X											
Maintaining normal homocystein metabolism					X		X	X		X		X
Normal function of immune system					X		X					
Reducing fatigue and tiredness		X	X	X	X		X	X		X		
Normal cognitive* function										X		
Normal function of nervous system	X	X	X		X	X		X				
Maintenance of normal blood glucose concentrations											X	
Normal psychological functions	X		X		X	X	X					
Regulation of hormonal activity					X							
Normal spermatogenesis												X
Normal collagen formation for a normal function of blood vessels, skin and gums								X				
Protection of cell components against oxidative damage									X			X
Normal macronutrient metabolism.						X					X	



## PRODUCT DATA

### SPIRU® Vital Plus

Organic food supplement  
with herbal vitamins and minerals

Recommended dose:

2 capsules daily

Nutrients	Contents per recommended dose (2 capsules)
Vitamin B1 (thiamine)	0.48 mg (43 %*)
Vitamin B2 (riboflavin)	0.48 mg (34 %*)
Vitamin B3 (niacin)	3.2 mg (20 %*)
Vitamin B5 (pantothenic acid)	3.2 mg (53 %*)
Vitamin B6 (pyridoxine)	3.2 mg (228 %*)
Vitamin B7 (biotin)	16 µg (32 %*)
Vitamin B9 (folic acid)	64 µg (32 %*)
Vitamin C	16 mg (20 %*)
Vitamin E	10.7 mg (89 %*)
Iron (Fe)	2.88 mg (20 %*)
Chromium (Cr)	19.2 µg (48 %*)
Selenium (Se)	11.2 µg (20 %*)

\* According to LMIV nutrient values

### Ingredients:

Curly kale powder\*, <sup>Female Mimi</sup>Orgen-Her<sup>eu</sup>\* (certified organic mixture made from amla fruit, guava fruit, holy basil leaves, curry leaves, lemon fruit extract) 15%, hydroxypropylmethyl cellulose (capsule shell)

\* Controlled organic cultivation, DE-ÖKO-001

### Consumer information:

Free from gluten, lactose and iodine

Art.No.: 1010807

Packaging unit: 90 capsules

EAN: 4036185004959

# Vitamin D3 Plus

Natural food supplement

Natural vitamin D3 with calcium and magnesium from the sango coral

## SUN & VITAMINS



Important for:

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



*You recognize us  
by the quality!*



Suitable for:

- Everyone during winter months and on days without sunshine
- The elderly
- Dark-skinned people

Special target group:

- Children and adolescents during growth

**What is special about Sanatur Vitamin D3 Plus:**

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

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



### PRODUCT DATA

#### Vitamin D3 Plus

Natural food supplement with vitamin D3, calcium and magnesium

Recommended dose:

2 capsules daily

► 30 µg: 1200 IU (International Units) of vitamin D per recommended dose (2 capsules)

► 2 capsules of vitamin D plus cover:  
600%\* of the daily vitamin D requirement  
37.5%\* of the daily calcium requirement  
39%\* of the daily magnesium requirement

\* According to LMIV nutrient values

Ingredients:

Sango coral powder (87%), hydroxypropylmethyl cellulose (capsule shell); vitamin D3 (0.8%)

Consumer information:

Free from gluten and lactose

**Art.No.:** 10100299

**Packaging unit:** 90 capsules

**EAN:** 4036185004874

**PZN:** 12894310

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

# Vitamin K2

Natural food supplement  
K2 as biologically active MK-7

## MK-7 BONES...



Important for:

- Healthy bones
- Blood clotting



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



Suitable for:

- People who attach importance to healthy bones

Special target groups:

- Age 40+

### What is special about Sanatur Vitamin K2

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

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

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

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

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

Sanatur

### PRODUCT DATA

#### Vitamin K2

Natural food supplement with vitamin K2

#### Recommended dose:

1 capsule daily

▶ 75 µg of vitamin K2  
per recommended dose (1 capsule)

▶ 1 capsule covers 100%\* of the daily vitamin K2  
requirement

\* According to LMIV nutrient values

#### Ingredients:

Barley grass powder, hydroxypropylmethyl cellulose  
(capsule shell), vitamin K2 MK-7 (15 %)

