



HEALTH & BEAUTY

**COLLECTION**  
**2 | 2020**

MORE QUALITY  
*FOR YOUR LIFE*

VALID FROM JULY 2020



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





## DEAR FRIENDS,

For 35 years, we have had one vision: We want to help all people to become 100 years young in good health, full of vitality and with great success. Of course this is a dream – but we work hard to make it come true. That is why we develop innovative solutions for health and beauty as well as for more personal and financial success.

**Our aim: “More quality for your life.” – for everyone.**

With unique products, which contribute to peoples’ constantly increasing health awareness, we have been fully in line with the trend – for 35 years! The power of nature in combination with the latest scientific findings plays an outstanding role for us.

Aloe vera, a unique plant with its extraordinary and diverse possibilities, plays an outstanding role for us. Both for health issues and beauty care – the all-rounder Aloe vera simply belongs to every household.

And since health is our most precious commodity, we at LR invest in exceptional quality. We can proudly say that we opened what is probably the most modern production site for Aloe vera products in Europe at our headquarters in Ahlen last year. For us, “Made in Germany” is not just an advertising slogan, but a promise of quality to all our customers!

For 35 years, we have been giving our sales partners the chance to lead a self-determined and successful life. What is a matter of course for LR provides many people with the income and freedom to achieve more quality of life. We offer everyone the opportunity to organise their own working hours and become part of an internationally successful team.

All employees and LR sales partners work on this vision every day with great passion.

Kind regards,

Andreas Friesch  
CEO | Management Spokesman

## COOPERATION WITH **EXPERTS**

"Our health is our most important asset.

A conscious lifestyle can support our body in staying healthy, fit and young for a long time. For centuries, people have relied on the natural power of plants. The queen of plants is Aloe vera," says **Professor Dr. Dietrich Grönemeyer**, an independent doctor.



"In addition to the need-specific products, LR also supports tips on nutrition, exercise and lifestyle with scientifically sound experts," says

**Dr. Sven Werchan**, an independent nutrition expert.



**Dr. Werner Voss**, founder and head of Dermatest GmbH confirms: "The LR care range offers

optimum daily care for every skin requirement with active ingredients of the highest quality combined with state-of-the-art formulations."

# No.1

## ALOE VERA DRINKING GELS

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



## DISTINGUISHED **QUALITY**

Our high quality standards are also strictly controlled and certified by independent, renowned institutes.

SGS INSTITUT FRESENIUS confirms, for example, the consistently high quality of the Aloe Vera Drinking Gel.



## **EXCELLENT PRODUCTS**



**Our excellent quality** does not come from nothing. Decades of experience and highly motivated employees in our company make it possible!

## **SOCIAL** RESPONSIBILITY

We assume responsibility without compromises.



**For the sake of the environment**, the material of all LR product folding boxes is being replaced step by step by FSC® certified material. FSC® is a non-profit organization globally encouraging the support of sustainable forestry.



**No animal testing** for the development of our health and beauty products.



**Support** of socially deprived children through the Child Foundation LR Global Kids Fund.



# MADE IN GERMANY

## **QUALITY AT THE HIGHEST LEVEL**



“Made in Germany” stands for the highest quality worldwide. It is our claim to prove these quality standards every day with all our products. Our customers can rely on that! In order to ensure 100% transparency, we have marked all LR health and beauty products in this catalogue which are manufactured directly in Germany with our new “Made in Germany” logo.



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## HEALTH & NUTRITION

LR LIFETAKE bundles first-class nutritional supplements into individual solutions for your well-being.

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# YOUR LIFE. YOUR RHYTHM. YOUR WELL-BEING.

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.

This is where LR comes into play: LR LIFETA KT combines first-class nutritional supplements to create individual solutions that are tailored to your personal needs in every phase of life. To improve your own personal quality of life. Take your health into your own hands with LR LIFETA KT and set the pace. LR LIFETA KT offers unique products with maximum effectiveness and consistently high quality. This is confirmed by renowned, independent institutes, for example SGS Institut Fresenius in the case of Aloe Vera Drinking Gels.

LR LIFETA KT offers overall solutions that not only provide comprehensive support in a healthy diet, but also in the areas of exercise and lifestyle. In line with a modern health management system, each LR LIFETA KT solution is based on 3 building blocks:



## BASIC SOLUTION

No matter what phase of life - you'll always be taken good care of.



## INDIVIDUAL SUPPLEMENTS:

Individual needs? Get your perfect complement.



## EXPERT TIPS:

Additionally, our nutritional experts offer tips and suggestions.







## 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.



LR LIFETAKT stands for health **"Made in Germany"**. That is our promise which you can count on 100%.

FIND YOUR INDIVIDUAL BARGAIN SET  
FOR EVERY PHASE OF LIFE.

## Daily Essentials

Full day, empty nutrient  
depots? Your daily plus  
for nutrient supply.  
starting

on page 12

- Aloe Vera Drinking Gel  
Traditional with Honey
- Pro Balance Tablets



## Night Essentials

Sleeping well and waking  
up well rested? Your  
nightly plus for a healthy,  
regenerative sleep.  
starting

on page 16

- Night Master



## Seasonal Support

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season. starting

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## Body Mission

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# Mental Power

Challenging everyday life, intensive lifestyle? Your plus for extra power and serenity. starting

on page 22

- Mind Master Formula Green or Formula Red
- Pro Balance Tablets



# Vital Care

You still have a lot on your agenda and want to stay vital? Your daily plus for more vitality. starting

on page 26

- Aloe Vera Drinking Gel Intense Sivera
- Reishi Plus Capsules



# Pro Activity

Stay mobile in everyday life? Your daily plus for your mobility//flexibility. starting

on page 38

- Aloe Vera Drinking Gel Active Freedom
- Active Freedom Capsules



# True Beauty

Do you want to feel beautiful from head to toe? Your daily extra dose of youthful beauty. starting

on page 42

- 5in1 Beauty Elixir





LR LIFETAKT

# 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 vital nutrients. No problem! Eating healthy in hectic everyday life is now very easy.

Whether as a family manager, at the workplace or as a true sports fan: Power only comes from a nutritious diet. Since integration in your daily routine is not always possible, LR LIFETAKT has a solution for you to ensure that your body always remains fully functional<sup>(1,2)</sup>. Daily Essentials by LR LIFETAKT supplies you with vital nutrients your body needs every day. Even if, or especially when you do not have time to prepare a fresh meal or enjoy 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 metabolism<sup>(1)</sup>.

---

### Full day, empty nutrient depots?

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

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LR enriches the leaf fillet of the Aloe vera plant with valuable vitamin C to support the energy metabolism<sup>(1)</sup>. In addition, Pro Balance restores the balance of nutrients in your body<sup>(2)</sup>. The body's own acid-base-balance is regulated by valuable trace elements and an optimal supply of basic minerals<sup>(2)</sup>.

<sup>1</sup> Vitamin C in Aloe Vera Drinking Gel Traditional with honey contributes to a regular energy metabolism.

<sup>2</sup> Magnesium in Pro Balance helps maintain the electrolyte balance.

