

# Vitamin B Complex

Food supplement to provide the body with B-vitamins

## Vitamin-B-Complex makes strong nerves!

Vitamin-B-Complex supplies the body with folic acid, biotin and further B-vitamins. Its good therapeutic use for accompanying different naturopathic therapies (e.g. detoxification etc.) has been verified by a traditional healer.

- *accompaniment to support nervous system*
- *supports the synthesis of fatty acids and protects against oxidation*



- Persons with a shortage or a special need for B-vitamins.



1 capsule daily to be swallowed with adequate liquid.



Vitamin-B-Complex can be combined with products of Spirulina and Chlorella.

**Pharmaceutical Form:** 700 mg capsules

**Ingredients:** Soy bean oil, mixture of vitamins (vitamin B<sub>1</sub>-nitrate, vitamin B<sub>2</sub>, vitamin B<sub>6</sub>-hydrochlorid, vitamin B<sub>12</sub>, folic acid, calciumpanthothenat, nicotinic acid amide, ascorbic acid, dl-alpha-tocopherol acetate, biotin, (dextrose), soy bean oil partially hydrogenated, soya lecithin, capsule cover: gelatine, glycerin, sorbitol, water, iron oxide red and yellow (E172), titanium dioxide (E171)

# Omega-3-Fatty Acids

Food supplement to provide the body with Omega-3-fatty acids

## from Salmon Oil

Salmon oil supplies essential, unsaturated fatty acids like the type of Omega-3 for a healthy cell structure. The nerves, muscles and blood vessels are especially benefited by a sufficient supply of these fatty acids.

- *can support the cell membrane and blood vessels*
- *contains Omega-3-fatty acids like EPA, DHA and DPA which are well-known for their anti-inflammatory nature*
- *can improve the appearance of the skin*



- Persons with an increased need for polyunsaturated fatty acids (seniors, athletes, chronically sick people)

- Persons with onesided food patterns



2 capsules daily to be swallowed with adequate liquid.



Omega-3-fatty acids can be combined with all products of Sanatur.

This product can be used for detoxification as per Dr. Klinghardt.

**Pharmaceutical Form:** 715 mg caps.

**Ingredients:** 500 mg Salmon oil (EPA ca. 19 %, DHA ca. 13 %, DPA ca. 2 %), 10 mg vegetable vitamin E; capsule cover: gelatine

- controlled on heavy metals

# Omega-3

Fatty acids from wild sesame

Food supplement to provide the body with Omega-3-fatty acids

## from Perilla Oil - pure vegetable

Wild sesame (lat. Perilla) is also called black nettle or Chinese Melissa. This labiate plant for the Omega-3 richest plant on the earth. The high-quality perilla oil is extracted from the seeds.

- *supports the lipometabolism and an aware alimentation with cholesterol*
- *strengthens the vessels, ideal if only little or no fish is eaten*
- *vegetarian*



- Persons with an increased need for polysaturated fatty acids (seniors, athletes, chronically sick people)

- Persons with onesided food patterns



2 capsules daily to be swallowed with adequate liquid.



Perilla Oil can be combined with all products of Sanatur.

**Pharmaceutical Form:** 785 mg capsules

**Ingredients:** 500 mg Perillaoil, 10 mg vitamin E, capsule cover: tapioka, wetting agent: sorbitol, maltitol, glycerol, emulsifier: glycerolmonostearat

- vegan (pure vegetable)

Sanatur

100 % vegetable

## L-Carnitine plus Spirulina

Herbal food supplement to provide  
the body with L-Carnitine and Spirulina

### • Important as a fat-burner!

L-Carnitine supports the metabolic rate of body fats and maintains constant energy. Combined with Spirulina it offers the body a well-balanced spectrum of vital substances.

- important for energy metabolism
- important as a fat-burner
- extra effective for competitive and endurance sports
- accompaniment on the way to your desired weight
- audited quality - exclusive use of  
L-CARNIPURE and Spirulina



- Persons with an increased need for L-Carnitine (seniors, athletes)
- Persons with a disordered lipometabolism and overweight persons



1 - 2 capsules daily to be swallowed before meals with adequate liquid.



L-Carnitine plus Spirulina is ideal to be combined with all other products of Sanatur.

**Pharmaceutical Form:** 425 mg capsules  
(170 mg pure L-Carnitine and 100 mg Spirulina  
platensis per capsule)

**Ingredients:** L-Carnitine (40 %), Spirulina  
platensis microalgae powder (23 %), acidity of  
wine;  
capsule cover: cellulose

- audited quality  
with this sign



## CoEnzym Q10

Herbal food supplement  
to provide the body with vitamins

### • For a strong heart!

Constantly strained organs like the heart, liver and kidneys as well as the muscles need Q 10 as it is needed there for the cell metabolism and as an antioxidant against free radicals. Sanatur-Q 10 is supported in its function by vitamin C from the acerola fruit.

- supports increased well-being
- supports a strong heart
- on a pure vegetable basis
- extra effective for competitive and endurance sports



- Persons with an increased need for CoEnzym Q10  
(seniors, athletes)



1 capsule daily to be swallowed with adequate liquid.



CoEnzym Q10 is ideal to be combined with all other products of Sanatur.

**Pharmaceutical Form:** 345 mg capsules

**Ingredients:** Herbal CoEnzym Q10 (8,7 %),  
acerola powder with natural vitamin C,  
silicon dioxide, magnesium sal of food fatty  
acids; capsule cover: cellulose

- vegan (pure vegetable)
- lactose-free, yeast-free

## Grape Kernel OPC & Vitamin C

Herbal food supplement  
to provide the body with antioxidants

Sanatur

### • The catcher of free radicals!

- Grape Kernel OPC & vitamin C can protect the cell  
a lot more against free radicals than vitamin E
- a combination of strong antioxidants
- antioxidants neutralise free radicals
- OPC & Vitamin C intensify one another
- Ingredients from controlled organic cultivation

(The capsule's cellulose cover is not yet included in the rules of Council Regulation (EEC) No. 2092/91, therefore this product is not mentioned as a bio-product.)



- Persons with an increased need for antioxidants  
(seniors, athletes, smokers etc.)



5 capsules to swallow, spread over the day with a lot of liquid.



Grape Kernel OPC & Vitamin C is ideal to be combined with all other products of Sanatur.

**Pharmaceutical Form:** 645 mg capsules

**Ingredients:** Grape kernel flour (75 %),  
acerola fruit powder (15 %);  
capsule cover: cellulose

- vegan (pure vegetable)
- lactose-free, yeast-free