#### Consumer information:

Free from gluten, lactose and iodine

Art.No.: 1010114

Packaging unit: 90 capsules

EAN: 4036185004737

PZN: 11141703

# Vitamin K2 Plus *Exclusive combination for strong bones!*

Natural food supplement

K2 as biologically active MK-7 and herbal vitamin D from lichen

## K2 & D3 herbal



Important for:

- Healthy bones
- Blood clotting
- Immune system



### What is special about Sanatur Vitamin K2 Plus:

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

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

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

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

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



### PRODUCT DATA

#### Vitamin K2 Plus

Natural food supplement with vitamin K2 and vitamin D3

#### Recommended dose:

1 capsule daily

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

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

\* According to LMIV nutrient values

#### Ingredients:

Barley grass powder, hydroxypropylmethyl cellulose (capsule shell), vitamin K2 MK-7 (15%), vitamin D3, vegan (2.3%)

#### Consumer information:

Free from gluten, lactose and iodine

Art.No.: 1010179

Packaging unit: 90 capsules

EAN: 4036185004768

PZN: 12872159

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



Suitable for:

- People who attach importance to healthy bones

Special target groups:

- Age 40+

# DHA Plus herbal

Natural food supplement

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

## BRAIN & HEART



Important for:

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



*You recognize us by the quality!*



Suitable for:

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

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

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

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

The human body can also develop DHA and EPA. It needs the alpha linolenic fatty acid (ALA) as a basic substance. First, our body develops eicosapentaenoic acid (EPA). Then, docosahexaenoic acid (DHA) can be developed from EPA. ALA is herbal and can be found in walnuts, linseed oil or Perilla oil.

Sanatur

### PRODUCT DATA

#### DHA Plus herbal

Natural food supplement with omega-3 fatty acids

#### Recommended dose:

2 capsules daily with the main meal

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

#### Ingredients:

Algae oil containing much DHA (algae oil made from schizochytrium sp micro-algae, sunflower oil, anti-oxidants: tocopherol, ascorbyl palmitate, rosemary extract), humectant agent: glycerol, thickening agent: modified corn starch, thickening agent: carrageen, acidity regulator: sodium carbonate

#### Consumer information:

Free from gluten, lactose and iodine

**Art.No.:** 1010195

**Packaging unit:** 80 capsules

**EAN:** 4036185004935

The positive effect on the brain function and eyesight in adults starts with a daily dose of 250 mg of DHA.

The positive effect on the heart function in adults starts with a daily dose of 250 mg DHA and EPA.

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

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

#### What is special about Sanatur DHA Plus herbal:

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

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



# Omega-3 fatty acids

Natural food supplement

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

## HEART FUNCTION



Important for:

- Eyes
- Brain
- Heart



*You recognize us by the quality!*



### What is special about Sanatur Omega-3 fatty acids:

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

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

Fish contain such a high amount of essential fatty acids such as EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) because they eat algae. Certain types of micro-algae are particularly suited for producing these fatty acids.

The following fish contain a high amount of omega-3: herring, sardine, salmon, mackerel and tuna. Omega-3 fatty acids can also be found in sesame oil (perilla oil), linseed oil, canola oil, hemp oil, walnut oil and soy oil.



### PRODUCT DATA

#### Omega-3 fatty acids

Omega-3 fatty acids

Natural food supplement with omega-3 fatty acids

#### Recommended dose:

3 capsules daily

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

\* According to LMIV nutrient values

#### Ingredients:

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

**Art.No.:** 1010059

**Packaging unit:** 120 capsules

**EAN:** 4036185004102

**PZN:** 13235259

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



Suitable for:

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

Special recommendation:

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

# Omega-3 herbal

Natural food supplement

Alpha-linolenic acid from perilla oil (wild sesame)

## CHOLESTEROL LEVEL



Important for:

- Blood fat values
- Cholesterol



*You recognize us by the quality!*



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

### Alpha-linolenic acid:

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

### What is special about Sanatur Omega-3 herbal:

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

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



### PRODUCT DATA

#### Omega-3 fatty acids

Natural food supplement with omega-3 fatty acids

#### Recommended dose:

3 capsules daily

- 900 mg of alpha-linolenic acid and 30 mg (250%\*) of vitamin E per recommended dose (3 capsules)

