



HEALTH & BEAUTY

Health & Nutrition COLLECTION

2 | 2017



MORE QUALITY
for your life.

Contents

MICRO NUTRIENTS AND BALANCED DIET CONCEPT

DIETARY SUPPLEMENTS AND | 08
SPECIALIZED PRODUCTS

WEIGHT MANAGEMENT | 36

FUNCTIONAL CARE

LR ALOE VIA | 46
NATURAL
MOISTURISING CARE

LR MICROSILVER | 54
ANTI-BACTERIAL
SUPPORT



Your LR partner will also
be pleased to provide you
with our Beauty Collection!



Dear LR customers,

there is an increasing desire for a healthy lifestyle. The modern, hectic lifestyle of our days and the changes in our environment make us rethink the way we care for ourselves. The good news: **You are in control of your own personal quality of life!** A healthy and conscious lifestyle not only improves the quality of life, it also ensures a long-lasting sense of well-being. **"More quality for your life"** – Our motto is geared precisely to these requirements: We offer you products and holistic health solutions which are tailored to your needs.

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

LR ALOE VIA is the well-trusted care concept which combines the moisturising and natural regenerating power of the Aloe Vera gel with the 15-year Aloe Vera care competence of LR!

Choose from our broad range and **take your personal well-being into your own hands!**

Yours,

Dr. Thomas Stoffmehl
CEO, Management Spokesman



Honoured as
best direct selling
enterprise 2015!

Nutritional Supplements from LR:

Confidence from A to Z

Our philosophy, to offer you the opportunity to surround yourself with the highest quality of products and your supply of micro-nutrients





LR health philosophy:

bringing together the best of nature and science

Good health leads to a **better quality of life.** LR offers you the solution for holistic well-being – the LR health philosophy. Inspired by nature, combined with the latest findings from science and research, we work on sophisticated health solutions with highest-possible quality and efficacy.

Because your health is our top priority.



Competence center for innovation, science & research



Our aim is to enhance the quality of life for people all over the world. In this stance, we develop first-class health solutions in our LR Quality of Life Science Center – LR's competence center for innovation, science and research. Here, our highly-qualified experts are hard at work every day developing outstanding innovations based on the latest scientific findings. The results are optimum solutions with maximum efficacy – for a better quality of life.

	LR Research & Development Center	<p>Research on and development of innovative health solutions in one of the most modern laboratories of its kind in Europe.</p>	<p>Dr. Stefan Biel Director Research & Development</p>
	LR Scientific & Ethic Committee	<p>Consultancy on fundamental research and scientific innovations as well as assistance on medical and ethical matters.</p>	<div> </div> <p>Professor Robert L. Clancy University Newcastle, Australia</p> <p>Dr. Werner Voss Dermatest GmbH Research Institute Münster</p>
	LR Scientific Research Partnership	<p>Project-based cooperations with internationally leading scientists, universities and institutes for the development of leading solutions and concepts.</p>	<div> </div> <p>* WWW.SGS-QUALITAETSSIEGEL.DE</p>
	LR Empirical Study Group	<p>Empirical examination and testing of innovations for their efficacy in practice.</p>	<p>Head of the LR Empirical Study Group Dr. Sven Werchan Nutritional expert</p>
	LR Quality of Life Consumer Counsel	<p>Qualified consumer advice based on the latest scientific findings for a better quality of life.</p>	<p>Head of the LR Health Consumer Counsel Anne Opitz</p>

A close-up photograph of a female scientist with blonde hair, wearing a white lab coat, looking intently through the eyepiece of a white and black compound microscope. Her hands are visible, adjusting the microscope's controls. The background is softly blurred, showing a laboratory setting with a glass of yellow liquid and some greenery in the foreground.

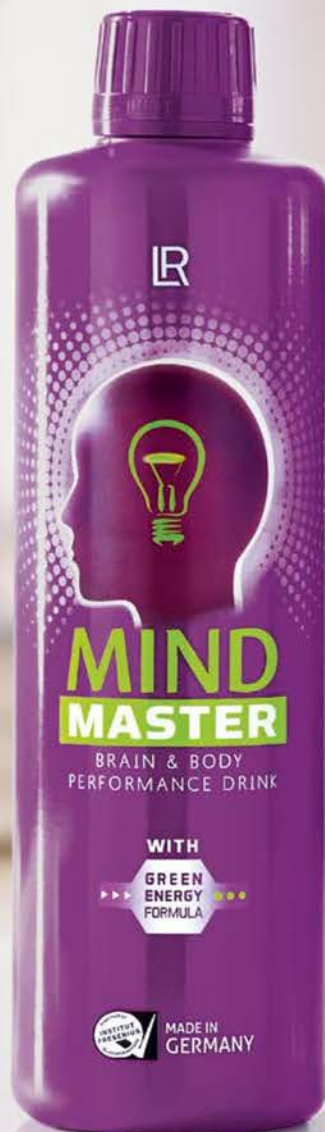
We always have
a goal before us –
Your Health!

Motivation
Business **Energy** Sport
Lifestyle **Activities** Family
protection from oxidized stress⁶
new love of life



WWW.SGS-QUALITAETSSIEGEL.DE

**Mind Master Brain & Body
Performance Drink
Formula Green**
Recommended Dosage:
Daily 80 ml
500 ml
80900



MIND MASTER

▶▶▶ **GREEN
ENERGY
FORMULA** ●●●

The true Classic

- ◆ the Original from LR
- ◆ With the full energy from green tea-extract
- ◆ You daily support whether you are working, managing the house, going to school or uni etc.

Patent
pending

*



YOU SAVE

Ask your LR Partner about our discounted set and subscription prices!



IMPORTANT

It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.

* Patent No: DE 10 2013 205 049 A1

Mind Master: Vitality! Active! Successful!



Living life in the fast lane? Successful career, success in sport, time for the family and of course time for yourself. Those who want to live an active and full life must ensure they have an optimal nutritional supply. Mind Master contains specialized complimentary and balanced micro-nutrients with important functions.

You contribute amongst others

- to help support a regular energy metabolism function¹
- for a regular function of the nervous system²
- to help psychological stress³
- to help eliminate tiredness and fatigue⁴
- to help cognitive function⁵

Same effect, new flavour:

Next to our green classic now stands the new Formula Red variant with a fruity grape flavour.

Our quality promise

LR places particular value on the outstanding quality of the Mind Master. This quality is confirmed by the INSTITUTE FRESENIUS Quality Seal – one of the hardest seals to obtain on the market.



CERTIFIED

Scientifically confirmed by the EFSA*

- ¹ Thiamine and Vitamin B12 help to regulate normal energy and metabolism levels.
- ² Vitamin B12 contributes to the normal functioning of the nervous system.
- ³ Vitamin B12 helps to support the normal mental health function of our system
- ⁴ Vitamin B12 and iron help to alleviate tiredness and fatigue.
- ⁵ Iron contributes to the normal cognitive function.
- ⁶ Vitamin E contributes to the protection of cells against oxidated stress.

* European Food Safety Authority



RED ENERGY FORMULA

The red version

- ◆ With fruity grape flavour
- ◆ The same properties as the original: Mind Master Formula Green
- ◆ Your daily companion during your free time, during sport, in the school, etc.



WWW.SGS-QUALITAETSSIEGEL.DE

**Mind Master Brain & Body
Performance Drink
Formula Red**

Recommended Dosage:
daily 80 ml
500 ml
80950



Aloe Vera cultivation
Mexican highlands

Cultivation and processing: excellent conditions

Every year, about 23 million tonnes of aloe vera are cultivated exclusively for LR in the Mexican highlands. This region offers ideal conditions, eliminating the need for pesticides. **The outstanding quality of cultivation and processing is controlled and confirmed by the International Aloe Vera Science Council (IASC).**



LR Research and Development Center

Nature and Science: an efficient combination

LR takes nature as a model, learns from it and combines it with the latest scientific findings. The result: Unique LR products with maximum efficacy. LR registers patents for these outstanding innovations, efficient solutions and unique production processes.

