



LR

HEALTH & BEAUTY

COLLECTION
2023

LR
FIGU
ACTIVE

CRUSTY RASPBERRY

MY BODY
FLAKES

MORE QUALITY
FOR YOUR LIFE



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



DEAR FRIENDS,

For years, we have had one vision: We want to help all people to stay 100 years young in good health, full of vitality and with great success. Of course this is a dream – but we work hard to make it come true. That is why we develop innovative and need-based solutions for health and beauty as well as for more personal and business success.

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

For more than 20 years, the high product quality and the unique effectiveness of Aloe vera have won over our partners and customers around the world and have been contributing to a true success story. But we are also fully in line with the trend with innovative product solutions, which contribute to people's constantly growing health awareness. The power of nature in combination with the latest scientific findings is of major importance to us.

100 years young – we have moved considerably closer to this objective this year.

I am proud of the new ZEITGARD PRO Cosmetic Device.

An innovative 4-in-1 device, a quantum leap in apparative cosmetics.

An innovative 4-in-1 device, a quantum leap in apparative cosmetics. Simply bring the beauty parlour to your home. In connection with our unique way of distribution, the cosmetic device is a true “game changer”.

The brand new LR BODY MISSION will support you on your way to your personal feel-good weight and your business success. Thanks to the close cooperation with our international sales partners, we have impressively optimised our popular **LR BODY MISSION**. In line with our motto:

“More quality for your life”, there is now even more in it for you: more naturalness, more taste and more success – in losing weight and for your business. Get started now!

Yours sincerely,

Dr. Andreas Laabs
CEO



LR IS MORE...

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



MADE IN GERMANY

QUALITY AT THE HIGHEST LEVEL

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



PROVEN QUALITY

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



SELECTED INGREDIENTS

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



SUSTAINABLE PACKAGING

Virtually all of our folding boxes are made of FSC-certified paper. More and more bottles and jars in our product portfolio are made of recycled plastic. Our favourite product – the Aloe vera toothpaste – comes in a tube made of sustainable plastic produced from plants.



WWW.SGS-QUALITAETSIEGEL.DE/EN





RECOMMENDED BY EXPERTS

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



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



“High-quality care is the basis for radiantly beautiful skin,” says

Dr. med. Gerrit Schlippe, expert for dermatology and venereology, who has been active in practical and theoretical cosmetics research for 25 years.

“LR products bring the beauty parlour to your bathroom. They are targeted to age-related as well as individual skin requirements.”



STATE-OF-THE-ART PRODUCTION

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

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



LOVE FOR THE ENVIRONMENT

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



SOCIALLY COMPATIBLE WORK

We offer you the opportunity to become self-employed, regardless of your professional background. With us, you have the chance to lead a self-determined and successful life. For more financial freedom within your own personal schedule. For your individual gain in quality of life. Full-time or part-time, depending on your personal life situation. We don't invest in expensive advertisement, we invest in you!



OPPORTUNITIES FOR CHILDREN

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

CONTENT

HEALTH, NUTRITION & LIFESTYLE



10 | LR LIFETAKE

YOUR LIFE. YOUR RHYTHM.
YOUR WELL-BEING.

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

12 BASIS

12 Aloe Vera Drinking Gels

18 NUTRIENT COMPLEX

20 SPECIALISTS

20 Performance & Energy

22 Relaxation

24 Cardiovascular System

26 Intestine & Digestion

28 Hormonal Balance

30 Bones, Joints & Muscles

32 STRENGTHENING

32 Immune System & Balance

36 BEAUTY FROM WITHIN

36 Beauty Elixir & Men's Shot

40 | LR BODY MISSION

LR BODY MISSION – THE SMART WAY TO
A GOOD BODY FEELING

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

42 LR FIGUACTIVE

42 Shakes

44 Soups

46 Flakes

47 COMPANIONS

AROMA WELLNESS



48 | LR SOUL OF NATURE

FEEL THE SOUL OF NATURE

100% natural essential oils harmonise nature, body and soul.

53 ESSENTIAL OILS

54 AROMA – MOOD WORLDS

54 Relaxed Soul

55 Hopeful Soul

56 Cheerful Soul

57 Strong Soul

BEAUTY & CARE



60 | LR ALOE VIA

YOUR WAY TO
NATURALLY NURTURED SKIN

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

- 62 SPECIAL CARE
- 66 FACIAL CARE AND CLEANSING
- 70 BODY CARE AND CLEANSING
- 74 ORAL, DENTAL AND HAIR CARE
- 76 MEN'S CARE
- 78 BABY AND KIDS CARE
- 80 SUN PROTECTION
- 82 CBD CARE



84 | LR ZEITGARD

FOR TIMELESSLY BEAUTIFUL SKIN

Professional anti-aging management for use at home.

- 86 Cosmetic DEVICE
- 88 CLEANSING
- 90 SYSTEM
- 96 DAILY CARE
- 100 SPECIAL CARE
- 102 SPECIAL CARE & BEAUTIES

104 | LR MICROSILVER PLUS

Functional care solutions for special needs.

- 105 FACIAL CARE
- 106 ORAL CARE
- 108 BODY CARE

110 | LR L-RECAPIN

The specialist for full men's hair.

PERFUME



114 | LR STAR FRAGRANCES

Exclusive creations by designer Guido Maria Kretschmer, Hollywood star Bruce Willis and Emma Heming-Willis.

- 114 WOMEN'S FRAGRANCES
- 124 MEN'S FRAGRANCES

118 | LR LIFESTYLE FRAGRANCES

Fascinating perfume creations that enchant our everyday life

- 118 WOMEN'S FRAGRANCES
- 128 MEN'S FRAGRANCES

122 | LR CLASSICS

LR Classic fragrances for different occasions and tastes

- 122 WOMEN'S FRAGRANCES
- 123 MEN'S FRAGRANCES



HEALTH, NUTRITION & LIFESTYLE

A HEALTHY LIFESTYLE FOR MORE WELL-BEING

If you are lacking the time in your hectic daily life to follow a healthy diet, our products might be a good option for a healthy supplement of your lifestyle.

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

STRONG BRANDS FOR YOUR HEALTH-LIFE-BALANCE

LR LIFETAKT

- BASIS
- SPECIALISTS
- STRENGTHENING
- BEAUTY FROM WITHIN
- FIGUR & ABNEHMEN

Your life. Your rhythm. Your well-being.

FOR YOUR HEALTH-LIFE-BALANCE

Due to our modern lifestyle, our body is facing many challenges every day and can throw its function out of synch.

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



MORE PRODUCT QUALITY. MORE QUALITY OF LIFE.

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



MORE PRODUCT VARIETY. MORE INDIVIDUALITY.

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



MORE NATURE. MORE SCIENCE.

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



Nutrition according to your needs

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



Basis

Your daily supply of basic nutrients for your health.

- Aloe Vera Drinking Gels
- Nutrient complex

Specialists

Your individual expert nutrients tailored to your individual needs.

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

Strengthening

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

- Immune System & Balance

Beauty from within

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

Aloe Vera Drinking Gel – a true all-rounder

Aloe Vera Drinking Gel

YOUR ELIXIR OF LIFE

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

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

Aloe Vera



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



+SELENIUM



+HONEY



+GINGER



+LEMON



+ZINC



+VITAMIN C

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



At LR, quality meets expertise

UNIQUE

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

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

LONG-STANDING EXPERTISE

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

SUPERIOR TASTE

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

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



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



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



MADE IN GERMANY

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

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

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

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

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

Aloe Vera Drinking Gels

ARE TRUE HEALTH SPECIALISTS

HIGHEST QUALITY

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



HEALTH BOOSTER



The specialist for your well-being

The 3 building blocks for your health:
Nutrient supply, immune system,
metabolic support.^{1,2,3}

IMMUNE POWER



The expert for your immune system

The triple plus for your immune
system:
Supports immune cells, boosts
the immune system, protects the
immune function.^{4,5}

BODY SHAPE



The expert for your body consciousness

The triple plus for body-conscious
people: light, supporting¹ and
stimulating for the metabolism.

MOVE SUPPORT



The expert for your mobility

The triple kick for your
musculoskeletal system:
Mobility, stability and energy.^{1,11,12,13}

HEART VITALITY



The expert for your vitality

With triple power for more vitality:
supports the blood vessels, ensures
nutrients supply, protects from
oxidative stress.^{2,6,7}

SUN VIBES



The specialist for sunny days

Triple protection all year round:
stable electrolyte balance, skin
and immune protection.^{8,9,10}

¹ Vitamin C contributes to a regular energy metabolism.

² Vitamin C increases iron absorption.

³ Vitamin C supports the immune system.

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

⁵ Zinc has a function in cell division.

⁶ Vitamin C supports the formation of collagen for a normal functioning of the blood vessels.

⁷ Vitamin C helps to protect the cells from oxidative stress.

⁸ Magnesium helps maintain the electrolyte balance.

⁹ Zinc supports the preservation of healthy skin. Copper and zinc help to protect the cells from oxidative stress.

¹⁰ Zinc, vitamin C and copper contribute to a normal function of the immune system.

¹¹ Vitamin C contributes to reducing fatigue and exhaustion.

¹² Vitamin C supports the formation of collagen for a normal functioning of the blood vessels.

¹³ Vitamin C contributes to the regular formation of collagen to maintain the normal function of the bones.

Pure Pleasure FOR YOUR WELL-BEING



WITH
90%
ALOE VERA

Traditional Honey

THE SPECIALIST FOR YOUR HEALTH

- 1. SUPPLY:** Provides you with important nutrients and supports nutrient utilisation¹
- 2. DEFENCE:** Supports the immune system²
- 3. METABOLISM:** Supports energy metabolism³

90% Aloe vera leaf fillet, honey and vitamin C

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

Aloe Vera Drinking Gel
Traditional with Honey
Set of 3

80743 | 3x 1000 ml |

Recommended allowance:
• 3 x 30 ml daily



WITH
85%
ALOE VERA

Immune Plus

THE EXPERT FOR YOUR IMMUNE SYSTEM

- 1. SUPPORT:** Supports existing immune cells⁴
- 2. STIMULATION:** Supports the immune system^{4,5}
- 3. PROTECTION:** Supports the functionality of your immune system⁴

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

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

Aloe Vera Drinking Gel
Immune Plus
Set of 3

81003 | 3 x 1000 ml |

Recommended allowance:
• 3 x 30 ml daily

¹ Vitamin C increases iron absorption.

² Vitamin C supports the immune system.

³ Vitamin C contributes to a regular energy metabolism.

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

⁵ Zinc has a function in cell division.

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

EXPERIENCE FULL DIVERSITY



Peach Flavour

THE EXPERT FOR YOUR BODY CONSCIOUSNESS

1. **LIGHT:** Sugar-free³, perfect to keep your body in shape and super healthy^{1,2}
2. **SUPPORTING:** Supports your energy metabolism²
3. **INVIGORATING:** Supports¹ the energy metabolism²

98% Aloe vera leaf fillet, vitamin C

Aloe Vera Drinking Gel Peach Flavour*

80750 | 1000 ml |

Aloe Vera Drinking Gel Peach Flavour* Set of 3

80783 | 3 x 1000 ml |

Recommended allowance:

- 3 x 30 ml daily



Active Freedom

THE EXPERT FOR YOUR MUSCULOSKELETAL SYSTEM

1. **MOBILITY:** Supports the normal cartilage function⁵
2. **STABILITY:** Supports the normal bone function⁶
3. **ENERGY:** Supports the energy metabolism and reduces fatigue^{4,7}

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

Aloe Vera Drinking Gel Active Freedom*

80850 | 1000 ml |

Aloe Vera Drinking Gel Active Freedom Set of 3

80883 | 3 x 1000 ml |

Recommended allowance:

- 3 x 30 ml daily

¹ Vitamin C supports the immune system.

² Vitamin C contributes to a regular energy metabolism.

³ Aloe Vera contains naturally occurring sugars.

⁴ Vitamin C contributes to a regular energy metabolism.

⁵ Vitamin C supports the regular formation of collagen for a normal cartilage function.

⁶ Vitamin C contributes to the regular formation of collagen to maintain the normal function of the bones.

⁷ Vitamin C contributes to reducing fatigue and exhaustion.

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

HIGHEST QUALITY

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



WITH
90 %
ALOE VERA



Intense Sivera

THE EXPERT FOR YOUR VITALITY

- 1. STABILISATION:** Supports the normal function of the blood vessels¹
- 2. SUPPLY:** Supplies vitamin C and supports iron absorption²
- 3. PROTECTION:** Protects the cells from oxidative stress³

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

Aloe Vera Drinking Gel Intense Sivera*

80800 | 1000 ml |

Aloe Vera Drinking Gel Intense Sivera Set of 3

80823 | 3x 1000 ml |

Recommended allowance:
• 3 x 30 ml daily

WITH
85 %
ALOE VERA



Açai Pro Summer

THE SPECIALIST FOR SUNNY DAYS – ALL YEAR ROUND

- 1. BALANCE OF ELECTROLYTES:** Ensures a stable electrolyte balance and energy metabolism.⁴
- 2. SKIN PROTECTION:** Supports the body's own skin protection and ensures a natural skin pigmentation.⁵
- 3. IMMUNE PROTECTION:** Strengthens your immune system.⁶

85% Aloe vera leaf fillet, açai, currants, wild berries and honey as well as vitamin C, zinc, magnesium and copper

Aloe Vera Drinking Gel Açai Pro Summer*

81100 | 1000 ml |

Aloe Vera Drinking Gel Açai Pro Summer 3er-Set

81103 | 3x 1000 ml |

Recommended allowance:
• 3 x 30 ml daily

¹ Vitamin C supports the formation of collagen for a normal functioning of the blood vessels.

² Vitamin C increases iron absorption.

³ Vitamin C helps to protect the cells from oxidative stress.

⁴ Vitamin C contributes to a regular energy metabolism. Zinc contributes to a normal vitamin A metabolism.

Magnesium helps maintain the electrolyte balance.

⁵ Copper and zinc help to protect the cells from oxidative stress. Zinc supports the preservation of healthy skin.

Copper helps to maintain regular skin pigmentation.

⁶ Zinc, vitamin C and copper contribute to a normal function of the immune system.

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

Interesting facts: Nutrients – the fundament for health

Nutrient Diversity

COLOURFUL MEANS HEALTHY

Our body doesn't function without nutrients. They are our energy suppliers and are vital for our health and well-being. Essential for the right diet is a colourful variety!
"Eat a rainbow every week!"

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



Green: vitamins, minerals

Red: calcium, potassium, magnesium

Yellow/Orange: vitamin C

Blue/Violet: Antioxidants



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

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

Ideal ratio of acids and bases:

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

20 %
ACIDS

80 %
BASES

Essential fatty acids – necessary for body and soul!

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

Basis FOR GOOD HEALTH



Vita Active

YOUR VITAMIN SUPPLY

- Valuable combination of vitamins and plant elements
- 10 vitamins in only one teaspoon: B1, B2, B3, B5, B6, B7, B9, B12, D, E
- Made from 21 natural fruit and vegetable concentrates
- Positive effects for body and health¹



Vita Active Red Fruits*
80301 | 150 ml |

Recommended allowance:
• 1 x 5 ml (one teaspoon) per day



Super Omega

THE EXPERT FOR A HEALTHY HEART

- Supports heart² and brain³ functions and the preservation of normal vision⁴.
- Valuable combination of omega-3 fatty acids EPA and DHA as well as beta-glucan
- With 1260mg omega-3 fatty acids – from 630mg EPA and 420mg DHA among others



From sustainable fishing

Super Omega Capsules*
80338 | 60 capsules / 99,3 g

Recommended allowance:
• 3 x 1 capsule daily



Pro Balance

FOR A HEALTHY ACID-BASE-BALANCE

- Stabilises effectively the acid-base balance⁵
- Selected minerals and trace elements, such as magnesium, calcium, copper, chromium, etc.
- With a valuable mixture of citrates and carbonates



Pro Balance Tablets*
80102 | 360 tablets / 252 g

Recommended allowance:
• 3 x 4 tablets daily

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

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

³ DHA supports the preservation of normal brain function.

⁴ DHA supports the preservation of normal vision.

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

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

Performance needs positive energy

What is oxidative stress?

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

FREE RADICALS

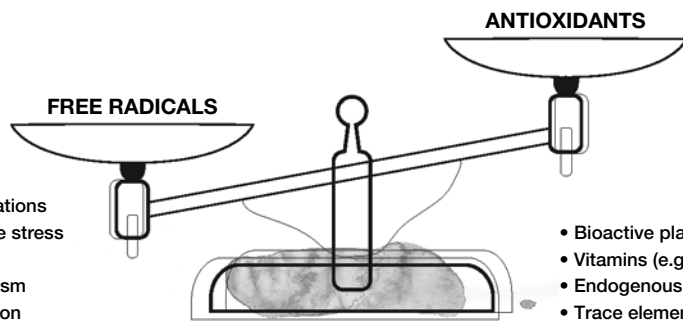
Free radicals are the result of natural metabolic processes in the body or of external aggressors such as unhealthy diet, stress and physical inactivity. An excess may damage cell constituents or impair metabolic processes.

- Inflammations
- Oxidative stress
- Smoking
- Metabolism
- Medication

ANTIOXIDANTS

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

- Bioactive plant substances
- Vitamins (e.g. A, C, E)
- Endogenous enzymes
- Trace elements (e.g. selenium)



Stress go away!

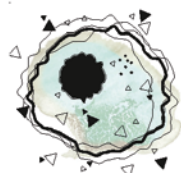
A balanced and varied diet with sufficient antioxidants is important to counteract oxidative stress.

