

2025

LR

HEALTH & BEAUTY

COLLECTION



MORE QUALITY  
FOR YOUR LIFE



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



# WELCOME TO LR!

## OUR GOAL: **MORE QUALITY FOR YOUR LIFE.** ALL-ROUND BETTER QUALITY OF LIFE FOR EVERYONE.

A healthy and successful life is a heartfelt desire for many people. Do you want it too? LR Health & Beauty can help you fulfil this wish.

For 40 years, we have been developing innovative product solutions with the aim of improving your quality of life. Based on the motto 'More quality for your life', we improve your well-being with our nutritional supplements and cosmetic products. What makes our products so special is the combination of the latest scientific findings and the power of nature. This mix has won over many people around the world with the outstanding quality of our product solutions.

Our gut metabolism programme<sup>1</sup> LR HEALTH MISSION promotes your natural health. With our LR BODY MISSION, we help you to feel good in your body. We are also particularly proud of our aloe vera products. The fermented aloe gel, for example in our LR ALOE VIA gel concentrate or in the

LR ALOE VIA propolis cream, provides deeply effective care for your skin.

Besides, we not only fulfil our promise of 'More quality for your life' on the product side. Our outstanding business model also enables quality of life across the board! Thanks to our outstanding business opportunity, we have been a reliable partner for 40 years when it comes to an attractive income and long-term business prospects. With the realignment of our marketing plan, we offer our distribution partners more security in building and developing their LR business. Benefit from the quality of our product range and our unique business model.

Take your chance and get started with us!

Dr. Andreas Laabs | CEO

<sup>1</sup>The choline contained in Liver Support contributes to the maintenance of normal liver function. The aloe vera contained in our Aloe Vera Drinking Gel contributes to the maintenance of normal intestinal function. The vitamin C contained in our Aloe Vera Drinking Gel contributes to normal energy metabolism

LR IS MORE ...

## MORE QUALITY FOR YOUR LIFE

More quality for your life: Following this principle, we offer many high-quality, natural products – developed from the power

of nature and based on the latest scientific research. However, 'More Quality' goes far beyond our product quality. For us, it

means taking sustainable responsibility – for our employees, our partners and our suppliers.



## RECOMMENDED BY EXPERTS



'In addition to the needs-specific products, LR also provides support with scientifically based expert tips on nutrition, exercise and lifestyle,' says **Dr. Sven Werchan**, independent nutrition expert.



**Dr. Werner Voss**, founder and head of Dermatest GmbH, affirms: 'The LR skincare range offers optimal daily skincare for every skin concern with ingredients of the highest quality, combined with state-of-the-art formulas.



**Dr. Christian Rößle**, "We are proud to have developed a unique combination of aloe vera gel and fermented aloe. This ensures that aloe can unleash its full effectiveness, from the skin's surface to its deeper layers."

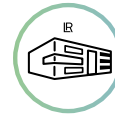




QUALITY

### Quality of the highest standard

'Made in Germany' stands for the very highest quality worldwide – and recognises the high standards we set for our products. Our customers can rely and trust in this! In order to offer 100% transparency, we have labelled all our products that are manufactured directly in Germany with our 'Made in Germany' logo.



PRODUCTION

### State-of-the-art manufacturing

With our modern aloe vera production facility, we are strengthening our reputation as 'Made in Ahlen' and setting standards throughout Europe with our innovative high-tech machinery. This way, we not only save valuable resources for long-distance transport and improve our CO2 footprint – we also streamline the entire ecological production process.



WWW.SGS-QUALITAETSSIEGEL.DE/EN

CERTIFIED

### Certified quality

We set very high quality standards for our products. In addition to our continuous internal testing, we have adherence to these standards strictly monitored and certified by independent, recognised institutes. The SGS INSTITUT FRESENIUS, for example, can confirm the consistently high quality of the Aloe Vera Drinking Gel.



NATURE LOVE

### Love for nature & animals

Environmentally friendly methods are very important to us. For example, the aloe vera for our drinking gels is grown entirely without artificial soil fertilisers or pesticides. We also avoid animal testing in the development of our health and beauty products



INGREDIENTS

### Selected ingredients

We always select the ingredients of our products based on the latest research and only the best quality. For example, we do not use microplastics, parabens and mineral oils in our beauty and care range



SOCIAL

### Independent entrepreneurship

LR offers everyone the opportunity to work independently as an entrepreneur and thus the chance to organise their own life. For more financial freedom and a better quality of life, full-time or part-time, whatever best suits your individual work-life balance



SUSTAINABLE

### Environmentally conscious & climate-friendly

To maximise transparency, LR publishes a comprehensive sustainability report (ESG report) every year. 100% green electricity at the production site in Germany is standard at LR. Almost all folding packaging is made from FSC-certified paper, bottles and jars are partly made from recycled plastic or plant-based plastic.



LR GLOBAL KIDS FUND



### Opportunities for children

Supporting disadvantaged children and young people and giving them educational opportunities for a better future is important to us. With the LRGKF, LR has been supporting local initiatives in 18 European countries and in South Korea since 2009. More information at [www.lrgkf.com](http://www.lrgkf.com)

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<sup>1</sup> The choline contained in Liver Support contributes to the maintenance of normal liver function. The aloe vera contained in our Aloe Vera Drinking Gel contributes to the maintenance of normal intestinal function. The vitamin C contained in our Aloe Vera Drinking Gel contributes to normal energy metabolism

## LR HEALTH MISSION

DEINE  
DARMSTOFFWECHSELKUR<sup>1</sup>

Are health and quality of life important to you?

Turn health into your personal lifestyle!

# LR HEALTH MISSION

## YOUR HEALTH – YOUR HEALTH MISSION

Health – we often simply take it for granted. But health is an attitude, a conscious decision to look after yourself and your body. The best thing is that it's in your own hands. You can consciously support your body – with the LR HEALTH MISSION.



## THE BOOST FOR YOUR WELL-BEING

The aim of the LR Health Mission is to provide support for the strains and challenges of everyday life. After all, health and quality of life are heavily dependent on the metabolic organs –

gut, liver and cells<sup>1</sup> – being well supplied, protected and fully functional. Support your body effectively with the LR Health Mission so that you can master the challenges of everyday life

with confidence. Because an active metabolism is the basis of everything – health, energy and vitality. Turn health into your personal lifestyle!

<sup>1</sup> The choline contained in Liver Support contributes to the maintenance of normal liver function. The aloe vera contained in our Aloe Vera Drinking Gel contributes to the maintenance of normal intestinal function. The vitamin C contained in our Aloe Vera Drinking Gel contributes to normal energy metabolism. <sup>2</sup> The choline contained in Liver Support contributes to the maintenance of normal liver function. <sup>3</sup> Manganese helps to protect cells from oxidative stress.



# LR HEALTH MISSION – YOUR GUT METABOLISM PROGRAMME<sup>1</sup>



## LR HEALTH MISSION

The well thought-out gut metabolism programme<sup>1</sup> as a balanced solution to support your health.

LR HEALTH MISSION is the well thought-out gut metabolism programme<sup>1</sup> for gut, liver and cell metabolism. Perfectly harmonised products with established and innovative active ingredients from nature and science support your body in maintaining its natural health

LR HEALTH MISSION, the perfect solution for your balanced health support.

### Well-being begins in the gut:

Pro 12+ with its TripleBiotic 3-fold formulation of prebiotics, bacteria and the patented postbiotic ingredient Polac-T™ together with natural colostrum from pure cow colostrum ensures your well-being.

### Balanced support for the liver<sup>7</sup>:

Liver Support<sup>7</sup> promotes liver metabolism with its triple action for liver care, detoxification and protection.<sup>4,7,8</sup>

### Cell Metabolism Support<sup>5</sup>:

The Aloe Vera Drinking Gels effectively support cell metabolism<sup>5</sup> by ensuring that nutrients reach the cells. Pro Balance supports a pH value<sup>6</sup> that is necessary for optimal cell function and forms the basis for the body's metabolic processes.

## LR HEALTH MISSION\*

9 x Aloe Vera Drinking Gel (Free Choice\*)  
6 x Colostrum Liquid  
3 x Pro Balance<sup>6</sup> Tablets\*  
3 x Pro 12+ Capsules\*  
3 x Liver Support<sup>7</sup>, \* Capsules

### LR HEALTH MISSION 3 Months

Start your LR HEALTH MISSION now!  
Contact your LR partner for more information!

<sup>4</sup>Molybdenum contributes to normal sulphur and amino acid metabolism. <sup>5</sup>The vitamin C contained in the Aloe Vera Drinking Gel contributes to normal energy metabolism. <sup>6</sup>The magnesium in Pro Balance contributes to normal energy metabolism and electrolyte balance. <sup>7</sup>Choline contributes to the maintenance of normal liver function. <sup>8</sup>Manganese contributes to the protection of cells from oxidative stress. \* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

# YOUR METABOLISM – THE FOUNDATION OF YOUR HEALTH

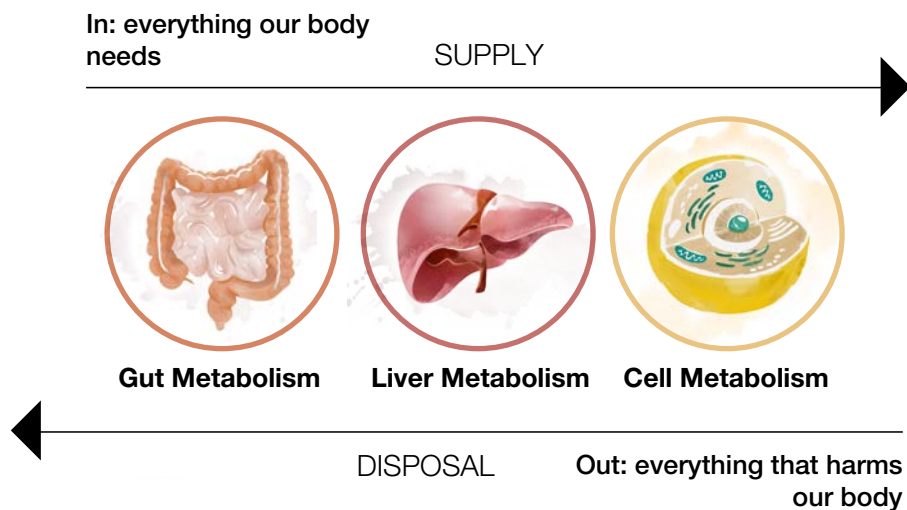
The basis of our health lies in the unique ability of our metabolism to absorb valuable nutrients and utilise them for our body. Intact metabolic processes are important for energy production.

At the same time, harmful influences are eliminated, thereby maintaining balance in the body. The three essential pillars of our health are:

**1. Gut Metabolism** – the gut absorbs nutrients and protects the organism from harmful environmental influences. The gut is also essential for the removal of harmful degradation products from the body.

**2. Liver Metabolism** – the liver is an all-round talent, it controls, sorts and converts nutrients and also ensures excretion and thus detoxification of the liver.

**3. Cell Metabolism** – nutrients are transported from the liver to all cells via the blood and the intercellular space. The supply of nutrients enables the cells to produce energy, build structures, transmit signals and regenerate. At the same time, harmful substances are removed via the intercellular space.



## LR HEALTH MISSION – YOUR GUT METABOLISM PROGRAMME<sup>1</sup>

You can actively promote your metabolism – for greater well-being by supporting the body's own intestinal, liver and cell metabolism processes

These are essential for absorbing nutrients from food, converting them for energy, growth and repair, detoxifying waste products and regulating the entire body's metabolism

<sup>1</sup> The choline contained in Liver Support contributes to the maintenance of normal liver function. The aloe vera contained in our Aloe Vera Drinking Gel contributes to the maintenance of normal intestinal function. The vitamin C contained in our Aloe Vera Drinking Gel contributes to normal energy metabolism

# NUTRITIONAL RECOMMENDATION FOR YOUR GUT METABOLISM PROGRAMME<sup>1</sup>

The LR HEALTH MISSION is perfect for supporting the body and your metabolism. Established and innovative active ingredients from nature combined with the latest scientific findings work together to create synergy effects and thus support the natural health maintenance of the body. As a companion after your gut metabolism programme<sup>1</sup>, we recommend the cell metabolism combination 5 of Aloe Vera Drinking Gel and Pro Balance<sup>7</sup>.

## TIPS FOR YOUR PROGRAMME:

1. Slowly acclimatise your body to the concentrated power of nutrients – start with 5 ml of Aloe Vera Drinking Gel per serving and increase by 5 ml (per consumption) every 3 days until you reach the normal dosage (30 ml per consumption).
2. Reduce your sugar intake and eat fresh fruit and vegetables.
3. Drink enough and exercise at least 20 minutes a day.
4. In addition to the consumption of food supplements\*, an alkaline diet and a healthy, active lifestyle are recommended\*\*.



MORNING



AFTERNOON



EVENING



8 ml  
in the morning

1 Capsule  
in the evening



## GUT: YOUR COMBINATION FOR MORE WELL-BEING

1 Capsule  
in the evening



## LIVER: TO NOURISH, DETOXYFY<sup>2</sup> & PROTECT<sup>3</sup> YOUR LIVER

30 ml before  
main meals



4 tablets  
after the  
meal

30 ml before  
main meals



4 tablets  
after the  
meal

30 ml before  
main meals



4 tablets  
after the  
meal

## CELL METABOLISM: ENERGY SUPPLIER<sup>4</sup>, IMMUNE PROTECTOR<sup>5</sup> & REGENERATOR<sup>6</sup>

FOR SUPPORT AFTER THE PROGRAMME: WE RECOMMEND THE PRODUCT COMBINATION OF ALOE VERA AND PRO BALANCE<sup>7</sup> FOR YOUR CELL MATERIAL CHANGE<sup>4</sup>



<sup>2</sup>Choline contributes to the maintenance of normal liver function. <sup>3</sup>Manganese helps to protect the cells from oxidative stress. <sup>4</sup>The vitamin C contained in Aloe Vera Drinking Gel contributes to normal energy metabolism. The vitamin C contained in Aloe Vera Drinking Gel contributes to the reduction of tiredness and fatigue. <sup>5</sup>The vitamin C contained in Aloe Vera Drinking Gel contributes to the normal function of the immune system. <sup>6</sup>The vitamin C contained in Aloe Vera Drinking Gel contributes to the reduction of tiredness and fatigue. The vitamin C contained in Aloe Vera Drinking Gel contributes to the regeneration of the reduced form of vitamin E. <sup>7</sup>The magnesium in Pro Balance contributes to normal energy metabolism and electrolyte balance. \* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. \*\* The products can also be used at other times. The products can also be taken at the same time. The recommended daily intake must not be exceeded.