<sup>3</sup> Vitamin C in Aloe Vera Drinking Gel Traditional with Honey increases iron absorption.

<sup>4</sup> Vitamin C in the Aloe Vera Drinking Gel Traditional with Honey contributes to normal collagen formation for a regular function of the bones, cartilage and skin.

<sup>5</sup> Vitamin C in Aloe Vera Drinking Gel Traditional with honey contributes to a regular function of the immune system.





## Daily Essentials

### BASIC SOLUTION



#### Nutrient supply<sup>1,2</sup> as a subscription

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

### Daily Essentials MONTHLY SET

#### Aloe Vera Drinking Gel Traditional with Honey

The 3 building blocks for your overall health:

- 1. SUPPLY:** Supplies important active ingredients and improves nutrient utilisation.<sup>1,3</sup>
- 2. DEFENCE:** Supports the body's own processes and the immune system.<sup>4,5</sup>
- 3. METABOLISM:** The energy metabolism is supported!

Delicious: with a natural, pleasant taste of honey



#### Aloe Vera Drinking Gel Traditional with Honey

pack of 3:  
80743 | 3 x 1000 ml

More information on  
page 50

#### Pro Balance Tablets

Pro Balance restores the balance of nutrients in your body.<sup>2</sup>

It regulates the body's acid-base balance through valuable trace elements and supports optimum supply of alkaline minerals.<sup>2</sup>



#### ProBalance Tablets

80102 | 360 Tablets / 252 g

More information on  
page 59

## 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.<sup>1</sup>

##### 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.<sup>2</sup>

##### Protein Power Drink Powder Vanilla

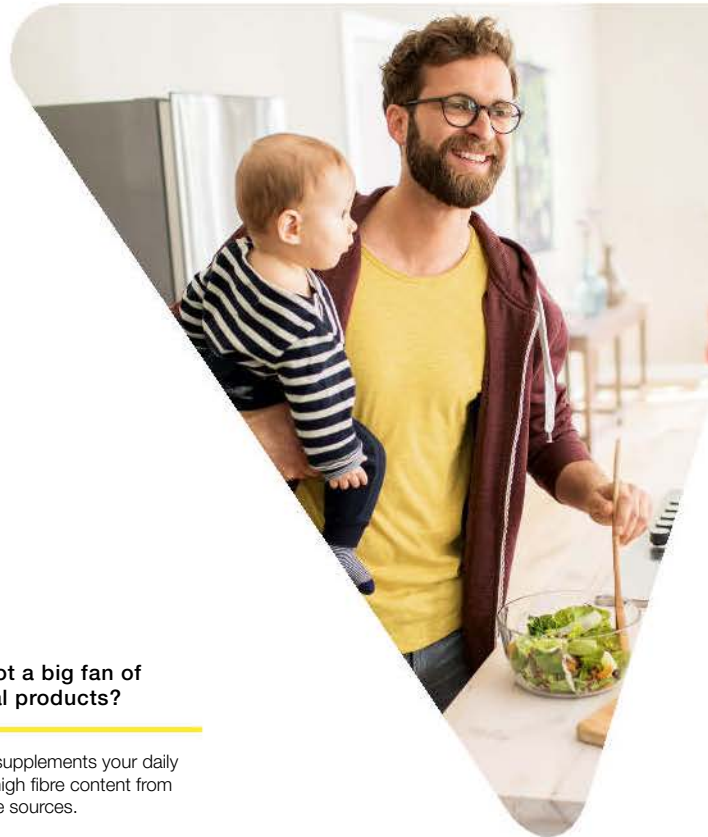
80550 | 375 g

#### 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<sup>3</sup> with only one teaspoon a day – 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 46.



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

<sup>2</sup> Proteins contribute to the maintenance and increase of muscle mass and the maintenance of healthy bones.

<sup>3</sup> 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?





LR | LIFETAKT

# Night Essentials

## NATURAL RECOVERY DURING SLEEP

You often have problems falling asleep and sleeping through or feel tired and exhausted in the morning? This is how 78 percent of the population feels.

Recovery, relaxation, relieve: Using the night for what it is supposed to be is challenging for many people. Be it pupils and students who often study until late at night or working people, shift workers and jetsetters who sleep irregularly and are frequent travellers. Retirees, who no longer do their regular work, often lose their rhythm - just as women in their menopause who suffer from unbalanced hormone levels on top of it. They all have to resist high physical and mental strains and regeneration at night is essential for them. Good sleep improves the quality of life. If you wake up well rested in the morning, you will feel fit, wide awake, concentrated and productive. Sleep is essential for physical and mental health, it strengthens the immune system and makes you happy and beautiful.

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### Sleeping well and waking up well rested?

#### LR LIFETAKT Night Essentials.

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Your nightly plus for a healthy, regenerative sleep. The LR LIFETAKT Night Master sleeping drink with its highly effective formula of natural ingredients, including Aloe vera, saffron extract and hops, contributes to a restful sleep in the long term if taken regularly.<sup>(1,2,3)</sup> Its powerful TRIPLE EFFECT<sup>(1,2,3)</sup> supports your body's sleep rhythm – this means falling asleep faster, sleeping through more deeply and waking up well rested. LR LIFETAKT Night Master covers 100% of your daily requirement of B vitamins, contains 250 mg of the essential amino acid L-tryptophan and magnesium and is a highly concentrated source of zinc.

<sup>1</sup> www.saffractiv.com, last amended: 13 Nov 2019

<sup>2</sup> Comercial Química Massó, unpublished trial, 2014.

<sup>3</sup> Vitamins thiamine, niacin, B6 and B12 and magnesium contribute to a regular function of the nervous system. Zinc contributes to normal cognitive function.



## Night Essentials

### BASIC SOLUTION



Save up to **25 %**

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

## Night Essentials MONTHLY SET

Night Master contributes to a restful and regenerative sleep in the long term : (1,2,3)

### 1. FALLING ASLEEP MORE QUICKLY

thanks to pure relaxation

### 2. SLEEPING THROUGH DEEPLY

thanks to improved sleeping quality

### 3. WAKE UP RESTED

thanks to optimised regeneration overnight



**Night Master**

81110 / 111g

30 sticks à 3.7g

## Individuals



### INDIVIDUAL SUPPLEMENTS:

If you want to start the day in top shape and full of energy, LR offers you optional products to give you extra power during the day and improve your performance or to support your muscle and skin regeneration during the night.

The Mind Master Formula Green Drink is the classic version with the full power of green tea.

The Mind Master Formula Red Drink gives you full power - with fruity grape flavour.

**You need higher performance and want to protect yourself from oxidative stress? <sup>(1,2,3)</sup>**

Mind Master gives you more energy in the long term and enhances your mental and physical performance. <sup>(1,2,3)</sup>

The Mind Master Formula Green Drink is the classic version with the full power of green tea.

The Mind Master Formula Red Drink gives you full power - with fruity grape flavour.

