



HEALTH & BEAUTY

COLLECTION

1 | 2018



MORE QUALITY
for your life.



HEALTH & BEAUTY



LR
Aloe Via

Your way to naturally
nurtured skin



Dear LR Partners,

I am pleased to present the **new LR Collection** in a new design.

From now on you will find our entire range of high-quality health & beauty products in a catalogue, which will be published only once a year in January.

The new LR Collection offers you all the information you need. Therefore, you should always have it close at hand.

The biggest innovation in this issue concerns our range of healthcare products. The market for innovative healthcare concepts as a whole has grown exceptionally throughout Europe. More and more people take their health in their own hands. With our new strong **LR LIFETAKE** brand, we want to be a competent partner for these people – true to our motto "More quality for your life". LR LIFETAKE not only combines all LR health products in a clear and concise way, it also marks the beginning of a completely new concept: It focuses on the "rhythm of life", i.e. the individual person with their very own requirements. We have identified six of the most important health needs and created a holistic solution for each of them. Every solution consists of three building blocks: (1) a basic solution, (2) individual product supplements – tailored to the respective requirement – and (3) complementary expert tips. These solutions will make marketing of our LR LIFETAKE products even easier, more targeted and thus more successful in the future. We provide you with a whole new approach to your LR business. Simple for you as a partner – added value for your customers!

Our **LR ALOE VIA** and **LR MICROSILVER PLUS** care series as well as our anti-aging management **LR ZEITGARD** are also clearly aligned to your needs and those of your customers. LR ALOE VIA accompanies you on the way to naturally nurtured skin with the nourishing and regenerating power of Aloe Vera – care from head to toe, for young and old. LR ZEITGARD stands for innovative and sustainable anti-aging care for all ages and skin requirements. And LR MICROSILVER PLUS offers perfect protection and antibacterial care for irritated and stressed skin.

Take advantage of the opportunity offered by the LR business and the unique health & beauty concepts – and convince others!

Yours,

Dr. Thomas Stoffmehl
CEO, Management Spokesman



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HEALTH & BEAUTY

Offering people more quality of life...

For us at LR, the human being is the focus of all our actions. Every day, we work with passion to improve the quality of life of the people we encounter. With high-quality beauty and health products and above all with an attractive business model, we offer everyone the chance to improve their lives in a sustainable way.



Dr. Thomas Stoffmehl
CEO, Management Spokesman
LR Health & Beauty Systems GmbH

"LR Health and Beauty has been a reliable partner in direct sales for over 30 years. With our high-quality products and attractive business opportunities, we are improving the quality of life of people in 28 countries. We believe in the value of long-term, close relationships with our sales partners and customers – a clear corporate focus, excellent service for our sales partners and customers, highest quality standards and practised LR values are the foundation on which we build our common future."



Thomas Heursen
Director Global Partner Relations
LR Health & Beauty Systems GmbH

"For anyone who wants to seize the opportunity to change their life, LR is the right choice. For decades, we have been driven by the aspiration that our sales partners achieve their personal business goals. The success of each individual sales partner is important to us. That is why we offer you individual room for development and provide you with support when and where you need it. Take advantage of your chance to change – to improve your own personal quality of life".



Jessica Deventer
Vice President Marketing & Communication
LR Health & Beauty Systems GmbH

"We create more quality of life by providing modern and holistic product solutions that meet the consumers' needs. Today's consumers want products that are trustworthy, easy to use and have a clearly identifiable benefit. We bear this in mind when putting together our portfolio and focus on innovative products with highest quality standards made in Germany. In line with this, modern sales materials are available for successful business development."

MORE QUALITY

for your life.

...through products
with real added value.

Based on the needs of our partners and customers, we develop product solutions that create real added value. The LR Competence Center for Innovation, Science and Research consists of highly qualified employees and independent experts working on outstanding innovations based on the latest scientific findings. Our goal is to enhance your quality of life.



Dr. Stefan Biel
Director Research & Development
LR Health & Beauty Systems GmbH

As quality expert for the entire LR product portfolio, developing the best possible products with the best possible effect is my top priority. All products comply with strict quality standards and are regularly tested by renowned institutes. This guarantees the highest possible quality and effectiveness.



Dr. Werner Voss
Dermatest GmbH
Research Institute Münster

"Feeling comfortable in your own skin and radiating this feeling is essential for holistic well-being. As a specialist in dermatology and quality expert for the beauty segment at LR, I am entrusted with numerous skin-related topics. LR offers innovative, high-quality and highly effective care products which optimally cater to the various care needs."



Dr. Sven Werchan
Independent nutritional expert

"LR offers holistic solutions for health and nutrition and is geared to your individual needs. As a nutrition and quality expert at LR, I work with renowned experts who combine the best of nature with scientific progress to contribute to your well-being."

Professional health solutions for your beauty, health and nutrition.

“More quality for your life” – LR produces and markets high-quality beauty and health products according to the latest scientific findings, always geared towards the needs of its partners. This results in first-class product solutions that meet the highest standards. The focus is on the core brands: LR LIFETAKE in the health care and nutritional supplements sectors and LR ALOE VIA and LR ZEITGARD in the care sector.

HEALTH & NUTRITION



LR LIFETAKE

YOUR LIFE. YOUR RHYTHM.
YOUR WELL-BEING.

LR LIFETAKE combines first-class nutritional supplements to create individual, scientifically proven solutions that are tailored to your personal needs in every phase of life. In addition, LR LIFETAKE supports you with practical expert tips on nutrition, exercise and lifestyle.



CARE



YOUR WAY TO NATURALLY
NURTURED SKIN

LR ALOE VIA is a natural moisturising care for young and old, from head to toe. With the nourishing and regenerative power of Aloe Vera, it offers just the right answer to every care requirement.



FOR TIMELESSLY
BEAUTIFUL SKIN

LR ZEITGARD Anti-Age Management is a professional overall concept for supporting a youthful appearance – even before the first wrinkles appear.



FUNCTIONAL CARE FOR
ANTI-BACTERIAL PROTECTION

The functional care series **LR MICROSILVER PLUS** with its combination of active ingredients containing MICROSILVER BG™, panthenol and zinc compounds for deep cleansing, anti-bacterial protection and gentle care.

FRAGRANCE



Lifestyle fragrances for every day or timeless LR Classics – LR offers **Eau de Parfums** for Her & Him. But also **celebrity fragrances**, for instance by the action star Bruce Willis or model Karolina Kurkova.

COSMETICS



While our **LR Deluxe** premium cosmetics meet even the most sophisticated demands, the variety of **LR Colours** offers innovative highlights for young trendsetters.



YOUR LIFE. YOUR RHYTHM. YOUR WELLBEING.

Is there a recipe for happiness? Health is happiness they say. Feeling comfortable in your own body, being fit and full of energy, that is pure quality of life.

But how do I stay healthy? This is where LR LIFETAKT comes into play, combining first-class nutritional supplements with individual solutions tailored to your personal needs in every phase of life. Whether you are currently in a stressful phase, have no time for a balanced, nutritious diet or want to lose a few pounds – as your competent partner, LR LIFETAKT always has the right solution for you – for your daily plus in quality of life. Take your health into your own hands with LR LIFETAKT and set the pace. LR LIFETAKT products are inspired by nature, combining the latest scientific and research findings. The result: Unique products with maximum effectiveness and consistently high quality. This is confirmed by renowned, independent institutes such as SGS Institut Fresenius, for example in the case of Aloe Vera Drinking Gels.

LR LIFETAKT offers holistic solutions that go beyond nutritional supplements:

In addition to the products, LR LIFETAKT supports you with scientifically based expert tips on nutrition, exercise and lifestyle.





LR LIFETAKT



LR LIFETAKT is your **personal partner** who supports you in every phase of your life with competent solutions for your individual needs.



LR LIFETAKT combines the latest **scientific** and **research** findings with **the best of nature**.



LR LIFETAKT offers **holistic advice** on nutrition, exercise and lifestyle.



The right LR LIFETAKT solution for every phase of life

LR LIFETAKE is your personal partner who supports you in every phase of your life with competent solutions for your individual needs. The products are part of a holistic solution that not only provides you with comprehensive support for a healthy diet, but also in the areas of exercise and lifestyle. In line with a modern health management system, each LR LIFETAKE solution is based on 3 building blocks:



BASIC SOLUTION: You have different needs at every stage of your life.

LR LIFETAKE offers monthly sets for these needs, consisting of scientifically proven product combinations. You'll always be well taken care of.



INDIVIDUAL SUPPLEMENTS: In addition, LR LIFETAKT offers complementary supplements that meet your individual preferences and needs.



EXPERT TIPS: As part of the holistic approach, LR LIFETAKE additionally supports you with numerous suggestions from our nutrition expert Dr. Werchan on the subject of nutrition, exercise and lifestyle.

LR LIFETAKT

Your life Your rhythm. Your well-being.

More information on the individual LR LIFETAKT products can be found starting on **page 44**.





Daily Essentials

NUTRIENT SUPPLY FOR EVERY DAY – so that you and your family are always supplied with the most essential nutrients. Even if you don't find the time to take care of a balanced diet.

Page 13



Mental Power

STRONG PERFORMANCE FOR EVERY SITUATION – gives you the right support even in stressful situations: whether in a demanding job, turbulent family life or active leisure time.

Page 19



Vital Care

VITALITY AT ANY AGE

– give your body the support it needs to stay vital and healthy when you put your plans into action. You still have a lot of plans? Don't let yourself get deterred.

Page 25



Seasonal Support

SUPPORT IN EVERY SEASON

– especially if you are on the road a lot every day and want to defy the wind and weather. Here comes new impetus for your well-being.

Page 31



Body Mission

STEP BY STEP TO YOUR DESIRED WEIGHT – here your body gets everything it needs on the way to your desired shape. To help you reach your goals quickly and easily, look better and simply feel at ease.

Page 37



Pro Activity

MAXIMUM MOBILITY IN EVERY PHASE OF LIFE – that means staying mobile in the long run and mastering everyday life effortlessly. Whatever you are up to: enjoy your maximum mobility.

Page 43







Daily Essentials

NUTRIENT SUPPLY FOR EVERY DAY

A healthy diet is important to you. You want to be sure that you and your family are always supplied with important nutrients. However, you also have a lot to do every day and you do not always manage to ensure a balanced diet. LR LIFETAKE Daily Essentials makes it easy for you to eat healthy in hectic everyday life¹.



¹ Vitamin C in Aloe Vera Drinking Gel Traditional with Honey contributes to a regular energy metabolism and a functioning nervous system. Magnesium in Pro Balance contributes to the reduction of fatigue and exhaustion and to maintaining electrolyte balance.

Daily Essentials

A nutrient supply that gives you new energy every day.

Your life is colourful, diverse and there is always something to do. For example if you are on the move with your family from dawn to dusk. Or if the short lunchbreak at work only leaves time for some fast food to go. Hobbies and friends should not be neglected, of course. You don't want to miss anything – but you don't want to do without a healthy diet either.

Because it's very important to you. You know that you need sufficient nutrients to have enough energy for your busy day. Whether as a family manager, at the workplace or as a true sports fan: You know that power only comes from a nutritious diet. Since you cannot always bring that in line with your daily routine, LR LIFETAKT has a solution for you to ensure that your body always remains fully functional.

Full day, empty nutrient depots?

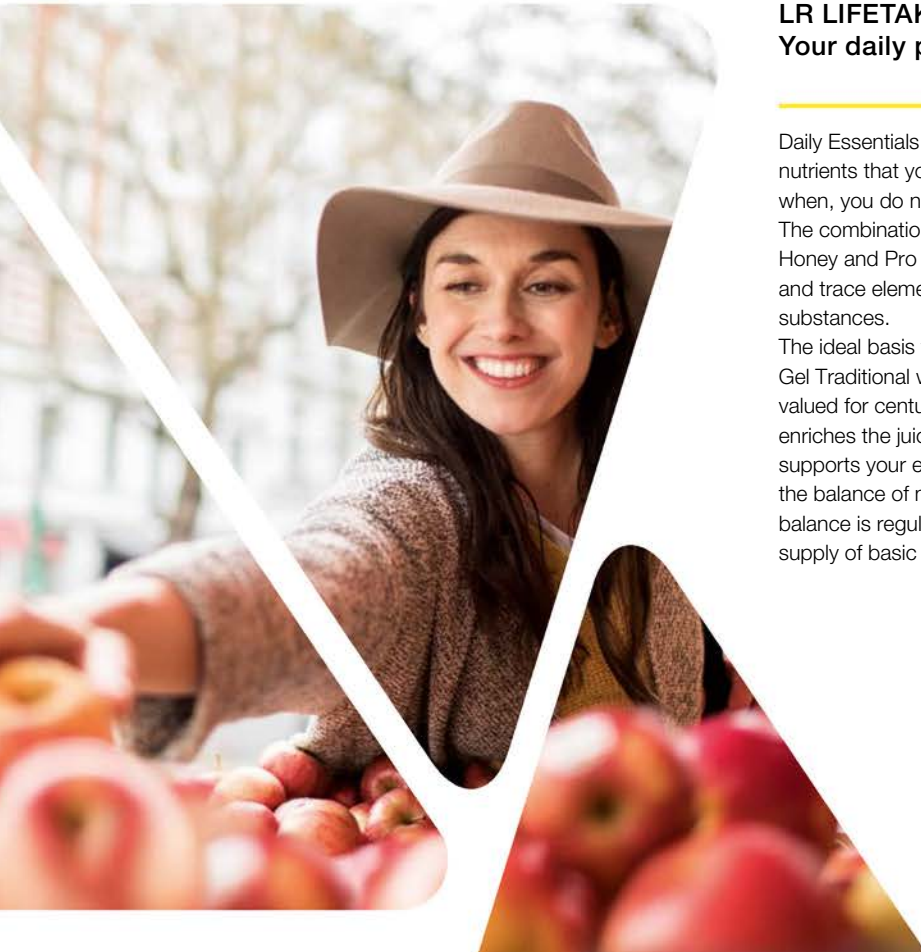
LR LIFETAKT Daily Essentials. Your daily plus for nutrient supply.

Daily Essentials by LR LIFETAKT supplies you with important nutrients that your body needs every day. Even if, and especially when, you do not have time to cook fresh or eat a balanced diet. The combination of Aloe Vera Drinking Gel Traditional with Honey and Pro Balance supplies your body with important minerals and trace elements as well as with high-quality herbal substances.

The ideal basis for a well-functioning metabolism¹. Aloe Vera Drinking Gel Traditional with Honey: In naturopathy, Aloe Vera has been valued for centuries for its unique composition of ingredients. LR enriches the juice of the Aloe Vera plant with valuable vitamin C. This supports your energy metabolism. In addition, Pro Balance restores the balance of nutrients in your body². The body's own acid-base-balance is regulated by valuable trace elements and an optimal supply of basic minerals².

¹ Vitamin C contributes to a regular energy metabolism and a functioning nervous system.

² Magnesium contributes to the reduction of fatigue and exhaustion and to maintaining the electrolyte balance.





Daily Essentials

BASIC SOLUTION



Daily Essentials MONTHLY SET

Aloe Vera Drinking Gel
Traditional with Honey

pack of 3:
80743 | 3 x 1000 ml

More information on
page 48



ProBalance Tablets
80102 | 360 Tablets / 252 g

More information on
page 55



Nutrient supply^{1,2} as a subscription

Your LR partner will be happy to
inform you of our attractive
subscription offers

Individuals



INDIVIDUAL SUPPLEMENTS:

Your everyday life is as diverse as your diet should be. But personal requirements and tastes vary as well. Five portions of fruit and vegetables per day, lots of fresh fish and wholemeal products. As healthy as they are, not everybody likes them. Therefore, LR LIFETAKT offers optional solutions tailored to your individual needs.

Fish, eggs and other suppliers of omega-3 fatty acids are rarely on your menu?

Super Omega Capsules have a high content of the omega-3 fatty acids EPA and DHA and contribute to maintaining cardiac health.¹

Super Omega capsules
80338 | 60 capsules / 100,8 g

You exercise a lot and need additional protein?

Protein Power supplies extra proteins to support your muscle mass.²

Protein Power Drink Powder Vanilla
80550 | 375 g

You are not a big fan of wholemeal products?

Fiber Boost supplements your daily diet with its high fibre content from 3 dietary fibre sources.

Fiber Boost Powdered Drink
80630 | 210 g



Extra vitamins needed?

Vita Active offers a vitamin supply of 10 essential vitamins with only one teaspoon a day³ – for young and old.

Vita Active Red fruits
80301 | 150 ml

More information on the individual LR LIFETAKT products can be found starting on page 48.

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

² Proteins contribute to the maintenance and increase of muscle mass and the maintenance of healthy bones.

³ Vitamin D supports the maintenance of a normal bone structure and muscle function. Vitamin B1 (thiamine) contributes to a regular energy metabolism, function of the nervous system and mental health.



Expert Tips

EXPERT TIPS:

“Daily intake of all essential nutrients such as vitamins, minerals and trace elements in sufficient quantity forms the basis of a healthy life. There are also other important components that influence our daily well-being. Therefore, I recommend integrating the following simple tips on nutrition, lifestyle and exercise into your everyday life.”

Dr. Sven Werchan, nutrition expert

Dr. Sven Werchan
Nutritional expert



LIFESTYLE

A healthy lifestyle means well-being on many different levels. The most important basis is loving yourself.

- Be good to yourself. Not too harsh. Not too critical. You will see how good that feels.
- Let go of everything that is not important to you or does not do you any good. Clean up: real-life AND digital clutter: Unsubscribe from unnecessary newsletters and empty your email inbox.



NUTRITION

Start with small changes that you can easily integrate into your daily routine – but that make a big difference.

- For example, work in wholemeal days and try: Brown rice, wholemeal pasta and of course bread.
- Eat a lot of green vegetables: broccoli, rocket, kale, spinach or Chinese cabbage provide many valuable vitamins.



MOVEMENT

The most important thing about exercise is to move at all. You should integrate it into your daily life, if possible.

- Take the stairs at least once a day instead of the lift or escalator. Your muscles will appreciate it.
- Combine what's useful with what's business: Why not have your next meeting while taking a walk around the block?





Mental Power

ENHANCED PERFORMANCE IN EVERY SITUATION!

You always give your best. Whether at the job, at university or in everyday family life: You challenge yourself or you are being challenged. This often leads to stress. LR LIFETAKT Mental Power gives you the power and serenity to master any situation in everyday life, no matter how demanding^{1,2,3,4}.



¹ Vitamin E in Mind Master helps protect the cells from oxidative stress.

² Thiamine and vitamin B12 in Mind Master contribute to a regular energy metabolism.