**Patent
pending**



Dr. Lars Lobbedey
Division Manager Health Food
SGS INSTITUTE FRESENIUS GmbH

End products and solutions: strictly controlled

For LR, quality comes first. To guarantee this, we conduct controls, both internally and externally by independent bodies. The quality of the **aloe vera care products** for instance is regularly tested by Institut Dermatest. The **Aloe Vera Drinking Gels** are inspected by SGS INSTITUT FRESENIUS. Dr. Lars Lobbedey confirms: "We from SGS INSTITUT FRESENIUS can attest in all conscience the **sustained quality of the LR Aloe Vera Drinking Gels**. This is ensured by independent and recurrent controls."



Aloe Vera from LR: Highest quality for your health





aloe vera

DRINKING GEL

Aloe Vera Drinking Gel Honey – Health with Tradition

Hardly any other **natural product** has had so much insight worldwide than the 1000 year old tradition of the Aloe Vera. Whether it's the Mexican Aztecs, the pharaohs of ancient Egypt or Carl the Great on his numerous trips and crusades – they all valued and cherished the constitutional benefits and properties of Aloe Vera.

In developing the first Aloe Vera Drinking Gel LR adopted the example of the **traditional and original recipe** from the Brazilian Franciscan monk Father Romano Zago. In this he described the combination of the Aloe Vera Gel and pure blossom honey as valuable. LR has further optimized this recipe with new scientific developments – there own unique result: the Aloe Vera Drinking Gel Honey!

per daily allowance NRV	per daily allowance Absolute	
75 %	60	Vitamin C (mg)

Our Original!!

- ◆ 90% pure Aloe Vera Leaf Gel
- ◆ 9% blossom honey
- ◆ In accordance to the original recipe from Pastor Romano Zago
- ◆ Particularly mild manufacturing



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IMPORTANT

It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.

Aloe Vera Honey

the Original from LR



The first Aloe Vera product from LR was and still is the most successful LR product of all time. The Aloe Vera Drinking Gel Honey is tradition in its purest form.



Aloe Vera Drinking Gel Honey

Recommendation:
daily 3 x 30 ml
1000 ml
80700





Aloe Vera Drinking Gel Peach – Why no added sugars?

The Aloe Vera Drinking Gel Peach has absolutely **no additives from sugar** of any type. This is great for everyone. Diabetics for example need to be aware of their daily sugar intake and maintain consistent blood sugar levels as well as many other people who are advised not to consume too much sugar. It is for this target group that LR has developed the Aloe Vera Drinking Gel Peach.

Acemannan – valuable and important

One of the most important materials in the gel of the Aloe Vera is acemannan. This matter belongs to the polysaccharides family and is stored within the bodies cells. Acemannan develops its beneficial properties together with the other multitude of substances of the Aloe Vera.

aloe vera

DRINKING GEL

per daily allowance NRV	per daily allowance Absolute	
100 %	80	Vitamin C (mg)

The lightest Aloe Vera of all times!

- ◆ 98% pure Aloe Vera Leaf Gel
- ◆ No added sugar¹
- ◆ 100% of the daily allowance for vitamin C²
- ◆ Only 0.054 carbohydrate exchange per daily serving – suitable for Diabetics
- ◆ Both adults and children love the flavour

% YOU SAVE

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! IMPORTANT

It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.

¹ Aloe Vera contains only natural sugars

² 100 % NRV nach Lebensmittelinformationsverordnung

Light and healthy with no added sugar¹

Light fruity taste without no added sugars¹ and 98% pure Aloe Vera – this the the Aloe Vera Drinking Gel Peach from LR.



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Aloe Vera Life Essence Peach

Recommendation:
daily 3 x 30 ml
1000 ml
80750

For a healthy heart:

Healthy lifestyle and the right nutrients!

If you want to enjoy life with all your heart, you should pay attention to a healthy lifestyle and the right nutrients. Nature offers a broad selection of micro-nutrients which can support our health. LR leverages these nutrients!

HEALTHY LIFESTYLE

The heart is the motor of our body. Therefore, it is important to take care of it. A balanced diet, little stress, abstaining from alcohol and cigarettes as well as regular exercise are the be-all and end-all for supporting the cardiovascular system.

NUTRIENTS

Omega-3-fatty acids: EPA and DHA

EPA (eicosapentaenoic acid) and **DHA** (docosahexaenoic acid) are the most important and biologically active omega-3-fatty acids. They play a key role in many body processes. In particular, they make a vital contribution to supporting heart health. In addition, DHA is essential for our brain and nerve cells.

The two high-quality fatty acids (EPA + DHA) can be found in lipid-rich cold water fish such as tuna, mackerel and sardines.

Nettle extract

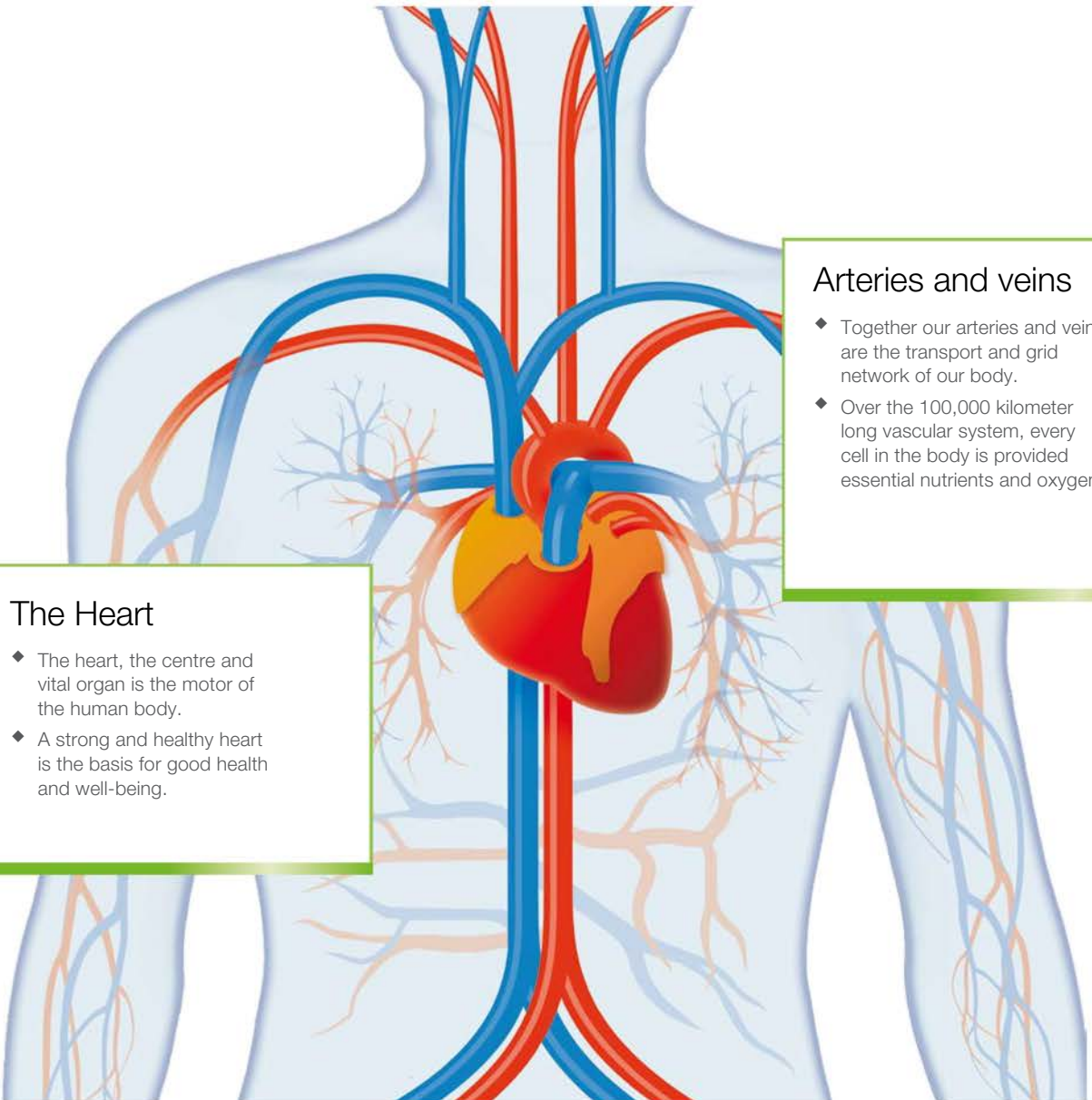
The stinging nettle has a positive effect on many parts of the human body. It is believed to have anti-inflammatory, blood-purifying, expectorant, metabolism-stimulating and detoxing effects. Moreover, it is a well-known fact that nettle leaves are rich in natural silicon. Silicon is an important trace element that is essential for the body. "Essential" means that this substance must be supplied through nutrition as the body cannot produce it on its own.