# MIRACLE OF THE CELL

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Cells are the smallest building blocks of our body and form the basis of all organs. They must be supplied with a stable and continuous supply of nutrients in order to fulfil their many tasks properly. They are:

## **ENERGY SUPPLIERS**

Cells are responsible for producing energy for our body.

## **PRODUCERS**

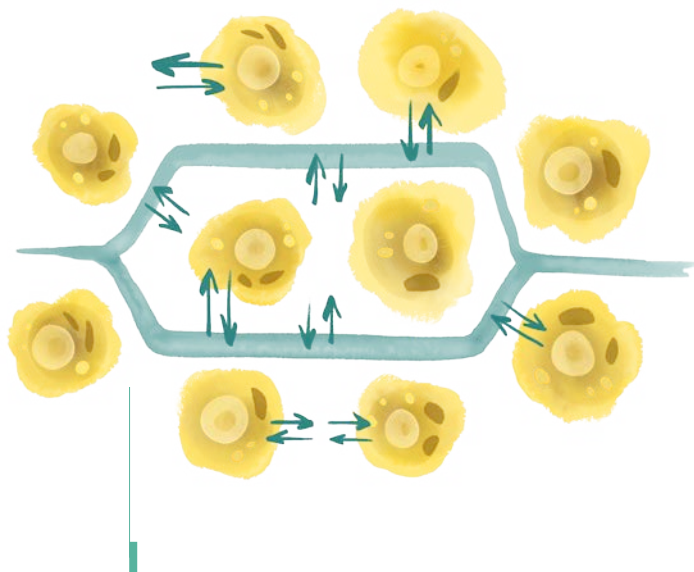
Cells produce all the substances, hormones and active components we need to live.

## **PROTECTORS**

Immune cells form our defence system. Harmful and unnecessary substances from the environment are recognised and neutralised.

## **DISPOSER**

Cells ensure cleansing, elimination and detoxification and keep our internal environment stable



## **GOOD TO KNOW**

The space in which the cells live is called the basic substance. Changes in the basic substance, such as hyperacidity or 'slugging', hinder the cell supply and thus impair the metabolism. The basic substance significantly regulates our health and vitality.



# ALOE VERA DRINKING GEL – YOUR ELIXIR FOR CELL METABOLISM<sup>1</sup>

Aloe vera drinking gels from LR have a wide range of effects:

They nourish, protect, regenerate and support your body for your well-being. They effectively support cell metabolism<sup>1</sup> by ensuring that nutrients reach the cells.

## UNIQUE

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

- High product quality: from the aloe vera leaf extract
- Gentle processing
- High production standards



WWW.IASC.ORG



WWW.SGS-QUALITAETSSIEGEL.DE/EN



WWW.KOELNERLISTE.COM

Quality is our top priority.

From the processing of the raw material to the end product – everything at LR is subject to strict controls. This is confirmed by the **SGS Institut Fresenius** and the **IASC certificates**.

The Aloe Vera Drinking Gels from LR LIFETAKE are on the **Cologne List®**. The **Cologne List®** publishes products with a minimised doping risk.

## YEARS OF EXPERTISE

- Aloe vera expert for over 20 years – ‘Made in Germany’
- One of the most modern aloe vera production facilities in Germany
- Standardised internal quality controls
- Cooperation with renowned experts



MADE IN GERMANY

‘Made in Germany’ is our promise of quality, that you can rely on 100 %.

<sup>1</sup> The vitamin C contained in the Aloe Vera Drinking Gel contributes to normal energy metabolism.



# THE RIGHT **CELL METABOLISM BOOSTER** FOR EVERYONE



TRADITIONAL HONEY

## The specialist for your health

- 1. SUPPLY:** Provides important nutrients and supports the utilisation of nutrients<sup>1</sup>
- 2. DEFENCE:** Supports the immune system<sup>2</sup>
- 3. METABOLISM:** Supports the energy metabolism<sup>3</sup>
  - With a natural, pleasant honey flavour

90 % aloe vera leaf fillet,  
honey and vitamin C

## Aloe Vera Drinking Gel Traditional with Honey\*

**80700** | 1000 ml  
£ 39.19

## Aloe Vera Drinking Gel Traditional with Honey\* 3-Set

**80743** | 3 x 1000 ml  
£ 108.89  
(£ 36.30 for 1000 ml)

### Serving:

• Daily: 3 x 30 ml before meals



IMMUNE PLUS<sup>4</sup>

## The specialist for your immune system

- 1. SUPPORT:** Supports existing immune cells<sup>4</sup>
- 2. STIMULATION:** Supports the immune system<sup>4, 5</sup>
- 3. PROTECTION:** Supports the functioning of the immune system<sup>4</sup>
  - With natural light ginger flavour

85 % aloe vera leaf fillet,  
ginger, lemon and honey as well  
as vitamin C, zinc and selenium

## Aloe Vera Drinking Gel Immune Plus<sup>4,\*</sup>

**81000** | 1000 ml  
£ 43.99

## Aloe Vera Drinking Gel Immune Plus<sup>4,\*</sup> 3-Set

**81003** | 3 x 1000 ml  
£ 120.99  
(£ 40.33 for 1000 ml)

### Serving:

• Daily: 3 x 30 ml before meals

<sup>1</sup> Vitamin C increases the absorption of iron. <sup>2</sup> Vitamin C contributes to the normal function of the immune system. <sup>3</sup> Vitamin C contributes to normal energy metabolism. <sup>4</sup> Vitamin C, zinc and selenium contribute to the normal function of the immune system. <sup>5</sup> Zinc has a function in cell division. \*Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.



## PEACH FLAVOUR

### The specialist for your body awareness

1. **LIGHT:** Sugar-free<sup>3</sup>, perfect for the physique and healthy<sup>1,2</sup>
  2. **SUPPORTIVE:** Supports the energy metabolism<sup>2</sup>
  3. **RELIEVING:** Supports energy metabolism<sup>2</sup>
- With fruity peach flavour

98 % aloe vera leaf fillet, vitamin C

### Aloe Vera Drinking Gel Peach flavour\*

**80750** | 1000 ml  
£ 39.19

### Aloe Vera Drinking Gel Peach flavour\*

**3-Set**  
**80783** | 3 x 1000 ml  
£ 108.89  
(£ 36.30 for 1000 ml)

#### Serving:

• Daily: 3 x 30 ml before meals



## ACTIVE FREEDOM

### The specialist for your musculoskeletal system

1. **MOVEMENT:** Supports normal cartilage function<sup>5</sup>
  2. **STABILITY:** Supports normal bone function<sup>6</sup>
  3. **ENERGY:** Supports energy metabolism and reduces fatigue<sup>4,7</sup>
- With natural orange flavour

88 % aloe vera leaf fillet, collagen, glucosamine sulphate, chondroitin sulphate and vitamins C, E

### Aloe Vera Drinking Gel Active Freedom\*

**80850** | 1000 ml  
£ 43.99

### Aloe Vera Drinking Gel Active Freedom\*

**3er-Set**  
**80883** | 3 x 1000 ml  
£ 120.99  
(£ 40.33 for 1000 ml)

#### Serving:

• Daily: 3 x 30 ml before meals

<sup>1</sup> Vitamin C contributes to the normal function of the immune system. <sup>2</sup> Vitamin C contributes to normal energy metabolism. <sup>3</sup> Aloe vera naturally contains sugar. <sup>4</sup> Vitamin C contributes to normal energy metabolism. <sup>5</sup> Vitamin C contributes to normal collagen formation for normal cartilage function. <sup>6</sup> Vitamin C contributes to normal collagen formation for normal bone function. <sup>7</sup> Vitamin C contributes to the reduction of tiredness and fatigue. \* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.



WITH  
90 %  
ALOE VERA

## INTENSE SIVERA

### The specialist for your vitality

- 1. STABILISED:** Supports the normal function of blood vessels<sup>1</sup>
  - 2. SUPPLIES:** Supplies vitamin C and supports the absorption of iron<sup>2</sup>
  - 3. PROTECTS:** Protects the cells from oxidative stress<sup>3</sup>
- With a natural nettle flavour

90 % aloe vera leaf fillet,  
nettle extract and vitamin C

### Aloe Vera Drinking Gel Intense Sivera\*

80800 | 1000 ml

£ 43.99

### Aloe Vera Drinking Gel Intense Sivera\*

3-Set

80823 | 3 x 1000 ml

£ 120.99

(£ 40.33 for 1000 ml)

#### Serving:

• Daily: 3 x 30 ml before meals

<sup>1</sup> Vitamin C contributes to normal collagen formation for normal blood vessel function. <sup>2</sup> Vitamin C increases the absorption of iron. <sup>3</sup> Vitamin C contributes to the protection of cells from oxidative stress. <sup>4</sup> Vitamin C contributes to normal energy metabolism. Zinc contributes to normal vitamin A metabolism. Magnesium contributes to electrolyte balance. <sup>5</sup> Copper and zinc contribute to the protection of cells from oxidative stress. Zinc contributes to the maintenance of normal skin. Copper contributes to normal skin pigmentation. <sup>6</sup> Zinc, vitamin C and copper contribute to the normal function of the immune system. \* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.



# SUPPORT FOR THE CELLS<sup>4</sup>



PRO BALANCE<sup>5</sup>

### For a balanced acid-base balance

- Has a balancing effect on the acid-base balance<sup>5</sup>, which is necessary for optimum cell function
- Supplies: Contains harmonised minerals and trace elements such as magnesium, calcium, copper and chromium as well as a valuable mix of citrates and carbonates.



**Pro Balance<sup>5</sup> Tablets\***  
**80102** | 360 Tablets / 252 g  
£ 39.59  
(£ 15.71 for 100 g)

**Serving:**  
· Daily 3 x 4 tablets after the meals



### Acid-base balance – it all depends on the balance

An unbalanced diet, stress and lack of exercise can cause our acid-base balance to become unbalanced. This leads to acidification of the body and a feeling of discomfort. A varied diet with lots of alkaline nutrients and a balanced lifestyle keep the acid-base balance in equilibrium.

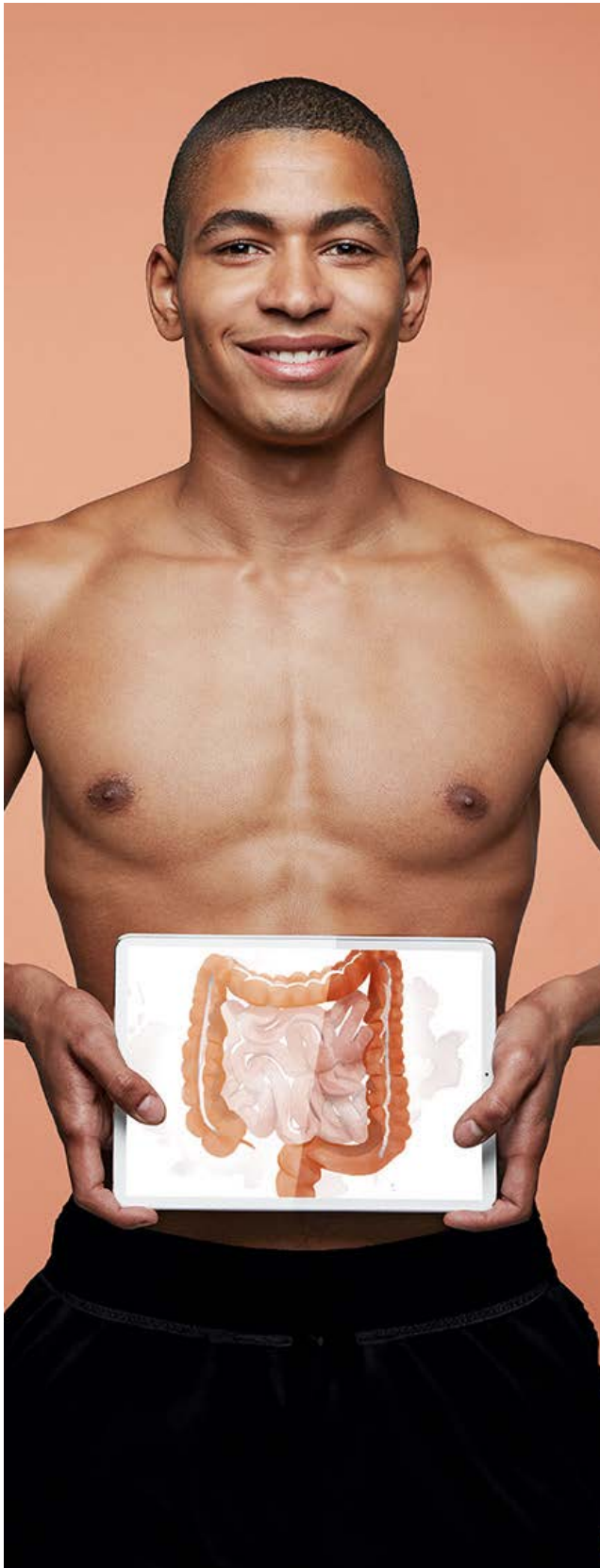
### Ideal ratio of acids and bases:

|                |              |
|----------------|--------------|
| Meat           | Green salads |
| Sausage        | Peppers      |
| Fish           | Tomatoes     |
| Cheese         | Apples       |
| Dairy Products | Bananas      |
| Bread          | Potatoes     |
| Pasta          | Spinach      |
| Chocolate      | Berries      |

**20%**  
**ACIDS**

**80%**  
**BASES**

<sup>5</sup>The magnesium in Pro Balance contributes to normal energy metabolism and electrolyte balance.  
\* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.



# THE GUT – WELL-BEING STARTS HERE

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Covering around 200 square metres, our gut is our largest and most important contact area with the outside world. A balanced and healthy intestinal flora is the basis for numerous important processes in the intestine.

## **EFFICIENT NUTRIENT ABSORPTION**

The intestinal flora is important for efficient nutrient absorption and plays a key role in the breakdown and conversion of food.