³ Vitamin B12 in Mind Master contributes to your mental health.

⁴ Magnesium in Pro Balance contributes to electrolyte balance.

Mental Power

Your answer to challenges in everyday life: power.

Taking on challenges and mastering them is a part of everyday life. The challenges of everyday – professional and private – life can motivate us to small and major feats. Some people even need this stress to reach their full potential. But if you demand a lot from your body, you also have to give something back. And find a healthy balance between stress and relaxation.

Whether you are a student in the middle of your exam period or a

young parent permanently under stress juggling the double burden of household and job. Whether you are a professional or an athlete continually rising beyond yourself – you all have one thing in common:

You want to remain productive in the long run. But not just like this, but with success, so that your body remains efficient even under stress. LR LIFETA KT has a solution for you.

Challenging everyday life, intensive lifestyle?

LR LIFETA KT MENTAL POWER. For extra power and serenity.

The unique, coordinated product combination, LR Lifetakt Mental Power helps neutralise the negative effects of stress in the body¹ and gives you energy. You stay fully focused to make the most of yourself.²

Mind Master protects the cells from oxidative stress¹ and contributes to a healthy energy metabolism and nervous system with vitamins³ and minerals².

Pro Balance restores the important acid-base balance⁴. This reduces fatigue and exhaustion⁵. For those with a busy lifestyle – who want to be successful at the same time.

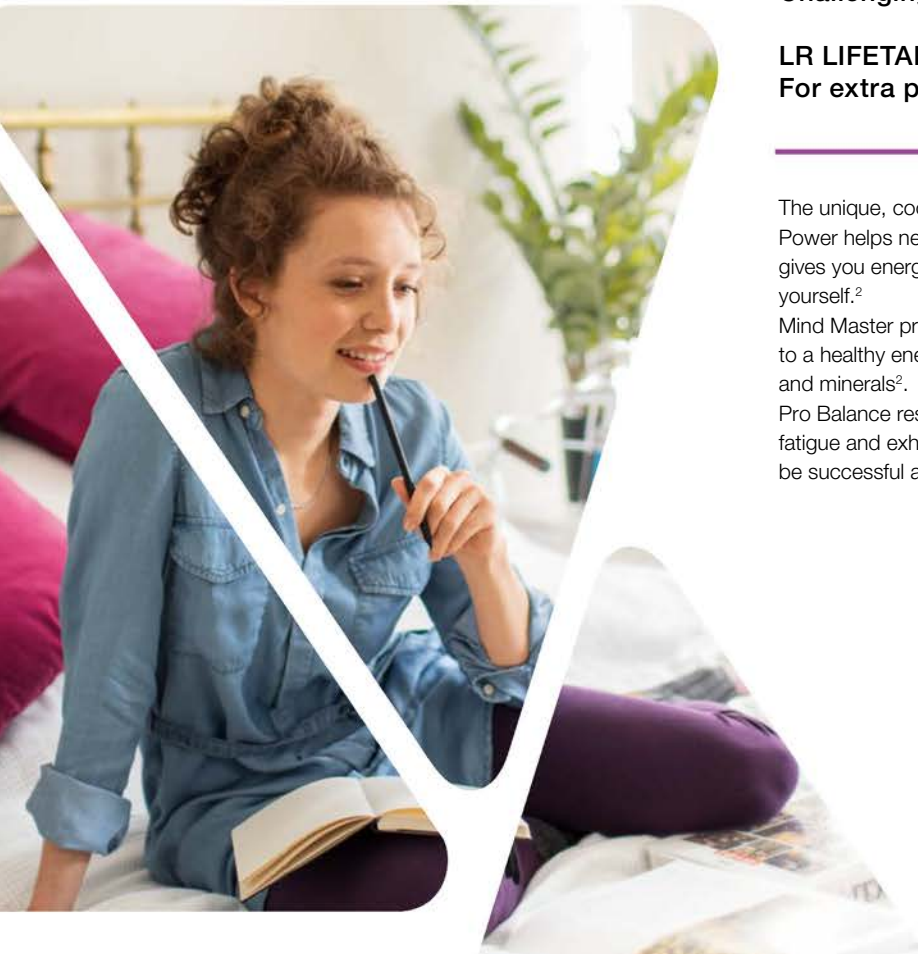
¹ Vitamin E in Mind Master helps to protect the cells from oxidative stress.

² Thiamine and vitamin B12 in Mind Master contribute to a regular energy metabolism.

³ Vitamin B12 in Mind Master contributes to mental health.

⁴ Magnesium in Pro Balance contributes to electrolyte balance.

⁵ Magnesium in Pro Balance helps reduce fatigue and exhaustion.





Mental Power

BASIC SOLUTION



Mental Power MONTHLY SET

Mind Master set of 5

Put together your own set of 5 bottles of Mind Master choosing from **Formula Green** and **Formula Red**.

80935 | 5 x 500 ml

More information on
page 50



ProBalance Tablets

80102 | 360 Tablets / 252 g

More information on
page 55



Performance^{1,2,3,4} subscription

Your LR partner will be happy to inform you of our attractive subscription offers

Individuals



INDIVIDUAL SUPPLEMENTS:

Every body responds differently to challenging situations: Listen to your needs and get exactly the support your body needs. Even if it means stress: you will manage and try to stay focused. And in case you need a little extra support: Pro 12 and Colostrum are the perfect complements for your general sense of wellbeing.

You just want to feel good?

Pro 12¹ supports your general sense of well-being.

Pro 12 Capsules

80370 | 30 Capsules / 15 g

You want a quick, uncomplicated solution?

Colostrum Liquid is perfect for fast, direct consumption.

Colostrum Liquid

80361 | 125 ml



More information on the individual LR LIFETAKT products can be found starting on page 48.

¹ Patent No: DE 10 2010 030 546 A1



Expert Tips

EXPERT TIPS:

"If you work and live at a fast pace, you have to supply your body with various nutrients. But that is not all: to make sure that challenges do not become stressful, you should take physical and mental time-outs from time to time. A combination of healthconscious nutrition, sufficient exercise and a healthy lifestyle will lead you directly to your goal. The expert tips help you maintain your performance level and increase your energy level."

Dr. Sven Werchan, nutrition expert

Dr. Sven Werchan
Nutritional expert



LIFESTYLE

If you achieve high performance every day, you also have to make a little room for yourself.

- 2 minutes of conscious breathing with closed eyes relaxes the nervous system and creates a new balance. Tensions are released automatically.
- One media-free day per week can have a very inspiring effect. Switch off the TV, radio and, if possible, the mobile phone.



NUTRITION

Whether super food or local fruit and vegetables – it is important to eat a varied diet. The more colourful the plate, the more diverse the nutrients you take in.

- It is not without reason that nuts are a typical snack food for students. Eat a variety of foods and mix walnuts, Brazil nuts or cashews with some extra dry fruit.
- The ultimate breakfast: Rolled oats with cinnamon, fresh berries and nuts. That will make you fit and happy.



MOVEMENT

Exercise helps relieve stress and normalise blood sugar and blood fat levels.

- If you sit a lot because you have to work hard at work or for your studies, take a 5-10 minute walk in the fresh air during your lunchbreak. Get your circulation going.
- A simple exercise for which you do not even have to leave the room: Shake out arms and legs about 5 times a day for 30 seconds.




 LR LIFETAKT

Vital Care

VITALITY AT EVERY AGE

You are in the prime of your life and full of plans. You want to share your experience and live a life full of vitality. What more could you wish for than that your body can keep up with this zest for life? Enhance your vitality and radiate vitality and energy with LR LIFETAKT Vital Care¹.



¹ Vitamin C contributes to regular collagen formation to support the normal functioning of the blood vessels and to a healthy energy metabolism.

Vital Care

STAY AS VITAL AS YOU FEEL.

Life still holds a lot in store for you. You are not planning on taking it easy. Are you still fully active in professional life or perhaps even treading new paths? Do you want to dedicate yourself entirely to your hobby or your grandchildren or travel extensively. Whatever you have in mind, a good constitution and robust health are the best basis for this.

However, our metabolism slows down as we get older, which can also affect the functioning of the cardiovascular system.

But that should not be a reason to slow down. LR LIFETAKT has the solution for you, so that you can continue to enjoy life in all its facets full of vitality.

You still have a lot of plans?

LR LIFETAKT Vital Care for your daily plus of vitality

You still have a lot of plans? LR LIFETAKT Vital Care for your daily plus of vitality Vital Care from LR LIFETAKT supports you at this point in life. Your metabolism and cardiovascular system are optimally supported.¹ Your vitality is promoted.¹ If you feel that it is time to get some additional support, Aloe Vera Drinking Gel Intense Sivera is exactly what you are looking for. In naturopathy, Aloe Vera has been valued for centuries for its unique composition of ingredients. LR enriches the juice of the Aloe Vera plant with nettle extract.

In addition, Reishi Plus¹ contributes to a normal function of the blood vessels. In Far-Eastern tradition, Reishi has been used in naturopathy for centuries as the "mushroom of long life".



¹ Vitamin C contributes to a regular energy metabolism.
Vitamin C contributes to regular collagen formation to support the normal functioning of the blood vessels.



Vital Care

BASIC SOLUTION



Vital Care MONTHLY SET

Aloe Vera Drinking Gel
Intense Sivera set of 3:

80823 | 3 x 1000 ml

More information on
page 49



Reishi Plus Capsules
80331 | 30 Capsules / 15,2 g

More information on
page 56



Vitality¹ as a subscription

Your LR partner will be happy to
inform you of our attractive
subscription offers

Individuals



INDIVIDUAL SUPPLEMENTS:

"You are as old as you feel" – good to know that LR LIFETAKT offers individual support for everyone. Because while one person is starting to deal with the issues of menopause, another person notices that he or she is not quite as fit anymore.

Don't be annoyed at minor ailments, and support your vitality² exactly where you need it – so that you can focus on the good things in life: for example your next project.

You want to do something for your cardiac health every day?

Super Omega provides you with the essential fatty acids EPA and DHA and thus contributes to a regular cardiac function¹.

Super Omega Capsules
80338 | 60 Capsules / 100,8 g

You just want to feel good?

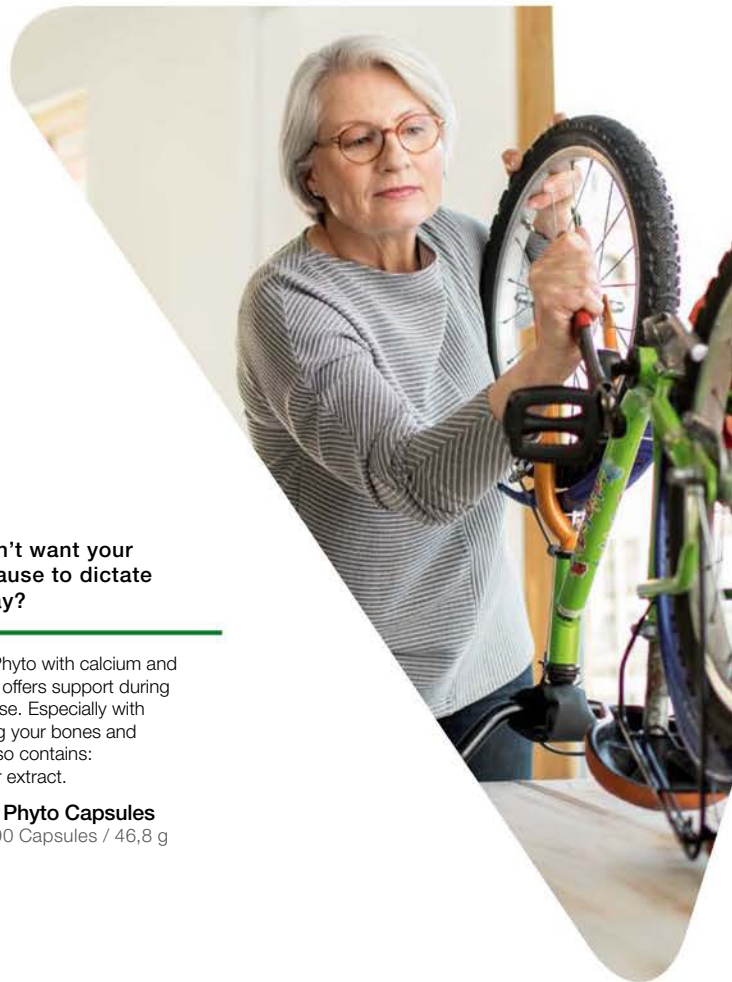
Pro 12² supports your general sense of well-being.

Pro 12 Capsules
80370 | 30 Capsules / 15 g

You don't want your menopause to dictate your day?

Women Phyto with calcium and vitamin D offers support during menopause. Especially with preserving your bones and teeth³. Also contains: red clover extract.

Woman Phyto Capsules
80332 | 90 Capsules / 46,8 g



More information on the individual LR LIFETAKT products can be found starting on page 48.

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

² Patent No: DE 10 2010 030 546 A1

³ Vitamin D and calcium contribute to the maintenance of healthy bones and teeth.



Expert Tips

EXPERT TIPS:

"The body and the mind should be equally cared for so that you keep feeling young as long as possible. In addition to a healthy diet, it is therefore good to think and act holistically – especially if the body needs a little more support than in the past. Treat it to a little extra attention. Be good to your body and to yourself. It will definitely be worth it."

Dr. Sven Werchan, nutrition expert

Dr. Sven Werchan
Nutritional expert



LIFESTYLE

Perhaps the best health tip of all: Maintain your friendships. They are irreplaceable.

- Women are usually well connected with their friends. Enjoy that as best as you can. Laugh, exchange ideas, do something.
- A true friendship between men is something really special: Meet up with your childhood friends, colleagues or your former clique.



NUTRITION

There is nothing better for maintaining your own quality of life and sense of well-being than a healthy diet.

- Cabbage contains many essential nutrients and comes in various forms: as broccoli, Brussels sprouts, savoy cabbage or red cabbage. Test the varieties!
- Linseed stimulates digestion and provides plenty of fibre – just add it to your muesli in the morning.



MOVEMENT

Exercise is a real fountain of youth. Listen to your body, you will quickly notice what you are capable of.

- Go speed-walking in a nice group or go for regular walks – brisk walking is a sensible form of exercise at every age.
- Keep your joints in motion and try to turn the wrists and ankles 4 times in each direction after getting up.





Seasonal Support

SUPPORT FOR EVERY SEASON

You are often among people and on the road. Whether in crowded public transport, in the office, or outdoors in all weathers: With LR LIFETAKT Seasonal Support you get the support your body needs. So you can enjoy every season to the full.



Seasonal Support

Every season is your season.

Spring, summer, autumn and winter – as nice as they may be, every season brings along specific physical challenges.

Whether changing spring weather, air-conditioning, unpleasant constant rain or biting cold – especially when you and your family spend a lot of time among people, e.g. in the office or at the

nursery – these fluctuations also affect the body.

Especially in times like these you should pay attention to yourself. LR LIFETAKT creates a good basis.

Ready for all weathers?

LR LIFETAKT Seasonal Support.
Your daily plus of support for every season.

You want to enjoy every season – from spring to winter? LR LIFETAKT Seasonal Support supports you precisely when it is most important for your personal well-being.

Traditional Aloe Vera Drinking Gel with Honey supports your immune system with 75 % of your daily requirement of vitamin C¹ per daily intake (50ml). Moreover, the juice of the Aloe Vera plant contributes to your general well-being. In addition: Colostrum Capsules². They include the first milk of the cow, which already provides the newborn with everything it needs. Two companions – especially if you are often on the road with others.



¹ of the recommended daily allowance.

Vitamin C contained in Aloe Vera Drinking Gel Traditional with Honey contributes to a regular function of the immune system.

² Capsules containing Colostrum



Seasonal Support

BASIC SOLUTION



Seasonal Support MONTHLY SET

**Aloe Vera Drinking Gel
Traditional with Honey**
pack of 3:
80743 | 3 x 1000 ml

More information on
page 48



Colostrum Capsules
80360 | 60 Capsules / 30,9 g

More information on
page 53



Seasonal support^{1,2} as a subscription

Your LR partner will be happy to
inform you of our attractive
subscription offers

Individuals



INDIVIDUAL SUPPLEMENTS:

Your body's defence system works non-stop. Support it with the right products for your individual needs. Cold, humid weather in combination with warm heating air, the general change of seasons or the first pollen count cause stress for the body – vitamin C contained in Cistus Incanus offers you support. Also for your well-being: Colostrum².

You want to be perfectly prepared for every emergency?

Cistus Incanus Spray with vitamin C is your immune system support for on the go¹.

Colostrum Liquid contains the first colostrum milk for direct consumption

Cistus Incanus Spray
80326 | 30 ml

Colostrum Liquid
80361 | 125 ml

Do you rely entirely on the power of nature?

Cistus Incanus Tea is 100 % natural and makes you feel good from the inside out.

Cistus Incanus Capsules contain vitamin C for the immune system¹

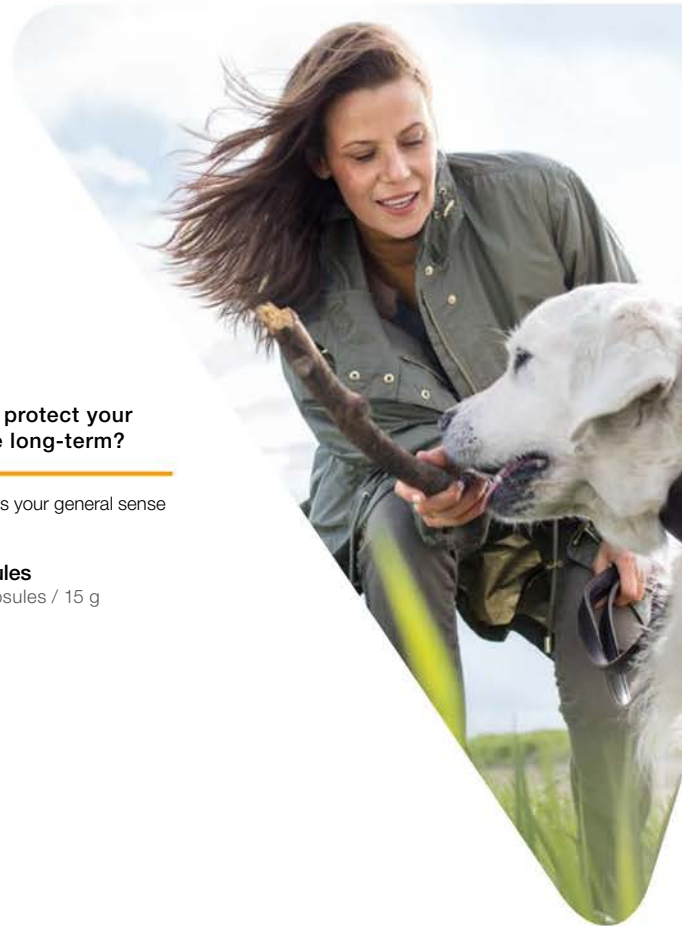
Cistus Incanus Tea
80404 | 250 g

Cistus Incanus Capsules
80325 | 60 Capsules / 33,5 g

You want to protect your health in the long-term?