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

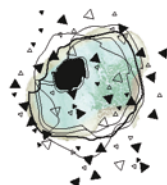
OXIDATIVE STRESS



Normal cell



Free radicals attack the cell



Cell with oxidative stress



Apple with antioxidants, e.g. lemon juice



Oxidative stress on an apple

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

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

START THE DAY with MORE POWER

INFO
Patent pending**



Mind Master

FOCUSED AND ON TOP OF YOUR GAME THANKS TO MIND MASTER^{1,2,3,4}

- Long-term energy¹ when consumed regularly: higher mental and physical performance^{1,3} thanks to B vitamins and iron⁴
- Protection against oxidative stress²
- Covers 100% of your daily requirement of vitamin E, with Aloe vera leaf fillet for a general sense of well-being

36% Aloe vera leaf fillet
+ L-Carnitine and coenzyme Q10 as well as grape juice from grape juice concentrate and green tea extract



MADE IN GERMANY



WWW.SGS-QUALITAETSSIEGEL.DE/EN



Mind Master

Formula Green*
80900 | 500 ml |

Formula Red*
80950 | 500 ml |

Mind Master pack of 5
(Choose from : Formula Green / Formula Red)

80935 | 5 x 500 ml |

Recommended allowance:

- 1 x 80ml daily

Mind Master Extreme

YOUR QUICK ENERGY BOOST FOR BODY^{5,6,8,9,10} AND MIND^{7,9}

1. Energy boost for the mind
 - Awake and alert within minutes^{5,6,8}
 - For better performance, attention & concentration^{5,6,7}
 - Improves mental & cognitive function^{5,7}
2. Energy boost for the body
 - Fit within seconds^{5,6,8}
 - For stamina and enhanced performance^{5,6,8}
 - Supports regeneration¹⁰

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



MADE IN GERMANY



LACTOSE-FREE



GLUTEN-FREE



WITHOUT ARTIFICIAL COLORANTS



SUGAR-FREE

Mind Master Extreme Performance Powder*

80980 | 35 g / 14 sticks à 2,5 g

Recommended allowance:

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



Simply tear open



No water needed



Feel the energy boost for your body and mind

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

² Vitamin E helps to protect the cells from oxidative stress.

³ Thiamine and vitamin B12 support mental health.

⁴ Iron contributes to a normal energy metabolism and reduces fatigue and exhaustion.

⁵ The caffeine contained in guarana enhances attention and concentration. The caffeine contained in guarana contributes to increased endurance.

⁶ Vitamin B12 helps reduce tiredness and fatigue.

⁷ Thiamine, vitamin B6 and vitamin B12 support mental health.

⁸ Vitamin C contributes to a regular energy metabolism.

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

¹⁰ Vitamin D supports the preservation of a normal muscle function.

* Dietary supplements are not a substitute for a balanced diet and a healthy lifestyle. ** patent pending in Germany Patent No.: DE 10 2013 205 049 A1.

Interesting facts: Relaxation – the formula for happiness

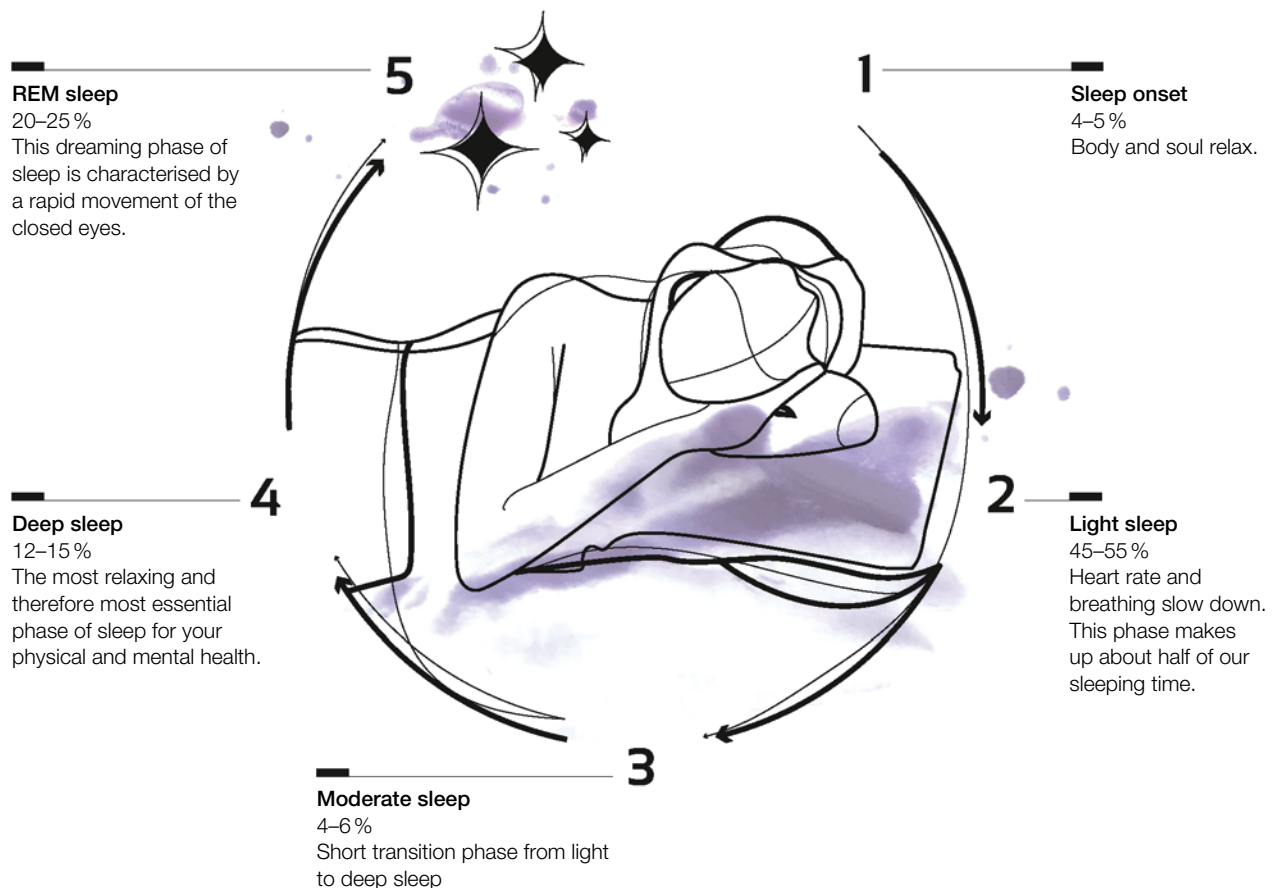
Happy thanks to a restful sleep

Peace for body and mind

Sleep is the time when you come to rest. For your body, however, it means work! At night, vital repairing and regeneration processes are stimulated in the body which strengthen your immune system and increase your

performance. However, the greatest achievement of sleep is: It makes you happy! Only when you are rested you feel more balanced in your daily life, less stressed and more creative!

90 minute sleep cycle



Shut your eyes!

NIGHT SHIFT FOR YOUR BODY

INFO

A good night's sleep starts in the evening. Eat light food, drink enough water and give your body and mind a rest, e.g. with a yoga session or a nice book. A relaxed body finds it easier to shut down.



Night Master

NUTRIENT KOMPLEX FOR THE NIGHT

- Supports the body's physiological processes at night¹
- With L-tryptophane
- With a balanced mix of highly concentrated B vitamins, magnesium and zinc



MADE IN GERMANY



LACTOSE-FREE



SUGAR-FREE



VEGAN



NATURAL FLAVOURS

Night Master*

81110 | 30 x 3,7 g |

Recommended allowance:

- Mix the content of one stick in 100ml of water and stir, drink later in the evening
- Can also be consumed after brushing your teeth

Create a relaxed atmosphere

The Soul of Nature Relaxed Soul room spray turns your bedroom into a wellness oasis. Sink into a deep, restful sleep with the scent of lavender, bergamot, neroli and sandalwood.

Seite 54



Soul of Nature Relaxed Soul Room and Pillow Spray

26103 | 100 ml |

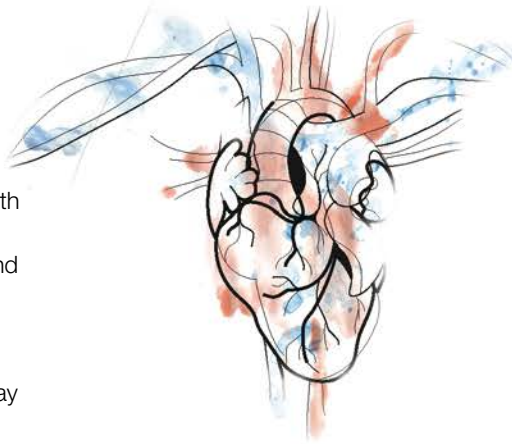
¹ The vitamins thiamine, niacin, B6 and B12 and magnesium contribute to a regular function of the nervous system and to a normal energy metabolism.
* Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

Teamwork: Cardiovascular System

Our lifeline: the cardiovascular system

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

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



Everything your heart desires

HEALTHY LIFESTYLE

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

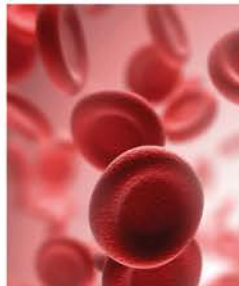
NUTRIENTS

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



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

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



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



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



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

For your heart ONLY THE BEST



WITH
90%
ALOE VERA

Intense Sivera

THE EXPERT FOR YOUR VITALITY

- 1. STABILISATION:** Supports the normal function of the blood vessels¹
- 2. SUPPLY:** Supplies vitamin C and supports iron absorption²
- 3. PROTECTION:** Protects the cells from oxidative stress³

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



Aloe Vera Drinking Gel
Intense Sivera*

80800 | 1000 ml |

Recommended allowance:
• 3 x 30ml daily



Super Omega

THE EXPERT FOR A HEALTHY HEART

- Supports heart⁴ and brain⁵ functions and the preservation of normal vision⁶
- Valuable combination of omega-3 fatty acids EPA and DHA as well as beta-glucan
- With 1260mg omega-3 fatty acids – from 630mg EPA and 420mg DHA among others



From sustainable fishing

Super Omega capsules*

80338 | 60 capsules / 99,3 g

Recommended allowance:
• 3 x 1 capsule daily



Reishi Plus

“MUSHROOM OF IMMORTALITY”

- Supports the functioning of the blood vessels by promoting regular collagen formation⁷
- Supports the energy metabolism⁸ and protects the cells from oxidative stress⁹



Reishi Plus capsules*

80331 | 30 capsules / 15,6 g

Recommended allowance:
• 13 x 1 capsule daily

¹ Vitamin C supports the formation of collagen for a normal functioning of the blood vessels. ² Vitamin C increases iron absorption. ³ Vitamin C helps to protect the cells from oxidative stress.

⁴ EPA and DHA support a healthy heart function. For this, a daily intake of at least 250 mg EPA and DHA is required. ⁵ DHA supports the preservation of normal brain function. ⁶ DHA supports the preservation of normal vision.

⁷ Vitamin C contributes to a regular collagen formation to support the normal function of the blood vessels, healthy bones, cartilage, skin and teeth. ⁸ Vitamin C contributes to a regular energy metabolism.

⁹ Vitamin C protects cells from oxidative stress and helps reduce fatigue and exhaustion.

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

The right good feeling is important

Our intestine – high performance for our digestion

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

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

The intestine controls, trains and regulates the immune system.

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



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

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

IMPORTANT FOR THE IMMUNE SYSTEM

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

YOUR BOWEL HAS A SECOND BRAIN

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

ALL THE BEST FOR YOUR INTESTINE

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

Well-being BEGINS IN THE ABDOMEN

Pro 12 Formel

12 DIFFERENT BACTERIAL STRAINS

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



Pro 12

SUPPORT FOR YOUR GENERAL WELL-BEING

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



Patented micro-encapsulation**

Pro 12 Capsules*

80370 | 30 capsules / 17 g

Recommended allowance:

- 1 x 1 capsule daily



Herbal Fasting Tea

EASILY DIGESTIBLE AND SOOTHING TEA

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



Herbal Fasting Tea

80205 | 250 g |

Recommended allowance:

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



Fiber Boost

FIBRES AGAINST FOOD CRAVINGS

- Prevents food cravings¹
- High fibre content from 3 different sources: locust bean gum, guar gum and konjac flour
- Satiating effect
- Perfect supplement to a low-fibre diet
- Low in calories with the natural sweetness from Stevia



Fiber Boost Getränkepulver*

80630 | 210 g |

Recommended allowance:

- Stir 2 level measuring spoons of powder into 200ml lactose-free, skimmed milk or water

¹ Chromium contributes to the normal metabolism of macronutrients and to maintaining blood sugar at regular levels.

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

** EU patent granted. Patent No.: EP 2 228 067

Interesting facts: Hormonal Balance

FOR MORE WOMEN POWER

Menopause – a new phase of life

The menopause marks the beginning of a major change for every woman. The hormonal balance and the body change naturally, bringing new health priorities to the fore.

Oestrogens, the female sex hormones, play a crucial role in numerous processes of the body. They are not only involved in controlling the menstrual cycle or in pregnancy, but also play a role in metabolism and bone formation. The influence on the bones is often underestimated. Oestrogens inhibit the effect of bone-degrading cells, increase blood supply to the bones, and promote the absorption of calcium – the building block of bones and teeth.

The hormonal changes during menopause cause the female body to produce less oestrogen. During this time, the supply of calcium, vitamin D and magnesium is particularly crucial to support bone maintenance. What's also important: Exercise
Regular exercise does not only train your muscles, but it also helps maintain strong bones because bones are only formed when they are challenged by exercise.



GET YOUR HORMONES BACK IN BALANCE!

Measures:



Nutrition



Emotional rest



Exercise

Result:



Energy



Healthy skin & hair



Emotional balance

Menopause?

NO PROBLEM



INFO

Oestrogen is one of the hormones that regulate our body's core temperature. Fluctuating oestrogen levels disturb the signal transduction: The blood vessels expand, and more blood flows into our skin. And this is what we experience as hot flashes.

Woman Phyto

CAPSULES TO SUPPORT YOU DURING MENOPAUSE

- Provides support during menopause¹
- Valuable combination of ingredients supports the preservation of a normal bone structure²
- Contains isoflavones from red clover blossom as well as vitamin D and calcium



Woman Phyto capsules*

80332 | 90 capsules / 48,1 g

Recommended allowance:

- 3 x 1 capsule daily

¹ Vitamin C contributes to a regular energy metabolism and a normal signal transmission between the cells.

² Vitamin D and calcium contribute to maintaining healthy bones and teeth.

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

Exercise is the key

The musculoskeletal system – nature's complex masterpiece

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

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

Muscles

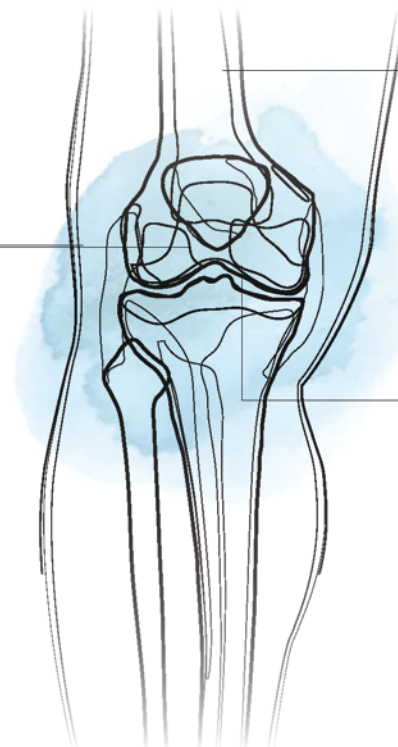
- About 600 muscles keep our body running and provide support together with bones and tendons
- Muscles are involved in all of the body's movements

Tendons

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

Synovial fluid

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



Bones

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

Cartilage

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

* German Nutrition Society (2012)

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

Support YOUR VITALITY



Active Freedom

THE EXPERT FOR YOUR MUSCULOSKELETAL SYSTEM

- 1. MOBILITY:** Supports the normal cartilage function¹
- 2. STABILITY:** Supports the normal bone function²
- 3. ENERGY:** Supports the energy metabolism and reduces fatigue³

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



Aloe Vera Drinking Gel Active Freedom*

80850 | 1000 ml |

Recommended allowance:

- 3 x 30ml daily



Active Freedom

SUPPORT FOR YOUR MUSCULOSKELETAL SYSTEM

- Provides antioxidants functioning as a protective mechanism against free radicals⁴
- Maintains a normal bone structure and the formation of connective tissue^{5,6}
- Supports muscle function⁷
Contains glucosamine sulphate and chondroitin sulphate, the building blocks of cartilage and joint tissue



Active Freedom Capsules*

80190 | 60 capsules / 37,4 g

Recommended allowance:

- 2 x 1 capsule daily



Protein Power

FOR OPTIMAL PROTEIN SUPPLY

- Supports bone maintenance⁹
- Actively supports muscle growth⁹
- Additional protein supply for older people¹⁰
- 80% pure protein from 5 different protein components
- With magnesium and vitamin B6



Protein Powder Powdered Drink Vanilla

80550 | 375 g |

Recommended allowance:

- Mix one measuring spoon of powder (12.5g) daily in 100ml water or 125ml skimmed milk

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

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

Interesting facts: The immune system

It all depends on the right protection!

The power of the immune system

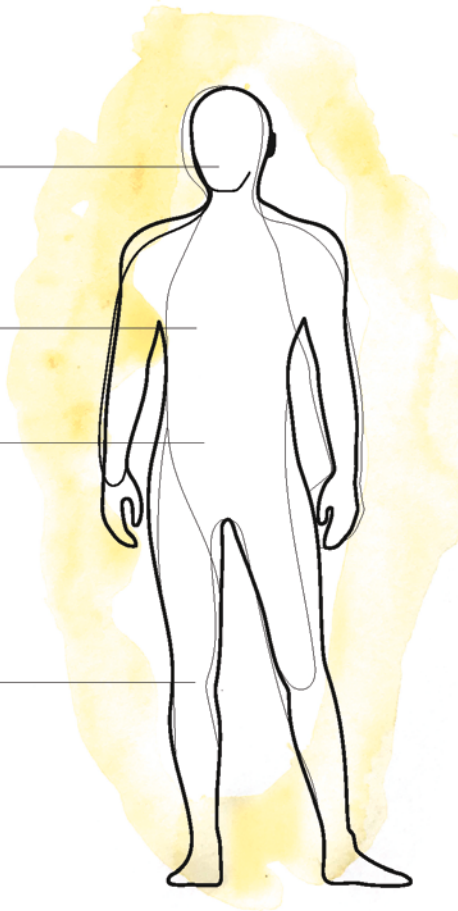
The immune system distinguishes between “harmful” and “harmless”. As soon as pathogens or pollutants are detected, it seeks to repel them. In addition, the immune system regulates the body’s bacterial flora.

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

The liver supplies the immune system with energy.

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

Immune cells are also formed in the bone marrow.