The cardiovascular system



The cardiovascular system can be supported with simple means: a healthy lifestyle (balanced diet, exercise etc.) and essential nutrients such as omega-3-fatty acids from lipid-rich saltwater fish as well as valuable plant extracts contribute to a healthy heart function.



The Heart

- ◆ The heart, the centre and vital organ is the motor of the human body.
- ◆ A strong and healthy heart is the basis for good health and well-being.

Arteries and veins

- ◆ Together our arteries and veins are the transport and grid network of our body.
- ◆ Over the 100,000 kilometer long vascular system, every cell in the body is provided essential nutrients and oxygen.

Affair of the Heart

Stinging nettle extract combined with 90% pure leaf Aloe Vera and 7% blossom honey – this is the Aloe Vera Drinking Gel Sivera. A true specialist!



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**Aloe Vera
Drinking Gel Sivera**
Recommended Dosage:
daily 3 x 30 ml
1000 ml
80800



The specialist with
stinging nettle extract

- ◆ 90% pure Aloe Vera leaf
- ◆ 7% blossom honey
- ◆ With stinging nettle extract

% YOU SAVE

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discounted set and subscription prices!

! IMPORTANT

It is important that you adopt a varied
and well-balanced diet to ensure a
healthy way of living.

Omega-3 for a healthy heart



The Omega-3-fatty acids EPA (Eicosapentaen acid) and DHA (Docosahexaen acid) are important in helping to maintain a healthy heart function¹. They help control for example the blood lipid levels and helps support the fluidity of blood.



In times of overfished oceans, LR makes sure that fish required for the extraction of omega-3 fatty acids exclusively stem from sustainable fishing in the South-American Pacific. The independent quality seal "Friend of the Sea" attests to LR's commitment (www.friendofthesea.org).

Super Omega 3 activ
Recommended Dosage:
daily 3 x 1 capsule
60 capsules/100.8 g
80338



per daily allowance	Absolute
1260	Omega 3 fatty acids (mg)
630	EPA (fatty acids) (mg)
420	DHA (fatty acids) (mg)
117	beta-glucan (mg)

The daily contribution towards a healthy heart

- ◆ With a high content of EPA & DHA
- ◆ Only from free ranged mackerel, sardines and tuna fish
- ◆ Only from sustainable caught fish from the South American Pacific.

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✓ CERTIFIED

Scientifically confirmed by the EFSA*

¹ EPA and DHA support a healthy heart function. For this, a daily intake of at least 250 g EPA and DHA is required.

* European Food Safety Authority

The formula for more freedom of movement:

exercise and nutrients

Official studies show that we clearly do not exercise enough. In order for our musculoskeletal system to function well, we should be active and pay attention to a sufficient supply of micro-nutrients, however.

EXERCISE

Studies confirm: Regular exercise – in daily life or sports – not only improves fitness but also well-being. Our joints in particular rely on regular exercise, as the movements ensure that the required nutrients are massaged into the articular cartilage. If this is not the case, the cartilage degenerates.

NUTRIENTS

In addition to regular exercise, sufficient supply of nutrients is vital for our musculoskeletal system. Especially our joints and bones rely on valuable nutrients such as **vitamin C** and **D** as well as **manganese**. **Vitamin C** contributes to the formation of collagen for a normal cartilage function, vitamin D and manganese contribute to the preservation of a normal bone structure.



The musculoskeletal system

Nature's complex masterpiece

Bones, joints, tendons and muscles: together they form our musculoskeletal system. Regular exercise and sufficient supply of nutrients such as vitamin C and D as well as manganese are vital for a well-functioning musculoskeletal system and especially for healthy joints.



Muscles

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

Bone

- ◆ Bones form the the basis of our musculoskeletal system
- ◆ Important bone nutrients e.g. vitamin D, calcium and manganese
- ◆ The German Nutrition Society recommends paying special attention to a sufficient supply of vitamin D.

Ligaments

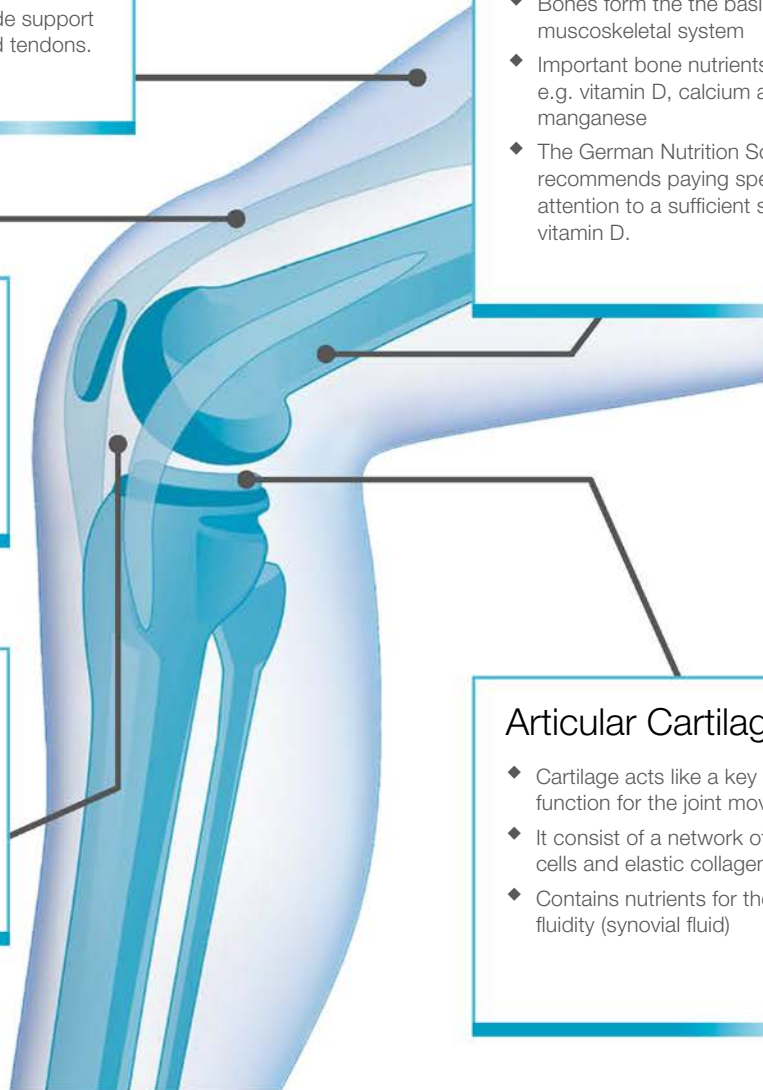
- ◆ Ligaments constitute the connection between muscle and bone
- ◆ Consist of collagen connective tissue

Synovial fluid

- ◆ The synovial fluid surrounds the cartilage
- ◆ Supplementation of important joint nutrients can support the supply of the cartilage.