Pro 12³ supports your general sense of well-being.

Pro 12 Capsules
80370 | 30 Capsules / 15 g



More information on the individual LR LIFETAKT products can be found starting on page 48.

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

² Capsules containing Colostrum

³ Patent No: DE 10 2010 030 546 A1



Expert Tips

EXPERT TIPS:

“Fresh air is a real all-rounder if you proceed with care and are well prepared. Outdoors, in air-conditioned rooms or wherever there are a lot of people in the same location, your immune system can withstand any onslaught – if you combine a healthy diet, sufficient exercise and a balanced lifestyle. For a holistic sense of well-being at any time of the year.”

Dr. Sven Werchan, nutrition expert

Dr. Sven Werchan
Nutritional expert



LIFESTYLE

**Your outer balance automatically affects your inner self.
Less stress and more sleep are important elements for a
functioning immune system.**

- If you notice a cold coming on: treat yourself to a lot of rest and go to bed an hour earlier.
- If you still caught a cold, air the room several times a day. This reduces the concentration of infectious micro-organisms in the room.



NUTRITION

**Our food contains so many beneficial
substances: Especially plants and spices
can boost our immune system.**

- Kiwi is a real vitamin C powerhouse – with over 50% of the daily requirement in a single fruit.
- If you feel a little under the weather, Grandma's popular chicken broth with meat warms from within and is comforting.



MOVEMENT

**In order to be fit and stay fit, exercise is
the be-all and end-all. It doesn't always have
to be an extensive workout.**

- 5-10 minutes a day in the fresh air can already make a difference. Take a short walk and breathe in and out deeply through your nose.
- Do not sit in one position for too long. Get up often, stretch and take a few steps. Take a breath.





Body Mission

STEP BY STEP TO YOUR DESIRED WEIGHT

You want to look good and feel comfortable in your body. You want to finally get rid of the last flabs or even lose some more weight? Then the LR LIFETAKT Body Mission is a good way to reach your desired weight and gain new self-confidence¹.



¹ Weight control: Replacing two of the main 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 main meals a day. Magnesium in Protein Power supports a normal energy metabolism. Proteins in Protein Power contribute to the maintenance and increase of muscle mass and maintain healthy bones.

Body Mission

Feel good in your body again.

Imagine looking into the mirror and being completely satisfied with what you see: An attractive body that shows that lets you breeze through the day full of confidence. If this is what you want, you should start right now and you will see: It's worthwhile!

It doesn't matter whether you just want to get rid of those extra pounds or whether you want to drop several dress sizes.

Also after the baby break, before a wedding or another important event, a new, great body feeling is a perfect start into a new phase of life. And you are ready for the next beach holiday as well.

You would like to reach your desired weight in an easy way?

LR LIFETAKE BODY MISSION.
Your daily plus for a new, attractive feeling.

LR LIFETAKE Body Mission accompanies you on the way to a feel-good weight for 28 days¹. You'll be supported in three ways:



Meal substitutes: Figu Active makes it easy to replace two out of three meals a day. The shakes, soups, flakes and bars are quickly prepared.



Diet companions: Pro Balance and Protein Power – your diet companions² support you in your diet, supply you with nutrients and promote muscle development³. In addition, the herbal fasting tea contributes to a calorie-free water balance.



Weight-loss coach: Get exclusive online access to your personal weight loss coach with weekly plans, delicious recipes, weight tracking, community, fitness videos and much more.

Get started now! Losing weight has never been easier with the Body Mission.

¹ Weight control: Replacing two of the main 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 main meals a day.

² Magnesium in Protein Power supports a normal energy metabolism.

³ Proteins in Protein Power contribute to the maintenance and increase of muscle mass and maintain healthy bones.





Body Mission

BASIC SOLUTION



BODY MISSION 28 days SET

Tasty meals

2 x Figu Active Shakes of your choice in the following flavours: strawberry banana, vanilla or latte macchiato

1 x Figu Active soup of your choice in the following flavours: Tomato Mediterranean, Potato-Aubergine or Vegetable Curry India

1 x Figu Active bar (6 pack) of your choice in the following flavours: Nougat, Strawberry-Yoghurt or Crunchy Caramel

1 x Figu Active Flakes
Crispy Cranberry

Sensible diet companions

1 x Pro Balance tablets
1 x Herbal Fasting Tea
1 x Protein Powder
1 x Powdered Drink Vanilla
1 x LR Shaker including portion can

Weight-loss coach

Access to the online weight-loss coach and the community

80434 |

More information on page 59



Individuals



INDIVIDUAL SUPPLEMENTS:

A good and varied diet and weight loss are not mutually exclusive. Even better if you have important allies at your side to ensure that your good intentions turn into success. The Basic Solution offers you everything you need to lose weight while eating delicious and healthy meals and simply look better.

In addition, we recommend our product supplements, which individually support you in achieving your goals. Fiber Boost supplies you with fibre that will make you feel satisfied for a longer time. Aloe Vera Drinking Gel Peach supports your energy metabolism¹ and reduces fatigue and exhaustion¹. Always keep your eyes on your goal: A dream body as you like it.

Would you like to boost your metabolism?

Aloe Vera Drinking Gel Peach Flavour supports your energy metabolism¹. It also tastes pleasantly sweet without added sugar².

Aloe Vera Life Essence Peach

80750 | 1000 ml



You're always hungry?

The dietary fibre drink Fiber Boost is high in fibre and makes you feel satisfied.

Fiber Boost Drink Powder

80630 | 210 g



More information on the individual LR LIFETAKT products can be found starting on page 48.

¹ Vitamin C contributes to a normal energy metabolism and reduces fatigue and exhaustion.

² Aloe Vera Drinking Gel Peach contains naturally occurring sugars



Expert Tips

EXPERT TIPS:

"For all those who want more than just counting calories, I recommend the Body Mission with its holistic concept. The Body Mission products make weight-loss easy and delicious. An accompanying weight-loss coach, as is available to you online on your body mission, turns the diet into a playful experience. Once you have registered, it will support you for 28 days with delicious nutritional plans, fitness videos and a strong community in the background, which encourages and motivates you with its success stories"

Dr. Sven Werchan, nutrition expert.

Dr. Sven Werchan
Nutritional expert



YOUR PERSONAL WEIGHT-LOSS COACH SUPPORTS YOU IN THREE WAYS.

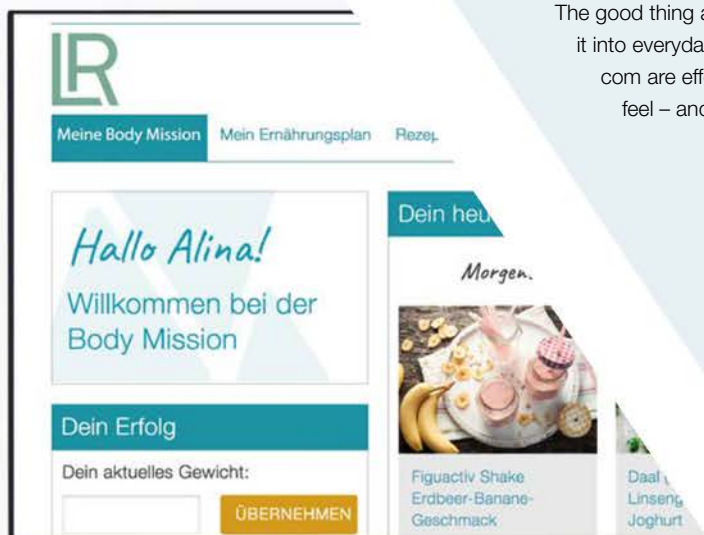
Diet plans & recipes

Start your body mission and eat according to a well thought-out plan: Eat 3 satisfying meals a day for 28 days. Combine two Figu Active meals a day with a traditional meal – whether you prefer to cook lunch or dinner. Combine the meals as you like them. The tasty and healthy online recipes and nutritional plans contain vegetarian meals and meals with meat and fish but also a mixed option.

Motivation

Motivation is the be-all and end-all, if you have set your sights on something. Discover the success stories of your community. While you're tracking your own weight and keep an eye on it, you'll be inspired and motivated by the lost pounds of other Body Mission members.

The good thing about exercise is that it gets easier with routine. If you manage to integrate it into everyday life, it becomes a matter of course. The fitness videos on body-mission.com are effective and still suitable for beginners. Rediscover how good exercising can feel – and you will soon feel good in your own skin.







Pro Activity

MAXIMUM MOBILITY FOR EVERY STAGE IN LIFE!

For you, mobility means freedom. Because only if your body can keep up with your daily requirements, you can reach your full potential and feel really good. LR LIFETAKT Pro Activity helps maintain and boost your body's flexibility so that you can lead the active life you want¹.



¹ Vitamin C in the Aloe Vera Drinking Gel Active Freedom contributes to normal collagen formation for a normal function of the blood vessels and healthy bones.
Vitamin D in Active Freedom capsules help maintain healthy bones and a normal muscle function.

Pro Activity

Now things get moving.

Chasing after your grandchildren, carrying your groceries to the 3rd floor or pursuing your hobby sport – you want to stay mobile because it gives you the freedom to do what you want. But you also notice that the less you move, the stiffer you become. Because you sit in the office all day long, for example, or because the couch looks so tempting in the evening. You are not a couch potato, but it is not always easy to integrate enough exercise into your everyday life.

And just as a bicycle chain needs to be regularly lubricated and moved, so do we humans and our joints. To keep you moving effortlessly, LR LIFETAKT has the right solution:

Stay mobile in everyday life?

**LR LIFETAKT Pro Activity
is your daily plus of mobility.**

For you, exercise is not a question of age, but of your personal constitution. With Pro Activity from LR LIFETAKT, you can enjoy your mobility all around and effortlessly master your everyday challenges.

This is ensured by the combination of Aloe Vera Drinking Gel Active Freedom and Active Freedom capsules. In naturopathy, Aloe Vera has been valued for centuries for its unique composition of ingredients. LR enriches the juice of the Aloe Vera plant with the vitamins C and E. Vitamin C supports the bone and cartilage structure – your musculoskeletal system is strengthened.¹

Active Freedom capsules also provide for greater flexibility and mobility: It contains vitamin D which supports the muscles and manganese which strengthens the connective tissue. This clears the way for your agility.

¹ Vitamin C in the Aloe Vera Drinking Gel Active Freedom contributes to normal collagen formation for a normal function of the blood vessels and healthy bones.

² Vitamin D in Active Freedom capsules help maintain healthy bones.

³ Manganese in Active Freedom supports the normal formation of connective tissue.





Pro Activity

BASIC SOLUTION



Pro Activity MONTHLY SET

Aloe Vera Drinking Gel
Active Freedom set of 3:

80883 | 3 x 1000 ml

More information on
page 49



Active Freedom Capsules
80190 | 60 cap / 37,2 g

More information
on page 56



Maximum mobility^{1,2,3} as a subscription

Your LR partner will be happy to
inform you of our attractive
subscription offers

Individuals



INDIVIDUAL SUPPLEMENTS:

If bones, muscles, joints and tissue are optimally supplied, they function like a clockwork. With the individual support of our optional Protein Power and Pro Balance products, you take your mobility – and thus also a large part of your quality of life – into your own hands. For example, if you want to exercise and provide optimal supply for your muscles and bones, magnesium contained in Protein Power provides targeted support for muscle growth^{1,2}. And if you move a lot, you will also become tired at some point – Pro Balance reduces fatigue³.

You work out and want to strengthen your muscle mass?

Protein Power is the high-quality protein supply for muscles and bones¹.

Powdered Protein Power Drink Vanilla

80550 | 375 g

Do you want to be more active and flexible in everyday life?

Pro Balance helps to reduce fatigue – thanks to trace elements and alkaline minerals such as magnesium².

Pro Balance Tablets

80102 | 360 Tablets / 252 g



More information on the individual LR LIFETAKT products can be found starting on page 48.



¹ Proteins help maintain muscle mass. Proteins help increase muscle mass

² Vitamin C contributes to a normal energy metabolism. Calcium contributes to a normal muscle function.

³ Magnesium contributes to the reduction of fatigue and exhaustion.



Expert Tips

EXPERT TIPS:

“To be active and stay agile, you can achieve a great deal with the right nutrients. In order to maintain a high level of energy in the long term, a conscious diet combined with exercise and a healthy lifestyle is an ideal combination.”

Dr. Sven Werchan, nutrition expert

Dr. Sven Werchan
Nutritional expert



LIFESTYLE

Challenging yourself keeps the head fit and awakens your vitality. Let yourself be inspired anew every day.

- Read! Whether fiction or technical literature: As long as you let yourself get carried away, experience new things and broaden your horizons.
- Of course, you can also do this actively: Make new experiences, learn another language or acquire new skills.



NUTRITION

A balanced diet can make a major contribution to your overall well-being and trigger or maintain processes in your body:

- Start the day with fruit. If you eat what the season has to offer, your diet will never be boring.
- Superfoods are all the rage. They are particularly rich in valuable ingredients. Try topping your muesli with chia seeds or goji berries.



MOVEMENT

You know yourself best. Know what your body is capable of. Ideally, the exercises should be easy on the joints, but strengthen the muscles.

- Gently move your joints and loosen the connective tissue: open and close your hands Rotate your head, feet and shoulders alternately.
- Even if it looks funny, swing your hips when walking This relaxes the lower back.

Aloe Vera Drinking Gel

Scarcely any other natural product has such a successful and ancient tradition as the Aloe Vera plant.

Aloe Vera Drinking Gel Traditional with Honey was LR's first Aloe Vera product and at the same time the most successful LR product of all time. For this, as well as for all our Aloe Vera Drinking Gels, we use only pure Aloe Vera leaf gel in the highest possible concentration. One of the most important individual substances contained in the leaf gel of Aloe Vera is Acemannan, which develops its beneficial properties especially in combination with numerous other substances contained in Aloe Vera. The pure natural product is combined with ingredients that give the product its individual properties

Quality is our top priority.

From cultivation to the final product – every step in the supply chain is subject to strict quality controls at LR. This is confirmed by SGS Institut Fresenius and the certificates of the IASC.



The original with honey

Selected ingredients:

- ✓ 90 % pure Aloe Vera Leaf Gel
- ✓ 9 % Honey
- ✓ 75 % Vitamin C¹ per daily allowance**

Special properties:

- Recipe based on the original recipe of Father Romano Zago

Areas of application

- For a normal function of the blood vessels¹
- For healthy bones¹
- For a normal energy metabolism³
- For a normal function of the nervous system¹
- For the immune system³

Recommended Dosage:

- daily 3 x 30 ml

Aloe Vera Drinking Gel Traditional with Honey*

80700 | 1000 ml

¹ Vitamin C contributes to regular collagen formation for the normal functioning of blood vessels, and healthy bones, cartilage, gums, skin and teeth.

² Aloe Vera contains only natural sugars

³ Vitamin C ensures a normal energy metabolism, normal functioning of the nervous system and mental health.

⁴ With vitamin C to help support the build up of collagen for normal cartilage function

Aloe Vera Drinking Gel



The sugar-free version for weight-conscious people

Selected ingredients:

- ✓ 98 % pure Aloe Vera Leaf Gel
- ✓ No added sugar² (Information for diabetics: only 0.054 bread units)
- ✓ 100 % Vitamin C³ per daily allowance**

Areas of application:

- For a normal function of the blood vessels¹
- For healthy bones¹
- For a normal energy metabolism¹
- For a normal function of the nervous system¹
- For the immune system³

Recommended Dosage:

- daily 3 x 30 ml
- Both adults and children love the flavour

Aloe Vera Life Essence Peach*

80750 | 1000 ml



The movement specialist

Selected ingredients:

- ✓ 88 % pure Aloe Vera Leaf Gel
- ✓ 56 % Vitamin C⁴ per daily allowance**
- ✓ 58 % Vitamin E per daily allowance**

Areas of application:

- For a regular collagen formation¹
- For healthy bones¹
- For a normal cartilage structure¹
- For a normal energy metabolism¹
- For a normal function of the nervous system¹

Recommended Dosage:

- daily 3 x 30 ml

Aloe Vera Drinking Gel Active Freedom*

80850 | 1000 ml



The specialist for your well-being

Selected ingredients:

- ✓ 90 % pure Aloe Vera Leaf Gel
- ✓ 7 % Honey
- ✓ With stinging nettle extract

Areas of application:

- For a general sense of well-being

Recommended Dosage:

- daily 3 x 30 ml

Aloe Vera Drinking Gel Intense Sivera*

80800 | 1000 ml

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

** of the recommended daily allowance.

Mind Master

The Mind Master Brain & Body Performance Drink supports the head and body in coping with oxidative stress¹. Mind Master contains specially balanced micro-nutrients with important functions.



WWW.SGS-QUALITAETSSIEGEL.DE

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.

The Classic With the full power of green tea

Areas of application:

- Protects the cells¹ from oxidative stress
- Contributes to a normal energy metabolism³.
- Contributes to mental health²
- reduces fatigue and exhaustion³
- Contributes to normal cognitive function⁴
- Contributes to a normal function of the nervous system²

Recommended Dosage:

- daily 80 ml

Mind Master Formula Green*

80900 | 500 ml



Patent pending***

Selected ingredients:

- ✓ With vitamins & trace elements
- ✓ 100 % Vitamin E per daily allowance**
- ✓ 100 % Vitamin B1 (Thiamine) per daily allowance**
- ✓ 100 % Vitamin B9 (Folic acid) per daily allowance**
- ✓ 100 % Vitamin B12 per daily allowance***
- ✓ 30 % iron per daily allowance**
- ✓ 51 % selenium per daily allowance**
- ✓ With 36 % Aloe Vera Gel
- ✓ With grape juice from grape juice extract
- ✓ With green tea extract
- ✓ With L-Carnitine
- ✓ With coenzyme Q10



¹ Vitamin E protects the cells from oxidative stress.

² Thiamine contributes to a normal function of the nervous system, mental health and normal cardiac function.

³ Vitamin B12 supports the energy metabolism and the nervous system and reduces exhaustion and fatigue.

⁴ Iron contributes to normal cognitive function.



Mind Master



Same quality,
different taste.

