



Ethno Health

The Ethno-Pharmacy

SUBJECT CATALOGUE

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ETHNO HEALTH

A MATTER OF TRUST

Ethnomedicine: natural diversity. Making use of our planet's best forces.

In their quest for sources of healing and vitality, the nations of our planet have collected a treasure trove of complex knowledge over many millennia. We now have a range of new options for accessing this knowledge to strengthen health and vitality and to stimulate healing processes in a natural manner. Highly effective medicinal plant mixtures that have come to us from various regions of the world play a special role. They hail from places such as the depth of the Australian Outback, the high plateaus of the Himalayas, and the rain forests of Brazil. We owe it to their natural strength and variety that we now have valuable alternatives to the pharmaceutical medications that are attracting ever more criticism.



ETHNO HEALTH

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Optimise health, strengthen vitality, stimulate self-healing processes

We at Ethno Health have established a team of specialists under the leadership of Dr. med. Ingfried Hobert, an ethnomedicine specialist and general practitioner, to investigate the traditional healing knowledge of many nations, to identify the most effective medicinal plants on our planet, and to put them to the test. Appropriate studies in the databases of major American universities (including ncbi.nlm.nih.gov/m/pubmed) were checked among other things to decide on the essential question regarding dosing.

30 Ethno Health medicinal plant formulations have now been completed, including 10 based on traditional medicine in China.

Adherence to ecological and ethical principles is very important to us and purity, environmental compatibility and sustainability have all therefore been treated with the highest priority.

We have consistently omitted products with difficult or questionable toxicity risks. All products are largely vegan and lactose- and gluten-free.



ETHNO HEALTH

A MATTER OF TRUST

Tried and trusted TCM formulations

Our formulations are mixtures of highly effective medicinal herbal extracts that have proven their value since time immemorial.

The interaction between the individual herbs is essential if diseases are to be treated at their point of origin. Specific formulations for precisely defined disease presentations have proven to be particularly effective for many generations.

The recipes for some of them have been used for more than 2000 years with almost no changes. Renowned Chinese doctors and scientists have subjected these mixtures to repeated and strict tests and have refined them wherever required.

We have selected the most successful compositions and have sourced the required medicinal herbs of the highest quality from certified suppliers.

In this way we are subjecting ourselves to additional, transparent quality controls. We check and analyse each raw material delivery in our own laboratory in order to be able to substantiate our claim regarding the high quality of the products.

Root Complex

Root Complex contains the essence of nine different roots that all have healing properties proven in appropriate trials.

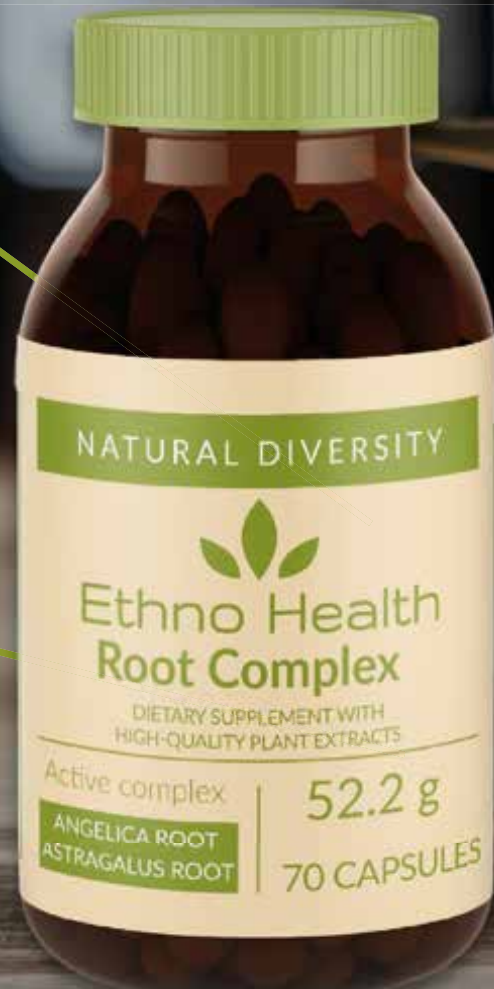
Constituents such as flavonoids, amino acids, polysaccharides and teroids as well as plant-specific substances such as ginsenosides, gingerol or rosavin ensure increased performance, more vitality and physical as well as spiritual well-being.

The immune system is strengthened and inflammations are inhibited.

Indications: Burn-out, physical and mental debilitation, general exhaustion, sleep disturbances, tiredness, inner restlessness, depressive basic mood, listlessness ageing problems

Increased
resilience and
self-confidence

Strengthening
of vitality and
performance



ROOT COMPLEX

ETHNO HEALTH - NATURAL DIVERSITY



ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
ANGELICA ROOT EXTRACT	4.0 g	60 mg	**
ASTRAGALUS ROOT EXTRACT	13.4 g	200 mg	**
PANAX GINSENG EXTRACT	10.1 g	150 mg	**
TAIGA ROOT	10.1 g	150 mg	**
ELEUTHEROCOCCUS EXTRACT	10.1 g	150 mg	**
ASHWAGANDHA ROOT EXTRACT	10.1 g	150 mg	**
ORGANIC MACA POWDER	6.0 g	90 mg	**
URAL LIQUORICE ROOT EXTRACT	3.4 g	50 mg	**
GINGEROL (GINGER ROOT)	336 mg	5 mg	**
ROSAVIN (RHODIOLA ROSEA)	201 mg	3 mg	**

INGREDIENTS

Coating agent: hydroxypropyl methylcellulose (plant-based capsule), 13 % astragalus root extract (contains 10 % polysaccharides), 10 % Panax ginseng extract 10:1, 10 % taiga root powder, 10 % Eleutherococcus extract (contains 0.8 % eleutherosides), 10 % ashwagandha root extract (contains 2.5 % withanolides), 6.7 % Ural liquorice root extract 10:1, 6.7 % ginger root extract (contains 5 % gingerol), 6.7 % Rhodiola rosea extract (contains 3 % rosavin), organic maca powder, 4 % angelica root extract 10:1.

RECOMMENDED INTAKE
2 capsules daily, swallowed whole with sufficient fluid



ROOT COMPLEX

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- 1** **Astragalus root** contains flavonoids, triterpenoid saponins and phytosterols in addition to polysaccharides and amino acids (gamma aminobutyric acid). Scientific studies have demonstrated a strengthening of cardiovascular function and lung performance as well as an improvement in the immune response.
- 2** **Ginseng (Panax ginseng)** contains ginsenosides, peptidoglycans, phytosterols and essential oils. These substances are proven to stimulate immune cells and also increase the production of dopamine, serotonin, noradrenaline and interferons, and also stimulate glucose oxidation in the brain.
- 3** **Organic maca**, produced from the maca bulb (*Lepidium meyenii*) contains more than 60 vitality substances such as omega-3 fatty acids, essential amino acids, antioxidants, calcium and vitamins B2, B5, C and niacin. Maca is generally a source of energy, vitality and endurance and the plant sterols it contains result in increased virility and libido.
- 4** **Eleutherococcus**, also known as Taiga root, has immune-stabilising and convalescence-promoting effects. It improves performance and adaptation to stressors and reduces fatigue effects due to its polysaccharides, acids (e.g. chlorogenic acid) and the lignans liriodendrin and syringin.
- 5** **Ashwagandha (Withania somnifera)** contains alkaloids (anaferine, nicotine, tropine, whitasimnine, cuscohygrine) as well as withanolides (somniferanolide, whitaferine A, somniwithanolide) It belongs to the class of Indian rejuvenating plants and supports the muscles and the bone marrow. It also proves its healing powers after strenuous exercise and in combating fatigue. The power plant for men enhances sperm generation and combines important vitality substances for energy, neural strength and many other things.

ROOT COMPLEX

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6

Ural liquorice root (*Glycyrrhizae radix, Glycyrrhiza glabra*) is rich in flavonoids, cumarins and triterpenoid saponins, in particular glycyrrhizin. Its constituents have anti-inflammatory, expectorant and antispasmodic as well as anti-oxidative properties.

7

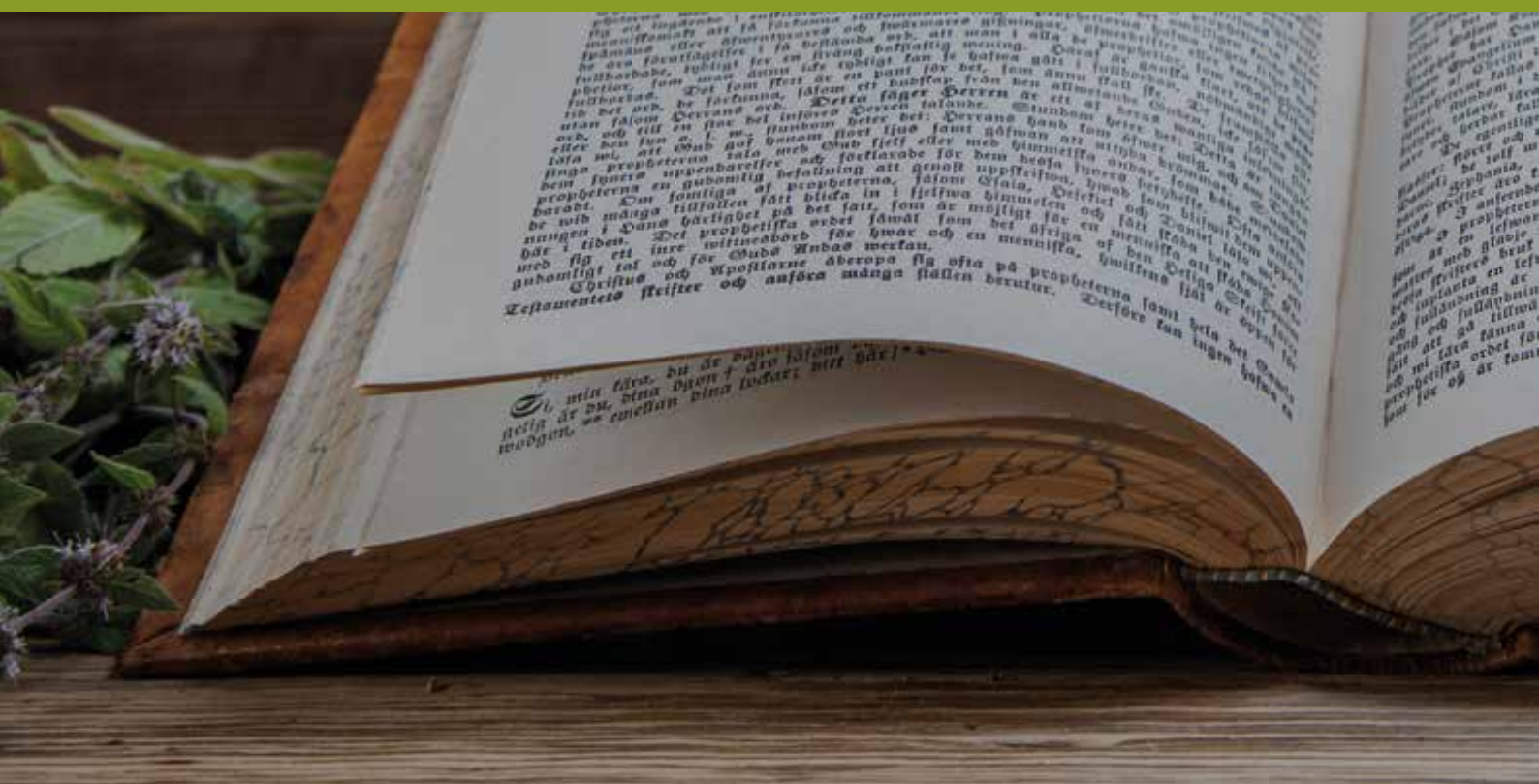
The ginger root (*Zingiber officinale*) contains gingerol, which exerts analgesic and anti-inflammatory effects and helps against nausea.

8

Rhodiola rosea (rose root) contains 3 % rosavin as well as additional phenyl propanoids, flavonoids as well as monoterpenes and triterpenes: The constituents have been proven to increase physical and mental performance and have a positive effect on long-term memory.

9

Chinese Angelica contains approx. 5 % essential oils, furanocoumarins, tannins and bitter compounds that positively impact on the gastrointestinal tract. The root is antispasmodic and cholagogue.



Immune power

Immune power combines the complex effects of various berries and numerous constituents invigorate the immune system. Camu-camu and acerola extract ensure an extremely high content of natural vitamin C, while goji extract provides important polysaccharides. The high content of antioxidants makes the berry mixture an effective weapon against viruses and diseases that result from immune deficiencies. Goji berries and acerola activate the T-lymphocytes while vitamin C accumulates in the lymphocytes and supports the function of the activated T-cells. Further important constituents include anthocyanins, bioflavonoids and vitamins A, E, B1 and B2.

Indications: acute and chronic infections.
Strengthening of the immune system, prevention of viral and bacterial infections

Strengthening of the immune system

Increasing vitality

Protection against flu



IMMUNE POWER

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ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
SCHISANDRA EXTRACT	6.1 g	100 mg	**
BAOBAB FRUIT POWDER	9.2 g	150 mg	**
ARONIA FRUITS	12.2 g	200 mg	**
- OF WHICH PROANTHOCYANIDINS	244 mg	4 mg	**
CRANBERRY POWDER	12.2 g	200 mg	**
VITAMIN C (TOTAL)	5.1 g	84 mg	105 %
POLYSACCHARIDES (GOJI EXTRACT)	3.1 mg	50 mg	**
ACAI EXTRACT	9.2 g	150 mg	**
ANTHOCYANIDINS (BLUEBERRY EXTRACT)	610 mg	10 mg	**

INGREDIENTS

Coating agent: hydroxypropyl methylcellulose (plant-based capsule), 12 % Aronia melanocarpa extract 5:1 (contains 2 % proanthocyanidin), 12 % cranberry powder, 12 % camu-camu extract 4:1 (contains 25 % vitamin C), 12 % acerola extract 13:1 (contains 17 % vitamin C), 9 % baobab fruit powder, 9 % acai extract 15:1, 6 % schisandra extract 2:1, 6 % goji extract 13:1 (contains 50 % polysaccharides), 6 % blueberry extract 45:1 (contains 10 % anthocyanidins).

RECOMMENDED INTAKE
2 capsules daily, swallowed whole with sufficient fluid



IMMUNE POWER

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- 1** **Schisandra extract** is made of schisandra, an adaptogenic and potent Chinese medicinal herb that has cortisone-like effects on the immune system and is also a good source of antioxidants.
- 2** **Aronia melanocarpa** contains vitamins A, C, and G, folic acid as well as flavonoids and also has a high antioxidant potential (anthocyanins, anthocyanidins). It is particularly the anthocyanin dye of the black chokeberry, as aronia is also called, that supports the immune system and metabolic processes.
- 3** **Cranberry powder (Vaccinium macrocarpon)** combines many important nutrients such as flavonoids, antioxidants, polyphenols, zinc and vitamin C. The berry has been proven to reinforce the immune system and generally promotes health.
- 4** **Acerola extract (Malpighia glabra)** has a particularly high content of vitamin C (1700 mg per 100 g) that mainly accumulates in the leukocytes and supports the function of the activated T-cells. Acerola also contains provitamin A and vitamin B1 and B2.
- 5** **Camu-camu extract (Myrciaria dubia)** contains 25 % vitamin C that mainly accumulates in the leukocytes and supports the function of activated T-cells. Iron, antioxidants and bioflavonoids are also constituents of camu-camu.

IMMUNE POWER

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- 6** **Baobab fruit powder** is rich in vitamin C and antioxidants, while the fruit of the African baobab tree (*Adansonia digitata*) also contains thiamine, potassium and a large number of anatural fibres.
- 7** **Blueberry extract (*Vaccinium myrtillus*)** is rich in anthocyanins that exert an anti-oxidative effect - studies even confirm a prophylactic effect against cancer.
- 8** **Goji extract (*Lycium barbarum*)** contains 50 % polysaccharides, which have been proven to reinforce the immune system. They activate the T-lymphocytes, which are particularly active in fighting viruses and cancer cells.
- 9** **Acai extract (*Euterpe oleracea*)** is rich in antioxidants (in some cases 30 times more than other fruits), vitamin A and C, fibre and iron, thus boosting the immune system.



OPC Power

OPC Power is characterised in particular by a very high content of potent antioxidants which fight free radicals and in so doing protect against cancer, rheumatism, arteriosclerosis as well as asthma. Oligomeric proanthocyanidins (OPC) acquired from grape seeds and bioflavonoids obtained from bitter orange are contained in OPC Power. These are supplemented by substances such as salvestrol, resveratrol and hesperidin as well as pine bark extract containing a 95 % proanthocyanidin content.

Indication: recurrent infection, chronic immune deficiency, weakness following surgery, acute infections, persistent fever conditions.
It is used for immune modulation and acts as a supportive treatment for life-threatening diseases

Strengthening of
the immune system

Additive therapy
for life-
threatening
diseases

Promotes
healing



OPC POWER

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ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
QUERCETIN	3.4 g	50 mg	**
RUTIN	3.4 g	57 mg	**
HESPERIDIN	6.8 g	100 mg	**
BITTER ORANGE FRUIT EXTRACT	9.6 g	160 mg	**
- OF WHICH BIOFLAVONOIDS	4.1 g	60 mg	**
GRAPE SEED EXTRACT	40.8 g	600 mg	**
- OF WHICH OLOGOMERIC PROANTHOCYANIDINS	38.8 g	570 mg	**
PINE BARK EXTRACT	4.8 g	70 mg	**
- OF WHICH PROANTHOCYANIDINS	4.5 g	66.5 mg	**
PAPAYA EXTRACT	6.8 g	100 mg	**
SALVESTROL	3.4 g	50 mg	**
RESVERATROL	7.3 g	108 mg	**

INGREDIENTS

40.8 % grapeseed extract 120:1 (contains oligomeric proanthocyanidins), coating agent: hydroxypropyl methylcellulose (plant-based capsule), 6.8 % bitter orange fruit extract 6:1. (contains 60 % bioflavonoids), Polygonum cuspidatum extract (contains 98 % resveratrol), papaya extract 10:1, hesperidin (from Citrus x aurantium), 4.8 % pine bark extract 15:1 (contains 95 % proanthocyanidins), quercetin, rutin, salvestrol.