TEAMWORK

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

THIS IS HARMFUL TO YOUR IMMUNE SYSTEM



STRESS



NOT ENOUGH SLEEP



ALCOHOL



SMOKING



PHYSICAL INACTIVITY



RELAXATION AND SLEEP



HEALTHY DIET



DRINKING ENOUGH



EXERCISE



VITAMIN D

THIS IS BENEFICIAL TO YOUR IMMUNE SYSTEM

Well prepared

FOR EVERY SEASON

WITH
85 %
ALOE VERA

INFO

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



Immune Plus

THE EXPERT FOR YOUR IMMUNE SYSTEM

- 1. **SUPPORT:** Strengthens existing immune cells¹
- 2. **STIMULATION:** Supports the immune system^{1,2}
- 3. **PROTECTION:** Supports the regular function of the immune system.¹

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



MADE IN GERMANY



WWW.SGS-00ALTAIETSIEGEL.DE/EN



Aloe Vera Drinking Gel Immune Plus*

81000 | 1000 ml |

Aloe Vera Drinking Gel Immune Plus Set of 3

81003 | 3 x 1000 ml |



Recommended allowance:

- 3 x 30ml daily

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

² Zinc has a function in cell division.

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

Well prepared

EVEN IN DULL WEATHER



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



Colostrum Liquid

FOR YOUR WELL-BEING: THE BEST OF NATURE

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



WWW.SGS-QUALITAETSSIEGEL.DE/EN



WITHOUT ARTIFICIAL COLORANTS



WITHOUT PRESERVATIVES

Colostrum Liquid

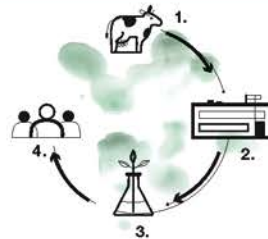
80361 | 125 ml |

Recommended allowance:

- 8ml per day

FROM RAW MATERIAL TO THE PREMIUM PRODUCT

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



Colostrum Capsules

EVERYTHING YOUR BODY NEEDS TO FEEL GOOD

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



WWW.SGS-QUALITAETSSIEGEL.DE/EN



WITHOUT PRESERVATIVES

Colostrum capsules

80360 | 60 capsules / 30,9 g

Recommended allowance:

- 2 x 1 capsule daily



Cistus Incanus
Spray

THE QUICK SPRAY FOR YOUR THROAT

- Support for the immune system¹
- Ideal for on the go
- Fresh flavour with menthol and mint
- 86% Cistus Incanus extract
- Enriched with vitamin C and vitamin E



Cistus Incanus Spray*

80326 | 30 ml |

Recommended allowance:

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



Cistus Incanus
Capsules

PROMOTES THE BODY'S IMMUNE RESPONSE

- Support for the immune system¹
- With the power of the rockrose
- 69% Cistus Incanus extract
- Enriched with vitamin C and zinc



Cistus Incanus capsules*

80325 | 60 capsules / 34,4 g

Recommended allowance:

- 2 x 1 capsule daily



Cistus Incanus
Bath Tea

RELAXATION AND WELL-BEING IN EVERY SEASON

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



Cistus Incanus Bathing Tea

24003 | 250 g |

Use:

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



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

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

Interesting facts: Beauty from within

The Secret of True Beauty

What is beautiful?

Ideals of beauty vary and change depending on the zeitgeist, fashion and culture. Curvy shapes are popular in some countries, slim ones in others. Here a small nose is considered beautiful – there a big one.

However, there are a few similarities:

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

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

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



WOMEN WANT ...

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

Superfoods and vitamins

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

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

There are numerous beauty boosters:

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

80%

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

Youthful beauty

COMES FROM WITHIN

You want to look youthful and beautiful? With nothing to hide? Irrespective of age? You are not alone with this desire – a natural and healthy look is the No. 1 ideal of beauty:

LR LIFETAKT 5in1 Beauty Elixir fulfils your 5 biggest beauty wishes with only 1 shot a day – for natural beauty. ¹⁻⁵

ACTIVE COMPLEX

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

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



PREVENTIVE COMPLEX

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

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



**5in1
Beauty Elixir**
81030 | 30 x 25 ml |

5in1 Beauty Elixir

YOUTHFUL BEAUTY FROM HEAD TO TOE

1. Youthful look with fewer wrinkles ¹
2. Beautiful complexion ¹
3. Healthy connective tissue ²
4. Strong, shiny hair ³
5. Strong, healthy nails ⁴

Unique mode of action thanks to innovative double complex with the best from science & nature



MADE IN GERMANY



LACTOSE-FREE



GLUTEN-FREE



SUGAR-FREE



WITHOUT ARTIFICIAL COLORANTS

Recommended allowance:
• Drink 1 shot a day

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

What makes men attractive

Beauty is in the eye of the beholder.

Taking care of one's appearance is a trend for both women and, increasingly, men. According to surveys, an attractive appearance contributes significantly to an improved attitude towards life and self-esteem.

Men and women want to:

"feel more comfortable", "eliminate blemishes" and "develop more self-confidence".

Which shows:

Joy of life and quality of life go hand in hand for women and men.

What makes you most attractive is of course:

To be at peace with yourself and your appearance and to let your charisma run free.



MEN WANT ...

- Being active and full of energy all the time
- Beautiful skin without wrinkles
- A muscular body
- Full and strong hair
- Strong virility



What women want

Ask 10 people and you get 10 opinions. And women do not all consider the same things to be beautiful in a man either. Studies show that good health and strength are perceived as attractive. They indicate potency and good genes, which are evolutionarily attractive to the opposite sex. A strong upper body, full hair, healthy skin and an energetic appearance suggest these attributes.

The good news:

Even if we can't always influence all of these things – in addition to a well-groomed appearance, we can also give our inner values a little push. For example, certain B vitamins give your energy metabolism a boost.

Good for the skin:

Especially collagen, e.g. of animal origin, but also from red fruits and vegetables such as strawberries, cherries, beetroot or tomatoes Also beneficial: Vitamin C from acerola, blackcurrants, parsley or red peppers

76%

of all men place great importance on their own appearance.
20% of all cosmetic surgeries are performed on men.

Pure Masculinity

IN ONE SHOT

This innovative power drink contains the concentrated power of selected ingredients from science and nature, specially adapted to the needs of men. Your all-in-one solution in only one to-go shot per day. For more energy, healthy skin, thick hair, attractive muscles and strong virility.¹⁻⁵



5in1 Men's Shot*
81020 | 30 x 25 ml |

ACTIV-COMPLEX

With an innovative mix of active ingredients, it activates the 5 build-up processes of pure masculinity in the body:

- build-up specialists, such as collagen and L-arginine
- 5 effective mineral boosters, such as zinc, copper, magnesium, manganese and selenium
- high content of 10 vitamins



PREVENTIVE-COMPLEX

Its effective combination of natural ingredients protects and works preventatively.

- black pepper extract
- caffeine from green tea
- black currant
- blood orange



5in1 Men's Shot

ONE 5IN1 MEN'S SHOT PER DAY PROVIDES

- 1. MORE ENERGY:** Supports the metabolism and provides more power during the day ¹
- 2. FLAWLESS COMPLEXION:** Valuable nutrients preserve the skin's texture and support the formation of collagen for less wrinkles ²
- 3. STRONG HAIR:** The active ingredients act on the hair root from the inside and thus support your hair structure ³
- 4. ATTRACTIVE MUSCLES:** Supports energy metabolism and muscle function ⁴
- 5. HEALTHY VIRILITY:** The natural formation of testosterone is supported and testosterone levels are maintained ⁵



Recommended allowance:
• Drink 1 shot a day

¹ Thiamine, vitamin B6, vitamin B12 and magnesium contribute to a normal energy metabolism. Vitamin B6, vitamin B12 and magnesium help to reduce fatigue and exhaustion.

² Riboflavin, vitamin A, vitamin B2 niacin, biotin and zinc help to maintain healthy skin. Vitamin C supports the regular collagen formation to maintain the natural skin function.

³ Biotin and zinc contribute to maintaining healthy hair.

⁴ Magnesium contributes to a normal muscle function. Thiamine, vitamin B6, vitamin B12 and magnesium contribute to a normal energy metabolism.

⁵ Zinc helps to maintain normal testosterone levels in the blood. Selenium contributes to a regular DNA synthesis. Zinc contributes to normal fertility and reproduction.

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



BODY MISSION



THE SMART WAY TO A GOOD BODY FEELING

THE **LR BODY MISSION** is your personal bodyguard that accompanies you in achieving your individual goals. Lose weight¹, eat healthy and just feel good!

Enjoy every day with creamy shakes, hearty soups and crispy flakes, backed by smart supporters and many practical tips for your healthy lifestyle.

**A HOLISTIC APPROACH TO
ACHIEVING YOUR GOALS!**

LR BODY MISSION IS MORE!

MORE ACHIEVEMENTS

Holistic, easy and with a clear plan – that's how you celebrate your own personal **LR BODY MISSION** achievements!

MORE QUALITY

Developed for you by experts: A scientifically recognised, holistic concept for reliable long-term results.

MORE NATURALNESS

Many carefully selected natural ingredients make our **LR FIGUACTIVE** meals extra special.

MORE INDULGENCE

Choose your **LR FIGUACTIVE** meals from a wide variety of types and flavours and enjoy an extra natural and clean taste sensation.

MORE FOR YOU

LR BODY MISSION compliments your lifestyle and supports you in achieving your very personal goals - irrespective of who you are, what is on your mind and which goals you intend to achieve.

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

¹ **Weight control:** Replacing two meals a day by such a meal substitute (LR FIGUACTIVE shakes, soups and flakes) as part of a calorie-reduced diet contributes to losing weight. To achieve the indicated effect, you should replace one or two main meals a day. **Weight management:** Replacing one main meal a day by such a meal substitute (LR FIGUACTIVE shakes, soups and flakes) as part of a calorie-reduced diet contributes to maintaining the weight after weight loss. To achieve this effect, you should replace one regular meal a day.



YOUR VERY PERSONAL LR BODY MISSION

LR BODY MISSION 1 month – free choice**

Choose 5 LR FIGUACTIVE products from numerous delicious varieties.

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

2 x LR FIGUACTIVE shakes in the following flavours:
Smooth Cocoa, Fruity Strawberry, Soft Vanilla, Lovely Coffee

2 x LR FIGUACTIVE soups in the following flavours:
Juicy Tomato, Spicy Curry oder Yummy Veggie

1 x LR FIGUACTIVE Flakes Crusty Raspberry

In addition, you will receive the following smart companions:

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



LR BODY MISSION 1 month – free choice**

81260 |

SET EXAMPLE

THE LR BODY MISSION:



Your meals:

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



Your online support:

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

www.body-mission.com



Your Companions:

Pro Balance for your acid-base balance², Protein Power for your extra portion protein³ and the Herbal Fasting Tea for your liquid supply will support you on your way to your personal feel-good weight.



¹ Magnesium in Pro Balance supports a regular energy metabolism. ² Proteins in Protein Power contribute to the maintenance and increase of muscle mass and to the maintenance of healthy bones. * Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. ** In order to replace two meals a day for a month, chose e.g. 2x shakes, 2x soups and 1x flakes.



FIGU ACTIVE



3 x + 300ml

Creamy chocolate flavour for those with a sweet tooth!

- The full flavour of fresh cocoa beans
- With fibers from flea seed husks among others and vegan protein from peas, chickpeas and fava beans.
- With the sweetness from the stevia plant
- Free from artificial flavours, palm oil and artificial colourants
- Gluten- and lactose-free

LR FIGUACTIVE
Smooth Cocoa Shake
81243 | 496 g |



VEGAN



LOW IN SUGAR



HIGH FIBER CONTENT



HIGH PROTEIN CONTENT*



NATURAL FLAVOURS



MADE IN GERMANY

DELICIOUS SHAKES TO FALL IN LOVE

The LR **FIGUACTIVE** Shakes in 4 different flavours lets you enjoy life the smart way! No matter if you want to lose weight, maintain your weight or just save some time. Our shakes are irresistibly delicious, replace a full meal and are full of many valuable natural ingredients. Simply mix 3 tablespoons with 300ml unsweetened soy drink in a shaker – that's it!

* **Weight control:** Replacing two meals a day by such a meal substitute (LR **FIGUACTIVE** shakes, soups and flakes) as part of a calorie-reduced diet contributes to weight loss. To achieve the indicated effect, you should replace one or two main meals a day. **Weight management:** Replacing one main meal a day by such a meal substitute (LR **FIGUACTIVE** shakes, soups and flakes) as part of a calorie-reduced diet contributes to maintaining the weight after weight loss. To achieve this effect, you should replace one regular meal a day.

LR FIGUACTIVE:
NOW WITH
IMPROVED RECIPE

CREAMY FLAVOURS FOR EVERY TASTE



Strawberry season all year round!

- For fruity-sweet happy moments
- With fibers from flea seed husks among others and vegan protein from peas, chickpeas and fava beans.
- With the sweetness from the stevia plant
- Free from artificial flavours, palm oil and artificial colourants
- Gluten- and lactose-free

LR FIGUACTIVE
Fruity Strawberry Shake

81241 | 496 g |



3 x + 300 ml



Light vanilla dream to sweeten your day!

- With genuine, tasty vanilla pods
- With fibers from flea seed husks among others and vegan protein from peas, chickpeas and fava beans.
- With the sweetness from the stevia plant
- Free from artificial flavours, palm oil and artificial colourants
- Gluten- and lactose-free

LR FIGUACTIVE
Soft Vanilla Shake

81240 | 496 g |



3 x + 300 ml



Pure taste for coffee lovers!

- Fine, dark coffee flavour for your perfect start to the day
- With fibers from flea seed husks among others and vegan protein from peas, chickpeas and fava beans.
- With the sweetness from the stevia plant
- Free from artificial flavours, palm oil and artificial colourants
- Gluten- and lactose-free

LR FIGUACTIVE
Lovely Coffee Shake

81242 | 496 g |



3 x + 300 ml



* Proteins help maintain and increase muscle mass



FIGU ACTIVE



VEGAN



LOW IN SUGAR



HIGH FIBER CONTENT



HIGH PROTEIN CONTENT*



NATURAL FLAVOURS



MADE IN GERMANY

Mediterranean summer feeling in a bowl!

- The full flavour of juicy tomatoes and fresh basil
- With fibers from flea seed husks among others and vegan protein from peas, chickpeas and fava beans.
- Free from artificial flavours, palm oil and artificial colourants
- Gluten- and lactose-free

LR FIGUACTIVE
Juicy Tomato Soup

81244 | 488 g |



7 x + 350 ml

Eine Portion = Eine Mahlzeit / One portion = one meal
- Unterstützt beim Abnehmen und Gewicht halten* / Helps lose and maintain weight*
Mit saftigen Tomaten, veganen Proteinen & wertvollen Flohsamenschalen /
With juicy tomatoes, vegan proteins & valuable psyllium husks



7 x + 350 ml

* **Weight control:** Replacing two meals a day by such a meal substitute (LR FIGUACTIVE shakes, soups and flakes) as part of a calorie-reduced diet contributes to weight loss. To achieve the indicated effect, you should replace one or two main meals a day. **Weight management:** Replacing one main meal a day by such a meal substitute (LR FIGUACTIVE shakes, soups and flakes) as part of a calorie-reduced diet contributes to maintaining the weight after weight loss. To achieve this effect, you should replace one regular meal a day.

LR FIGUACTIVE:
NOW WITH
IMPROVED RECIPE

DELICIOUS SOUPS FOR GOURMETS

The spicy LR FIGUACTIVE soups will bring veggie power into your daily life! They replace a full meal and help you lose weight¹, maintain your weight¹ or simply allow you an uncomplicated and smart way to eat. Their full and creamy flavour and many valuable natural ingredients make our soups a very special taste-experience. Mix 7 tablespoons with 350ml of hot water and whisk.



Time to get spicy!

- Spicy curry flavour with a touch of ginger
- With fibers from flea seed husks among others and vegan protein from peas, chickpeas and fava beans.
- Free from artificial flavours, palm oil and artificial colourants
- Gluten- and lactose-free

LR FIGUACTIVE Spicy Curry Soup

81245 | 488 g |



7 x + 350 ml



Full veggie power!

- Wonderfully creamy vegetable soup with broccoli, potatoes and leek
- With fibres from flea seed husks among others and vegan protein from peas, chickpeas and fava beans.
- Free from artificial flavours, palm oil and artificial colourants
- Gluten- and lactose-free

LR FIGUACTIVE Yummy Veggie Soup

81246 | 488 g |



7 x + 350 ml



¹ Proteins help maintain and increase muscle mass



FIGU ACTIVE



VEGAN



LOW IN SUGAR



HIGH FIBER CONTENT



HIGH PROTEIN CONTENT*



NATURAL FLAVOURS



MADE IN GERMANY

Crispy breakfast muesli

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

LR FIGUACTIVE Crusty Raspberry Flakes

81247 | 420 g |



6 x + 300 ml

BERRY CRUSTY FLAKES!

Crunchy oatmeal, fruity raspberries and delicate chocolate chunks will turn your breakfast into a delight to your palate! Our LR **FIGUACTIVE** Crusty Raspberry Flakes replace a full meal, help you lose weight¹ and maintain your weight and are ready in no time. Simply mix 6 tablespoons in 300ml unsweetened soy drink and stir – that's it!

¹ **Weight control:** Replacing two meals a day by such a meal substitute (LR FIGUACTIVE shakes, soups and flakes) as part of a calorie-reduced diet contributes to weight loss. To achieve the indicated effect, you should replace one or two main meals a day. **Weight management:** Replacing one main meal a day by such a meal substitute (LR FIGUACTIVE shakes, soups and flakes) as part of a calorie-reduced diet contributes to maintaining the weight after weight loss. To achieve this effect, you should replace one regular meal a day.

SMART SUPPORT FOR A GOOD BODY FEELING



Support your acid-base-balance¹

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

Pro Balance Tablets*

80102 | 360 Tablets / 252 g



Boost your metabolism³

Aloe Vera Drinking Gel with peach flavour supports your metabolism³ during your **LR BODY MISSION** – no added sugar**.

Aloe Vera Drinking Gel Peach*

80750 | 1000 ml |



Supports muscle development²

Supply your body with sufficient protein during your **LR BODY MISSION** and thus support your muscle development.²

Powdered Protein Power Drink Vanilla*

80550 | 375 g |



No chance for food cravings

Fiber Boost with high fiber content cause a long feeling of satiety and regulates your glucose level⁴ during your **LR BODY MISSION**.

Fiber Boost Drink Powder*

80630 | 210 g |



Keep your fluid levels up

Especially when losing weight: Do not forget to drink enough! This works best with our aromatic tea blend with selected herbs.