The red version
With a fruity grape flavour

Recommended Dosage:
– daily 80 ml

Mind Master
Formula Red*
80950 | 500 ml

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

** of the recommended daily allowance.

*** Patent No: DE 10 2013 205 049 A1

Cistus Incanus

Cistus Incanus is a shrub plant and grows on magnesium-rich soils in southern Europe. The tea obtained from it has been used since the 4th century. For the Cistus Incanus products of LR LIFETAKT we exclusively use the high-quality, rich leaves. Wood, stalks and cuttings are carefully sorted out.



The quick spray for the throat

Selected ingredients:

- ✓ 86% Cistus Incanus Extract
- ✓ 38% Vitamin C per daily allowance*
- ✓ 42% Vitamin E per daily allowance*

Areas of application:

- Support for the immune system¹

Recommended Dosage:

- daily 3x3 sprays
- Easy dosage by direct spraying into the throat

Cistus Incanus Spray**

80326 | 30 ml



The soothing tea

Selected ingredients:

- ✓ 95% Cistus Incanus leaves
- ✓ 5% refreshing mint leaves

Areas of application:

- For cosy warmth from the inside

Recommended Dosage:

- Pour 1 cup of boiling water over 1 heaped tsp, cover and let steep for 8 – 10 minutes, then strain.

Cistus Incanus Tea**

80404 | 250 g



Your body's defence system works non-stop. The capsules enriched with vitamin C and zinc make a valuable contribution to the normal functioning of the immune system. This effect is also achieved by the spray, thanks to the vitamin C it contains – the practical alternative for on the go.



Practical capsules

Selected ingredients:

- ✓ 72% Cistus Incanus Extract
- ✓ 100% Vitamin C per daily allowance*
- ✓ 20% Zinc per daily allowance*

Areas of application:

- Support for the immune system¹

Recommended Dosage:

- 2 tablets daily

Cistus Incanus Capsules**

80325 | 60 Capsules / 33,5 g

¹ Vitamin C help with the normal functioning of the immune system by.
* of the recommended daily allowance.

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

*** According to legal requirements

Colostrum

"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." All manufacturing steps take place in Germany. In addition to LR's quality control, Institut Fresenius regularly monitors every processing step of the LR Colostrum products.



In liquid form for direct consumption

Selected ingredients:

- ✓ Contains 100% liquid colostrum and is a pure natural product containing colostrum

Special properties:

- High-quality product
- Degreased
- Decaseinated
- Non-pasteurised
- Free from ***
- Antibiotic residues
- Anabolic androgenic steroids
- Without added
- Colourings
- Preservatives

Areas of application:

- For a general sense of well-being

Recommended Dosage:

- daily 8 ml

Colostrum Liquid**

80361 | 125 ml



Capsules containing colostrum, also practical for on the go

Selected ingredients:

- ✓ 800 mg colostrum powder per daily allowance

Special properties:

- High-quality product
- Degreased
- Carefully processed
- Without added
- Colourings
- Preservatives

Areas of application:

- For a general sense of well-being with continuous application

Recommended Dosage:

- daily 2 x 1 capsule

Colostrum capsules**

80360 | 60 capsules / 30,9 g



Vita Active

Vitamins are true multi-talents. Vitamin D and B6 support the immune system¹, vitamin B12 the cell division while vitamin B1 for example supports cardiac health. They are all contained in Vita Active, of the recommended daily allowance.

100 % vitamin supply with only one teaspoon.

Areas of application:

- For the immune system¹
- For a regular energy metabolism¹
- For a regular function of the nervous system¹
- For regulating hormonal activity²

Recommended Dosage:

- 1 x 5 ml (one teaspoon) per day

Vita Active Red fruits*

80301 | 150 ml



Selected ingredients:

- ✓ Made from 21 natural fruit and vegetable concentrates
- ✓ 100% of the 10 vitamins:
- ✓ Vitamin D
- ✓ Vitamin E
- ✓ Vitamin B1 (Thiamine)
- ✓ Vitamin B2 (Riboflavin)
- ✓ Vitamin B3 (Niacin)
- ✓ Vitamin B5 (Pantothenic acid)
- ✓ Vitamin B6
- ✓ Vitamin B7 (Biotin)
- ✓ Vitamin B9 (Folic acid)
- ✓ Vitamin B12

Special properties:

- High quality product
- From 21 concentrated fruit and vegetable concentrates
- Without added
- Colourings
- Preservatives

Pro 12

Pro 12 contains 1 billion bacteria per capsule and features a double micro-encapsulation, which protects the bacteria much more efficiently than many other products.

Capsules for well-being

Areas of application:

- For your well-being

Recommended Dosage:

- Täglich 1 x 1 Kapsel

Pro 12 capsules*

80370 | 30 capsules / 15 g



patented***

The intestine is not only one of the largest organs of the body, it is also largely responsible for our well-being. The human intestinal wall is populated by good bacteria and other bacteria. The natural balance of these bacteria has a great impact on well-being.

Selected ingredients:

- ✓ With 12 bacterial cultures
- ✓ With fibre

Special properties:

- High quality product
- Patented micro-encapsulation
- With fibre

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

** of the recommended daily allowance.

*** Patent No: EP 2 228 067

Selected ingredients:

- ✓ minerals and trace elements
- ✓ 15 % calcium per daily allowance**
- ✓ 53 % Magnesium per daily allowance**
- ✓ 87 % Calcium per daily allowance**
- ✓ 45 % copper per daily allowance**
- ✓ 150 % chromium per daily allowance**
- ✓ 160 % molybdenum per daily allowance**

Special properties:

- High quality product
- Selected minerals and trace elements
- Valuable mixture of citrates, carbonates and gluconates
- Lactose-free



Pro Balance

Pro Balance provides your body with valuable alkaline minerals and trace elements for internal balance.

Tablets for the acidbase balance

Areas of application:

- For a regular function of the nervous system¹
- For a regular cartilage function³
- Contributes to electrolyte balance⁴
- For a regular energy metabolism⁵
- For regular energy metabolism of macronutrients⁵

Recommended Dosage:

- daily 3x4 tablets

ProBalance Tablets*

80102 | 360 Tablets / 252 g



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

¹ Thiamine and vitamin B12 ensure a regular energy metabolism and mental health.

² Vitamin B6, niacin, pantothenic acid and vitamin D reduce exhaustion and fatigue.

³ Potassium supports the regular functioning of the nervous system and muscles.

⁴ Magnesium helps to reduce exhaustion and fatigue and contributes to electrolyte balance.

⁵ Calcium ensures a regular energy metabolism and normal bones and teeth.

Reishi plus

Reishi has been a part of Far-Eastern tradition for millennia. Its beneficial properties are still appreciated today.

Capsules containing the mushroom of long life

Areas of applications:

- Contributes to a normal function of the blood vessels¹
- Contributes to a regular energy metabolism³
- Reduces fatigue and exhaustion
- Provides for healthy bones⁵ and teeth¹
- Protects the cells from oxidative stress¹

Recommended Dosage:

- 1 capsule daily
- Also suitable for vegans

Reishi Plus capsules*

80331 | 30 capsules / 15,2 g



Selected ingredients:

- ✓ 48 % Reishi-Extract
- ✓ 20 % Reishi-Powder
- ✓ 75 % Vitamin C per daily allowance**

Special properties:

- High quality product
- The Reishi mushroom is rooted in the Far-Eastern tradition

Active Freedom

Active Freedom contains important nutrients such as vitamin E, D and manganese. Among other things, these contribute to a regular energy metabolism.

Capsules for the musculoskeletal system

Areas of application:

- Contributes to the maintenance of healthy bones and muscles²
- Contributes to a normal energy metabolism³
- Supports a regular formation of connective tissue⁷

Recommended Dosage:

- daily 2 x 1 capsules

Active Freedom capsules*

80190 | 60 capsules / 37,2 g



Selected ingredients:

- ✓ 50 % Vitamin D per daily allowance**
- ✓ 83 % Vitamin E
- ✓ 50 % manganese

Special properties:

- Lactose Free
- Gluten free
- Optimal supplement for Aloe Vera Drinking Gel Freedom

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

** of the recommended daily allowance.

Selected ingredients:

- ✓ 1260 mg Omega 3 fatty acids
- ✓ 630 mg EPA
- ✓ 420 mg DHA
- ✓ 117 mg beta-glucan



From sustainable fishing



Super Omega

Omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are vital for maintaining a healthy cardiac function.⁵ For example, they have a significant influence on blood lipid levels and support the flow properties of the blood.

Capsules for cardiac health

Areas of application:

- Contributes to a regular cardiac function³

Recommended Dosage:

- daily 3 x 1 capsule

Super Omega capsules*

80338 | 60 capsules / 100,8 g

**Selected ingredients:**

- ✓ With isoflavones from red clover
- ✓ 100 % Vitamin D per daily allowance**
- ✓ 50 % Calcium per daily allowance**

Special properties:

- Lactose Free
- Gluten free

Woman Phyto

The combination of the active ingredients calcium and vitamin C offers maximum support during menopause. Also contained in Woman Phyto Capsules: Red clover extract.

Capsules for menopausal support

Areas of application:

- For a normal energy metabolism³
- Contributes to a normal signal transmission between the cells⁶

Recommended Dosage:

- Daily 3x1 capsules

Woman Phyto capsules*

80332 | 90 capsules / 46,8 g

¹ Vitamin C contributes to a regular collagen formation to support the normal function of the blood vessels, healthy bones, cartilage, skin and teeth.

² Vitamin D provides for healthy bones, muscles and teeth.

³ Vitamin C contributes to a regular function of the energy metabolism.

⁴ Vitamin C protects from oxidative stress and contributes to reducing fatigue and exhaustion.

⁵ EPA and DHA support a healthy heart function. For this, a daily intake of at least 250 g EPA and DHA is required.

⁶ Calcium contributes to a regular energy metabolism and a normal signal transmission between the cells.

⁷ Manganese supports a normal formation of connective tissue.

Fiber Boost

Dietary fibres are complex carbohydrates and an important part of our diet. They are found in fruits, vegetables and whole-meal products and play an important role for normal digestion. For optimal digestion, it is important to consume sufficient dietary fibres every day.

Dietary fibres against ravenous appetite

Areas of application:

- Contributes to a regular metabolism of macro-nutrients; proteins, carbohydrates and fats are better absorbed by the body¹
- Helps maintain blood sugar levels which prevents ravenous appetite²

Recommended Dosage:

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

Fiber Boost Drink powder**

80630 | 210 g



Selected ingredients:

- ✓ High fibre content from 3 different sources
- ✓ With the natural sweetener of the Stevia plant
- ✓ 108 % chromium per daily allowance**

¹ Chromium contributes to a regular metabolism of macronutrients and to maintaining a regular blood sugar level.

² Proteins help maintain and increase muscle mass and contribute to the maintenance of healthy bones.

³ Vitamin B6 contributes to a regular protein and glycogen metabolism and regulates hormonal activity.

Selected ingredients:

- ✓ 80 % pure protein
- ✓ 5 different protein components
- ✓ 23 % Magnesium per daily allowance** (when mixed with 125 ml milk)
- ✓ 29 % Vitamin B6 per daily allowance** (when mixed with 125 ml milk)



Protein Power

Proteins are compounds of amino acids and have different essential functions in the body.

Drink powder for muscle development

Areas of application:

- Contributes to an increase and preservation of muscle mass²
- Supports a normal energy, protein³ and glycogen metabolism
- Contributes to the maintenance of a normal bone structure²

Recommended Dosage:

- Mix one measuring spoon (12.5 g) daily in 100 ml water or 125 ml low-fat milk.

Protein Power Drink Powder Vanille*

80550 | 375 g

Selected ingredients:

- ✓ Green tea
- ✓ Mate leaves
- ✓ Lapacho bark
- ✓ Nettle leaves
- ✓ Rooibos tea
- ✓ Lemon grass
- ✓ Licorice root



Herbal Fasting

High fluid intake is very important when dieting. The low-calorie combination of valuable herbs offers one of the best alternatives to water.

Wholesome tea

Areas of application:

- Ensures the daily liquid supply, especially in the context of a diet

Recommended Dosage:

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

Diet Herbal Tea*

80205 | 250 g

* Adhere to a varied and balanced diet and a healthy lifestyle.

** of the recommended daily allowance.

Figu Active

The creamy Figu Active Shakes are quick and easy to prepare. The delicious meal substitute is available in a wide range of flavours.

Creamy meal

Selected ingredients:

- ✓ Well-balanced nutrient supply
- ✓ Combination of plant and animal protein
- ✓ Contains naturally occurring sugars

Special properties:

- Lactose Free
- Gluten free
- No added preservatives
- No added sugars

Areas of application:

- Helps you lose weight¹
- Helps with weight control¹

Recommended Dosage:

- Replace a regular meal with a shake
- Mix 3 tbsp. (28 g powder) in 250 ml low-fat, lactose-free milk

Figuactiv Shakes

Strawberry-Banana

80201 | 450 g can

Vanilla

80280 | 450 g can

Latte Macchiato

80201 | 450 g can

Only 224-230 kcal per serving:
28 g Figu Active Shake + 250 ml
lactose-free milk 1.5% fat



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.



Only 223 kcal per serving:
35 g Figu Active Flakes + 200 g
low-fat, lactose-free natural
yoghurt 1.5 % fat



1 Portion –
1 Meal¹



Figu Active

Figu Active Flakes are a muesli-like meal substitute, which optimally supports you in weight loss or weight control*.

Muesli-like meal

Selected ingredients:

✓ Well-balanced nutrient supply

Special properties:

– Lactose-free

Areas of application:

– Helps you lose weight¹
– Helps with weight control¹

Recommended Dosage:

– Replace one regular meal by the flakes.
– Stir 3 tbsp (35 g) into 200 g low-fat, lactose-free natural yoghurt.

Figu Active Flakes Crunchy Cranberry

80295 | 450 g can

Figu Active

Figu Active Soups are a warm meal substitute that makes it easier for you to lose or control weight*. The meal is available in three savoury flavours for maximum variety.

Savoury, warm meals

Selected ingredients:

- ✓ Well-balanced nutrient supply

Areas of application:

- Helps you lose weight¹
- Helps with weight control¹

Recommended Dosage:

- Replace one regular meal by a soup.
- Add 4 tbsp (57 g powder) with a whisk and stir into 300 ml of hot water.

Figuactiv Soup

Tomato Mediterranean

80209 | 500 g can

Potato Aubergine

80208 | 500 g can

Vegetable Curry India

80210 | 500 g can



Only 208-214 kcal per serving:
57 g Figu Active Shake + 300 ml
of water



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.



Only 224-226 kcal per bar:



Figu Active

The Figu Active bars replace a full meal and are ideal for on the go. Choose between three delicious flavours!
Full meal, ideal for on the go.

Full meal, ideal for on the go.

Selected ingredients:

✓ Well-balanced nutrient supply

Areas of application:

- Helps you lose weight¹
- Helps with weight control¹

Recommended Dosage:

- Replace one regular meal by a bar.

Figuactiv Bar Nougat Flavour

80271 | 6 x 60 g

Strawberry-Yogurt flavour

80284 | 6 x 60 g

Crunchy Caramel Flavour


80272 | 6 x 60 g



CARE



Varied skin requirements, perfectly coordinated care series.



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 ZEITGARD: The holistic LR ZEITGARD anti-aging management is a professional overall concept for youthful facial skin in 3 steps. From gentle, effective cleansing to smoothing of wrinkles thanks to a hot/cold procedure, through to the individual regenerative care for a long-lasting effect.

LR MICROSILVER PLUS: With its antibacterial effect based on a highly efficient combination of Microsilver BGTM, panthenol and various zinc compounds, the functional care series offers maximum protection and optimal care for irritated and stressed skin.



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



Particularly **mild** and **gentle** care without the addition of parabens or mineral oils.



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.

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

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

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

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

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

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

LR Aloe Via

Multifaceted Aloe Vera care
from head to toe

Regeneration and care

Take advantage of the natural regenerating power of Aloe Vera for particularly sensitive or stressed skin.

The LR ALOE VIA products cover stressed skin like a protective film and have a cooling, soothing and regenerating effect.

Special Care

LR ALOE VIA

Special care

For a healthy skin feeling



Oral Care

LR ALOE VIA

Oral and dental hygiene

For a beautiful, healthy smile





Cleansing and care

Aloe Vera is an expert in maintaining the moisture content of the skin. With the moisturising gel of the Aloe Vera plant, LR ALOE VIA leaves a radiant complexion and nurtures the skin for a fresh sense of general well-being.

Face Care

LR ALOE VIA
Facial care and cleansing
 For a radiant look

A small white jar of LR Aloe Via Facial care and cleansing cream, next to a fresh aloe vera leaf.

Body Care

LR Aloe Via
Body care and cleansing
 For noticeably smooth and soft skin

A white jar of LR Aloe Via Body care and cleansing cream, next to a fresh aloe vera leaf.

Individual care and protection

Aloe Vera is a real all-rounder. It is not only regenerating and moisturising, but also has an anti-inflammatory effect. Just the all-rounder you need from head to toe for the whole family.

Hair Care

LR ALOE VIA
Hair care
 For healthy, shiny hair

A white bottle of LR Aloe Via Hair care product, next to a fresh aloe vera leaf.

Men Care

LR ALOE VIA
Men's skin care
 For fresh, well-groomed men's skin

A black tube of LR Aloe Via Men's skin care product, next to a fresh aloe vera leaf.

Baby Care

LR ALOE VIA
Baby care
 For gently protected baby skin

A white tube of LR Aloe Via Baby care product, next to a fresh aloe vera leaf.

Sun Care

LR ALOE VIA
Sun protection
 For healthy, sun-protected skin

A white tube of LR Aloe Via Sun protection product, next to a fresh aloe vera leaf.

LR
ALOE·VIA



Special Care

For a healthy skin feeling

Special care

LR ALOE VIA Special care

– especially soothing and regenerating for stressed and irritated skin.

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



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 film on the stressed skin
 - Soothes and cools
 - The skin is regenerated and the natural balance is restored

20600 | 400 ml



Aloe Vera Moisturising serum

- 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

20601 | 100 ml



Aloe Vera Protective Propolis Cream

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

20602 | 100 ml

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 or 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 150 ml bottle
(special size only available in the box set)
you also receive the informative



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

20603 | 100 ml

Aloe Vera Multi-purpose MSM Body Gel

Quickly absorbing, cooling gel cream for stressed muscles and joints

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

20604 | 200 ml

Aloe Vera Regulating 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

20606 | 50 ml



* Study on 20 subjects conducted by Dermatest in May 2010

LR
ALOE·VIA



Face Care

For a radiant look

Facial care and cleansing

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



YOU SAVE WITH SETS

Complete care for beautiful, radiant skin.