RECOMMENDED INTAKE
2 capsules daily, swallowed whole with sufficient fluid



OPC POWER

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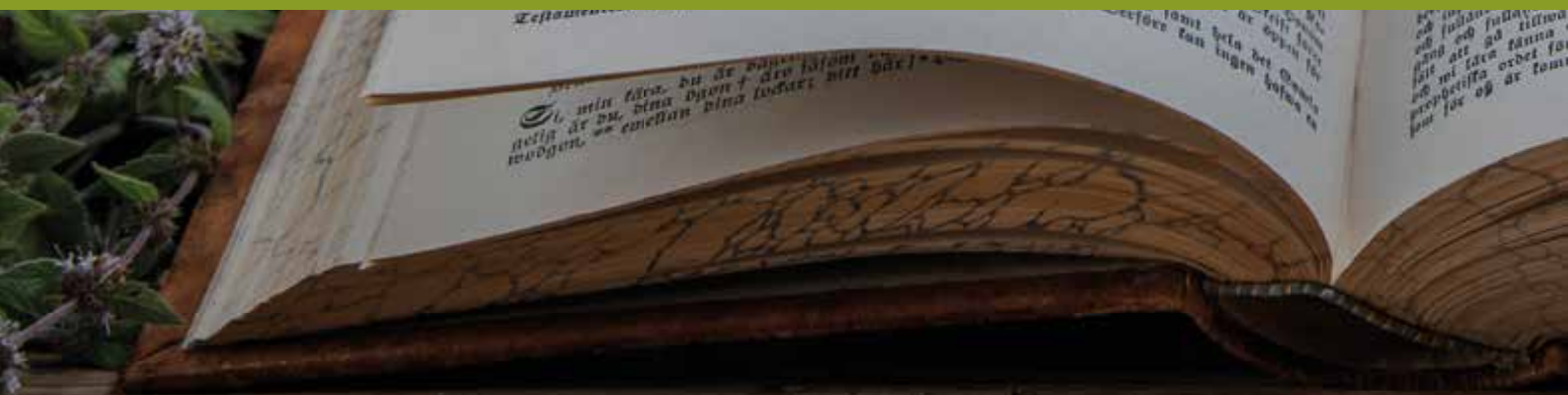


1 **Bitter orange fruit extract (Citrus x aurantium L.)** is rich in bioflavonoids, containing up to 60 % of these antioxidants which neutralise free radicals.

2 **Grape seed extract** contains 95 % OPC, oligomeric proanthocyanidins. They belong to the group of plant flavonoids and have a very strong antioxidant effect: partial antagonisation of the formation of prostaglandins, histamines and leukotrienes, makes them have an anti-inflammatory effect. They also enhance the effect of vitamin C and E.

3 **Pine bark extract** has a 95 % content of proanthocyanidin. Proanthocyanidins belong to the plant flavonoid group and are very strong antioxidants: They exert an anti-inflammatory effect by partially counteracting the formation of prostaglandins, histamines and leukotrienes, while also enhancing the effects of vitamin C and E.

4 **Hesperidin (from Citrus x aurantium)** is a glycoside and therefore belongs to the group of bioflavonoids. These not only have strong antioxidative effects. They also reinforce the effects of vitamin C and E.





5

Quercetin, a bioflavonoid, is found in many different plants. As an antioxidant it fights free radicals and also exerts an anti-carcinogenic effect. Quercetin acts like an antihistamine and inhibits the oxidation of LDL cholesterol.

6

Resveratrol (from Polygonum cuspidatum, the Japanese knotweed) belongs to the phytoalexin group and is an antioxidant with an anti-inflammatory and chemopreventive effect; most importantly, it acts as a CR mimetic.

7

Papaya (Carica papaya) contains vitamin C, malic acid, citric acid and glucose, which also have antioxidant effects.

8

Salvestrol belongs to the phytoalexin group and is a naturally occurring metabolic substance. It acts as a precursor to an active anti-cancer substance when it is activated by the CYP1B1 cytochrome P450 enzyme.

9

Rutin is a bioflavonoid and exerts an antioxidant effect. It acts as an anti-inflammatory and has a positive effect on perfusion and the capillary bed. It is converted into quercetin-3-glucoside in the mucosa of the duodenum.



Fungal Power

Vitality and medicinal fungi are among the oldest natural remedies in human history and have always been used in traditional Chinese medicine. Fungal Power combines five of the best medicinal fungi that strengthen both the immune and cardiovascular systems during detoxification and reduce blood pressure. Fungal Power is characterised in particular by its anti-carcinogenic effects that are mainly based on the polysaccharides that it contains.

Indications: Immune weakness, disrupted fat metabolism, infections, osteoporosis, rheumatism, cardiovascular diseases, life-threatening diseases

It has an anabolic, invigorating and harmonising effect following physical exhaustion.

Strengthening of
the immune system

Increasing
of vitality



FUNGAL POWER

ETHNO HEALTH - NATURAL DIVERSITY



ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
REISHI EXTRACT	21.4 g	300 mg	**
- OF WHICH POLYSACCHARIDES	6.4 g	90 mg	**
CATERPILLAR FUNGUS EXTRACT	21.4 g	300 mg	**
POLYSACCHARIDES (TOTAL)	8.0 g	112 mg	**

INGREDIENTS

21.4 % reishi extract (contains 30 % polysaccharides), 21.4 % Chinese caterpillar fungus extract 10:1, coating agent: hydroxypropyl methylcellulose (plant-based capsule), 12.3 % hericium extract (contains 30 % polysaccharides), 12.3 % shiitake extract (contains 10 % polysaccharides), 12.3 % maitake extract (of which 25 % polysaccharides).

RECOMMENDED INTAKE
3 capsules daily, swallowed whole with sufficient fluid





- 1** **The reishi medicinal mushroom (*Ganoderma lucidum*)** is rich in minerals and vitamins such as calcium, iron, zinc and magnesium. The polysaccharides (β -D-glucans) and triterpenes have an immune-stabilising and tumour-inhibiting effect and the triterpenes can also prevent liver damage and reduce cholesterol and blood pressure. The positive effects of reishi on the cardiovascular system have been proven.
- 2** **Caterpillar fungus extract from *Cordyceps sinensis*** contains adenosine that can lower blood pressure and reduce the heart rate, while the cordycepin and ophiocordin it contains can strengthen the immune system. Three protein-bound polysaccharides provide the caterpillar fungus with its anti-carcinogenic effects, while it also contains more than 80 % unsaturated fatty acids, uracil and amino acids.
- 3** **Shiitake extract (*Lentinus edodes*)** has a particularly high content of polysaccharides, particularly lentinan, a beta-glucan that stimulates the immune system. The Shiitake medicinal mushroom exerts an anticarcinogenic and an antiviral effect and is therefore used for treating cervical cancer in particular.
- 4** **Maitake extract (*Grifola frondosa*)** contains nucleotides, the provitamin ergosterol, unsaturated fatty acids, and also mainly polysaccharides such as grifolan and grifolin. Maitake has been proven to activate macrophages, natural and T-killer-cells, and it also increases the mineralisation of osteoblasts and stimulates Interleukin 1- and 2-production.
- 5** **Hericium extract** contains polysaccharides that affect the development of nerve cells so that it is also therefore used for the supportive treatment of Alzheimer's disease. Further constituents include polypeptides, phosphorus, iron, germanium, zinc and potassium.

Protein vital complex

Protein vital complex offers everything required for a protein-rich diet and an energetic perception of life. Highly concentrated plant protein, for example from hemp, rice and peas, combined with numerous vitamins such as vitamins B1, B6, C and E, magnesium and the dietary fibre inulin, provide a highly effective complex.

The protein vital complex is not only suitable for athletes, but also for those who desire a comprehensive food supplement containing all the important nutrients.

Indications: Supplementary protein nutrition for cachexia, deficiencies, exhaustion, physical weakness, muscular atrophy, lack of drive, and burn-out

Good in combination with smoothies, and is used as a food substitute in dietary and detoxification treatments. Protein vital complex also accelerates adipose tissue breakdown.

Detoxification

Increasing vitality
and resilience

Increasing
vigour



PROTEIN VITAL COMPLEX

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ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE (30 G)	%NRV*
COPPER	2400 µg	706 µg	70.58 %
VITAMIN D	13 µg	3.9 µg	78.5 %
VITAMIN B12	5.3 µg	1.6 µg	64 %
VITAMIN B6	4.3 mg	1.3 mg	93.3 %
VITAMIN B2	5.9 mg	1.8 mg	132 %
VITAMIN B1	5.0 mg	1.5 mg	137.87 %
IODINE	235 µg	70.7 µg	47.12 %
FOLIC ACID (VITAMIN B9)	309 µg	93 µg	46.50 %
BIOTIN	90 µg	27 µg	54 %
POMEGRANATE JUICE POWDER	500 mg	150 mg	**
VITAMIN C (TOTAL)	316 mg	95.8 mg	119.7 %
CALCIUM	400 mg	120 mg	15 %
MAGNESIUM	202 mg	60.6 mg	16.15 %
ZINC	21.2 mg	6.4 mg	63.53 %
VITAMIN E (MG A-TE)	30.9 mg	9.3 mg	77.32 %
IRON	31.1 mg	9.3 mg	66.6 %
SELENIUM	139 µg	42.3 µg	76.97 %
NIACIN (MG NE)	41.4 mg	12.4 mg	77.53 %
VITAMIN A (E672)	1.4 mg	405 µg	50.63 %
ORGANIC AGAVE POWDER	7.0 g	2.1 g	**
INULIN (AGAVE)	3.0 g	901 mg	**
ARONIA MELANOCARPA EXTRACT	500 mg	150 mg	**
- OF WHICH PROANTHOCYANIDINS	10 mg	3.0 mg	**
SPINACH EXTRACT	500 mg	150 mg	**
BROCCOLI EXTRACT	500 mg	150 mg	**
ACAI EXTRACT	500 mg	150 mg	**
GOJI EXTRACT	500 mg	150 mg	**
- OF WHICH POLYSACCHARIDES	250 mg	75 mg	**
GARCINIA MANGOSTANA EXTRACT	500 mg	150 mg	**
- OF WHICH MANGOSTIN	100 mg	30 mg	**
SPIRULINA POWDER	500 mg	150 mg	**
CHLORELLA POWDER	500 mg	150 mg	**
ORGANIC MACA POWDER	500 mg	150 mg	**
BAOBAB FRUIT POWDER	500 mg	150 mg	**
COCOA POWDER	100 mg	60 mg	**
MATCHA LEAF POWDER (CAMELLIA SINENSIS)	500 mg	150 mg	**
MANGANESE	2.9 mg	0.87 mg	43.66 %
PANTOTHENIC ACID	8.0 mg	2.4 mg	40.16 %
SWEETLUPINE FLOUR	7.5 g	750 mg	**
PHOSPHORUS	300 mg	90 mg	12.9 %

INGREDIENTS

30 % hemp protein (contains 50 % protein), 21 % rice protein concentrate (contains 80 % protein), 18 % pea protein isolate (contains 80 % protein), sweet lupine flour (may contain traces of gluten), organic agave juice powder, tiger nut powder, inulin (agave), calcium hydrogen phosphate, acerola extract (17 % vitamin C), camu-camu extract (contains 25 % vitamin C), pomegranate juice powder, Aronia melanocarpa extract 8:1 (contains 2 % proanthocyanidin), spinach extract 10:1, broccoli extract 20:1, acai berry extract 15:1, goji extract (contains 50 % polysaccharide), Garcinia mangostana extract (contains 20 % mangostin), spirulina powder, chlorella powder, organic maca powder, baobab fruit powder, matcha leaf powder (Camellia sinensis), magnesium oxide, sweetener: steviol glycoside, zinc gluconate, cocoa powder (contains soya lecithin), iron(II) sulphate, D-alpha tocopheryl acetate, sodium selenite, nicotine amide, copper sulphate, retinyl acetate, manganese sulphate, calcium-D-pantothenate, thiamine hydrochloride, riboflavin, cyanocobalamin, pyridoxine hydrochloride, cholecalciferol, potassium iodide, folic acid, D-biotin.

RECOMMENDED INTAKE

As daily dietary supplement, stir 15 g (3 heaped teaspoons) into 200 ml liquid and drink.

As a temporary treatment, stir 30 g (3 heaped teaspoons) into at least 2 x 200 ml liquid and drink it distributed over the day.



PROTEIN VITAL COMPLEX

ETHNO HEALTH - NATURAL DIVERSITY



- 1** **Hemp protein** contains 50 % protein and is therefore a highly valuable source of protein. It is also rich in fibre, vitamins, omega-3 fatty acids and essential amino acids (e.g. histidine, leucine, serine) - the high biological value of hemp protein makes it an ideal nutritional source.
- 2** **Rice protein concentrate** after fermentation has an amino acid content of 80 % (18 different amino acids, all of which are essential), which makes the ingredients an excellent protein source.
- 3** **Pea protein isolate** is an iron-rich source of amino acids, containing lysine in particular and all other essential amino acids.
- 4** **Sweet lupine flour** contains basic protein, which in turn contains all the essential amino acids. It also contains the vitamins A and B1 as well as potassium, calcium and magnesium.
- 5** **Organic agave juice powder** contains polysaccharides, particularly inulin, and the additional substances fructose, glucose, other carbohydrates and protein. The natural sugar can be directly converted into energy by the human body.
- 6** **Tiger nut powder (Cyperus esculentus)** has a particularly high content of fibre, contains the vitamins C and E, and is a rich source of magnesium.

PROTEIN VITALITY COMPLEX

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7 **Inulin**, obtained from agave, is a fructan and a pre-biotic dietary fibre that can increase the uptake of magnesium and calcium.

8 **Calcium hydrogen phosphate** supports the healing of bones, but is also used to treat headaches or tooth problems.

9 **Acerola extract (Malpighia glabra)** contains 17 % vitamin C, which is in turn indispensable for the synthesis of collagen. The vitamin also has antioxidant properties, protecting the arterial walls and strengthening the immune system.

10 **Camu-camu extract (Myrciaria dubia)** contains 25 % vitamin C, which is in turn indispensable for the synthesis of collagen. The vitamin also has antioxidant properties, protecting the arterial walls and strengthening the immune system.

11 **Pomegranate juice powder (Punica granatum)** verifiably reduces atherosclerotic plaque accumulation and the antioxidant components in the pomegranates reduce the aggregation of thrombocytes and the blood pressure. The powder also contains ellagitannins (e.g. punicalagin), flavonoids (e.g. quercetin, rutin) and catechins as well as anthocyanins.

12 **Aronia melanocarpa extract** also contains 2 % proanthocyanidins. Bitter compounds belong to the flavonoid group, and are rich in antioxidants and have a high bio-availability.

13 **Spinach extract (Spinacia oleracea)** contains nitrates that have a beneficial effect on the mitochondria in the muscle cells. Nitrates are also required for the production of nitric oxide.

PROTEIN VITALITY COMPLEX

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- 14** **Broccoli extract (*Brassica oleracea*)** contains sulphoraphane, a mustard oil glycoside that has proven anti-carcinogenic effects.
- 15** **Acai extract (*Euterpe oleracea*)** is rich in antioxidants (sometimes 30 times more than other fruit), vitamins A and C, fibre and iron, and as such boosts the immune system.
- 16** **Goji extract** contains 50 % polysaccharides, which have been proven to strengthen the immune system. They activate the T-lymphocytes that combat viruses and cancer cells.
- 17** **Garcinia mangostana extract** has a 20 % content of alpha-mangostin. This xanthone is considered to be a broad-spectrum antioxidant which exerts an anti-inflammatory effect.
- 18** **Chlorella powder** contains proteins, peptides and has a very high content of chlorophyll (approx. 3.2 g / 100 g) that conveys its detoxifying properties and contributes to cell regeneration.
- 19** **Spirulina powder**, produced from the Spirulina algae, has been used for centuries in Mexico and parts of Africa, due to its anti-inflammatory and anti-carcinogenic effects and its activation of the body's self-healing processes. The most important substances are: Vitamin B12, β -carotene, 60 % easily digestible protein, iron, trace elements.
- 20** **Organic maca powder**, produced from the maca bulb (*Lepidium meyenii*), contains more than 60 vital substances, including omega-3 fatty acids, essential amino acids, antioxidants, calcium and vitamins B2, B5, C and niacin. Maca is overall a source of energy, vitality and endurance and the herbal sterols it contains lead to an increase in virility and libido.

PROTEIN VITALITY COMPLEX

ETHNO HEALTH - NATURAL DIVERSITY



21 **Magnesium oxide** is an inorganic magnesium compound that covers the increased magnesium requirements of athletes and helps individuals with sleep problems, calf muscle cramps and heart problems.

22 **Matcha tea** contains the vitamins A, B, C and E as well as many catechins, caffeine and carotenes. Matcha provides an exceptionally high bio-availability for the catechins and vitamins and promotes an energetic and active lifestyle.

23 **Cocoa powder** is rich in blood-pressure-reducing flavonols and the flavonoids epicatechine and procyanidin. These, for example, counteract arteriosclerosis.

24 **Baobab fruit powder** is rich in vitamin C and antioxidants, while the fruit of the African baobab tree (*Adansonia digitata*) contains thiamine, potassium and high fibre levels.



Algae Power

Algae Power combines the properties of eight different types of algae to develop the comprehensive vitality of body and mind.

Iodine, calcium and vitamin B12 in particular are available in high concentrations and ensure an appropriate nutrient balance. Algae Power provides new energy, protects and supports during regeneration and helps to detoxify the body. Because of their special mode of action, algae have been used for thousands of years, particularly in Asia and in traditional Chinese medicine.

Indications: Blockages due to toxic stress and poisoning, heavy-metal poisoning, food poisoning, amalgam sanitation, digestive problems, bloatedness, colitis, Crohn's disease, chronic irritation in the stomach and intestine, general feeling of weakness, hypothyroidism, iodine deficiency, vitamin B12 deficiency

They have strengthening effects in the treatment of chronic diseases and acute infections. It supports the immune system of children.

Detoxification

Good digestion

B12 supply



ALGAE POWER

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ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
SPIRULINA POWDER	12.6 g	200 mg	**
OARWEED POWDER	12.6 g	200 mg	**
CHLORELLA POWDER	12.6 g	200 mg	**
ROCKWEED POWDER	12.6 g	200 mg	**
BROWN ALGAE EXTRACT	12.6 g	200 mg	**
AFA ALGAE POWDER	9.4 g	150 mg	**
BROWN ALGAE POWDER	6.3 g	100 mg	**
RED ALGAE POWDER	6.3 g	100 mg	**
VITAMIN B12	100 µg	2.0 µg	80 %

INGREDIENTS

Coating agent: Hydroxypropyl methylcellulose (plant-based capsule), 12.6 % spirulina powder, 12.6 % oarweed powder, 12.6 % chlorella powder, 12.6 % rockweed powder, 12.6 % brown algae extract 10:1 (Ecklonia cava), 9.4 % AFA algae powder, 6.3 % brown algae powder (Undaria pinnatifida), 6.3 % red algae powder, cyanocobalamin.