Herbal Fasting Tea

80205 | 250 g |



¹ Magnesium in Pro Balance supports a regular energy metabolism. ² Proteins help to maintain and increase muscle mass and support bone health. ³ Vitamin C contributes to a regular energy metabolism. ⁴ Chromium contributes to the normal metabolism of macronutrients and to maintaining blood sugar at regular levels. * Dietary supplements are no substitute for a varied and balanced diet and a healthy lifestyle. ** Contains natural sugars. *** When prepared according to instructions



AROMA WELLNESS

THE POWER OF NATURE

THE POWER OF NATURE FOR BODY AND MIND

A fragrance has the power to change our well-being from one second to the next. A moment ago you were stressed and hectic? Surround yourself with the scent of lavender, for example, and relax. Just a moment ago you were dull and depressed. But surrounded by the fresh scent of citric orange, your heart dances with joy again.

Experience the power of natural aromas in your personal ritual for more relaxation, harmony, strength and moments of happiness.

DISCOVER THE POWER OF ESSENTIAL OILS

LR SOUL OF NATURE

- ESSENTIAL OILS
- AROMA MOOD WORLDS



FEEL THE
SOUL OF
NATURE

A gift from the soul of nature to the soul of man,
SOUL OF YOU.

Aroma wellness for your soul

Nature is diverse, and full of colour and power. It consists of millions of plants with multi-faceted fragrances. We humans are just as diverse as nature.

We all have different emotional desires and needs – nature can help us fulfil these needs, increase our wellbeing – to brighten up our souls.

With the power of essential oils, sourced from the soul of the plant, captured in the world of

LR SOUL OF NATURE.

Our Aroma Wellness Worlds offer you nature's best: essential oils in concentrated form that really work. The power of the intense fragrances raises positive feelings through our sense of smell. Experience yourself and indulge in the world of LR SOUL OF NATURE. Benefit from the flora's bunch of vitality. Take control over your mood and your wellbeing.

Relaxed, balanced, invigorated or happy – you decide how you want to feel.



100% natural essential oils



More than 95% natural ingredients in care products*



Bottles and jars made of recycled plastic (rPET)**



Essential oils & oil blends in glass bottles partly made of recycled glass***



Quality checks in accordance with highest standards



ESSENTIAL SINGLE OILS

for your personal fragrance experience

Each of the eight natural oils unfolds its individual aroma for your personal need.
p. 52



Orange

Bergamot

Eucalyptus

Thyme

Lemon

Peppermint

Lavender

Cedarwood



AROMA MOOD WORLDS

for your daily aroma ritual

Each of the four mood worlds will pamper you with harmonised fragrance compositions and matching skin care products – from head to toe, from happy to relaxed, from morning to evening.

p. 53



Relaxed Soul

For peace and relaxation

p. 54

Strong Soul

For strength and vitality

p. 56

Hopeful Soul

For balance and harmony

p. 55

Cheerful Soul

For energy and joy of life

p. 57



Pure aromas – the basis for your positive mood

Naturally effective, uniquely sensual: Selected individual aromas from the soul of nature are the core of the **LR SOUL OF NATURE** brand.

The 100% natural essential oils are pure wellness for our senses and have a positive effect on our wellbeing. We recommend two application options:

- 1 Room scenting:** Use a diffuser, such as an aroma lamp, to spread an aromatic scent in your home.
- 2 Scenting of care oils:** Mix a few drops of one or several oils with the LR care oil for a positive effect on your skin and your senses. (Note: The oils may only be applied to your skin in diluted form. Please observe the correct dosage.)



ESSENTIAL OILS FOR ROOM SCENTING



ESSENTIAL OILS FOR SCENTING OF THE LR CARE OIL



ESSENTIAL OILS & OIL BLENDS IN GLASS BOTTLES PARTLY MADE OF RECYCLED GLASS*



Find more inspiration here:



ESSENTIAL OILS EASILY MIXED

It's all about the right mix! Create your own fragrant aroma wellness oasis for your body and soul. Scan the QR code and be inspired.



AROMA OIL CARE SET
8 ESSENTIAL OILS + BASIC CARE OIL
8 x 10 ml + 1 x 100 ml | 26090 |

FRAGRANT SKIN CARE
One set, eight single oils, all of them unique fragrant mood enhancers. Decide for yourself every day which single oil in combination with the LR care oil should touch your skin and your soul.



CARE OIL.
100 ml | 26070 |

Gentle body care and massage oil with 97%** natural ingredients, such as almond and jojoba oil for a silky soft, smooth skin feeling. Ideal as basic oil that can be mixed with essential single oils. Be inspired and create your individual skin care fragrance!



*May contain up to 55% recycled glass,**NOI=natural origin index according to DIN 16128

Single essential oils – 100% natural

Each of the eight essential single oils comes with its own individual scent that will enlighten your soul, relax or invigorate you.

Choose what you like – your oils, your mood

ORANGE
CITRUS
SINENSIS^{1,2,3,4,5}
10 ml | 26081

Fragrance profile:
fresh, fruity, sweet,
warm

Fragrance effect:
Exhilarating,
invigorating,
stimulating

Origin:
Argentina

10 ml | 26081 |



LEMON
CITRUS
LIMON^{1,2,3,4,5}
10 ml | 26080

Fragrance profile:
fresh, fruity,
tangy

Fragrance effect:
Activating,
refreshing,
focused

Origin:
Argentina

10 ml | 26080 |



BERGAMOT
CITRUS AURANTIUM
BERGAMIA^{2,3,4,5,10,11}
10 ml | 26082

Fragrance profile:
Citric, fresh, fruity,
dark, light

Fragrance effect:
Soothing,
refreshing,
refreshing

Origin:
Italy

10 ml | 26082 |



PEPPERMINT
MENTHA
PIPERITA^{1,2,4,5,12}
10 ml | 26083

Fragrance profile:
Fresh, clear, cool,
herbaceous

Fragrance effect:
Activating,
refreshing,
clarifying

Origin:
India

10 ml | 26083 |



EUCALYPTUS
EUCALYPTUS
GLOBULUS^{1,2,3,4,5}
10 ml | 26084

Fragrance profile:
fresh, clear,
camphoraceous

Fragrance effect:
Activating,
refreshing,
focused

Origin:
Portugal

10 ml | 26084 |



LAVENDEL
LAVANDULA
ANGUSTIFOLIA^{2,4,6,10,12}
10 ml | 26085

Fragrance profile:
Floral, fresh,
herbaceous

Fragrance effect:
Soothing,
relaxing,
balancing

Origin:
Bulgaria

10 ml | 26085 |



THYMIAN
THYMUS
VULGARIS^{1,2,5,7,8,9}
10 ml | 26086

Fragrance profile:
fresh, strong,
herbaceous

Fragrance effect:
Stimulating,
focused,
activating

Origin:
Spain

10 ml | 26086 |



CEDARWOOD
CEDRUS
ATLANTICA^{1,2,5}
10 ml | 26087

Fragrance profile:
Balsamic, woody,
warm, sweet

Fragrance effect:
Encouraging,
soothing,
grounding

Origin:
Morocco

10 ml | 26087 |





RELAXED Soul

ROLL-ON

10 ml | 26104

- Roll-on with 99%*** natural ingredients, including 100% natural essential oils
- With pleasant thermal effect on the skin and relaxing fragrance
- Effective companion for relaxation also on the go

RELAXED Soul

FRAGRANCE COMPOSITION****

10 ml | 26100

- Fragrance composition with 100% natural essential oils
- Ideal for room scenting with a diffuser
- The pleasant fragrance creates a relaxing ambience of well-being in your home and for your soul.

RELAXED Soul

BODY BUTTER

200 ml | 26102

- Body butter with 98% *** natural ingredients, including 100% natural essential oils
- For a nurtured and smooth skin feeling and an enhanced skin barrier thanks to shea butter and almond oil
- With a gentle fragrance that relaxes the senses

RELAXED Soul

SHOWER GEL

200 ml | 26101

- Shower gel with 95% *** natural ingredients, including 100% natural essential oils
- Gently nurtures and cleanses your skin
- For a soothing shower experience thanks to relaxing fragrances

RELAXED Soul

ROOM AND PILLOW SPRAY

100 ml | 26103

- Room and pillow spray with 100% natural oils
- For direct application in the room or on pillows, bedspreads and duvets
- Spreads a pleasant scent that imparts inner serenity for everyone

Feel your Relaxed Soul

Leave your stressful everyday life behind and enjoy moments of inner peace and serenity. The fragrant aroma world of LR Soul of Nature Relaxed Soul fulfils your desire for deep relaxation, for restful sleep. The oil composition of **bergamot**, **lavender**, **neroli** and **sandalwood** in combination with the natural care products will support in creating your personal relaxation ritual at home.



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

Hopeful Soul

ROLL-ON

10 ml | 26113

- Roll-on with 99%*** natural ingredients, including 100% natural essential oils
- With a pleasant thermal effect on your skin and a fragrance that will give you a feeling of contentment
- Ideal for going through life calmly at any time, even on the go.

Hopeful Soul^{1,2,3,4}

FRAGRANCE COMPOSITION****

10 ml | 26110

- Fragrance composition with 100% natural essential oils
- Perfect for room scenting with a diffuser
- The oil composition gives you a harmonious place of well-being for you and your soul.

Hopeful Soul

BODY BUTTER

200 ml | 26112

- Body butter with 98% *** natural ingredients, including 100% natural essential oils
- Shea butter and almond oil strengthen your skin while leaving it to feel soft and smooth
- With warm scent that will bring your body in balance.

Feel your Hopeful Soul

Pause for a moment and find your inner self.
The fragrant aroma world of LR Soul of Nature Hopeful Soul will restore your balance and imparts a feeling of inspiration and harmony. **Bergamot, rose, Roman Chamomile** and **sandalwood** merge to a harmonious composition of fragrances – for your harmonising care ritual.



Hopeful Soul

SHOWER GEL

200 ml | 26111

- Shower gel with 95%*** natural ingredients, including 100% natural essential oils
- Gently nurtures and cleanses your skin
- For a holistic feeling of inner serenity thanks to a harmonising fragrance composition



100% natural
essential oils



More than 95%
natural ingredients
in care products***



Bottles and jars made of
recycled plastic (rPET)*



Essential oils & oil blends
in glass bottles partly
made of recycled glass**



Quality checks in
accordance with
highest standards



Cheerful Soul

ROLL-ON

10 ml | 26134

- Roll-, on with 99%*** natural ingredients, including 100% natural essential oils
- Feels like warm sunlight on your skin
- Lifts your spirit even on the go and will let you breeze through life

Cheerful Soul

^{1,2,3,4,5,6,7,8}

FRAGRANCE COMPOSITION****

10 ml | 26130

- Fragrance composition with 100% natural essential oils
- Perfect for room scenting with a diffuser
- Envelops your home with a warm, citric scent transforming it into a wellness oasis that lets you and your soul shine with happiness

Cheerful Soul

BODY SORBET

200 ml | 26132

- Body sorbet with 97%*** natural ingredients, including 100% natural essential oils
- The light sorbet texture will refresh and nurture your skin with almond oil
- The fragrance envelops your body with joy of life from head to toe

Cheerful Soul

SHOWER GEL

200 ml | 26131

- Shower gel with 95%*** natural ingredients including 100% natural essential oils
- Cleanses, cares and refreshes your skin
- The lively fragrance will raise true feelings of happiness right after your shower.

Cheerful Soul

ROOM SPRAY

100 ml | 26133

- Room Spray with 100% natural essential oils
- For direct application in each room
- Spreads a refreshing scent imparting a feeling of happiness and joy of life

Feel your Cheerful Soul

Feel your Cheerful Soul Look on the bright side of life!

The fragrant aroma world LR Soul of Nature Cheerful Soul lifts your spirits and lets you overflow with positive energy. Thanks to the soothing fragrant essences of **lemon**, **orange**, **rose** and **cedarwood** you will enjoy moments of pure cheerfulness and true happiness. Enjoy life: with high spirits and a smile on your face.



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

Strong Soul

ROLL-ON

10 ml | 26123

- Roll-on with 99%*** natural ingredients, including 100% natural essential oils
- Unique **HOT-COLD COMPLEX** relaxes and revitalises the senses thanks to the effective combination of camphor and menthol
- Strong companion for on the go to keep cool and relaxed

Strong Soul

^{1,2,3,4,5,6,7,8}

FRAGRANCE COMPOSITION****

10 ml | 26120

- Fragrance composition with 100% natural essential oils
- Ideal for room scenting with a diffuser
- The power of the fragrances creates an energised atmosphere at your home that gives you back your inner strength

Strong Soul

BODY BUTTER

200 ml | 26122

- Body cream with 98%*** natural ingredients, including 100% natural essential oils
- For a smooth skin feeling and an enhanced skin barrier thanks to shea butter and almond oil
- With a scent that vitalises you and increases your wellbeing

Strong Soul

SHOWER GEL

200 ml | 26121

- Shower gel with 95%*** natural ingredients, including 100% natural essential oils
- Nurtures and cleanses your skin
- For a boost of energy when showering thanks to a vitalising fragrance composition

Feel your Strong Soul

Recharge your batteries!

The fragrant aroma world LR Soul of Nature Strong Soul is the source for more power, vitality and a sharp mind. The special scent of **peppermint, eucalyptus, thyme** and **cedar** will strengthen you during your daily aroma wellness ritual for facing all challenges in life.

-  100% natural essential oils
-  More than 95% natural ingredients in care products***
-  Bottles and jars made of recycled plastic (rPET)*
-  Essential oils & oil blends in glass bottles partly made of recycled glass**
-  Quality checks in accordance with highest standards

¹ Aquatic Chronic 1, ² Aquatic Acute 1, ³ Asp. Tox. 1, ⁴ Skin Irrit. 2, ⁵ Skin Sens. 1, ⁶ Eye Irrit. 2, ⁷ Repr. 2, ⁸ Flam. Liq. 3, * Seals, caps and lids made of plastic (PP). ** May contain up to 55% waste glass. *** NOI = natural origin index according to ISO 16128. **** Manufactured in France. Bottled in Germany



LR
MICRO SILVER PLUS
WITH PURE SILVER
HAND GEL
Cleans hands without water
Dries fast and is not sticky
Ideal when travelling
MADE IN GERMANY

LR
ALOE-VIA
aloe vera
MADE IN GERMANY
INSTANT **EMERGENCY SPRAY**
83% ALOE VERA GEL INSIDE
Multi effective skin care
With aloe vera & natural extracts
Immediately refreshes, calms, hydrates & protects

LR
ZEITGARD
LR

BEAUTY & **HIGH-QUALITY CARE** FOR EVERY SKIN REQUIREMENT CARE

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

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

POWERFUL CARE PRODUCTS FOR INDIVIDUAL REQUIREMENTS

LR ALOE VIA

- SPECIAL CARE
- FACIAL CARE & CLEANSING
- BODY CARE & CLEANSING
- ORAL, DENTAL AND HAIR CARE
- MEN'S CARE
- BABY AND KIDS CARE
- SUN PROTECTION
- CBD CARE

LR ZEITGARD

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

LR MICROSILVER PLUS

- FACIAL CARE
- ORAL CARE
- BODY CARE

L-RECAPIN



ALOE·VIA



LR

Your way
to naturally
nurtured skin

Aloe Via



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

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

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

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

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

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



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



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



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



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



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



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

Special Care

LR ALOE VIA SPECIAL CARE

For a healthy skin feeling



Face Care

LR ALOE VIA FACE CARE & CLEANSING

For a radiantly beautiful look



Body Care

LR ALOE VIA BODY CARE & CLEANSING

For noticeably smooth and soft skin



Oral Care

LR ALOE VIA ORAL & DENTAL HYGIENE

For a beautiful, healthy smile



Hair Care

LR ALOE VIA HAIR CARE

For glossy, supple hair



Men Care

LR ALOE VIA MEN'S CARE

For fresh, well-groomed men's skin



Baby & Kids Care

LR ALOE VIA BABY & KIDS CARE

For gentle protection of baby and children's skin and strong teeth



Sun Care

LR ALOE VIA SUN PROTECTION

For healthy, sun-protected skin



CBD Care

LR ALOE VIA PREMIUM CARE

For intensely nourished, relaxed skin



LR
ALOE·VIA



Find out more about the Aloe Vera Quick Emergency Spray on page 64

Special Care

For a healthy skin feeling

Special care

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



MADE IN GERMANY
„Made in Germany“
is our promise you
can count on 100%.



Aloe Vera Relaxing Thermal Lotion

Warming lotion for muscle aches

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

20603 | 100 ml |



Aloe Vera Multi-purpose MSM Body Gel

Quickly absorbing, cooling gel cream for stressed muscles and joints

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

20604 | 200 ml |



Aloe Vera Regulating DermaIntense Cream

Extra rich cream for particularly stressed skin areas

- 20% Aloe Vera gel and vitamin B12 complex, evening primrose oil and Mahonia extract
- Soothes and moisturises
- Activates skin regeneration and demonstrably reduces skin roughness, redness and scaling**
- The skin is regenerated and the natural balance is restored
- Without perfume oil

20606 | 50 ml |

Product patented since October 2018*



* European Patent EP 2 399 648 B1

** Study on 20 subjects conducted by Dermatest in May 2010

Special Care

For quick
relieve
in everyday life

Special care

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



MADE IN GERMANY

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

Aloe Vera Quick Emergency Spray

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

20600 | 400 ml |

Aloe Vera Moisturising serum

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

20601 | 100 ml |

Aloe Vera Protective Propolis Cream

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

20602 | 100 ml |



YOU SAVE WITH **SETS**

The “all purpose” SOS care

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



1 REGENERATION
 Quick Emergency Spray

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

2 MOISTURE
 Moisturising gel concentrate

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

3 PROTECTION
 Protective Propolis Cream

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

APPLICATION TIPS



Gently massage the spray into your scalp to soothe itching.



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



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

Face Care



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

Gentle
 cleansing
 is the basis
 for efficient
 care

Facial cleansing

A radiantly beautiful face not only needs sufficient care – the basis of every care routine is **facial cleansing with LR ALOE VIA**. In the mornings and evenings!



Biodegradable cloth material



Aloe Vera Balancing Cleansing Milk

Mild cleansing milk for dry, sensitive facial skin

- 50% Aloe vera gel and organic rose extract
- Gently cleanses the skin and removes make-up and dirt
- Preserves the skin's natural moisture content

Aloe Vera Gentle Cleansing Foam

Fine-pored, light cleansing foam for normal, oily and combination skin

- 50% Aloe vera gel and organic rose extract
- Gently cleanses the skin and removes make-up and dirt
- Leaves the skin refreshed and revitalised without drying it out

Aloe Vera Clarifying Toner

Alcohol-free toner for facial cleansing

- 50% Aloe Vera gel and organic rose extract
- Clears the pores of make-up residues and everyday dirt
- Cleanses, soothes and refreshes the skin
- Moisturises

Aloe Vera Nurturing Cleansing Wipes

Gentle soft-fleece wipes from natural materials for gentle, thorough cleansing of face, neck and eyes.