**Mind Master Formula Green**  
80900 | 500 ml

**Mind Master Formula Red**  
80950 | 500 ml

**You need a quick energy boost?**

The Mind Master Extreme Performance Powder provides you with a quick energy boost. <sup>(1,3)</sup>

**Mind Master Extreme Performance Powder**  
80980 | 35 g  
14 sticks à 2.5 g

**You want to help your muscles relax and regenerate at night?**

The Aloe Vera Relaxing Thermal Lotion from LR ALOE VIA stimulates the blood circulation and can help relieve painful muscle tension through its long-lasting thermal effect.

**Aloe Vera Relaxing Thermal Lotion**  
20603 | 100 ml

**You want to promote the regeneration of your skin overnight also from the outside?**

The LR ZEITGARD Sleeping Mask provides for extra care and skin regeneration overnight with its highly concentrated complex of active ingredients containing Ultra Filling Spheres TM, jojoba oil and Shizandra berries.

**Sleeping Mask**  
71011 | 50 ml



More information on the individual LR LIFETAKT products can be found starting on page 46.

<sup>1</sup> Vitamin B 12 contributes to a regular energy metabolism, a normal function of the nervous system and to reducing fatigue and exhaustion.

<sup>2</sup> Vitamin E helps to protect the cells from oxidative stress.

<sup>3</sup> Thiamine and vitamin B 12 support mental health.





## 1 2 3 Expert Tips

### EXPERT TIPS:

"A restful, regenerative sleep is indispensable for body and mind. The right combination of nutrients can help support good sleep, and even small adjustments in everyday life can do a lot to provide for a good and restful sleep.

Dr. Sven Werchan, nutrition expert

Dr. Sven Werchan,  
nutrition expert



### LIFESTYLE

**Many external and internal influences have an impact on our sleep. Optimising them is worth it.**

- Regulate the temperature. The optimum sleeping temperature is around 18°C. Simply check half an hour before going to bed.
- Air or open the window. Fresh air is vital for the brain to recover at night. Either air the room intensely for a short time before going to bed or leave the window open at night.



### NUTRITION

**Activities of internal organs are kept to a minimum at night. The timing and the amount of food we eat therefore have an influence on the sleeping quality.**

- Warm milk with honey. Sleep-promoting micronutrients such as melatonin and tryptophane make this combination an effective household remedy that can help you fall asleep.
- Bedtime sweets help. A small piece of chocolate before going to bed can help you fall asleep, especially in combination with a few cashew kernels or almonds. Don't forget to brush your teeth!



### EXERCISE

**The more active you are during the day, the better you can sleep at night.**

- Sports in the afternoon. Exercising makes you tired and reduces stress hormones. Both help you fall asleep. However, your body needs to rest 2-3 hours after exercising and before going to bed.
- Tense and relax. Tense arms, stomach, back and legs in bed and count until 10. Then relax. You will sink deeper and deeper into relaxation.

# NIGHT MASTER

## Night Master

People spend more or less a third of their lives asleep. –Assuming a life expectancy of 80 years, this means more than 24 years of sleep. And they are imperative. Why? Sleep works wonders! Sleep helps you feel awake in the morning, it is essential for all cognitive functions. It is stimulant, power source, memory booster and depression protection at the same time.

### Sleeping drink for a restful sleep in the long term <sup>(1,2,3)</sup>

#### Areas of application:

1. FALLING ASLEEP MORE QUICKLY thanks to pure relaxation
2. SLEEPING THROUGH DEEPLY thanks to improved sleeping quality
3. WAKE UP RESTED thanks to optimised regeneration overnight

#### Recommended intake:

- Mix the content of one stick in 100ml of water and stir, drink 30 minutes before going to bed.

Can also be consumed after brushing your teeth



#### Special properties:

- no habituation effect; does not cause addictions
- 100% vegan
- sugar-free
- lactose- and gluten-free
- high bioavailability
- practical monthly package
- delicious cherry flavour

#### Selected ingredients:

##### Scientifically proven ingredients:

- 250mg L-tryptophane
- 100% thiamine (vitamin B1)
- 100% niacin (vitamin B3)
- 100% vitamin B6
- 100% vitamin B12
- magnesium
- zinc

#### Effective natural ingredients:

- saffron extract
- hops extract
- Aloe vera

### Night Master

81113 | 30 x 3,7

### Save up to 25%

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

<sup>1</sup> www.saffractiv.com, last amended: 13 Nov 2019

<sup>2</sup> Comercial Química Massó, unpublished trial, 2014.

<sup>3</sup> Vitamins thiamine, niacin, B6 and B12 and magnesium contribute to a regular function of the nervous system.

<sup>4</sup> Zinc contributes to normal cognitive function.

<sup>5</sup> Vitamin B6 contributes to the regulation of hormone activities.

<sup>6</sup> Magnesium contributes to a normal muscle function.

<sup>7</sup> Zinc helps maintain healthy bones, hair, nails and skin.

<sup>8</sup> Zinc contributes to a regular function of the immune system.



MADE IN GERMANY

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



LR LIFETAKE Night Master naturally contributes to a restful sleep in the long term if taken regularly. The powerful **TRIPLE EFFECT** supports the body's own sleep rhythm. <sup>(1,2,3)</sup>

#### 1. Fall asleep faster thanks to pure relaxation

LR LIFETAKE Night Master relaxes body and mind in the long term if taken regularly and lets you fall asleep faster. <sup>(1)</sup> Relaxation and peace for body and mind are key to falling asleep quickly. 1 Without them, thoughts do not come to rest and muscles cannot relax.

#### 2. Sleep through deeply through improved sleeping quality

LR LIFETAKE Night Master improves the sleeping quality and supports your body's own, natural production of the sleeping hormone melatonin. <sup>(4)</sup> There are many factors that contribute to a good night sleep. The melatonin level is crucial. Melatonin regulates sleeping and waking phases. In an appropriate concentration, it makes you tired and lets you fall asleep quickly and sleep through the whole night.

#### 3. Wake up rested through optimised regeneration overnight

LR LIFETAKE Night Master improves natural recovery for body and mind during sleep so that you wake up fit and well rested and recharge your batteries for the day. <sup>(2)</sup> Regeneration during sleep is essential because we process information, impressions and sensations during sleep. In addition, growth hormones are released and stimulate muscle growth <sup>(5)</sup> and repair mechanisms. <sup>(6)</sup> The immune system can also recover during sleep. <sup>(7)</sup>





LR LIFETA KT

# Mental Power

## ENHANCED PERFORMANCE IN EVERY SITUATION!

You always do your best. Whether at the job, at university or in everyday family life? You challenge yourself and are challenged. This often leads to stress. It does not have to be this way.

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.

Whether during your studies, in the middle of your exam period or as young parents who are 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 enough to hold up, but with success, so that your body remains efficient even under stress.

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### Challenging everyday life, intense lifestyle?

#### LR LIFETA KT MENTAL POWER. Your plus for extra power and serenity.

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The unique, coordinated product combination of LR LIFEAKT Mental Power helps neutralise the negative effects of stress in the body <sup>(1)</sup> and gives you energy. You stay fully focused to get the best out of yourself. <sup>(2, 3, 5)</sup>

Mind Master protects the cells from oxidative stress <sup>(1)</sup> and contributes to a healthy energy metabolism <sup>(2)</sup> and nervous system <sup>(3)</sup> with vitamins and minerals. Pro Balance restores the important acid-base balance <sup>(4)</sup>. This reduces fatigue and exhaustion. <sup>(5)</sup> For those with a busy lifestyle – who want to be successful at the same time.