RECOMMENDED INTAKE
2 capsules daily, swallowed whole with sufficient fluid



ALGAE POWER

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- 1** **Chlorella** algae contain proteins, peptides and a very high concentration of chlorophyll (approx 3.2 g / 100 g) that bring about detoxification and cell regeneration.
- 2** **The AFA algae** (*Aphanizomenon flos-aquae*) contains 20 valuable amino acids and has a high content of B-vitamins, zinc, magnesium and phospholipids, all of which boost brain function.
- 3** **Spirulina** stimulates self-healing, has a proven anti-carcinogenic effect and has been used for centuries in Japan, Asia, Mexico and parts of Africa. The most important substances are: Vitamin B12, β -carotene, 60 % easily digestible protein, iron, and trace elements.
- 4** **Ascophyllum nodosum** (rockweed) is characterised by its very high nutrient and vitamin content (in particular iodine and iron as well as B-vitamins), has an immune system boosting effect, stimulates the metabolism and is strongly detoxifying.
- 5** **Oarweed** (*Laminaria digitata*) has a high iodine content and in so doing supports the thyroid function.
- 6** **Lithothamnium calcareum** is a red algae species that is characterised by a particularly high calcium content (34 %) that strengthens the teeth and bones.
- 7** **Wakame** (*Undaria pinnatifida*), a species of brown algae, is rich in important nutrients (vitamins A, C, E, B6, B12), minerals (calcium, magnesium, iodine, phosphorus) and amino acids (including alanine, aspartic acid, valine). It has antibacterial properties, exerts a positive effect on the immune system and metabolism, and assists in detoxification and purification (alginic acid).

ALGAE POWER

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8

Ecklonia cava, a brown algae species, contains antioxidant polyphenols and protects the brain, as its phlorotannins are able to traverse the brain-blood barrier. Brown algae also inhibit the activity of angiotensin-converting enzyme (ACE) and are used to combat immune deficiency due to the fucoidans that they contain.

9

Cyanocobalamin is a synthetic B12 vitamin analogue that is primarily used when there is a deficiency in this vitamin.



Enzyme Power

Enzyme Power combines the best natural enzymes to ensure an optimal supply of the enzymes required daily that play an important biological role in the metabolism of all life forms. Due to old age in particular as well as factors such as environmental pollution or stress, the body can no longer produce sufficient enzymes on its own. An additional supply of vital catalysts is therefore even more important. Enzyme Power generally has a positive effect on the body, particularly with regard to injuries, inflammation, etc. The active substances it contains include bromelain, ficin, papain and rutin.

Indications: Early stages of flu and infections, acute inflammation, swollen joints, injuries, oedema
Supports follow-up treatment after surgery, and exerts an anti-inflammatory and an antioxidant effect.

Strengthens the immune system

Reduces swelling

Promotes wound healing



ENZYME POWER

ETHNO HEALTH - NATURAL DIVERSITY



ACTIVE SUBSTANCES	PER DAILY DOSE	%NRV*
BROMELAIN	400 mg	**
PAPAIN	400 mg	**
GRAPESEED EXTRACT	240 mg	**
- OF WHICH OLIGOMERS PROANTHOCYANIDINS (OPC)	165 mg	**
QUERCETIN	100 mg	**
FICIN	100 mg	**
RUTIN	90 mg	**

INGREDIENTS

Bromelain, papain, grapeseed extract (*Vitis vinifera* L., contains 70 % oligomeric proanthocyanidins (OPC), plant-based capsule (coating agent: hydroxypropyl methylcellulose), quercetin (from *Styphnolobium japonicum*), ficin (contains sulphites), rutin.

RECOMMENDED INTAKE
2 capsules daily, swallowed whole with sufficient fluid



ENZYME POWER

ETHNO HEALTH - NATURAL DIVERSITY



1

Papain is an enzyme that occurs in high concentrations in unripe papaya and promotes the proteolysis of nutritional proteins in the digestive tract. This potent antioxidant has an anti-inflammatory effect and promotes the decomposition of harmful immune complexes. It further reduces the risk of thrombosis, as it supports the breakdown of fibrin and fibrinogen.

2

Bromelain occurs in pineapples and represents an entire group of protein-cleaving enzymes that act within the intestine and the entire body. It promotes protein digestion in the intestine and reinforces the effect of pepsin and trypsin. Bromelain also prevents the formation of prostaglandins, assists in the breakdown of immune complexes and antigens, and supports the degradation of fibrin.

3

Grapeseed extract contains more than 70 % **OPC (oligomeric proanthocyanidins)**, which are secondary plant products and antioxidants. It exerts anti-inflammatory and anti-carcinogenic effects, and it has been proven to exert positive effects on the skin, hair, eyes and many other parts of the body.

4

Quercetin is a bioflavonoid which occurs in many different plants. It has antioxidant properties which allow it to combat free radicals and it also has a proven anti-carcinogenic effectiveness. It acts like an antihistamine and also inhibits the oxidation of LDL cholesterol.

5

Ficin, a protease derived from figs, is similar to human trypsin, but its effect is 20 times as strong. Ficin supports proteolysis and in so doing activates and normalises digestion.

6

Rutin is a bioflavonoid with an antioxidant activity. It acts as an anti-inflammatory and exerts positive effects on perfusion and the capillary bed. In the mucosa of the duodenum, it is converted to quercetin-3-glucoside.

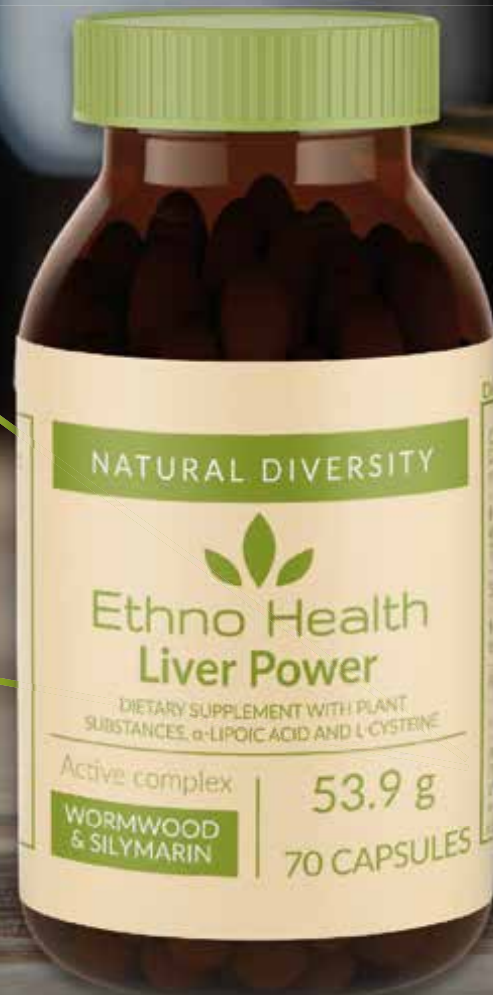
Liver Power

Liver Power includes all the important substances that are effective in supporting the liver during detoxification. As one example, liver activity is enhanced by dandelion root and wormwood root powder, while L-cysteine, the alliin present in wild garlic powder, and alpha-lipoic acid ensure that heavy metals are bound (chelation) and can be removed. The antioxidants contained in the milk thistle extract or the turmeric of the Liver Power preparation eliminate free radicals and in so doing protect the organ.

Indications: Detoxification and purification during toxic stress, liver cleansing and reinforcement during liver dysfunction, alcohol abuse, hepatic cirrhosis, gall stone affliction, gallbladder sludge, increased liver enzymes in the blood, hepatitis, chronic digestive problems, bloatedness

Optimisation
and purging
of the metabolism

Boosting of
liver function



LIVER POWER

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ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
CHLORELLA POWDER	10.4 g	160 mg	**
DANDELIONROOT EXTRACT	10.4 g	160 mg	**
- OF WHICH FLAVONOIDS	312 mg	4.8 mg	**
HAWTHORN BERRY POWDER	9.1 g	140 mg	**
WORMWOOD POWDER	9.1 g	140 mg	**
TURMERIC EXTRACT	9.1 g	140 mg	**
- OF WHICH CURCUMIN	8.6 g	133 mg	**
STINGING NETTLE LEAF EXTRACT	9.1 g	140 mg	**
- OF WHICH SILICA	182 mg	2.8 mg	**
MILK THISTLE SEED EXTRACT	6.5 g	100 mg	**
- OF WHICH SILYMARIN	5.2 g	80 mg	**
REISHI FRUIT BODY EXTRACT	6.5 g	100 mg	**
- OF WHICH POLYSACCHARIDES	2.0 g	80 mg	**
L-CYSTEINE HYDROCHLORIDE	5.8 g	90 mg	**
- OF WHICH L-CYSTEINE	4.0 g	62 mg	**
ALPHA-LIPONIC ACID	3.2 g	50 mg	**
ALLSPICE	3.2 g	50 mg	**
WILD GARLIC POWDER	1.9 g	30 mg	**

INGREDIENTS

Coating agent: hydroxypropyl methylcellulos (plant-based capsule), chlorella powder, dandelion root extract 4:1 (contains 3 % flavonoids), hawthorn berry powder, wormwood powder, turmeric extract 20:1 (contains 95 % curcumin), stinging nettle leaf extract 10:1 (contains 2 % silicic acid), milk thistle seed extract (contains 80 % silymarin), reishi fruit body extract (contains 30 % polysaccharides), L-cysteine hydrochloride (monohydrate), alphaliponic acid, allspice, wild garlic powder.

RECOMMENDED INTAKE
2 capsules daily, swallowed whole with sufficient fluid



LIVER POWER

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- 1** **Wormwood powder** (made from *Artemisia absinthium* L.) contains a high concentration of bitter compounds that stimulate liver function in general, particularly including absinthine.
- 2** **Dandelion root extract** (made from *Taraxacum officinale*) exerts a choleric effect, i.e. it stimulates bile production in the liver and thus improves liver function. Constituents include triterpenoids, phytosterols, flavonoids, choline and inulin.
- 3** **Chlorella powder** is made from the *Chlorella* algae, which is the the plant with the highest known chlorophyll content. Chlorophyll binds various hazardous substances such as heavy metals which can then be excreted by the body with the help of the proteins and peptides contained in chlorella.
- 4** **Reishi fruit body extract** (from *Ganoderma lucidum*) contains triterpenes, 30 % polysaccharides, proteins, vitamins, minerals, fats, carbohydrates and activates the excretion of fat-soluble toxins.
- 5** **Milk thistle seed extract** (*Silybum marianum*) contains 80 % silymarin, which in turn consists of silibinin, silydianin and silychristin. This active ingredient was shown to affect the liver cell membrane, captures free radicals, accelerates liver cell regeneration and inhibits the increased formation of connective tissue (fibrosis).
- 6** **Stinging nettle leaf extract** (from *urtica*) contains 2 % silicic acid, which exerts a diuretic and therefore a cleansing effect. The stinging nettle is one of the best known cleansing herbs.
- 7** **Turmeric extract** (made from *Curcuma longa*) contains 95 % curcumin, which is known as a liver-protecting antioxidant and which protects against free radicals.

LIVER POWER

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8 Hawthorn berry powder (from crataegus) has a high anti-oxidant potential - and contains catechine and epicatechine, chlorogenic acid, the flavonoids quercetin and rutin as well as procyanidin B2.

9 Alpha-liponic acid is a sulphur-containing fatty acid that protects the liver against oxidative damage. It forms complexes with hazardous heavy metals (chelation) which then allows them to be excreted.

10 Allspice (Pimenta dioica), also known as pimento, has anti-oxidant properties and in so doing supports detoxification in the liver.

11 L-cysteine HCl monohydrate is a proteinogenous α -amino acid that can form complexes with heavy metals through sulphur bridges, thus facilitating their excretion.

12 Wild garlic powder (Allium ursinum) contains alliin, which is known as the primary sulphur-containing garlic compound. The sulphur can form complexes with heavy metals and in so doing assist in their purging.



Intestinal Power

Intestinal Power contains all the important substances that are required for a healthy intestinal flora. Various Lactobacillus species and Bifido bacteria counteract harmful micro-organisms in the intestinal tract and prevent them from proliferating, e.g. by converting sugar into lactic and acetic acid, which reduces the pH value. Intestinal Power also contains zinc and inulin which serves as a nutrient for the intestinal bacteria.

Indications: Flatulence, meteorism, ulcerative colitis, Crohn's disease, diverticulosis, chronic diarrhoea, acute diarrhoea, constipation
Supports intestinal cleansing and build-up of the intestinal flora after antibiotic or chemotherapy, in the event of dysbiosis and miscolonisation

Build-up of
healthy intestinal flora

Regulation of
intestinal functions

Boosting of
microbiota

Stabilisation of
the mucosa



INTESTINAL POWER

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ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
LACTOBACILLUS RHAMNOSUS	100 x 10 ⁹ cfu	1 x 10 ⁹ cfu	**
BIFIDOBACTERIUM BREVE	100 x 10 ⁹ cfu	1 x 10 ⁹ cfu	**
BIFIDOBACTERIUM LACTIS	500 x 10 ⁹ cfu	5 x 10 ⁹ cfu	**
LACTOBACILLUS BULGARICUS	100 x 10 ⁹ cfu	1 x 10 ⁹ cfu	**
LACTOBACILLUS PARACASEI	300 x 10 ⁹ cfu	3 x 10 ⁹ cfu	**
BIFIDOBACTERIUM BIFIDUM	100 x 10 ⁹ cfu	1 x 10 ⁹ cfu	**
BIFIDOBACTERIUM INFANTIS	100 x 10 ⁹ cfu	1 x 10 ⁹ cfu	**
BIFIDOBACTERIUM LONGUM	100 x 10 ⁹ cfu	1 x 10 ⁹ cfu	**
BIFIDOBACTERIUM CASEI	100 x 10 ⁹ cfu	1 x 10 ⁹ cfu	**
BIFIDOBACTERIUM PLANTARUM	100 x 10 ⁹ cfu	1 x 10 ⁹ cfu	**
BIFIDOBACTERIUM SALIVARIUS	300 x 10 ⁹ cfu	3 x 10 ⁹ cfu	**
INULIN	60 g	600 mg	**
ZINC	1.4 g	14 mg	140 %

INGREDIENTS

Inulin (from chicory), coating agent: hydroxypropylmethylcellulose (plant-based capsule), zinc gluconate, Lactobacillus rhamnosus, Bifidobacterium breve (microencapsulated, emulsifying agent: E471), Bifidobacterium lactis (microencapsulated, emulsifying agent: E471), Lactobacillus bulgaricus, Lactobacillus casei, Lactobacillus plantarum (microencapsulated, emulsifying agent: E471), Lactobacillus salivarius (microencapsulated, emulsifying agent: E471), Lactobacillus paracasei (microencapsulated, emulsifying agent: E471), Bifidobacterium bifidum, Bifidobacterium infantis (microencapsulated, emulsifying agent: E471), Bifidobacterium longum (microencapsulated, emulsifying agent: E471).

RECOMMENDED INTAKE
3 capsules daily, swallowed whole with sufficient fluid



INTESTINAL POWER

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1 **Lactobacillus rhamnosus** is a probiotic lactic acid bacterium that inhibits the growth of other micro-organisms. It also produces various bacteriocins that protect the intestine against dangerous pathogens.

2 **Lactobacillus bulgaricus** produces a very high concentration of lactic acid and thus exerts an antibacterial effect.

3 **Lactobacillus casei** is a bacillar, gram-positive bacterium that can convert sugar into L- and D-lactic acid, and this lactic acid bacterium protects the intestine against various other micro-organisms. Lactobacillus casei also promotes the growth of Lactobacillus acidophilus.

4 **Lactobacillus plantarum** (microencapsulated) is an adaptive lactic acid bacterium that can liquidise gelatine and as such cleave proteins. It also forms plantaricines.

5 **Lactobacillus salivarius** (microencapsulated) generates antibacterial substances and is a constituent of the normal autochthonous intestinal flora in man.



INTESTINAL POWER

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6

Lactobacillus paracasei (microencapsulated) has a proven inhibitory effect on the activity of *Escherichia coli* and is therefore a preferred remedy for the treatment of diarrhoea.

7

Bifidobacterium bifidum ensures acidification of its environment and protects, for example, against diarrhoeal diseases and thrush.

8

Bifidobacterium lactis produces lactic and acetic acid and in so doing acidifies its environment. This counteracts colonisation by pathogenic micro-organisms.

9

Bifidobacterium infantis (microencapsulated) is one of the first micro-organisms that colonise the digestive tract of newborns. The bacterium converts sugar into acetic and lactic acid.

10

Bifidobacterium longum (microencapsulated) lowers the pH value in the intestine by converting sugar into lactic and acetic acid; many pathogens are not able to proliferate in such an environment.

11

Zinc gluconate is an organic zinc compound. Zinc is one of the most important trace elements which should be regularly supplied to the body; zinc deficiencies may, for example occur during or after gastrointestinal illnesses.

12

Bifidobacterium breve is able to convert sugar into lactic and acetic acid and thus prevent the growth of other harmful micro-organisms in the intestine.

Ayurveda Balance

Ayurveda Balance uses triphala, one of the most famous herbal combinations (rasayanas) of ayurvedic medicine. It consists of the myrobalane fruits haritaki, amalaki and bibhitaki; triphala helps to warm the "internal fire" and to balance and calm kapha (earth energy) and pitta (fire energy); it also releases toxins from all body tissues and balances cholesterol levels. Tripala is also known as anti-ageing rasayana.