\* According to LMIV nutrient values

#### Ingredients::

Perilla oil (70.5%), capsule shell: modified corn starch, humectant: glycerol, gelling agent: carrageenan, acidity regulator: sodium carbonate, vitamin E

#### Consumer information:

Free from gluten, lactose and iodine

Art.No.: 1010822

Packaging unit: 120 capsules

EAN: 4036185004300

PZN: 04777168

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



Suitable for:

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

Special recommendation:

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

# Astaxanthin Plus

Natural food supplement with astaxanthin, acai berry powder, blueberry powder and selenium from mustard seed extract

## CELL PROTECTION



Important for:

- Cell protection
- Eyesight
- Eye adaptability



*You recognize us  
by the quality!*



Suitable for:

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

## SANATUR QUALITY STANDARD

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

## THINGS TO KNOW

### ASTAXANTHIN

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

### ACAI BERRY

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

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

Sanatur

## PRODUCT DATA

### Astaxanthin Plus

Natural food supplement with astaxanthin and anthocyanins

### Recommended dose:

1 capsule daily

► 4 mg of astaxanthin and 12.5 mg of anthocyanins, 25,3 µg (46%\*) selenium per recommended dose (1 capsule)

### Ingredients:

Barley grass powder, acai berry powder 23% (contains anthocyanins), hydroxypropylmethyl cellulose (capsule shell); organic algae mass 18% (contains astaxanthin); blueberry powder 11%,  
Orgen-SE\* (mustard seed extract)\* 2%

\* According to LMIV nutrient values

### Consumer information:

Free from gluten, lactose and iodine

Art.No.: 1010074

Packaging unit: 60 capsules

EAN: 4036185004638

PZN: 02260449

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

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

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

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

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

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

# Curcuma Plus

Natural food supplement

Highly dosed polyphenols: curcumin, piperin and catechin

## CURCUMIN & PIPERIN



Important for:

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

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

*You recognize us by the quality!*



### What is special about Sanatur Curcuma Plus:

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

- Sevenfold bioavailability
- Double retention time in blood\*

\*Compared with conventional curcuma products

- Black pepper extract (contains piperin)
- Green tea extract (contains catechins)

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



**Suitable for:**

- Adults and children

Special target group:

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

### SANATUR QUALITY STANDARD

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

### THINGS TO KNOW

There is an increasing amount of information on the properties of herbal substances. Polyphenols are of particular interest. Plants which contain a considerable amount of polyphenols include black pepper, green tea and the curcuma root.

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

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

Besides curcumin, the full spectre extract BMC-95 curcumin contains oils of the curcuma root which makes it possible to increase its bioavailability sevenfold.

Sanatur

### PRODUCT DATA

#### Curcuma Plus

Natural food supplement with herbal extracts

#### Recommended dose:

1 capsule per day

- 230 mg of polyphenols, i.e. 140 mg of curcumin, 9.5 mg of piperin, 9 mg of catechin per recommended dose (1 capsule)

#### Ingredients:

Barley grass powder, curcuma extract BCM-95® (28%), green tea extract (19%), hydroxypropylmethyl cellulose (capsule shell), black pepper extract (2%)

#### Consumer information:

Free from gluten, lactose and iodine

**Art.No.:** 1010157

**Packaging unit:** 60 capsules

**EAN:** 4036185004751

**PZN:** 11563338

# Grape seed OPC & Vitamin C

Organic food supplement with OPC and vitamin C from Acerola cherries

## CELL PROTECTION

 **Important for:**

- Cell protection
- Blood vessels
- Skin & collagen production
- Locomotor system
- Iron absorption
- Immune system



 **Suitable for:**

- People with a high antioxidant requirement

Special target group:

- People with iron deficiency

## SANATUR QUALITY STANDARD

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

## THINGS TO KNOW

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

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

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

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

Sanatur

## PRODUCT DATA

### Grape seed OPC & Vitamin C

Organic food supplement with vitamin C

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

OPC = Oligomere Proanthocyanidin

OPC = Bittering agent considered to be an interesting secondary phytochemical

Recommended dose:

3 capsules daily

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

\* According to LMIV nutrient values

Ingredients:

Grapeseed flour\* 62 %, Acerola fruit powder\* 21% (Acerola fruit\*, maltodextrin\*); hydroxypropylmethyl cellulose (capsule shell)