<sup>1</sup> Vitamin E in Mind Master helps to protect the cells from oxidative stress.

<sup>2</sup> Thiamine and vitamin B12 in Mind Master contribute to a regular energy metabolism.

<sup>3</sup> Vitamin B12 in Mind Master supports the nervous system.

<sup>4</sup> Magnesium in Pro Balance helps maintain the electrolyte balance.

<sup>5</sup> Magnesium in Pro Balance helps reduce fatigue and exhaustion. Challenging everyday life, intensive lifestyle?



## Mental Power

### BASIC SOLUTION



#### Performance<sup>1,2,3,4</sup>

##### subscription

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

## Mental Power MONTHLY SET

### Mind Master

Mind Master provides more energy in the long term and enhanced mental and physical performance.<sup>2,3</sup> In addition, Mind Master offers protection from oxidative stress.<sup>1</sup>

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

**Mind Master Formula Green:** The classic version with the full power of green tea

**Mind Master Formula Red:** The fruity version with grape flavour



#### 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 52

### Pro Balance Tablets

Pro Balance restores the acid-base balance<sup>4</sup> and reduces fatigue and exhaustion.<sup>5</sup>



#### ProBalance Tablets

80102 | 360 Tablets / 252 g

**More information on**  
page 59

## Individuals



### INDIVIDUAL SUPPLEMENTS:

Every body responds differently to challenging situations: Listen to your needs and give your body exactly the support it lacks. Do you need a quick energy boost? Do you have to be focused and concentrated in your stressful everyday work, but still want to give 100 % in your free time? Mind Master Extreme provides you with the boost of energy you need<sup>1</sup> and supports you in overcoming your energy slump<sup>2</sup>. In addition, Mind Master Extreme protects you from oxidative stress<sup>4</sup>. What's more: Pro 12 and Colostrum provide a general sense of well-being.



#### You need energy quickly?

Mind Master Extreme is the quick energy boost for mental and physical performance<sup>1,2,3</sup>. Protects your cells from oxidative stress<sup>4</sup>. Performance in convenient to-go format – without sugar.

#### Mind Master Extreme Performance Powder

80980 | 35 g / 14 sticks à 2.5 g

#### You just want to feel good?

Pro 12<sup>1</sup> 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 46.

<sup>1</sup> The caffeine contained in guarana helps to enhance attention and concentration.  
The caffeine contained in guarana contributes to increased endurance performance.  
<sup>2</sup> Vitamin B12 helps to reduce fatigue and exhaustion.  
<sup>3</sup> Thiamine, vitamin B6 and vitamin B12 support mental health.  
<sup>4</sup> Vitamin E helps to protect the cells from oxidative stress.  
<sup>5</sup> Patent No: EP2228067





## 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 are not planning on taking it easy. It is nice when your body can keep up with this zest for life.

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.

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### You still have a lot on your agenda?

**LR LIFETAKT Vital Care.**  
**Your daily plus for more vitality.**

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Vital Care from LR LIFETAKT optimally supports your metabolism and the functioning of your blood vessels. <sup>(1,2)</sup> Your vitality is promoted. <sup>(1)</sup> 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. Aloe Vera has been valued for centuries for its unique composition of ingredients. LR enriches the leaf fillet of the Aloe Vera plant with nettle extract. In addition, Reishi Plus contributes to a normal function of the blood vessels <sup>(2)</sup>. In Far-Eastern tradition, Reishi has been used for centuries as the "mushroom of long life".

<sup>1</sup> Vitamin C contributes to a regular energy metabolism.

<sup>2</sup> Vitamin C supports the formation of collagen for a normal functioning of the blood vessels.

<sup>3</sup> Vitamin C increases iron absorption.

<sup>4</sup> Vitamin C helps to protect the cells from oxidative stress.



## Vital Care

### BASIC SOLUTION



#### Vitality<sup>1</sup> as a subscription

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

### Vital Care MONTHLY SET

#### Aloe Vera Drinking Gel Intense Sivera

With triple power for more vitality

- 1. STABILISATION:** Supports the regular function of the blood vessels.<sup>2</sup>
- 2. SUPPLY:** Supplies vitamin C and supports iron absorption.<sup>3</sup>
- 3. PROTECTION:** Protects the cells from oxidative stress.<sup>1</sup>

Delicious: With a natural note of healthy nettle extract



**Aloe Vera Drinking Gel  
Intense Sivera set of 3:**  
80823 | 3 x 1000 ml

More information on  
page 51

#### Reishi Plus Capsules

Reishi Plus ensures a regular function of the blood vessels<sup>2</sup> and is also known as the "mushroom of long life".



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

More information on  
page 56



## 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 vitality<sup>1,4</sup> 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 function<sup>1</sup>.

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

#### You just want to feel good?

Pro 12<sup>2</sup> 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 teeth<sup>3</sup>. 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 46.

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

<sup>2</sup> Patent No: EP2228067

<sup>3</sup> Vitamin D and calcium contribute to the maintenance of healthy bones and teeth.

<sup>4</sup> Calcium in Woman Phyto contributes to a normal energy metabolism.



## 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.



LR LIFETAKT

# Seasonal Support

## SUPPORT FOR EVERY SEASON

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

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. 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.

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### Ready for all weathers?

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

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Aloe Vera Drinking Gel Immune Plus strengthens existing immune cells, activates the immune system and supports its function. 85% Aloe Vera leaf filet enriched with ginger, lemon and vitamin C, zinc and selenium provide triple power for your immune system. <sup>(1)</sup>  
In addition: Colostrum Capsules <sup>(2)</sup>. They contain the first milk of the cow, which already provides the calf with everything it needs.

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

<sup>2</sup> Capsules containing Colostrum

<sup>3</sup> Zinc has a function in cell division.

<sup>4</sup> Vitamin C contributes to a regular energy metabolism.





## Seasonal Support

### BASIC SOLUTION



#### Seasonal support<sup>1,2</sup> as a subscription

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

### Seasonal Support MONTHLY SET

#### Aloe Vera Drinking Gel Immune Plus

The triple plus for your immune system

1. **STRENGTHENING:** Existing immune cells are strengthened<sup>1</sup>
2. **ACTIVATING:** The immune system is activated.<sup>1,3</sup>
3. **STIMULATING:** The regular function of the immune system is supported.<sup>1,4</sup>

Delicious: Light, natural spicy ginger flavour combined with refreshing lemon and sweet honey



#### Aloe Vera Drinking Gel Traditional with Honey

pack of 3:  
80743 | 3 x 1000 ml

More information on  
page 50

#### Colostrum Capsules<sup>2</sup>.

Colostrum Capsules contain the first milk of the cow, which already provides the calf with everything it needs.