Articular Cartilage

- ◆ Cartilage acts like a key function for the joint movement
- ◆ It consist of a network of bones cells and elastic collagen fibre
- ◆ Contains nutrients for the joint fluidity (synovial fluid)





Freedom Joint Plus
Recommended Dosage:
daily 2 x 1 capsules
80190

per daily allowance NRV	per daily allowance Absolute	
83 %	10	Vitamin E (mg)
50 %	2,5	Vitamin D (µg)
50 %	1	manganese (mg)

An optimal partner
to the Aloe Vera
Freedom!

- ◆ With essential nutrients such as vitamin E, D, manganese
- ◆ Lactose and gluten free

TIPP

The perfect supplement for the Freedom products by LR are the Figuactiv Protein Drink and the Aloe Vera MSM Body Gel. The Protein Drink preserves and strengthens the muscles* (see p. 45). With willow bark extract and bearberry leaves, the Aloe Vera Body Gel ensures a genuine sense of well-being after physical strain (see p. 51).

* Proteins contribute to the maintenance and increase of muscle mass.



% YOU SAVE

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✓ CERTIFIED

Scientifically confirmed by the EFSA*

- ◆ Vitamin D supports the preservation of a normal bone structure
- ◆ Vitamin D supports the preservation of a normal muscle function
- ◆ Manganese supports the preservation of a normal bone structure
- ◆ Manganese supports a normal formation of connective tissue

* European Food Safety Authority

Movement means freedom

Enjoy the Freedom without the pain! Aloe Vera Drinking Gel Freedom with nutrients for the joints¹ is an excellent support. The optimal addition: Freedom Plus Capsules.



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Aloe Vera
Drinking Gel Freedom
Recommended Dosage:
daily 3 x 30 ml
1000 ml
80850



per daily allowance NRV	per daily allowance Absolute	
56 %	45	Vitamin C (mg)
58 %	7	Vitamin E (mg)

The movement specialist

- ◆ 88% pure leaf Aloe Vera
- ◆ With vitamin C to help support the build up of collagen for normal cartilage function



YOU SAVE

Ask your LR Partner about our discounted set and subscription prices!



CERTIFIED

Scientifically confirmed by the EFSA*

¹ With vitamin C to help support the build up of collagen for normal cartilage function



IMPORTANT

It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.

* European Food Safety Authority

Colostrum by LR: Unique and distinguished quality

Colostrum – Nature's best



“Colostrum is the first maternal milk of the cow and especially valuable for the calf. It is only produced right after the birth and provides the newborn with all the nutrients and antibodies it needs. To produce our Colostrum products, LR exclusively uses excess colostrum produced during the first hours – the calf lacks for nothing.”

Dr. Stefan Biel
Director Research & Development

Distinguished quality



The **INSTITUT FRESENIUS** quality seal is **one of the most stringent quality seals** on the market. In addition to LR's quality control, INSTITUT FRESENIUS regularly monitors every processing step of the LR Colostrum products.

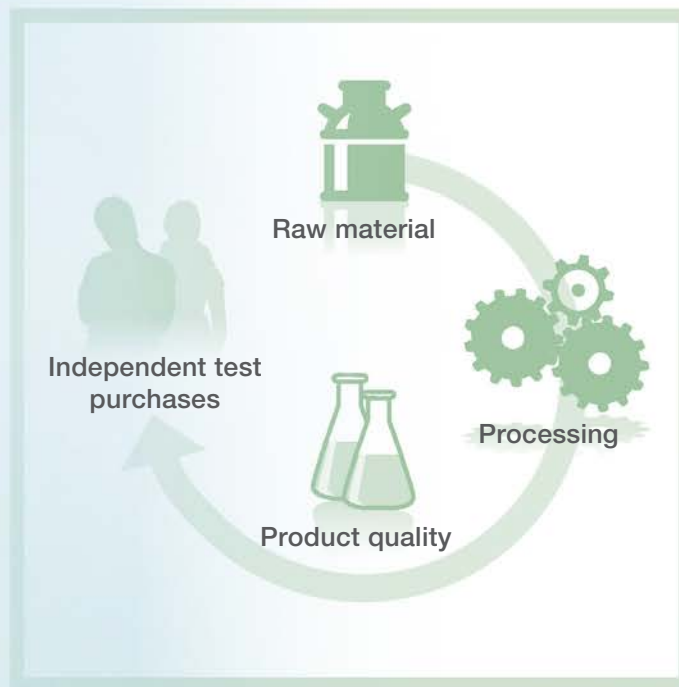
LR's quality criteria:

- ◆ Exclusive use of excess milk during the first hours
- ◆ Only from German cows
- ◆ Without preservative additives

From the raw materials to the premium product



To produce the Colostrum products in the recognised high quality, the entire production takes place exclusively in Germany and all production steps are subject to extensive controls – both by LR and the independent SGS INSTITUT FRESENIUS.



1. CONTROL: Raw material

Premium resources: LR exclusively uses thoroughly tested Colostrum from German cows. Every batch can be seamlessly traced back to the dairies.

2. CONTROL: Processing

Permanent controls: Every production step is tested regularly. The LR premium product can only be ensured through safe production.

3. CONTROL: Product quality

Extensive tests: Every batch is tested for microbiological and physical parameters as well as for the concentration of valuable ingredients.

4. CONTROL: Independent test purchases

Undercover spot checks: even the sold products are subject to extensive tests – through independent laboratory analyses from undercover test purchases.



Colostrum



Exclusively from cows from Germany

per daily allowance Colostrum Compact	
800	Colostrum (mg)

Sustainable Support

- ◆ colostrum containing capsules
- ◆ 800 mg degreased cow colostrum powder per daily ration

%

YOU **SAVE**

Ask your LR Partner about our discounted set and subscription prices!



Colostrum Compact
Recommended Dosage:
daily 2 x 1 capsule
60 capsules/30.9 g
80360

Nature's best in two varieties



Colostrum by LR offers the best of foremilk in three varieties for every requirement:

- in liquid form, degreased and decaseinated for quick, direct consumption
- in practical capsules, highly concentrated for continuous use

Colostrum Direct
Recommended Dosage:
daily 8 ml
125 ml
80361



Quick and direct

- ◆ Premium product based on colostrum
- ◆ Liquid colostrum, defatted and decaseinated
- ◆ High quality cold manufacturing process



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Colostrum is a natural product of highest quality without any additives. As with many natural products, natural influences may slightly alter the look or taste.



Cistus Incanus

01 | Cistus Incanus Tea

Herbal tea with Cistus Incanus and Peppermint.

Directions of use: Allow to brew for 8-10 minutes. Decant or strain before drinking.

250 g

80404

02 | Cistus Incanus Spray

with 86% Cistus Incanus Extract

Recommended Dosage:

daily 3x3 sprays

30 ml

80326

03 | Cistus Incanus Capsules

with 71% Cistus Incanus extract

Recommended dosage:

2 tablets daily

60 Capsules/33.5 g

80325



Our quality promise

For our Cistus Incanus products we use only selected, fine cuts of the rich intensive leaves. Wood, stalks or off-cuts are rejected.

Nature pure

- ◆ 95% Cistus Incanus leaves
- ◆ 5% refreshing mint leaves
- ◆ 100% natural substances, no aroma



IMPORTANT

It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.