\* Controlled organic cultivation, DE-ÖKO-00

Consumer information:

Free from gluten, lactose and iodine

**Art.No.:** 1010820

**Packaging unit:** 90 capsules

**EAN:** 4036185004294

**PZN:** 04263067



# SPIRU® Energetic

Natural food supplement with energising Spirulina  
For use during therapeutic treatments

## ENERGETIC IMPULSES

### What is SPIRU® Energetic?

SPIRU® Energetic was developed by the famous alternative practitioner, Katja E. Ebt, in co-operation with the Sanatur Company. Health can only be ensured by means of our own self-healing powers, and for this reason we need a lot of energy. SPIRU® Energetic contains a host of energising information to support us to be and to become healthy. Spirulina microalgae are the ideal carriers for this information.

Owing to its biophotons, Spirulina is considered to be a food supplement with high light energy, i.e. it can store biophotons or light very well, and it can also absorb other subtle information. In addition, Spirulina is a food supplement containing all essential amino acids, and it acts as a natural source of vitamins, trace elements and secondary phytochemicals. Not only is it a carrier for energetic information, but also extraordinary FOOD for life.

### What is the advantage of SPIRU® Energetic?

- For our mental, psychological and physical harmony

There are different products for different energy centres in our body:

- SPIRU® Energetic 1-7 are taken in connection with a tenet
- SPIRU® Energetic SOS is to connect our body and soul

Every SPIRU® Energetic product 1-7 contains:

- Information of a particular colour
- Information of particular gemstones
- Information on particular spagyric remedies
- SPIRU® Energetic SOS, SPIRU® Energetic 8 and 9 contain information of particular spagyric remedies

Sanatur

### SANATUR QUALITY STANDARD

- 100% natural, herbal
- Contains no additives
- Safe and environmentally packaging
- Filled and stored in geopathically and electromagnetically refurbished rooms

### PRODUCT DATA

Recommended dose: 3 tablets daily

Ingredients: Spirulina platensis, energised, 100%

Consumer information: Free from gluten, lactose and iodine

Packaging unit: jar with 200 tablets

### SPIRU® Energetic SOS

Connects body and soul

Art. No.: 110000

PZN: 10926106

### SPIRU® Energetic 1

Trust and security

With both feet firmly on the ground and in life

Art. No.: 110001

PZN: 10926112

### SPIRU® Energetic 2

Food and sexuality

I have everything I need

Art. No.: 110002

PZN: 10926129

### SPIRU® Energetic 3

Power and control

I am, I am valuable

Art. No.: 110003

PZN: 10926135

### SPIRU® Energetic 4

Perceiving love and gratitude  
I love. I am loved

Art. No.: 110004

PZN: 10926141

### SPIRU® Energetic 5

Expression and reception  
I am linked to everything

Art. No.: 110005

PZN: 10926158

### SPIRU® Energetic 6

Perception

I am a product of "God's" nature

Art. No.: 110006

PZN: 10926164

### SPIRU® Energetic 7

Unity or separation

I am part of the whole, inseparable  
and linked to everything

Art. No.: 110007

PZN: 10926170

### SPIRU® Energetic 8

Connection to heaven

Art. No.: 110008

PZN: 11563344

### SPIRU® Energetic 9

Link to earth

Art. No.: 110009

PZN: 11563350



## PetAktiv

Food supplement for dogs, cats & small pets

### CARTILAGE & JOINTS

 Important for:

- Joints
- Bones
- Teeth
- Muscles



*You recognize us  
by the quality!*



DE-ÖKO-001  
Nicht-EU-Landwirtschaft

## Food supplements for pets

Food supplements can often help prevent man-made deficiencies in pets. Even a balanced and species-appropriate pet food may lead to a shortage in special nutrients, like vitamins and minerals. Paying attention to naturalness and careful manufacturing can support bones and muscles as well as promote endurance and stimulate the metabolism.

Recommended for a smooth motion sequence and when the joints are subject to intensive stress.

PetAktiv utilizes the natural ingredients of the rosehip *rosa canina* L.AP-4. It contains vitamin C, beta carotene, galactolipids, calcium and phosphorus.