## **DETOXIFICATION**

The intestinal flora is essential for the removal of degradation products from the liver and thus contributes significantly to the detoxification of the body.

## **PROTECTION**

The intestinal flora forms a functional barrier that protects the intestine from the penetration of harmful substances and bacteria.

## **IMMUNE POWER**

The intestinal flora is an important part of the immune system and therefore fundamental for a strong immune defence.



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### **GOOD TO KNOW**

The surface area of the intestine is about 100 times the size of your body's skin.

# POWER-DUO FOR MORE WELL-BEING



PRO 12+

## General well-being

- **TripleBIOTIC**-Complex:
  1. Prebiotics: Dietary fibres ensure that the beneficial bacteria in our intestines feel at home. They serve as food for the good bacteria.
  2. Bacteria: 1 billion bacteria per capsule from 12 different bacterial strains.
  3. Postbiotics: Patented postbiotic nutrient Prolac-T™ can support detoxification processes.
- With innovative double encapsulation so that the **TripleBIOTIC** complex reaches the intestine intact and can take effect there



TripleBIOTIC-Complex Double encapsulation

## Pro 12+ Capsules\*

**81180** | 30 Capsules/ 17 g

£ 57.49

(£ 338.18 for 100 g)

## Serving:

- Daily 1 capsule in the evening



COLOSTRUM LIQUID

## Natural well-being

- For general well-being
- Easy to drink: for quick, direct consumption
- High quality: defatted, decaseinated, unpasteurised
- Produced on the basis of colostrum
- Made from colostrum from the first hours
- From European cows
- Preservation of ingredients through cold production process

## FROM RAW MATERIAL TO PREMIUM PRODUCT

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



MADE IN GERMANY



WWW.SGS-QUALITAETSSIEGEL.DE/EN



FREE FROM  
ARTIFICIAL  
COLOURS



FREE FROM PRESERVATIVES

## Colostrum Liquid

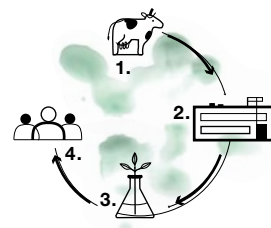
**80361** | 125 ml

£ 48.99

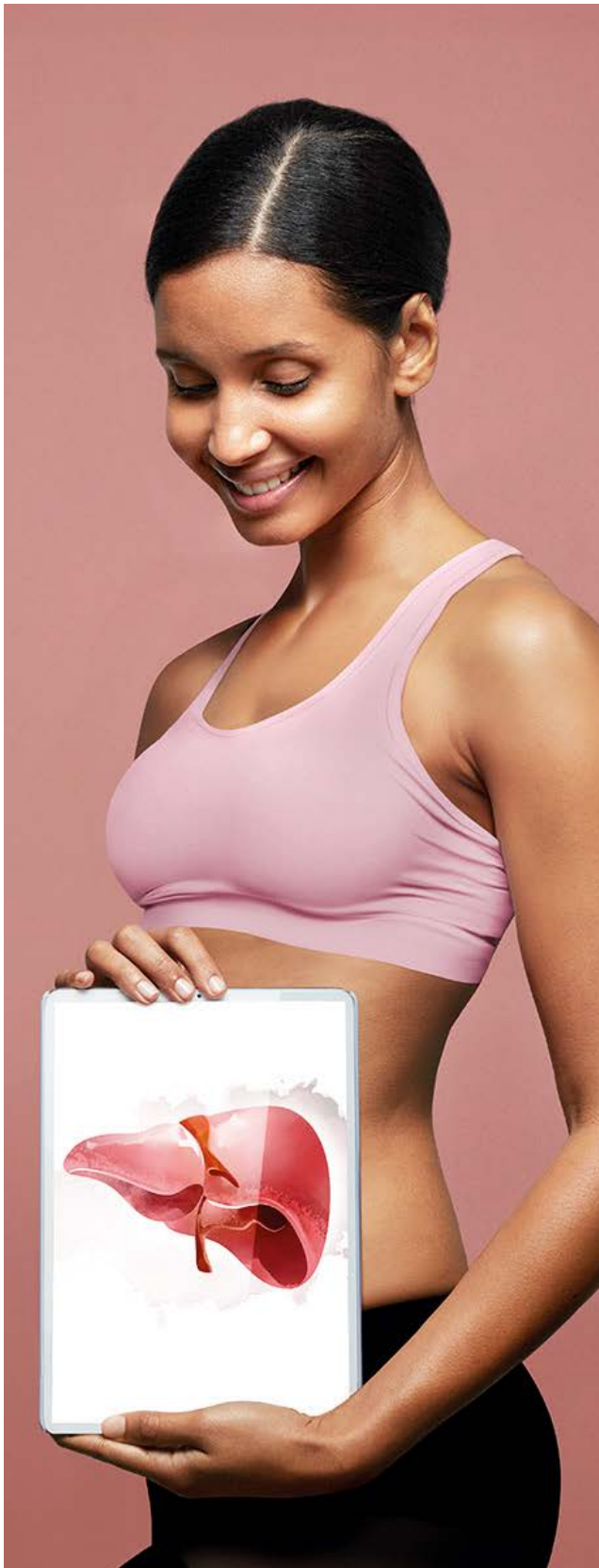
(£ 39.19 for 100 ml)

## Serving:

- Daily 8 ml in the morning



\* Food supplements are no substitute for a varied and balanced diet and a healthy lifestyle.



# THE KEY ORGAN – **THE LIVER**

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The liver is a real all-rounder and plays a central role in the body as the largest metabolic and detoxification organ.

## **SUPPLY**

The liver ensures that the cells are supplied with important nutrients by converting nutrients from food into usable substances and storing them.

## **DETOXIFICATION**

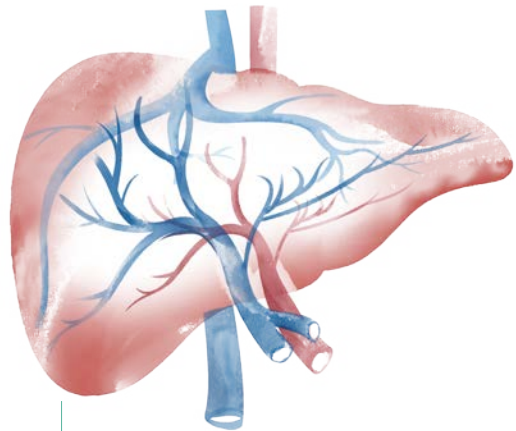
The liver helps to break down toxins and harmful substances.

## **PROTECTION**

The metabolic and detoxification processes that take place in the liver generate oxidative stress. Antioxidants taken in with food protect the liver.

## **ENERGY SUPPLIER**

The liver is crucial for energy metabolism, protein synthesis, regulation of cholesterol and blood sugar levels and the production of hormones.



## **GOOD TO KNOW**

For its central function, all of our blood flows through the liver once every three to five minutes.



# COMPLETE SUPPORT THE LIVER<sup>1</sup>



LIVER SUPPORT<sup>1,\*</sup>

## Concentrated nutritional power for the liver<sup>1</sup>

- Supports the liver<sup>1</sup> with a unique 3-fold effect:
  - 1: Supply & Metabolism<sup>1</sup>:
  - 2: Detoxification<sup>1</sup>: Assists in the disposal<sup>1</sup>, decomposition, concentration and excretion of waste products
  - 3: Protection: Protects the liver from oxidative stress<sup>3</sup> through metabolic processes and detoxification and supports cysteine synthesis<sup>4,5</sup>
- With artemisia, milk thistle, chlorella, choline, vitamin B6, manganese and molybdenum



## Liver Support Capsules<sup>1,\*</sup>

**81330** | 30 Capsules/ 15 g

£ 40.19

(£ 267.93 for 100 g)

### Serving:

- Daily 1 capsule in the evening

## CHLORELLA

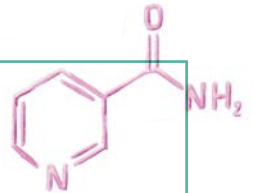
Chlorella is a freshwater algae and is known for its variety of nutrients such as proteins, vitamins, minerals, fibre and secondary plant substances.



## CYSTEINE

Cysteine is an amino acid that has many important functions. A sufficient level of cysteine or one of its precursors is relevant for various aspects of body metabolism, liver function and other organs.

Therefore, the liver's ability to synthesise cysteine is important for maintaining a healthy metabolism and an adequate detoxification function.



## MILK THISTLE

Silybum marianum<sup>2</sup> is a plant whose main ingredient is silymarin, a group of bioactive compounds found in the seeds of the plant. It is known for its positive properties in connection with the liver.



## ARTEMISIA

Artemisia, commonly known as wormwood, naturally contains antioxidants such as polyphenols, flavonoids and terpenes.



<sup>1</sup> Choline contributes to the maintenance of normal liver function. <sup>2</sup> Silybum Marianum supports the maintenance of normal liver function and contributes to liver protection and regeneration. <sup>3</sup> Manganese contributes to the protection of cells from oxidative stress. <sup>4</sup> Vitamin B6 contributes to normal cysteine synthesis. <sup>5</sup> Molybdenum contributes to normal sulphur and amino acid metabolism. \* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

LR LIFETAKT

Do you need support with your personal challenges?

LR LIFETAKT offers you customised solutions!

# HEALTH SPECIALISTS

## CUSTOMISED SOLUTIONS FOR EVERY NEED

Our hectic, turbulent everyday lives challenge us and our bodies every day. No matter what your lifestyle is like, the diversity of our Health Specialists offers you numerous product solutions tailored to your individual needs to support your health and performance.



## NUTRIENTS – THE FOUNDATION FOR **HEALTH**

Health begins with the right nutrients. They are the fuel for our cells and keep them vital and efficient – and therefore us too. If the cells

are sufficiently supplied with all the important nutrients, they can produce energy, fulfil their specific functions and form new cells. Harmful

substances can be bound and excreted. This ensures constant regeneration and renewal of the body.

<sup>1</sup>Thiamine and vitamin B1<sup>2</sup> contribute to normal energy metabolism and normal mental function. Thiamine contributes to the normal function of the nervous system and to normal heart function. Vitamin D and vitamin B6 contribute to the normal function of the immune system. <sup>2</sup>PA and DHA contribute to normal heart function. This requires the intake of at least 250 mg EPA and DHA per day. <sup>3</sup>Vitamin C contributes to normal collagen formation for normal cartilage function.

# BRING OUT THE BEST IN YOURSELF – WITH THE BEST FROM LR



## NUTRITIONAL SUPPLY

Essential nutrients form the basis of our health<sup>1</sup>



## PERFORMANCE, ENERGY & RECOVERY

Performance<sup>6</sup> & energy during the day, recovery at night<sup>7</sup>

Our nutrition products support general well-being.



## HEART & CIRCULATION

Support for heart health<sup>2</sup>



## IMMUNE SYSTEM

Support for the body's own defences<sup>8</sup>



## BONES, JOINTS & MUSCLES

Special support for the musculoskeletal system<sup>3,4</sup>



## SUPPORT

For a good gut feeling



## BEAUTY FROM WITHIN

Beauty shots for women and men

<sup>1</sup>Vitamin C contributes to normal collagen formation for normal bone function. <sup>2</sup>Calcium contributes to normal energy metabolism and normal signalling between nerve cells. <sup>3</sup>Vitamin B1<sup>2</sup> contributes to normal energy metabolism, normal functioning of the nervous system and to the reduction of tiredness and fatigue. <sup>4</sup>Vitamin B1<sup>2</sup> contributes to normal energy metabolism, normal functioning of the nervous system and to the reduction of tiredness and fatigue. <sup>5</sup>Vitamin C contributes to the normal function of the immune system.

# ESSENTIAL **BASIS** FOR HEALTH

## OMEGA-3 FATTY ACIDS

are good, vital fats that the body needs. They cannot be produced by the body itself and must therefore be supplied in the form of food. To cover the recommended requirement, an adult would have to eat fatty fish such as salmon about 3-4 times a week.



From sustainable  
fishing

**Super Omega Capsules\***  
**80338** | 60 Capsules/ 100 g  
£ 45.99

**Serving:**  
· Take 3 x 1 capsule daily with the  
main meals

**SUPER OMEGA**

### The expert for heart health

- Supports heart<sup>1</sup> and brain function<sup>2</sup> and the maintenance of normal vision<sup>3</sup>
- Valuable blend of omega-3 fatty acids EPA and DHA with beta-glucan and evening primrose oil
- With a total of 1260 mg omega-3 fatty acids – including 630 mg EPA and 420 mg DHA

<sup>1</sup>EPA and DHA contribute to normal heart function. This requires the intake of at least 250 mg EPA and DHA per day. <sup>2</sup>DHA contributes to the maintenance of normal brain function. <sup>3</sup>DHA contributes to the maintenance of normal vision. <sup>4</sup>Biotin contributes to the normal metabolism of macronutrients. <sup>5</sup>Vitamin B1<sup>2</sup> and vitamin D have a function in cell division. <sup>6</sup>Vitamin B12, thiamine, riboflavin, niacin and pantothenic acid contribute to normal energy metabolism. Thiamine and vitamin B1<sup>2</sup> contribute to normal energy metabolism and normal mental function. \* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.





A daily supply of essential nutrients forms the basis for health and well-being. According to the principle 'Colourful is healthy', different types of fruit and vegetables should be eaten regularly.



**Green:** Vitamins, minerals 

**Red:** Calcium, potassium, magnesium 

**Yellow/Orange:** Vitamin C 

**Blue/Purple:** Antioxidants 



FREE FROM  
ARTIFICIAL  
COLOURS

**VITA ACTIVE** <sup>4,5,6</sup>

#### Your vitamin supply

- Valuable mixture of vitamins and plant substances
- 10 vitamins in just one teaspoon: B1, B2, B3, B5, B6, B7, B9, B12, D, E
- Made from 21 natural fruit and vegetable concentrates
- Positive effects for body and health<sup>7</sup>

#### Vita Active<sup>4,5,6</sup> Red Fruits\*

**80301** | 150 ml

£ 26.99

(£ 17.99 for 100 ml)

#### Serving:

• 1 x 5 ml (one teaspoon) daily



An unbalanced diet, stress and lack of exercise can cause our acid-base balance to become unbalanced, resulting in hyperacidity.