01



Nature knows the way



The body's immune system and defenses are constantly working with no break. With the enriched vitamin C and zinc capsules you can rest assured that your immune system is getting the best support possible. The vitamin C spray is a practical easy alternative for when you are on the go.

per daily allowance NRV	per daily allowance Absolute	
38 %	30	Vitamin C (mg)
42 %	5	Vitamin E (mg)

Quick help on the go

- ♦ with vitamin C and E
- ♦ Pleasant fresh flavour through mint



Light dosage through direct spray in the mouth

02



03

per daily allowance NRV	per daily allowance Absolute	
100 %	80	Vitamin C (mg)
20 %	2	Zinc (mg)

Support for the immune system

- ♦ with zinc and vitamin C
- ♦ pure vegetable capsule shell

% YOU SAVE

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✓ CERTIFIED

Scientific evidence from the EFSA states:

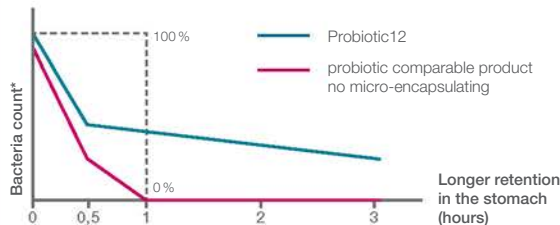
¹ Vitamin C and Zinc help with the normal functioning of the immune system by.

* European Food Safety Authority

PROBIOTIC 12

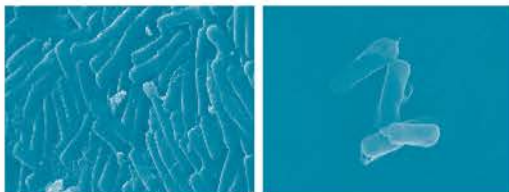


More impact through patented micro encapsulating!



*logarithmic scaling

Critical for the effectiveness of pro-biotic products is the survival rate of the bacteria during the crucial passage way into the intestines. The circulation of hydrochloric acid in the stomach causes many bacteria to be destroyed and they become ineffective. Probiotic12, in a double micro-encapsulating which clearly protects the efficiency of the bacteria and many other products.



Protects against bacteria through a double micro encapsulation1 Exposed bacteria2

10.0001 / 15.0002-zero growth through the grid patterned-electron-microscope

Rich and valuable enterobacteria



The human intestinal wall is populated from good bacteria so call probiotic bacteria and from other bacterias. The natural balance of these bacterias has a major impact of our general well being.

optimal support for your well-being



The intestine is one of the biggest organs in our body and it is responsible for a major part of our bodies general health.

12 bacteria strains



Probiotic12 contains per capsule around 1 billion probiotic bacteria. These helps to distribute 12 different bacteria strains. The combination is unique.

12 bacterial cultures

Bifido bacterium longum
Bifido bacterium breve
Bifido bacterium bifidum
Bifido bacterium inifantis
Bifido bacterium lactis
Lactobacillus plantarum
Lactobacillus casei
Lactobacillus paracasei
Lactobacillus rhamnosus
Lactobacillus acidophilus
Lactobacillus bulgaricus
Streptococcus thermophilus

+ fibres

FOS (fruit oligo saccharides)

Probiotic12 – for my Well-being



Probiotic bacteria distributes over 400 varying bacteria strains. Millions and millions of these bacteria populate our intestine. The human well-being depends on the right balance of these bacteria.



Probiotic12
Recommended Dosage:
Daily 1 Capsule
30 Capsules
80370



TIP

The optimal addition to the Probiotic12 is the Aloe Vera Drinking Gels from LR. They help to optimal prepare the intestine for the pro-biotic bacteria.

See from page 12



Specialist

- ◆ 12 diverse bacteria strains
- ◆ 1 billion bacteria per capsule
- ◆ With supporting dietary fiber
- ◆ Patented micro encapsulating
- ◆ Lactose Free



YOU SAVE

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Good health and well being for every situation



per daily allowance NRV	per daily allowance Absolute	
–	250	Red clover extract (mg)
100%	5	Vitamin D3 (µg)
50%	400	Calcuim (mg)

Woman Phyto active
Recommended Dosage:
Daily 3x1 capsules
90 capsules/46.8 g
80332



Natural support during menopause

- ◆ With calcium and vitamin D for the maintenance of normal bone structure
- ◆ with red clover extract
- ◆ Lactose and gluten free

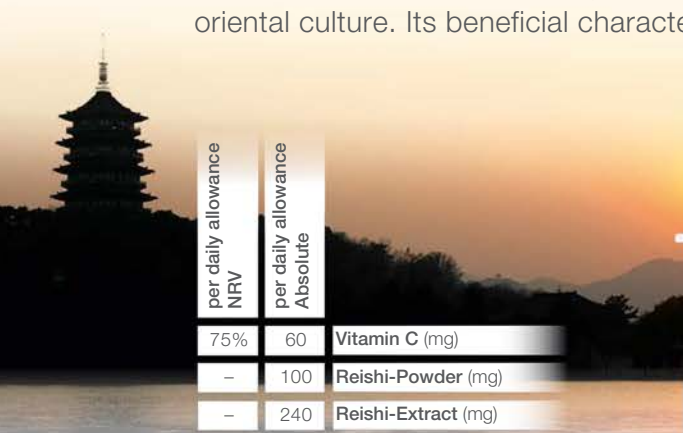


IMPORTANT

It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.

Far Eastern Vitality

Reishi, the “mushroom for long life”, has been a staple in for hundreds of years in the oriental culture. Its beneficial characteristic are no longer the secret of the Asian world.



per daily allowance NRV	per daily allowance Absolute	
75%	60	Vitamin C (mg)
–	100	Reishi-Powder (mg)
–	240	Reishi-Extract (mg)

Reishi Plus with Vitamin C
The highly nutritious Reishi Mushroom Powder in this product is enriched with Vitamin C.
• take three capsules daily with fluid / 15,2 g / 15,2 g
80331



Reishi: the “mushroom of long life”

- ◆ With Reishi powder and extract
- ◆ With vitamin C
- ◆ Famous far eastern tradition
- ◆ Vegan



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Inner lightness through fibres

Fibres are important building blocks in our diet as they help us feeling good from within. With its high fibre content from 3 different sources of fibre, FiberBoost³ is a good option to optimally supplement one's diet*. Stevia creates a sweet flavour – without additional sugar** and additional calories.

per daily allowance NRV	per daily allowance Absolute	
–	3,6	fibres (g)
108%	43	Chrome*** (µg)

For a good physical feeling

- ◆ high fibre content based on 3 different sources
- ◆ with the natural sweetness from Stevia
- ◆ for enhanced well-being in everyday life



FiberBoost³

The fibre drink with natural sweeteners
Recommended allowance: Stir 2 level measuring spoonfuls in 200 ml of lactose-free, skim milk or water – for instant consumption!
210 g
80630

* 69 % of men and 75 % of women consume less than the guideline value recommended by the German Nutrition Society (DGE) of 30g of fibre per day. 2008, Max Rubner-Institut, Federal Research Institute for Nutrition and Foodstuffs

** contains naturally occurring sugars

*** chrome contributes to maintaining a regular blood sugar level

Vitamin guarantee for the whole family

Vitamin guarantee for the whole family
They all are contained in Vita Aktiv –
available in two delicious flavours.

vita**AKTIV**

per daily allowance NRV	per daily allowance Absolute	
200 %	10	Vitamin D3 (µg)
100 %	12	Vitamin E (mg)
100 %	1,1	Thiamine (mg)
100 %	1,4	Riboflavin (mg)
100 %	1,4	Vitamin B6 (mg)
100 %	2,5	Vitamin B12 (µg)
100 %	16	Niacin (mg)
100 %	200	Folic acid (µg)
100 %	6	Pantothenic acid
100 %	50	Biotin (µg)



Vita Aktiv tropic
Recommended Dosage:
daily 5 ml
150 ml
80510

Vita Aktiv
Recommended Dosage:
daily 5 ml
150 ml
80301

The safe vitamin-provision!