Aloe Vera 20707
Facial care set
 Day Cream · 50 ml
 Night Cream · 50 ml
 Eye Cream · 15 ml



Aloe Vera Multi-active Day Cream

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

20674 | 50 ml

Aloe Vera Regenerating Night Cream

- Rich, delicately scented face cream for the night
- With 50% Aloe Vera gel, organic olive extract & olive oil
 - Nourishes and regenerates the skin
 - Improves the natural skin function overnight
 - The skin is refreshed and supple

20675 | 50 ml

Aloe Vera Skin-Refining Eye Cream

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

20677 | 15 ml

Face Care

For additional moisture & freshness

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



Aloe Vera Refreshing Gel Cream

Light, quickly absorbing sorbet texture for the face

- 50% Aloe Vera gel and organic olive extract
- Provides intense moisture with an extra boost of freshness
- Revitalises the complexion and protects the skin from free radicals
- For refreshed skin and a radiant complexion

20679 | 50 ml



Aloe Vera Express Moisture Face Mask

Refreshing gel cream for the face

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

20689 | 75 ml

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



Gentle cleansing is the basis for efficient care

A radiantly beautiful face not only requires sufficient care – the basis of every care routine is cleansing. In the mornings and evenings!



Aloe Vera Skin-Refining Facial Peeling

Soft gel texture for the face

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

20673 | 75 ml

Aloe Vera Clarifying Toner

Alcohol-free toner for facial cleansing

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

20671 | 200 ml

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

20670 | 200 ml

Aloe Vera Nurturing Cleansing Wipes

Gentle soft-fleece cleansing wipes for the face and hands, practically also on the go

- 30% Aloe Vera gel and organic rose extract
- Cleanses the skin thoroughly and gently
- Removes make-up without drying out the skin

20672 | 25 st

LR
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Body Care

Body care and cleansing

LR ALOE VIA Body care and cleansing – this is refreshing cleansing, intensive care and a defined silhouette with the best of Aloe Vera. Special formulations – depending on the requirements – gently cleanse the skin, stabilise its moisture content and smooth the body contours.

For noticeably smooth and soft skin



YOU SAVE WITH SETS

All-round care for velvety soft skin

Aloe Vera Body Care Set 20708
Soft Skin Cream · 100 ml
Hand Cream · 75 ml
(see page 80)
Refreshing Gel Cream
(see page 76)



Aloe Vera Soft Hand Cream

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

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

20631 | 100 ml

Aloe Vera Moisturising Body Balm

Light, quickly absorbing balm for the body

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

20639 | 200 ml

Aloe Vera Repairing Foot Cream

Quickly absorbing cream for dry, rough feet

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

27517 | 100 ml

Body Care

For soft
touches

Aloe Vera hand cream nurtures, nourishes and soothes stressed hands – day after day. The composition of Aloe Vera and organic calendula extract regulates the moisture content. Thus, even rough, stressed hands become soft and smooth again.



Aloe Vera Soft Hand Cream

Quickly absorbing cream for the hands

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



Aloe Vera Extra-rich hand cream

Rich, quickly absorbing cream for particularly stressed, dry hands

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

Efficient care for a defined silhouette

No less than two care specialists
for a firm skin feeling and even
complexion.

Aloe Vera in combination with
green tea extract and high-
performance active ingredient
complexes ensure a total sense of
well-being.



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

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

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

Aloe Vera Shaping Body Gel

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

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

27536 | 200 ml

Aloe Vera Correcting Body Cream

Rich cream for thighs and bottom

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

27535 | 200 ml

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

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

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

Body Care

For an all-round
feeling of freshness

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



Aloe Vera Gentle Cleansing Hand Soap

Nourishing cream soap for the hands

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



Aloe Vera Cream Soap

Refill





YOU SAVE WITH SETS

Everything for daily freshness & hygiene

Aloe Vera Hygiene Set 20709
 Hair & Body Shampoo · 250 ml
 Hand Soap · 250 ml
 Extra freshness
 Tooth gel · 100 ml
 (see page 85)



Aloe Vera Protective Roll-On Deodorant

Gentle anti-perspirant without alcohol

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

20643 | 50 ml

Aloe Vera 2in1 Hair & Body Shampoo

Refreshing shower gel for hair and body

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

20633 | 250 ml

Aloe Vera Vitalising Shower Gel

Refreshing shower gel for the body

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

20630 | 250 ml

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EXTRA FRESHNESS
TOOTH GEL

With aloe vera &
echinacea extract.
Gently cleanses teeth, protects
gum & refreshes breath.

Oral Care

Oral and dental hygiene

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

For a healthy, beautiful smile



YOU SAVE WITH SETS

Everything for a beautiful smile

Aloe Vera Oral & Dental Care Set 20705
2 x Extra Fresh Tooth Gel · 100 ml
Lip Care Balm · 4,8 g



Aloe Vera Moisturising Lip Balm

Light, transparent lip balm

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

20676 | 4,8 g

Aloe Vera Extra Fresh Tooth Gel

Tooth gel for daily tooth-cleaning

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

20690 | 100 ml

Aloe Vera Protective Toothpaste

Toothpaste for the daily cleaning of sensitive teeth

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

20691 | 100 ml

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Hair Care

Hair Care

Glossy, supple hair that looks and feels healthy – with its active ingredient combination of high Aloe Vera contents and organic bamboo extract, **LR ALOE VIA Hair Care** ensures beautiful, well-groomed hair from the roots to the tips – every day.

For healthy,
shiny hair



YOU SAVE WITH SETS

Care and cleansing for hair and body

Aloe Vera Hair & Body Set 20706
 Hair Shampoo · 200 ml
 Body Lotion · 200 ml
 (see page 79)
 Shower Gel · 250 ml
 (see page 83)



Aloe Vera Nourishing Hair Shampoo

Nourishing shampoo for all hair types

- With 45% Aloe Vera gel and organic bamboo extract
- Gently cleanses and nourishes the hair without weighing it down
- Moisturises hair and scalp.
- The hair is strengthened and supple

20645 | 200 ml

Aloe Vera Moisturising Hair Treatment

Treatment spray for stressed hair

- With 60% Aloe Vera gel and organic bamboo extract
- Revitalises and protects from heat
- Strengthens and nurtures hair
- No-rinse

20644 | 150 ml

LR
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LR
ALOE·VIA



50%
PURE ALOE

SOOTHING
AFTER SHAVE
BALM

With aloe vera &
tea white tea extract
Reduces skin irritation,
moisturizes & smooths skin

YOU SAVE WITH **SETS****Everything for a
flawless shave**

**Aloe Vera
Men's Care Set I** 20424
Shaving Foam · 200 ml
After Shave Balm · 100 ml
Anti-Stress Cream · 100 ml

**Aloe Vera
Men's Care Set II** 20425
Shaving Gel · 150 ml
After Shave Balm · 100 ml
Anti-Stress-Cream · 100 ml

Men Care

Men's Care

LR ALOE VIA Men's Care is perfectly matched to the special requirements of male skin thanks to its special combination of moisturising Aloe Vera and and soothing organic whitener tea extract perfectly adapted to the special requirements of male skin. Men's skin has its own special needs – it not only has a different structure than women's skin – daily shaving also puts it under additional stress.

For fresh,
well-groomed
men's skin



Aloe Vera Calming Shaving Foam

- Gentle shaving foam
- With 30% Aloe Vera
 - Calms the skin and protects it from irritations
 - Moisturises and nurtures the skin already before shaving
 - The shaved skin feels smooth and soft
 - For efficient and thorough shaving

20420 | 200 ml



Aloe Vera Calming Shaving Gel

- Gentle shaving gel
- With 30% Aloe Vera
 - Calms the skin and protects it from irritations
 - Moisturises and nurtures the skin already before shaving
 - The shaved skin feels smooth and soft
 - For efficient and thorough shaving

20423 | 150 ml



Aloe Vera After Shave Balm

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

20421 | 100 ml



Aloe Vera Anti-Stress Cream

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

20422 | 100 ml

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Baby Care

Baby care

For baby's skin, less is simply more. The naturally delicate and soft baby skin is very sensitive and the body's skin barrier is not yet fully developed. Therefore, it is essential to nourish, protect and regenerate baby's skin.

The new **LR ALOE VIA Baby Care** series with the best of Aloe Vera – its gel – and precious organic plant extracts is now even more gentle and natural than never before. Without parabens. Without mineral oils. Without perfume oils.

For gently protected baby skin

*Now even more gentle & natural
Recommended
by midwives and
paediatricians.*



YOU SAVE WITH SETS

Care & cleansing for sensitive skin

Aloe Vera Baby Set 20318
Washing Lotion · 250 ml
Nappy Rash
Protection Cream · 100 ml
Face Cream · 50 ml



Aloe Vera Baby Sensitive Nappy Rash Cream

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

20319 | 100 ml

Aloe Vera Baby Sensitive Washing Lotion & Shampoo

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

20320 | 250 ml

Aloe Vera Baby Sensitive Face & Body Cream

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

20321 | 100 ml



Aloe Vera Sun Gel Cream

SPF 20

Light gel cream for tanned skin types

- With 40% Aloe Vera gel
- Protects the skin from UVA & UVB rays
- Nurtures, cools and moisturises intensively
- Can be easily applied without sticking
- Waterproof

23075 | 100 ml



Aloe Vera Sun Lotion

SPF 30

Cream for lightly tanned skin types

- With 40% Aloe Vera gel
- Protects the skin from UVA & UVB rays
- Nurtures and moisturises intensively
- Waterproof

23071 | 100 ml



Aloe Vera Sun Cream

SPF 50

Cream for light, sensitive skin types and children

- With 40% Aloe Vera gel
- Protects the skin from UVA & UVB rays
- Nurtures and moisturises intensively
- Waterproof

23072 | 75 ml



Sun Care

Sun protection

For healthy,
sun-protected skin

Each skin type requires different sun protection. From delicate to sensitive through to tanned skin – LR ALOE VIA Sun Protection products offer care and protection for the whole family. Aloe Vera provides stressed skin with moisture, cools, soothes and regenerates. For optimum protection, we recommend applying approx. 4 tablespoons of sun cream (for an adult) all over your body.

The LR ALOE VIA sun protection products are available in the sunny months from April to August.



Guarantees efficient ratio of UVA and UVB filter

YOU SAVE WITH SETS

All-Round Sun Protection & Care

Aloe Vera Sun Sun-Set 23076
Anti-Aging Sun Cream
SPF 20 · 50 ml
Sun Lotion SPF 30 · 100 ml
After Sun Gel Cream · 200 ml



Aloe Vera Sun Gel Cream

SPF 20

Light gel cream for tanned skin types

- With 40% Aloe Vera gel
- Protects the skin from UVA & UVB rays
- Nurtures, cools and moisturises intensively
- Can be easily applied without sticking

23074 | 50 ml

Aloe Vera Sun Spray Active

SPF 30

With 30% Aloe Vera gel

- Protects the skin from UVA & UVB rays
- Nurtures, cools and moisturises intensively
- Quick and easy to use
- Waterproof

23073 | 125 ml

Aloe Vera After Sun Gel Cream

Light, cooling cream for the body

- With 70% Aloe Vera gel and shea butter
- Cools and supports the skin's regeneration after sunbathing
- Provides moisture and nourishes
- The skin feels smooth and supple

23070 | 200 ml



STEP 1-3



ZEITGARD

FOR TIMELESS BEAUTY



STEP 01

CLEANSING-SYSTEM



STEP 02

ANTI-AGE-SYSTEM



STEP 03

CARE-SYSTEM

EFFICIENT.
INNOVATIVE.
PROFESSIONAL.

ANTI-AGE MANAGEMENT

Innovative anti-aging management for a youthful appearance

With the holistic, professional LR ZEITGARD anti-aging management for use at home, you can easily preserve the youthful appearance of your skin in just 3 steps: From deep cleansing of the pores at the push of a button to anti-aging treatment with immediately visible effects, right up to type-appropriate complementary care.

STEP 01



CLEANSING-SYSTEM: The ZEITGARD Cleansing Device is the first step of an effective and long-lasting anti-aging treatment. Thanks to the special oscillation technology of ZEITGARD 1, cleaning at the push of a button ensures a pure complexion right down to the pores and optimally prepares the skin for further care steps.

STEP 02



ANTI-AGE-SYSTEM: The ZEITGARD Cleansing Device is the first step of an effective and long-lasting anti-aging treatment. Thanks to the special oscillation technology of ZEITGARD 1, cleansing at the push of a button ensures a pure complexion right down to the pores and optimally prepares the skin for further care steps.

STEP 03



CARE-SYSTEM: The ZEITGARD Care System, which provides lasting support, completes the entire treatment. The body care appropriate to the type underlines a long-lasting success. DAILY-CARE offers effective anti-age products for daily care routine – SPECIAL-CARE sophisticated additional products for special care needs.

*Dermatest study conducted on 40 test persons in July & August 2015

STEP 01



IR
ZEITGARD
FOR TIMELESS BEAUTY

The ZEITGARD Cleansing System represents the first step of an affective and long-lasting anti-aging treatment.

- Ideal preparation for subsequent care
- Improves the appearance of the skin through nurturing, in-depth cleansing
- Firmer, smoother skin thanks to the massage function

* Scientific study conducted by the renowned Institut Dermatest GmbH.
Period of application: 6 weeks (end of January to early March 2015), number of persons tested: 40

CLEANSING SYSTEM

SOFT CLEANSING
with strong
effect



ZEITGARD 1

- Electric brush with oscillation
- Pore-deep, gentle cleansing
- Up to 10 times more efficient than manual facial cleansing*

Brush head

- Classic – for normal skin 70003
- Soft – for sensitive skin 70004

Cleansing System Care product

- All Skin Types – for normal skin 70000
- Sensitive Skin – for sensitive skin 70001

FREE with each set:
1 Zeitgard Travel Case



YOU SAVE WITH **SETS**

Cleansing System-Kit

Classic – for normal skin 70036
Soft – for sensitive skin 70037

ZEITGARD 1
1 x care product
ZEITGARD Travel Case Gratis

FOR SENSITIVE SKIN

- Soft filaments with MICROSILVER for pure and radiant skin
- Gentle cream developed for sensitive skin with a texture specifically tailored to the cleansing programme
- Efficacy confirmed by Dermatest*

FOR NORMAL SKIN

- Stronger filaments with MICROSILVER for deep cleansing and visibly purified skin
- In combination with foaming gel with a texture specifically tailored to the cleansing programme
- Efficacy confirmed by Dermatest*



STEP 02



LR
ZEITGARD
FOR TIMELESS BEAUTY

The exclusive ZEITGARD Anti-Age System reduces wrinkles and demonstrably makes the skin look younger*.

- 95% of the test persons reported an **optimised absorption of active substances** after the use of the ZEITGARD 2*
- Over 90% of all test persons felt an **improved moisture supply** of the skin
- 90% of the test persons confirmed an **enhanced elasticity** of the skin*
- Over 80% of the test persons confirmed **instantly visible and tangible results***
- Over 75% of the test persons confirmed a **visibly rejuvenated eye area***

*Dermatest study conducted on 40 test persons in July & August 2015

ANTI-AGE SYSTEM

Clearly visible
wrinkle reduction*

ZEITGARD 2

- Electric anti-aging device for wrinkle reduction
- Thermal hot/cold method for an effective transport of anti-aging substances into the skin layer
- Fresh complexion due to blood microcirculation

YOU SAVE WITH **SETS**

Anti-Age System

Hydrating Kit	71006
ZEITGARD 2	
Eye Serum	
Hydrating Cream-Gel	
ZEITGARD Travel Case	Gratis
Restructuring Kit	71007
ZEITGARD 2	
Eye Serum	
Restructuring Cream-Gel	
ZEITGARD Travel Case	Gratis

YOU SAVE WITH **SETS**

Anti-Age-System

Hydrating Set	71008
Eye Serum	
Hydrating Cream-Gel	
Restructuring Set	71009
Eye Serum	
Restructuring Cream-Gel	



Anti-Age System Eye Serum

- Highly-concentrated eye serum
- Moisturises, relaxes the eye area and smoothes minor wrinkles
- With innovative active ingredient complex of Patch₂O™ and Ultra Filling Spheres

71000 | 30 ml

Anti-Age System Restructuring Cream-Gel

- Facial cream for firmer contours especially for more mature skin
- Significantly reduces the depth of wrinkles, the skin looks firmer and rejuvenated
- With innovative active ingredient complex of Patch₂O™ and Ultra Filling Spheres

71002 | 50 ml

Anti-Age System Hydrating Cream-Gel

- Rich facial cream for defined contours even for young skin
- Firms-up facial contours for a smoother complexion
- With innovative active ingredient complex of Patch₂O™ and Ultra Filling Spheres

71001 | 50 ml

STEP 03



Efficient and long-lasting facial care

In combination with the first two steps of the ZEITGARD Anti-Age Management, the Care System with its individual regenerative care products is aimed at a long-lasting effect.

For all ages and whether men or women – do not leave your beauty to chance!

CARE SYSTEM

Individual regenerative care
for a long-lasting
anti-aging effect

DAILY-CARE

Effective anti-aging products
for your daily care routine



Racine: Effective basic care with moisturising, energising active ingredients against the first signs of aging.



Nanogold: Rich care with gold and silk for regeneration and reduction of photo-induced wrinkles and signs of aging.



Beauty Diamonds: Intensive luxury care based on diamond and peptides, nourishing pampering texture for mature, demanding skin.



PLATINUM: Special care system with innovative platinum active ingredient combination for stressed men's skin.

SPECIAL-CARE

Extra care for special care needs



Serox: Preventive care against facial wrinkles and volume loss. Exclusive anti-aging active ingredient combination with hyaluronic acid and UltraFilling Spheres™.



Power Lift: Hydrating energy boost with an invigorating 7-herbal complex for vitalised women's and men's skin.



Sleeping Mask: Regenerating mask with energising, highly effective care formula for rejuvenated women's and men's skin overnight. Rich, nurturing texture with valuable oils

EFFECTIVE BASIC CARE for beginners

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

The care series supports the entire energy balance of the cells: it activates the skin and provides it with extra freshness and radiance.

RACINE
DAILY CARE



YOU SAVE WITH SETS

Racine Set

28503

Day Cream · 50 ml
Night Cream · 50 ml
Eye Cream · 15 ml

Racine Day Cream

- With coenzyme Q10 for more energy in the cells
- Care complex with algae increases moisture supply
- Vitamin E protects the cells
- UV filter protects against photo-induced influences

28500 | 50 ml

Racine Night Cream

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

28501 | 50 ml

Racine Collagen Serum

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

28504 | 30 ml

Racine Eye cream

- With coenzyme Q10 for more energy in the cells
- Effective combination of vitamins for natural regeneration:
- Vitamin A prevents wrinkles
- Vitamin E protects against free radicals
- Vitamin C has an antioxidant effect
- Care complex with algae increases moisture supply

28502 | 15 ml

RICH CARE

against premature skin aging

The high-quality care contains an exclusive combination of gold and silk proteins. While gold provides for optimum UVA-protection, silk can contribute to endogenous collagen formation and thus stimulate skin regeneration.