**PetAktiv contains:**

- Valuable vitamins
- Important minerals
- Galactolipids

- Organic quality
- 100% herbal/vegan
- Free from artificial flavours, colouring and preserving substances



### PRODUCT DATA

#### **PetAktiv Cartilage & joints**

Food supplement for dogs, cats and small pets

#### Composition:

Rosehip powder\* (10 %)

Rosehip seeds\* (90 %)

\* From controlled organic cultivation, DE-ÖKO-001

#### Use:

Mix the pellets with the normal pet food. A long-term application is possible

#### Dose:

This depends on the body weight of the animal.  
5-10g of PetAktiv for every 10kg of body weight.

**Art.No.:** 1010019

**Packaging unit:** 120 g pellets

**EAN:** 4036185001200

**PZN:** 10926098

# SpiruPet

Food supplement for dogs, cats and small pets

## IMMUNE SYSTEM & ENDURANCE



Important for:

- Body's defences
- Immune system
- Endurance



*You recognize us  
by the quality!*



SOS granules made from Spirulina platensis extract and soy protein for stamina and the immune system. Specially suitable for pets under heavy strain and for pets showing the first signs of weakness.

The rich extract of Spirulina platensis contains:

- Nucleic acids, peptides and amino acids
- Important minerals
- Precious allophycocyanin and c-Phycocyanin
- Spirulina Growth Factor (S.G.F)

### PRODUCT DATA

#### Composition:

Spirulina platensis microalgae (extract), soy protein concentrate, skimmed milk powder, lactose, glucose

- 100% vegetarian
- Free from artificial flavours, colouring and preserving substances

#### Use:

Mix the granules with the normal pet food. A long-term application is possible.

#### Dose:

This depends on the bodyweight of the animal.  
Animals (bodyweight < 10 kg): 1.5 g = 1 tsp  
Animals (bodyweight 10-20 kg): 3.0 g = 2 tsp  
Animals (bodyweight > 20 kg): 4.5 g = 3 tsp

Art.No.: 1010018

Packaging unit: 120 g granules

EAN: 4036185001194

PZN: 10749756

# SpiruPet VITAL

Food supplement for dogs, cats and small pets

## VIGOUR & BONES



Important for:

- Vigour
- Immune system
- Bones
- Eyesight



*You recognize us  
by the quality!*



DE-ÖKO-001  
Non-EU-agriculture

100% organic Spirulina platensis granules for vigorous animals with shining coats and healthy bones.

The extraordinary nutrient composition of Spirulina supports bones, eyesight, energy metabolism and performance readiness of your animal and provides a gorgeous coat.

BioSpirulina granules contain:

- Precious vitamins like vitamin A and vitamin K
- Important minerals like iron
- Natural sources of protein with all amino acids

### PRODUCT DATA

#### Composition:

Spirulina platensis micro-algae granules\*

\* From controlled organic cultivation, DE-ÖKO-001

- Organic quality
- 100% vegetarian
- Free from artificial flavours, colouring and preserving substances

#### Use:

Mix the granules with the normal pet food. A long-term application is possible.

#### Dose:

This depends on the body weight of the animal.  
Animals (bodyweight < 10 kg): 1.5 g = 1 tsp  
Animals (bodyweight 10-20 kg): 3.0 g = 2 tsp  
Animals (bodyweight > 20 kg): 4.5 g = 3 tsp

Art.No.: 1010020

Packaging unit: 100 g granules

EAN: 4036185001217



# HERB ESSENCES

## ENERGETIC & HOLISTIC



Our essences are produced according to holistic guidelines, fulfilling quality standards that surpass the requirements for industrially produced products. The basis for the entire process of manufacture is four main points. The consistent implementation of these points guarantees the quality of our products.

- **100% organic cultivation**

All herbs are cultivated for us in Germany according to controlled organic standards.



- **100% manual work**

In order to preserve the energetic structure of the plants, they are planted, cared for, harvested and crushed gently. The essences' exposure to the sun is checked daily. Turning the demijohn regularly ensures that as many ingredients as possible are dissolved from the plants. This can only be achieved with 100% manual work.

- **100% purely herbal, free from interference fields**

The plants only come into contact with materials that cannot emit disturbing components i.e. metal ions or softeners. That's why the plants are harvested with ceramic knives. The essences are prepared and stored exclusively in glass demijohns. For sale packaging only glass bottles qualify. All storage rooms are free from geopathical disturbance zones and electro smog.