Colostrum Capsules  
80360 | 60 Capsules / 30,9 g

More information on  
page 55

## Individuals



### INDIVIDUAL SUPPLEMENTS:

Support your body 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<sup>1</sup> contained in Cistus Incanus offers you support. Also for your well-being: Colostrum.

#### You want to be perfectly prepared for every emergency?

Cistus Incanus Spray with vitamin C is your immune system support for on the go<sup>1</sup>.

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 system<sup>1</sup>

##### **Cistus Incanus Tea**

80404 | 250 g

##### **Cistus Incanus Capsules**

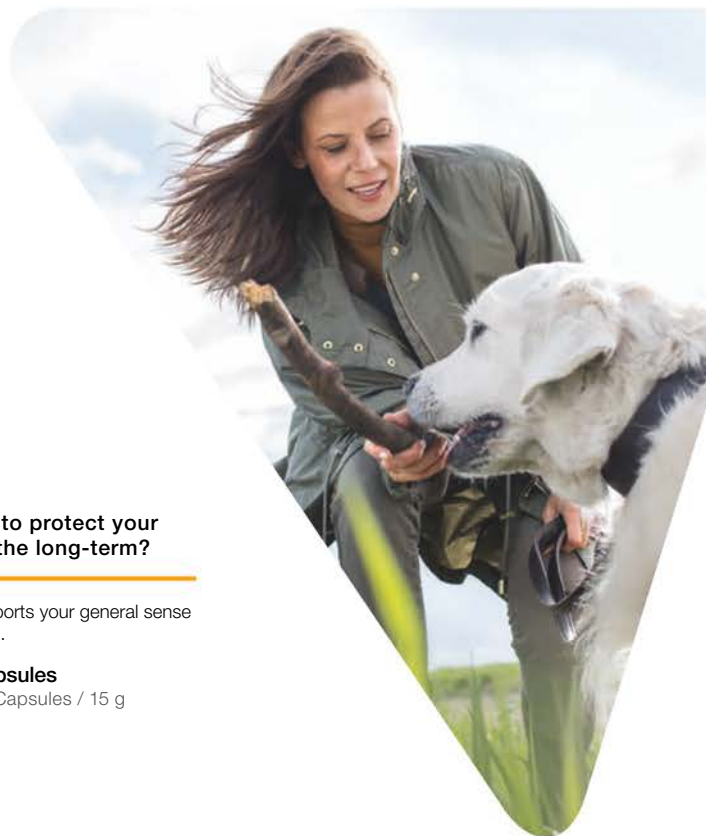
80325 | 60 Capsules / 33,5 g

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

Pro 12<sup>2</sup> 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 46.

<sup>1</sup> Vitamin C help with the normal functioning of the immune system by.

<sup>2</sup> Patent No: EP2228067



## 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.





LR | LIFETAKT

# Body Mission

## STEP BY STEP TO YOUR DESIRED WEIGHT

You want to look good and feel comfortable with your body?  
You want to finally get rid of the last flabs or even lose some more weight? No problem!

No matter how much weight you want to lose. 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 want to reach your desired weight in an easy way?**

**LR LIFETAKT Body Mission:**  
**Your daily plus for a new, attractive feeling.**

---

LR LIFETAKT Body Mission accompanies you on the way to a feel-good weight for 28 days. <sup>(1)</sup> 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 and flakes are quickly prepared, and the bars are the perfect companions for on the go.



**Diet companions:** Pro Balance and Protein Power – your diet companions support you in your diet, supply you with nutrients and promote muscle development. <sup>(2, 3)</sup> 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.

<sup>1</sup> 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 the indicated effect, you should replace one or two main meals a day.

<sup>2</sup> Magnesium in Pro Balance supports a regular energy metabolism.

<sup>3</sup> 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 Diet Herbal 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



**Body Mission**  
**28-Days Set**  
80434

More information on page 60

## 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 metabolism<sup>1</sup> and reduces fatigue and exhaustion<sup>1</sup>. 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 metabolism<sup>1</sup>. It also tastes pleasantly sweet without added sugar<sup>2</sup>.

##### Aloe Vera Life Essence Peach

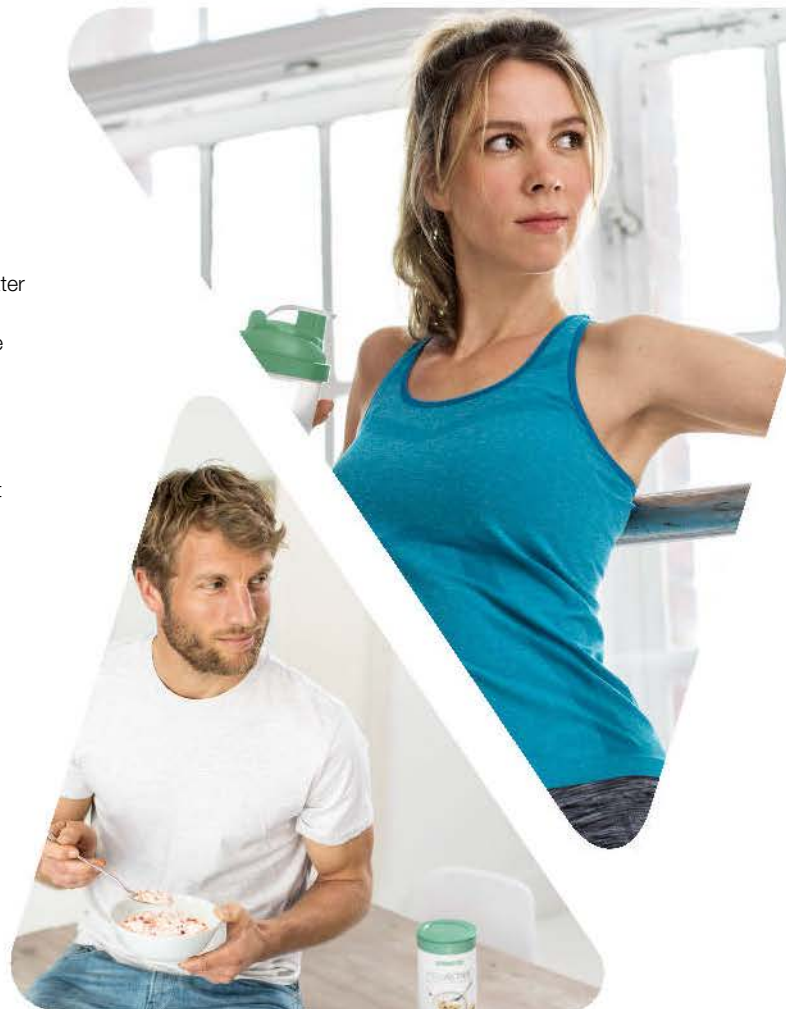
80750 | 1000 ml

#### 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 46.

<sup>1</sup> Vitamin C contributes to a normal energy metabolism and reduces fatigue and exhaustion.

<sup>2</sup> 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.

