

## Product Quality:

- 100 % natural
- no contamination with heavy metals\*
- free of herbicides/pesticides\*
- microbiologically clean\*

[You will find further important quality details on our quality page!](#)

## Product Information:

**SpiruChromium** provides the body with the trace element chromium<sub>3</sub> on a food base - **100 % natural**.

- chromium<sub>3</sub> is not added afterwards but is naturally absorbed during the growth of spirulina
- easy to digest, very compatible
- contains natural amino acids, gluconates, B-vitamins etc. for an ideal absorption and utilisation of chromium.

**Pharmaceutical Form:** 400 mg tablets with 34 µg naturally bound chromium<sub>3</sub> per tablet

**Ingredients:** Spirulina platensis microalgae powder (100 %)

- vegan (pure vegetable)
- gluten-free, lactose-free, yeast-free
- free from flavor additives, coloring and fillers
- contains no iodine

[\\* Product analysis on the back](#)

# SpiruChromium

*Spirulina platensis microalgae with higher natural chromium - natural food supplement*

Sanatur

## • to provide the body with naturally bound chromium<sub>3</sub> <sup>(4)</sup>

- as a special diet in case of diabetes mellitus<sup>(3) (4)</sup>
- accompaniment in case of adult onset diabetes and metabolic syndrome <sup>(3) (4)</sup>
- accompaniment for overweight and malfunctioning lipometabolism <sup>(3)</sup>
- supportive when tired after eating
- can help to metabolize sugar and fat better <sup>(3)</sup>
- supports when not enough chromium is absorbed by alimentation e.g. due to malabsorption in age, fat and phytinrich food <sup>(3)</sup>
- accompaniment during pregnancy
- supportive against ravenous appetite for sugar <sup>(3)</sup>

permanent consumption  
permanent consumption  
permanent consumption  
permanent consumption  
permanent consumption

permanent consumption  
9 months  
permanent consumption

Chromium is an essential trace element for the pancreas. It supports the body's own production and utilisation of insulin and so it helps the sugar metabolism. Furthermore chromium plays an important role in the metabolism of carbohydrates, insulin and lipometabolism. <sup>(3) (4)</sup>



- Persons with onesided food patterns (a lot of fast food, soya as well as plain flour and a high amount of sugared food)
- Persons with an increased need for chromium (seniors, athletes, persons who often have infections, stress, trauma <sup>(3)</sup>)
- Adults
- Pregnant and nursing women
- Children and teenagers



**Adults, Teenagers:** 5 - 7 tablets to swallow before meals, spread over the day with a lot of liquid.

**Children:** 1 - 2 tablets see above (for small children dissolve tablets in liquid)

There were no incompatibilities found.<sup>(4)</sup>

**Important:** In case of diabetes mellitus and regular consumption of insulin we recommend to consult a therapist before using SpiruChromium (blood sugar control!)



SpiruChromium can be combined with all products of Sanatur.



<sup>(3)</sup> according to the compendium for physicians and pharmacists „Orthomolecular medicine“- author Uwe Gröber; <sup>(4)</sup> experience values of the Sanatur survey with therapists 2001

## Product Quality:

- 100 % natural
- no contamination with heavy metals\*
- free of herbicides/pesticides\*
- microbiologically clean\*

You will find further important quality details on our quality page!

## Product Information:

- SpirulManganese** provides the body with the trace element manganese on a food base - **100 % natural**.
- manganese is not added afterwards but is naturally absorbed during the growth of spirulina
  - easy to digest, very compatible
  - contains natural amino acids, copper, biotin etc. for an ideal absorption and utilisation of manganese

**Pharmaceutical Form:** 400 mg tablets with 400 mcg natural bound manganese per tablet

**Ingredients:** Spirulina platensis microalgae powder (100 %)

- vegan (pure vegetable)
- gluten-free, lactose-free, yeast-free
- free from flavor additives, coloring and fillers
- contains no iodine

\* [Product analysis on the back](#)

# Spiru Manganese

*Spirulina platensis microalgae with naturally higher manganese - natural food supplement*

## • to provide the body with naturally bound manganese <sup>(3)</sup>

- *can support the absorption of calcium in case of osteoporosis <sup>(3)</sup>*
- *accompaniment in case of diabetes mellitus and metabolic syndrome, epilepsy <sup>(3)</sup> (4)*
- *accompaniment in case of rheumatic arthritis <sup>(3)</sup>*
- *supportive when not enough manganese is absorbed by alimentation e.g. in case of food which is rich in sugar, fat and plain flour, phosphatic food or high consumption of alcohol <sup>(3)</sup>*
- *supportive in case of discomfort during menopause, prostration <sup>(4)</sup>*

permanent consumption

permanent consumption

permanent consumption

permanent consumption

permanent consumption

Manganese is an essential part of important enzyme systems of carbohydrates, protein and lipometabolism.

It mainly takes part in building connective tissue, chondral and bone-tissue as well as in the uric acid metabolism (detoxification of ammonia). As a co-factor manganese activates several enzymes e.g. the superoxide dismutase, which acts as an antioxidant.



- Persons with onesided food patterns (food which contains a lot of sugar, plain flour, phosphate)
- Persons with an increased need for manganese (alcohol addicts as well as persons with osteoporosis, depression, epilepsy and contaminated with heavy metals)
- Adults
- Children and Teenagers



Adults, Teenager: 2 - 5 tablets to swallow before meals, spread over the day with a lot of liquid.