LACTOSE FREE



VEGAN

**PRO BALANCE** <sup>8</sup>

#### For an acid-base balance

- Has a stabilising effect on the acid-base metabolism<sup>8</sup>
- Harmonised minerals and trace elements, such as magnesium, calcium, copper, chromium, etc.
- With a valuable mix of citrates and carbonates

#### Pro Balance<sup>8</sup> Tablets\*

**80102** | 360 Tablets / 252 g

£ 39.59

(£ 15.71 for 100 g)

#### Serving:

• 3 x 4 tablets daily after the main meals

<sup>7</sup>Thiamine and vitamin B1<sup>2</sup> contribute to normal energy metabolism and normal mental function. Thiamine contributes to the normal function of the nervous system and to normal heart function. Vitamin D and vitamin B6 contribute to the normal function of the immune system. <sup>8</sup>The magnesium in Pro Balance contributes to normal energy metabolism and electrolyte balance. \* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

# THROUGH THE DAY WITH POWER<sup>1,3,4</sup> AND VITALITY



## GRAPES

Grapes contain many valuable antioxidants and provide a refreshing, fruity flavour.



PATENT GRANTED\*\*

## Mind Master Formula Red\*

80950 | 500 ml  
£ 20.19  
(£ 40.38 for 1000 ml)

## Mind Master 5-Set

80935 | 5 x 500 ml  
£ 92.99  
(£ 37.20 for 1000 ml)

## Serving:

· Daily 1 x 80 ml

MIND MASTER

## Your companion for energy, power and performance<sup>1,3,4</sup>

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

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

<sup>1</sup> Vitamin B1<sup>2</sup> contributes to normal energy metabolism and normal functioning of the nervous system. Vitamin B1<sup>2</sup> contributes to the reduction of tiredness and fatigue. <sup>2</sup> Selenium and vitamin E contribute to the protection of cells from oxidative stress. <sup>3</sup> Thiamine and vitamin B1<sup>2</sup> contribute to normal mental function. <sup>4</sup> Iron contributes to normal energy metabolism and to the reduction of tiredness and fatigue. \* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. \*\* European patent: EP 2 976 091

# THROUGH THE DAY WITH POWER<sup>1,3,4</sup> AND VITALITY



## DAILY DRINK WITH A HAPPINESS FORMULA

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

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



VEGAN



PATENT  
PENDING\*\*\*

## MIND MASTER GOLD

### Positive energy for everyday life and challenging phases of life<sup>5,6,7,8</sup>

- Protects the body from oxidative stress with valuable antioxidants<sup>2,5,6,7</sup>
- Enriched with turmeric, valuable white tea extract and aloe vera
- With a complex of high-quality vitamins and trace elements
- Provides valuable nutrients for your psyche and mental well-being<sup>8</sup>

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

### Mind Master Formula Gold\*

80940 | 500 ml

£ 25.89

(£ 51.78 for 1000 ml)

### Mind Master Formula Gold 5-Set

80945 | 5 x 500 ml

£ 118.89

(£ 47.57 for 1000 ml)

### Serving:

· Daily 1 x 80 ml

<sup>5</sup>Vitamin B1<sup>2</sup> contributes to normal energy metabolism, normal functioning of the nervous system and to the reduction of tiredness and fatigue. <sup>6</sup>Iron contributes to normal cognitive function and normal oxygen transport in the body. <sup>7</sup>Vitamin D contributes to the maintenance of normal bones and normal muscle function. <sup>8</sup>Vitamin B1<sup>2</sup> contributes to normal mental function and normal function of the nervous system. Iron contributes to normal cognitive function. \*\*\* Patent pending in Germany. Patent No. 10 202<sup>3</sup> 12<sup>3</sup> 064.<sup>6</sup>

# ONLY THE BEST FOR THE **HEART**<sup>4</sup>



WITH  
**90 %**  
ALOE VERA

## NETTLE

Nettles contain important ingredients such as the minerals calcium, magnesium and potassium. It also contains vitamins A and C – twice as much as an orange.



[WWW.KOELNERLISTE.COM](http://WWW.KOELNERLISTE.COM)



[WWW.SGS-QUALITAETSSIEGEL.DE/EN](http://WWW.SGS-QUALITAETSSIEGEL.DE/EN)



[WWW.IASC.ORG](http://WWW.IASC.ORG)

## INTENSE SIVERA

### The specialist for your vitality

1. **STABILISED:** Supports the normal function of blood vessels<sup>1</sup>
2. **SUPPLIES:** Supplies vitamin C and supports the absorption of iron<sup>2</sup>
3. **PROTECTS:** Protects the cells from oxidative stress<sup>3</sup>
  - With a natural nettle flavour

90 % aloe vera leaf fillet,  
nettle extract and vitamin C

### Aloe Vera Drinking Gel Intense Sivera\*

**80800** | 1000 ml

£ 43.99

### Aloe Vera Drinking Gel Intense Sivera\* 3-Set

**80823** | 3 x 1000 ml

£ 120.99

(£ 40.33 for 1000 ml)

#### Serving:

· Daily: 3 x 30 ml before the main meals

<sup>1</sup> Vitamin C contributes to normal collagen formation for normal blood vessel function. <sup>2</sup> Vitamin C increases the absorption of iron. <sup>3</sup> Vitamin C contributes to the protection of cells from oxidative stress. \* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.





**Omega-3 fatty acids – important essential fats**



**EPA & DHA** contribute to normal heart function<sup>4</sup>



**DHA** contributes to the maintenance of normal vision<sup>6</sup>



**DHA** contributes to the maintenance of normal brain function<sup>5</sup>



Aus nachhaltigem Fischfang

**SUPER OMEGA**

**The expert in heart health**

- Supports heart<sup>4</sup> and brain function<sup>5</sup> and the maintenance of normal vision<sup>6</sup>
- Valuable blend of omega-3 fatty acids EPA and DHA as well as beta-glucan and evening primrose oil
- With a total of 1260 mg omega-3 fatty acids – including 630 mg EPA and 420 mg DHA

**Super Omega Capsules\***

**80338** | 60 Capsules/ 100 g  
£ 45.99

**Serving:**

• 3 x 1 capsule daily with the main meals



**REISHI**

Reishi – the mushroom of long life. Hardly any other mushroom is used in so many different ways. It naturally contains various bioactive compounds, including polysaccharides and triterpenes.



VEGAN

**REISHI PLUS**

**‘Mushroom of long life’**

- Supports the function of blood vessels by contributing to normal collagen formation<sup>7</sup>
- Supports energy metabolism<sup>8</sup> and protects cells from oxidative stress<sup>9</sup>

**Reishi Plus Capsules\***

**80331** | 30 Capsules/ 15,6 g  
£ 52.19  
(£ 335.55 for 100 ml)

**Serving:**

• 1 x 1 capsule daily in the evening

<sup>4</sup>EPA and DHA contribute to normal heart function. This requires the intake of at least 250 mg EPA and DHA per day. <sup>5</sup>DHA contributes to the maintenance of normal brain function. <sup>6</sup> DHA contributes to the maintenance of normal vision. <sup>7</sup> Vitamin C contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, skin and teeth. <sup>8</sup> Vitamin C contributes to normal energy metabolism. <sup>9</sup> Vitamin C contributes to the protection of cells from oxidative stress.

# SUPPORT IN EVERY SEASON



WITH  
**85 %**  
ALOE VERA

B/LIFETAKT

**ALOE VERA**  
DRINKING GEL

**IMMUNE PLUS<sup>4,\*</sup>**

85 % Aloe Vera Blattfillet /  
85 % Aloe Vera leaf fillet  
Mit Ingwer, Zitrone, Honig, Vitamin C, Zink /  
With ginger, lemon, honey, vitamin C, zinc  
Unterstützt das Immunsystem<sup>1</sup> /  
Strengthens the immune system<sup>1</sup>



## GINGER, LEMON & HONEY

The light, natural ginger spiciness in combination with refreshing lemon and sweet honey is a special flavour experience.



[WWW.KOELNERLISTE.COM](http://WWW.KOELNERLISTE.COM)



[WWW.SGS-QUALITAETSSIEGEL.DE/EN](http://WWW.SGS-QUALITAETSSIEGEL.DE/EN)



[WWW.IASC.ORG](http://WWW.IASC.ORG)

**IMMUNE PLUS**

## The specialist for your immune system

1. **SUPPORT:** Supports existing immune cells<sup>1</sup>
  2. **STIMULATION:** Supports the immune system<sup>1,2</sup>
  3. **PROTECTION:** Supports the functioning of the immune system<sup>1</sup>
- With a naturally light ginger flavour

**85 % aloe vera leaf fillet,**  
Ginger, lemon and honey as well as  
vitamin C, zinc and selenium

## Aloe Vera Drinking Gel Immune Plus<sup>4,\*</sup>

**81000** | 1000 ml

£ 43.99

## Aloe Vera Drinking Gel Immune Plus<sup>4,\*</sup>

**3-Set**

**81003** | 3 x 1000 ml

£ 120.99

(£ 40.33 for 100 ml)

## Serving:

· Daily: 3 x 30 ml before the main meals

<sup>1</sup> Vitamin C, zinc and selenium contribute to the normal function of the immune system. <sup>2</sup> Zinc has a function in cell division. \* Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

## COLOSTRUM CAPSULES



FREE FROM PRESERVATIVES

### Natural for well-being

- For general well-being with continuous consumption
- Made from pure cow colostrum
- High quality: defatted, gently processed
- 800 mg colostrum powder per daily ration

### Colostrum Capsules

**80360** | 60 Capsules/ 30,9 g  
£ 65.99  
(£ 213.56 for 100 g)

**Serving:**  
· 2 x 1 capsule daily, morning and evening

## COLOSTRUM LIQUID



FREE FROM ARTIFICIAL COLOURS



FREE FROM PRESERVATIVES

### Natural for well-being

- For general well-being
- Easy to drink: for quick, direct consumption
- High quality: defatted, decaseinated, unpasteurised
- Produced on the basis of colostrum
- Made from colostrum from the first hours
- From European cows
- Preservation of ingredients through cold production process

### Colostrum Liquid

**80361** | 125 ml  
£ 48.99  
(£ 39.19 for 100 ml)

**Serving:**  
· 8 ml daily in the morning



### POLYPHENOLS

Polyphenols are powerful antioxidants. Cistus naturally contains polyphenols.



VEGAN

## CISTUS INCANUS

### Support for the body's own defences

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

### Cistus Incanus Capsules\*

**80325** | 60 Capsules/ 34,4 g  
£ 45.99  
(£ 133.69 for 100 g)

**Serving:**  
· 2 x 1 capsule daily

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

# MOBILITY MADE EASY



## COLLAGEN

Collagen is the most abundant protein in the human body and forms the foundation for many tissue structures. It occurs in various forms and is a main component of skin, bones, muscles, tendons, ligaments and connective tissue.



[WWW.KOELNERLISTE.COM](http://WWW.KOELNERLISTE.COM)



[WWW.SGS-QUALITAETSSIEGEL.DE/EN](http://WWW.SGS-QUALITAETSSIEGEL.DE/EN)



[WWW.IASC.ORG](http://WWW.IASC.ORG)

## ACTIVE FREEDOM

### The specialist for your musculoskeletal system

- 1. MOVEMENT:** Supports normal cartilage function<sup>1</sup>
  - 2. STABILITY:** Supports normal bone function<sup>2</sup>
  - 3. ENERGY:** Supports energy metabolism and reduces fatigue<sup>4,7</sup>
- With natural orange flavour

**88 % aloe vera leaf fillet,**  
Collagen glucosamine sulphate,  
chondroitin sulphate and vitamins C, E

### Aloe Vera Drinking Gel Active Freedom\*

**80850** | 1000 ml  
£ 43.99

### Aloe Vera Drinking Gel Active Freedom\*

**3-Set**  
**80883** | 3 x 1000 ml  
£ 120.99  
(£ 40.33 for 100 ml)

**Serving:**  
• Daily: 3 x 30 ml before the main meal

<sup>1</sup>Vitamin C contributes to normal collagen formation for normal cartilage function. <sup>2</sup>The vitamin C in Aloe Vera Drinking Gel Active Freedom contributes to normal collagen formation for normal bone function. <sup>3</sup>Vitamin C contributes to normal energy metabolism and to the reduction of tiredness and fatigue. \* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.



**GLUCOSAMINE & CHONDROITIN**

Glucosamine and chondroitin are natural substances that are mainly found in cartilage tissue. Together with collagen, chondroitin is one of the main components of human cartilage tissue.

**ACTIVE FREEDOM CAPSULES****Support for the musculoskeletal system**

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



LACTOSE FREE



GLUTEN FREE

**Active Freedom Capsules\*****80190** | 60 Capsules/ 37,4 g

£ 36.69

(£ 98.10 for 100 g)

**Serving:**

· 2 x 1 capsule daily

**PROTEIN POWER****For an optimal protein supply**

- Supports bone maintenance<sup>9</sup>
- Provides targeted support for muscle building<sup>8</sup>
- Additional protein supply as you age<sup>10</sup>
- 80 % pure protein from 5 different protein components
- With magnesium and vitamin B6

**PROTEINS**

Proteins are important building blocks in the building and structural metabolism of muscles, bones and connective tissue.

[WWW.KOELNERLISTE.COM](http://WWW.KOELNERLISTE.COM)**Protein Power Powdered Vanilla Drink****80550** | 375 g

£ 52.19

(£ 13.92 for 100 g)

**Serving:**

· Mix one scoop of powder (12.5 g) in 100 ml of water or 125 ml of low-fat milk daily

<sup>4</sup>Manganese and vitamin E help to protect cells from oxidative stress. <sup>5</sup> Manganese and vitamin D contribute to the maintenance of normal bones. <sup>6</sup>Manganese contributes to normal connective tissue formation. <sup>7</sup>Vitamin D contributes to the maintenance of normal muscle function. <sup>8</sup>Proteins contribute to the maintenance and growth of muscle mass. <sup>9</sup>Proteins contribute to the maintenance of normal bones. <sup>10</sup>itamin B6 contributes to normal protein and glycogen metabolism.