- 30% Aloe vera gel and organic rose extract
- Cleans gently without drying out the skin
- Perfect for on the go
- Biodegradable cloth material
- Suitable for every skin type
- Packaging recyclable



From time to time, your skin needs a deep cleanse. The ideal candidates for this: the naturally gentle **Aloe Vera Skin-Refining Facial Scrub** and the **Aloe Vera Magic Bubble Mask** with magically tingling detox effect. The result: pure, intensively vitalised facial skin



Aloe Vera Skin-Refining Facial Peeling

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

20673 | 75 ml |



Aloe Vera Magic Bubble Mask

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

20789 | 50 ml |

1 DETOX

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



2 MOISTURE

Aloe vera provides moisture and supports skin regeneration.



3 THE BUBBLE-BOOSTER

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

Face Care

For a radiant look

Facial care

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



Aloe Vera Multi-active Day Cream

Light texture for the day

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

20674 | 50 ml |



Aloe Vera Regenerating Night Cream

Rich, delicately scented face cream for the night

- With 50% Aloe Vera gel, organic olive extract & olive oil
- Nourishes and regenerates the skin
- Improves the natural skin function overnight
- The skin is refreshed and supple

20675 | 50 ml |



Aloe Vera Skin-Refining Eye Cream

Intensive care for the sensitive eye area

- With 50% Aloe Vera gel, organic olive extract and haloxyl
- Moisturises
- Reduces dark circles and firms the skin
- The eye area appears smoother and looks fresh

20677 | 15 ml |





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



MADE IN GERMANY

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



Aloe Vera Refreshing Gel Cream

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

20679 | 50 ml |



Aloe Vera Express Moisture Face Mask

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

20689 | 75 ml |

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



Body Care

For an all-round feeling of freshness

Body care and cleansing

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



Aloe Vera 2in1 Hair & Body Shampoo

Refreshing shower gel for hair and body

- With 35% Aloe Vera gel and organic bamboo extract
- Quick, easy & effective all-in-one cleansing and care

20633 | 250 ml |



Aloe Vera Vitalising Shower Gel

Refreshing shower gel for the body

- With 35% Aloe Vera gel and organic kiwi extract
- Thorough & soft moisturising cleansing
- Leaves a pleasant feeling of freshness

20630 | 250 ml |



Aloe Vera Protective Roll-On Deodorant

Gentle anti-perspirant without alcohol

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

20643 | 50 ml |





For soft touches

Aloe vera hand care products pamper and soothe stressed hands – every day. The composition of Aloe vera and organic calendula extract stimulates skin regeneration. In addition, Aloe vera provides moisture. Thus, even rough, stressed hands become soft and smooth again.



Aloe Vera Cream Soap

Refill



Aloe Vera Gentle Cleansing Hand Soap

Nourishing cream soap for the hands

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

Aloe Vera Soft Hand Cream

Quickly absorbing cream for the hands

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

Aloe Vera Extra-rich hand cream

Rich, quickly absorbing cream for particularly stressed, dry hands

- With 40% Aloe Vera gel and organic calendula extract
- Provides intensive care and protects skin
- Supports the regeneration of chapped skin

Body Care

For noticeably smooth and soft skin

Body care

LR ALOE VIA Body Care – The intensive care with the best of Aloe vera. Provides the skin with plenty of moisture and makes it smooth and velvety soft thanks to the combination with organic magnolia extract.



Aloe Vera Soft Skin Cream

Rich, non-greasy cream for the face and the body

- With 35% Aloe Vera gel and organic magnolia extract
- Provides intensive moisture
- Leaves the skin feel incredibly soft
- Is quickly absorbed

20631 | 100 ml |

Aloe Vera Moisturising Body Balm

Light, quickly absorbing balm for the body

- With 69% Aloe Vera gel and organic magnolia extract
- Nourishing and nurturing
- Improves the skin's moisture content
- The skin feels supple and soft

20639 | 200 ml |

Aloe Vera Repairing Foot Cream

Quickly absorbing cream for dry, rough feet

- With 30% Aloe Vera gel and organic magnolia extract
- Regenerates chapped, rough and particularly dry skin
- Provides intensive moisture
- For soft and well nurtured skin

27517 | 100 ml |





Efficient care for a defined silhouette

No less than two care specialists for a firm skin feeling and even complexion. Aloe vera in combination with green tea extract and high-performance active ingredient complexes ensure a total sense of well-being.



MADE IN GERMANY

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

Scientific study** confirms the corrective effect of the Body Cream:

- 95% of the test persons confirm that the skin feeling improves
- In 85% of all test persons, improved skin density was determined by means of objective skin ultrasound measurement, which is an important criterion for a firmer, more supple and elastic skin
- Improves skin density by up to 70%

** Scientific study carried out by Institut Dermatest in March 2017 on 20 test persons with daily use on the thigh including objective measurement of the deep tissue by ultrasound (sonography).

Aloe Vera Correcting Body Cream

Rich cream for thighs and bottom

- With 30% Aloe Vera gel, organic green tea extract and Legance® active ingredient complex
- Improves skin elasticity and suppleness
- The skin appears more even and smooth

27535 | 200 ml |

Aloe Vera Shaping Body Gel

Quickly absorbing, refreshing gel for the waist, upper arms and thighs

- 30% Aloe Vera gel, organic green tea extract and Intenslim® active ingredient complex
- Improves the elasticity of the tissue
- Supports the reduction of the waist size when regularly applied
- Tones and firms the skin when used regularly

27536 | 200 ml |

Scientific study* confirms the shaping effect of the body gel:

- 100% of the test persons confirm that the skin feeling improves
- 70% confirm that the skin is more elastic
- 70% say that the skin appears noticeably tighter and firmer

* Scientific study conducted by Institut Dermatest in March 2017 on 20 women with daily application on the waist.

Oral Care

For a healthy, beautiful smile



Oral and dental hygiene

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



MADE IN GERMANY
„Made in Germany“
is our promise you
can count on 100%.



Aloe Vera Moisturising Lip Balm

- Light, transparent lip balm
- With 40% Aloe Vera vegetable oils
 - Provides the lips with intensive moisture
 - Gentle care for smooth, soft lips

20705

20676 | 4,8 g |



Aloe Vera Extra Fresh Tooth Gel

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

20690 | 100 ml |



Aloe Vera Protective Toothpaste

- Toothpaste for the daily cleaning of sensitive teeth
- With 40% Aloe Vera gel and mineral complex
 - Cleans thoroughly and particularly gentle
 - Reduces tooth hypersensitivity
 - Effectively removes dental plaque
 - With fluoride

20691 | 100 ml |



Hair Care

Hair care

LR ALOE VIA Nutri-Repair hair care system nurtures, strengthens and repairs your hair with a unique combination of Aloe vera gel and 7 natural oils. For **silky smoothness, healthy shine and self-confidence right through to the tips of your hair.**

- **Silky suppleness:** up to **3 times** easier to comb*
- **Healthy gloss:** more than **90 %** less breakage
- **Vitalising fragrance:** **95 %** of the test persons love the fragrance**



MADE IN GERMANY

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



45%
Aloe Vera



15%
Aloe Vera



15%
Aloe Vera



60%
Aloe Vera

STRENGTHENING

Aloe Vera Nutri Repair Shampoo

- With 45% Aloe vera gel and organic bamboo extract
- Cleanses gently, strengthens the hair from the outside and moisturises the scalp
- For every hair wash

20648 | 200 ml |

SUPPLENESS

Aloe Vera Nutri Repair Conditioner

- With 15% Aloe vera gel and Nutri-Oil-Repair-Complex from 7 oils
- Nourishes and repairs the hair from the inside without weighing it down
- Smoothens and seals the hair surface
- For every hair wash

20649 | 200 ml |

LONG-TERM PROTECTION

Aloe Vera Nutri Repair Hair Mask

- With 15% Aloe vera gel and Nutri-Oil-Repair-Complex from 7 oils
- Nourishes and repairs the hair from deep within, fills porous spots, restores stability of the hair and thus offers long-term protection against breakage
- Apply once or twice a week instead of conditioner

20730 | 200 ml |

HEAT PROTECTION

Aloe Vera Nutri Repair Leave-in Treatment

- With 60 % Aloe Vera gel and organic bamboo extract
- Works like a protective shield against heat
- Nourishes the hair and provides moisture
- Ideal before heat styling (e.g. blow-drying or straightening) or simply in-between washes – no-rinse

20647 | 150 ml |

* when using shampoo, conditioner and mask combined. Confirmed by bio-physical tests of wet combing force and anti-breakage effect compared to neutral shampoo conducted by proDERM in January 2018. ** User survey with 40 test persons conducted by Dermatest in December 2017.

Men Care

Everything for a flawless shave

Men's skin care

Thanks to plenty of moisturising aloe vera, the **LR ALOE VIA Men's Care** series is specifically tailored to the special requirements of male skin during and after shaving. Because men's skin not only has a different structure than women's skin – daily shaving also puts it under stress. The combination of Aloe vera and skin-soothing organic white tea extract relaxes stressed men's skin and provides freshness.



Aloe Vera Calming Shaving Foam

- For daily complete shaving
- 30% of Aloe vera provides intensive moisture
 - Optimally prepares skin and stubbles for shaving
 - Light foam for particularly easy application
 - Helps the razor glide smoothly over the skin and prevents irritations

Aloe Vera Calming Shaving Gel

- For precise shaving of the contours
- 30% of Aloe vera provides intensive moisture
 - Light gel texture for precise application and an extra boost of freshness
 - After application, the gel transforms into a light foam which helps the razor glide smoothly over the skin and prevents irritations

Aloe Vera After Shave Balm

- Light care balm for the face
- With 50% Aloe Vera gel and organic white tea extract
 - Reduces skin irritations and calms the skin after shaving
 - Provides moisture and nourishes

Aloe Vera Anti-Stress Cream

- Light, refreshing cream for the face
- With 50% Aloe Vera gel and organic white tea extract
 - Boost of freshness for stressed men's skin
 - Provides moisture and vitalises

20420 | 200 ml |



20423 | 150 ml |

20421 | 100 ml |



20422 | 100 ml |





Everything a man needs – for skin, hair & beard

Three base products focus on the essential – for your daily care of skin, hair and beard. With the raw power of Aloe vera, organic hop extract and a woody-fresh scent! Aloe vera gel is known for its soothing, moisturising effect, while hops nurtures and strengthens skin and hair and prevents skin irritation.



MADE IN GERMANY

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



Aloe Vera 4in1 Body, Facial, Hair & Beard Shampoo

Cleansing all-rounder for the whole body

- With 15% Aloe vera and organic hop extract
- Gently and reliably cleanses skin, hair and beard
- Frees your skin from residues of environmental aggressors and odours
- Moisturises skin and hair

20436 | 250 ml |

Aloe Vera 2in1 Facial & Beard Oil

Suppleness for skin and beard

- With Aloe vera and organic hop extract
- Argan, almond, jojoba and sunflower oils protect skin and hair from moisture loss
- For a smooth, strong beard
- Gives your beard a natural shine without being greasy
- Reduces itching

20437 | 30 ml |

Aloe Vera 2in1 Hair & Beard Styling Balm

Perfect style for hair and beard

- With 15% Aloe vera and organic hop extract
- Styles and moisturises
- Supports the hair, tames frizzy hair and improves combability
- Provides beard and hair with a natural shine
- Can prevent hereditary hair loss

20438 | 50 ml |



Aloe Vera Baby Sensitive Nappy Rash Cream

- Rich, solid cream for sore skin
- With 40% Aloe Vera gel, organic calendula extract, zinc and panthenol
 - Supports the regeneration of sore skin and protects against new nappy rash
 - Regenerates and soothes irritated skin
 - Without perfume oil

20319 | 100 ml |



Aloe Vera Baby Sensitive Washing Lotion & Shampoo

- Extra mild, creamy washing lotion for sensitive skin
- With 30% Aloe Vera Gel, organic calendula extract and soy oil
 - Mild, gentle cleansing
 - Protects sensitive skin from drying out during cleansing and moisturises
 - Without sulphates and perfume oil

20320 | 250 ml |



Aloe Vera Baby Sensitive Face & Body Cream

- Extra mild, light washing lotion for sensitive skin
- With 40% Aloe Vera gel, organic calendula extract and panthenol
 - Supports the skin barrier and protects against moisture loss
 - Provides moisture, nurtures and soothes
 - Without perfume oil

20321 | 100 ml |

*Particularly gentle and natural!
Recommended by midwives and paediatricians.*



Baby & Kids Care

For gentle protection of baby and children's skin and strong teeth

Baby and Kids Care

The new **LR ALOE VIA Baby Care series** with the best of Aloe Vera – its gel – and precious organic plant extracts is particularly gentle and natural on baby's sensitive skin. Produced without added parabens, mineral oils and perfume oils.

The new **LR ALOE VIA Kids Care series** has a particularly high Aloe vera content. Perfect for the sensitive skin of children, as Aloe vera is a true all-rounder: It regenerates, moisturises, soothes and protects. This is also important for sensitive milk teeth! And fun is important, too, of course.



MADE IN GERMANY

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

No
tangles!



Aloe Vera Kids 3in1 Shower Gel, Shampoo & Conditioner

Gentle cleansing and care for great fun under the shower!

- Panthenol and organic peach extract nurture and protect skin and hair.
- Improved combability after showering*
- With a tropical and fruity fragrance for a true jungle experience!
- Without sulphates

20328 | 250 ml |



Teeth friendliness
scientifically
proven

Aloe Vera Kids Magically Glittering Tooth Gel

Soft cleansing and care for tiger-strong teeth!

- Xylitol protects from tooth decay, and calcium strengthens the enamel
- With a child-friendly fluoride content and mild mint flavour
- The glittery gel texture makes brushing teeth a fun experience!

20329 | 50 ml |



The LR ALOE VIA Sun Protection products are available during the sunny months from May to August



**40% Aloe vera
Aloe Vera Sun
Lotion
SPF 30**

Lotion for lightly tanned skin types

- With 40% Aloe vera and organic pineapple extract
- Protects the skin from UVA & UVB rays
- Nurtures and moisturises intensively
- Dry-touch effect: Absorbs quickly, is neither glossy nor sticky and does not leave white traces on your skin

23112 | 100 ml |

**40% Aloe vera
Aloe Vera Sun
Lotion
SPF 50**

Lotion for fair, sensitive skin types

- With 40% Aloe vera and organic pineapple extract
- Protects the skin from UVA & UVB rays
- Nurtures and moisturises intensively
- Dry-touch effect: Absorbs quickly, is neither glossy nor sticky and does not leave white traces on the skin

23113 | 75 ml |

**40% Aloe vera
Aloe Vera Sun Lotion
Spray for Children
SPF 50**

Ideal for children: particularly gentle to sensitive skin

- With 40% Aloe vera and organic pineapple extract
- Reliable skin protection against UVA & UVB rays with a very high SPF of 50
- Simple and quick spraying before and after swimming

23110 | 150 ml |

Sun Care

Sun protection

Each skin type requires different sun protection. From delicate to sensitive through to tanned skin – **LR ALOE VIA Sun Protection products** offer care and protection for the whole family. Aloe vera provides stressed skin with moisture, cools, soothes and regenerates. In addition, LR Sun Protection products are waterproof and completely without artificial colours!

For healthy,
sun-protected
skin



MADE IN GERMANY

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



Guarantees a balanced ratio of UVA and UVB protection



40% Aloe vera Aloe Vera Anti-Aging Sonnenfluid SPF 50

For protected, firm and smooth skin

- With 40% Aloe vera and organic pineapple extract
- Protects the skin from UVA & UVB rays as well as premature aging
- Dry-touch effect: Absorbs quickly, is neither glossy nor sticky and does not leave white traces on your skin

23114 | 50 ml |

40% Aloe vera Aloe Vera Sun Lotion Spray LSF 30

Easy to use spray for slightly tanned skin

- With 40% Aloe vera and organic pineapple extract
- Protects the skin from UVA & UVB rays
- Provides intense moisture, soothes and cools
- Absorbs quickly and is non-sticky
- Quick and easy to use, ideal while on-the-go

23115 | 150 ml |

70% Aloe vera Aloe Vera Gel Cream After Sun

Light, cooling gel cream for your body

- With 70% Aloe vera and organic pineapple extract
- Soothes and supports your skin's regeneration after sunbathing
- Water-Droplets technology for maximum moisture & cooling freshness, as well as easy application

23116 | 200 ml |



Sun protection from within

The tasty specialist for sunny days with summery Açai berry supports your body to protect itself from the sun from within.

Page 17

Aloe Vera Drinking Gel Açai Pro Summer*

81100 | 1000 ml |

CBD Care

Premium Care with CBD

LR ALOE VIA CBD is our new premium care series with valuable ingredients from **Aloe barbadensis** and **Cannabis sativa**. The combination of Aloe vera & organic Cannabis sativa seed oil, enriched with CBD, nourishes your skin and has a soothing and intensively caring effect on particularly stressed and irritated skin by supporting the skin's own regeneration process.

Aloe Vera &
Cannabis Sativa –
Feel nature's
magic on
your skin!



BOTTLES AND JARS MADE OF
RECYCLED PLASTIC (RPET)*



Aloe Vera CBD Shower Gel Oil

Gently cleanses your skin without drying it out

- With Aloe vera gel, organic Cannabis sativa seed oil and CBD
- Soothes, moisturises and protects your skin
- Apply daily onto wet skin and rinse off

20824 | 200 ml |



Aloe Vera CBD Oil Salt Body Scrub

Soothing & nurturing body scrub with sea salt

- With Aloe vera gel, organic Cannabis sativa seed oil, CBD and sea salt
- Sea salt refines your skin in a natural way
- Apply to moist skin in circular movements and rinse off with warm water

20823 | 200 ml |

GOOD TO KNOW!

Cannabidiol – or just CBD – is a natural ingredient extracted from the leaves and petioles of hemp. Thanks to its skin-soothing effects, Organic Cannabis sativa seed oil, enriched with CBD, is particularly useful for the care of stressed skin.