Children: 1 - 2 tablets see above (dissolve tablets for small children in liquid)

There were no incompatibilities found.<sup>(4)</sup>

Important: Manganese is able to enforce the blood sugar lowering of insulin. Manganese should not be used in case of hepatitis and cirrhosis of the liver.<sup>(3)</sup>



SpiruManganese can be combined with all products of Sanatur except SpiruZinc as well as SpiruIron. Do not use it together with calcium, iron, zinc and phosphate: min. 2 h gap.

(3)according to the compendium for physicians and pharmacists „Orthonmolekulare medicine“ - author Uwe Göbber<sup>(4)</sup> experience values of the Sanatur survey with therapists201



## Product Quality:

- 100 % natural
- no contamination with heavy metals\*
- free of herbicides/pesticides\*
- microbiologically clean\*

You will find further important quality details on our [quality page!](#)

## Product Information:

SpiruComplex supplies the body with the trace elements chromium, zinc and selenium on a food base\* 100 % natural.

- well-dosed mixture of SpiruChromium, SpiruZinc and SpiruSelenium
- easy to digest, very compatible
- contains natural amino acids, gluconates, B-vitamins etc. for an ideal absorption and utilisation of trace elements

**Pharmaceutical Form:** 400 mg tablets with approx. 500 mcg zinc, 15 mcg selenium and 14 mcg chromium per tablet

**Ingredients:** Spirulina platensis microalgae powder (100 %)

- vegan (pure vegetable)
- gluten-free, lactose-free, yeast-free
- free from flavor additives, coloring and fillers
- contains no iodine

\* [Product analysis on the back](#)

# SpiruComplex 3 in 1

*Spirulina platensis microalgae with higher natural chromium, zinc and selenium - food supplement*

Sanatur

## • to provide the body with naturally bound trace elements <sup>(1)</sup>

- **able to support the increase of the thymus power during and after a cancer therapy** <sup>(3)</sup> <sup>(4)</sup> <sup>(6)</sup> *minimum 6 months*
- **able to support the removal of harmful substances and detoxification during and after a cancer therapy** <sup>(3)</sup> <sup>(4)</sup> *minimum 6 months*
- **able to support the enhancement of the immune system** <sup>(1)</sup> <sup>(3)</sup> <sup>(4)</sup> <sup>(5)</sup> <sup>(6)</sup> *permanent consumption*
- **able to support thyroid function** <sup>(3)</sup> <sup>(6)</sup> *permanent consumption*
- **supportive in case of fatigue and absence of appetite** *permanent consumption*
- **accompanying during menopause** <sup>(2)</sup> *permanent consumption*

SpiruComplex unifies the three essential trace elements, selenium as an antioxidant, chromium as a metabolic catalyst and zinc.



- Persons with an increased need for chromium, zinc and selenium (seniors, alcohol addicts as well as persons with added environmental stresses and strains)
- Persons with one-sided food patterns (vegan food, reduced protein absorption)
- Adults
- Children and teenagers



**Adults, teenagers:** 1 - 2 tablets to swallow before meals, spread over the day with a lot of liquid.

**Children:** 1 tablet see above (dissolve tablets for small children in liquid)

There were no incompatibilities found. <sup>(4)</sup>

**Important:** In case of thyroid hyperfunction or when thyroid hormones are regularly used, only consume after agreement with a therapist.



SpiruComplex can be combined with all products of Sanatur. Especially beneficial is the combination with Organicspirulina, Q10 as well as homeopathic medicines. <sup>(4)</sup>



(1) survey: immunological influence of Zinc-Spirulina at children and adults with loss of hair (aloppecia) 1/07/2000; (2) application studies: Acne inversa is positively influenced by the use of Spirulina 7/2005; (3) according to the compendium for physicians and pharmacists: „Orthonomolekulare medicine“ - author: Uwe Gröber; (4) experience values of the Sanatur survey with therapists 2001; (5) teleconfirmation of heavy metals with microalgae Spirulina platensis 5/2000; (6) immune corrective influence of Spirulina platensis as daily food supplement and environmental stress 10/1997

### Product Quality:

- 100 % natural
- no contamination with heavy metals\*
- free of herbicides/pesticides\*
- microbiologically clean\*

You will find further important quality details on our quality page!

### Product Information:

**Chlorella Hau** provides **over 50 vital substances\*** with a high bioavailability (ca. 80 %) in a natural form.

- rich in chlorophyll (2 - 3 %)
- cell wall gently unclosed (patented method which specially treats the ingredients with care)

**Pharmaceutical Form:** 400 mg tablets, 360 mg capsules or powder

**Ingredients:** Chlorella pyrenoidosa microalgae powder (100 %)

- vegan (pure vegetable)
- gluten-free, lactose-free, yeast-free
- free from flavor additives, colouring and fillers
- contains no iodine

\* Product analysis on the back

### Product Information:

**Pharmaceutical Form:** 570 mg tablets

**Content of coriander:** 5 drops of essence per tablet

**Ingredients:** lactose, cilantro (16 %), cellulose, starch, magnesium stearate

- contains lactose

# Chlorella Hau

*Chlorella pyrenoidosa microalgae - natural food supplement*

- **to provide the body with natural vital substances in case of environmental stress<sup>(4) (8)</sup>**
- **supports during and after decontamination of amalgam<sup>(4)</sup>**
- **can be used for removal of harmful substances as by Dr. Dietrich Klinghardt**
- **accompanies and supports during fasting cures and detoxication**

6 weeks to 2 years

twice a year for 6 weeks, spring/autumn

The particularity of this algae is its cell wall. It contains sporopollenin which is said to have a heavy metal binding capacity.