Indications: Disruptions in physical and mental equilibrium, constipation, dysbiosis, infections, toxic stress, overweight, headache, immune deficiency, anaemia

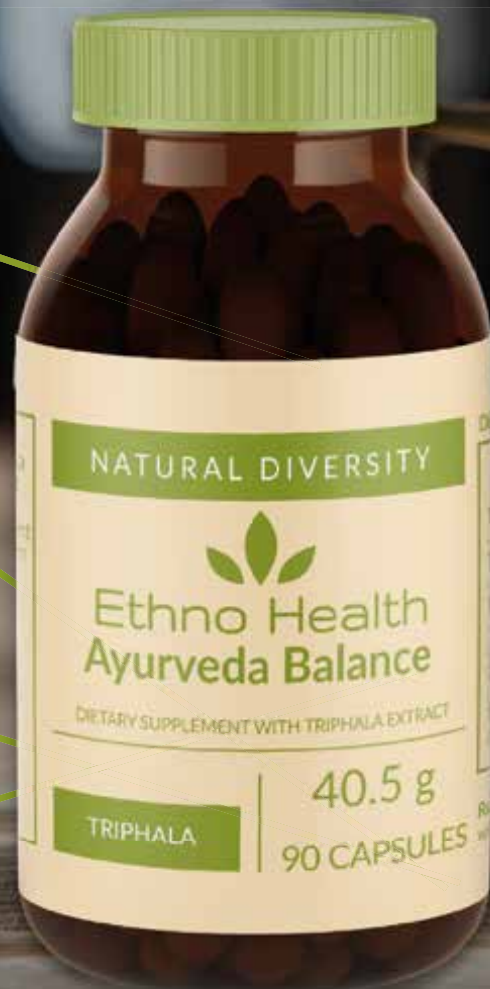
It harmonises the three "doshas" referred to as "kapha, pitta and vata".

Rejuvenation agent

Restoring of the energy balance

Boosting of the immune system

Stimulation of metabolism



AYURVEDA BALANCE

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ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
TRIPHALA MIXTURE	53.2 g	479 mg	**
- TERMINALIA CHEBULA CONTENT	17.7 g	160 mg	**
- TERMINALIA BELERICA CONTENT	17.7 g	160 mg	**
- EMBLICA OFFICINALIS CONTENT	17.7 g	160 mg	**
TANNIN CONTENT (TOTAL)	23.9 g	216 mg	**
TERMINALIA CHEBULA EXTRACT	17.7 g	160 mg	**

INGREDIENTS

53 % triphala extract 3:1 (mixture consisting of Terminalia chebula fruit extract, Terminalia belerica fruit extract and Emblica officinalis fruit extract at a ratio of 1:1:1), coating agent: hydroxypropyl methylcellulose, Terminalia chebula extract 4:1, anticaking agent: magnesium salts of fatty acids, anticaking agent: calcium carbonate.

RECOMMENDED INTAKE
3 capsules daily, swallowed whole with sufficient fluid



AYURVEDA BALANCE

ETHNO HEALTH - NATURAL DIVERSITY



1

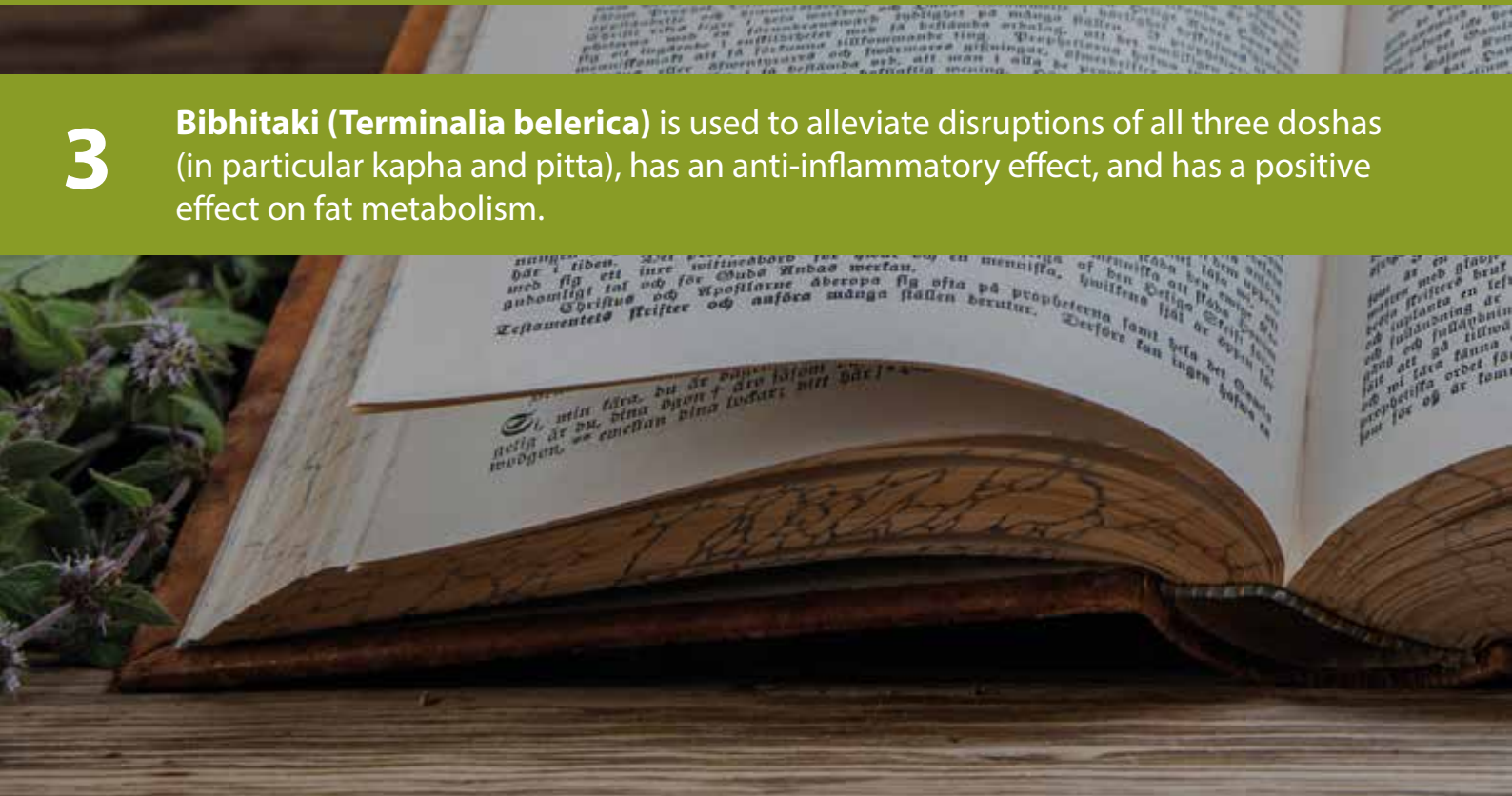
Terminalia chebula extract (Haritaki) is made from the myrobalane fruit, which contains 45 % tannin, 40 % fatty oils and plenty of amino acids. Laboratory experiments have confirmed an immune-modulating, antibacterial, heart-strengthening, cholesterol-lowering and antioxidative effect. In Tibetan medicine, it is used to treat cold and heat diseases in particular. Haritaki is the basis for triphala, one of the most important ayurvedic herbal combinations. It harmonises all three doshas. Haritaki exerts a strong antioxidative effect which has been scientifically proven, while it also has a very high vitamin C content.

2

Amalaki fruit extract (Emblca officinalis) is an essential food ingredient in ayurvedic health teachings. It harmonises the three doshas and is considered to be the strongest rasayana. It has a high, proven, antioxidant potential and a high content of vitamin C. It strengthens, for example, the nervous system and the sensory organs, increases the number of red blood cells and has a cooling effect.

3

Bibhitaki (Terminalia belerica) is used to alleviate disruptions of all three doshas (in particular kapha and pitta), has an anti-inflammatory effect, and has a positive effect on fat metabolism.



Heart Power

Heart Power contains all the important substances for a healthy cardiovascular system, from blood pressure-reducing polysaccharides obtained from shiitake medicinal mushrooms and ellagic acid from pomegranate to L-arginine for improving blood flow.

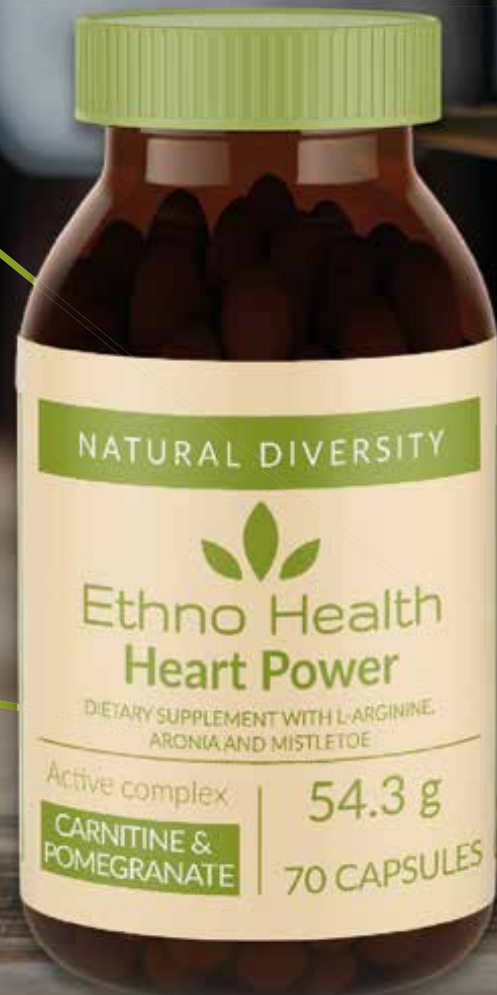
Heart Power can actively prevent arteriosclerosis, regulate the blood lipid values (and thereby vascular tone), and dilute the blood in a natural way. This is aided by ingredients from garlic powder, hawthorn berries, pomegranates and mistletoe - as well as ubiquinone, thiamine and L-carnitine.

Indications: Cardiac insufficiency, hypertension, lack of drive, rapid exhaustion after physical stress, shallow breathing, coronary syndrome, dizziness, orthostatic dysregulation, ageing effects

It is used to stabilise the heart, the blood circulation and the blood pressure.

Improvement
of all cardiac functions

Optimisation
of the oxygen supply
to the brain



HEART POWER

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
POLYSACCHARIDES	1.3 g	20 mg	**
HAWTHORN BERRIES	3.2 g	50 mg	**
L-ARGININE	13.5 g	207.5 mg	**
MISTLETOE	3.2 g	50 mg	**
ELLAGIC ACID	2.6 g	40 mg	**
POMEGRANATE JUICE	6.5 g	100 mg	**
POMEGRANATE SEED FLOUR	6.5 g	100 mg	**
COENZYME Q10	6.5 g	100 mg	**
L-CARNITINE	11.5 g	176.8 mg	**
VITAMIN B1	92.2 mg	1.42 mg	129 %
GARLIC	3.2 mg	50 mg	**
ARONIA MELANOCARPA EXTRACT	3.2 mg	50 mg	**

INGREDIENTS

L-carnitine tartrate, L-arginine hydrochloride, coating agent: hydroxypropyl methylcellulose (plant-based capsule), shiitake extract (contains 10 % polysaccharides), pomegranate peel extract (contains 40 % ellagic acid), pomegranate juice powder, pomegranate seed flour, coenzyme Q10, hawthorn berry powder, mistletoe powder, garlic powder, Aronia melanocarpa extract 7:1, thiamine hydrochloride.

RECOMMENDED INTAKE
2 capsules daily, swallowed whole with sufficient fluid



HEART POWER

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1 **Pomegranate peel extract (*Punica granatum*)** contains 40 % ellagic acid. This polyphenol reduces the deposition of fat in the blood vessels.

2 **L-arginine HCl** is a precursor of nitric oxide which therefore has a regulating effect on blood vessel tone. The release of nitrogen in the endothelial cells of the arteries improves the blood flow. The semi-essential amino acid has also been known to protect against heart attacks and arteriosclerosis.

3 **L-carnitine tartrate** ensures that energy is produced from fatty acids in the heart and protects the fat cells against the toxic effects of long-chained Acyl-CoA compounds.

4 **Shiitake extract (*Lentinula edodes*)** contains 10 % polysaccharides. Beta-glucans in particular, which have a triglyceride-lowering effect and influence LDL cholesterol, promote the elasticity of the blood vessel walls.

5 **Hawthorn berry powder (*Crataegus monogyna*)** also contains procyanidins in the form of catechine and epicatechine, triterpenes, flavonoids and phenol-carbonic acids. Studies have shown a positive effect on heart performance, contractile force and stroke volume of the heart, as well as a widening of the coronary vessels. Hawthorn is also used against cardiac neuroses, cardiac arrhythmia, and raised blood pressure.

HEART POWER

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6 **Mistletoe powder (*Viscum album*)** is effective against high blood pressure. It also contains histamine, acetylcholine and gamma-amino butyric acid.

7 **Pomegranate seed flour (*Punica granatum*)** contains polyphenols with a proven preventive effect against cardiovascular diseases.

8 **Pomegranate juice powder (*Punica granatum*)** verifiably reduces atherosclerotic plaque accumulation while the antioxidant components in the pomegranates reduce platelet aggregation and blood pressure. The powder also contains ellagitannins (e.g. punicalagin), flavonoids (e.g. quercetin, rutin), catechines and anthocyanins.

9 **Coenzyme Q10** was shown in numerous studies to be effective against various heart diseases such as cardiac insufficiency, angina pectoris and acute myocardial infarction. Ubiquinone balances oxygen deficiencies in the blood, is directly absorbed by the Q10-deficient mitochondria, and in this way improves the bio-energetic state of the cells. Q10 also protects against free radicals.

10 **Garlic powder (*Allium sativum*)** also contains alliin, ajoen and saponins. The constituents ensure natural dilution of the blood through the inhibition of fibrin, reduce the ageing processes within the cardiovascular system, and regulate the blood lipids.

11 **Aronia fruits** have a high antioxidative potential and are also rich in flavonoids, thus contributing to the relaxation of the vascular walls, which in turn has a regulatory effect on the blood pressure.

Joint Power

Joint Power contains concentrates of the endogenous substances glucosamine and chondroitin sulphate as well as two species of fungus used in traditional Chinese medicine: The result is an effective complex that not only acts as an analgesic (e.g. via MSM and cordycepin), but also reduces or even halts the breakdown of cartilaginous tissue. The high concentration of nutrients in Joint Power (including selenium, polysaccharides, calcium and vitamins), as provided by the medicinal mushrooms *Ophiocordyceps sinensis* and *Lentinus edodes* as well as coral calcium, has a positive influence on the treatment of arthrosis.

Indications: Arthrosis, wear and tear of the knee and hip joints, damaged intervertebral discs, muscular weakness, osteoporosis, osteochondrosis, osteomalacia, rheumatism

Flexible joints

Cartilage build-up

Powerful muscles



JOINT POWER

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
MSM	19.6 g	400 mg	**
GLUCOSAMINE SULPHATE	25.5 g	520 mg	**
CHONDROITIN SULPHATE	13.2 g	270 mg	**
CALCIUM	980 mg	20 mg	**
POLYSACCHARIDES (SHIITAKE EXTRACT)	490 mg	10 mg	**
CATERPILLAR FUNGUS EXTRACT	4.9 g	100 mg	**

INGREDIENTS

39 % D-glucosamine sulphate-2 Potassium chloride (from crustaceans), 19.6 % methyl sulphonyl methane (MSM), 15 % chondroitin sulphate (from beef), coating agent: hydroxypropyl methylcellulose (plant capsule), caterpillar fungus extract 10:1, coral calcium (contains 20 % calcium, possible traces of crustaceans), shiitake extract (contains 10 % polysaccharides).

RECOMMENDED INTAKE
2 capsules daily, swallowed whole with sufficient fluid



JOINT POWER

ETHNO HEALTH - NATURAL DIVERSITY

- 1 Chondroitin sulphate** contains glucuronic acid and galactosamine, and is a primary component of cartilage and therefore essential for the treatment of arthrosis.
- 2 Glucosamine sulphate** is an endogenous substance which protects worn cartilage and contributes to slowing or even preventing its wear.
- 3 Methyl Sulphonyl Methane (MSM)** is an organic sulphur compound that inhibits the formation of pro-inflammatory cytokines, exerts a detoxifying effect, and is assumed to contribute to cartilage build-up.
- 4 Caterpillar fungus (Ophiocordyceps sinensis)** is found in the highlands of Tibet and has been used for centuries in traditional Chinese medicine. According to the latest findings, the extract acts as a natural, effective analgesic against arthrosis, an effect attributable to its various constituents such as cordycepin, selenium and vitamin B1, B2, B12, E and K.
- 5 Coral calcium** is easily utilised by the body and counteracts hyperacidosis.
- 6 Shiitake extract (Lentinus edodes)** and the polysaccharides it contains (including lentinan) has a particularly high nutrient content (selenium, potassium, zinc, vitamins A, C, D and E, vitamin B1 and B2 etc.).

Eye Power

Eye Power provides everything that the eyes need to stay healthy: vitamins A, B2 and C, valuable carotenoids, antioxidants, protection against free radicals, night blindness and known eye diseases. Eye Power counteracts age-related macular degeneration.

Indications: Blurred vision, double vision, reading problems, presbyopia, poor eyesight, keratitis, scleritis, glaucoma, cataract, multiple eye disorders, eye infections. Counteracts fatigue effects, asthenopia and age-related macular degeneration

Clear vision

Boosting of the optical nerves

Improvement of eye functions



EYE POWER

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
CARROT EXTRACT	33.2 g	560 mg	**
- OF WHICH CAROTINOIDS	332 mg	5.6 mg	**
TAGETES ERECTA FLOWER EXTRACT	11.8 g	200 mg	**
- LUTEIN	590 mg	10 mg	**
BLUEBERRY FRUIT EXTRACT	8.9 mg	150 mg	**
- OF WHICH ANTHOCYANS	89 mg	1.5 mg	**
EYEBRIGHT POWDER	5.9 mg	100 mg	**
AGARICUS BLAZEI MURILL EXTRACT	5.9 g	100 mg	**
- OF WHICH POLYSACCHARIDES	1.2 g	20 mg	**
JELLY EAR EXTRACT	5.9 g	100 mg	**
- OF WHICH POLYSACCHARIDES	500 mg	50 mg	**
TOMATO FRUIT POWDER	5.9 g	100 mg	**
- OF WHICH LYCOPIN	590 mg	10 mg	**
ASTAXANTHINE	150 mg	2.5 mg	**
BLACKCURRANT FRUIT JUICE POWDER	3.0 g	50 mg	**
TAGETES ERECTA FRUIT EXTRACT	1.2 g	20 mg	**
- OF WHICH ZEAXANTHIN	60 mg	1000 µg	**
DUNALIELLA POWDER	600 mg	10 mg	**
- OF WHICH BETA-CAROTENE	15 mg	250 µg	**
VITAMIN A (µG RE)	71 mg	1200 µg	150 %
VITAMIN B2	80 mg	1400 µg	100 %

INGREDIENTS

Carrot extract 10:1 (contains 1 % carotenoids), coating agent: hydroxypropyl methylcellulose (plant-based capsule), Tagetes erecta blossom extract (contains 5 % lutein), blueberry fruit extract (contains 1 % anthocyanes), eyebright powder, Agaricus blazei murill extract (contains 20 % polysaccharides), jelly ear extract (contains 50 % polysaccharides), tomato fruit powder (contains 10 % lycopene), astaxanthin powder (fermented from Blakeslea trispora), blackcurrant fruit juice powder, Tagetes erecta fruit extract (contains 5 % zeaxanthin), dunaliella powder (contains 2.5 % betacarotene), retinyl acetate, riboflavin.