**NANO
GOLD**
DAILY CARE



YOU SAVE WITH **SETS**

Nano-gold & Silk Set 28188

Day Cream · 50 ml
Night Cream · 50 ml

Nanogold Facial Toner

- Cleanses and revitalises the skin
- With Nano-gold & silk proteins as UVA-protection against premature skin-aging
- Also suitable for combination skin

28181 | 125 ml

Nanogold Day Cream

- Silky luxury cream texture
- Nurtures and pampers the skin the whole day through
- With Nano-gold & silk proteins as UVA-protection against premature skin-aging
- With special Aglycal®, TIMP Peptides® and Uvinul A plus®* complex

28182 | 50 ml

Nanogold Collagen Serum

- Luxurious cream
- Nurtures and regenerates the skin over night
- With Nano-gold & silk proteins as UVA-protection against premature skin-aging
- With TIMP-Peptides® and the anti-wrinkle agent SYN®-COLL to repair photo-induced skin damage and support

28183 | 50 ml

LUXURY CARE for mature, demanding skin

This intensively nourishing luxury care is a modern combination of active ingredients based on diamonds and peptides with a skin-nurturing texture and efficient anti-aging active ingredients which help firm the skin and effectively protect it from external aggressors.

YOU SAVE WITH **SETS**

Beauty Diamonds Set **28300**
Day Cream · 50 ml
Night Cream · 50 ml
Eye Cream · 30 ml



Beauty Diamonds Night Cream

- Anti-wrinkle night cream
- With precious oils and special anti-wrinkle active ingredients
- Helps reducing appearance of wrinkles*

28304 | 50 ml

Beauty Diamonds Eye Cream

- Softly-melting eye care
- Supports the reduction of dark shadows and bags under the eyes
- Reduces the appearance of wrinkles*

28306 | 30 ml

Beauty Diamonds Facial Toner

- Refreshing and moisturising facial toner
- Also suitable for combination skin
- Cleanses and revitalises the skin

28302 | 125 ml

Beauty Diamonds Day Cream

- Velvety-soft day cream
- Reduces the appearance of wrinkles* and reinforces the feeling of firm skin
- The anti-aging active ingredient Detoxiquin prevents premature skin aging and supports cell regeneration
- Innovative Hexapeptide helps protect the skin from free radicals

28303 | 50 ml

Beauty Diamonds Rich Intensive Cream

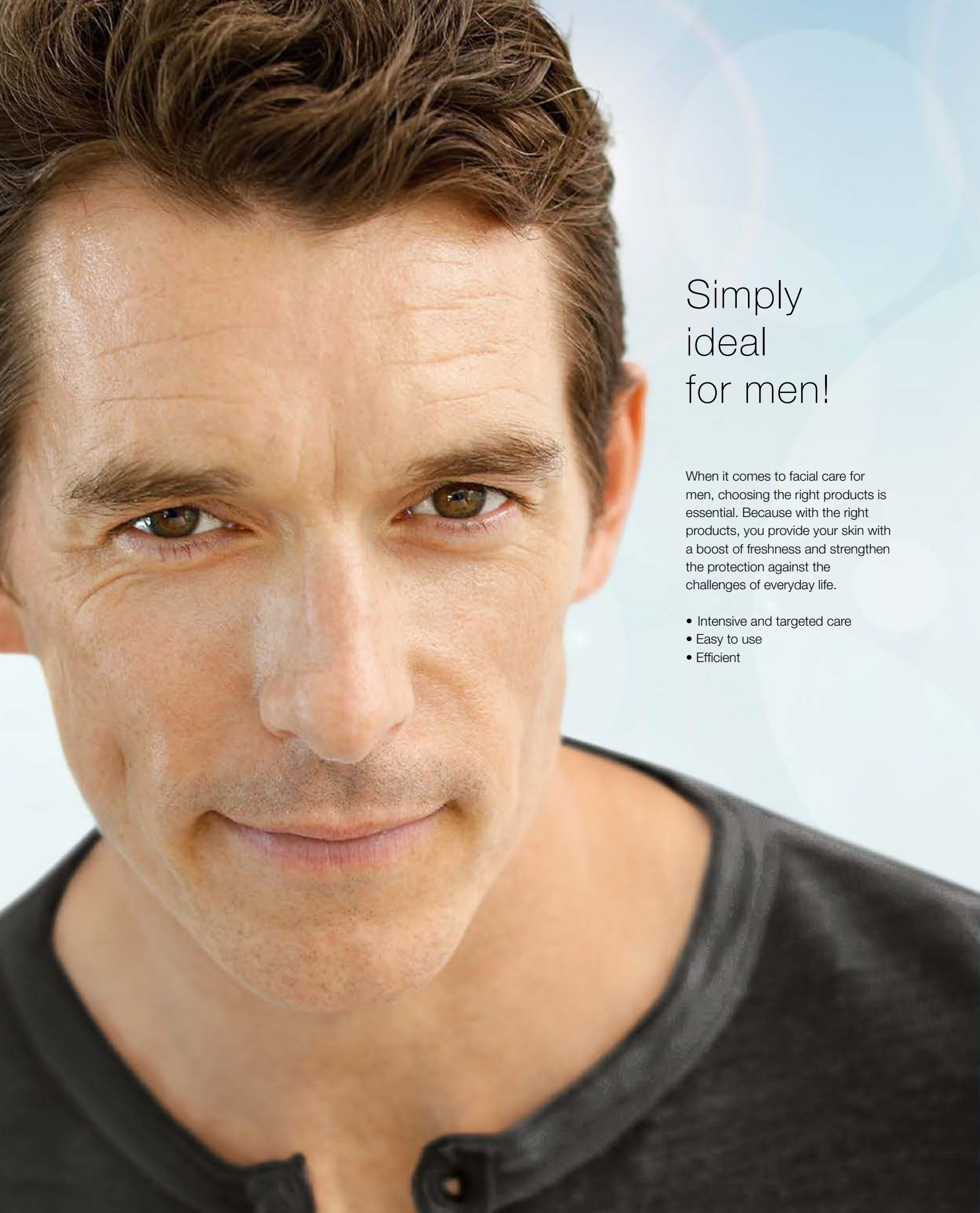
- Extra-rich intensive cream
- Provides intensive care and pampers skin
- Combination of ceramides and Hyaluronic Filling Spheres® significantly reduces the appearance of wrinkles
- Precious oils ensure a velvety-soft skin feeling

28307 | 30 ml

BEAUTY DIAMONDS

DAILY CARE





Simply ideal for men!

When it comes to facial care for men, choosing the right products is essential. Because with the right products, you provide your skin with a boost of freshness and strengthen the protection against the challenges of everyday life.

- Intensive and targeted care
- Easy to use
- Efficient

Special care for MEN'S SKIN

Modern men attach great importance to a perfect appearance. The cream formula with the innovative Platinum active ingredient combination specially developed for men's skin is quickly absorbed, intensively moisturises the skin, softens wrinkles and makes the skin appear younger.

**PLATI
NUM**
DAILY CARE



Platinum Express Eye Cooler

- Light, quickly absorbing cream especially for the eye area
- Moisturising and refreshing
- Helps reduce bags and minor wrinkles
- With Lumin-Eye®, green coffee extract and hyaluronic acid

28443 | 30 ml

Platinum Anti-Aging Cream

- Light, quickly absorbing facial cream
- Moisturising and refreshing
- Supports skin elasticity and helps prevent signs of aging
- With encapsulated glacier water, cactus extract, hyaluronic acid and vitamin E

28440 | 50 ml

YOU SAVE WITH **SETS**

Platinum men's care set **28469**
Anti-Aging Cream · 50 ml
Express Eye Cooler · 30 ml

UNIQUE COMBINATIONS OF ACTIVE INGREDIENTS for targeted results

The exclusive and effective LR ZEITGARD Serox special products counteract the undesirable signs of aging.

The innovative formula of Serox Instant Result Mask provides immediately visible and noticeable anti-aging effects after just one application – for days when you want to look especially great. Longer lasting results are achieved with the perfectly coordinated combination of active ingredients of the complementary Serox special products: fewer facial expression wrinkles in the eye, forehead and nose area as well as significantly more volume and elasticity. The Serox Lip Optimizer also visibly increases lip volume and reduces wrinkles.*

YOU SAVE WITH **SETS**

Serox by LR Complete-Set 28238

Intensive Result Cream · 50 ml
Instant Result Serum · 30 ml
Wrinkle Care · 15 ml
Professional Eye Pads · 4 x 2 Pads



Serox Professional Eye Pads

- Professional eye pads in beauty salon quality
- Provide the sensitive area around the eyes with intensive moisture
- Made of freeze-dried pure collagen which is moistened with the activating fluid
- Activating fluid consisting of Argireline®, Gatuline Expression® and hyaluronic acid which help reduce the depth of wrinkles in a targeted manner

28235 | 4 x 2 Pads



Serox Wrinkle Care

- Intensive concentrate for targeted application on expression lines
- Particularly for minor wrinkles around the mouth, eyes and on the forehead
- With highly-effective ingredients such as Argireline®, Gatuline Expression®, Dynalift® and hyaluronic acid that help reduce the depth of wrinkles in a targeted manner
- Is absorbed quickly and already shows a positive development after 30 minutes

28236 | 15 ml



Serox Lip Optimizer

- Up to 15% more lip volume*
- Visible reduction of lip wrinkles*
- Firmer and more beautiful lip contours*
- Rich and very efficient texture – easy to apply
- With vitamin E

28240 | 15 ml



Serox Intensive Result Cream

- Innovative anti-aging cream composition
- Highly effective ingredients such as Argireline®, Ameliox®, UltraFilling Spheres™, for a more supple, smoother and fres
- Active ingredient complex with anti-wrinkle effect reduces minor and deep wrinkles and provides long-term moisture
- Ideal in combination with Serox Instant Result Serum

28231 | 50 ml



Serox Instant Result Serum

- Intensive anti-aging-formula in silky serum texture
- With highly-effective ingredients such as Argireline®, Ameliox® and Polylift® to reduce the depth of wrinkles
- With relaxing and moisturising effects to smoothen and refine the skin structure
- Ideal in combination with Serox Intensive Result Cream

28230 | 30 ml

New

SEROX
SPECIAL CARE



YOU SAVE WITH **SETS**

Serox Instant Result-Set 28242

Perfectly coordinated combination for lastingly younger looking skin

- Serox Instant Result Mask 1-2 times per week
- Instant Result Serum: daily application in addition to the mask, under the LR Day Cream

Intensive Result Serum · 30 ml
Intensive Result Mask · 50 ml

Serox Instant Result Mask

Instantly visible and noticeable anti-age effect after only one application:

- smoothing of the skin
- tightening of the skin
- refined complexion

Lasts up to 12 hours.**

28241 | 50 ml

INTENSIVE BOOST OF FRESHNESS for men & women

The light facial care provides particularly stressed skin with a perfect boost of freshness – also for in-between! The combination of Reductine®, hyaluronic acid, algae extract and a mix of seven herbs ensures perfect hydration of the skin. More vitality and elasticity the whole day through!

**POWER
LIFT**
SPECIAL CARE



PowerLIFT

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

OUR STAR FOR
THE DAY –
ALSO FOR
MEN'S SKIN



REGENERATION OVERNIGHT: Increased resilience and elasticity

The rich mask with its highly concentrated active ingredient complex of UltraFilling Spheres™, jojoba oil and Shizandra berries provides for extra care and regeneration. Especially during the night, the skin can relax and the valuable active ingredients can penetrate the skin in an optimum manner. The skin feels silky soft in the morning and appears smooth and fresh.

**SLEEPING
MASK**
SPECIAL CARE



Sleeping Mask

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

OUR STAR FOR
THE NIGHT –
ALSO FOR
MEN'S SKIN








Functional care for
antibacterial protection



MICROSILVER PLUS is the antibacterial special care with a combination of Microsilver BG™, dexpanthenol and zinc compounds for teeth, mouth, hair and stressed skin areas such as face, body, hands and feet.

The LR combination of
active ingredients works
threefold*:

-  **antibacterial**
-  **regulates**
-  **stabilises**

LR MICROSILVER PLUS FACE:

Antibacterial wash cream and facial cream for pore-deep clean skin. Confirmed effectiveness against skin impurities*.

LR MICROSILVER PLUS TOOTH:

Antibacterial toothpaste and dental chewing gum. For beautiful teeth, healthy gums and a fresh mouthfeel.

LR MICROSILVER PLUS BODY:

Antibacterial anti-dandruff shampoo, hand gel and deodorant roll-on. For a fresh, clean body feeling.

* scientifically accredited through several studies (et al. Fresenius)

LR MICROSILVER PLUS FACE

Antibacterial facial care for pure skin.



Thanks to its special combination of active ingredients, MICROSILVER PLUS offers antibacterial care and protection for demanding skin areas, especially on the face. For irritated, impure, oily skin and enlarged pores, the regular application of MICROSILVER PLUS wash cream refines the skin's texture.



YOU SAVE WITH SETS

Face Set

25004

Face Wash · 150 ml
Face Cream · 50 ml

Face Wash

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

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

25000 | 150 ml

Face Cream

Apply the Face Cream following cleansing with the Wash Cream.

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

25001 | 50 ml

LR MICROSILVER PLUS TOOTH

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 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.

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.



Dental care chewing gum

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

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

25091 | 10 x 1,4 g

Toothpaste

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

- ✚ Prevents caries and plaque
- ✚ Periodontal prophylaxis
- ✚ Eliminates bad breath
- ✚ Mineral **Hydroxylapatit** helps to repair damage to enamel.

25090 | 75 ml



MICROSILVER dental care –
chewing gum* and toothpaste**
are patent pending.

* Patent No.: DE 10 2010 030 546 A1

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

LR MICROSILVER PLUS BODY

Antibacterial protection & care for the body



Thanks to its special combination of ingredients, MICROSILVER PLUS nourishes and protects stressed and demanding skin areas. Mild antibacterial hair care, hand hygiene even without water and reliable deodorant protection for daily use.



Hand Gel

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

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

25051 | 75 ml



Anti-Dandruff Shampoo

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

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

25070 | 150 ml



Deo Roll on

Apply mornings and after showering. Without aluminium salts.

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

25022 | 50 ml

Hair problems?

CAUSE

What are the causes for premature hair loss?

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

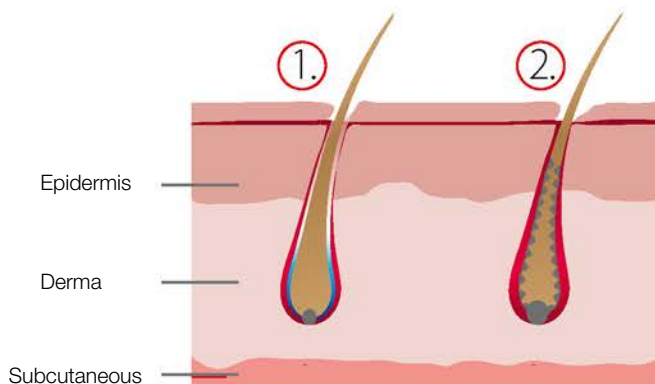


ACTION

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

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

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



EFFECT

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

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

The results:

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

*Study Tonic

Certified Effectiveness

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

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

L-Recapin

Powerful duo for full, thick hair

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



RECOMMENDATION FOR FULL HAIR:

Only long-term and regular application of L-Recapin will enable the optimum result. The recommended 4-pack provides a four month supply.

The L-Recapin Tonic and the Shampoo are exactly the perfect combination with the best outcomes.

YOU SAVE WITH SETS

L-Recapin Set 1+1

27004

L-Recapin Shampoo · 200 ml
L-Recapin Tonic · 200 ml



L-Recapin Shampoo

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

27003 | 200 ml

L-Recapin Tonicum

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

27001 | 200 ml

FRAGRANCE



Fascinating fragrance worlds

Fragrances create unforgettable memories. They enchant and seduce you and awaken unbridled passion through their playfulness. Whether glamorous star fragrances, lifestyle fragrances for every day or timeless classics – the fragrance creations by LR captivate with a variety of stunning sensuality.

LR Health & Beauty has established itself as a leading partner in fragrance design worldwide. Numerous international celebrities trust LR's expertise when it comes to individual fragrance compositions that enchant the senses.

High-quality ingredients, unique fragrance accords, a high perfume oil content and a long-lasting scent are the hallmarks of all LR fragrances, which are produced exclusively in collaboration with renowned fragrance houses.



Essence of Amber

Revitalising sparks of boundless
zest for life.

oriental · powdery · alluring

Eau de Perfume

30330-3 | 50 ml

Lightning Collection

The essences of life

The new Lightning Collection with Swarovski® crystals – presented by Emma Heming-Willis – brings out the sparkling essences of life in three emotional fragrance compositions. The exceptionally alluring magic of the fragrances is highlighted by the unlimited radiance of Swarovski® crystals.

The high-quality crystals are recognizable by the „Crystals from Swarovski®“ seal. This label signals the presence of genuine crystals from Swarovski®. The label even features a tracking number for verification of the authenticity.



Essence of Marine

Enlightening sparks of magical clarity.

aquatic · flowery · inspiring

Eau de Perfume
30330-1 | 50 ml



Essence of Rose

Sensual sparks or romance.

flowery · fruity · sensual

Eau de Perfume
30330-2 | 50 ml

Lightning
COLLECTION


presented by
Emma Heming-Willis

YOU SAVE WITH SETS

Lightning Fragrance Set

30334

Essence of marine, Eau de Perfume
Essence of rose, Eau de Perfume
Essence of amber, Eau de Perfume



Pledge of Love from Bruce Willis

“Inspired by my love for Emma”



It is a very personal story of a world-star who was inspired by his wife Emma Heming-Willis to bestow a fragrance. As a sign of his love, Lovingly was developed, a fragrance so full of passion just like this unique declaration of love. With a bouquet of **white blossoms** and a hint of **fresh citrus** fruits this scent encases a lustful aura of charm and love. **Sandalwood** and **musk** lend a warm and romantic feel. This is true love!