- Persons who are charged with dental amalgam and other dental metals
- Persons with increased job-related stress (e.g. dentists, dentist-helpers, laboratory assistants, people who work in chemical fields as with colors, varnish, exhaust fumes etc.)
- Adults, Teenagers



**Adults, Teenagers:** 3 - 15 tablets, capsules or 2 - 6 g powder, to swallow before meals, spread over the day, with a lot of liquid.

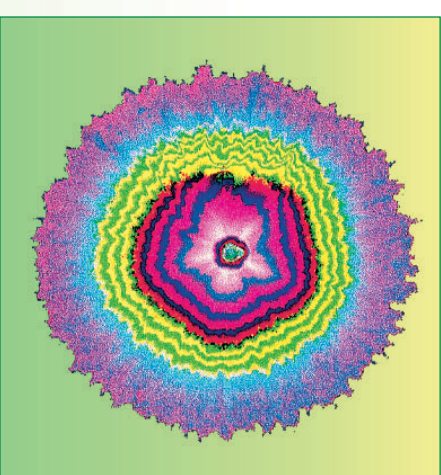
**For small children, children, during pregnancy and nursing we recommend to consume Chlorella only after the agreement of a therapist.**

The amount of consumption can be increased if necessary, an overdose of single substances is not possible.

Chlorella pyrenoidosa can be combined with all products of Sanatur. Especially advisable is the combination with Cilantro, SpiruSelenium and Omega-3-fatty acids.



(4) experience values of the Sanatur survey with therapists 2001; (8)algae products helpful at amalgam decontamination (special print: Erfahrungsteilkunde Band 48, Heft 7, Juli 1999, Dietrich Klinghardt



Super-COLORPLATE® impressively shows the harmony of Sanatur-Chlorella

## Cilantro

*food supplement after decontamination of amalgam*



**Adults, Teenagers:** 2 - 3 tablets to swallow daily, spread over the day

**For small children, children, during pregnancy and nursing we recommend to consume Cilantro only after the agreement of a therapist.**

Cilantro is able to support the removal of quicksilver out of the nerve tracts and the brain. It should not be used together with Chlorella until the connective tissue is free of heavy metals (by Dr. Klinghardt). Please consult your therapist.



Chlorella

Catalogue for specialized dealers, therapists, doctors and pharmacists

## Natural Food Supplements & Wellness



*Spirulina & Chlorella  
microalgae*



*Trace elements on the  
base of Spirulina*



*En vogue  
food supplements*



*Spirulina  
nutrition*



*Spirulina  
natural cosmetics  
SpiruSkin system-care*



*Seaweed  
baths & body packs*



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# Spirulina minis

Food

- the fruity 200-mg-version

## Use as OrganicSpirulina but:

... **SMALL tablets, much easier to swallow, better to suck**  
... **prebiotic inulin, fruit sugar and natural flavor of blueberries do cover very effectively the intense taste and smell of algae**



- refer to OrganicSpirulina, for all those who prefer to swallow or suck small tablets.



Adults, Teenagers: 10 - 25 tablets to swallow before meals, spread over the day, with a lot of liquid.

Children: 10 tablets see above

Small children: we recommend OrganicSpirulina powder

The dosage can be increased as an overdose of single substances is not possible.

Spirulina minis can be combined with all products of Sanatur.



**Pharmaceutical Form:** 200 mg tablets

**Ingredients:** Spirulina platensis microalgae powder (80%),

Inulin, fruit sugar, acidifying agent: citric acid;

natural blueberry flavor (from the fruit)

- vegan (pure vegetable)
- gluten-free, lactose-free, yeast-free
- free from colorings and fillers
- contains no iodine

# Spirulina & Chlorella <sup>2in1</sup>

Natural food supplement

- the premium combination

## Use as OrganicSpirulina and Chlorella:

*This product combines the two favoured algae in a 1:1 proportion. Therefore, the specific advantages of Spirulina and Chlorella can be optimally used. They ideally complement each other and are especially mild and well-compatible.*



- see Chlorella HAU



Adults, Teenagers: 3 - 15 tablets to swallow before the meals, spread over the day, with a lot of liquid.

For small children, children, during pregnancy and nursing we recommend to consume Spirulina & Chlorella only after the agreement of a therapist.

The dosage can be increased as an overdose of single substances is not possible.

Spirulina & Chlorella can be combined with all products of Sanatur. Especially advisable is the combination with Cilantro, SpiruSelenium and Omega-3-fatty acids.



**Pharmaceutical Form:** 400 mg tablets

**Ingredients:** Spirulina platensis microalgae powder (50%),

Chlorella pyrenoidosa microalgae powder (50 %)

- vegan (pure vegetable)
- gluten-free, lactose-free, yeast-free
- free from flavor additives, colorings and fillers
- contains no iodine

# Spirulina Hau

Natural food supplement

- the approved brand in therapy

## Use as OrganicSpirulina:

*For 20 years Spirulina Hau has been the approved brand of the company Sanatur and has always been produced as ecologically as possible. In 2002 we succeeded in stepping forward to a Organic-Certification by Naturland and BGS.*



- see BioSpirulina



Adults, Teenagers: 3 - 15 tablets, capsules or 2 - 6 g powder to be swallowed before meals, spread over the day, with a lot of liquid.

Children: 1 - 7 tablets or 1 - 3 g powder; see above.

Small children: 1 - 3 g powder to be dissolved in liquid.

The dosage can be increased as an overdose of single substances is not possible.

Spirulina Hau is ideal to be combined with all products of Sanatur.