# FOR A GOOD **GUT FEELING**

---



**PRO 12+**

## General well-being

- **TripleBIOTIC-Complex:**
  1. Prebiotics: Dietary fibers ensure that the beneficial bacteria in our intestines feel comfortable. They serve as food for the good bacteria.
  2. Bacteria: 1 billion bacteria per capsule from 12 different bacterial strains.
  3. Postbiotics: Patented postbiotic nutrient Prolac-T™ can support detoxification processes.
- With innovative double encapsulation so that the **TripleBIOTIC** complex reaches the intestine intact and can take effect there



**TripleBIOTIC-Complex** Double encapsulation

## **Pro 12+ Capsules\***

**81180** | 30 Capsules/ 17 g

£ 57.49

(£ 338.17 for 100 g)

## **Serving:**

- 1 capsule daily in the evening



## HERBAL FASTING TEA

### Easily digestible and soothing tea

- Low-calorie combination of valuable herbs
- With green tea, mate leaves, nettle leaves, rooibos tea, lemongrass, licorice root
- Provides daily hydration, especially as part of a diet
- An ideal alternative to water



### Herbal Fasting Tea

**80205** | 250 g

£ 26.99

(£ 10.80 for 100 g)

### Serving:

· 3-4 cups daily



# THE SECRET TO TRUE BEAUTY

Are you looking for youthful beauty? Without having to hide anything? No matter what your age? You are not alone with this desire – a natural and healthy appearance is the No. 1 beauty ideal. The LR LIFETAKE 5in1 Beauty Elixir fulfills your 5 greatest beauty desires with just one shot a day – for natural beauty.<sup>1-5</sup>

## ACTIVE COMPLEX

The active complex activates the beauty processes and combats signs of ageing.<sup>1-5</sup> It combines the most important beauty ingredients in a balanced concentration:

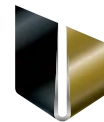
- 2.5g collagen peptides
- 50 mg hyaluronic acid
- Valuable copper
- Effective zinc
- High content of 9 vitamins: 100% vitamin E, thiamine, riboflavin, niacin, B6, biotin, B12, vitamin C per daily ration\*\* and 75% vitamin A per daily ration\*\*



## PREVENTIVE COMPLEX

The Preventive Complex protects from the inside against environmental pollution and prevents signs of ageing. It combines the most important ingredients with the power of nature:

- 20% aloe vera-gel
- Blood orange extract
- Blueberry extract
- Rose root extract
- Green tea extract



german  
brand  
award  
2019  
winner



LACTOSE FREE



GLUTEN FREE



FREE FROM  
SWEETENERS



FREE FROM  
ARTIFICIAL  
COLOURS

## 5IN1 BEAUTY ELIXIR

### Youthful beauty from head to toe:

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

Unique mode of action thanks to an innovative dual complex with the best of science and nature

### 5in1 Beauty Elixir\*

81030 | 30 x 25 ml

£ 166.49

(£ 22.20 for 100 ml)

### Serving:

- Drink 1 x 1 shot daily

<sup>1</sup> Biotin, zinc, vitamin A, riboflavin and niacin contribute to the maintenance of normal skin. Copper contributes to the maintenance of normal skin pigmentation. Vitamin C contributes to normal collagen formation for normal skin function. <sup>2</sup> Copper contributes to the maintenance of normal connective tissue. <sup>3</sup> Biotin and zinc contribute to the maintenance of normal hair. Copper contributes to the maintenance of normal hair pigmentation. <sup>4</sup> Zinc contributes to the maintenance of normal nails. <sup>5</sup> Vitamin E contributes to the protection of cells from oxidative stress. Thiamine contributes to normal energy metabolism. Vitamin B6 and B12 contribute to the reduction of tiredness and fatigue. \* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. \*\* of the reference amount for daily intake.





# PURE MASCULINITY IN ONE SHOT

The innovative power drink contains the concentrated power of selected ingredients from science and nature, specially tailored to the needs of men. Your all-in-one solution in one to-go shot per day. For more energy, healthy skin, full hair, attractive muscles and strong potency.<sup>1-5</sup>

## ACTIVE COMPLEX

Activates the 5 building processes of pure masculinity in the body with an innovative mix of active ingredients:

- Anabolic 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

Protects and has a preventive effect thanks to an effective combination of natural ingredients:

- Black pepper extract
- Caffeine from green tea
- Blackcurrant
- Blood orange



LACTOSE-FREE



GLUTEN FREE



SUGAR FREE



FREE FROM  
ARTIFICIAL  
COLOURS

## 5IN1 MEN'S SHOT

**One 5in1 Men's Shot  
per day provides a  
long-lasting effect:**

1. More energy<sup>1</sup>
2. Beautiful complexion<sup>2</sup>
3. Strong, voluminous hair<sup>3</sup>
4. Attractive muscles<sup>4</sup>
5. Healthy potency<sup>5</sup>

## 5in1 Men's Shot\*

**81020 | 30 x 25 ml**

£ 166.49  
(£ 22.20 for 100 ml)

## Serving:

• Drink 1 x 1 shot daily

<sup>1</sup> Thiamine, vitamin B6, vitamin B12 and magnesium contribute to normal energy metabolism. Vitamin B6, vitamin B12 and magnesium contribute to the reduction of tiredness and fatigue. <sup>2</sup> Riboflavin, vitamin A, vitamin B2, niacin, biotin and zinc contribute to the maintenance of normal skin. Vitamin C contributes to normal collagen formation for normal skin function. <sup>3</sup> Biotin and zinc contribute to the maintenance of normal hair. <sup>4</sup> Magnesium contributes to normal muscle function. Thiamine, vitamin B6, vitamin B12 and magnesium contribute to normal energy metabolism. <sup>5</sup> Zinc contributes to the maintenance of normal testosterone levels in the blood. Selenium contributes to normal sperm formation. Zinc contributes to normal fertility and normal reproduction. \*Food supplements are no substitute for a varied and balanced diet and a healthy lifestyle.

LR

**BODY MISSION**

You simply want to eat smart?

LR BODY MISSION – your companion for smart nutrition.

## YOUR MISSION: YOUR IDEAL WEIGHT

Our everyday life can sometimes be quite challenging – especially for our diet. It's nice to have someone by your side to help you along the way.

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

# LR BODY MISSION



## THE **BODY MISSION** IS SO MUCH MORE!

### More successes

Works: Delicious meals, clever accompanying products and healthy lifestyle tips for maximum success

### More quality

High quality: Developed by experts on the basis of scientific findings.

### More naturalness

Special: With numerous, carefully selected, natural ingredients.

### More flavour

Free Choice: Wide range of flavours in LR FIGUACTIVE shakes, soups and flakes.

### More for you

Personalised: LR BODY MISSION fits your life and helps you achieve your personal goals.

YOUR LIFE.  
YOUR DECISION.  
YOUR LR BODY MISSION.

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



**LR BODY MISSION**  
supports you  
on your  
journey for an  
entire month.

**Choose 5 LR FIGUACTIVE products from many delicious flavours.**

If you want to replace two meals a day for a month, opt for options like:

**2 x LR FIGUACTIVE shakes from the following flavours:**

Smooth Cocoa, Fruity Strawberry, Soft Vanilla, Lovely Coffee, Tasty Caramel

**2 x LR FIGUACTIVE soups from the following flavours:**

Juicy Tomato, Spicy Curry, Yummy Veggie, Sweet Potato

**1 x LR FIGUACTIVE Flakes Crusty Raspberry**

In addition, you will receive smart companions

- 1 x Pro Balance<sup>2</sup> Tablets\*
- 1 x Herbal Fasting tea
- 1 x Protein Power Vanilla Drink Powder
- 1 x LR Shaker

**LR BODY MISSION**  
**1 Month – free choice\***

**81285 + 81286**

£ 298.89



#### Smart Meals:

With the LR FIGUACTIVE products, you can easily save calories by replacing two of your three daily meals with a shake, soup or flakes.<sup>1</sup>



#### Smart Support:

A healthy lifestyle with plenty of exercise, a balanced diet and plenty of fluids is the basic prerequisite for your successful LR BODY MISSION. Benefit from practical weekly plans, delicious recipes and tips and tricks for everyday life – for even more motivation and success.



#### Smart Companions:

Whether muscle building<sup>3</sup>, support for the acid-base metabolism<sup>2</sup>, smart drinks or snacks for in-between meals – these clever companions are the plus for your healthy lifestyle.



<sup>2</sup>Magnesium in Pro Balance contributes to normal energy metabolism and electrolyte balance. <sup>3</sup>Proteins contribute to the maintenance and increase of muscle mass. \* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. \*\* To replace two meals a day for a month, choose e.g. 2 x shakes, 2 x soups and 1 x flakes.

# DELICIOUS SHAKES TO FALL IN LOVE WITH

Enjoy your life the smart way with the LR **FIGUACTIVE** shakes in 5 different flavours! Our shakes are irresistibly delicious, replace a full meal and are packed full of beneficial natural ingredients.



VEGAN



LOW IN SUGAR



HIGH FIBRE CONTENT



HIGH PROTEIN CONTENT\*



NATURAL FLAVOURS



FREE FROM  
PALMOIL



FREE FROM  
FLAVOUR  
ENHANCERS



FREE FROM ARTIFICIAL  
COLOURS

## FRUITY STRAWBERRY SHAKE

### Strawberry season all year round!

- For fruity-sweet moments of happiness
- With fibre from psyllium husks and vegan proteins from peas, field beans and soya
- With sweetness from the stevia plant
- Gluten- and lactose-free

### LR FIGUACTIVE Fruity Strawberry Shake

81241 | 496 g

£ 42.99

(£ 8.68 for 100 g)

#### Serving:

Simply prepare 3 tablespoons with 300 ml unsweetened soya drink in a shaker.



VEGAN



LOW SUGAR



HIGH FIBRE



HIGH PROTEIN\*

- Eine Portion = eine Mahlzeit / One portion = one meal  
- Unterstützt beim Abnehmen und Gewicht halten\* / Helps lose and maintain weight\*  
- Mit fruchtigen Erdbeeren, veganen Proteinen und wertvollen Faserzusätzen / With fruity strawberries, vegan proteins and valuable psyllium husks



MADE IN GERMANY

MY BODY  
SHAKE



3 x +300 ml





## SERVING TASTY CARAMEL SHAKE

### Creamy toffee flavour for connoisseurs!

- With a natural caramel flavour
- With fibre from psyllium husks and vegan proteins from peas, cherry peas and field beans, among others
- With sweetness from the stevia plant
- Gluten- and lactose-free

### LR FIGUACTIVE Tasty Caramel Shake

**81250** | 496 g

£ 42.99  
(£ 8.68 for 100 g)

#### Serving:

Simply prepare 3 tablespoons with 300 ml unsweetened soya drink in a shaker.



## LOVELY COFFEE SHAKE

### Pure indulgence for coffee lovers!

- Fine, tangy coffee flavour for the perfect start to the day
- With fibre from psyllium husks and vegan proteins from peas, chickpeas and field beans, among others
- With sweetness from the stevia plant
- Gluten- and lactose-free

### LR FIGUACTIVE Lovely Coffee Shake

**81242** | 496 g

£ 42.99  
(£ 8.68 for 100 g)

#### Serving:

Simply prepare 3 tablespoons with 300 ml unsweetened soya drink in a shaker.



## SOFT VANILLA SHAKE

### Light dream of vanilla to sweeten your day!

- With real, flavoured vanilla pods
- With fibre from psyllium husks and vegan proteins from peas, field beans and soya, among others
- With sweetness from the stevia plant
- Gluten- and lactose-free

### LR FIGUACTIVE Soft Vanilla Shake

**81240** | 496 g

£ 42.99  
(£ 8.68 for 100 g)

#### Serving:

Simply prepare 3 tablespoons with 300 ml unsweetened soya drink in a shaker.



## SMOOTH COCOA SHAKE

### Creamy chocolate flavour for sweet tooths!

- The full flavour of fresh cocoa beans
- With fibre from psyllium husks and vegan proteins from peas, chickpeas and field beans, among others
- With sweetness from the stevia plant
- Gluten- and lactose-free

### LR FIGUACTIVE Smooth Cocoa Shake

**81243** | 496 g

£ 42.99  
(£ 8.68 for 100 g)

#### Serving:

Simply prepare 3 tablespoons with 300 ml unsweetened soya drink in a shaker.



# DELICIOUS SOUPS

## FOR GOURMETS

The savoury LR **FIGU**ACTIVE soups bring the power of veggies into your everyday life! They replace a full meal and provide a balanced nutrient programme - and are 100% vegan. Full-bodied, creamy enjoyment and lots of nutritious, natural ingredients make our soups a wonderful flavour experience.

### SWEET POTATO SOUP

#### Simply delicious!

- Sweet potato, pumpkin, onions, leek, parsley and black pepper combine to create a unique flavour experience
- With vegan proteins from soya and peas
- Free from flavour enhancers, palm oil and artificial colourings
- Gluten and lactose-free

#### LR FIGUACTIVE Sweet Potato Soup

**81251** | 488 g

£ 42.99  
(£ 8.81 for 100 g)

#### Serving:

Simply stir 7 tablespoons into 350 ml hot water with a whisk.



VEGAN



LOW IN SUGAR



HIGH FIBRE CONTENT



HIGH PROTEIN CONTENT\*



NATURAL FLAVOURS



FREE FROM  
PALM OIL



FREE FROM  
FLAVOUR  
ENHANCERS



FREE FROM  
ARTIFICIAL  
COLOURS



## SPICY CURRY SOUP

### It's getting spicy!

- Hearty, spicy curry flavour with a hint of ginger
- With fibre from psyllium husks and vegan proteins from peas, field beans and soya
- Gluten and lactose-free

### LR FIGUACTIVE Spicy Curry Soup

**81245** | 488 g

£ 42.99  
(£ 8.81 for 100 g)

#### Serving:

Simply stir 7 tablespoons into 350 ml hot water with a whisk.



## YUMMY VEGGIE SOUP

### Full on Veggie-Power!

- Wonderfully creamy vegetable soup with broccoli, potatoes and leek
- With fibre from psyllium husks and vegan proteins from peas, field beans and soya
- Gluten and lactose-free

### LR FIGUACTIVE Yummy Veggie Soup

**81246** | 488 g

£ 42.99  
(£ 8.81 for 100 g)

#### Serving:

Simply stir 7 tablespoons into 350 ml hot water with a whisk.