- ◆ Quality compact-concentrate of natural fruit and vegetable assortments
- ◆ 100% vitamin supplement* with just a teaspoon (5ml) per day
- ◆ With 200 % vitamin D supply* per daily allowance (5ml)
- ◆ No preservatives or colourings
- ◆ Delicious as a dressing over yogurt, fresh waffles or cake

%

YOU SAVE

Ask your LR Partner about our discounted set and subscription prices!

!

IMPORTANT

It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.

* 100% NRV Nutritional Identification Regulation

Balance is the foundation of everything!

ProBalance supplies the body with valuable basic minerals and trace elements for inner balance!



A clever combination

Some minerals harmonize perfectly, while others impede each other. Therefore, the right combination is vital. Only in this way can minerals support the acid-base balance of the body and fulfil a variety of further functions.

per daily allowance NRV	per daily allowance Absolute	
15%	300	calcium (mg)
53%	200	Magnesium (mg)
87%	695	Calcium (mg)
45%	453	copper (µg)
150%	60	chromate (µg)
160%	80	molybdenum (µg)

Basic minerals for greater well-being!

- ◆ Balanced minerals and trace minerals
- ◆ A valuable mix of citrate, carbonate and gluconate.
- ◆ Lactose Free



ProBalance
Recommended Dosage:
daily 3x4 tablets
360 Tablets/ 252g
80102



YOU SAVE

Ask your LR Partner about our discounted set and subscription prices!

Figu *activ*



Nutrition

Varied, well-balanced, calorie-reduced
and delicious - with Figuactiv!



Fitness

Whether beginner or expert:
Efficient exercises for your indi-
vidual fitness level are waiting
for you!



Motivation

Celebrate your successes with even
more motivation thanks to your personal
weight-loss coach.



FEEL GOOD
LOOK BETTER.

Body Mission: The way to your desired weight

Losing weight successfully?

Finally made easy with the holistic approach of the Body Mission! Achieve what numerous dieters have already achieved: lose weight the healthy and sporty way! The unique combination of great taste, numerous fitness tips and videos motivates top performance.

For more information visit www.body-mission.com. Get started now!



The carefree package for your new “you”

**Figuactiv 28 days
Body Mission “Expert Program”
80434**

Your LR partner will be pleased to provide you with information on further Figuactiv programmes



Your meals

Replace 2 meals per day (for 28 days) by Figuactiv, one favourite meal is permitted

- ◆ 2 x Figuactiv Shakes of your choice
- ◆ 1 x Figuactiv Soup of your choice
- ◆ 1 x Figuactiv Vital
- ◆ 1 x Figuactiv Bars I (pack of 6) of your choice



Your diet companions

Helpful additional products which support your weight loss.

- ◆ 1 x Figuactiv Herbal Fasting Tea
- ◆ 1 x Figuactiv Protein Drink
- ◆ 1 x ProBalance
- ◆ 1 x Shaker **FREE**



Your extras

Lots of valuable information and helpful tips on the topic of weight loss are available online.

- ◆ Information brochure **FREE**
- ◆ Individual code for your personal weight-loss coach at body-mission.com **FREE**
 - Shows your progress
 - Provides nutritional plans and recipes
 - Practical workout exercises for in-between
 - Anytime and anywhere on your smartphone or tablet



Serving Suggestion



Serving Suggestion



Mission dream figure: Get started now!



- 1 Just choose the flavour and order now
- 2 Start Body Mission
- 3 Lose weight and feel well



28 DAYS

BODY MISSION

|||||

Varied and healthy: the **Figuactiv** meals



Serving Suggestion

From hearty to fruity:
All **Figuactiv** meals are
calorie-reduced and provide
well-balanced
nutrients – in many tasty
flavours.
Pleasure and dieting* go
hand in hand for us!

Figuactiv Soup

- ◆ Hearty meal substitute in 3 varieties
- ◆ Well-balanced nutrient supply
- ◆ Simply stir with water
- ◆ Low lactose content and gluten free
- ◆ No added preservatives



Figuactiv Soup
500 g can

Potato Soup "Auberge" 80208
Tomato Soup "Mediterranean" 80209
Vegetable Curry Soup "India" 80210



1 Portion -
1 Meal¹

¹ Based on three average sized meals during the day the energy output of 2,000 kcal daily

* Replacing one meal a day by such a meal substitute as part of a calorie-reduced diet contributes to maintaining the weight after weight loss. Replacing two meals a day by such a meal substitute as part of a calorie-reduced diet contributes to losing weight. To achieve this effect, you should replace one or two meals a day.



Figuactiv Shakes

- ◆ Creamy or fruity meal substitute in 3 varieties
- ◆ Well-balanced nutrient supply
- ◆ Fast and easy: simply stir with lactose-free milk
- ◆ A combination of plant and animal protein.
- ◆ Low lactose content and gluten free
- ◆ Without added preservatives and sugar²



Figuactiv Shakes

450 g

Strawberry-Banana	80201
Latte Macchiato	80203
Vanilla	80280



² contains natural sugar

Practical bars for on-the-go or fibre-rich delight



Figuactiv Vital

- ◆ Muesli-like, crispy meal replacement
- ◆ Well-balanced nutrient supply
- ◆ Mix with lactose-free yoghurt
- ◆ With fruity cranberry pieces
- ◆ Lactose Free
- ◆ No added preservatives

Figuactiv Figuactiv
Vital Crunchy Cranberry
 450 g can
 80295

1 Portion –
 1 Meal!





Serving Suggestion

Figuactiv Riegel

- ◆ Full meal, ideal for on-the-go.
- ◆ Well-balanced nutrient supply
- ◆ Suitable for direct consumption
- ◆ For nougat, crisp and strawberry lovers
- ◆ Now also with tomato mozzarella flavour Mediterana



Serving Suggestion



6 per box Figuactiv Bar
6 x 60 g

Crunchy Caramel Flavour
Strawberry-Yogurt flavour
Nougat Flavour
Mediterana

80272
80284
80271

80272
80284
80271
80547

The delicious bars
are available in three sweet
and one hearty version

¹ Based on three average sized meals during the day the energy output of 2,000 kcal daily

² Replacing one meal a day by such a meal substitute as part of a calorie-reduced diet contributes to maintaining the weight after weight loss. Replacing two meals a day by such a meal substitute as part of a calorie-reduced diet contributes to losing weight. To achieve this effect, you should replace one or two meals a day.



1 Portion –
1 Meal¹

Important diet companions



Serving Suggestion

Figuactiv Tee – The low-calorie source of liquid

A high fluid intake is very important when dieting. Therefore, the calorie-free combination of valuable herbs is the best alternative to still water.

Figuactiv Diet Herbal Tea

- enjoy with every meal
 - nice change from just mineral water
 - delicious herbal mixture
- 250 g
80205



Serving Suggestion

Figuactiv Protein Drink for enhanced muscle support

During a diet, it is vital to maintain muscle mass.
The Figuactiv Protein Drink provides extra proteins to support the muscles.



CERTIFIED

Scientifically confirmed by the EFSA*

- ◆ Proteins help maintain muscle mass
- ◆ Proteins help increase muscle mass
- ◆ Magnesium helps maintain the normal protein synthesis and muscle function
- ◆ Vitamin B6 helps maintain the normal protein and glycogen metabolism

* European Food Safety Authority

Figuactiv Protein Drink

- 80% protein
 - 5 different protein components
 - With magnesium & vitamin B6
- Recommended allowance:
Mix one measuring scoop
(12,5 g) per day with water or
skim milk.