**Pharmaceutical Form:** 400 mg tablets,  
360 mg capsules, powder

**Ingredients:** Spirulina platensis microalgae powder (100%)

- vegan (pure vegetable)
- gluten-free, lactose-free, yeast-free
- free from flavor additives, colorings and fillers
- contains no iodine



# Alfalfa

- Food
- German organic quality for raw vegetables

**„The father of all nutrients“**

Alfalfa, as the blue lucerne is also called, does mean in a way „The father of all nutrients“. Alfalfa is a kind of clover which has been at all times appreciated as a source of vital substances. It is known as a precious ingredient for salads as well as with vegetables and also to be eaten pure just with water or juice.

- can support the natural course of musculoskeletal system and the digestion
- supports an alkaline nutrition

Pharmaceutical Form: powder

Ingredients: alfalfa powder\* (100%)

\* controlled organic cultivation  
DE-001-Öko-Kontrollstelle: BCS Nürnberg

- vegan (pure vegetable)
- lactose-free, yeast-free
- free from colorings and fillers

# Spelt Grass

- Food
- German organic quality for raw vegetables

**„Ancestral cereal for life-energy“**

Young spelt grass is a food which is the richest in vital substances. Hildegard von Bingen praised the well-being effects and strong organisation powers spelt cereal is able to transport.

- supports neural-strength
- warms and donates power
- supports an alkaline alimentation

Pharmaceutical Form: 400 mg tablets, powder

Ingredients of tablets: spelt grass powder\* (99%), silica (silicon dioxide)

Ingredients of powder:  
spelt grass powder\* (100%)

\* controlled organic cultivation  
DE-001-Öko-Kontrollstelle: BCS Nürnberg

- vegan (pure vegetable)
- lactose-free, yeast-free
- free from colorings and fillers

# Barley Grass

- Food
- German organic quality for raw vegetables

**„The Chlorophyll-Cocktail“**

Barley grass which is rich in chlorophyll is especially appreciated by active people. Chlorophyll is condensed sunlight and brings well-being for body, soul and mind.

- calming and relaxing
- accompaniment food when detoxicating or during fasting cures
- supports an alkaline alimentation

Pharmaceutical Form: 400 mg tablets, powder

Ingredients of tablets: barley grass powder\* (98%), silica (silicon dioxide), palm fat\*

Ingredients of powder:  
barley grass powder\* (100%)

\* controlled organic cultivation  
DE-001-Öko-Kontrollstelle: BCS Nürnberg

- vegan (pure vegetable)
- lactose-free, yeast-free
- free from colorings and fillers

# Wheat Grass

- Food
- German organic quality for raw vegetables

**„The Fitness-Drink“**

Young wheat grass offers a simple and at the same time a very effective possibility to eat more green vegetables which are alkaline and rich in vital substances.

This is why it is today counted as a base of well-being and chance for high-performance.

- stimulating and mobilising
- supports an alkaline alimentation

Pharmaceutical Form: 400 mg tablets, powder

Ingredients of tablets: wheat grass powder\* (98%), silica (silicon dioxide), palm fat\*

Ingredients of powder:  
wheat grass powder\* (100%)

\* controlled organic cultivation  
DE-001-Öko-Kontrollstelle: BCS Nürnberg

- vegan (pure vegetable)
- lactose-free, yeast-free
- free from colorings and fillers

*All cereal grasses of Sanatur are organically cultivated according to the Council Regulation (EEC) No. 9092/91, harvested at its highest level of nutrients and immediately processed. They are carefully hand selected, dried at room temperature and extra finely ground. This guarantees freshness, quality and a good ecobalance.*



2 x 3 - 5 tablets or 2 - 3 tea spoons powder daily before or between meals to be swallowed, sucked or spread over food.



For permanent consumption for all those who want to support an alkaline food which is rich in vital substances. Also very suitable for children.



Cereal grasses of Sanatur are food which is especially rich in vital substances and can be used in combination with all other products of Sanatur.

## Product Quality:

The coast of Bretagne is well-known for its purest algae which are the richest in trace elements. The algae in Algira Sea Algae Care Products originate from region.

## 100 % Pure Nature

### Algira Sea Algae Care Products

- are composed of natural substances which are specially selected for holistic body care and have been arranged in effective formulas.
- without any preservatives
- free from perfume and chemical colourings

## Product Information

Important: Products of the Algira Sea Algae care collection contain iodine. Thus be careful in case of iodine sensitivity!

### Characteristics of Sea Salt Body Peeling

light, turquoise blue color, typical smell of the sea

### Characteristics of Sea Salt Algae Bath

colourless, typical smell of the sea



# Algira Sea Salt Algae Bath & Body Peeling

Vitality & Beauty from the Sea

## Sea Salt Body Peeling

- **natural body peeling**
- **clears the skin and prepares it optimally for subsequent care**
- **after the peeling the skin feels smooth and supple**
- **supports sweating in the sauna**
- **contains micro finely ground sea salt and Chlorella microalgae**

### Application:

Apply small amount of Algira Sea Salt Body Peeling with the hand on wet skin. Then massage the skin gently. Rinse off with plenty of warm water afterwards.

### Ingredients as per INCI:

Maris Sal (sea salt), Sodium Bicarbonate, Chlorella pyrenoidosa microalgae powder, Phosphatidylcholine, Papain, CI 75810

## Sea Salt Algae Bath

- **can support skin metabolism**
- **vitalizing and relaxing**
- **also suitable as footbath**
- **contains micro finely ground sea salt and sea algae**

### Application for a relaxation bath:

4 table spoons per bath. The water temperature should not exceed 35 °C. For permanent use or as a cure.  
Application time: approx. 15 - 20 minutes.