## JUICY TOMATO SOUP



### Mediterranean summer feeling in a bowl!

- The full flavour of juicy tomatoes and fresh basil
- With fibre from psyllium husks and vegan proteins from peas, field beans and soya
- Gluten and lactose-free

### LR FIGUACTIVE Juicy Tomato Soup

**81244** | 488 g

£ 42.99  
(£ 8.81 for 100 g)

#### Serving:

Simply stir 7 tablespoons into 350 ml hot water with a whisk.



VEGAN



LOW IN SUGAR



HIGH FIBRE CONTENT



HIGH PROTEIN CONTENT\*



NATURAL FLAVOURS



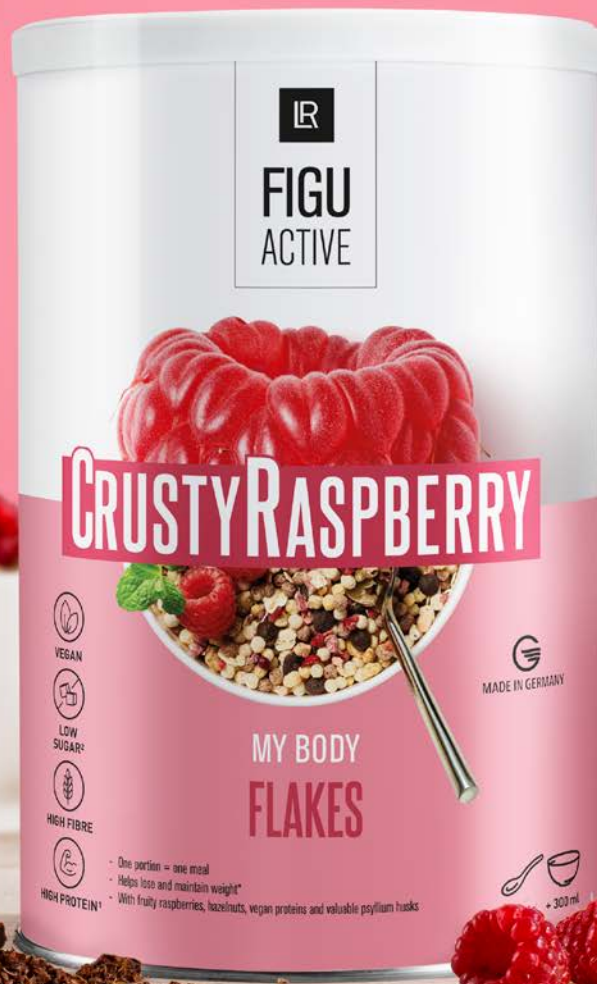
FREE FROM  
PALMOIL



FREE FROM  
FLAVOUR  
ENHANCERS



FREE FROM ARTIFICIAL  
COLOURS



VEGAN



LOW  
SUGAR



HIGH FIBRE



HIGH PROTEIN\*

\* One portion = one meal  
Helps lose and maintain weight\*  
With fruity raspberries, hazelnuts, vegan proteins and valuable psyllium husks



MADE IN GERMANY



+ 300 ml



# BERRY

## CRISPY-FLAKES

With crunchy oat flakes, fruity raspberries and delicate chocolate chips, your breakfast becomes a smart flavour experience! Our LR FIGUACTIVE Crusty Raspberry Flakes replace a full meal and can be prepared in no time at all.



### CRUSTY RASPBERRY FLAKES

#### Crunchy breakfast cereal

- With fruity raspberries, nuts and delicate chocolate chips
- With fibre from psyllium husks and vegan proteins from peas, field beans and soya
- With sweetness from the stevia plant
- Lactose-free

#### LR FIGUACTIVE Crusty Raspberry Flakes

**81247** | 420 g

£ 42.99  
(£ 10.23 for 100 g)

#### Serving:

Simply stir in 6 tablespoons with 300 ml unsweetened soya drink.



# SMART SUPPORT FOR A SMART LIFESTYLE

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

## PROTEIN POWER

### Support your muscle development<sup>2</sup>

Provide your body with sufficient protein during the LR BODY MISSION to support your muscle building.<sup>2</sup>

#### Protein Power Powdered Vanilla Drink

80550 | 375 g

£ 52.19

(£ 13.92 for 100 g)



## PRO BALANCE<sup>1</sup>

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

A carefully selected combination of alkaline minerals supports a balanced acid-base metabolism and the electrolyte balance of your body<sup>1</sup>.

#### Pro Balance<sup>1</sup> Tablets\*

80102 |

360 Tablets | 252 g

£ 39.59

(£ 15.71 for 100 g)





## HERBAL FASTING

### Keep your fluid levels up

A selected mixture of valuable herbs ensures a balanced fluid balance and warms body and soul from the inside.

### Herbal Fasting Tea

**80205** | 250 g

£ 26.99

(£ 10.80 for 100 g)



## PEACH FLAVOUR

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

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

### Aloe Vera Drinking Gel Peach Flavour\*

**80750** | 1000 ml

£ 39.19

<sup>1</sup> Magnesium in Pro Balance contributes to normal energy metabolism and electrolyte balance. <sup>2</sup> Proteins contribute to the maintenance and increase of muscle mass. <sup>3</sup> Chromium contributes to the normal metabolism of macronutrients and to the maintenance of normal blood sugar levels. <sup>4</sup> Vitamin C contributes to normal energy metabolism. \* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. \*\* Contains naturally occurring sugars

## NATURALLY BEAUTIFUL SKIN

Do you want perfectly nourished skin from head to toe?

LR Aloe Vera Care offers you the highest quality and expertise with the best of nature.

With the nourishing and regenerative power of aloe vera on the way to naturally beautiful and healthy skin – that's what LR ALOE VIA stands for. Whether young or old, everyone will find the right product in our range. The perfect care from head to toe with the best of aloe vera for you and your loved ones.



# ALOE VERA CARE

## ALOE VERA – FOR THE WHOLE FAMILY

LR ALOE VIA utilises the full power of aloe vera – as a gel or in fermented form – combined with valuable organic extracts tailored to the respective skin care needs. In its pure form, aloe vera gel has a variety of effects: it regenerates, moisturises, soothes and protects.

The fermentation of the aloe vera gel unleashes further undreamt-of potential. Cleverly combined, products are created that fulfil the most diverse needs.

**Find your way to naturally beautiful, well-groomed skin with LR ALOE VIA!**



# THE RIGHT CARE FOR EVERY NEED



LR ALOE VIA  
SPECIAL CARE

LR ALOE VIA  
FACIAL CLEANSERS  
AND CARE

LR ALOE VIA  
BODY CLEANSERS  
AND CARE

LR ALOE VIA  
MEN'S CARE

LR ALOE VIA  
intensively  
moisturises,  
soothes and  
protects the  
skin.

## QUALITY AND EXPERTISE



High aloe vera content for particularly mild, intensive care and regeneration – also ideal for sensitive skin.



The seal of the International Aloe Science Council (IASC) certifies that our aloe vera gel is of the highest quality and purity – from cultivation to processing.



Fermented aloe vera gel complements selected products in order to utilise the full spectrum of aloe vera's effectiveness and to meet the respective skin care needs in the best possible way.



The skin compatibility of all aloe vera products is verified by the renowned, independent institutes Dermatest and Derma Consult.



Enriched with nourishing organic extracts – specially tailored to the respective care needs.



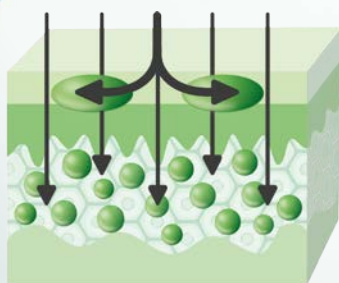
10 LR Aloe Via products are patent-pending thanks to their unique combination of active ingredients

# ALOE NEXT LEVEL: THE MAGIC POWER DUO!

With the new Magic Power Duo, LR unlocks even more effectiveness! We combine our aloe vera gel – which primarily works in the upper layers of the skin – with fermented aloe vera gel, which, thanks to fermentation, has a smaller molecular structure:

1. penetrates **deeper into the skin**
2. allows the skin to **absorb nutrients more quickly**
3. **accelerates** skin regeneration
4. provides **deep-acting hydration**
5. acts as a natural **anti-ageing solution**

**+ ALOE  
FERMENTED  
POWER**



Fascinating test results  
confirm this:

- +139%** Immediate hydration effect within 20 minutes.\*
- +176%** Long-lasting hydration effect after 4 weeks.\*
- 90%** Test subjects confirm improved skin sensation\* and faster regeneration and soothing of irritated skin.\*
- 95%** Test subjects report a smooth and supple skin feel.\*
- +53%** Enhanced overall skin appearance.\*

**Experience the magic of the Power Duo – with LR Aloe Fermented Power!  
MORE EFFECTIVENESS. MORE SKIN POWER. MORE ALOE POWER.**

\*Confirmed through application tests with regular use of the Instant Emergency Cream Gel over 4 weeks, followed by dermatological assessment in October 2024.



# FERMENTATION?

## HOW EXACTLY DOES IT WORK?

Fermented aloe vera gel is created by fermenting aloe vera gel with yeasts and enzymes in an oxygen-free environment at controlled temperatures. During fermentation, the yeasts and enzymes convert inactive sugar components and break them down. This process unlocks the untapped potential of aloe vera.

**IN SHORT:**  
ORGANIC ALOE VERA-GEL +  
ENZYMES +  
YEAST –  
OXYGEN =  
**FERMENTED  
ALOE VERA-GEL**



### REPAIRING STRETCHMARK LOTION

Study confirms visible improvement:

- -18% Volume\*
- -18% Pigmentation\*
- -13% Reduction in overall appearance\*

9 out of 10 participants confirm:  
Soft, supple skin\*



### INSTANT EMERGENCY CREAM GEL

Study confirms the effectiveness:

- 9 out of 10 participants report:
- Faster regeneration of stressed skin\*\*\*
- Soothing of irritated skin\*\*\*

#### Moisture boost:

More than 2x improved skin hydration after 20 minutes  
and over 3x after 4 weeks.

Significant improvement in overall appearance by more  
than 50% in dermatological assessment.\*\*\*



### EXPRESS SKIN BALANCE SERUM

Study confirms restoration of skin balance\*\*:

Visible and noticeable improvement in skin appearance:

- Positive skin feel (90%)
- Fresh, smooth, and relaxed skin appearance (70%)
- Intense hydration (75%)
- Reduced skin concerns (60%)
- Significant reduction in skin redness by 18%  
(after 28 days)



\*Confirmed through application tests over 8 weeks with 20 participants, followed by dermatological assessment, 3D skin analysis, and corneometry in October 2024.

\*\* Confirmed through application tests over 4 weeks, followed by 3D skin analysis with 20 participants with couperose/rosacea or dry skin in October 2024.

\*\*\* Confirmed through application tests over 4 weeks with 20 participants, followed by dermatological assessment in October 2024.



# SOS CARE

## FOR ALL EMERGENCIES

LR ALOE VIA special care – particularly soothing and regenerating for stressed skin and skin irritations. The LR ALOE VIA SOS products for all situations act like a protective film on irritated skin, providing cooling, soothing and promoting regeneration. The skin is supported by special active complexes and soothing herbal essences.

SKIN  
SPECIALISTS

### Aloe Vera Special Care Set with fermented aloe

- Perfect for travelling & testing!
- Quick emergency spray | 150 ml  
(only included in the special care bag as a practical travel size)
- Moisturising gel concentrate | 100 ml
- Protective propolis cream | 100 ml
- Emergency cream gel | 30 ml

### Aloe Vera Special Care Set

20905

£ 77.49

**NEW**





# EMERGENCY SPRAY

## Light spray for the entire body

- With 83% aloe vera, fermented aloe vera gel, 11 traditional herbal essences and the bee resin propolis
- Lays on the skin like a protective film, soothes and cools
- Ideal for extensive application
- Supports the skin's natural regeneration processes
- Made without the addition of perfume oils

## Aloe Vera Quick Emergency Spray

20600 | 400 ml

£ 25.59  
(£ 6.40 for 100 ml)



# EMERGENCY CREAM GEL

## Light, soothing SOS-Cream gel

- With 15% aloe vera, fermented aloe vera gel, microalgae extract, fermented reishi & cherimoya extract
- Accelerates skin regeneration
- Cools, soothes & reduces the signs of irritated skin\*
- for supporting scar care\*
- Balances the skin\*
- Provides a strong protective skin barrier\*
- Ideal for travelling, fragrance-free, mild

## Aloe Vera Quick SOS-Cream Gel

20915 | 30 ml

£ 26.69  
(£ 88.97 for 100 ml)



# CONCENTRATED GEL

## Refreshing gel for dry, irritated skin

- With a particularly high aloe vera gel content of 90 % and fermented aloe vera gel
- Provides the skin with intensive moisture
- Cools, soothes and refreshes
- Made without the addition of perfume oils

## Aloe Vera Moisturising Gel concentrate

20601 | 100 ml

£ 18.99



# PROPOLIS CREAM

## Rich cream for skin in need of care

- With 79% aloe vera, fermented aloe vera gel and the bee resin extract propolis
- Intensively nourishes the skin and strengthens its natural barrier function
- Ensures velvety suppleness and a pleasant skin feel

## Aloe Vera Protective Propolis Cream

20602 | 100 ml

£ 24.19





# SPECIAL CARE WITH ALOE VERA

If the skin is particularly stressed, it is time for very intensive care. Whether skin roughness, redness or scaling or simply tension: the skin is relaxed and regenerated with the special care experts.



## THERMO LOTION

### Warming Lotion for the muscles

- With 45 % aloe vera gel and natural essential oils
- With a long-lasting warming effect to relax tense muscles
- Supports blood circulation in the skin and keeps it supple
- Particularly effective in combination with an intensive massage

### Aloe Vera Soothing Thermo Lotion

**20603** | 100 ml  
£ 18.99



## MSM BODY GEL

### Quickly absorbed, cooling gel cream for stressed muscles and joints

- 60% aloe vera gel, a special MSM sulphur compound, bearberry leaves and willow bark extract
- Gives the skin elasticity and resilience

### Aloe Vera Multifunctional MSM Body Gel

**20604** | 200 ml  
£ 30.89  
(£ 15.44 for 100 ml)



# FACE CARE WITH ALOE VERA

LR ALOE VIA facial care – with aloe vera for a very special moisturising boost and pure refreshment. Together with high-quality ingredients such as organic olive extract and in unique formulations, it ensures the right balance for facial skin every day. Nothing beats the good feeling of beautiful and healthy skin.