RECOMMENDED INTAKE

2 capsules daily, swallowed whole with sufficient fluid



EYE POWER

ETHNO HEALTH - NATURAL DIVERSITY

- 1** **Tagetes erecta**, the Aztec marigold originates from Mexico and Central America and has a high content of zeaxanthin. The carotenoid protects the retina and can counteract age-related macular degeneration, just as lutein, a xanthophyll also found in the extract, also can.
- 2** The **jelly ear** (*Auricularia*) is a fungal species rich in polysaccharides, which is also used in traditional Chinese medicine and which exerts an anti-inflammatory effect on the eye due to its high content of beta-D-glucanes.
- 3** **Blueberry fruit extract** (made from *Vaccinium myrtillus*) has a high anthocyan content. The plant pigments absorb free radicals and ensure that vision at dusk is improved and that normal visual capabilities are retained.
- 4** **Tomato fruit powder** is rich in lycopine. The heat-resistant carotenoid is an antioxidant which protects against age-related macular degeneration.
- 5** **Carrot extract** has a high content of beta-carotene, a precursor to vitamin A.
- 6** **Riboflavin** (Vitamin B2) is based on glutathione, an antioxidant which protects against the penetration of free radicals that can cloud the lens and reduce visual acuity.
- 7** **Dunaliella algae** (*Dunaliella salina*) have a particularly high content of carotenoids and beta-carotene (provitamin A).
- 8** **Retinyl acetate** (Vitamin A) has important functions in the visual process: Among other things, it is essential for allowing the flawless function of the retina, it can prevent the development of cataracts, and it can supports the formation of natural eye fluids.

EYE POWER

ETHNO HEALTH - NATURAL DIVERSITY

9 Astaxanthin pigment is a strong antioxidant that counteracts fatigue effects, asthenopia and age-related macular degeneration.

10 Eyebright powder contributes to the healing of eye diseases such as conjunctivitis or eyelid rim inflammation.

11 Blackcurrant fruit juice powder (Ribes nigrum) is rich in vitamin C, which helps to combat free radicals and thus prevents eye damage.

12 Agaricus blazei murill extract contains polysaccharides that prevent eye diseases. The ABM fungus species is also known as the almond mushroom.



Blood Pressure Complex

Blood Pressure Complex has a stabilising and regulating effect on the blood pressure and is therefore suitable for treating both hypertension and hypotension. Each of the natural constituents on its own has a positive effect on blood pressure, which in turn is essential for living a healthy, energetic life. Ingredients include, among other things, blood pressure complex antioxidants, flavonoids and oxindol alkaloids, while the reishi medicinal mushroom contributes ACE-inhibiting triterpenes.

Indications: High blood pressure, dizziness, ear noises, blurred vision, irritation, physical exhaustion, stress, shoulder/neck tension due to stress

Regulates
blood pressure

Boosts the
cardiovascular system

Stabilises
balance



BLOOD PRESSURE COMPLEX

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
L-ARGININE HYDROCHLORIDE	35.2 g	500 mg	**
- OF WHICH L-ARGININE	25.0 g	415 mg	**
REISHI FRUIT BODY EXTRACT	12.0 g	200 mg	**
- OF WHICH POLYSACCHARIDES	3.6 g	60 mg	**
CAT'S CLAW EXTRACT	12.0 g	200 mg	**
EUCALYPTUS LEAF EXTRACT	12.0 g	200 mg	**
COENZYME Q10	7.2 g	120 mg	**
MISTLETOE EXTRACT	6.0 g	100 mg	**
OLIVE LEAF EXTRACT	6.0 g	100 mg	**
- OF WHICH OLEUROPEIN	1.2 g	20 mg	**

INGREDIENTS

L-arginine hydrochloride, coating agent: hydroxypropyl methylcellulose (plant-based capsule), shell, reishi fruit body extract (contains 30 % polysaccharides), cat's claw extract 10:1 eucalyptus leaf extract 10:1, coenzyme Q10, mistletoe extract 10:1, olive leaf extract 8:1 (contains 20 % oleuropein).

RECOMMENDED INTAKE

2 capsules daily, swallowed whole with sufficient fluid



BLOOD PRESSURE COMPLEX

ETHNO HEALTH - NATURAL DIVERSITY

1

L-arginine HCl is a semi-essential, proteinogenic amino acid that has a high content of the nitrogen (N) transfer moiety which regulates blood pressure and is particularly effective against high blood pressure.

2

Coenzyme Q10 is an endogenous antioxidant that protects the heart against oxidative damage and has been proven to reduce blood pressure.

3

Mistletoe extract (*Viscum album*) contains lectins, flavonoids, ligans and polypeptides and is traditionally used to treat high blood pressure and to prevent arteriosclerosis.

4

Reishi fruit body extract is produced from the reishi mushroom (*Ganoderma lucidum*) and is very popular in traditional Chinese medicine. It contains triterpenes that have been proven to reduce blood pressure.

5

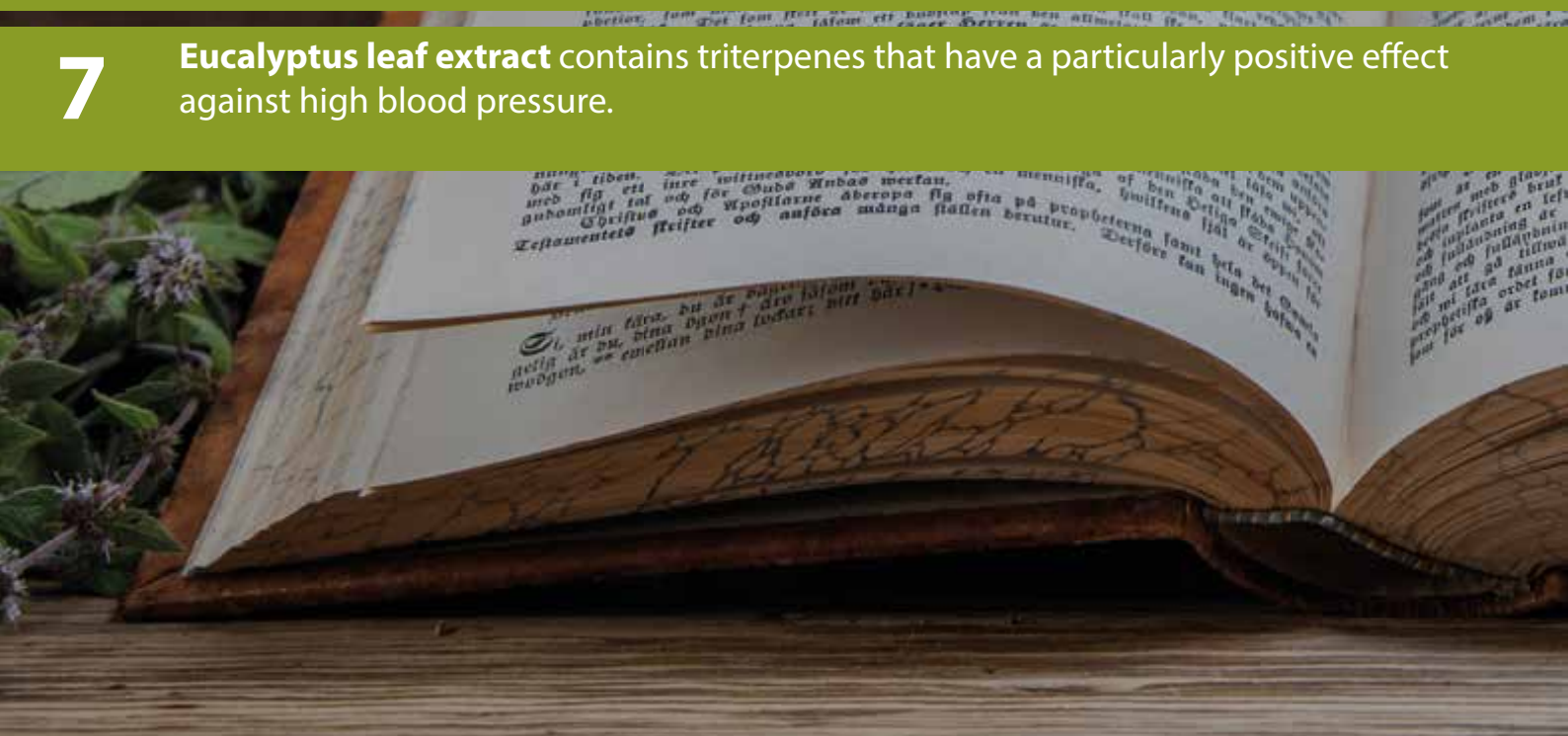
Olive leaf extract (*Olea europaea*) contains oleuropein, an antioxidant that improves the elasticity of the arterial walls and thus reduces blood pressure.

6

Cat's claw extract (made from *Uncaria tomentosa*) contains tetracyclic oxindole alkaloids that have a positive effect on the cardiovascular system and thus lower the blood pressure.

7

Eucalyptus leaf extract contains triterpenes that have a particularly positive effect against high blood pressure.



Cholesterol Complex

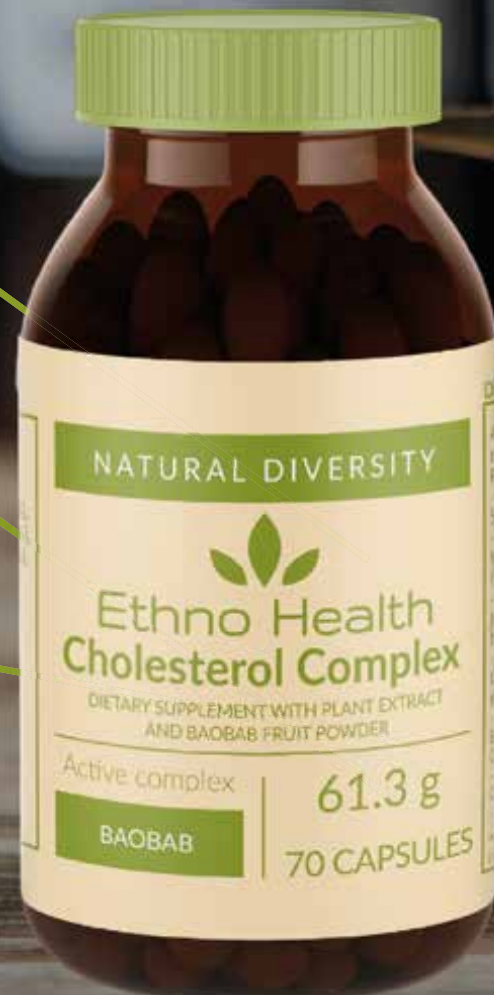
Cholesterol Complex helps the body to achieve a balanced cholesterol level. Medicinal fungi are particularly beneficial due to their regulation of cholesterol values, since they contain a high concentration of β -glucans. Cholesterol Complex contains three of these medicinal fungi. It also contains monacolins and flavonoids as well as fibres that support the reduction of LDL cholesterol levels.

Indications: Metabolic disorders, hypercholesterinaemia, hypertriglyceridaemia, liver disorders, liver steatosis, arteriosclerosis, coronary heart disease

Fat breakdown

Vascular
decalcification

Boosting of the
liver function



CHOLESTEROL COMPLEX

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
AFRICAN MANGOSEED EXTRACT	13.7 g	240 mg	**
RED RICE EXTRACT	11.4 g	200 mg	**
- OF WHICH MONACOLIN K	342 mg	6 mg	**
SHIITAKE FRUIT BODY EXTRACT	11.4 g	200 mg	**
- OF WHICH POLYSACCHARIDES	1.14 g	20 mg	**
MAITAKE FRUIT BODY EXTRACT	11.4 g	200 mg	**
- OF WHICH POLYSACCHARIDES	2.9 g	50 mg	**
JELLY EAR FRUIT BODY EXTRACT	11.4 g	200 mg	**
- OF WHICH POLYSACCHARIDES	5.7 g	100 mg	**
GRAPEFRUIT SEED EXTRACT	9.1 g	160 mg	**
- OF WHICH FLAVONOIDS	4.1 g	72 mg	**
BAOBAB FRUIT POWDER	8.0 g	140 mg	**
OLIVE LEAF EXTRACT	5.7 g	100 mg	**
- OF WHICH OLEUROPEIN	1.1 g	20 mg	**
DANDELION ROOT EXTRACT	4.0 g	70 mg	**
- OF WHICH FLAVONOIDS	120 mg	2.1 mg	**

INGREDIENTS

African mango seed extract 10:1, coating agent: hydroxypropyl methylcellulose (plant-based capsule), red rice extract (contains 3 % monacolin K), shiitake fruit body extract (contains 10 % polysaccharides), maitake fruit body extract (contains 25 % polysaccharides) jelly ear fruit body extract (contains 50 % polysaccharides) grapefruit seed extract 3:1 (contains 45 % flavonoids), baobab fruit powder, olive leaf extract 8:1 (contains 20 % oleuropein), dandelion root extract 4:1 (contains 3 % flavonoids).

RECOMMENDED INTAKE

2 capsules daily, swallowed whole with sufficient fluid



CHOLESTEROL COMPLEX

ETHNO HEALTH - NATURAL DIVERSITY

- 1 Baobab fruit powder** (the fruit of the African baobab tree) is rich in fibres that bond cholesterol and purge it from the intestine.
- 2 Red rice** has been known as a medicinal plant for many centuries, particularly in traditional Chinese medicine. The monacolins it contains inhibit the HMG-CoA reductase enzyme and thus lower the cholesterol level.
- 3 African mango seed extract** (*Irvingia Gabonensis*) is rich in fibres which can bind with bile fluid and in so doing have a positive effect on the LDL cholesterol level.
- 4 Jelly ear** (*auricularia*, fruit body extract) belongs to the genus *Auricularia* and is a medicinal fungus that reduces overall cholesterol levels.
- 5 Grapefruit seed extract** (*Citrus × aurantium*) contains 45 % flavonoids, which in turn contribute to reducing the concentration of LDL cholesterol.
- 6 Shiitake fruit body extract** is produced from the shiitake medicinal mushroom (*Lentinus edodes*) and consisting of 25 % polysaccharides it lowers LDL cholesterol and increases HDL cholesterol.
- 7 Maitake fruit body extract** (*Grifola frondosa* medicinal mushroom) has a polysaccharide content of 25 % and has been proven to lower cholesterol levels.
- 8 Olive leaf extract** (*Olea europaea*) contains oleuropein, an antioxidant that has been proven to protect LDL cholesterol against oxidation.
- 9 Dandelion root extract** (from *Taraxacum* sect. *Ruderalia*) contains 3 % flavonoids, which in turn contribute to reducing the concentration of LDL cholesterol.

Diabetes Complex

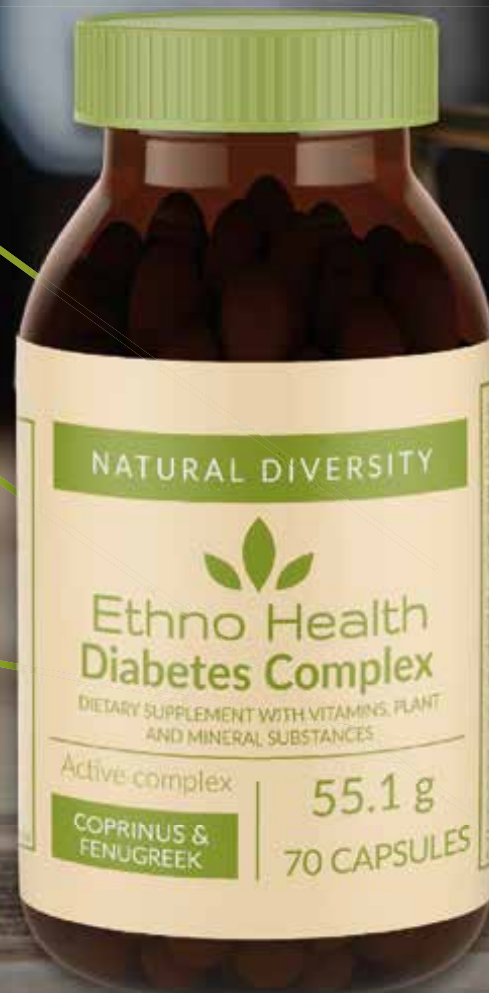
Diabetes Complex contains many tried and trusted ingredients and therefore has a prophylactic as well as a therapeutic effect on diabetes. The effective complex, among other things, consists of curcumin, fucoxanthin, zinc and 4-hydroxy-isoleucine as well as polyphenols, omega-3 fatty acids and anthocyanins. Various substances such as mitake and wakame, which are also used in traditional Chinese medicine, are also found in Diabetes Complex.