Important: 15 - 20 minutes rest after the bath.

### Application for supporting care in case of a detoxifying cure:

8 table spoons Sea Salt Algae Bath, 2 packages Kalsernatron (from the pharmacy), 1/2 tea spoon Spirulina powder. The ideal water temperature should not exceed 35 °C. Bath time approx. 45 minutes.

We recommend only a one time relaxation bath for persons who are having cardiovascular troubles and during pregnancy and nursing (see above).

### Ingredients as per INCI:

Maris Sal (sea salt), Laminaria digitata, Fucus vesiculosus



We recommend for a subsequent care Spirulina Body Lotion from our premium care collection SpiruSkin Natural Cosmetics.

- **ideal accompanying care during fasting and purification cures**
- **can be combined with all cosmetics and food supplement products of Sanatur**





## Product Quality:

The coast of Bretagne is well-known for its pure algae which are the richest algae in trace elements. The algae for Algira Sea Algae Care Products originate in this region.

## 100 % Pure Nature

### Algira Sea Algae Care Products

- are composed of natural substances which are specially selected for the holistic body care and have been arranged in effective formulas.
- without any preservatives
- free from perfume and chemical colourings

## Product Information

Important: Products of the Algira Sea Algae care collection contain iodine. Thus be careful in case of iodine sensitivity!

### Product characteristics:

full green colour, typical smell of the sea



## Sea Algae - Body Packs

*Vitality & Beauty from the Sea*

### Vitalization Body Pack

- contains seaweed, brown algae and red algae (lithothamnium calcareum) combined with sea salt
- can support skin metabolism
- accompanying care for connective tissue purification
- supporting care during fasting cures and weight reducing diets

#### Ingredients as per INCI:

Laminaria digitata, Lithothamnium calcareum, Fucus vesiculosus, Maris Sal (sea salt)

### Deep Cleansing Body Pack

- contains a well balanced proportion of a sea algae mixture as well as green healing earth
- cleanses thoroughly and intensively
- ideal as a partial body pack for skin which tends to impurities

#### Ingredients as per INCI:

Fucus vesiculosus, Lithothamnium calcareum, Argilla



Easy to apply: Mash the sea algae powder with warm water. Put it onto the parts of the body which need to be treated. Wrap in foil trousers or foil sheets and keep warm. Rinse well after 45 - 60 min.

- suitable for whole and partial body packs, do not apply on the face
- ideal accompanying care during fasting and purification cures
- can be combined with all cosmetics and food supplement products of Sanatur

### Firming Body Pack

- contains brown algae and red algae (lithothamnium calcareum), Spirulina microalgae and horsetail
- supports mature skin in a natural way
- accompanying care in case of cellulitis and loose connective tissue

#### Ingredients as per INCI:

Lithothamnium calcareum, Laminaria digitata, Spirulina platensis, Equisetum arvense, Hydrolyzed Yeast

### Moisturizing Body Pack

- retains a lot of moisture in the skin
- supporting care for the elasticity and firmness of the connective tissue
- contains a well balanced proportion of brown and red algae

#### Ingredients as per INCI:

Lithothamnium calcareum, Laminaria digitata

## Product Quality:

- we guarantee that no synthetic vitamin C is added

You will find further important quality details on our quality page!

Natural vital substances speak a language which your body understands.  
Natural zinc and vitamin C are well absorbed by the organism and very well tolerated.



## ZincSpirulina & Acerola

Food supplement to provide the body with natural zinc and vitamin C

### • Zinc & Vitamin C - the naturally powerful duo!

- zinc and vitamin C support the body's defenses
- 100 % natural vitamin C and zinc embedded in a well balanced spectrum of nutrients of Spirulina algae and acerola fruit powder
- good bioavailability

### Vitamins and zinc protect us and keep us in shape!\*

\*Source: Gesellschaft für Ernährungsmedizin und Diätetik e.V.



- Persons with an increased need of zinc and vitamin C



4 - 6 capsules to be swallowed daily with a lot of liquid.  
One who does not like the capsule cover can open the capsule and take out the powder.

The usage of ZincSpirulina is ideal as a cure in spring and autumn when more power is needed for the body's defenses.

ZincSpirulina & Acerola can be combined with all products of Sanatur, except Spiruliron and SpiruSelenium.



**Pharmaceutical Form:** 360 mg Capsules

**Ingredients:** Spirulina with natural bound zinc and acerola fruit powder (0,68 mg zinc, 30 mg vitamin C per capsule)

- vegan (pure vegetable)
- gluten-free, lactose-free, yeast-free
- free from flavour additives, colorings and fillers
- contains no iodine

## Organic Acerola Lozenges

Food supplement to provide the body with natural vitamin C

### • 100 % natural vitamin C

- in case of wet and cold weather
- at times of stress, sports or in a cumbering life situation
- for heavy smokers
- enforces the absorption of iron
- without synthetic vitamin C
- 65 mg natural vitamin C per lozenges



- Persons with an increased need for vitamin C  
- heavy smokers



**Adults, Teenagers:** 1 - 3 tablets daily to be dissolved in the mouth.

**Children:** 1 tablet daily to be dissolved in the mouth.



Acerola can be combined with all products of Sanatur except SpiruSelenium.