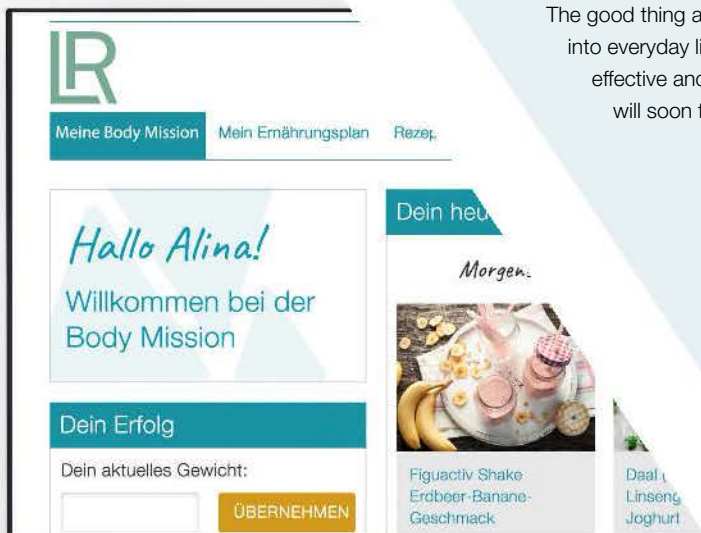
### Diet plans & recipes

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.





LR LIFETAKT

# 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.

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.

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.

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### Stay mobile in everyday life?

**LR LIFETAKT Pro Activity.  
Your daily plus for your mobility.**

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Aloe Vera has been valued for centuries for its unique composition of ingredients. LR enriches the leaf fillet of the Aloe Vera plant with the vitamins C and E. Vitamin C supports the bone and cartilage structure <sup>(4)</sup> – your musculoskeletal system is strengthened. <sup>(1,4)</sup> Active Freedom capsules also provide for greater flexibility and mobility: It contains vitamin D which supports the muscles <sup>(2)</sup>, and manganese which strengthens the connective tissue <sup>(3)</sup>.

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

<sup>2</sup> Vitamin D in Active Freedom Capsules helps maintain healthy bones and a normal muscle function.

<sup>3</sup> Manganese in Active Freedom Capsules contributes to a regular formation of connective tissue.

<sup>4</sup> Vitamin C supports the regular formation of collagen for a normal cartilage function.

<sup>5</sup> Vitamin C contributes to a normal energy metabolism and to reducing fatigue and exhaustion.



## Pro Activity

### BASIC SOLUTION

**Maximum mobility<sup>1,2,3</sup>  
as a subscription**

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

## Pro Activity MONTHLY SET

### Aloe Vera Drinking Gel Active Freedom

The triple kick for your musculoskeletal system

1. **MOBILITY:** The normal cartilage function is supported.<sup>4</sup>
2. **POWER:** The normal function of the bones is supported.<sup>1</sup>
3. **ENERGY:** The energy metabolism is supported and fatigue is reduced.<sup>5</sup>

Delicious: with tasty orange flavour



**Aloe Vera Drinking Gel  
Active Freedom set of 3:**

80883 | 3 x 1000 ml

More information on  
page 51

### Active Freedom Capsules

The vitamin D contained in Active Freedom Capsules supports the muscles and bones<sup>2</sup>, manganese supports the connective tissue.<sup>3</sup>



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

More information  
on page 57



## 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<sup>1</sup>. And if you move a lot, you will also become tired at some point – Pro Balance reduces fatigue<sup>3</sup>.

#### You work out and want to strengthen your muscle mass?

Protein Power is the high-quality protein supply for muscles and bones<sup>1</sup>.

**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 magnesium<sup>2</sup>.

**Pro Balance Tablets**  
80102 | 360 Tablets / 252 g



More information on the individual LR LIFETAKT products can be found starting on page 46.

<sup>1</sup> The proteins contained in Protein Power help to maintain muscle mass. Proteins help increase muscle mass

<sup>2</sup> The magnesium contained in Pro Balance contributes to a normal energy metabolism. Calcium contributes to a normal function of the muscles.

<sup>3</sup> The magnesium contained in Pro Balance helps to reduce 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.



LR LIFETAKT

# True Beauty

## Your secret for youthful beauty

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

But not everyone has the time to take care of their beauty every day. In addition, youthful beauty is not only a question of the right care. It has been proven that an optimal supply of nutrients is key. Already at a young age, lack of nutrients, external environmental aggressors and a stressful lifestyle affect the look.

As we age, our body can no longer produce or utilise the required nutrients in sufficient quantities. No matter at what age, LR LIFETAKT True Beauty offers you a unique, simple solution that activates the beauty processes from deep within and protects your body against the main causes of aging. For natural beauty that lasts.<sup>1-5</sup>

<sup>1</sup> Biotin, zinc, vitamin A, riboflavin and niacin help preserve normal skin. Copper helps to maintain regular skin pigmentation. Vitamin C supports the regular collagen formation to maintain the natural skin function. <sup>2</sup> Copper contributes to the maintenance of normal connective tissue. <sup>3</sup> Biotin and zinc contribute to maintaining healthy skin and hair. Copper helps to support regular hair pigmentation. <sup>4</sup> Zinc supports the preservation of healthy nails. <sup>5</sup> Vitamin E helps to protect the cells from oxidative stress. Thiamine contributes to normal energy metabolism. Vitamin B6 and B12 help to reduce fatigue and exhaustion.

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## Do you want to feel beautiful from head to toe?

### LR LIFETAKT True Beauty

#### Your daily extra dose of youthful beauty.

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5in1 Beauty Elixir fulfils the 5 most common beauty wishes with only 1 shot a day. The 5in1 Beauty Elixir owes its unique mode of action to the innovative dual complex consisting of the active and the preventive complex. The active complex with a highly concentrated dose of collagen peptides, hyaluronic acid, zinc, copper and 9 important vitamins activates the beauty processes and reduces signs of aging.

The preventive complex uses the power of Aloe vera and four other natural extracts to provide preventive protection against the main causes of aging and external environmental aggressors. The to-go shot is also completely free from sweeteners, artificial colours, lactose and gluten.





## True Beauty

FOR BEAUTY  
FROM WITHIN



Save up to **25 %**

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

### True Beauty MONTHLY SET

#### 5 in 1 Beauty Elixir

Fulfills 5 beauty wishes with just one shot:

1. YOUTHFUL APPEARANCE WITH FEWER WRINKLES<sup>1</sup>
2. CLEAR AND HEALTHY COMPLEXION WITHOUT IRRITATIONS<sup>1</sup>
3. FIRM BODY WITH LESS CELLULITE<sup>2</sup>
4. STRONG, SHINY HAIR<sup>3</sup>
5. STRONG, HEALTHY NAILS<sup>4</sup>



5in1  
Beauty Elixir  
81030 | 30 x 25 ml

## Individuals



## FOR BEAUTY THAT SHOWS ON THE OUTSIDE

For an optimal, long-lasting result, we recommend a holistic beauty management. Simply supplement the 5in1 Beauty Elixir from the inside with your daily care routine from the outside. LR LIFETA KT True Beauty offers a special care set for each of the 5 beauty wishes.