Introduced by: Emma Heming-Willis

**Lovingly by
Bruce Willis**

Eau de Parfum
3630 | 50 ml

Naturally irresistible:

Cristina Ferreira up close

Cristina Ferreira is a widely famous and popular TV superstar in Portugal. As an entertainer and show host, she enthuses and mesmerises her fans day in, day out with her likeable and natural personality. With her first fragrance MEU – „mine“ – she offers her fans a very personal gift. An elegant composition of slightly sweet and **fruity bergamot, elegant rose, warm vanilla** and **seductive patchouli** – a capturing, irresistible fragrance with a very personal note.

MEU by Cristina Ferreira

Eau de Parfum
30120 | 50 ml



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



“Haute Parfum” for Women by Guido Maria Kretschmer

As an international designer, Guido Maria Kretschmer has been creating men's and women's fashion for many years – fashion which is closely oriented towards the people who wear it. But a look is only really perfect when it is complemented by a fragrance which highlights the personality. So what could be more appropriate than creating an own fragrance collection for men and women? Just like with his fashion collection, the two perfumes are characterised by what defines Guido's personality: stylish elegance, attention to detail and an aura of international flair.

The women's perfume is a unique composition. Delicate seduction meets timeless elegance – from the top to the base note. A bouquet of **tangerine**, **rose** and **vanilla** gives the perfume a seductive and warm note.

YOU SAVE WITH **SETS**

**Guido Maria Kretschmer
Fragrance Set** 30230

Eau de Perfume for Women,
Eau de Perfume for Men

The men's fragrance by Guido Maria Kretschmer can be found on page 137.



Elegant packaging with loving attention to detail: stylish design box with elegant satin and a quote from the designer himself.

Guido Maria Kretschmer

Eau de Perfume for Woman
30200 | 50 ml

Pure lightness, vibrant energy

*„The sun is the most
beautiful light of the world.
Let your light shine!“*

Love Karolina



The second fragrance created by Karolina Kurkova reflects all facets of her versatile personality. Just like the sun, the top model is surrounded by a fascinating aura of feathery inspiration and vivid energy. **Fresh green** meets **pink pepper**, **rose** meets delicate **violet**, **vanilla** meets and **sandalwood**. The essence: A fragrance with a delicate floral note, as inspiring as the first rays of morning sunlight.

**Karolina by
Karolina Kurkova**

Eau de Perfume
30100 | 50 ml

Magic and Glamour of a Supermodel

Encapsulate yourself in blooms of **jasmine** and **tuberose** with warm **vanilla accords** and with a breath of sweet **honey** to capture its sensuality. Glitz and glamour characterise this fragrance from the top international catwalks and its unique and animated composition plays homage to Karolina's home land.



Karolina Kurkova

Eau de Perfume
3660 | 50 ml





Your World Your Catwalk

With this look and this fragrance you will capture the world. A "must-have" in your handbag. A mix of fresh-fruity **mandarin**, romantic **roses**, seductive **jasmine** and **musk**.

Beautyqueen

Eau de Perfume
30134 | 50 ml



Full of grace and sensuality

An interpretation of modern femininity – elegant grace, delicate lightness and mysterious sensuality. Sensual Grace is a fascinating fragrance composed of **rose**, **vanilla**, sensual **amberggris** and a precious aromatic and sweet **gourmand note**. An indulging perfume which invites you to dream and elegantly highlights the sensual, feminine aura.

Beautyqueen

Eau de Perfume
30150 | 50 ml



Irresistibly oriental

The irresistible charm of the Orient. Harem arises from the captivating composition of fruity **mandarin** and exquisitely sweet **chocolate and caramel**. Enchanting **jasmine** and strong **patchouli** finish off a rounded gourmet creation. The seductive classic for sensually fragrant moments of happiness!

Harem

Eau de Perfume
3400 | 50 ml



Classic seduction

The elegant, powdery fragrance presents itself as classic and timeless. An extraordinary fragrance composition with **orange blossoms, ylang-ylang, vanilla** and precious **Tonka Absolute**. A fascinating, attractive perfume for women with character and style.

Femme Noblesse

Eau de Perfume
30372 | 50 ml



Breathtakingly refreshing

Heart & Soul is the symbol of confidence and femininity. Inspirational and passionate. A fruity seductive fragrant cocktail of **cassis, red plum, rose** and **vanilla** highlights every woman's special aura. Sparkling, feminine, exciting!

Heart & Soul

Eau de Perfume
3650 | 50 ml



Simply glamorous

Bold, inspiring, natural, romantic – the explosive fragrance composition of fruity **bergamot, orange blossom, jasmine** and enticing **patchouli** captures the modern, female spirit and rounds it off, making for a uniquely exciting glamour appearance.

Brilliant Look

Eau de Perfume
30095 | 50 ml



Inspiring and Fresh

Your lust for life opens many doors. This fragrance is enticing in an unconventional refreshing way. The unique creation is bursting with energy of revitalising **citrus fruits** together with sensual romantic **roses**, precious **Ylang-Ylang** and warm **cedarwood**. A multi-faceted fragrance composition for life's adventures!

Rockin' Romance

Eau de Perfume
3250 | 50 ml



TOP
SELLER

Simple yet sensuous

Charming and shy metamorphosed into self confidence and sensuality. Pseudonym enchants through the mysterious feminine composition of **peaches**, transparent **water lilies** and captivating **violets** and **sandalwood**.

Pseudonym

Eau de Perfume
3407 | 50 ml



Travel through the world of fragrances with the LR Classics!



Welcome to perfume paradise! Our exclusive LR Classics Eau de Perfumes take you to the most beautiful places in the world. From shopping in luxurious Marbella on to the Walk of fame in Los Angeles and then surfing in Hawaii at the weekend? Change your fragrance depending on the season, mood and occasion. Let yourself be inspired and experience a new, exciting fragrance journey every day!

01 LR Classics HAWAII

The memory of a summer flirt. An exotic fragrant mix of **cinnamon, heliotrop, vanilla** and **tonka beans**.

Eau de Perfume
3295-106 | 50 ml

03 LR Classics ANTIGUA

Just like a passionate kiss on white sands. A bloom infusion of **roses, irises, violets** and **jasmine**.

Eau de Perfume
3295-123 | 50 ml

05 LR Classics VALENCIA

La Dolce Vita! Mediterranean flair for your skin. Inspired with **citrus fruits, blossoming notes** and infatuating **musk**.

Eau de Perfume
3295-126 | 50 ml

02 LR Classics SANTORINI

Just like a sunset – alluring the senses. Pure enchantment with **freesias, jasmine** and **musk**.

Eau de Perfume
3295-120 | 50 ml

04 LR Classics MARBELLA

For the charming, seductive and those who appreciate pure luxury. **Oranges, roses** and **jasmine** caressed with precious **patchouli**.

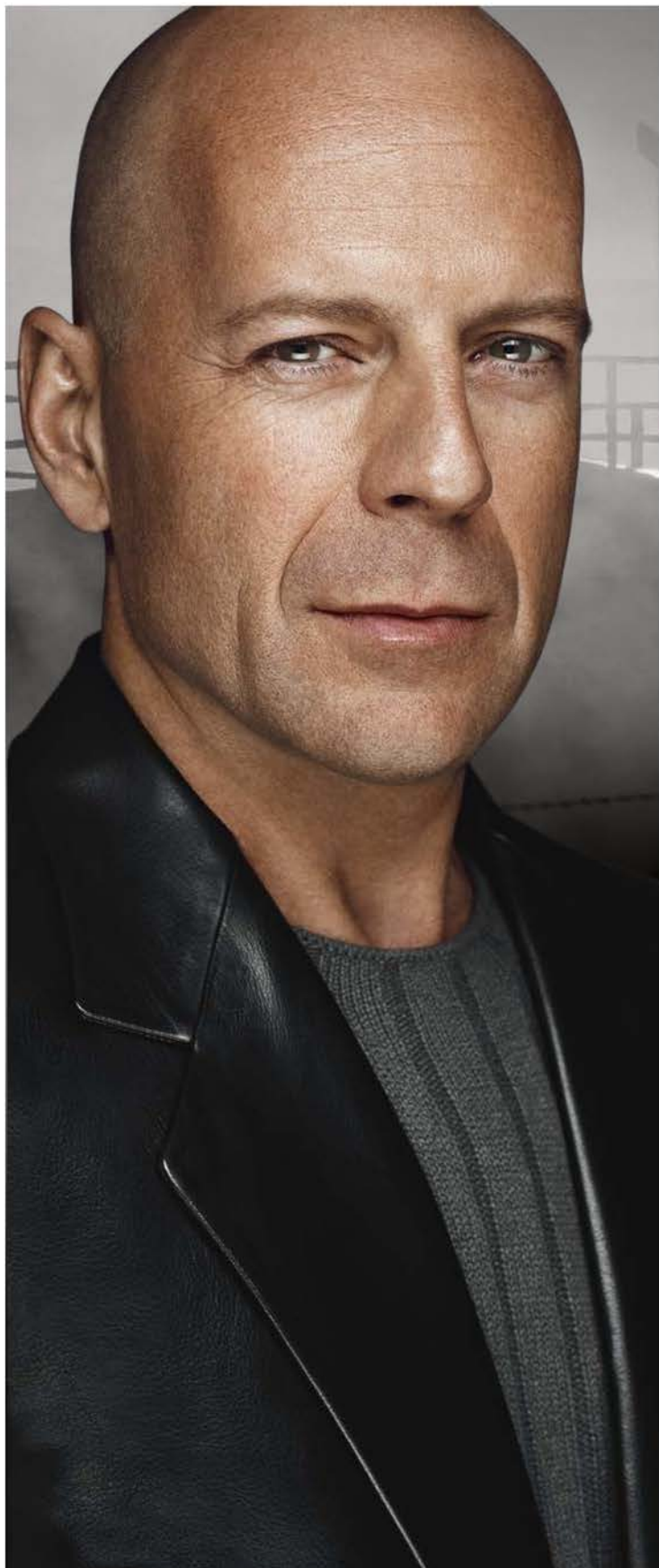
Eau de Perfume
3295-124 | 50 ml

06 LR Classics LOS ANGELES

Glamorous, vibrant, full of life. An invigorating and sparkling fragrance composed of **cassis, lily of the valley, vanilla** and a touch of **pink pepper** to top it off.

Eau de Perfume
3295-127 | 50 ml





A breath of immortality

Smart Guys live forever – just like Bruce Willis. Straight down the line, masculine and unconventional. The fragrance of action heroes: strong **sandalwood** and spicy **pepper** mixed together with earthy **vetiver** and revitalising **grapefruit**. Bruce Willis' first fragrance – now a legend.

Bruce Willis

Eau de Perfume
3505 | 50 ml

Absolutely
private



Citrus fruits and **black peppers** provide for a stimulating contact and with aromatic notes and a fine **hint of tobacco** creating an unmistakably masculine and elegant impression. The strong base of sensuous **leather accords** and **precious oud** wood give this fragrance its own unique signature and private reflections from Bruce Willis.

**Bruce Willis
Personal Edition**

Eau de Parfum
2950 | 50 ml



"I want to touch people's hearts,
not seduce them."

Handwritten signature



“Haute Parfum” for Men by Guido Maria Kretschmer

Just like the women's scent, the men's fragrance bears the signature of the designer: elegant, sophisticated, timeless and authentic. A unique and exquisite composition. The masculine, aromatic-fresh accents of **bergamot, pepper** and **leather** impart a charming and irresistible aura to the fragrance. Little by little, the elegant, spicy and fresh essences unfold their exciting facets on the skin.



Elegant packaging with loving attention to detail: stylish design box with elegant satin and a quote from the designer himself.

YOU SAVE WITH **SETS**

**Guido Maria Kretschmer
Fragrance Set** 30230
Eau de Perfume for Women,
Eau de Perfume for Men

The women's fragrance by Guido Maria Kretschmer can be found on page 125.

Guido Maria Kretschmer

Eau de Perfume for Men
30220 | 50 ml



3,2,1 – Action!

The perfect combination of sport, elegance and masculinity. **Tangy citrus fruit,** dynamic sharpness of ginger **and** aromatic **cardamom** combined with sensuous elegant **wood and musk notes** – a perfect fit for the casual easy-going lifestyle

Just Sport
Eau de Perfume
30000 | 50 ml



Adrenalin Kick

A thrilling, dynamic fragrance for men who love a challenge and are constantly redefining the definition of success! The fragrance convincingly **delivers the** zest of orange, spice **of cardamon,** seduction of **jasmine and the strength of cedarwood.**

Racing
Eau de Perfume
30027 | 50 ml



Hero of the Ocean

The waves rumble. Adrenalin in the veins. The beach in view. The fragrance promises a maritime freshness with a mix of **mandarin, melon, eucalyptus** and **patchouli.** Immerse yourself in a world of lightness and coolness. A hint of summer – all year round!

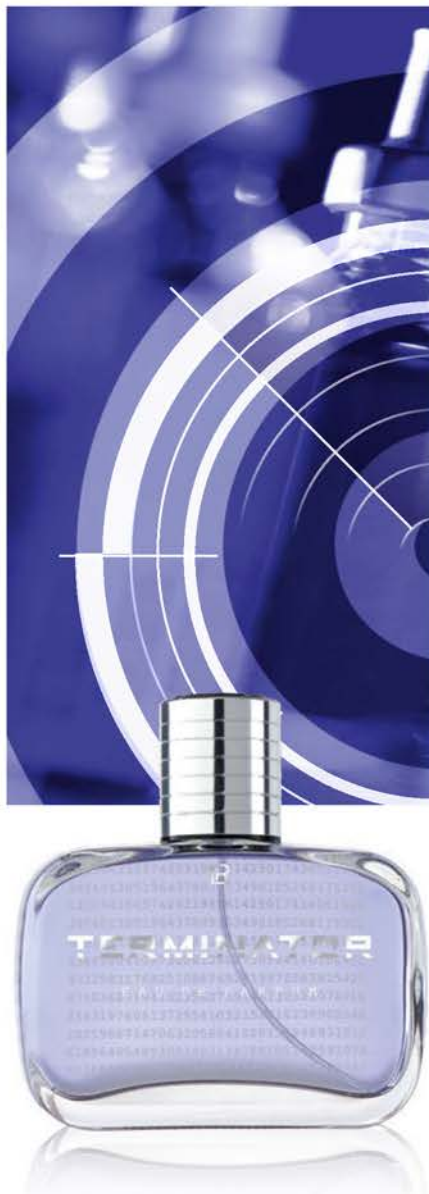
Ocean'Sky
Eau de Perfume
1580 | 50 ml



For the man of the world

New York, London, Paris, Milan, Tokyo – the man of today is at home all over the world. This is also reflected by his perfume: elegant, casual, sensual, cool. The perfect combination of **citric bergamot, chocolate, Szechuan pepper** and elegantly masculine **vetiver**.

Metropolitan Man
Eau de Perfume
30190 | 50 ml



The future is always your time

Striking, mysterious and uncompromising. The powerful men's fragrance impresses with its especially masculine character and a classic, timeless note. An intensive mixture of **citric bergamot, fresh lemon** and **charismatic amber**.

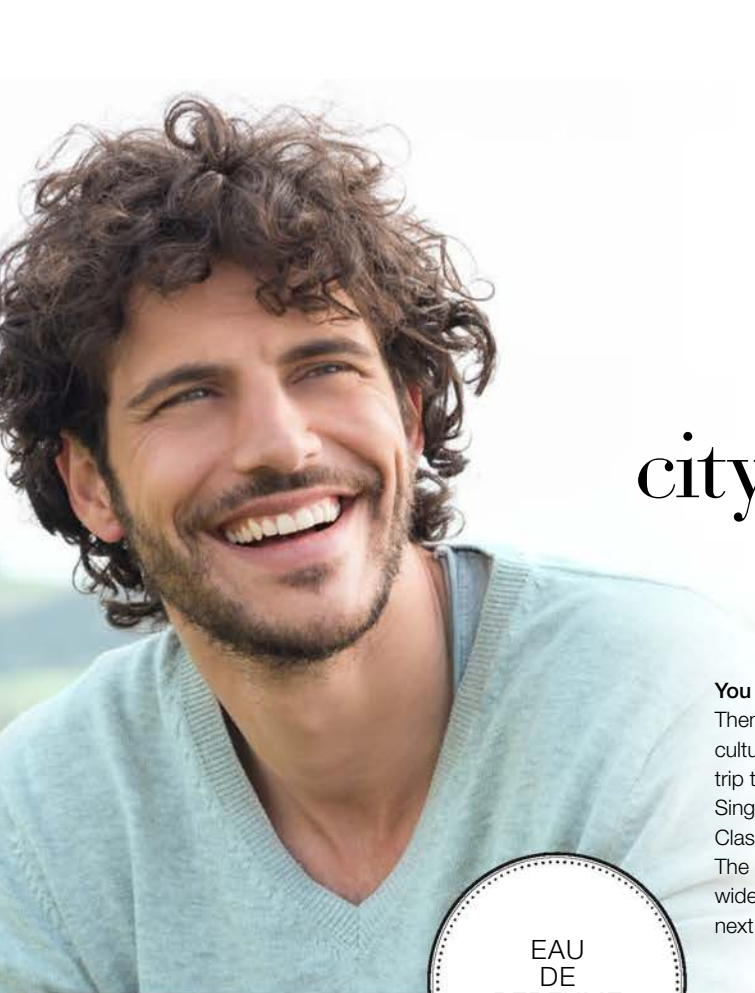
Terminator
Eau de Perfume
3414 | 50 ml



The freedom of the Adventurer

A wild, independent life. Every day is a new adventure. The fragrance captivates a mix of **lavender, green mint** and oriental **tonka beans**.

Jungle Man
Eau de Perfume
3430 | 50 ml



LR Classics – city trip or world tour?

You are an adventurer and love the world's metropolises?

Then these fragrances are just right for you! Whether it is a cultural trip to trendy Stockholm, a business meeting in exotic Singapore or networking in exclusive Monaco... With the LR Classics you can go on your own private trips of your dreams. The modern Eau de Perfumes radiate the fragrance of the big wide world and will gladly accompany you to your next destination.

EAU
DE
PERFUME

01 LR Classics SINGAPORE

Seductive and mysterious. Full of contrast and always exciting.

Oriental and spicy accords blended together with **cedarwood** and **vanilla**.

Eau de Perfume
3295-151 | 50 ml

03 LR Classics STOCKHOLM

The stylish Scandinavians: Design, fashion and pulsating parties.

A light woody fragrance of **cedarwood, amber** and **bergamote**.

Eau de Perfume
3295-160 | 50 ml

05 LR Classics BOSTON

For the high spirited: effortless, diverse and multicultural. A fresh and fruity combination of **apples** and **oranges** mixed together with **cedarwood** and **amber**.