Indications: Diabetes mellitus Type 1 and Type 2 (adult-onset diabetes), increased blood sugar levels

Balances blood
sugar levels

Detoxification

Supply
of Omega-3



DIABETES COMPLEX

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
REHMANNIA ROOT EXTRACT	14.3 g	225 mg	**
CINNAMON EXTRACT	12.7 g	200 mg	**
FENUGREEK SEED EXTRACT	7.6 g	120 mg	**
STINGING NETTLE LEAF EXTRACT	6.3 g	100 mg	**
- OF WHICH SILICA	127 mg	2 mg	**
BUCKWHEAT POWDER	6.3 g	100 mg	**
GREEN TEA EXTRACT	6.3 g	100 mg	**
- OF WHICH TEA POLYPHENOL	3.15 g	50 mg	**
BLUEBERRY FRUIT EXTRACT	6.3 g	100 mg	**
- OF WHICH ANTHOCYANS	630 mg	1 mg	**
TURMERIC EXTRACT	6.3 g	100 mg	**
- OF WHICH CURCUMIN	6.0 g	95 mg	**
BROWN ALGAE POWDER (UNDARIA PINNATIFIDA)	3.2 g	50 mg	**
COPRINUS MUSHROOM FRUIT BODY EXTRACT	3. g	50 mg	**
- OF WHICH POLYSACCHARIDES	1.0 g	15 mg	**
MAITAKE FRUIT BODY EXTRACT	3.2 g	50 mg	**
- OF WHICH POLYSACCHARIDES	320 mg	5 mg	**
SHRUB PEONY ROOT RIND EXTRACT	1.6 g	25 mg	**
YAM RHIZOME EXTRACT	1.6 g	25 mg	**
- OF WHICH DIOSGENIN	320 mg	5 mg	**
PORIA MUSHROOM FRUIT BODY EXTRACT	1.6 g	25 mg	**
ORIENTAL ALISMA SPROUT EXTRACT	1.6 g	25 mg	**
ASIAN CORNELIAN CHERRY FRUIT EXTRACT	1.6 g	25 mg	**
ZINC	660 mg	10.4 mg	104 %
VITAMIN B6	104 mg	1.6 mg	117.1 %
CHROMIUM	2.5 mg	80 µg	100 %

INGREDIENTS

Coating agent: hydroxypropyl methylcellulose (plant-based capsule), rehmannia root extract 10:1, cinnamon extract 10:1, fenugreek seed extract 10:1, stinging nettle leaf extract 10:1 (contains 2 % silicic acid), buckwheat powder, green tea extract (contains 50 % polyphenols), blueberry fruit extract (contains 1 % anthocyanes), turmeric extract 20:1 (contains 95 % curcumin), brown algae powder (Undaria pinnatifida), coprinus mushroom fruit body extract (30 % polysaccharides), maitake fruit body extract (contains 10 % polysaccharides), shrub peony root rind extract 10:1, yam rhizome extract (contains 20 % diosgenin), poria mushroom fruit body extract 10:1, oriental alisma sprout extract 10:1, asian cornelian cherry fruit extract 4:1, zinc oxide, pyridoxine hydrochloride, chromium(III)chloride hexahydrate.

RECOMMENDED INTAKE

2 capsules daily, swallowed whole with sufficient fluid



DIABETES COMPLEX

ETHNO HEALTH - NATURAL DIVERSITY

- 1** **Rehmannia root extract** (made from *Rehmanniae radix*) has a proven, anti-diabetic effect and can, for example, prevent kidney damage caused by diabetes.
- 2** **Coprinus mushroom fruit body extract** contains 30 % polysaccharides and is made from the coprinus medicinal mushroom (*Coprinus comatus*), which is used in traditional Chinese medicine. It contains vanadium, a trace element that reduces blood sugar and has a proven, protective effect on the islets of Langerhans.
- 3** **Turmeric extract** (from *Curcuma longa*) supports traditional diabetes treatment by lowering insulin resistance. The curcumin (95 %) contained in the turmeric has an anti-oxidative,, anti-inflammatory effect and reduces insulin resistance.
- 4** **Cinnamon** (*Cinnamomum verum*) belongs to the Lauraceae family. It contains water-soluble polyphenols that can reduce blood sugar levels of persons with Type 2 diabetes.
- 5** **Fenugreek seed extract** (made from *Trigonella foenum-graecum*) contains 4-hydroxy-isoleucine an amino acid which can reduce the insulin resistance of patients with Type 2 diabetes.
- 6** **Stinging nettle leaf extract** (from *Urtica*) contains 2 % silicic acid (silica), which assists in lowering blood sugar levels.
- 7** **Wakame** (*Undaria pinnatifida*) is a brown algae originating from East Asia that contains fucoxanthin, an antioxidant that promotes the synthesis of docosahexa-noic acid in the liver. This effect, together with the fat-burning function of the UCP1 protein, make wakame effective against diabetes.
- 8** **Buckwheat powder** (*Fagopyrum*) has been proven to lower blood sugar levels.
- 9** **Green tea extract** contains 50 % polyphenols such as flavonoids, flavanols and EGCG (main catechin), which contribute to modulating fat and sugar metabolism and preventing a steep increase in blood sugar levels.

DIABETES COMPLEX

ETHNO HEALTH - NATURAL DIVERSITY

- 10** **Blueberry fruit extract** (from *Vaccinium myrtillus*) contains 1 % anthocyanins. This plant pigment regulates blood sugar levels and stimulates the burning of abdominal fat.
- 11** **Chromium-III-Chloride** supports the reduction of blood sugar levels and blood lipid levels and contributes to a general improvement in life quality.
- 12** **Maitake fruit body extract** is obtained from the maitake mushroom (*Grifola frondosa*) used in traditional Chinese medicine and contains 10 % polysaccharides. This extract increases the sensitivity of the insulin receptors in Type 2 diabetes, meaning that the body can detect glucose earlier.
- 13** **Shrub peony root rind extract** (from *Paeonia suffruticosa* Grup.) has an antioxidative potential that can reduce the malondialdehyde concentration.
- 14** The constituents of **yam rhizome extract** (from *Dioscorea*), which include starch and diosgenin, are able to induce a significant reduction in blood sugar levels.
- 15** **Poria mushroom fruit body extract** (from *Poriae sclerotium cocos albae*) has an anti-hyperglycaemic effect, which is due to the triterpenes it contains.
- 16** **Oriental alisma sprout extract** (from *Alisma orientale*) is a diuretic and is as such used in traditional Chinese medicine to treat diabetes.
- 17** **Asian cornelian cherry fruit extract** (made from *Cornus officinalis*) is extremely rich in vitamin C and is also suitable for diabetics, as the fruit contains little sugar.
- 18** **Pyridoxine HCl** contains vitamin B6 and counteracts diabetic neuropathy. This vitamin also inhibits the conversion of proteins into sugar, which provides additional benefits.
- 19** **Zinc oxide** is used for the treatment as well as prevention of diabetes: Zinc is a trace element that has been proven in medicinal studies to support the effect of insulin.

Brain Power

The mind and the brain strongly depend on one another, although each of these elements can be individually supported, protected and cared for. A total of eleven substances form the effective complex of Brain Power, with each having proven to exert positive effects on both the mind and the brain. As one example, two medicinal mushrooms provide carbohydrates, i.e. the fuel of the brain, while the AFA algae support serotonin formation, among other things. Brain Power ensures higher cognitive performance due to improved networking of the brain cells. It supports the regeneration and new formation of nerve tissue and ensures an overall positive mood as well as healthy nerves. Ginkgo and lecithin also promote cell growth in the brain.

Indications: Concentration disorders, memory problems, forgetfulness, inner restlessness, sleep disorders, poor perfusion, loss of hearing, tinnitus, dizziness, depressive moods. It strengthens mental performance.

Boosts
concentration

Improves the
blood flow in the brain

Promotes
restorative sleep



BRAIN POWER

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
GINKGO BILOBA LEAF EXTRACT	26.1 g	400 mg	**
- OF WHICH FLAVONOIDS	6.3 g	96 mg	**
MAGNESIUM	10.6 g	162 mg	43.2 %
AGARICUS BLAZEI MURILL EXTRACT	13.1 g	200 mg	**
- OF WHICH POLYSACCHARIDES	2.6 g	40 mg	**
PLANT-BASED FAT POWDER	6.5 g	100 mg	**
- OF WHICH OMEGA-3 FATTY ACIDS	2.6 g	40 mg	**
HERICIUM FRUIT BODY EXTRACT	6.5 g	100 mg	**
- OF WHICH POLYSACCHARIDES	1.9 g	30 mg	**
SOYA LECITHIN (TOTAL)	8.8 g	140 mg	
PHOSPHATIDYLSERINE	880 mg	14 mg	**
CAFFEINE	3.3 g	50 mg	**
AFA ALGAE POWDER	1.3 g	20 mg	**
FISETIN	653 mg	10 mg	**
FOLIC ACID (VITAMIN B9)	26 mg	400 µg	200 %

INGREDIENTS

Ginkgo biloba leaf extract 50:1 (contains 24 % flavonglycosides), magnesium oxide, coating agent: hydroxypropyl methylcellulose (plant-based capsule), Agaricus blazei murill extract (contains 20 % polysaccharides), plant-based fat powder (made from linseeds, contains 40 % Omega-3 fatty acids), hericium fruit body extract (contains 30 % polysaccharides), saccharides), soya lecithin, phosphatidylserine (soya lecithin), caffeine, AFA algae powder, fisetin, pteroylmonoglutaminic acid.

Contains caffeine. Not recommended for children and pregnant women. (50 mg/day dose)

RECOMMENDED INTAKE
2 capsules daily, swallowed whole with sufficient fluid



BRAIN POWER

ETHNO HEALTH - NATURAL DIVERSITY

- 1** **Ginkgo biloba leaf extract** contains 24 % flavonglycosides – these flavonoids protect the nerve cells of the brain and improve cognitive function. Ginkgo biloba also supports the peripheral micro-circulation of the blood and contains natural antioxidants.
- 2** **Phosphatidylserine** is a phospholipid (from soya lecithin) that is known to be a vital nutrient for brain cells and helps with signal transduction. It promotes memory and concentration.
- 3** **Magnesium oxide** is essential for signal transduction in the nervous system and thus improves brain performance. A sufficient supply with magnesium also has positive effects on depression and schizophrenic psychoses.
- 4** **Soya lecithin** increases brain performance and has been proven to sustain it in old age and to prevent Alzheimer's disease.
- 5** **Agaricus blazei murill extract** is derived from the almond mushroom (ABM), a Chinese medicinal mushroom that contains long-chained polysaccharides. Polysaccharides represent an important fuel for the brain.
- 6** **Plant-based fat powder**, produced from linseed, contains omega-3 fatty acids. These are involved in the development and maturation of neural structures and impact on the release of neurotransmitters. Studies have shown that omega-3 fatty acids also have mood-stimulating effects.
- 7** **Caffeine**, an alkaloid, acts on the central nervous system and mainly affects the sensory part of the cerebral cortex. The brain tone is increased, which improves the ability to concentrate, makes memory retention easier and increases the storage capacity of the brain.
- 8** The **AFA algae** is a blue-green algae species that is particularly rich in nutrients, containing all the essential and non-essential amino acids for the brain including tryptophan. It is valuable nutrition for the brain while at the same time helping to combat depression.

BRAIN POWER

ETHNO HEALTH - NATURAL DIVERSITY

9

Fisetin belongs to the flavonoid group and is a yellow pigment that can be derived particularly from the Eurasian smoke tree (*Cotinus coggygria*). It stimulates regeneration and new growth of nerve tissue, which promotes the storage of information in the long-term memory. It has neuroprotective properties and can traverse the blood-brain barrier.

10

Hericium fruit body extract is made from the hericium medicinal mushroom and has been used in traditional Chinese medicine since ancient times. The extract contains 30 % polysaccharides, i.e. essential food for the brain.

11

Pteroyl monoglutamine acid (folic acid) acts directly on the body and is very easily absorbed. Folic acid also counteracts anxiety, memory loss, absent-mindedness and restlessness.



Lung Power

Lung Power keeps the lung and bronchial tubes healthy and helps them to recover in the event of disease. It contains two medicinal mushrooms: reishi, which contributes to the regeneration of bronchial endothelial cells, and AMB, which has a polysaccharide content of 20 %, and also contains various mucolytic substances such as eucalyptus and mallow leaves. The major active principles in Lung Power include, for example, saponins, essential oils, vitamins A, C and E and mucilagenous compounds. Lung Power also provides support in the event of chronic diseases such as asthma or bronchitis.

Indications: Pulmonary malfunction, chronic lung diseases, lung insufficiency with shallow breathing and shortness of breath, asthma, allergies, bronchitis, lung surgery or pneumonia.

Optimises
breathing and
oxygen supply

Increases the
lung volume



LUNG POWER

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
ASTRAGALUS ROOT EXTRACT	13.2 g	200 mg	**
AGARICUS BLAZEI MURILL EXTRACT	13.2 g	200 mg	**
- OF WHICH POLYSACCHARIDES	2.6 g	40 mg	**
REISHI FRUIT BODY EXTRACT	13.2 g	200 mg	**
- OF WHICH POLYSACCHARIDES	4.0 g	60 mg	**
VITAMIN C	10.5 g	160 mg	200 %
PIMPERNEL EXTRACT	10.5 g	160 mg	**
HYSSOP EXTRACT	3.2 g	50 mg	**
VITAMIN E	1.6 g	24 mg	200 %
L-CYSTEINE HYDROCHLORIDE MONOHYDRATE	2.6 g	40 mg	**
- OF WHICH L-CYSTEINE	1.8 g	28 mg	**
EUCALYPTUS LEAF EXTRACT	2.6 g	40 mg	**
MALLOW ROOT EXTRACT	2.6 g	40 mg	**
MULLEIN LEAF EXTRACT	2.6 g	40 mg	**
LUNGWORT EXTRACT	2.6 g	40 mg	**
THYME EXTRACT	1.3 g	20 mg	**
VITAMIN A (µG RE)	118 mg	2000 µg	225 %
COMMON HOREHOUND EXTRACT	658 mg	10 mg	**

INGREDIENTS

Coating agent: Hydroxypropyl methylcellulose (plant-based capsule), shell), astragalus root extract, Agaricus blazei murill extract (contains 20 % polysaccharides), saccharides), reishi fruit body extract (contains 30 % polysaccharides), ascorbic acid, pimperl extract 10:1, hyssop extract 10:1, D,L-alpha-tocopheryl acetate, L-cysteine hydrochloride monohydrate, eucalyptus leaf extract 10:1, mallow root extract, mullein extract 10:1, lungwort extract 10:1, anti-caking agent: magnesium salts of fatty acids, thyme extract 10:1, retinyl acetate, common horehound extract 10:1.

RECOMMENDED INTAKE
2 capsules daily, swallowed whole with sufficient fluid



LUNG POWER

ETHNO HEALTH - NATURAL DIVERSITY

- 1** **Chinese astragalus** (root extract from *Astragalus membranaceus*) is one of the most important medicinal plants in traditional Chinese medicine and affects the function of the lung and spleen. It contains flavonoids and triterpene saponins that exert an anti-inflammatory and hematopoietic effect, while polysaccharides strengthen the immune system. Thus astragalus is now also used to treat allergic rhinitis.
- 2** **Lungwort extract** (made from *Pulmonaria officinalis*) also contains tannins, saponins and silicic acid, all of which exert a mucolytic, soothing and astringent effect.
- 3** **Reishi fruit body extract** (*Ganoderma lucidum*), made from the reishi medicinal mushroom is used in traditional Chinese medicine and counteracts bronchitis. The regeneration of bronchial endothelial cells is induced.
- 4** **Hyssop extract** (from *Hyssopus officinalis*) is rich in essential oils (the main components being pinocamphone and isopinocampone) and also contains flavonoids, pinene and limonene as well as bitter compounds. The medicinal plant exerts a mucolytic effect and promotes expectoration.
- 5** **Pimpernel extract** (made from *Pimpinella*) has a proven effect against cough and bronchitis. It contains essential oils, saponins, polyacetylenes and tannins.
- 6** **L-cysteine HCl monohydrate** is a proteinogenic α -amino acid that is also used to produce pharmaceutical active substances (e.g. (R)-N-acetylcysteine and (R)-S-carboxymethylcysteine). These oral mucolytics are known to liquidise particularly viscous bronchial mucus during chronic, obstructive lung diseases as well as during chronic bronchitis.
- 7** **Eucalyptus leaf extract** (made from *Eucalyptus*) has a content of 1.2 to 3.5 % essential oils, which mainly include 1,8-cineol and limonene, α -pinene, tannins and phloroglucinol compounds. Cineol in particular loosens persistent mucus and promotes its removal.

LUNG POWER

ETHNO HEALTH - NATURAL DIVERSITY

8 **Ascorbic acid** is an organic acid that is mainly used as an antioxidant. Synthetic vitamin C can be used for prophylactic purposes, and mainly against colds.

9 **Mallow root extract** (from *Althaea officinalis*) contains 6 to 10 % mucilagenous compounds (including arabinogalactanes, galacturonorhamnanes) that adhere to the neck, mouth and throat to soothe them. Mallow mitigates hoarseness and dry cough.

10 **Mullein leaf extract** (from *Verbascum*) contains mucilagenous compounds that adhere to the surface of the mucosa and soothe irritation as well as saponins that increase the activity of the ciliated epithelium and thus promote the removal of the mucus.

11 **D- and L-alpha tocopherylacetate** are synthetic vitamin E derivatives that affect the arachidonic acid metabolism by inhibiting the activities of cyclooxygenase and lipoxygenase, which leads to reduced production of pro-inflammatory leukotrienes and prostaglandins.

12 **Thyme extract** (from *Thymus*) is rich in essential oils that mainly consist of phenols such as thymol and carvacrol. It has a proven antispasmodic effect (in particular in the bronchi) and acts as a mucolytic and an analgesic.

13 **Common horehound extract** (from *Marrubium vulgare*) contains mucilagenous compounds, essential oils, tannins and bitter compounds, and exerts a mild expectorant effect.

14 **Retinylacetate** (Vitamin A) keeps mucous membranes healthy, in particular the lung which is a mucosa dominated organ. Vitamin A ensures that the surface of the lung remains resilient and is kept humid.

15 **Agaricus blazei murill extract** (ABM) contains 20 % polysaccharides. This medicinal mushroom is used particularly for allergic asthma.

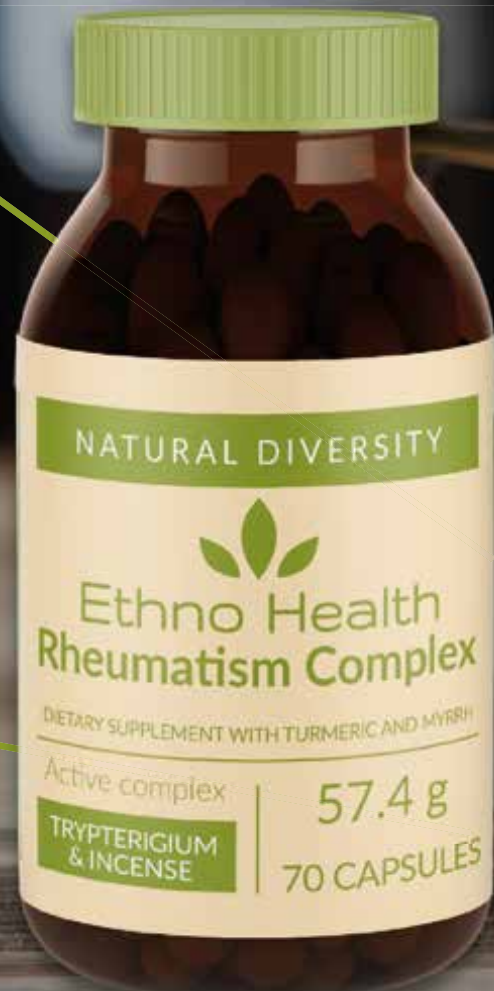
Rheumatism Complex

The alleviation of pain is one of the main goals of rheumatic therapy. While the hericium medicinal mushroom, turmeric and *Trypterigium wilfordii* are all characterised by their prostaglandin-inhibiting properties, myrrh resin helps to make stiff joints more mobile. Silica supports the regeneration of bone tissue while incense exerts an anti-inflammatory effect. Rheumatic Complex is therefore effective against diseases caused by inflammation.