## GEL CREAM

### Light velvety texture for the face

- 50 % aloe vera gel and organic olive extract
- Provides intensive moisturisation with an extra boost of freshness
- Revitalises the complexion
- Leaves the skin looking refreshed and the complexion radiant

### Aloe Vera Refreshing Gel Cream

20679 | 50 ml

£ 24.59  
(£ 49.18 for 100 ml)



## SKIN SERUM

### Fast-acting serum for balanced facial skin

- With 15% aloe vera gel, fermented aloe vera gel, extracts of red algae, organic mandarin peel & cherimoya fruit
- Soothes irritated skin, reduces redness and hydrates intensively\*\*
- Fragrance-free, mild and refreshingly cooling

### Aloe Vera Express Skin Balance Serum

20910 | 30 ml

£ 27.69  
(£ 92.30 for 100 ml)



## FACE MASK

### Refreshing Face Mask

- 50 % aloe vera gel, organic wild rose extract and an active ingredient combination of Aquaxyl and Aquapront™
- Moisturises the skin up to 95% more in just 3 minutes\*
- Improves skin elasticity and moisture balance
- Leaves the skin looking refreshed and the complexion radiant

### Aloe Vera Express Moisturising Face Mask

20689 | 75 ml

£ 20.19  
(£ 26.92 for 100 ml)



## DAY CREAM

### Light indulgent texture for the day

- With 50% aloe vera, fermented aloe vera gel, organic olive extract & grape seed oil
- Provides intensive moisture and preserves the natural moisture balance
- Protects the skin from external environmental pollution
- Leaves the skin smooth and the complexion radiant

### Aloe Vera Multi-Active Day Cream

20674 | 50 ml

£ 24.59  
(£ 49.18 for 100 ml)







# BODY CARE WITH ALOE VERA

Revitalising full-body refreshment and maximum hygiene with the best of aloe vera for the whole family. Not only does this include thorough cleansing, but also a lasting feeling of freshness and extra moisture. The aloe vera hand care products, pamper and soothe stressed hands – day after day. Effective compositions of aloe vera and organic calendula extract contribute to skin regeneration. Aloe vera also moisturises. Even rough, stressed hands are left soft and supple again.



DEO ROLL-ON

## Gentle roll-on deodorant 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 compatibility, even for sensitive skin
- Especially mild after shaving

### Aloe Vera Protective Deo Roll-on

**20643** | 50 ml  
£ 7.59  
(£ 15.18 for 100 ml)



STRETCH MARK LOTION

## Nourishing lotion to prevent and reduce stretch marks

- With 15% aloe vera, fermented aloe vera gel, Regestril™ and CICA
- Effect proven by study\*: **-18% volume\*** **-18% pigmentation\*** **-13% reduction in overall appearance\***
- Moisturises and leaves the skin soft and smooth
- Fragrance-free, mild

### Aloe Vera Repairing Stretch Mark Care

**20920** | 150 ml  
£ 43.39  
(£ 28.93 for 100 ml)





## HAND SOAP

### Nourishing creamy hand soap

- With 38% aloe vera gel and organic calendula extract
- Gentle cleansing that moisturises and nourishes

### Aloe Vera Gentle Cleansing Hand Soap

20611 | 250 ml

£ 10.39  
(£ 4.16 for 100 ml)



## HAND CREAM

### Fast-absorbing cream for the hands

- With 35 % aloe vera gel and organic calendula extract
- Nourishes and moisturises
- Leaves hands moisturised, soft and smooth

### Aloe Vera Smooth Hand Cream

20610 | 75 ml

£ 11.49  
(£ 15.32 for 100 ml)





# DENTAL CARE WITH ALOE VERA

Who doesn't want a beautiful and carefree smile? This is not possible without well-kept teeth and lips. With its regenerative power, aloe vera ensures fresh, healthy oral flora and soft, smooth lips. So you can show off your smile at any time!



## TOOTH GEL

### Tooth gel for daily cleaning

- With 43 % aloe vera gel and echinacea extract
- Cleans teeth and gums thoroughly and gently
- Provides a pleasantly fresh breath feeling
- Without fluoride

### Aloe Vera Extra Fresh Tooth Gel

20690 | 100 ml  
£ 7.59



# FACIAL CLEANSING WITH ALOE VERA

A radiantly beautiful face not only needs sufficient care – the basis of every care routine is facial cleansing with LR ALOE VIA. In the morning and evening! 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 its magically tingling detox effect. The result: clean, intensely revitalised facial skin.



## FACE SCRUB

### Gentle gel texture for the face with plant-based exfoliating beads

- 50 % aloe vera gel, organic wild rose extract and plant-based exfoliating grains
- Gently removes skin flakes and stimulates circulation
- Refines the skin texture without affecting the skin's natural balance
- Leaves the skin feeling soft and the complexion radiant

### Aloe Vera Skin Refining Face Scrub

**20673** | 75 ml

£ 14.99  
(£ 19.99 for 100 ml)



# MEN'S CARE WITH ALOE VERA

LR ALOE VIA men's skin care is specially tailored to the needs of men's skin during and after shaving with plenty of moisturising aloe vera. Men's skin not only has a different texture to women's skin – daily shaving also puts it under stress. The combination of aloe vera and skin-soothing organic white tea extract or nourishing organic baobab extract relaxes stressed male skin and gives it freshness. Five basic products focusing on the essentials – for the daily care of skin, hair and beard.



SHAVING GEL

## Ultra precise shave

- 50 % aloe vera, hyaluronic acid and provitamin B5 moisturise and regenerate
- Soothes and protects against skin irritation with organic white tea extract and Defensil™
- Light transparent gel coat on the skin enables close, smooth gliding of the razor
- Suitable for different skin areas, ideal for shaving beards

## Aloe Vera clear and precise Shaving gel

20446 | 150 ml

£ 14.69  
(£ 9.79 for 100 ml)

AFTER SHAVE BALM

## Light after-shave balm

- With 50 % aloe vera gel and organic white tea extract
- Reduces skin irritation and soothes
- Hydrates and nourishes

## Aloe Vera After-Shave Balm

20421 | 100 ml  
£ 13.19



FACE CREAM

## Light, refreshing face cream

- With 50 % aloe vera gel and organic white tea extract
- A freshness boost for stressed male skin
- Hydrates and revitalises

## Aloe Vera Anti-Stress Cream

20422 | 100 ml  
£ 20.19





**BODY, FACE, HAIR & BEARD WASH**

**All-round cleanser for the whole body**

- With 15 % aloe vera and organic baobab extract
- Gently and effectively cleanses skin, hair and beard
- Removes residues from environmental pollution and odours
- Provides skin & hair with moisture

**Aloe Vera  
4in1 Body, Face,  
Hair & Beard  
Wash**

**20436** | 250 ml

£ 16.89  
(£ 6.76 for 100 ml)



## TIMELESS BEAUTIFUL SKIN

Want to optimise the beauty of your skin?

LR ZEITGARD offers you professional cosmetic treatments just like in a beauty salon.

Do you want to feel comfortable in your own skin? Do you want skincare that is dedicated to the special requirements of your skin? Provide your skin with targeted support so that it stays radiantly fresh as you age and you reflect just that. LR ZEITGARD combines high-quality ingredients with innovative technology for your daily skincare routine.



# ANTI AGING CARE

## PROFESSIONAL COSMETICS INSTITUTE FOR HOME



Recommended  
by experts



Innovative, high-tech



Professional  
cosmetics institute



Highly effective  
care formulas

Enjoy the luxury of professional institute treatments in your own home: an innovative, patent-pending\* high-tech device with four different

application options for effective cleansing and care of the face and body – tailored to age-related and individual skin concerns. LR ZEITGARD is the unique,

technological cosmetic system that emphasises the beauty of your skin at any age.



## ANTI AGEING CARE

Cutting-edge technologies and highly effective formulas for your daily skincare routine

### CLEANSING

Gentle yet deep pore cleansing. Two highly effective products complement professional cleansing with the new Zeitgard Pro Cosmetic Device. For skin as clean as if it had just come out of the beauty salon.

### ZEITGARD PRO COSMETIC DEVICE

The centrepiece of LR ZEITGARD: a patent-pending\* device that intelligently combines cutting-edge technologies and four beauty tools. Whether face or body, cleansing or care – a real all-rounder at the highest technological level.

### FACE & BODY CARE

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

### MAKE-UP

LR ZEITGARD Signature is the innovative premium cosmetic with nourishing ingredients. Developed by beauty experts and make-up artists, it offers you everything you need for your unique make-up.



# NEW SMART TECHNOLOGY: **1 DEVICE & 4 BEAUTY-TOOLS**

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2-time winner, one patent pending

\* Cosmetic device for home use with interchangeable attachments, patent pending in Germany. Patent no.: 10 202<sup>3</sup> 10' 043.3.

# PERFECT SYMBIOSIS: 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 institute quality. When changing the attachment, the smart Zeitgard Pro Cosmetic Device recognises which technology is being used.



## COMPLETE SET

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

## ZEITGARD PRO Complete-Set

70111

£ 578.99

## GOOD TO KNOW

It is believed that anti-ageing active ingredients are transported significantly faster and deeper into the skin tissue by ultrasonic vibrations. They act like a micro-massage and stimulate the formation of new collagen. The result: facial and body contours appear firmer

# CLEANSING ROUTINE FOR 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 complexion is improved and the skin texture smoothed. Suitable for daily use and all skin types.



2--time winner, one patent pending

## PROFESSIONAL CLEANING TOOL



APPLICATION:  
FACE

The Face Cleansing Tool impresses with its unique hygiene concept. The soft brush filaments of the cleansing brush are infused with antibacterial Microsilver BG™\*\*\*.

**STEP 1:** Apply cleansing cream to damp facial skin. Switch on the device and treat the left and right sides of the face as well as the forehead with the brush in circular movements for 20 seconds each.

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



## CLEANSING SET



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

## ZEITGARD PRO Cleansing Set

70106

£ 335.89

## CLEANSING TOOL\*\*



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

## Face Cleansing Tool\*\*

70107

£ 30.89

## CLEANSING TOOL + ADAPTER



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

## Face Cleansing Tool + Adapter

70105

£ 82.59

## CLEANSING CREAM

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

## Cleansing Cream

28000 | 125 ml

£ 21.69

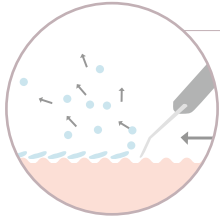
(£ 17.35 for 100 ml)



\* Cosmetic device for home use with interchangeable attachments, patent pending in Germany. Patent no.: 10 2023 101 043.3\*\* Scientific study by the renowned Dermatest GmbH institute in 2022. Application period: 4 weeks, number of test subjects: 20 \*\*\* The individual brush filaments remain hygienically flawless for up to 3 months thanks to the antibacterial mode of action of the LR active ingredient MICROSILVER BG™. MICROSILVER BG™ consists of pure silver powder with a highly porous microstructure. What makes it special: MICROSILVER BG™ sustainably regulates the formation of new bacteria.



# INTENSIVE CLEANSING WITH PEELING EFFECT



## PORE-DEEP CLEAN

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

## INTENSIVE PEELING-TOOL



APPLICATION:  
FACE

Precise removal of dead skin cells and impurities thanks to innovative ultrasound technology. For a visibly smoother, fresher complexion.

**STEP 1:** Apply cleansing cream by hand to damp facial skin, rinse with water and do not dry the face.

**STEP 2:** Switch on the device and gently slide the metal spatula at a 45° angle over the damp face for a maximum of 3 minutes. Always proceed from the inner areas outwards and from bottom to top.

**STEP 3:** Apply toner with a cleansing pad. It soothes and strengthens the skin barrier after the peeling treatment.

## FACIAL TONER

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

## Premium Toner

**28001** | 200 ml  
£ 21.69  
(£ 10.84 for 100 ml)

## FACE PEELING TOOL \*\*



Cavitation peeling attachment  
for use with water

## Face Peeling Tool\*\*

**70104**  
£ 82.59



# ANTI-AGEING-ROUTINE FOR THE FACE



2-time winner, one patent pending

## EFFECTIVE ANTI-AGEING-TOOL



APPLICATION:  
FACE

Provides visibly more elasticity and can reduce signs of ageing. The ultrasound technology of the Face Smoothing Tool stimulates the skin's cell metabolism and collagen synthesis and ensures that the active ingredients in the skincare products penetrate deeper into the skin. It becomes firmer and gains more elasticity and resilience. Wrinkles are significantly reduced. For daily use, morning and evening.

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

**STEP 2:** Apply one of the compatible LR ZEITGARD skincare products. Apply small spots of cream to your face and massage them in using the smoothing Face Smoothing Tool. Treat the left and right sides of the face as well as the forehead for 30 seconds each. Make sure you use circular movements from the inner area outwards and from bottom to top.



## SMOOTHING TOOL + ADAPTER



Smoothing anti-ageing attachment to use with LR ZEITGARD care products

## Face Smoothing Tool

**70102**

£ 82.59



## ACTIVE INGREDIENT TRANSPORTSYSTEM

like an anti-ageing booster. Together with the Face Smoothing Tool, it increases the cosmetic effectiveness of the ingredients many times over by transporting them directly into the skin cell. The active ingredients are only released inside the cell once the wearer has docked on, where they unfold their full power. This makes it possible to slow down skin ageing through targeted nutrient supply.

# CARE ROUTINE FOR FIRM BODY SKIN



**Active Ingredient Transport System:**  
Encapsulated active ingredient firms the skin  
and reduces skin roughness

## BODY CREAM

The firming body cream rebuilds the skin's natural collagen structure, moisturises and binds it in the skin. Panthenol and vitamin E strengthen its barrier function, while hyaluronic acid visibly plumps it up. The skin is given more elasticity and resilience and feels silky and smooth.

### Activating Body Cream

**28002** | 200 ml  
£ 38.19  
(£ 19.09 for 100 ml)



## FIRMING BODY MASSAGE TOOL



APPLICATION:  
BODY

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

**STEP 1:** Apply the body cream once or twice a day. Massage the cream into the individual areas of the body using the Body Skincare Tool for approx. 2 minutes at a time. Move the tool in a gentle circular motion in the direction of the lymph nodes: On the legs towards the groin, on the stomach towards the groin, on the bottom towards the hollow of the knee and on the arms towards the armpit.