### 1. You want youthful, more elastic skin with fewer wrinkles?

The electric LR ZEITGARD anti-age device with its thermal hot/cold methodology ensures effective transport of anti-age active ingredients into the skin layer.



**Restructuring Kit**  
71007

### 2. You want a healthier, more even complexion with less irritations?

Thanks to special oscillation technology, LR ZEITGARD 1 ensures pore-deep and gentle cleansing – up to 10 times more effective than regular cleaning<sup>1</sup>.



**Cleansing-System-Kit Classic**  
70036

### 3. You want a firmer body with less cellulite?

The Aloe vera in LR ALOE VIA provides intensive care for a defined body silhouette thereby firming abdomen, upper arms, thighs and bottom.



**Aloe Vera Toning-Set**  
27529

### 4. You want stronger, more shiny hair?

The LR ALOE VIA hair care system with a unique combination of Aloe vera gel and 7 natural oils nurtures, strengthens and repairs your hair and protects it from breakage.



**Aloe Vera Hair Care System as a set**  
20763

### 5. You want stronger, healthier nails?

LR COLOURS Hand & Nail Serum provides gentle care with valuable oils and vitamins. The nail therapy repairs and strengthens nail elasticity and firmness.



**Nail set**  
10406

<sup>1</sup>Scientific study conducted by the renowned Institut Dermatest GmbH. Period of application: 6 weeks (end of January to early March 2015), number of test persons: 40)



## Expert Tips

### EXPERT TIPS

"A holistic beauty management starts with a healthy diet and is complemented by the appropriate care routine from the outside and the effective 5in1 Beauty Elixir from the inside. The combination with the right amount of exercise and a balanced lifestyle achieves the best and most lasting results". Dr. Sven Werchan, nutrition expert

Dr. Sven Werchan  
Nutritional expert



### LIFESTYLE

**"The skin is the mirror of the soul." That's why nothing makes you more beautiful than a good mood.**

**Laughter, joy, nature and friends – whatever does you good will have a visible positive effect.**

- Beauty sleep. There is nothing that regenerates skin and body more than sufficient, restful sleep. Listen to relaxing music for 15 minutes before falling asleep, and go to bed a little earlier than usual three times a week.
- Cultivate calm. There is always a lot to do: but that should not spoil your mood. Stay cool, calm and collected!



### NUTRITION

**Beauty starts with nutrition:**

**"You are what you eat". The more valuable nutrients a food item contains, the better for the cells.**

- Treat yourself to seasonal fruit that is rich in vitamin C. Strawberries, kiwis and currants are valuable sources of vitamin C. Vitamin C supports the regular collagen formation to maintain the natural skin function.
- Drink plenty of water (1.5-2.5 l/day). Moisture keeps the skin firm and makes it look healthy.



### EXERCISE

**Regular exercise can rejuvenate the skin. Increased blood circulation makes the skin look younger.**

- Running or walking. Already 12-15 minutes of running or walking a day demonstrably has a visible positive effect, tightens connective tissue and rejuvenates the skin. Start right this week!
- Facial exercises – the sports trend. Training the facial muscles has been proven to reduce facial expression wrinkles. Of course, the best gymnastics for your face is a hearty laugh!



# 5in1 BEAUTY ELIXIR

## 5in1 Beauty Elixir

The LR LIFETA<sup>AKT</sup> 5in1 Beauty Elixir grants all 5 beauty wishes at once: a youthful look, clear skin, a firm body, shiny hair and strong nails!<sup>1-4</sup>

One shot daily is all it takes for the unique dual complex to effectively activate the beauty processes in your body and to protect you from the main causes of aging. For youthful beauty at all ages.

### The to-go shot for youthful beauty from head to toe.

#### Areas of application:

1. Youthful look with fewer wrinkles<sup>1</sup>
2. A clear and healthy complexion without irritations<sup>1</sup>
3. A firm body with less cellulite<sup>2</sup>
4. Strong, shiny hair<sup>3</sup>
5. Strong, healthy nails<sup>4</sup>

#### Recommended intake:

- drink 1 shot a day

#### Special properties:

- free from
  - sweeteners
  - artificial colorants
  - lactose and gluten
- To Go Format:
  - no cooling necessary
  - fits in every pocket
- practical monthly package
- fruity-fresh taste

#### Selected ingredients:

##### active complex

- 2.5g collagen peptides
- 50mg hyaluronic acid
- copper
- zinc
- 75% vitamin A per daily intake\*
- 100% vitamin E per daily intake\*
- 100% thiamine per daily intake\*
- 100% riboflavin per daily intake\*
- 100% niacin per daily intake\*
- 100% vitamin B6 per daily intake\*
- 100% vitamin B12 per daily intake\*
- 100% biotin per daily intake\*
- 100% vitamin C per daily intake\*

##### Präventiv-Komplex

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

### 5in1 Beauty Elixir

81030 | 30 x 25 ml

## Save up to 25 %

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<sup>1</sup> Biotin, zinc, vitamin A, riboflavin and niacin help preserve normal skin. Copper helps to maintain regular skin pigmentation. Vitamin C supports the regular collagen formation to maintain the natural skin function.

<sup>2</sup> Copper helps to support the connective tissue.

<sup>3</sup> Biotin and zinc contribute to maintaining healthy hair. Copper helps to support regular hair pigmentation. Zinc supports the preservation of healthy nails. Vitamin E helps to protect the cells from oxidative stress. Thiamine contributes to normal energy metabolism. Vitamin B6 and B12 help to reduce fatigue and exhaustion.

\* of the recommended daily allowance.



german  
brand  
award  
2019  
winner



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#### Skin:

Collagen is the most important structural protein of the skin and is decisive for moisture and elasticity. It provides structure, firmness and high moisture retention. Additional water-storing substances such as hyaluronic acid can only be stored in an intact collagen framework. The special thing about hyaluronic acid: it can bind an enormous amount of water. Hyaluronic acid is mainly contained in the intercellular spaces of the dermis. The body's own production decreases over time. Ingredients extracted from nature help to support the skin in a natural way.

#### Skin health:

A balanced supply of vitamins and trace elements improves skin function, helps to protect it from environmental aggressors and supports cell renewal. Especially important: vitamin C, vitamin A, the B vitamins, vitamin E as well as iron and zinc.

#### Connective tissue:

Collagen fibres are important for the connective tissue. They keep it firm and elastic. Connective tissue is found in all organs of the body. It penetrates muscles, fascia and organ sheaths up to the outer skin layers. Copper also makes an important contribution to regular connective tissue and supports the body's own processes.

#### Hair:

Biotin is a water-soluble vitamin and plays an important role in maintaining healthy hair. The B vitamins strengthen the hair, regulate sebum production and activate important metabolic processes in the hair root. Copper regulates the metabolic processes in the body, also in the hair cells. It particularly improves the hair structure.

#### Nails:

Toenails and fingernails consist of layers of horn lying on top of each other. Important nutrients are transported into the nails via the bloodstream. Zinc plays a central role in this context. It contributes to healthy growth and the firmness of the nails. But collagen peptides can also support nail growth.