Indications: Arthritis, rheumatism with pain and swelling of the hand and foot joints, stiff joints in the morning, in particular the wrists.

Reduces swelling
and mobilises
the joints

Analgesic



RHEUMATISM COMPLEX

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
INCENSE RESIN EXTRACT	26.8 g	400 mg	**
- OF WHICH BOSWELLIC ACID	17.2 g	260 mg	**
TRYPTEGIIUM WILFORDII EXTRACT	23.4 g	350 mg	**
TURMERIC EXTRACT	13.4 g	200 mg	**
- OF WHICH CURCUMIN	12.7 g	190 mg	**
MYRRH RESIN EXTRACT	13.4 g	200 mg	**
STINGING NETTLE LEAF EXTRACT	6.7 g	100 mg	**
- OF WHICH SILICA	134 mg	2 mg	**
WILLOW BARK EXTRACT	6.7 g	100 mg	**
HERICIUM FRUIT BODY EXTRACT	3.4 g	50 mg	**
- OF WHICH POLYSACCHARIDES	1.0 g	15 mg	**

INGREDIENTS

Incense extract (contains 65 % boswellic acids), Trypterigium wilfordii extract 10:1, coating agent: hydroxypropylmethyl cellulose (plant-based capsule), turmeric extract 20:1 (contains 95 % curcumin), myrrh resin extract 10:1, stinging nettle leaf extract 10:1 (contains 2 % silicic acid), willow bark extract 10:1, hericium fruit body extract (contains 30 % polysaccharides).

RECOMMENDED INTAKE
2 capsules daily, swallowed whole with sufficient fluid



RHEUMATISM COMPLEX

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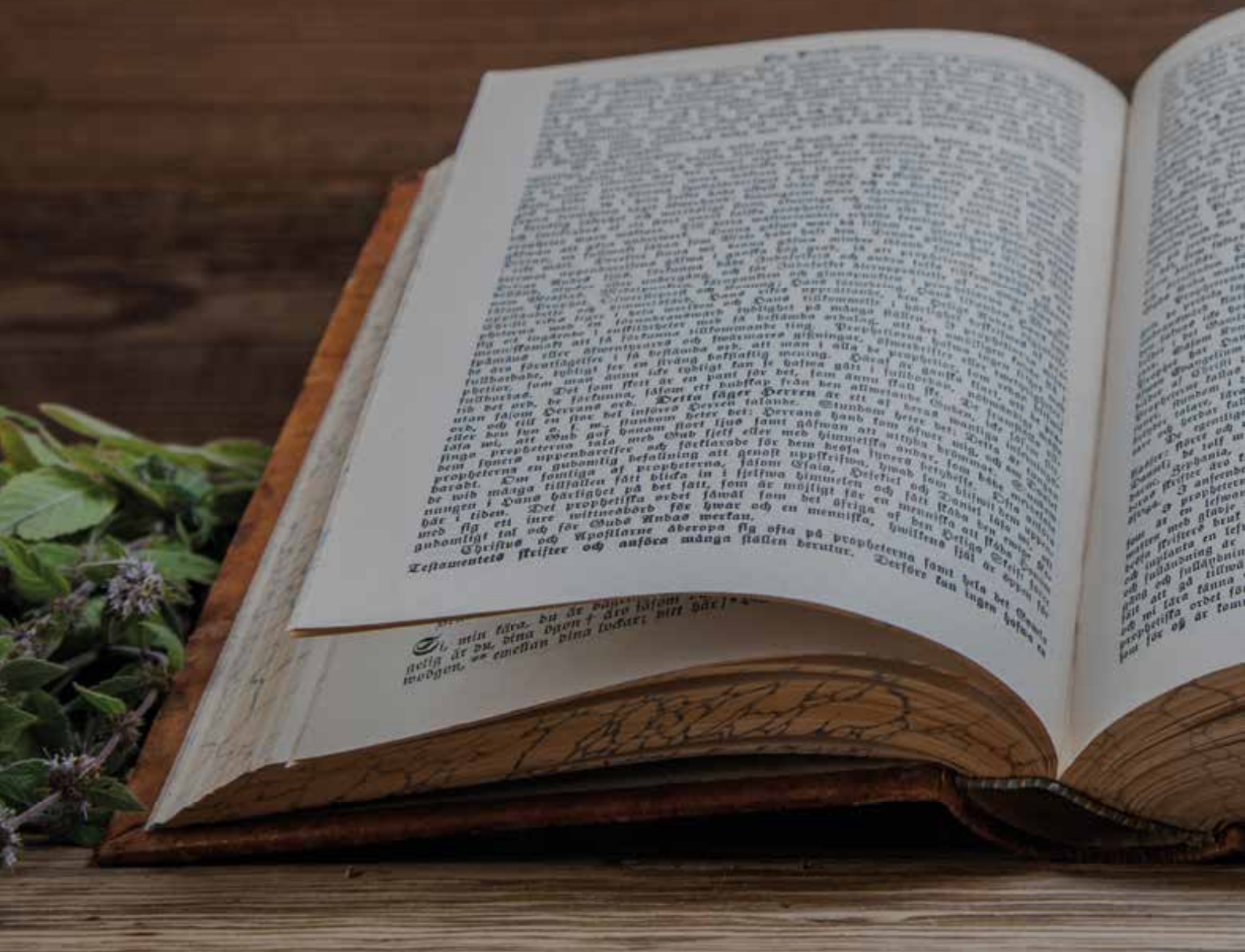
- 1** **Trypterigium wilfordii extract** contains triptolide and thus exerts an anti-inflammatory effect, as it impedes lipopolysaccharide-induced prostaglandin synthesis.
- 2** **Incense extract** (from *Boswellia serrata*) contains 65 % boswellic acid, a lipoxygenase blocker with high selectivity, great efficiency and few side effects.
- 3** **Myrrh resin extract** contains the active substances guggulsterones and guggulipids, as well as the triterpene myrrhanol. Myrrh resin has an anti-inflammatory effect and facilitates the movement of stiff joints.
- 4** **Turmeric extract** contains 95 % curcumin, which exerts an anti-inflammatory effect, since it blocks the synthesis of the prostaglandins that trigger inflammation.
- 5** **Stinging nettle leaf extract** contains 2 % silicic acid. Silica is essential for the treatment of rheumatism, as it is the main element of bone-forming cells.

RHEUMATISM COMPLEX

ETHNO HEALTH - NATURAL DIVERSITY

6 Willow bark extract (from *Salicis cortex*) mainly contains salicylic acid as an active ingredient, which inhibits the production of inflammatory prostaglandins.

7 Hericium fruit body extract contains 30 % polysaccharides, which affect the development of nerve cells. This medicinal mushroom is therefore used to treat nerve pain among other things.



Inner Heat

Inner Heat is particularly suitable for those who tend to feel cold. The five-element teaching in traditional Chinese medicine is based on the assumption that the properties of food are transferred to the person who eats it, including the heating properties of many spices.

Inner Heat combines strongly heating substances such as ginseng, turmeric or Cayenne pepper in order to produce an effective active complex that will stimulate blood circulation and the body's ability to produce heat.

Indications: Colds, frequent chills, cold fingers, cold feet, wind disease, infectious fever, onset of flu symptoms, constipation, digestive problems, chills following the administration of anti-rheumatic medication or chemotherapy.

**Builds up
inner heat**

**Optimises blood
circulation in the
hands and feet**

Soft stools



INNER HEAT

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	PER DAILY DOSE	%NRV*
PANAX GINSENG ROOT EXTRACT	14.1 g	200 mg	**
CINNAMON EXTRACT	14.1 g	200 mg	**
TURMERIC EXTRACT	14.1 g	200 mg	**
- OF WHICH CURCUMIN	13.4 g	200 mg	**
FENNEL POWDER	14.1 g	190 mg	**
GINGER RHIZOME EXTRACT	7.0 g	200 mg	**
BLACK CUMIN POWDER	7.0 g	100 mg	**
JUJUBA FRUIT EXTRACT	5.6 g	100 mg	**
CAYENNE PEPPER FRUIT EXTRACT	2.8 g	80 mg	**
BLACK PEPPER FRUIT EXTRACT	2.8 g	40 mg	**
- OF WHICH PIPERINE	2.7 g	38 mg	**
PAPRIKA POWDER	1.4 g	20 mg	**

INGREDIENTS

Coating agent: hydroxypropyl methylcellulose (plant-based capsule), Panax ginseng root extract 10:1, cinnamon extract 10:1, turmeric extract 20:1 (contains 95 % curcumin), fennel powder, ginger rhizome extract 10:1, black cumin powder, jujuba fruit extract 4:1, cayenne pepper fruit extract 10:1, black pepper fruit extract 25:1 (contains 95 % piperine), paprika powder

RECOMMENDED INTAKE

2 capsules daily, swallowed whole with sufficient fluid



INNER HEAT

ETHNO HEALTH - NATURAL DIVERSITY

1

Ginger rhizome extract (from *Zingiber officinale*) particularly contains gingerols, a spice that stimulates blood circulation.

2

Turmeric is a hot spice which causes the body to produce heat. Its spiciness causes the vegetative nervous system to release adrenaline and noradrenaline.

3

Panax ginseng root extract contains ginsenosides, peptidoglycans, phytosterols and essential oil. The substances are known to stimulate the immune cells and to result in increased production of dopamine, serotonin and noradrenaline, which in turn stimulate heat production. As an adaptogen, ginseng helps the body cope better with external influences such as cold.

4

Cinnamon (*Cinnamomum verum*) is a member of the laurel family, and in Ayurveda medicine it is thought of as a producer of inner heat.

5

Jujuba (*Ziziphus jujuba*), also known as the Chinese date, is used especially to treat disorders of the respiratory tract, as it has an expectorant effect and reduces irritation. It also helps to overcome restlessness and sleep disorders.

INNER HEAT

ETHNO HEALTH - NATURAL DIVERSITY

6 **Cayenne pepper** (fruit extract), consisting of ground chili, with a high content of the antioxidant capsaicin. This substance ignites the inner heat.

7 **Fennel powder** (from *Foeniculum vulgare*) stimulates pleasant warmth, as was already discovered by Hildegard von Bingen.

8 **Black cumin** (*Nigella sativa*) is a spice similar to pepper, which stimulates blood circulation and thus the production of inner heat.

9 **Black pepper fruit extract** (from *Piper nigrum*) contains essential oil, which stimulates blood circulation and produces inner heat.

10 **Paprika powder** (*Capsicum*) contains capsaicin, which is known to have a local heating effect, and stimulates blood circulation.



Bupleurum 9

Loosens and releases fascia and muscles, harmonises the shaoyang layer.

Indications: Muscle tension, head, neck and joint pain, inner tension, lasting surface symptoms such as concomitant fever and chills, frequently together with shaoyang symptoms such as pressure and a feeling of fullness in the chest and upper abdomen.

Tension, stress, irritability, liver problems, tinnitus, dizziness, high blood pressure

Decramping

Relieves
pain

Relaxation



BUPLEURUM 9

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	%NRV*
CHINESE BUPLEURUM ROOT EXTRACT	22.2 g	**
PINELLIA EXTRACT	17.8 g	**
PEONY ROOT EXTRACT	11.1 g	**
CHINESE CINNAMON TWIG EXTRACT	11.1 g	**
BAIKAL SKULLCAP ROOT EXTRACT	8.9 g	**
PANAX GINSENG EXTRACT	8.9 g	**
CHINESE DATE EXTRACT	8.9 g	**
URAL LIQUORICE ROOT EXTRACT	6.7 g	**
GINGER ROOT EXTRACT	4.4 g	**
- OF WHICH GINGEROLS	220 mg	**

INGREDIENTS

Chinese bupleurum root extract 10:1, pinellia extract 10:1, peony root extract 10:1, Chinese cinnamon twig extract 10:1, Baikal skullcap root extract 10:1, panax ginseng extract 10:1, Chinese date extract 10:1, Ural liquorice root extract 10:1, ginger root extract (contains 5 % gingerols).

Formulation: Chai hu gui zhi tang

RECOMMENDED INTAKE
4.5 g powder daily with 150 ml fluid



Astragalus 10

Strengthens the core, tones the qi, raises yang and decreasing qi, nourishes the blood.

Indications: Chronic immune weakness, exhaustion, burn-out, chronic lung diseases, loss of appetite, weak limbs, facial pallor and dizziness, shortness of breath, visual disturbances, poor hearing, weak voice, taciturnity, spontaneous perspiration, cold hypersensitivity, chronic diarrhoea, ulcerative colitis, gynaecological bleeding, weak and soft pulse

Strengthening of
the qi, immune
system and spirit



ASTRAGALUS 10

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	%NRV*
ASTRAGALUS EXTRACT	22.3 g	**
- OF WHICH POLYSACCHARIDES	2.23 g	**
URAL LIQUORICE ROOT EXTRACT	14.8 g	**
PANAX GINSENG EXTRACT	14.8 g	**
GINGER ROOT EXTRACT	11.1 g	**
- OF WHICH GINGEROL	560 mg	**
ATRACTYLODES RHIZOME EXTRACT	7.4 g	**
DRIED MANDARIN ORANGE PEEL EXTRACT	7.4 g	**
CHINESE DATE EXTRACT	7.4 g	**
CHINESE ANGELICA ROOT EXTRACT	7.4 g	**
CHINESE BUPLEURUM ROOT EXTRACT	3.7 g	**
BLACK COHOSH RHIZOME EXTRACT	3.7 g	**

INGREDIENTS

Astragalus extract (contains 10 % polysaccharides), Ural liquorice root extract 10:1, panax ginseng extract 10:1, ginger root extract (contains 5 % gingerols), Atractylodes rhizome extract 4:1, dried mandarin orange peel extract 10:1, Chinese date extract 10:1, Chinese angelica root extract 10:1, Chinese bupleurum root extract 10:1, black cohosh rhizome extract 10:1.

Formulation: Bu zhong yi qi tang

RECOMMENDED INTAKE
4.5 g powder daily with 150 ml fluid



Cythula 12

Activates the blood, reverses stasis, clears pathways and network vessels, relieves bi syndrome and fascial adhesions, relieves pain.

Indications: strong pain in fascia, muscles and joints, shoulder, arm and back pain, fascial syndrome, joint, neck and leg pain, fibromyalgia, poly-arthritis, perceived deafness, rheumatism, arthritis, stiffness in the limbs

Relief of
fascial adhesions
and blockages



CYTHULA 12

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	%NRV*
CHINESE ANGELICA ROOT EXTRACT	12.0 g	**
WILD SAFFRON FLOWER EXTRACT	12.0 g	**
PEACH KERNEL EXTRACT	12.0 g	**
CYTHULA ROOT EXTRACT	12.0 g	**
SZECHUAN LOVAGE EXTRACT	8.0 g	**
EARTHWORM EXTRACT	8.0 g	**
URAL LIQUORICE ROOT EXTRACT	8.0 g	**
MYRRH EXTRACT	8.0 g	**
EXCREMENT EXTRACT (COMPLEX-TOOTHED FLYING SQUIRREL)	8.0 g	**
MOUNTAIN ANGELICA ROOT EXTRACT 10:1	4.0 g	**
LARGE-LEAF GENTIAN ROOT EXTRACT 10:1	4.0 g	**
ROUND CYPRUS GRASS EXTRACT (NUT GRASS)	4.0 g	**

INGREDIENTS

Chinese angelica root extract 10:1, wild saffron flower extract 4:1, peach kernel extract 10:1, cythula root extract 10:1, Szechuan lovage extract 10:1, Lumbricus terrestris extract 10:1, Ural liquorice root extract 10:1 Myrrh extract 10:1, excrement extract 10:1 (complex-toothed flying squirrel), mountain angelica root extract 10:1, large-leafed gentian root extract 10:1, round Cyprus grass extract 10:1 (nut grass)

Formulation: Shen tong zhu yu tang

RECOMMENDED INTAKE
4.5 g powder daily with 150 ml fluid



Schisandra 13

Nourishes the yin and blood, strengthens the heart and kidneys, removes heat, calms the spirit.

Indications: Cardiac unrest, brooding, irritation, resistance, palpitations, tiredness, sleep disturbances, lack of concentration, forgetfulness, digestive problems, night sweats, tongue ulcers, menopausal complaints

Clear, calm spirit

Restorative sleep

Strong heart



SCHISANDRA 13

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	%NRV*
REHMANNIA ROOT EXTRACT	30 g	**
CHINESE ASPARAGUS ROOT EXTRACT	7.7 g	**
SNAKE'S BEARD ROOT EXTRACT	7.7 g	**
CHINESE ANGELICA ROOT EXTRACT	7.7 g	**
SOUR JUJUBA SEED EXTRACT	7.7 g	**
CHINESE MAGNOLIA BERRY EXTRACT (SCHISANDRA)	7.7 g	**
CHINESE ARBOR VITAE SEED EXTRACT	7.7 g	**
BALLOON FLOWER ROOT EXTRACT	4.8 g	**
NINGPO FIGWORT ROOT EXTRACT	3.8 g	**
RED-ROOT SAGE EXTRACT	3.8 g	**
PANAX GINSENG EXTRACT	3.8 g	**
PORIA MUSHROOM MYCELIUM EXTRACT	3.8 g	**
MILKWORT ROOT EXTRACT	3.8 g	**

INGREDIENTS

Rehmannia root extract 10:1, Chinese asparagus root extract 5:1, snake's beard root extract 5:1, Chinese angelica root extract 10:1, sour jujuba seed extract 4:1, Chinese magnolia berry extract 2:1 (Schisandra chinensis), Chinese arbor vitae seed extract 10:1, balloon flower root extract 10:1, ningpo figwort extract 10:1, red-root sage extract 10:1, panax ginseng extract 10:1, poria mushroom extract 10:1, milkwort root extract 10:1

Formulation: Tian Wang bu xin dan

RECOMMENDED INTAKE
4.5 g powder daily with 150 ml fluid



Rehmannia 6

Nourishes the yin, strengthens the kidneys and substance.