- **Saturated extract plus micro finely purified water**

All plant parts are steeped in organic alcohol. The maceration process can take several months to reach the complete alcohol saturation. Because of the high saturation with plant components, the recommended dose is limited to just a few drops. Only micro finely purified water is used to adjust the plant extracts to 40 per cent by volume of alcohol. This is important to avoid coagulation. Many active components would be lost if the coagulant were to be filtered, since it binds these substances.



### PRODUCT DATA

**Field horsetail organic herbal essence**

Alcoholic herbal extract  
40% alc/vol

Our recommendation:  
3 x 3 to 3 x 5 drops a day

Ingredients:

Water, organic alcohol\*,  
field horsetail\*

\* From controlled organic cultivation, DE-ÖKO-001

► The combination with Chlorella or Spirulina microalgae is highly recommended.

Consumer information:

100% natural  
Not suitable for small children and pregnant women

**Art.No.:** 10101460

**Packaging unit:**  
30 ml bottle

**EAN:** 4036185004171

**PZN:** 11512619



### PRODUCT DATA

**Wild garlic organic herbal essence**

Alcoholic herbal extract  
40% alc/vol

Our recommendation:  
3 x 3 to 3 x 5 drops a day

Ingredients:

Water, organic alcohol\*,  
wild garlic\*

\* From controlled organic cultivation, DE-ÖKO-001

► The combination with Chlorella or Spirulina microalgae is highly recommended.

Consumer information:

100% natural  
Not suitable for small children and pregnant women

**Art.No.:** 1010054

**Packaging unit:**  
30 ml bottle

**EAN:** 4036185004331

**PZN:** 09274667



### PRODUCT DATA

**Mugwort organic herbal essence**

Alcoholic herbal extract  
40% alc/vol

Our recommendation:  
3 x 3 to 3 x 5 drops a day

Ingredients:

Water, organic alcohol\*,  
mugwort\*

\* From controlled organic cultivation, DE-ÖKO-001

► The combination with Chlorella or Spirulina microalgae is highly recommended.

Consumer information:

100% natural  
Not suitable for small children and pregnant women

**Art.No.:** 1010061

**Packaging unit:**  
30 ml bottle

**EAN:** 4036185000524

**PZN:** 12339301







**Field horsetail (Equisetum arvense)**

The field horsetail is one of the oldest plants on earth. Like most wild herbs it is very robust and strong.



**Wild garlic (Allium ursinum)**

Wild garlic is a very enduring, hardy herbaceous plant. Although its components are similar to those of garlic it is milder and more easily digestible.



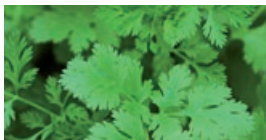
**Mugwort (Artemisia)**

Being modest, robust and enduring, Mugwort has been appreciated since antiquity. It is used as a seasoning herb in many recipes.



**Wild teasel (Dipsacus fullonum L.)**

This plant was made popular by botanist Wolf-Dieter Storl who lectures about contemporary issues. He pays special attention to the wild teasel.



**Coriander (Coriandrum sativum)**

Having come to us from Asia, coriander has been known as a highly digestible spice since the high cultures of Egypt.



**Dandelion (Taraxacum officinale)**

As its name suggests, the dandelion's lionly strength can even penetrate concrete.



**Black walnut (Juglans nigra)**

Black walnut trees impress with their striking size and longevity. The nuts essential oil and the tanning agents are highly sought after by botanists.

**PRODUCT DATA**

**Wild teasel organic herbal essence**  
Alcoholic herbal extract  
40% alc/vol

Our recommendation:  
3 x 3 to 3 x 5 drops a day

Ingredients:  
Water, organic alcohol\*, wild teasel root\* (Dipsacus fullonum L.)  
\* From controlled organic cultivation, DE-ÖKO-001

► The combination with Chlorella or Spirulina microalgae is highly recommended.