*The rPET material may exhibit slightly grey colour, deviating from the illustration. Closures, caps and lids are made of plastic (PP)



MADE IN GERMANY

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

**MASSAGE-ROLL-ON:
WELL-BEING IN 3 STEPS**



Turn the cap counterclockwise to open.



Apply the lotion with the massage roll-on in circular motions to the stressed body areas.



Then close the cap, treat yourself to a soothing massage with your hand and enjoy the relaxing moment!



Tip for on the go: Massage the lotion with the cap of the closed roll-on, so you don't have to wash your hands afterwards.



**Aloe Vera to CBD
Massage Roll-on**

Relaxing roll-on with 20% Aloe vera, organic Cannabis sativa seed oil, CBD, organic turmeric extract and incense

- Soothing for stressed body areas
- With hot-cold complex – invigorates and relaxes at the same time
- Massage into the skin with gentle pressure to feel the relaxing effect

20826 | 50 ml |

SCIENTIFICALLY DEVELOPED AND TESTED COSMETICS FOR TIMELESS BEAUTY

IR
ZEITGARD
FOR TIMELESS BEAUTY



YOUR BEAUTY PARLOUR AT HOME

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



Recommended by experts



Innovative, high-tech



Highly effective care formulas



Scientifically developed and tested cosmetics



ZEITGARD PRO COSMETIC DEVICE

ZEITGARD PRO COSMETIC DEVICE

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

CLEANSING

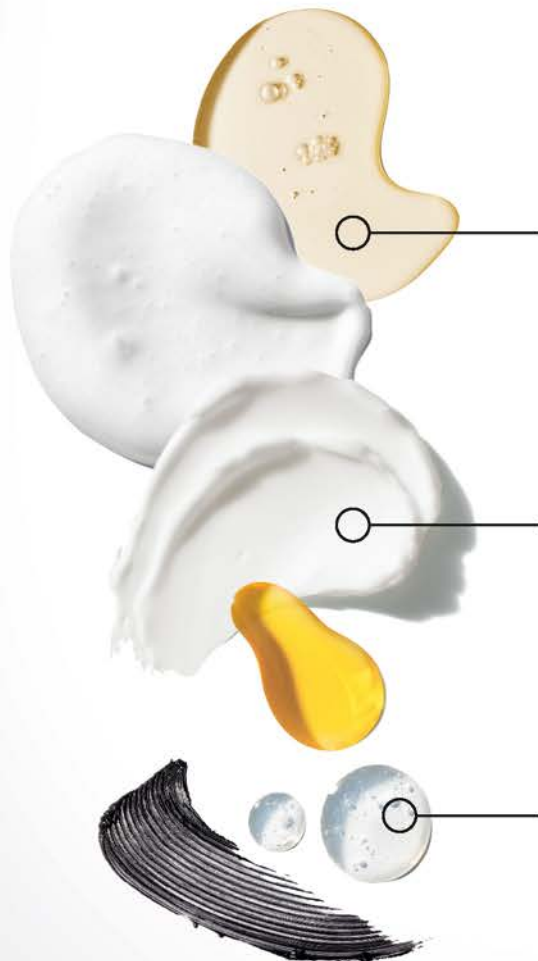
Gentle and thorough facial cleansing down to the pores. Two highly effective products complement professional cleaning with the new Zeitgard Pro Cosmetic Device. For pure skin like after visiting a beauty parlour.

FACE & BODY CARE

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

BEAUTIES

The high-quality LR ZEITGARD Beauties underline the natural beauty and ensure a radiant appearance.



NEW SMART TECHNOLOGY: 1 DEVICE & 4 BEAUTY TOOLS



PATENT PENDING
zum
PATENT
angemeldet*

 **GERMAN
DESIGN
AWARD
SPECIAL
2023**

IR
ZEITGARD
FOR TIMELESS BEAUTY

INNOVATION: HIGHTECH MEETS BEAUTY

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

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



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

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

Professional cleaning tool



OSCILLATION

Intensive peeling tool



ULTRASONICS

Effective anti-aging tool



ULTRASONICS

Firming body massage tool



ULTRASONICS



VIBRATION



ZEITGARD PRO CLEANSING-KIT

- Device with charging station
- Face Cleansing Tool (incl. Adapter)
- Cleansing Cream

70106 |



ZEITGARD PRO COMPLETE-SET

- Device with charging station
- Face Cleansing Tool (incl. Adapter)
- Face Peeling Tool
- Face Smoothing Tool
- Body Skincare Tool
- Cleansing Cream
- Facial Toner
- Body Lotion

70111 |



CLEANING ROUTINE FOR BEAUTIFUL AND RADIANT SKIN

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

COSMETIC DEVICE CLEANSING CREAM

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

28000 | 125 ml |



PROFESSIONAL CLEANSING TOOL



APPLICATION:
FACE

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

- STEP 1:** Moisten your face with water before use and spread the cleansing cream on your skin. Turn on the device and start gently cleansing the left and right sides of your face and forehead (T-zone) – for about 20 seconds each.
- STEP 2:** Clarify the facial skin after cleansing with the facial toner.

FACE CLEANSING TOOL**

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

70107 |



FACE CLEANSING TOOL + ADAPTER

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

70105 |



* Cosmetic device for home use, patent pending in Germany, with interchangeable attachments. Patent No.: 10 2022 200 747.6.

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

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

INTENSIVE PEELING-TOOL



APPLICATION:
FACE

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

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



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

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

PREMIUM FACIAL TONER

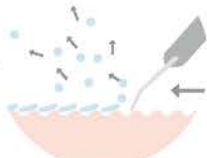
Clarifies and soothes the skin after treatment with the cleansing brush or cavitation peeling. It strengthens the natural protective function of the skin with zinc, allantoin and panthenol and has an invigorating effect thanks to harungana extract. The alcohol-free formula is suitable for all skin types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

28001 | 200 ml |



FACE PEELING TOOL**

Cavitation peeling attachment for use with water
70104 |



THOROUGHLY CLEAN

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

WOW – GREAT STUDY RESULTS

FOR THE ZEITGARD PRO COSMETIC DEVICE

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

FACE CLEANSING TOOL



10x

A CLEANSING METHOD THAT IS 10 TIMES MORE EFFECTIVE

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

FACE PEELING TOOL



43%

REDUCTION ON AVERAGE

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



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

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



BLACKHEADS*

AFTER ONLY ONE APPLICATION

REDUCTION on average

43%

FLAKINESS OF SKIN*

AFTER ONLY ONE APPLICATION

REDUCTION on average

78%

90%

very oily skin as initial situation

SCALY SKIN*

AFTER JUST ONE APPLICATION

REDUCTION on average

37%

88%

visibly flaky skin as initial situation

ROUGHNESS OF SKIN*

AFTER ONLY ONE APPLICATION

REDUCTION on average

23%

47%

uneven complexion as initial situation

■ Normal skin
■ Skin in need of care

FACE SMOOTHING TOOL



BODY SKINCARE TOOL



UP TO
69%
REDUCTION

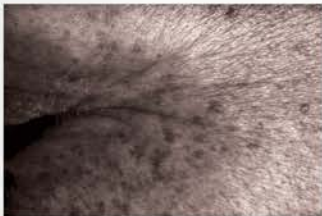
VISIBLY REDUCED
WRINKLE DEPTH AFTER
ONLY 4 WEEKS OF USE*

UP TO
41%
IMPROVEMENT

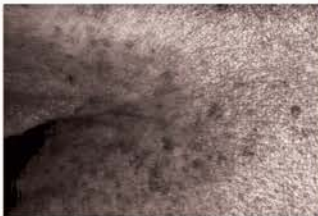
AFTER ONLY 8 WEEKS
THE BODY SKIN IS MORE
DENSE TO THE TOUCH*

WRINKLE DEPTH* AFTER 4 WEEKS OF USE	REDUCTION up to 69%
SKIN ELASTICITY* AFTER 4 WEEKS OF USE	REDUCTION up to 70%
FIRMNESS OF SKIN* AFTER 4 WEEKS OF USE	REDUCTION up to 49%
COLLAGEN TYPE 1A** WITH ULTRASONIC TECHNOLOGY AFTER 72 HOURS	AVERAGE INCREASE 11%

SKIN DENSITY** THROUGH APPLICATION*** AFTER 8 WEEKS	IMPROVEMENT Up to 41%
COLLAGEN TYPE 3A** WITH ULTRASONIC TECHNOLOGY AFTER 72 HOURS	Average INCREASE 28%
ATP CONTENT** THROUGH APPLICATION*** AFTER 24 HOURS	Average INCREASE 37%
DERMAL CELL VITALITY** THROUGH APPLICATION*** AFTER 72 HOURS	Average INCREASE 15%



Before use



After 4 weeks of use

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

FACIAL CARE ROUTINE FOR VISIBLY FEWER WRINKLES



EFFECTIVE ANTI-AGING-TOOL



APPLICATION:
FACE

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

- STEP 1:** Cleanse your skin with the Face Cleansing Tool or the Face Peeling Tool.
- STEP 2:** Apply one of the compatible LR ZEITGARD care products. Put small cream spots on your face and massage them in using the Face Smoothing Tool. Treat the left and right sides for a few seconds. Make circular movements from the inside to the outside and from bottom to top.

FACE SMOOTHING TOOL**



Smoothing anti-aging
attachment for use with
LR ZEITGARD care products
70102 |



* Cosmetic device for home use, patent pending in Germany, with interchangeable attachments. Patent No.: 10 2022 200 747.6.

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

NEW TECHNOLOGY & INNOVATIVE ANTI-AGING BOOSTER



Active ingredient transport system

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

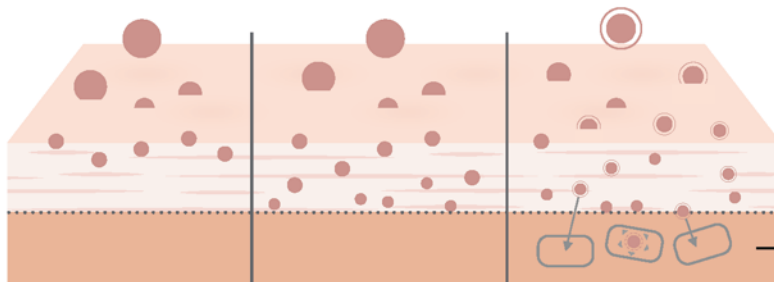
of valuable ingredients by transporting them to and directly into the cell. Thus, the active ingredients are released inside the cell to unfold their full power there. This way, it is possible to get directly to the origins of skin aging and slow it down through targeted nutrient supply.



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

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

THE INTERACTION OF ULTRASOUND AND LR ZEITGARD CARE PRODUCTS



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

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

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



Encapsulated active ingredient interacts with the cell



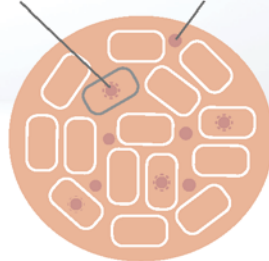
Encapsulated active ingredient penetrates the cell



Release of the active substance into the target cell

Active ingredient with active ingredient transport system in target cell

Active ingredient without active ingredient transport system



FACE CARE PRODUCTS WITH ACTIVE INGREDIENT TRANSPORT SYSTEM



APPLICATION WITH FACE SMOOTHING TOOL



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

SMART SUPPORT FOR A FIRM COMPLEXION

ACTIVATING BODY CREAM

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



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

28002 | 200 ml |



FIRMING BODY MASSAGE TOOL



APPLICATION:
BODY

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

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

BODY SKINCARE TOOL**



Skin firming attachment for use with LR ZEITGARD body cream
70103 |



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

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

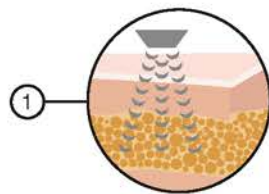
In addition, the active ingredients of the body cream can penetrate deeper and faster into the skin using ultrasound technology. With regular use, a depot of active ingredients builds up in the deep layers of the skin, resulting in a long-lasting effect.



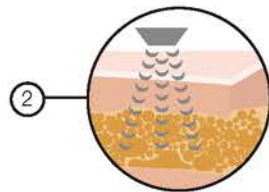
“The Body Skincare Tool and the body cream are unbeatable as a team. Thanks to ultrasonic technology, the body cream’s ingredients are optimally absorbed and can thus unfold their full effect. Furthermore, the vibrating massage helps to stimulate the blood circulation. The result: firmer connective tissue,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

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

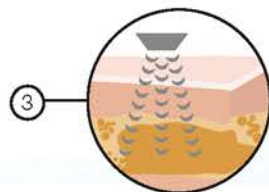
HOW DOES THE ULTRASOUND APPLICATION WORK?



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



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



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



ACTIVATING BASIC CARE FOR BEGINNERS

The effective basic care provides tired-looking, drawn skin with a lot of moisture and new energy. For a fresh, vital complexion! Even before the first wrinkles appear, you can prevent skin aging with the care complex of coenzyme Q10 and algae contained in the creams. The care series activates your skin and gives it more freshness and radiance.



Racine Eye Cream

- With coenzyme Q10 for more energy
- Effective combination of vitamins for natural regeneration
- Ingredient complex with algae nourishes the eye area for a bright look

28502 | 15 ml |



Racine Night Cream

- Coenzyme Q10 supports the regeneration phase in the night
- Care complex with algae supplies the skin with minerals
- Vitamin E regenerates skin overnight
- Rich texture with jojoba oil and shea butter

28501 | 50 ml |

Racine Collagen Serum

- Pure collagen boosts the skin's firmness
- Intensive moisture supply and retention
- Makes the skin appear youthfully fresh and smooth

28504 | 30 ml |

Racine Day Cream

- With coenzyme Q10 for more energy
- Care complex with algae increases moisture supply
- Vitamin E protects the cells

28500 | 50 ml |

SMOOTHING CARE SERIES

AGAINST PREMATURE SKIN AGING

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



New care formula



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



APPLICATION WITH FACE SMOOTHING TOOL

Nanogold 2in1 Eye Cream & Mask

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

28194 | 30 ml |

Nanogold Day Cream

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

28192 | 50 ml |

Nanogold Night Cream

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

28193 | 50 ml |



TONING PREMIUM CARE FOR DEMANDING SKIN

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



APPLICATION
WITH
FACE
SMOOTHING
TOOL



New
formula



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

Beauty Diamonds 2in1 Eye Cream & Mask

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

28319 | 30 ml |

Beauty Diamonds Day Cream

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

28317 | 50 ml |

Beauty Diamonds Night Cream

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

28318 | 50 ml |

Beauty Diamonds Radiant Youth Oil

- Nourishes and regenerates your skin with vitamins A, E and F
- Protects against moisture loss with valuable oils (argan oil, avocado oil, jojoba oil, macadamia nut oil, almond oil, grape seed oil)
- For a youthfully radiant glow

28314 | 30 ml |



FRESHNESS AND ENERGY

FOR SMOOTH, WELL-GROOMED MEN'S SKIN

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



APPLICATION
WITH
**FACE
SMOOTHING
TOOL**



New
care
formula



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



Platinum Anti-Aging Cream

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

28449 | 50 ml |

DAILY CARE

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

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

PAMPER YOUR SKIN WITH INDIVIDUAL SPECIAL CARE

Choose your personal additional care according to your skin's requirements every day! The highly effective LR ZEITGARD Specials provide an extra portion of care anytime your skin needs it. Each of our Specials can be combined perfectly with any LR ZEITGARD Essentials care series and complement your basic care with individual special care products that are specifically adapted to meet different skins' requirements.



Blue Light Defender

- Protection from skin aging and irritations caused by blue light
- Reduces existing wrinkles and has an antioxidative effect
- For a youthfully radiant appearance
- With spirulina extract and blue lotus extract

71060 | 30 ml |

Sleeping Mask

- nurtures and regenerates the skin overnight
- with jojoba oil for optimum moisture supply
- with Ultra Filling Spheres™ for an anti-age effect
- with Shizandra berries for skin regeneration
- The mask is not washed off and should be applied twice a week for optimum results

71011 | 50 ml |

PowerLIFT

- Light facial cream emulsion
- Moisturises, revitalises and firms the skin for more vitality, energy and elasticity
- With oat-peptides, hyaluronic acid, algae extract and a mix of seven herbs for a moisturising and smoothing anti-wrinkle-effect

28100 | 30 ml |





Vitamin C Serum

- Antioxidant protection from free radicals
- Provides more elasticity and resilience
- Supports skin regeneration and helps to stimulate collagen production
- Provides smooth and firm skin full of energy for a radiant complexion
- Provides even, firm and energy-nourished skin

28191 | 30 ml |

Niacinamid Serum

- Refines skin and pores
- Stimulates ceramide as well as lipid production and regulates sebum production
- Provides a radiant appearance for pale skin by helping to balance out hyperpigmentation and refining coarse and rough-looking skin
- Gives a matte finish to oily skin
- Increases resilience, activates cell regeneration and accelerates skin regeneration

28280 | 30 ml |

NIACINAMID SERUM USE

We recommend to slowly integrate this highly effective serum into your skincare routine in order to allow your skin to get used to this active ingredient step by step.

USE FOR BEGINNERS:

Apply 1-2 drops of the serum to cleansed face as a basis before your usual day or night care product once a day.

ADVANCED USE:

Apply 3-4 drops to cleansed face as a basis before your usual day or night care product in the morning and/or evening.

ANTI-AGING CARE FOR CLEAR RESULTS

The exclusive Serox products counteract the undesirable signs of aging. Thanks to an innovative effect technology with a 2-fold anti-aging effect, the Instant Skin Perfector ensures immediate and at the same time lasting perfection of the skin. The complementing Serox special products achieve long-lasting younger-looking skin: fewer expression lines around the eye, forehead and nose area as well as significantly more volume and elasticity.



Serox Instant Skin Perfector

- Instantly younger looking skin
- Sustainable regeneration of the skin structure
- Velvety-soft, concealing Perfector formula with subtle colour pigments
- Use following your day cream – the make-up can be applied as usual

28250 | 30 ml |

Serox Instant Result Serum

- With Ameliox® and Polylift® to reduce wrinkle depth
- With relaxing and moisturising effects to smoothen and refine the skin texture

28251 | 30 ml |

Serox Intensive Result Cream

- With Ameliox® and UltraFilling Spheres™ for a more supple, smoother and fresher appearance
- Active ingredient complex with anti-wrinkle effect reduces minor and deep wrinkles and provides long-term moisture

28244 | 50 ml |



UNDERLINE YOUR TIMELESS BEAUTY

Two products – maximum effect. Underline your timeless beauty with the effective premium formulas of the growth activating lash serum and the fantastic mascara.