Indications: Exhaustion, burn-out, muscle weakness, weakness and pain in the lumbar region and in the knees, drowsiness, dizziness, tinnitus, poor hearing, visual disturbances, night sweats, hot palms and soles of the feet, dry mouth and throat, thirst

Vigour

Lightness

Vitality



REHMANNIA 6

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	%NRV*
REHMANNIA ROOT EXTRACT	32 g	**
ASIAN CORNELIAN CHERRY EXTRACT	16 g	**
YAM ROOT EXTRACT	16 g	**
- OF WHICH DIOSGENIN	3.2 g	**
PORIA MUSHROOM MYCELIUM EXTRACT	12 g	**
SHRUB PEONY ROOT RIND EXTRACT	12 g	**
ORIENTAL ALISMA SPROUT EXTRACT	12 g	**

INGREDIENTS

Rehmannia root extract 10:1, Asian cornelian cherry extract 4:1, yam root extract (20 % diosgenin), poria mushroom mycelium extract 10:1, shrub peony root rind extract 10:1, oriental alisma sprout extract 10:1

Formulation: Liu Wei di huang wan

RECOMMENDED INTAKE
4.5 g powder daily with 150 ml fluid



Ziziphus 9

Strengthens the qi and spleen, calms the spirit, nourishes the blood and heart.

Indications: Anxiety, restlessness, exhaustion, palpitations, forgetfulness, lack of concentration, insomnia, excessive dreaming, compulsions and phobias, anaemia, reclusiveness, loss of appetite, pallor, weak core

Self-confidence

Willpower

Strength



ZIZIPHUS 9

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	%NRV*
ATRACTYLODES RHIZOME EXTRACT	9.7 g	**
PORIA MUSHROOM FRUIT BODY EXTRACT	9.7 g	**
ASTRAGALUS ROOT EXTRACT	9.7 g	**
LONGAN EXTRACT	9.7 g	**
SOUR JUJUBA EXTRACT	9.7 g	**
CHINESE ANGELICA ROOT EXTRACT	9.7 g	**
MILKWORT ROOT EXTRACT	9.7 g	**
CHINESE DATE FRUIT EXTRACT	6.4 g	**
GINGER RHIZOME EXTRACT	6.4 g	**
ELECAMPANE ROOT EXTRACT	4.8 g	**
URAL LIQUORICE ROOT EXTRACT	4.8 g	**

INGREDIENTS

Atractylodes rhizoma extract 4:1 (Atractylodes macrocephala), poria mushroom fruit body extract 10:1 (Poria cocos), Astragalus root extract 10:1 (Astragalus membranaceus), longan extract 5:1 (Longan), ginseng extract 10:1 (Panax ginseng), sour jujuba extract 4:1 (Ziziphus jujuba Mill), Chinese angelica root extract 10:1 (Angelica sinensis Diels), milkwort root extract 10:1 (Polygala tenuifolia), Chinese date fruit extract 10:1 (Ziziphus jujuba Mill. var.), Ginger rhizome extract 10:1 (Zingiber officinale), elecampane root extract 10:1 (Aucklandia radix), Ural liquorice root extract 10:1 (Glycyrrhiza uralensis Fisch).

Formulation: Gui Pi Tang

RECOMMENDED INTAKE
4.5 g powder daily with 150 ml fluid



Polygoni 7

Nourishes qi, blood and essence.

Indications: Hair loss and premature greying of hair, premature dental problems, premature ageing, potency problems, weakness and pain in the lumbar area and the knees, frequent urination, osteoporosis, chronic infectious hepatitis, menopausal problems, infertility, potency problems

Anti-ageing

male/female vigour

Fertility



POLYGONI 7

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES

	PER 100 G	%NRV*
MULTIFLOWERED KNOTWEED ROOT EXTRACT	42.1 g	**
PORIA MUSHROOM FRUIT BODY EXTRACT	10.6 g	**
CHINESE ANGELICA ROOT EXTRACT	10.5 g	**
BOXTHORN FRUIT EXTRACT	10.5 g	**
TWO-TOOTHED XERANTHEMUM ROOT EXTRACT	10.5 g	**
CHINESE CUSCUTA SEED EXTRACT	10.5 g	**
SCURVY PEA SEED EXTRACT	5.3 g	**

INGREDIENTS

Multiflowered knotweed root extract 10:1 (*Polygonum multiflorum* thunb.), poria mushroom fruit body extract 10:1 (*Poria cocos*), Chinese angelica root extract 10:1 (*Angelica sinensis* Diels), boxthorn fruit extract 10:1 (*Lycium barbarum* L.), twotoothed xeranthemum root extract 10:1 (*Achyranthes aspera*), Chinese cuscuta seed extract 10:1 (*Cuscuta chinensis* Lam.), scurvy pea seed extract 10:1 (*Psoralea corylifolia* L.).

Formulation: Qi Bao Mei Ran Dan

RECOMMENDED INTAKE

4.5 g powder daily with 150 ml fluid



Gentiana 10

Removes fire from the liver and gallbladder, discharges fire and humid heat.

Indications: Headaches, dizziness, bloodshot and painful eyes, warm ears, heat, irritability, tinnitus, hearing loss, hypertension, bitter taste, temper, impatience, painful urination, burning pain, groin perspiration, rage, tension, heaviness

Clear head

Relaxation

Liver Power



GENTIANA 10

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	%NRV*
LARGE-LEAFED GENTIAN EXTRACT	15.4 g	**
ORIENTAL ALISMA SPROUT EXTRACT	15.4 g	**
CHINESE BUPLEURUM ROOT EXTRACT	15.3 g	**
ASIAN PLANTAIN SEED EXTRACT	7.7 g	**
CLEMATIS STALK EXTRACT	7.7 g	**
CHINESE ANGELICA ROOT EXTRACT	7.7 g	**
URAL LIQUORICE ROOT EXTRACT	7.7 g	**
BAIKAL SKULLCAP ROOT EXTRACT	7.7 g	**
REHMANNIA ROOT EXTRACT	7.7 g	**
GARDENIA FRUIT EXTRACT	7.7 g	**

INGREDIENTS

15.4 % large-leafed gentian extract 10:1 (Gentiana L.), Oriental alisma sprout extract 10:1 (Alisma orientale (Sam.) Juz.), Chinese bupleurum root extract 10:1 (Bupleurum falcatum), Asian plantain seed extract 10:1 (Plantago asiatica L.), clematis stalk extract 10:1 (Clematis armandi Franch.), Chinese angelica root extract 10:1 (Angelica sinensis Diels), Ural liquorice root extract 10:1 (Glycyrrhiza uralensis Fisch), Baikal skullcap root extract 10:1 (Scutellaria baicalensis), Rehmannia root extract 10:1 (rehmanniae), gardenia fruit extract 10:1 (Gardenia florida).

Formulation: Long Dan Xie Gan Tang

RECOMMENDED INTAKE
4.5 g powder daily with 150 ml fluid



Forsythiae 10

Removes pathogenic wind from the muscle layer, harmonises, strengthens defensive qi, eliminates wind, heats and releases toxins.

Indications: Feeling of cold and chills, onset of flu symptoms with limb pain, headache, sore throat, neck pain, wind aversion, blocked nose

Strengthens
defences

Immune
defence

Heat



FORSYTHIAE 10

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	%NRV*
JAPANESE HONEYSUCKLE BLOSSOM EXTRACT	16.7 g	**
FORSYTHIA FRUIT EXTRACT	16.7 g	**
CHINESE WILD MINT EXTRACT	10.0 g	**
BALLOON FLOWER ROOT EXTRACT	10.0 g	**
BURR FRUIT EXTRACT	10.0 g	**
FERMENTED SOYA BEAN EXTRACT	8.3 g	**
URAL LIQUORICE ROOT EXTRACT	8.3 g	**
CATMINT EXTRACT	6.7 g	**
REED RHIZOME EXTRACT	6.7 g	**
BAMBOO LEAF EXTRACT	6.7 g	**

INGREDIENTS

Japanese honeysuckle blossom extract 10:1 (*Lonicera japonica* Thunb), 16.7 % forsythia fruit extract 10:1 (*Forsythia suspensa*), Chinese wild mint extract 10:1 (*Mentha haplocalyx* Brip), balloon flower root extract 10:1 (*Platycodon grandiflorus*), burr fruit extract 10:1 (*Arctium lappa* L.), fermented soya bean extract 10:1 (*Semen Sojae Praepatum*), Ural liquorice root extract 10:1 (*Glycyrrhiza uralensis* Fisch.), 10:1 catmint extract (*Schizonepeta tenuifolia* Briq.), reed rhizome extract 10:1 (*Rhaponticum carthamoides*), bamboo leaf extract 10:1 (*Lophatherum gracile*).

Formulation: Yin Qiao San

RECOMMENDED INTAKE
4.5 g powder daily with 150 ml fluid



Uncaria 11

Calms the liver yang, removes wind and heat, activates the blood, nourishes the liver and kidneys.

Indications: Hypertension, headaches, dizziness, tinnitus, hot flushes, vision and sleep disturbances, hearing loss, twitching and spasms in the extremities, paralysis

Regulates
blood pressure

Feeling of
being in balance

Calming



UNCARIA 11

ETHNO HEALTH - NATURAL DIVERSITY

ACTIVE SUBSTANCES	PER 100 G	%NRV*
ABALONE SHELL EXTRACT	16.4 g	**
MULTIFLOWERED KNOTWEED STALK EXTRACT	16.4 g	**
LORANTHUS STALK EXTRACT	13.1 g	**
PORIA MUSHROOM FRUIT BODY EXTRACT	8.2 g	**
CHINESE GUTTAPERCHA LEAF EXTRACT	8.2 g	**
UNCARIA HOOK EXTRACT	8.2 g	**
CHINESE FEVERFEW EXTRACT	8.2 g	**
CYTHULA ROOT EXTRACT	6.6 g	**
ROSE ROOT EXTRACT	4.9 g	**
- OF WHICH ROSAVIN	0.25 g	**
TIANMA RHIZOME EXTRACT	4.9 g	**
GARDENIA FRUIT EXTRACT	4.9 g	**

INGREDIENTS

Abalone shell extract 10:1 (Halotidis Concha), multiflowered knotweed stalk extract 10:1 (Polygonum multiflorum thunb.), loranthus stalk extract 10:1 (Taxillus chinensis), poria mushroom fruit body extract 10:1 (Poria cocos), Chinese guttapercha leaf extract 10:1 (Eucommia ulmoides Oliv.), uncaria hok extract 10:1 (Uncariae Ramulus), Chinese feverfew extract 10:1 (Leonurus heterophyllus Sweet), cythula root extract 10:1 (Cythula officinalis Kuan), rose root extract (Rhodiola rosea) (contains 5 % rosavin), tianma rhizome extract 10:1 (Gastrodia elata BL.), gardenia fruit extract 10:1 (Gardenia florida).

Formulation: Tian Ma Gou Teng Yin

RECOMMENDED INTAKE
4.5 g powder daily with 150 ml fluid



List of indications: The most effective formulations and their indications

Indications	Root complex p. 04-07	Immune Power p. 08-11	OPC Power p. 12-15	Fungal Power p. 16-18	Protein Vital Complex p. 19-24	Algae Power p. 25-28	Enzyme Power p. 29-31	Liver Power p. 32-35	Intestinal Power p. 36-39	Ayurveda Balance p. 40-42	Heart Power p. 43-46	Joint Power p. 47-49	Eye Power p. 50-53	Blood Pressure Complex p. 54-56	Cholesterol Complex p. 57-59	Diabetes Complex p. 60-63	Brain Power p. 64-67	Lung Power p. 68-71	Rheumatism Complex p. 72-75	Inner Heat p. 76-79
Allergies	x		xx	x	x	x	x	x	xx	x							x	x		
Ageing	x		x	x	x	x	x			x	x		x				xx			
Anxiety	x				x					x	x						x			
Lack of drive	x		x	x	x	x				x										
Antibiotics therapy		xx	xx	x	x	x	x		x											
Arteriosclerosis			x	x	x	x	x	x			x			x	xx	x	x			
Arthritis		x	x	x	x		xx	x				xx							xx	
Arthrosis				x	x		xx					xx							xx	
Asthma		x	x	x	x	x				x								x		
Poor sight				x	x								xx				xx			
Autoimmune diseases			x	x	x	x	x	x	x	x									x	
Slipped disc					x		x					xx							x	
Pancreatitis	x			x	x	x	xx	x												
High blood pressure					x									xx						
Blood clotting / thrombosis			x	x	x	x	xx				x									
Bronchitis		x	xx	x	x	x	x											x		
Burn-out	xx		x		x	x				x							x	x		
Candida infections		x	xx	x	x		x	x	x											
Chemotherapy	x	x	xx	x	x	x	x	x	xx	x										x
Intestinal inflammation	xx			x	x	x	x	x	xx	x										
Intestinal flora disorders	x			x	x	x	x	x	xx	x										
Depression	x		x		x					x	x						x			
Diabetes	x				x	x		x								xx				
Blood circulation problems			x	x	x	x	x	x			x			x	x	x	x			
Cold, viral infections		x	xx	x	x	x	x		x											xx
Fatigue / tiredness	xx		x	x	x	x				x	x						xx			
Metabolic disorders				x	x	x		xx	x						xx					
Fibromyalgia	x		x	x	x	xx	x	x											xx	
Gastritis	x			x	x	x			xx											
Brain functions	xx		x		x	x				x	x		x	x			xx			
Gout	x			x	x	x	x	xx	x						x				xx	
Skin diseases		x	x	x	x	x		x	xx											
Hepatitis		x	x	x	x	x		xx	x											
Heart attack / prevention			x		x					xx	xx									

List of indications: The most effective formulations and their indications

Indications	Root complex p. 04-07	Immune Power p. 08-11	OPC Power p. 12-15	Fungal Power p. 16-18	Protein Vital Complex p. 19-24	Algae Power p. 25-28	Enzyme Power p. 29-31	Liver Power p. 32-35	Intestinal Power p. 36-39	Ayurveda Balance p. 40-42	Heart Power p. 43-46	Joint Power p. 47-49	Eye Power p. 50-53	Blood Pressure Complex p. 54-56	Cholesterol Complex p. 57-59	Diabetes Complex p. 60-63	Brain Power p. 64-67	Lung Power p. 68-71	Rheumatism Complex p. 72-75	Inner Heat p. 76-79
Cardiac failure										XX	XX									
Coronary arterial disease					X					XX	X			X						
Heart rhythm disorders					X					XX	X									
Immune defence		X	X	X	X	X	X		X	X										
Cold, chills		X			X					X										XX
Headache / migraine			X		X	X				X							X			
Cancer	X	XX	XX	XX	X	X	X	X	X											
Liver burdening			X	X	X	X	X	XX	X											
Poor performance	XX	X	X	X	X	X				X	X									
Lung weakness, shortness of breath	X	X	X	X	X	X												XX		
Stomach ache	XX			X	X	X	X		X											
Macular degeneration					X								XX				X			
Tiredness	XX		X		X	X				XX			X							
Neck tension					X		X		X			X		X						X
Oedema / water retention			X	X	X	X	XX	X			X									
Prostate enlargement																				
Rheumatism			X	X	X	X	XX	X				X								X
Sleep disorders	X				X					X							XX			
Stroke					X	X	X			X							XX			
Heartburn	XX			X	X	X		X	X											
Pain																				
Dizziness	XX		X		X		X			X	X		X				XX			
Tinnitus	XX				X		X			X			X				XX			
Overweight			X	X	X	X	X	X	XX	X					X					
Restlessness / stress	X				X					X	X						X			
Digestive disorders	XX			X	X	XX	X		XX											XX
Poisoning, toxic stress				X		XX	X	X	XX						X					X
Menopausal complaints					X							X							X	

List of indications: The most effective formulations and their indications

Complaints	p. 80-81 Bupleurum 9	p. 82-83 Astragalus 10	p. 84-85 Cythula 12	p. 86-87 Schisandra 13	p. 88-89 Rehmannia 6	p. 90-91 Ziziphus 9	p. 92-93 Polygoni 7	p. 94-95 Gentiana 10	p. 96-97 Forsythiae 10	p. 98-99 Uncaria 11
Premature ageing					x		xx			
Anxiety				xx		x				
Tension	xx			x				x		
Loss of appetite		xx				x				
Arthritis, arthrosis			xx							
Bloodshot eyes								x		x
Anaemia	x	x			xx	x				
High blood pressure						x		x		xx
Burn-out	x	x			xx		x			
Bowel problems		xx								
Brooding	x			xx	x	x				
Exhaustion	x	xx			xx	x				
Fascial adhesions	x		xx							
Chills, coldness									xx	
Joint pain	x		xx				x		x	
Irritability, resistance	xx			xx				x		
Flu									xx	
Hair loss					x		xx			
Sore throat									x	
Irregular heart beat, palpitations				x		xx				
Flushing								x		x
Poor hearing		x			xx			x		x
Cold hands and feet		x			x				xx	
Headaches	xx	x						x		x
Poor concentration	x			xx	x	x		x		
Shortness of breath, shallow breathing		xx								
Tiredness	x	xx			x		x			
Muscle weakness					xx				x	
Muscle tension	xx									x
Muscle twitching	xx									x
Night sweats				x	x					
Neck pain	xx								x	
Potency problems							xx			
Rheumatism			xx							

List of indications: The most effective formulations and their indications

Complaints	Bupleurum 9 pp. 80–81	Astragalus 10 pp. 82–83	Cythula 12 pp. 84–85	Schisandra 13 pp. 86–87	Rehmannia 6 pp. 88–89	Ziziphus 9 pp. 90–91	Polygoni 7 pp. 92–93	Gentiana 10 pp. 94–95	Forsythiae 10 pp. 96–97	Uncaria 11 pp. 98–99
Back pain	xx		x							
Sleep disorders				xx	x	x				x
Pain, intense			x							
Weak limbs		x			x				x	
Weakness in the voice		x								
Dizziness		x			xx			x		x
Numbness			x							x
Tinnitus					xx			x		x
Infertility							x			
Restlessness, stress	x			x		x		x		
Forgetfulness				x	x	x	x			
Bloatedness	x	x								
Menopausal problems				x			x			
Dental problems					x		xx			
Compulsions, phobias				xx		x				



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