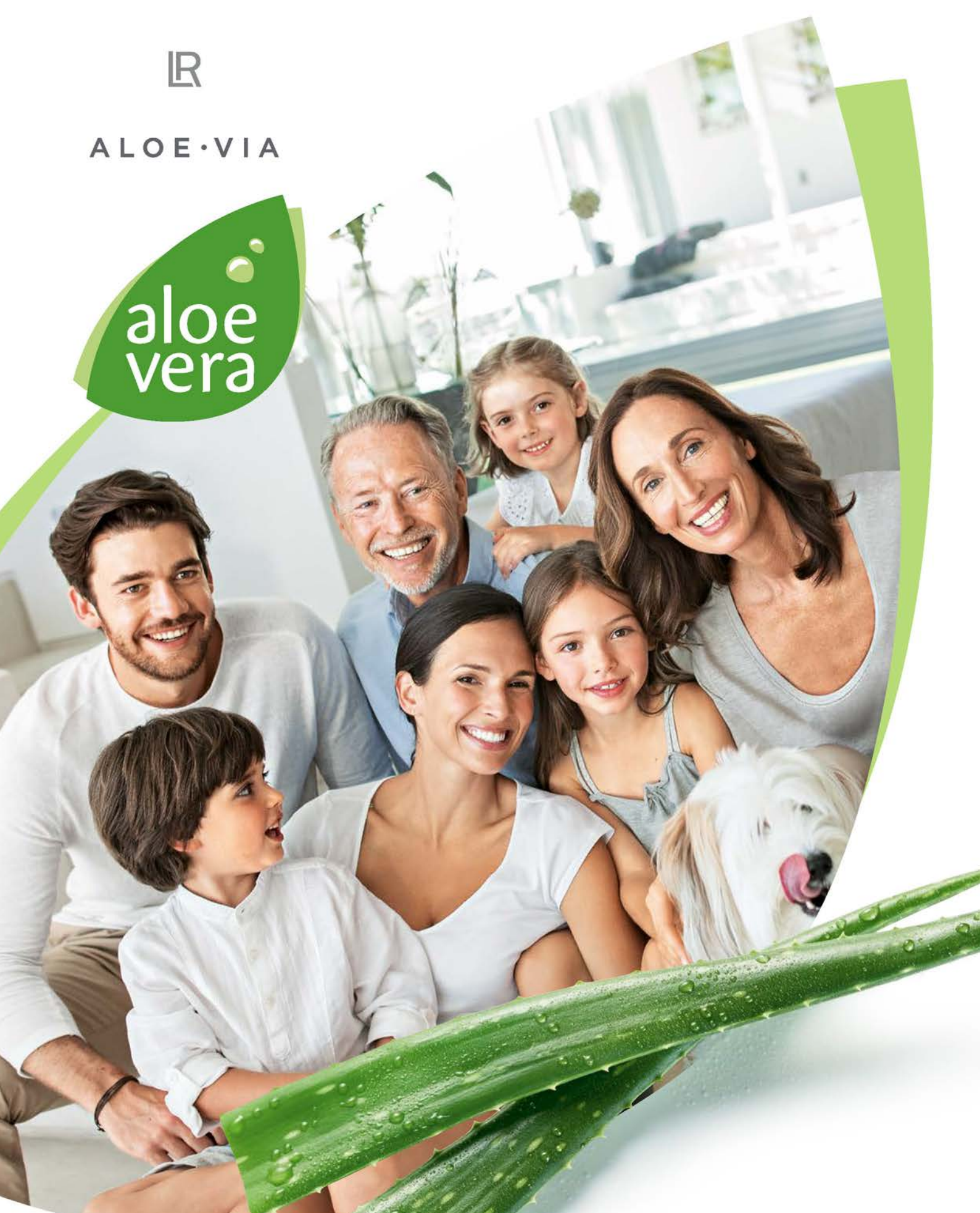
375 g
80550





ALOE·VIA

aloe
vera



LR Aloe Via

Your way to naturally nurtured skin



High Aloe Vera content for intensive care and regeneration



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



All products are 100% free of parabens and mineral oils

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

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

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

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

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

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



Our Aloe Vera gel is continuously tested by the renowned International Aloe Science Council (IASC) – from cultivation through to processing



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



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



ALOE·VIA

aloe
vera



INSTANT
**EMERGENCY
SPRAY**

Multi effective skin care elixir
With aloe vera &
12 natural extracts
Immediately refreshes, calms,
regenerates & protects



Special Care

For a healthy skin feeling

Special care

LR ALOE VIA Special care

– specially soothing and regenerating for stressed and irritated skin.

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



Aloe Vera Quick Emergency Spray

- Light spray for the whole body
- With a powerful combination of 83% Aloe Vera gel and 12 herbal essences
 - Forms a protective skin on the stressed skin
 - Soothes and cools
 - The skin is regenerated and the natural balance is restored

400 ml
20600



Aloe Vera Moisturising gel concentrate

- Refreshing care gel for irritated, dry skin
- 90% Aloe Vera gel
 - Instantly moisturises and cools the skin
 - Improves skin elasticity
 - Your skin immediately feels refreshed and revitalised

100 ml
20601



Aloe Vera Protective Propolis Cream

- Rich cream for dry skin in need of care
- 79% Aloe Vera and beeswax extract
 - Highly moisturising and nurturing
 - Strengthens the skin barrier and forms a protective film on the skin
 - Your skin feels soothed and relaxed

100 ml
20602

Special Care

For quick relieve
in everyday life

The “all-purpose” box For irritated skin, the three **LR ALOE VIA experts** support the natural regeneration of the skin – with a maximum of care. The Special Care Box is the perfect SOS care package for use at home and on the go



YOU SAVE WITH SETS

The “all purpose” SOS care.

Aloe Vera Special Care Box 20650

Aloe Vera with Propolis, 100 ml

Aloe Vera Concentrate, 100 ml

Aloe Vera Emergency Spray

in the handy 150ml bottle

(special size only available in the box set)



Aloe Vera Relaxing Thermal Lotion

Warming skin care lotion for muscle aches

- 45% Aloe Vera gel and natural essential oils
- Provides moisture and nourishes
- Promotes the muscles' blood flow
- The muscles relax and the skin becomes supple



100 ml
20603

Aloe Vera Multi-purpose MSM Body Gel

Quickly absorbing, cooling gel cream for stressed muscles and joints

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

200 ml
20604

Aloe Vera Regulating DermalIntense Cream

Extra rich cream for particularly stressed skin areas

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

50 ml
20606



Aloe Vera Clarifying Toner

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

200 ml
20671



Aloe Vera Balancing Cleansing Milk

- Mild cleansing milk for the face
- 50% Aloe Vera gel and organic rose extract
 - Gently cleanses the skin and removes make-up and dirt
 - Preserves the skin's natural moisture content

200 ml
20670

Face & Oral Care

Face & dental care

With Aloe Vera facial care and cleansing, **LR ALOE VIA** offers particularly gentle, effective cleansing coupled with a highly efficient care. And thanks to **LR ALOE VIA** oral and dental hygiene, thoroughly cleaned teeth and a fresh mouthfeel let every smile shine even brighter.

For perfect
charisma



Aloe Vera Multi-active Day Cream

Light texture for the day

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

50 ml
20674

Aloe Vera Regenerating Night Cream

Rich, delicately scented face cream for the night

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

50 ml
20675

Aloe Vera Extra Fresh Tooth Gel

Tooth gel for daily tooth-cleaning

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

100 ml
20690

Aloe Vera Protective Toothpaste

Toothpaste for the daily cleaning of sensitive teeth

- With 40% Aloe Vera gel and mineral complex
- Cleans thoroughly and particularly gently
- Reduces tooth hypersensitivity
- Effectively removes dental plaque
- With fluoride

100 ml
20691



FUNCTION

The secret of the Microsilver Plus Series is its unique ingredient Microsilver BG™. This is composed from pure silver powder which has a highly porous spongy structure. Microsilver BG™ with its antibacterial properties in combination with varying zinc binding components and dexpanthenol is present in all the products of the Series range. The silver grey colour in these products is a distinctive mark of quality.