Fantastic Mascara

- Even thicker, longer and more defined: ingenious, ultra-black 3-D lashes
- Intelligent 3-fold film texture: more colour, volume and definition with every stroke
- Special brush structure: wave-like fibres for a perfect result up to the tips
- Creates a "false-lash effect"

71080 | 10 ml |



Activating Lash Serum

- Skin-friendly lash serum with a complex of growth stimulating active substances
- For visibly longer and thicker lashes**
- Up to 35% longer lashes after only 6 weeks*
- Reduces lash loss and maximises lash volume

71081 | 5,5 ml |

DAILY APPLICATION

STEP 1: Apply the Activating Lash Serum in the morning and evening like an eyeliner on your upper lid.

STEP 2: Apply the Fantastic Mascara for a fabulous false-lash effect.





Functional care solutions for special needs.



LR MICROSILVER PLUS FACE CARE



LR MICROSILVER PLUS ORAL CARE



LR MICROSILVER PLUS BODY CARE

Healthy skin starts with a well-balanced protective barrier.

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

LR MICROSILVER PLUS offers effective solutions for the special requirements of different parts of the body. The secret of this functional care series is the antibacterial and antiviral active ingredient MicroSilver BG™. Each product of this series offers an additional "plus", an effective combination of active ingredients that targets the specific need and regenerates and stabilises the skin and its natural protective barrier – for a healthy microbiome of the skin.

All LR MICROSILVER PLUS products contain antibacterial, antiviral MicroSilver BG™



PURE SILVER AGAINST BACTERIA AND VIRUSES

1.

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



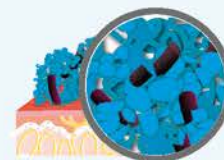
2.

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



3.

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



4.

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





**MICRO
SILVER
PLUS**

LR MICROSILVER PLUS FACE CARE

Sensitive Facial Skin in Balance



All LR MICROSILVER PLUS products contain antibacterial, antiviral MicroSilver BG™

PROBLEM

Blemished, oily, flaky, irritated facial skin

CAUSE

The oily areas of the facial skin, especially the forehead, nostrils and chin, contain a particularly large number of active sebaceous glands. The skin's flora changes regularly. Thus, the microbiome easily loses its balance, which may cause skin problems.

SOLUTION

The LR MICRO-SILVER PLUS face care system specifically frees the skin from impurities and bacteria, helps to counteract irritations and refines the skin's texture in the long term Sensitive Facial Skin in Balance

- MicroSilver BG™ reduces germs, such as bacteria and viruses
- A specific combination of active ingredients for clear and balanced facial skin
- Instant and long-term effect: Sustainable, netlike protective film may protect for up to 12 hours



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



02 Regulating Facial Cream

The LR MICROSILVER PLUS facial cream regenerates, supports and refines the complexion. Thanks to our antibacterial, antiviral MicroSilver BG™, the quickly absorbing cream removes bacteria and protects the skin against irritations. Without sticking, without greasing.

THE SPECIAL PLUS

- The herbal active substance complex Defensil™ and Activox™ strengthen the skin barrier.
- Dexpanthenol soothes and nurtures the skin
- Zinc supports the skin's regeneration

25001 | 50 ml |

01 Deep cleansing wash cream

The LR MICROSILVER PLUS Wash Cream gently cleanses down to the pores and soothes the skin. The antibacterial and antiviral active ingredient MicroSilver BG™ eliminates germs such as bacteria and viruses. The stressed microbiome is able to regenerate.

THE SPECIAL PLUS

- The mineral salicylic acid dissolves dead skin scales and opens clogged pores.
- Dexpanthenol soothes & cares for inflammation prone skin
- Zinc supports the skin's regeneration

25000 | 150 ml |

SCIENTIFICALLY PROVEN EFFECTIVENESS:

- Considerably improved complexion*
- Reduction of blackheads by an average of 24%, of papules by approx. 30% and of pustules by approx. 29%*
- Excellent skin tolerance even with irritated or acne-prone skin*.

* Antibacterial facial cream tested on 30 acne patients between 13 and 25 years of age who applied the facial cream once a day over a period of six weeks. The study was conducted in November 2010 by Derma Consult GmbH



**MICRO
SILVER
PLUS**

LR MICROSILVER PLUS ORAL CARE

Healthy and well-kept teeth and gums

PROBLEM

Sensitive teeth, inflammation prone gums, bad breath and other symptoms.

CAUSE

Health begins – among others – in our mouth. The oral microbiome is characterised by countless different germs. An imbalance in the mouth can have unpleasant consequences.

SOLUTION

LR MICROSILVER PLUS oral care frees the oral cavity of germs and offers innovative protection for strong teeth, healthy gums and an oral flora in balance.

- For an intact oral microbiome
- With antibacterial and antiviral MicroSilver BG™
- Instant and long-term effect: long-lasting, netlike protective film may protect for up to 12 hours



01 Nurturing Toothpaste

The LR MICROSILVER PLUS toothpaste cleans and nurtures teeth, gums as well as the oral mucosa. The small silver particles from the active ingredient MicroSilver BG™ eliminate bacteria and viruses and thus effectively protect against plaque, cavities and periodontal disease, bad breath and gum inflammation.

THE SPECIAL PLUS

- The mineral HYDROXIAPATITE repairs enamel and ensures healthy, strong teeth.
- Dexpantenol soothes sensitive teeth and gums
- Zinc has anti-inflammatory effects and prevents plaque, cavities and periodontal disease.
- Fluoride promotes the teeth's natural remineralisation

25090 | 75 ml |

SCIENTIFICALLY PROVEN EFFICIENCY:

- 90% of users notice a stabilisation of their gums*
- Reduction of gum inflammation / bleeding**

* Antibacterial toothpaste tested on 10 women and men between 18 and 72 years of age over a period of 4 weeks in April 2006 by Dermatest GmbH

** Antibacterial toothpaste tested on 30 persons between 21 and 65 years of age using the toothpaste twice a day over a period of 4 weeks in November 2010 by Dermatest GmbH



MADE IN GERMANY

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



All LR MICROSILVER PLUS products contain antibacterial, antiviral MicroSilver BG™

02 Protecting Mouthwash

The LR MICROSILVER PLUS mouthwash cleans the mouth and removes up to **99.99% of all germs**, such as bacteria and viruses. The long-lasting, gel-like texture even reaches hard-to-reach areas, such as interdental spaces. It provides ideal protection against plaque, cavities and periodontal disease. For long-lasting fresh breath and a well-tended oral flora in balance.

THE SPECIAL PLUS

- Aloe vera strengthens the gums
- Menthol and peppermint leave a pleasant feeling of freshness throughout the entire oral cavity.
- Fluoride promotes the teeth's natural remineralisation

25130 | 300 ml |

03 Mouth spray for hygienic care

The light texture of our LR MICROSILVER PLUS mouth spray effectively removes up to **99.99% of all germs**, such as bacteria and viruses, from the oral cavity when used regularly. Teeth and gums are effectively protected against plaque, cavities and periodontal disease. For a fresh breath "to go" – anytime and anywhere – and a healthy, balanced oral flora.

THE SPECIAL PLUS

- Aloe vera strengthens and regulates the gums
- Sage and echinacea regulate the oral mucosa
- Mint provides a pleasant freshness throughout the entire oral cavity

25140 | 30 ml |

SCIENTIFICALLY PROVEN EFFICIENCY:

- Dermatologically tested VERY GOOD
- Across all users, gum bleeding was reduced by 77% on average within the first 4 weeks (method: determination of the gingiva-index by probing the gingival pockets)*
- 75% report a noticeable improvement of the condition of their teeth and a positive effect on the oral cavity*
- 70% report a strengthening of the gums

* Mouthwash was tested in a user trial by 20 persons between 18 and 54 years of age over a period of 4 weeks in August/September 2020 by Dermatest GmbH.

SCIENTIFICALLY PROVEN EFFICIENCY:

- Dermatologically tested VERY GOOD
- 90% report less gum inflammation*
- 84% report an improved breath*
- 100% assess taste, freshness and care as very pleasant*
- 90% recommend the product*

* Mouth spray was tested in a user trial by 20 persons between 19 and 71 years of age over a period of 4 weeks in August/September 2020 by Dermatest GmbH.



**MICRO
SILVER
PLUS**

LR MICROSILVER PLUS BODY CARE

Antibacterial Protection & Care for the Body

PROBLEM

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

CAUSE

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

SOLUTION

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

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



01 Hand gel for hygienic care

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

THE SPECIAL PLUS

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

02 Regenerating Hand Cream

The quickly absorbing LR MICROSILVER PLUS hand cream provides lasting support for the natural skin regeneration of stressed hands. Antibacterial, antiviral MicroSilver BG™ removes germs, such as bacteria and viruses. For hygienically clean silky-smooth hands.

THE SPECIAL PLUS

- Nourishing and intensively caring dexpanthenol penetrates deep into dry skin folds of chapped skin, stabilises and regenerates sustainably
- In addition, the mineral complex ZIN'CÎTE™ protects your skin against UVA/UVB rays.

25051 | 75 ml |

25065 | 75 ml |



MADE IN GERMANY

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



03 Nourishing anti-dandruff shampoo

The LR MICROSILVER PLUS anti-dandruff shampoo reduces dandruff from the first use on and prevents it from forming again. MicroSilver BG™ works reliably against bacteria that cause dandruff. Nurtures sensitive, dry scalps that tend to itch.

THE SPECIAL PLUS

- OCTOPIROX® inhibits bacterial growth and regulates the scalp
- Dexpanthenol soothes a dry, irritated scalp

25072 | 150 ml |



All LR MICROSILVER PLUS products contain antibacterial, antiviral MicroSilver BG™

SCIENTIFICALLY PROVEN EFFICIENCY:

- 80% of users confirm that there is no longer any unpleasant odour*
- 80% confirm that there is no skin irritation*

* The antibacterial deo roll-on was tested on 20 subjects between 25 and 76 years of age over a period of 4 weeks in April 2010 by Dermatest GmbH.

04 Gentle, reliable deo roll-on

The LR MICROSILVER PLUS Deo Roll-on protects against unpleasant perspiration odour for up to 24 hours. MicroSilver BG™ works reliably against bacteria that cause perspiration odour. Our mild formula soothes the sensitive skin of your armpits. It leaves a pleasant feeling of freshness – while deliberately avoiding aluminium salts

THE SPECIAL PLUS

- The mineral talc binds moisture and prevents wet armpits
- Dexpanthenol soothes and nurtures sensitive armpits
- Zinc salt constricts pores and absorbs odours

25033 | 50 ml |

SCIENTIFICALLY PROVEN EFFICIENCY:

- 100% of users confirm that formation of dandruff decreases*
- 80% of users confirm that their scalp appears less dry and reddened*

* Anti-dandruff shampoo tested on 10 men between 22 and 56 years of age between April and June 2008 by Derma Consult GmbH.

Hair problems?

CAUSE

What are the causes for premature hair loss?

- **Hormone**
Dihydrotestosterone (DHT) is an indirect cause of the degeneration of the hair root
- **Lack of nutrition at the hair roots.**
Insufficient blood circulation in the scalp which reduces the nutrition of hair roots.
- **Poor strength in the hair structure** can also be a factor in the health of the hair root with the possibility of hair loss resulting.

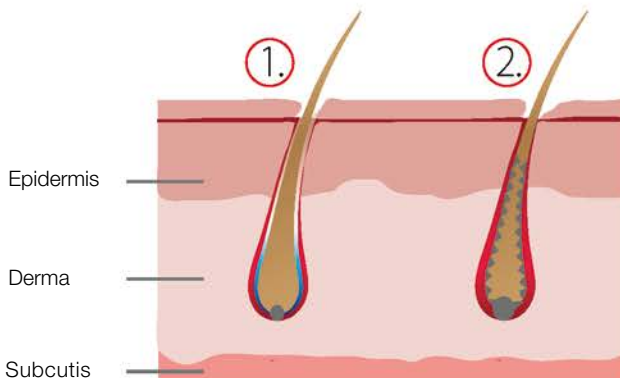


ACTION

How is L-Recapin effective against the cause of premature hair loss?

The innovative and specialized complex active ingredient Procapil® works three fold:

- **Oleanol acid** from the olive tree leaves helps to reduce the degeneration of the hair root
- **Apigenin** from the citrus fruits helps promote and stimulate the blood circulation of the root of the hair (see page 1)
- **Biotinyl-GHK** (a protein vitamin) helps to promote the strength of the root of the hair! (see page 2)



EFFECT

Is the effectiveness of L-Recapin tested in any studies?

Yes. A study with an period of application over 4 months carried out*.

The results:

- L-Recapin helps to reduce premature hair loss
- With the application of L-Recapin the hair stays in the growth phase longer
- L-Recapin contributes to the essential binding of the hair root and can help to reduce premature hair loss
- Through the L-Recapin complex active ingredients the hair root is protected, strengthened and regenerated

*Study Tonic

Certified Effectiveness

- **76%** of those who participated in the study claimed that they noticed **better hair volume** and that their hair remained in the natural growth phases longer
- **76% confirmed the effectiveness** of the product.

(Tonic was tested on 20 men and 5 women in the age group 21 to 60 years of age through the DermaTronnier over a period of 4 months in 2005)



MADE IN GERMANY

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

L-Recapin

Powerful duo for full, thick hair

Hereditary hair loss? L-Recapin is the solution for men: The innovative active complex stops hereditary hair loss and has been shown to improve hair volume.



RECOMMENDATION FOR FULL HAIR:

Only long-term and regular application of L-Recapin will enable the optimum result. The recommended 4-pack provides a four month supply. The L-Recapin Tonic and the Shampoo are exactly the perfect combination with the best outcomes.



L-Recapin Shampoo

The dermatological tested complex ingredients gently and mildly cleans the hair. Use routinely before applying the L-Recapin Tonic to optimally prepare the hair and scalp.

27003 | 200 ml |

L-Recapin Tonicum

L-Recapin Tonicum counteracts hereditary hair loss*. Apply the tonic after washing onto damp hair. Massage in circular movements.

27001 | 200 ml |



**BRUCE
WILLIS**
PERSONAL EDITION
eau de parfum

PURE
BY GUIDO MARIA KRETSCHMER

PRE- FUME

A VARIETY OF FRAGRANCES FOR WOMEN AND MEN

The LR fragrance concept with its three different categories – Star Fragrances, Lifestyle Fragrances and LR Classics – offers a variety of perfumes to suit every character, taste and occasion. High proportions of perfume oil with a long adhesion period, far above the market average, are a hallmark of all LR fragrances. Based on decades of fragrance expertise, LR creates fragrances “Made in Germany” in cooperation with renowned international perfumers!

THREE FASCINATING FRAGRANCE WORLDS

- **LR STAR FRAGRANCES**
- **LR LIFESTYLE FRAGRANCES**
- **LR CLASSICS**

HAUTE PARFUM BY **GUIDO MARIA KRETSCHMER** FOR WOMEN

For years, the international fashion designer Guido Maria Kretschmer has been creating fashion that is completely oriented towards the people who wear it. Of course, a perfect look also calls for a fragrance that underlines the personality: The HAUTE PARFUM perfume collection. His Eau de Parfum for women – delicate seduction meets timeless elegance. A unique composition of mandarin, rose and vanilla.



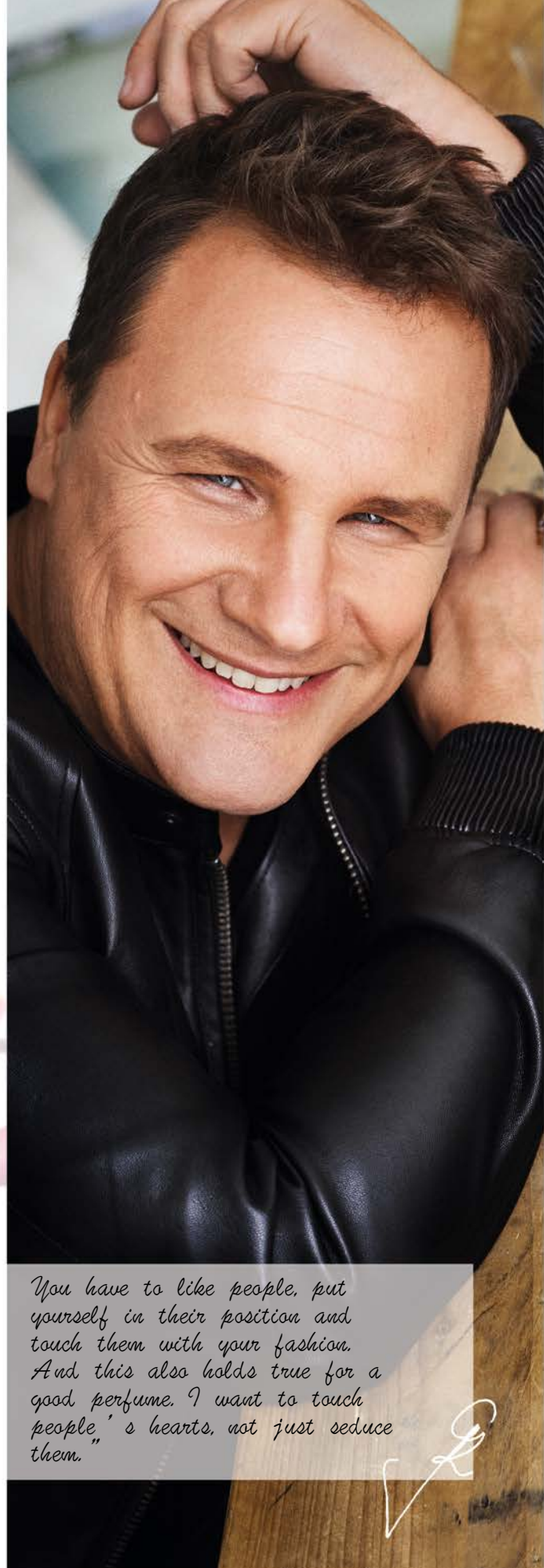
fruity
delicate

Top note
mandarin,
plum

Middle note
rose,
orange blossom

Base note
dry amber,
vanilla

HAUTE PARFUM
by Guido Maria Kretschmer
Eau de Parfum for women
30200 | 50 ml |



You have to like people, put yourself in their position and touch them with your fashion. And this also holds true for a good perfume. I want to touch people's hearts, not just seduce them."