## BODY SKINCARE TOOL



Skin tightening attachment  
to use with LR ZEITGARD  
body cream

### Body Skincare Tool

**70103**  
£ 82.59

### GOOD TO KNOW

Ultrasonic vibrations can help to liquify fat in the skin cells. The vibrating massage effect of the body skincare tool can mould the liquified fat more evenly and the skin appears smoother and firmer. In addition, the active ingredients in the body cream can penetrate the skin deeper and faster using ultrasound. With regular use, a depot of active ingredients builds up in the deep layers of the skin.

# SMOOTHING CARE RANGE

## TO COMBAT PREMATURE SKIN AGEING

The premium products with gold particles and silk for skin up to the age of 40 visibly reduce wrinkles – for a radiantly beautiful complexion. Gold particles based on a collagen booster improve the skin's elasticity. Silk proteins make the skin feel noticeably soft and protect it from harmful substances.



New care  
formula



Active ingredient transport system:  
Encapsulated active ingredient  
reduces expression lines



**USE WITH FACE  
SMOOTHING TOOL**







## EYE CREAM & MASK

- Smoothing, firming eye care
- Soya and rice peptides visibly reduce dark circles and puffiness
- The eye area appears plumper and smoother – for a fresh, awake look

### Nanogold 2in1 Eye Cream & Mask

**28194** | 30 ml  
£ 41.29  
(£ 137.63 for 100 ml)



## DAY CREAM

- Velvety soft cream for plump and smooth skin
- Counteracts signs of UV-induced skin ageing
- Apricot kernel oil and proteins from soya beans, among other things, stimulate skin regeneration

### Nanogold Day Cream

**28192** | 50 ml  
£ 41.29  
(£ 82.58 for 100 ml)



## NIGHT CREAM

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

### Nanogold Night Cream

**28193** | 50 ml  
£ 46.49  
(£ 92.98 for 100 ml)

# FIRMING PREMIUM CARE FOR CHALLENGING SKIN

The firming anti-ageing skincare range Beauty Diamonds strengthens the skin from the age of 40 and visibly reduces wrinkles. Based on the properties of diamonds in combination with proteins, it ensures that the skin ageing process is slowed down and the cell protection mechanism is strengthened.



New care  
formula



Active ingredient transport system:  
Encapsulated active ingredient  
reduces expression lines



**USE WITH FACE  
SMOOTHING TOOL**



## EYE CREAM & MASK

- Tightening eye cream with 'eye firming effect'
- Strengthens the eye contours with hawthorn and Arabian jasmine and reduces drooping eyelids
- The eye area appears tighter

### Beauty Diamonds 2in1 Eye Cream & Mask

**28319** | 30 ml

£ 46.49

(£ 154.97 for 100 ml)

## DAY CREAM

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

### Beauty Diamonds Day Cream

**28317** | 50 ml

£ 46.49

(£ 154.97 for 100 ml)

## NIGHT CREAM

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

### Beauty Diamonds Night Cream

**28318** | 50 ml

£ 51.69

(£ 103.38 for 100 ml)

# FRESHNESS AND ENERGY FOR NOURISHED MALE SKIN

A wrinkle-reducing, energising anti-ageing cream especially for the needs of male skin – that's Platinum! The highly effective gel cream is quickly absorbed and provides a revitalising energy boost thanks to its moisturising effect. The skin appears plumped up, wrinkles appear reduced and the skin becomes more resilient and vitalised.



New care  
formula



Active ingredient transport system:  
Encapsulated active ingredient  
reduces expression lines



**USE WITH FACE  
SMOOTHING TOOL**

## TIP

To protect against digital ageing, you can apply the Blue Light Defender Serum directly after cleansing, before the anti-ageing cream.



## ANTI-AGEING CREAM

- Invigorating energy kick moisturises men's skin and gives an energised complexion
- Boosts hyaluronic acid synthesis and plumps up the skin from within
- Increases collagen synthesis and reduces wrinkle depth
- Vitamin E smoothes the skin's texture, jojoba oil gives the skin more elasticity and resilience
- Protects the cells and reduces oxidative stress

### Platinum Anti-Ageing-Cream

**28449** | 50 ml

£ 46.49  
(£ 92.98 for 100 ml)

## DAILY CARE

**STEP 1:** Cleanse your face thoroughly with the Face Cleansing Tool and the Cleansing Cream.

**STEP 2:** Revitalise your skin after cleansing with the clarifying toner..

**STEP 3:** Apply the Platinum Anti- Ageing Cream to the skin of your face using the Face Smoothing Tool.



Are you looking for  
nourishing make-up without  
a mask effect that highlights  
your natural beauty?

All you need is Signature!

## ALL YOU NEED IS **SIGNATURE**

LR ZEITGARD Signature offers you everything you need for your unique make-up. Under the motto 'All you need is Signature', beauty experts and make-up artists have created a perfect selection of products in high-end quality. The result: the ultimate make-up essentials for different looks.



# MAKE-UP

## GLOWY. GLAMOROUS. GORGEOUS. **WHAT'S YOURS?**



Developed with  
professional  
Make-up-Artists



Combines  
performance  
and skincare



High-End  
Premium  
Make-up

Natural, radiant and glamorous – glam up your look with the LR ZEITGARD Signature Essentials! Innovative highlight: Nourishing ingredients emphasise your natural beauty. LR ZEITGARD Signature stands for an unmistakable signature that accentuates your uniqueness. Discover the possibilities of a multitude of looks.



# ENDLESS LOOKS – ONE BEAUTY BAG



Exclusive premium cosmetics that accentuate the natural beauty of women of all ages.

## COMPLETE SET SKIN TONE 1



- 3 X FOUNDATION (01 Fair, 02 Light, 03 Neutral)
- 1 X LIQUID BRONZER
- 1 X LIQUID BLUSH
- 1 X LIQUID HIGHLIGHTER
- 1 X FIXING POWDER (01 Light-Medium)
- 1 X EYESHADOW COLLECTION
- 1 X MASCARA
- 2 X EYEBROW GEL (01 Light, 02 Medium)
- 1 X LASH SERUM
- 3 X LIP LINER (01 Pure Red, 02 Rosy Nude, 03 Berry Rose)
- 4 X LIPSTICK (01 Pure Red, 02 Rosy Nude, 03 Berry Rose, 04 Ruby Red)
- 1 X LIP GLOSS (01 Soft Rose)

### Complete Set Skin Tone 1 29063

£ 584.99

## COMPLETE SET SKIN TONE 2



- 3 X FOUNDATION (04 Medium, 05 Tanned, 06 Deep)
- 1 X MULTI FINISH DUO
- 1 X LIQUID HIGHLIGHTER
- 1 X FIXING POWDER (02 Medium-Deep)
- 1 X EYESHADOW COLLECTION
- 1 X MASCARA
- 2 X EYEBROW GEL (02 Medium, 03 Dark)
- 1 X LASH SERUM
- 4 X LIP LINER (01 Pure Red, 02 Rosy Nude, 03 Berry Rose, 04 Deep Brown)
- 4 X LIPSTICK (01 Pure Red, 02 Rosy Nude, 03 Berry Rose, 04 Ruby Red)
- 1 X LIP GLOSS (02 Peachy Brown)

### Complete Set Skin Tone 2 29066

£ 584.99



Everything you need for your perfect make-up: create endless looks to your heart's desire with the selected signature products for complexion, eyes and lips – reduced to the essentials and perfectly coordinated textures and colours of the highest quality. Easy to apply – for professional looks like from a make-up artist.

# SIGNATURE COMPLEXION ESSENTIALS

The LR ZEITGARD Signature Complexion products make your beauty shine and provide your skin with an extra portion of care on top.

Discover the ultimate essentials for your unique make-up look.

LET YOUR SKIN GLOW!



## FOUNDATION

- Perfects the complexion without a mask effect
- Natural glowy finish for a fresh complexion
- Moisturises and soothes the skin
- SPF 20

### Radiant Light Foundation

**29022-1** Fair | 32 ml  
**29022-2** Light | 32 ml  
**29022-3** Neutral | 32 ml  
£ 55.39  
(£ 173.09 for 100 ml)

## FOUNDATION

- Perfects the complexion without a mask effect
- Moisturises and soothes the skin
- Mattifying finish with high coverage for an even complexion

### Covering Matte Foundation

**29035-4** Medium | 32 ml  
**29035-5** Tanned | 32 ml  
**29035-6** Deep | 32 ml  
£ 55.39  
(£ 173.09 for 100 ml)



## POWDER

- Long-lasting and lightly matt finish
- Silky-soft skin feel
- Maintains the skin's respiratory activity

### Flawless Fixing Powder

**29023-1** Light-Medium | 9 g  
**29023-2** Medium-Deep | 9 g  
£ 42.39  
(£ 47.10 for 100 ml)



## BRONZER & BLUSH

- Gives a vibrant complexion with defined contours
- Buildable coverage and intensity – ideal for darker skin tones
- Silky-soft skin feel
- Lightly mattifying finish

### Multi Finish Duo

**29036** Warm Peach & Warm Brown | 9,5 g

£ 31.79



## BLUSH

- Provides a fresh and vibrant complexion
- Leaves the skin looking revitalised
- Velvety-soft skin feel
- Buildable coverage

### Silky Liquid Blush

**29026** Light Pink | 10 ml

£ 31.79



## HIGHLIGHTER

- Naturally radiant pearlescent effect
- Lightweight feel
- Multifunctional application

### Glowly Liquid Highlighter

**29024** Rose Gold | 10ml

£ 31.79



## BRONZER

- Perfect definition of facial contours
- Leaves the skin revitalised
- Velvety-soft skin feel
- Buildable coverage

### Contouring Liquid Bronzer

**29025** Light-Medium | 10ml

£ 31.79



# SIGNATURE EYES ESSENTIALS

The LR Zeitgard Signature Eyes Essentials highlight your eyes and create a breathtaking look. With six versatile eyeshadow shades, the LR Zeitgard Signature Palette offers you both delicate and intense nuances for every mood and every occasion. Perfectly styled eyebrows and thick black lashes round off your eye make-up – for a confident look with a wow effect.



MATTE CREAM  
METALLIC ROSE  
METALLIC RUST  
MATTE AMBER  
METALLIC AUBERGINE  
SHINY BROWN

## EYESHADOW

- Medium to high coverage
- Creamy-soft textures with even colour application
- Reliable durability without slipping into fine lines

### Perfect Eyeshadow Collection

**29028** | 6,5 g  
£ 52.89



## EYEBROW GEL

- Perfect shape & definition
- Natural, long-lasting result
- Precise and easy application, without clumping
- Filled and defined eyebrows

### Shaping Eyebrow Gel

**29030-1** Light | 3,5 ml  
**29030-2** Medium | 3,5 ml  
**29030-3** Dark | 3,5 ml  
£ 21.39



## LASH SERUM

- Stimulates eyelash growth
- Reduces eyelash loss
- Strengthens the eyelashes
- Hormone-free

### Activating Lash Serum

**29027** | 5,5 ml  
£ 40.49



## MASCARA

- Long-lasting & waterproof for up to 24 hours
- Precise and easy application without clumping
- Nourishes and strengthens the lashes

### Intense Effect Mascara

**29029** Deep Black | 8 ml  
£ 29.79





# SIGNATURE LIPS ESSENTIALS

The LR Zeitgard Signature Lips Essentials ensure expressive lips. With the Soft Lip Liner and the Silky Matte Lipstick in four great colors, you can conjure up defined and full lips in no time at all. For an ultra glossy finish with a plumping effect, use the Maximizing Lip Gloss on top – a real self-confidence booster!



## LIP LINER

- Ensures precise and defined lip contours
- Rich colors with high coverage
- Weightless feel

### Soft Lip Liner

**29031-1** Pure Red | 0,2 g

**29031-2** Rosy Nude | 0,2 g

**29031-3** Berry Rose | 0,2 g

**29031-4** Deep Brown | 0,2 g

£ 26.59



## LIP GLOSS

- Plumping effect for more lip volume with immediate and long-term effect
- Ultra-glossy Finish
- Stimulates collagen production\*
- Moisturises and nourishes to combat dry and chapped areas

### Maximising Lip Gloss

**29033-1** Soft Rose | 5 ml

**29033-2** Peachy Brown | 5 ml

£ 31.79



## LIPSTICK

- Silky-matt finish
- Intense colour application
- Nourishes the lips
- Weightless feel

### Silky Matte Lipstick

**29032-1** Pure Red | 4 g

**29032-2** Rosy Nude | 4 g

**29032-3** Berry Rose | 4 g

**29032-4** Ruby Red | 4 g

£ 42.39

\*Use 3 times a day for at least 28 days



## SPECIAL CARE FOR CHALLENGING SKIN

Do you have problems with irritated skin, flaky hair or periodontitis?

LR MICROSILVER PLUS offers you functional care for antibacterial protection from head to toe!

LR MICROSILVER PLUS is the special antibacterial care for stressed skin areas such as the face, body, hands, scalp and feet, but also for teeth and the entire mouth area.



# FUNCTIONAL CARE

## THE FOUNDATION OF HEALTHY SKIN

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

LR MICROSILVER PLUS

offers effective solutions for the special requirements of different parts of the body. The secret of the functional care range is the antibacterial and antiviral active ingredient MICROSILVER BG™.

With each product, the range

offers an additional plus: an effective combination of active ingredients that specifically treats the need and regenerates and stabilises the skin and its natural protective barrier – for a healthy skin microbiome.

# CLEANSING & CARE FOR THE **BODY**

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



## HAND GEL

The 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.

### THE SPECIAL BENEFIT

- ZIN'CÎTE™ and dexpanthenol form a nourishing protective film
- The mineral complex ZIN'CÎTE™ also protects the skin from UVA/UVB rays

### Hygienically cleansing hand gel

**25074** | 75 ml

£ 18.99

(£ 25.32 for 100 ml)



LR GLOBAL KIDS FUND

initiated by LR Health & Beauty

**WE BRING A  
SPARKLE TO  
CHILDREN'S  
EYES!**



**DONATE NOW!**

**DONATIONS ACCOUNT**

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LR

ZEITGARD

*Signature*



# ALOE NEXT LEVEL THE MAGIC POWER DUO!



**+ ALOE  
FERMENTED  
POWER**

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