Consumer information:  
100% natural  
Not suitable for small children and pregnant women

**Art.No.:** 1010055  
**Packaging unit:**  
30 ml bottle  
**EAN:** 4036185004348  
**PZN:** 09274704



**PRODUCT DATA**

**Coriander organic herbal essence**  
Alcoholic herbal extract  
40% alc/vol

Our recommendation:  
3 x 3 to 3 x 5 drops a day

Ingredients:  
Water, organic alcohol\*, coriander\*  
\* From controlled organic cultivation, DE-ÖKO-001

► The combination with Chlorella or Spirulina microalgae is highly recommended.

Consumer information:  
100% natural  
Not suitable for small children and pregnant women

**Art.No.:** 1010056  
**Packaging unit:**  
30 ml bottle  
**EAN:** 4036185004355  
**PZN:** 09274710



**PRODUCT DATA**

**Dandelion organic herbal essence**  
Alcoholic herbal extract  
40% alc/vol

Our recommendation:  
3 x 3 to 3 x 5 drops a day

Ingredients:  
Water, organic alcohol\*, dandelion\*  
\* From controlled organic cultivation, DE-ÖKO-001

► The combination with Chlorella or Spirulina microalgae is highly recommended.

Consumer information:  
100% natural  
Not suitable for small children and pregnant women

**Art.No.:** 1010051  
**Packaging unit:**  
30 ml bottle  
**EAN:** 4036185004386  
**PZN:** 09274756



**PRODUCT DATA**

**Black walnut organic herbal essence**  
Alcoholic herbal extract  
40% alc/voll

Our recommendation:  
3 x 3 to 3 x 5 drops a day

Ingredients:  
Water, organic alcohol\*, black walnut\*, walnut\*  
\* From controlled organic cultivation, DE-ÖKO-001

► The combination with Chlorella or Spirulina microalgae is highly recommended.

Consumer information:  
100% natural  
Not suitable for small children and pregnant women

**Art.No.:** 1010063  
**Packaging unit:**  
30 ml bottle  
**EAN:** 4036185004164  
**PZN:** 10352668







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

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

### Hyaluron Eye & Face Essence

(10 ml Roll-on)

Suitable for any type of skin

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

#### ACTIVE SUBSTANCES

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

#### PRODUCT DATA

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

**Art.No.:** 1010197  
**10 ml Roll-on**  
**EAN:** 4036185005451



### Hyaluron 24h Cream

(50 ml dispenser)

Suitable for any type of skin

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

#### ACTIVE SUBSTANCES

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

#### PRODUCT DATA

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

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



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

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



**SpiruSkin**

SPIRULINA INTENSIVE CARE

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

SpiruSkin products contain:

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

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

\* Except Nutritive Cream

## 2-Phase Eye Make-up Remover

Eye make-up remover

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

### PRODUCT DATA

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

**Art.No.:** 1010080  
**150 ml bottle**  
**EAN:** 4036185005017  
**PZN:** 00248639

## Cleansing Milk

Gentle cleansing milk

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

### PRODUCT DATA

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

**Art.No.:** 1010077  
**200 ml tube**  
**EAN:** 4036185005000  
**PZN:** 01520581



## Soft Plankton Peeling

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

### PRODUCT DATA

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

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



## Toning Lotion

Refreshing face toner

Refreshing skin-care after cleansing, with Spirulina, hamamelis and aloe vera. Ideally suited as after-shave lotion for gentlemen who care about their skin.

### PRODUCT DATA

**INGREDIENTS:** Aqua, Glycerin, Aloe Barbadensis Leaf Extract, Spirulina Platensis Extract, Hamamelis Virginiana Water, Polyglyceryl-4 Caprylate, Phenoxyethanol, Benzyl Alcohol, Chlorphenesin, Sodium Lauryl Glutamate, Decyl Glucoside, Diglycerin, Disodium EDTA, Dehydroacetic Acid, Maltodextrin, Parfum, Citric Acid

**Art.No.:** 1010082  
**150 ml bottle**  
**EAN:** 4036185005024  
**PZN:** 08852317





### Beauty Cream Mask

Rich moisturizing cream mask

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

### PRODUCT DATA

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

**Art.No.:** 1010096  
**50 ml jar**  
**EAN:** 4036185005079  
**PZN:** 08852369

### Active Moisturizing Gel

Activating moisturizing gel (perfume-free)

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

### PRODUCT DATA

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

**Art.No.:** 1010102  
**30 ml bottle**  
**EAN:** 4036185005093  
**PZN:** 00248668

### Eye Zone Repair Gel

Moisturizing skin care for sensitive skin around the eyes  
- Soothing and hydrating (perfume-free)