**Pharmaceutical Form:** Lozenges

**Ingredients:** Sugar\*, Acerola fruit powder\* (65 mg vitamin C per tablet), palmöl\*, siliciumdioxid, maltodextrin\*, natural flavour

- \* controlled organic cultivation  
DE-001-Öko-Kontrollstelle
- vegan (pure vegetable)
  - lactose-free, yeast-free

Cold protection

# 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 natural 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 one-sided 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 polyunsaturated fatty acids (seniors, athletes, chronically sick people)

- Persons with one-sided 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

**100 % vegetable**

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

- vegan (pure 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 plantensis per capsule)

**Ingredients:** L-Carnitine (40 %), Spirulina plantensis 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 (6,7 %), acerola powder with natural vitamin C, silicon dioxide, magnesium salt 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

### • 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



Just a moment - how tasty! Forget everything you know about the taste of Spirulina and get to know the popular algae all over again.



# SpiruBear

## • SpiruBear yummy and without gelatine!

Fruit jelly bears with *Spirulina platensis* - when you fancy a sweet snack!

- *fruity and tasty*
- *only with natural fruit flavour*
- *without artificial colorings and parts of animals*



„Fruit jelly bears“ without gelatine

Pharmaceutical Form: Fruit jelly bears

Ingredients: Maize sirup\*, raw cane sugar\*, jelling agent: apple pectin, *Spirulina platensis* microalgae (2%), acidifying agent: citric acid, natural strawberry flavour, separating agent: vegetable oil, carnauba wax.

- \* controlled organic cultivation DE 001 Öko-Kontrollstelle
- vegan (pure vegetable)
- lactose-free, yeast-free



# Green Energy Drink-Snack

## • Lime-green and banana-tasty!

Drink powder with the natural strength of *Spirulina* & fruits!

- *Activity - fruit-sweetness from organic grape sugar brings energy back instantly*
- *Concentration - Spirulina and bananas supply the body with important vital substances, e.g. zinc and magnesium*
- *Success - with Green Energy faster to the goal*

Just mix instant powder with water - a tasty drink is ready for a snack or breakfast. Ideal for children, adults and of course for all who love *Spirulina*.



With organic grape sugar - without crystal sugar

Pharmaceutical Form: Instant powder for drinks

Ingredients: Organic grape sugar\*, banana powder(29,5%)\*, maize starch\*, almond flour\*, sweet whey powder\*, *Spirulina* with natural bound zinc (5%), natural banana flavour, rice flour\*, greentea powder\*, citric acid, gummi arabicum, lactose\*, maltodextrin\*.

- \* controlled organic cultivation DE 001 Öko-Kontrollstelle
- yeast-free



# Green Energy Dragées

## • Spirulina & Chlorella as tidbits

Tasty chewing dragée with a sweet fruity jelly core and a covering rich in vital substances of *ZincSpirulina* & *Chlorella*.

- *Activity*
- *Concentration*
- *Success*
- *with 50 natural vital substances from ZincSpirulina & Chlorella*
- *pure vegetarian*
- *a conscious pleasure for children and adults*



1 dragée = 100 mg *Spirulina/Chlorella* powder

Pharmaceutical Form: Fruit jelly dragée

Ingredients: Raw cane sugar\*, glucose sirup\*, *Spirulina platensis* with natural bound zinc (8%), *Chlorella pyrenoidosa* (2%), acidifying agent: citric acid; jelling agent: agar-agar, natural strawberry flavour, covering agent: beeswax, gummi arabicum

- \* controlled organic cultivation DE-001-Öko-Kontrollstelle
- vegan (pure vegetable)
- gluten-free, lactose-free, yeast-free



Green Energy

## Product Quality:

Controlled natural cosmetics according to the rules of BDIH



## NEW

- refined formula with the scent of oranges
- with products for special dry skin and for the sensitive eye zone
- quality is protected to the maximum by packing in glass or single sachets
- eco friendly with no additional packaging

All products contain the extract of Sanatur Organicspirulina with the Naturland seal and are dermatological tested.



You will find further important quality details on our quality page!

## Product Information:

Important: Ingredients according to INCI on the back.



# SpiruSkin

## Naturalcosmetic



*Naturally beautiful skin, maximum care with the power of OrganicSpirulina*

*Refined formula  
with the scent of oranges!*

# Sanatur

Sanatur Organicspirulina naturally contains:

- **Beta Carotin** - protects against light and environmental stress
- **Polysaccharide** - soothing for skin which tends to redness
- **Vitamins** - have antioxidant qualities
- **Proteins** - help to rebuild collagen
- **Alkaline herbal minerals** - gently nursing the skin

### Spirulina Cleansing Lotion

For all skin types.

Herbal substances carefully and thoroughly relieve the skin of make-up and dirt particles. OrganicSpirulina and sheabutter care while cleaning without clogging pores.

### Spirulina Cream - Mask

For all skin types.

For a bright complexion. The gentle, caring mask based on healing clay refines the skin profile and arranges for a maximum, relaxing care. OrganicSpirulina and a nurturing substance of palm and coconut oil gives suppleness to the skin and protects against loss of moisture.

### Spirulina Cream - Shower

For all skin types and all hair.

The eudermic formula with BioSpirulina combines qualities of showercream with a luxurious shampoo and conditioner. The mild foam cleans especially gently. The skin feels soft and tender, the hair appears powerful and shining.

### Spirulina Body Lotion

For all skin types. For HER and HIM.

Organicspirulina, sheabutter and jojoba oil act against dryness and loss of moisture. The light and tender consistency is quickly absorbed and not greasy. The skin feels pampered to the maximum as well as velvety and smooth.

### Spirulina 24h - Cream

Herbal anti-aging-care for the special needs of ambitious, normal to greasy skin. Day and night care.

Ceramids and vitamin C give the skin a young look. OrganicSpirulina, jojoba oil and sheabutter save the natural moisture and support important protective functions of the skin.