Eau de Perfume
3295-162 | 50 ml

02 LR Classics MONACO

Luxury and exclusivity, the fascination of the metropolis. A mix of spicy **ginger, tangy orange blooms**, opulent **amber** and **tobacco leaves**.

Eau de Perfume
3295-159 | 50 ml

04 LR Classics NIAGARA

A powerful waterfall, the strength of **nature. Likewise the fragrance: marine notes, lavender and cedarwood**.

Eau de Perfume
3295-161 | 50 ml



STOCKHOLM



MONACO



BOSTON



NIAGARA



SINGAPORE

MAKE UP



Perfect make-up – perfect appearance

Charming make-up looks for every occasion, intoxicated by colour, expressive sensuality and harmony. The cosmetic products by LR offer individual variety – from a subtle natural day make-up to stylish modern elegance through to trendy party glamour.

LR Deluxe

With deluxe premium cosmetics in studio quality, a professional make-up can be created that meets the highest demands. High-quality textures and shimmering nuances ensure glamorous moments that make an impression.

LR Colours

Long live colourful variety! Colours is the make-up line for young trendsetters. Whether eye shadow, blusher, lipstick or nail polish – the innovative highlights of Colours ensure fun and vitality

Lips in the spotlight



01 High Impact Lipstick

- Creamy, delicate texture full of intensive colour pigments for a pure colour experience
- The innovative texture provides a luxurious finish and seductive colour depth
- Uniform application, long-lasting hold and silky skin sensation

3,5 g

- 1 | 11130-1 Signature Red
- 2 | 11130-2 Camney Red
- 3 | 11130-3 Peppy Tomato
- 4 | 11130-4 Sensual Rosewood
- 5 | 11130-5 Soft Beige
- 6 | 11130-6 Light Chocolate

02 Brilliant Lipgloss

- Shimmering, glossy, vivid
- 3-D effect: fuller-looking lips
- With nurturing ingredients

4 ml

- 11131-1 Dramatic Rosewood
- 11131-2 Pink Brilliance
- 11131-3 Nude Shine
- 11131-4 Berry Glam
- 11131-5 Orange Flash
- 11131-8 Rose Temptation

01



02



11131-1



11131-2



11131-3



11131-4



11131-5



11131-8



Deluxe

Deluxe

The model is wearing High-Impact Lipstick 11130-1; Signature Red



01 Fantastic Mascara

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

11188 | 10 ml



02 Activating Lash Serum

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

11127 | 5,5 ml



* Maximum measured lash length after 6 weeks: up to 35% longer lashes.

** Scientific study conducted by the renowned Institut Dermatest GmbH.
Result: April 2014. Participants: 20 women.
Application: apply the serum twice a day to the upper lash line.
Period of application: 12 weeks (intermediate result after 6 weeks)



03 Lash Booster

- Can be applied under every kind of mascara
- Intensive result and incredible lash volume
- The fine fibres in the white texture make your lashes appear longer and more defined

11125 | 9 ml



Eye Make-up Remover

- 2-phase-system: care component and remover mix
- Removes waterproof make-up hassle-free and without residues
- Does not leave an oily film
- Nurturing active ingredients provide care for sensitive and dry skin around the eyes
- Suited for contact lens wearers
- Shake well before use

11190 | 125 ml



Expressive eyes for a breath-taking look

Fantastic

01



02

LashActivator

LashBooster

03



Precious interplays of colour in the bat of an eye



Artistic Quattro Eyeshadow

- Perfectly harmonised nuances for a multitude of colour combinations
- 4 cambered, compressed eyeshadows
- Soft, satined interplays of colour from delicate to intense brilliance
- Extremely smooth and high-pigmented expert texture
- Wet & dry texture: can be applied either dry or wet with a moistened applicator

4 x 0,5 g

- 01 | 11150-1 Night Rock
02 | 11150-3 Velvet Vintage
03 | 11150-8 Secret Dawn
04 | 11150-10 Delighted Nude
05 | 11150-12 Sublime Marine



The model is wearing Artistic Quattro Eyeshadow 11150-8



Full Colour Superliner

- Liquid eyeliner for easy application and expressive eyes
- Intensive full colour performance and long-lasting hold of up to 12 hours
- Fine felt point for precise, elegant contours in a single stroke
- Apply to oil and powder-free skin

1,1 ml 11128 Deep Black



Perfect Brow Styler

- Fluid that tints, styles and fixes the brows
- Long-lasting, natural finish
- Tints the hair, not the skin

6 ml



11121-1 Bright Liquid

11121-2 Dark Liquid

Metallic Eyeliner

- Breathtakingly soft texture
- Extra long-lasting hold, water-resistant
- With removable sharpener and integrated smudger for blending

0,37 g



11120-2 Velvet Violet

11120-3 Moonlight Silver

11120-6 Satin Brown

11120-7 Gorgeous Grey





Bright Highlighter

- Magical: reduces any signs of tiredness
- Rich cocktail of active ingredients including amaranth oil, bisabol oil, Australian myrtle oil and Optisol™
- Apply under the eyes, to the upper lip line and where fine lines appear



11109-1 | 2,5 ml Porcelain
11109-2 | 2,5 ml Ginger

Fast Wrinkle Filler

- Fills up wrinkles, imperfections and small scars from the outside
- Long-lasting texture for a smooth complexion
- Apply under make-up and let dry for a few seconds



11118 | 3,6 g

Eye- & Lipbase

- Normalises the skin tone
- Makes lipstick and eyeshadow last longer
- Can be applied under lip and eye make-up



11108 | 2,2 g

Radiant Skin Primer

- Corrects imperfections, makes make-up last longer and reduces the pore size
- Diamond-based effect pigments for enhanced radiance
- Peach-coloured texture freshens up the complexion
- Can be applied under make-up or alone



11115 | 30 ml

Experience skin perfection

that knows
no limits



01 Perfect Wear Foundation

- Silky texture with medium opacity that blends perfectly into the skin
- For a flawless and perfected complexion without mask effect
- Effective peptide complex for intense radiance and brilliancy
- Tested light protection factor LPF 37

30 ml

- | | |
|-------------------------|----------------------------|
| 1 11116-1 Porcelain | 4 11116-4 Dark Beige |
| 2 11116-2 Light Beige | 5 11116-5 Beige Noisette |
| 3 11116-3 Beige | 6 11116-6 Hazelnut |

02 Perfect Smooth Compact Foundation

- Creamy compact foundation with medium opacity, perfect for on the go
- Conceals imperfections simply and quickly for a perfected complexion
- Tested light protection factor LPF 30

8,5 g

- | | |
|-----------------------|--------------------------|
| 11117-101 Porcelain | 11117-104 Dark Beige |
| 11117-102 Light Beige | 11117-105 Beige Noisette |
| 11117-103 Beige | 11117-106 Hazelnut |



LR by *da Vinci*

HANDMADE IN GERMANY

01 | Foundation Brush

- For liquid and creamy make-up

40062

02 | Powder Brush

- For even application of loose and compressed powder

40060

03 | Rouge Brush

- For precise application of powder rouge

40061

04 | Eyeshadow Brush

- For even application of powder eyeshadows

40063

05 | Blender

- Perfect for blending powder eyeshadow in the lid crease

40064

06 | Brow and Lash Brush

- For perfectly shaped brows
- For separating the lashes

40067

07 | Eyebrow and Eyeliner Brush

- For eyebrow powder and liquid eyeliners

40065

08 | Eyeshadow Brush

- For even application of powder eyeshadows

40066

YOU SAVE WITH **SETS**

Set with all brushes

40068



The model is wearing Perfect Powder Blush 11113-1

Perfect finish from natural to expressive



01 Perfect Powder Blush

- Velvety powder that stands out with excellent colour coverage and brilliance
- The harmonised matte colours add a fresh touch and highlight the cheekbones
- Duo colours, can be applied individually or in combination for a multitude of colour variants

11113-1 | 11,8 g Ruddy Rose
11113-2 | 11,1 g Petal Peach

02 Sun Dream Bronzer

- Feathery, pressed powder which can be evenly applied all over the face or to accentuate certain areas
- Perfect duo-colour combination for a smooth finish and natural freshness
- For a fresh summer complexion throughout the year

11114 | 11 g

03 Hollywood Powder Multicolour

- Perfect for everyday use and every skin tone
- Yellow provides a radiant, fresh complexion
- Beige reduces irregularities in pigmentation
- Green conceals broken capillaries and pigmentation spots
- Fixes make-up, blurs out imperfections and ensures a smooth and radiant complexion

11111 | 12 g

04 Hollywood Powder Duocolour

- Yellow imparts a healthy glow to your skin, blurs out shadows and imperfections and provides a radiant complexion
- Purple ensures a fresh and vital complexion, even at night – it reflects the light and livens up dull skin
- Fixes make-up, blurs out imperfections and ensures a smooth and radiant complexion

11112 | 10 g

05 Velvet Touch Micro Powder

- High-grade multi-functional powder
- The airy and micro fine texture imparts a silky-transparent and smooth finish
- Reduces shine and normalises the skin tone

11110 | 10 g

Become an eye-catcher!



Liquid Eyeliner

- For an intense, opaque result
- For precise, straight lines
- Quick-drying and long-lasting
- Shake well before use

2,5 ml

10005-1 Absolute Black

10005-2 Dark Brown

Eyeshadow

- Dual colour power
- Brilliant colours full of radiance
- Powdery-soft texture with light-reflecting elements
- with pure minerals and Phycorail®
- Talcum-free

2 x 1,25 g

01 | 10420-1 Mint 'n' Pine Green

02 | 10420-3 Sky 'n' Water

03 | 10420-4 Rose 'n' Grey

04 | 10420-6 Taupe 'n' Bronze

05 | 10420-7 Cashmere 'n' Copper

06 | 10420-8 Mauve 'n' Plum

07 | 10420-9 Gold 'n' Bronze

08 | 10420-10 Vintage Rose 'n' Grape



07

08

01

03

02

04

05

06

Eyelid Highlighter

- 2 tips for day and night
- Delicate rose for the day
- Shimmering white-green for the night
- Makes the eyes look bigger
- Apply directly under the eyebrows

10004

2 x 4,6 g



Eyebrow Double Pencil

- Highlights the brows naturally and expressively
- Fine tip: for filling in gaps and defining the brows
- Broad tip: for adding colour and shaping the brows
- TIP: also ideal as eyeshadow!

4,9 g & 1,3 g

10006-1 Cashmere Creme

10006-2 Cashmere Brown



COLOURS



01 Volume & Curl Mascara

- Conjures up extraordinary volume with perfectly separated eyelashes
- The slightly curved brush fans out the lashes and creates a fabulous curve



10002-5 Night Blue



10002-4 Dark Brown



10002-1 Absolute Black

10 ml

02 Extreme Volume Mascara

- Spectacularly full, intensive lashes with maximum volume effect
- A combination of carefully selected waxes keeps the lashes soft and supple and unfolds every lash
- Conical brush shape for a marvellous „big eyes effect“
- Easy application even at the corners of the eye and the lower lash line thanks to pointed brush



10386 Absolute Black

11 ml

03 Length & Definition Mascara, waterproof

- Perfectly defined, visibly lengthened lashes
- The high definition brush makes the lashes look longer and separates them to the last hair
- Waterproof, extra long-lasting texture



10266 Absolute Black

7 ml



Kajal

- Intensive, strong and supple lid line
- Easy application
- Ultra long-lasting hold
- Perfect for drawing contours and framing the eyes

1,1 g



10001-101 Soft Snow

10001- 2 Dark Coal

10001-104 Cold Blue

10001-105 Soft Ashes

10001- 6 Olive Green

10001-107 Dark Hazel



Lipgloss

- Ultra-glossy colour for extra-long hold
 - Nourishing with vitamin E and rosemary extract
- 10 ml

Glossy Lipstick

- The perfect combination of lipstick and gloss
 - Long-lasting and moisturising
 - With a seductively fruity flavour
- 1,6 g

- 01 | 10031-1 Crystal Caramel
02 | 10031-2 Crystal Rose
03 | 10031-3 Crystal Peach
04 | 10031-4 Crystal Mauve
05 | 10031-5 Crystal Plum
06 | 10031-6 Crystal Berry



- 01 | 10029-201
Smoothy Rose
02 | 10029-202
Smoothy Pink
03 | 10029-203
Smoothy Red

Lipstick Care Balm

- Mild care for sensitive and chapped lips
 - Protects and nourishes with Cupuaçu butter and vitamin E
 - For a natural and perfect finish
- 10433



Always find
the right tone

COLOURS



For lips with
a wow effect!



Lipliner

- Ideal for contouring and correcting
- Perfectly matches the LR Colours Lipsticks

1,16 g

- 01| 10032-1 Warm Rose
- 02| 10032-2 Magic Mauve
- 03| 10032-3 Juicy Rose
- 04| 10032-4 Orange Toffee
- 05| 10032-5 Midnight Plum
- 06| 10032-7 Hot Chili
- 07| 10032-8 Brown Rose



Lipstick

- Colour and brilliance that cast a spell
- From seductive red to fairy-tale rose through to natural shades of brown
- Beautiful lips thanks to vitamin E

4,5 g

- 01| 10431-101 Warm Rose
- 02| 10431-102 Magic Mauve
- 03| 10431-103 Juicy Rose
- 04| 10431-104 Orange Toffee
- 05| 10431-105 Midnight Plum
- 06| 10431-107 Hot Chili
- 07| 10431-108 Brown Rose



Skin Perfector



01

BB Cream

- The all-rounder for a great complexion
- Daily 5-in-1 care
 1. Moisturises
 2. Conceals imperfections
 3. Normalises the skin tone
 4. Mattifies the complexion
 5. UV filter with LPF 15

30 ml

01 | 10229-101 Light

02 | 10229-102 Medium / Dark

02



Cream Make-up

- Smooth and creamy make-up with high opacity
- 12-h-wear: extra-long matte effect up to 12 hours
- Increases the moisture content in the skin
- Light-reflecting micro-pigments normalise imperfections

30 ml

10060-1 Light Sand

10060-2 Medium Sand

10060-3 Light Caramel

10060-4 Medium Caramel

10060-5 Dark Sand

10060-6 Dark Caramel

10060-1

10060-2

10060-3

10061-107

10060-4

10061-102

10060-5

10061-103

10060-6

10061-104

10061-105

10061-106

Oilfree Make-up

- smooth and creamy make-up with medium opacity
- **Long-lasting:** ultra-fine powder pigments provide a long-lasting, matte finish
- with nMF-complex to normalise the moisture content in the skin
- light-reflecting micro-pigments normalise imperfections

30 ml

10061-107 Light Sand

10061-102 Medium Sand

10061-103 Light Caramel

10061-104 Medium Caramel

10061-105 Dark Sand

10061-106 Dark Caramel



Concealer Stick

- **Sun Shine** conceals eye rings
- **Soft Moss** evens out red patches
- Easy to blend, perfect opacity
- For a natural look
- With avocado oil
- With moisturising aloe vera

2,5 g

10062-1 Sun Shine

10062-2 Light Beige

10062-3 Dark Beige

10062-4 Soft Moss

10062-1

10062-2

10062-3

10062-4



Loose Powder

- Silky-weightless texture for a natural style
 - Perfect fixation for beautiful, even skin
 - Transparent, suited for all make-up shades
 - With pure minerals
- 15 g
10064

Blush

- Light texture for a vital, natural look
 - With pure minerals and Phycocorail®
 - With micro fine mattifying pigments
- 4 g

10441-1 Warm Peach
10441-2 Cold Berry
10441-4 Warm Berry
10441-5 Cold Apricot



Cleansing Foam

The rich foam gently cleans the skin and removes all make-up.
150 ml
10377

10441-1

10441-2

10441-4

10441-5

Add some colour!

10440-1

10440-2

10440-3

Pressed Powder

- Perfectly mattified complexion – also on the go
 - Smooth, light texture that conjures up a radiant look and lets the skin breathe
 - with pure minerals and Phycocorail®
- 9 g

10440-1 Sand
10440-2 Caramel
10440-3 Apricot

Bronzing Pearls

- Bronzing powder in pearl form
 - Adds a touch of summer tan to the complexion
 - Also perfect for highlighting the cheeks and the décolleté
- 18 g
10068





Hand & Nail Serum

- For velvety-soft hands
- With grape seed, avocado and jojoba oils and vitamin E
- Gentle care for sensitive skin

15 ml
10303



Nail Polish Remover-Box

- For super-quick and thorough polish removal
- Natural apricot oil replenishes
- Acetone-free

100 ml
10094



Nail Polish Remover

- Natural apricot oil replenishes
- Also perfect for re-filling the Remover Box
- Acetone-free

100 ml
10095



Professional File

- for natural and artificial nails
- Sand blade file for quick and precise filing

4526



Nail Shine/Polisher

- for naturally shining nails
- smoothing, filing, polishing

823

Nails need care!

Nurture



01

Protect



02

Fix



03

Harden



04

Repair



05

01 Billionnails

- Intensive nail care polish
- Complex with vitamin E, C & F, proteins and calcium to support nail growth
- nourish, harden and reduce brittleness of the nails

10405 | 5,5 ml

02 Base Coat

- Smoothes the nail surface and prepares the nails for the coloured polish
- Protects from nail polish stains
- Makes your nail polish last longer

10404 | 5,5 ml

03 Top Coat

- Seals your nail polish and makes it last longer
- Protects the nail from chipping and scrapers

10403 | 5,5 ml

04 Nail Hardener

- Hardens and seals natural nails
- Strengthens through special protective film
- Protects against chipping

10402 | 5,5 ml

05 Nail Therapy

- Ideal for soft, brittle nails
- Vitamin E and bamboo extracts improve nail elasticity and resilience
- Keratin components repair the nails and support healthy growth

10401 | 5,5 ml



Vivid colours that last!

True Colour Nail Polish

- Perfect opacity, brilliant high-gloss finish, vivid colours, long-lasting hold
 - Professional fan brush that follows the nail's contours for precise polish application in one stroke
- 5,5 ml

- | | |
|---------------|-------------------|
| 01 10400-1 | Marshmallow White |
| 02 10400-2 | Frosty Vanilla |
| 03 10400-3 | Ballerina Rose |
| 04 10400-4 | Sandy Beige |
| 05 10400-5 | Toffee Cream |
| 06 10400-6 | Latte Macchiato |
| 07 10400-7 | Happy Coral |
| 08 10400-8 | Pink Flamenco |
| 09 10400-9 | Foxy Fuchsia |
| 10 10400-10 | Red Kiss |
| 11 10400-11 | Black Cherry |
| 12 10400-12 | Lady Lilac |
| 13 10400-13 | Brown Truffle |
| 14 10400-14 | Smoky Grey |



COLOURS





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: DRES DE FF 400



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