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

### PRODUCT DATA

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

**Art.No.:** 1010104  
**30 ml bottle**  
**EAN:** 4036185005109  
**PZN:** 00248645



**SpiruSkin**  
SPIRULINA INTENSIVE CARE

*Tanja Katzer  
is impressed  
with  
SpiruSkin.*

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



## Balancing Cream

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

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

### PRODUCT DATA

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

**Art.No.:** 1010090  
50 ml jar  
**EAN:** 4036185005055  
**PZN:** 08852352

## Intensive Cream

Comprehensive skin care with plant oils and hyaluronic acid

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

### PRODUCT DATA

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

**Art.No.:** 1010180  
50 ml jar  
**EAN:** 4036185005208  
**PZN:** 05564931

## Nutritive Cream

Regenerating cream with a tried and tested formula

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

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

### PRODUCT DATA

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

**Art.No.:** 1010087  
50 ml jar  
**EAN:** 4036185005048  
**PZN:** 08852346

## Body Cream

Rich moisturizing body lotion

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

### PRODUCT DATA

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

**Art.No.:** 1010109  
200 ml tube  
**EAN:** 4036185005123  
**PZN:** 00297359

## Sensitive Hair & Body Shampoo

2-in-1 shampoo and shower gel

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

### PRODUCT DATA

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

**Art.No.:** 1010115  
200 ml tube  
**EAN:** 4036185005154  
**PZN:** 00248674





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



## Algira sea algae cosmetics - purely natural!

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



### 1 Sea Salt Body Peeling

#### Soft skin

Sebum and skin scales are gently removed by the fine-grain salt structure. When used all over the body, the skin is also provided with minerals and papain.

#### PRODUCT-DATA

**INGREDIENTS:** Maris Sal (sea salt), Sodium Bicarbonate, Chlorella pyrenoidosa (micro-algae), Phosphatidylcholine (from soy oil), Papain (enzyme from papaya), C.I.75810

**Art.Nr.:** 1010122  
**250 g jar**  
**EAN:** 4036185006007  
**PZN:** 08852458

### 2 Sea salt algae bath

#### Alkaline wellness bath

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

#### PRODUCT-DATA

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

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

### 3 Sea algae activating package

#### Active diet support

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

#### PRODUCT-DATA

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

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

### 4 Sea algae moisturising package

#### Refreshing treatment

Sufficient moisture is the prime condition for an elastic and firm connective tissue. Sea-algae of the laminaria and lithothamnium families are ideal herbal substance carriers to provide the skin effectively with moisture.

#### PRODUCT-DATA

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

**Art.Nr.:** 1010138  
**180 g jar**  
**EAN:** 4036185006199  
**PZN:** 10749667

### 5 Sea algae skin tightening package

#### Bums, tums and legs

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

#### PRODUCT-DATA

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

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

### 6 Sea algae deep cleansing package

#### Clear complexion

A clear complexion can only be achieved after deep pore cleansing. Afterwards, the skin is provided with sufficient skin-care and nutrient-rich substances. Our package contains healing clay, bladder wrack and red coralline algae which ensure deep cleansing and skin care properties.

#### PRODUCT-DATA

**INGREDIENTS:** Fucus vesiculosus (bladder wrack), Lithothamnium calcareum (red coralline algae), Argilla (healing clay)

**Art.Nr.:** 1010130  
**180 g jar**  
**EAN:** 4036185006113  
**PZN:** 10749696





**Bio**

**Pathica Ltd**

P.O. Box 217, Ashford, Kent, TN23 6ZU  
Phone: +44 01233 636678 Fax: +44 01233 638380

Email: [products@biopathica.co.uk](mailto:products@biopathica.co.uk)  
Website: [www.biopathica.com](http://www.biopathica.com)

*Bio Pathica Ltd distributes Sanatur products in the UK. We co-operate with experienced natural health practitioners regarding medical queries.*

*Orders placed prior to 1.30pm are despatched the same day.*

*Sales support is offered by means of flyers, brochures etc - free of charge.*

**PLEASE NOTE:** *This information is intended for professional practitioners only.*



**Sanatur**