### Spirulina Intensive - Cream

Herbal intensive care for special sensitive, dry skin. Day and night care.

A rich formula with OrganicSpirulina, jojoba oil and sheabutter to protect the natural moisture barrier. The skin „forgets“ its feeling of dryness and shines with freshness and elasticity.

Tip: Also as an ideal care in winter for all skin types and normal skin.

### Spirulina Eye - Cream

Special care for the sensitive eye zone, for all skin types.

Indulges the sensitive eye zone with maximum care exactly there where fine lines and facial expression lines are first visible.

Organicspirulina, jojoba oil and sheabutter protect the natural moisture barrier of the skin. The feeling of tender and smooth skin is the result of this ambitious extra care.

## Product Quality:

All products are with the unique complex of vital substances of the Spirulina microalgae! This blue-green microalgae contains by its nature over 50 vital substances in a well-balanced combination, e.g.

- **Beta Carotin** - protects against influences of light and environmental stress
- **Vitamins** - have important antioxidant qualities
- **Proteins** - help rebuild collagen
- **Alkaline herbal minerals** - nurse the skin softly and tenderly

Spiruskin products convince through quality and skin compatibility and are tested dermatologically and for allergic reactions.

## Product Information:

Important: All ingredients as per INCI you will find on the back.



# Spiruskin

Systematic cosmetics - not according to the rules of BDIH

# Sanatur

## Spiruskin Cleansing Milk

Liberates gently and thoroughly all grease and water soluble impurities, cream and make-up. For all skin types.

⊗ 150 ml 5.1 fl. oz. Tube

## Spiruskin 2-Phases Eye-make-up Removal

Removes gently and professionally every eye make-up and water resistant mascara. Free of emulsifier, no irritating effects and scent-free. For all skin types.

⊗ 150 ml 5.1 fl. oz. Bottle

## Spiruskin Soft Plankton Peeling

Takes care of gentle deep cleansing of the skin and a clear complexion. For all skin types.

⊗ 50 ml 1.7 fl. oz. Pot

## Spiruskin Toning Lotion

Tones and freshens the skin at the end of every cleansing. Alcohol free. For all skin types.

⊗ 150 ml 5.1 fl. oz. Bottle

## Spiruskin Active Moisturizing Gel

Actively saves moisture. The skin feels much younger and more vital. Extra care for all skin types.

⊗ 30 ml 1.0 fl. oz. Glass dispenser

## Spiruskin Eye Zone Repair Gel

Donates moisture to the sensitive eye zones on the highest level. Fine lines are softened and the eye zone gains radiance. Extra care for all skin types.

⊗ 30 ml 1.0 fl. oz. Glass dispenser

## Spiruskin Throat & Décolleté Cream

Supplies broad care to throat and décolleté for a pliant and silky shining skin. For all skin types.

⊗ 30 ml 1.0 fl. oz. Glass dispenser

## Spiruskin Nutritive Cream

Rejuvenates and builds up the skin, stops dryness and relieves skin tensions. For day and night care of dry, sensitive skin or for night care of normal skin.

⊗ 50 ml 1.7 fl. oz. Pot

## Spiruskin Balancing Cream

Acts as a balance for day and night care of greasy skin or for day care of normal skin. Ideal foundation for make-up. For all skin types.

⊗ 50 ml 1.7 fl. oz. Pot

## Spiruskin Anti Pigment Cream

For an intensive care of the skin when having age spots and pigmented moles. Also ideal as an anti-aging care of the hands. For all skin types.

⊗ 50 ml 1.7 fl. oz. Pot

## Spiruskin Clarifying & Firming Mask

Sensitive cleansing mask with firming attributes for all skin types.

⊗ 50 ml 1.7 fl. oz. Pot

## Spiruskin Beauty Cream Mask

Smoothing moisturizing mask for all skin types.

⊗ 50 ml 1.7 fl. oz. Pot

## Spiruskin Body Cream

Body cream with a lot of moisture, absorbs quickly and is not greasy.

⊗ 200 ml 6.8 fl. oz. Tube

## Spiruskin Body Firming Cream

Body cream with a herbal firming complex as a supporting care in case of cellulitis. For all skin types and for especially sensitive skin too.

⊗ 200 ml 6.8 fl. oz. Tube

## Spiruskin Sensitive Hair & Body Shampoo

2 in 1 shampoo & shower gel for all skin types and all hair. For HER and HIM.

⊗ 200 ml 6.8 fl. oz. Tube

## Spirulina:

Spirulina platensis microalgae belong to the most precious alkaline natural substances of our time. In a concentrated natural form they provide more than 50 vital substances for human beings and animals. In all eras they have been used as a supplement food, e. g. in previous ancient cultures of the Maya and Aztec.

- estimated age: approx. 3.1 billion years
- natural sources: shallow, mineral rich lakes, in tropical or subtropical climates, e.g. Africa, South-America India, China, Taiwan, Japan
- global use: as food and in food, as a food supplement, as animal feed, especially for ornamental fish, birds, and small animals, as a cosmetic agent

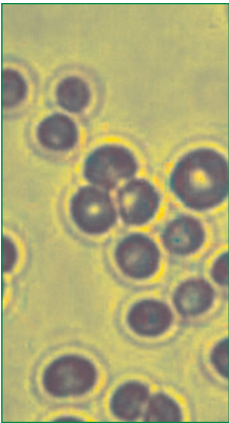

## Chlorella:

Chlorella probably has the highest chlorophyll content in the plant kingdom. From there it gets its name which means „little greenness“. Chlorophyll is an important oxidant carrier and is also called „treasured up sunlight“.