* except for MICROSILVER PLUS dental care chewing gum

► MICROSILVER PLUS BG™ effective antibacterial:

- Removes undesired bacteria
- Prevents re-emergence of bacteria



EFFECT

The LR combination of active ingredients works threefold*:

- antibacterial
- regulates
- stabilises



APPLICATION

Body region	Area of application***	Solution
Teeth/Mouth	Teeth, teeth/mouth gums, bad breath, Dental enamel	Antibacterial Toothpaste
Teeth/Mouth	Teeth, bad breath, enamel	Antibacterial dental care chewing gum
Face	Pimples, Impurities	Antibacterial Wash Cream
Face	Pimples, Impurities	Anti-Acne Face Cream
Body	underarm perspiration, odour	Anti-microbial Deo Roll-on
Hands	perspiration, hygiene (en route)	Antibacterial Hand Gel
Hair	dandruff, dry scalp	Anti-dandruff Shampoo



We at DERMATEST® have undertaken numerous clinical studies on the Microsilver Plus products and can conscientiously confirm the effectiveness of the products.

Dr. Werner Voss

Founder and Director of the Dermatatest® GmbH, Medical Research Company

** scientifically accredited through several studies (et al. Fresenius)
***not caused by illness

Professional dental care at home and on the go



The human oral cavity is a perfect habitat for a large number of bacteria (micro-organisms). They settle on teeth, tongue and in the oral cavity and can cause caries, bad breath and periodontitis. The active agent MICROSILVER is the natural and gentle solution for reducing these bacteria. With the toothpaste and the dental care chewing gum, LR offers a perfectly harmonised all-round protection programme for healthy teeth and gums.

Tooth paste:

- ✚ Protects from caries and plaque
- ✚ Periodontal prophylaxis
- ✚ Eliminates bad breath
- ✚ Mineral **Hydroxylapatit** helps to repair damaged enamel.

Dental care chewing gum:

- ✚ Inhibits caries and removes plaque
- ✚ Reduces plaque formation
- ✚ Supports hardening of the dental enamel
- ✚ Regenerates the mucous membrane and remineralises teeth



01



VERIFIED

Effectiveness verified by Dermatest:

Tooth paste:

90% certified that their gums were more settled¹

Dental care chewing gum:

Eliminates **83%** of bacteria²

¹ antibacterial toothpaste was tested on 10 males and females in the age group from 18 to 72 years of age through the Dermatest GmbH over a 4 week period in April 2006.

² based on the bacterium Streptococcus. Dental care chewing gum tested in a user trial by 20 persons aged 26-54 by Dermatest GmbH for a period of 2 days in February 2010.



02



01 | MICROSILVER PLUS Toothpaste

Brush teeth thoroughly for at least 2 minutes in the morning and evening or as necessary.

75 ml
25090

Patent
pending

02 | MICROSILVER PLUS Dental care chewing gum

Chew at least for 5 minutes after every meal. With slightly minty flavour. To supplement daily dental hygiene.

10 x 1,4 g
25091

Patent
pending

* Patent No: DE 10 2010 063 720.3-43
** Patent No.: DE 10 2010 030 546 A1



Protection against perspiration odours

Deodorant Protection:

- ✚ Effective against perspiration odour – 24 hrs
- ✚ No alcohol: gently for your skin
- ✚ Without aluminium salts: does not block the perspiratory glands
- ✚ **Talcum** absorbs perspiration



MICROSILVER PLUS

Microsilver Plus Deo Roll on

Apply mornings and after showering.

50 ml
25022



CERTIFIED

Effectiveness verified by Dermatest:

- 80% confirmed, that they no longer suffered from unpleasant odour*
- 80% confirmed, that they no longer suffered from skin inflammation*

* antibacterial Deo Roll-on was tested on 20 males and females in the age group from 25 to 76 years of age through the Dermatest GmbH during a 4 week period in April 2010.



HAIR

actively eliminates Dandruff*

The Microsilver Plus Anti-Dandruff Shampoo not only helps to eliminate dandruff but also reduces the overproduction of scaling of the skin.

Hair Care:

- ✚ Mild Cleanser
- ✚ Eliminates dandruff*
- ✚ Acts as an anti-bacterial
- ✚ **Octopirox** helps regulate the scalp



MICROSILVER PLUS

Microsilver Plus Anti-Dandruff Shampoo

Mild anti-dandruff shampoo. Apply daily or as needed.

150 ml
25070



CERTIFIED

Effectiveness verified by Derma Consult GmbH:

- 100% confirmed that the build up of dandruff appeared less.**
- 80% confirmed that the scalp appeared less dry and less inflamed.**

* developed through a dry scalp

** MICROSILVER PLUS Anti-Dandruff Shampoo was tested on 10 men in the age group from 22 to 56 years of age through the Derma Consult GmbH during the period from April to June 2008.



HAND

Antibacterial solution for your hands

Hand hygiene:

- ✚ Hygiene without water
- ✚ A refreshing feeling
- ✚ **The zinc** provides a protective film for the hands



Hygiene for when you are on the go

MICROSILVER PLUS

Microsilver Plus

Hand Gel

A particularly convenient quick cleanser for on the go – no need for water.

75 ml
25051



Proven effectiveness against skin impurities



Blemished impure skin is often a result of an overproduction of the sebaceous glands in the skin. When the sebaceous glands are blocked they become the ideal conditions for the production of microorganisms. Microsilver Plus Face Care Products effectively clean the skin of unwanted bacteria.



Face cleansing:

- ✚ mild and deep cleansing of pores
- ✚ Salicylic acid opens pores



YOU SAVE WITH SETS

MICROSILVER PLUS
Microsilver Plus Face Set 25004
 MICROSILVER PLUS
 Microsilver Plus Face Wash · 150 ml
 MICROSILVER PLUS
 Microsilver Plus Face Cream · 50 ml



01 | MICROSILVER PLUS Face Wash

Use both mornings and evenings to clean the face with the anti-bacterial face wash.
 150 ml
 25000

02 | MICROSILVER PLUS Face Cream

Apply the Face Cream following cleansing with the Wash Cream
 50 ml
 25001

Face Care:

- ✚ Helps reduce impurities
- ✚ Skin appears more refined
- ✚ Defensil has an anti-inflammatory effect



CERTIFIED

Effectiveness verified by Dermatest:

- 100% indicated a high tolerance for the face cream*
- 85% confirmed a reduction in skin impurities*

* Anti-bacterial face cream was tested on 30 males and females in the age group 16 to 34 years of age through the Dermatest GmbH over a period of 8 weeks in August 2005.








LR GLOBAL KIDS FUND
initiated by LR Health & Beauty

We open up chances for children

PLEASE HELP US!

-  Our motto “More quality for your life” not only applies to our LR products and our business model.
-  With our LR Global Kids Fund, we are also committed to improving the quality of life of children. After all, there are still a lot of boys and girls who have little chances of a promising future.
-  All donations reach the individual local project in full, for instance in the areas of education and health.

All about our projects and on how
you can make a direct contribution at

lrgkf.com

Donations account

IBAN: DE30 4008 0040 0621 3431 00
BIC: DRESDEFF400



FEEL GOOD. LOOK BETTER.



LR Health & Beauty Systems GmbH · 59227 Ahlen

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Art. No: 93660-806

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