*Be real. Be natural.
Just be yourself.*

The likeable designer sets an example and inspires people with his positive energy and joie de vivre. That is why Guido has created a true feel-good fragrance that accompanies you in every moment of your everyday life and inspires you to simply be yourself. PURE by Guido Maria Kretschmer for women is refreshing in the top note, soulful in the heart and sensually warm in the base note.

PURE
by Guido Maria Kretschmer
Eau de Parfum for women
30530 | 50 ml |



Top note
pear,
citrus

Middle note
peach, jasmine

Base note
cedar wood
**flowery
fresh**



**flowery-
fruity**

Top note
grapefruit,
bergamot

Middle note
jasmine, iris

Base note
musk,
tobacco

PURE HAPPINESS

by Guido Maria Kretschmer is a PURE variant full of positive energy that immediately puts a smile on your face and simply makes you happy. Feel pure joy of life here and now.

PURE TENDERNESS

by Guido Maria Kretschmer is a PURE fragrance that will take you into a sensual world full of emotions and passion. An electrifying fragrance with sex appeal. Exciting, intoxicating – the ultimate weapon in the art of seduction.



**flowery
wood**

Top note
cardamom
Freesia

Middle note
white blossoms,
lily of the valley

Base note
cedar wood,
tonka bean

PURE HAPPINES
by Guido Maria Kretschmer

Eau de Parfum for women
30560 | 50 ml |



PURE TENDERNESS
by Guido Maria Kretschmer

Eau de Parfum for women
30580 | 50 ml |





REAL LOVE IN A FLACON

A sensual proof of love full of warmth and romance. Lovingly – a declaration of love turned into a fragrance by Bruce Willis for his beloved wife Emma.

LOVINGLY by Bruce Willis

Eau de Parfum

50 ml | 3630 |



**oriental
elegant**

Top note
citrus fruits,
pear

Middle note
lily,
peony

Base note
white cedar wood,
sandal wood



Declaration of love from Bruce Willis

"Inspired by my love for Emma"

SENSUAL, MAGICAL, FULL OF RADIANCE



THE ESSENCES OF LIFE ENERGY – ROMANCE – CLARITY

Three soulful fragrance compositions full of magic – the Lightning Collection, presented by Emma Heming-Willis, expresses the

essences of life. Essence of Rose: The captivating, flowery fragrance symbolises emotional moments full of affection and love.

Essence of Rose: The captivating, flowery fragrance symbolises emotional moments full of affection and love.

Essence of Marine: The fragrance radiates invigorating freshness and awakens the senses.

Essence of Amber: The sensual fragrance reflects an inspiring energy and joie de vivre.

LIGHTNING ESSENCE OF AMBER

Eau de Parfum

50 ml | 30330-203 |



oriental
alluring

Top note
bergamot,
mandarin

Middle note
iris,
orange blossom

Base note
tonka bean,
patchouli

LIGHTNING ESSENCE OF ROSE

Eau de Parfum

50 ml | 30330-202 |



flowery
sensual

Top note
fruity,
jasmine

Middle note
rose,
powdery

Base note
sweet,
ambergis

LIGHTNING ESSENCE OF MARINE

Eau de Parfum

50 ml | 30330-201 |



fresh
aquatic

Top note
bergamot,
aquatic

Middle note
lily of the valley,
spicy

Base note
cedar wood,
musk



flowery
feminine

Top note
orange,
basil

Middle note
ylang ylang,
cinnamon

Base note
honey,
tonka absolute

01

01 CLASSIC SEDUCTION

The elegant, powdery fragrance presents itself as timeless and feminine. A fascinating, attractive perfume for women with character and style.

Femme Noblesse

Eau de Parfum
30372 | 50 ml |



oriental
elegant

Top note
incense,
cistus

Middle note
jasmine,
geranium

Base note
vanilla,
caramel

02

02 CHARMING SENSUALITY

An interpretation of modern femininity – elegant grace, delicate lightness and seductive sensuality. A bewitching fragrance that elegantly highlights the feminine aura.

Sensual Grace

Eau de Parfum
30150 | 50 ml |



oriental
alluring

Top note
mandarin,
bergamot

Middle note
passion fruit,
apricot

Base note
chocolate,
caramel

03

03 MAGIC OF THE ORIENT

The irresistible charm of the Orient in a deliciously sweet gourmand creation. For sensually scented moments of happiness full of magic!

Harem

Eau de Parfum
30404 | 50 ml |





SHINY ENERGY BY DAY

Vivid energy, shining lightness and the pure pleasure of the moment: This perfume makes you and your day shine!

flowery
vivid

Top note
pink pepper,
fresh green

Middle note
violet,
rose

Base note
vanilla,
sandal wood

QUEEN OF THE NIGHT

As the stars shine up in the sky, you radiate fascinating femininity with an elegant aura. Make the stars dance by shaking the bottle!

flowery
elegant

Top note
mandarin,
orange

Middle note
jasmine,
tuberose

Base note
vanilla,
honey

Shine by Day

Eau de Parfum
30600 | 50 ml |



Shine by Night

Eau de Parfum
30610 | 50 ml |





**fruity
inspiring**

Top note
blood oranges,
freesia

Middle note
cassis,
red plum

Base note
musk
sandal wood

01



**fresh
sensual**

Top note
orange,
lemon

Middle note
rose,
gardenia

Base note
musk,
cedar wood

02



**oriental
exciting**

Top note
bergamot,
pear

Middle note
jasmine,
iris

Base note
caramel,
patchouli

03

01 STUNNINGLY FRUITY

The symbol of self-confident femininity. A sensually fruity fragrance cocktail for a sparkling, feminine radiance. Inspiring, self-confident and passionate.


02 INSPIRING FRESH

Your passion opens all doors. This unique creation is both energetic and sensual. A multi-faceted fragrance composition for life's adventures!


03 SIMPLY GLAMOROUS

Bold, inspiring, natural, romantic – the explosive fragrance composition captures the modern, female spirit – for a uniquely exciting glamour appearance.


Heart & Soul
Eau de Parfum
3650 | 50 ml |



Rockin' Romance
Eau de Parfum
3250 | 50 ml |



Brilliant Look
Eau de Parfum
30095 | 50 ml |





LIGHT AND SENSUAL


Charming modesty transforms into self-confident sensuality. Pseudonym captivates with a mysterious feminine aura.

fruity oriental

Top note
lychee,
peach

Middle note
freesia,
violet

Base note
sandal wood,
vetiver

Pseudonym
Eau de Parfum
30386 | 50 ml | 



**YOUR WORLD,
YOUR CATWALK**

You'll conquer the catwalks of the world with your look and this fragrance. A must-have in your handbag.

flowery alluring

Top note
mandarin,
ozonic notes

Middle note
rose,
lily of the valley

Base note
musk,
iris

Beautyqueen
Eau de Parfum
30134 | 50 ml | 

FRAGRANCES OF THE WORLD

Discover the fragrances for globetrotters and daydreamers: The exclusive LR Classics Eau de Parfum will take you to the most inspiring places of the world. What makes people tick in trendy Stockholm? How does life smell like in Valencia? Which scent takes you to carefree Hawaii? Which scent makes Boston so unmistakably attractive? The LR Classics hit the nerve of the metropolises and accompany you to a new dream destination every day.

LR Classics VALENCIA

Viva la vida!
Mediterranean flair on
your skin.

Eau de Parfum
50 ml
3295-126

fruity
oriental

Top note
bergamot,
cinnamon

Middle note
rose,
heliotropes

Base note
vanilla,
tonka bean

LR Classics ANTIGUA

Like intense kisses on a
white sandy beach.

Eau de Parfum
50 ml
3295-223

oriental
sensual

Top note
peach,
violet

Middle note
iris,
rose

Base note
sandalwood,
vanilla

LR Classics LOS ANGELES

Glamorous, vibrant,
full of life.

Eau de Parfum
50 ml
3295-127

fruity
floral

Top note
pear,
lotus

Middle note
lily of the valley,
jasmine

Base note
sandalwood,
white musk



LR Classics SANTORINI

Like a sunrise captivating
the senses.

Eau de Parfum
50 ml
3295-220

oriental-
flowery

Top note
freesia

Middle note
jasmine

BASE NOTE
musk

LR Classics MARBELLA

For charming seduction
and a sense of pure
luxury.

Eau de Parfum
50 ml
3295-124

oriental-
vibrant

Top note
orange,
bergamot

Middle note
peony,
jasmine

Base note
patchouli,
vetiver

LR Classics HAWAII

The memory of the last
summer flirt.

Eau de Parfum
50 ml
3295-106

fruchtig
orientalisch

Top note
bergamot,
cinnamon

Middle note
rose,
heliotropes

Base note
vanilla, tonka
bean

FOR WOMEN



EAU DE PARFUM
ONLY

LR Classics SINGAPORE

Seductive and mysterious. Full of contrast and always exciting.

Eau de Parfum
50 ml
3295-151

**spicy
intensive**

Top note
oriental spicy
notes

Middle note
cedar wood,
sage

Base note
vanilla,
benzoin

LR Classics BOSTON

For those who can't get enough. Simply exciting and multicultural.

Eau de Parfum
50 ml
3295-162

**spicy
fruity**

Top note
apple,
orange

Middle note
rose,
jasmine

Base note
spicy wood,
amber

LR Classics STOCKHOLM

Slightly woody and pulsating like the trend city of Scandinavia itself.

Eau de Parfum
50 ml
3295-260

**classic
seductive**

Top note
bergamot,
anise

Middle note
guaiaacwood,
cedar wood

Base note
amber,
musk



LR Classics NIAGARA

Powerful and vivid – a fragrance that radiates strength. Just like the mighty Niagara Falls.

Eau de Parfum
50 ml
3295-261

**classic
fresh**

Top note
marine,
mint

Middle note
geranium,
neroli

Base note
cedar wood,
musk

LR Classics MONACO

Juicy and opulent – just like the metropolis, the fragrance radiates luxury and exclusivity.

Eau de Parfum
50 ml
3295-259

**woody-
elegant**

Top note
bergamot,
grapefruit

Middle note
green,
floral

Base note
amber,
wood

FOR MEN



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

HAUTE PARFUM BY **GUIDO MARIA KRETSCHMER** FOR MEN

Guido's men's perfume bears the designer's signature: elegant, high-quality, timeless and authentic. Little by little, the elegant, spicy and fresh essences unfold their exciting facets on the skin.



**woody-
exciting**

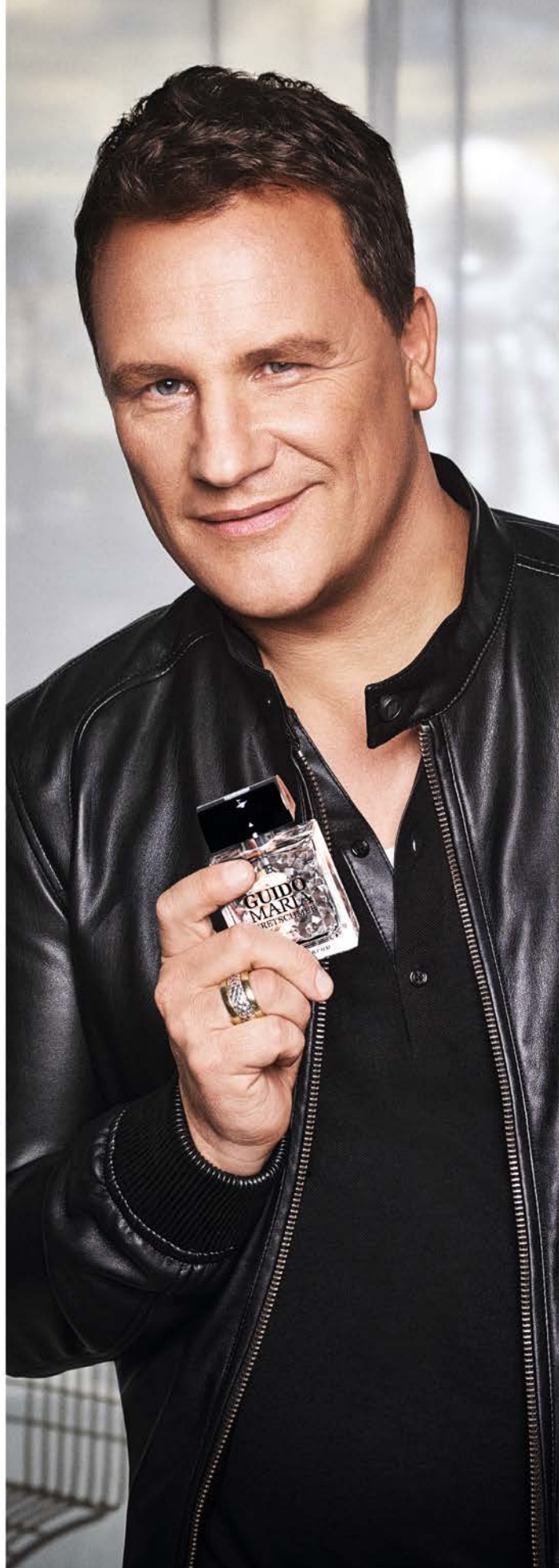
Top note
bergamot,
tangerine

Middle note
pepper,
geranium

Base note
vetiver,
leather

HAUTE PARFUM
by Guido Maria Kretschmer

Eau de Parfum for men
30220 | 50 ml |



Be real. Be natural.
Just be yourself.

The likeable designer sets an example and inspires people with his positive energy and joie de vivre. That is why Guido has created a true feel-good fragrance that accompanies you in every moment of your everyday life and inspires you to simply be yourself. PURE by Guido Maria Kretschmer for men is charismatic in the top note, multifaceted in the heart and spicy in the base note.

PURE
by Guido Maria Kretschmer

Eau de Parfum for men
30540 | 50 ml |



Top note
saffron,
rose oxide

Middle note
clover,
guaiacwood

Base note
sandalwood,
amber

woody-spicy

woody-fresh

Top note
grapefruit,
pepper

Middle note
cedar wood,
geranium

Base note
moss,
balmy notes

PURE HAPPINESS

is a PURE-variant full of temperament and positive energy to celebrate the here and now with you. Feel the pure joy of life and endless freedom.

PURE TENDERNESS

by Guido Maria Kretschmer takes you into a sensual world full of sex appeal and passion. An exciting fragrance with magical appeal that unfolds irresistibly.

PURE HAPPINES
by Guido Maria Kretschmer

Eau de Parfum for men
30570 | 50 ml |



aromatic-woody

Top note
lemon,
mandarin

Middle note
lavender,
suede

Base note
wood,
tonka bean



PURE TENDERNESS
by Guido Maria Kretschmer

Eau de Parfum for men
30590 | 50 ml |





SMART GUYS LIVE FOREVER –

Exactly like Bruce Willis. Straightforward, masculine and unconventional. The fragrance of the action hero: Powerful cedar wood and spicy pepper meet earthy vetiver and vitalising grapefruit. Bruce Willis' first fragrance – already a legend!

BRUCE WILLIS

Eau de Parfum

50 ml | 30505 |



**spicy
powerful**

Top note
grapefruit,
orange

Middle note
peppermint,
geranium leaves

Base note
cedar wood,
vetiver



ACTION HERO & GENTLEMAN – **FILM STAR UP CLOSE**

ABSOLUTELY PRIVATE:

Citrus fruits and patchouli make for a fresh prelude, while aromatic notes, refined with a hint of tobacco, radiate an unmistakable masculine elegance. The powerful base note consisting of sensual leather notes and precious agarwood lend the fragrance its very own character which reflects Bruce Willis' private side.

BRUCE WILLIS PERSONAL EDITION

Eau de Parfum

50 ml | 2950 |



spicy
elegant

Top note
citrus fruits,
cardamom

Middle note
lavender,
tobacco notes

Base note
leather-Akkorde,
agarwood



01



classic sporty

Top note
star anise,
ginger

Middle note
nutmeg,
cardamom

Base note
notes of wood,
musk

02



Fresh light

Top note
bergamot,
ginger

Middle note
melon,
eucalyptus

Base note
patchouli,
cedar wood

03



woody exciting

Top note
orange,
cardamom

Middle note
jasmine,
cedar wood

Base note
amber,
musk

04



classic charismatic

Top note
bergamot

Middle note
lemon

Base note
amber

01 3,2,1 – ACTION!
The perfect combination of sportiness, elegance and masculinity. Fresh and dynamic – for a casual, relaxed lifestyle.

02 HEROES OF THE OCEAN
The wave trembles. Adrenaline rushes through your veins. The beach is in view. Immerse yourself in a world of lightness and coolness.

03 ADRENALINE KICK
An exciting, dynamic fragrance for men who love challenges and constantly redefine success.

04 AHEAD OF THE CURVE
Striking, mysterious and uncompromising. A powerful men's fragrance with a classic, timeless note.

Just Sport
Eau de Parfum
30000 | 50 ml |



Ocean' Sky
Eau de Parfum
30170 | 50 ml |



Racing
Eau de Parfum
30027 | 50 ml |



Terminator
Eau de Parfum
30414 | 50 ml |





TRENDY FRAGRANCE FOR ADVENTURES

The exotic composition brings new energy and an exciting portion of jungle feeling into your everyday life.

Jungle Man
Eau de Parfum
30630 | 50 ml |



classic intensive

Top note
green mint,
artemisia

Middle note
lavender,
clove

Base note
tonka bean,
sandal wood

FOR REAL COSMOPOLITANS

New York, Rio, Tokyo – the modern man loves the world's metropolises. This is also reflected by his perfume: elegant, casual, sensual, cool.

Metropolitan Man
Eau de Parfum
30196 | 50 ml |



spicy casual

Top note
bergamot,
Sezuanpfeffer

Middle note
cardamom,
geranium

Base note
chocolatelade,
vetiver





LR GLOBAL KIDS FUND
initiated by LR Health & Beauty

FROM HEARTS FOR CHILDREN'S HEARTS

BECOME A
SPONSORING
MEMBER NOW!



DONATIONS ACCOUNT

IBAN: DE30 4008 0040 0621 3431 00
BIC: DRESDEFF400



ALOE·VIA



Young and old,
protected all
around





ZEITGARD

FOR TIMELESS BEAUTY



GERMAN
DESIGN
AWARD
SPECIAL
2023



ONE DEVICE – FOUR APPLICATIONS

LR Health & Beauty Systems GmbH · 59227 Ahlen

Your LR-Partner:

LR Products may only be purchased
from authorized LR-Partners.

LR Health & Beauty Systems reserves the right to make changes to products as
required and will not be held liable for any printing errors.

96025-406

DE-en

PRICE LIST



SCAN
ME!