- estimated age: approx. 2 billion years
- natural sources: shallow fresh-water lakes, in subtropical climates, e. g. India, China, Taiwan, Japan
- characteristic: the cell wall has to be unlocked before consumption
- global use: as a food supplement, for removing quicksilver, as animal feed, especially for horses, as a cosmetic agent

## Common ground and differences between Spirulina and Chlorella



Attributes	Chlorella pyrenoidosa	Spirulina platensis
<b>Botanical name</b>	Chlorella pyrenoidosa	Spirulina platensis
<b>Species</b>	green algae (Chlorophyta)	blue algae (Cyanobacteria)
<b>Conditions of growth</b>	in fresh-water	in very alkaline soda-water (pH-value 9 - 11)
<b>Microscopic pictures</b>		
<b>Cell form characteristic</b>	• Protozoa, round	• Protozoa in a thread-shaped compound, spiral
<b>Cell wall</b>	• cellulose with sporopollenin, of which it is said to have a heavy metal binding quality	• easily digestible polysaccharides, which takes care of good digestibility and a good bioavailability of all vital substances
<b>Cell nucleus</b>	• with cell nucleus	• no cell nucleus, free spiral DNA
<b>Nutrient characteristics</b>	• rich in nutrients, with over 50 vital substances and all 8 essential amino acids	• rich in nutrients with over 50 vital substances and all 8 essential amino acids
<b>Difference to Spirulina</b>	• contains vitamin C • contains more chlorophyll • contains more polyunsaturated fatty acids	<b>Difference to Chlorella</b> • contains more vitamin B <sub>12</sub> • contains phycocyanin (blue plant pigment)
<b>Traditional application</b>	• as a cure • accompaniment for amalgam decontamination, and deacidification	• permanent consumption • accompaniment for immune system fortification, improvement in performance, normalization of metabolism, supports fasting cures
<b>Specific characteristic</b>	• purifies the intestine by its natural rate of cellulose	• supports the immune strength of the intestinal flora by its high rate of phycocyanin



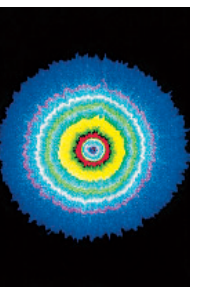
## Product Specification

- preference for herbal resources
- suitable for vegetarians
- maximum effectiveness
- preference for resources of controlled ecological cultivation
- preference for local growers, distributors and wage workers

## Harmony & Subtle Energy

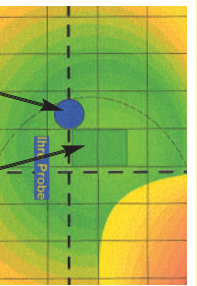
- storage and processing in geopathically and electromagnetically sanified rooms
- use of subtle measuring methods, such as super-colorplate and bio-chemical terrain analysis
- products of Sanatur leave the house in a material and etheric faultless condition

The use of the super-colorplate-way, a picturing quality method. This shows the energy and harmony of the products.



Super-COLORPLATE®  
by Spirulina Hau.

The use of bio-electronic by Prof. Vinzent: the bio-chemical terrain-analysis

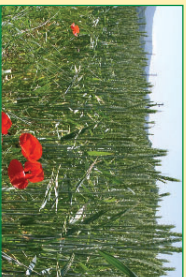


BioSpirulina Life optimum

## Cultivation and Processing

Sanatur did pioneer work and in 2001 developed ecological standards - in cooperation with BCS Nürnberg - for microalgae, which closely models the official German policies for ecological cultivation.

Thus, Sanatur was able to be the **FIRST** company which could offer businesses a certified OrganicSpirulina product in accordance with BCS and Naturland guidelines.



## Cultivation & Processing

- cultivation and processing according to ecological rules
- growth in mountain spring water with drinking water quality
- breeding of strong and healthy type of strains of Spirulina platensis and Chlorella pyrenoidosa
- nutritional and active ingredient values are controlled in every state of growth
- carefully harvested at the moment of maximum nutritional density
- Algae are carefully spraydried within seconds
- natural powder
- tablets are pressed especially gently and without any additives
- capsules without any fillers etc.

## Quality & Product Safety

EVERY algae change is subject to extensive quality and security controls which exceed by far the legal guidelines. Security is guaranteed by this independent testing seal:

The following security standards were achieved by Sanatur in every OrganicSpirulina, Spirulina or Chlorella change.

- **Herbicides/Pesticides - unverifiable**

Examination for over 60 different chemical substances  
Quality inspection according to Ph. Eur. 2005

- **Heavy metals - no imposition**

Examination for arsenic, cadmium, lead and mercury  
Quality inspection according to DIN 38406-E29; Basis: suggested value (PTW) of the World Health Organisation (WHO) plus security factor 50

- **Microbiology - no imposition**

Examination for indicator germs for defilement or alarmingly unhealthy germs  
Quality inspection acc. to § 64 LFGB, ISO 4833, 7954, 4832, 7402, 6888

- **Algae toxins - unverifiable**

Examination for micro cystines, nondularine, anatoxin  
Quality inspection through LC-MS/MS

- **General indication:** Sanatur products are not treated with ionizing rays. Inspection through photoluminescence procedure.

Sanatur quality therefore belongs to the leading microalgae standards worldwide.

- Algae farm is certified by ISO 9002,
- NO! bargain offers from the world market,
- Spirulina bio-cultivation by Naturland and BCS controlled and certified.





*... and I feel good!*

**Sanatur GmbH**

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