# Aloe Vera Drinking Gel

Your elixir of life for better health<sup>1</sup>

The Aloe Vera Gel by LR lets you enjoy life to the full: it nourishes, protects, regenerates and supports your body for better health.<sup>1-4</sup>

- **YOUR ENERGY BOOSTER:** The Aloe Vera Drinking Gel provides valuable essential active ingredients for enhanced energy and vitality.<sup>1</sup>
- **YOUR IMMUNE PROTECTION:** The Aloe Vera Drinking Gel supports your immune system.<sup>2</sup>
- **YOUR REGENERATOR:** The Aloe Vera Drinking Gel supports your body's own regeneration processes.<sup>3,4</sup>
- **YOUR METABOLISM EXPERT:** The Aloe Vera Drinking Gel supports your metabolism.<sup>1</sup>

## ALOE VERA

+ HONEY

+ VITAMIN C

+ ZINC

+ GINGER

+ LEMON

+ SELENIUM

**SCIENTIFICALLY PROVEN  
ACTIVE INGREDIENTS**

The LR Aloe Vera Gel becomes a true health expert thanks to the PLUS of scientifically proven ingredients that support you in different stages of life.





# At LR, quality meets expertise

## UNIQUE

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

- ✓ High product quality: made of pure Aloe Vera leaf filet gel - without aloin\*
- ✓ Sustainable cultivation in Mexico
- ✓ Careful processing
- ✓ High production standards

## LONG-STANDING EXPERTISE

- ✓ Aloe vera expert for more than 17 years - Made in Germany
- ✓ One of the most state-of-the-art production sites in Germany
- ✓ Standardised internal quality controls
- ✓ Cooperation with renowned experts

## SUPERIOR TASTE

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

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



WWW.SGS-QUALITAETSSIEGEL.DE

**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.



MADE IN GERMANY

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



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

<sup>1</sup> The LR Aloe Vera Drinking Gels contain vitamin C which contributes to a regular energy metabolism.

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

<sup>3</sup> The LR Aloe Vera Drinking Gels contain vitamin C which contributes to the reduction of fatigue and exhaustion.

<sup>4</sup> The LR Aloe Vera Drinking Gels contain vitamin C which contributes to the regeneration of the reduced form of vitamin E.

<sup>5</sup> Aloin content of less than 0.1mg/L



### The expert for your immune system

#### The triple plus for your immune system:

- 1. STRENGTHENING:** Existing immune cells are strengthened.<sup>1</sup>
- 2. ACTIVATING:** The immune system is activated.<sup>1,2</sup>
- 3. STIMULATING:** The regular function of the immune system is supported.<sup>1,3</sup>

Delicious: Light, natural spiciness of ginger combined with refreshing lemon and sweet honey

#### Recommended intake:

– 3 x 30 ml daily

#### Selected ingredients:

- ✓ 85% Aloe Vera leaf filet gel
- ✓ 6% ginger juice
- ✓ 8% honey
- ✓ Lemon juice
- ✓ 100% vitamin C per daily ration\*\*
- ✓ 100% zinc per daily ration\*\*
- ✓ 82% selenium per daily ration\*\*

### Aloe Vera Drinking Gel Immune Plus\*



### The expert for your overall health

#### The 3 building blocks for your health:

- 1. SUPPLY:** Supplies important active ingredients and improves nutrient utilisation.<sup>3,4</sup>
- 2. DEFENCE:** Supports the immune system.<sup>5,6</sup>
- 3. METABOLISM:** Supports energy metabolism.<sup>3</sup>

Delicious: with a natural, pleasant taste of honey

#### Recommended intake:

– 3 x 30 ml daily

#### Selected ingredients:

- ✓ 90% pure Aloe Vera leaf filet Gel
- ✓ 9% Honey
- ✓ 75% Vitamin C<sup>1</sup> per daily allowance\*\*

### Aloe Vera Drinking Gel Traditional with Honey\*

80700 | 1000 ml



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

<sup>2</sup> Zinc has a function in cell division

<sup>3</sup> Vitamin C contributes to a normal energy metabolism.

<sup>4</sup> Vitamin C increases iron absorption.

<sup>5</sup> Vitamin C supports the regular collagen formation to maintain the normal function of bones, cartilage and the skin.

<sup>6</sup> Vitamin C supports the regular function of the immune system.

# Save up to 12%

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



## The expert for your body consciousness

The triple PLUS for body-conscious people:

- 1. LIGHT:** Sugar-free, perfect to keep your body in shape and super healthy.<sup>1</sup>
- 2. SUPPORTING:** Supports energy metabolism.<sup>2</sup>
- 3. METABOLISM:** The energy metabolism is supported.<sup>2</sup>

Delicious: With fruity peach flavour

### Recommended intake:

- 3 x 30 ml daily
- Adults and children love the taste

### Selected ingredients:

- ✓ 98 % pure Aloe Vera leaf fillet Gel
- ✓ No added sugar<sup>2</sup> (Information for diabetics: only 0.054 bread units)
- ✓ 100 % Vitamin C<sup>3</sup> per daily allowance\*\*

## Aloe Vera Life Essence Peach\*

80750 | 1000 ml



## The expert for your mobility

The triple KICK for your musculoskeletal system:

- 1. MOBILITY:** The normal cartilage function is supported.<sup>3</sup>
- 2. STRENGTHENING:** The normal bone function is supported.<sup>4</sup>
- 3. ENERGY:** The energy metabolism is supported and fatigue is reduced.<sup>2,5</sup>

Delicious: with tasty orange flavour

### Recommended intake:

- 3 x 30 ml daily

### Selected ingredients:

- ✓ 88 % pure Aloe Vera leaf fillet Gel
- ✓ 56 % Vitamin C per daily allowance\*\*
- ✓ 58 % Vitamin E per daily allowance\*\*

## Aloe Vera Drinking Gel Active Freedom\*

80850 | 1000 ml



## The expert for your vitality

With triple power for more vitality:

- 1. STABILISATION:** Supports the normal function of the blood vessels.<sup>6</sup>
- 2. SUPPLY:** Supplies vitamin C and supports iron absorption.<sup>7</sup>
- 3. PROTECTION:** Protects the cells from oxidative stress.<sup>8</sup>

Delicious: With a natural note of healthy nettle extract

### Recommended intake:

- 3 x 30 ml daily

### Selected ingredients:

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

## Aloe Vera Drinking Gel Intense Sivera\*

80800 | 1000 ml



<sup>1</sup> Vitamin C supports the regular function of the immune system.

<sup>2</sup> Vitamin C contributes to a normal energy metabolism.

<sup>3</sup> Vitamin C supports the regular formation of collagen for a normal cartilage function.

<sup>4</sup> Vitamin C contributes to the regular formation of collagen to maintain the normal function of the bones.

<sup>5</sup> Vitamin C contributes to reducing fatigue and exhaustion.

<sup>6</sup> Vitamin C supports the regular formation of collagen for a normal functioning of the blood vessels.

<sup>7</sup> Vitamin C increases iron absorption.

<sup>8</sup> Vitamin C helps to protect the cells from oxidative stress.

<sup>9</sup> Aloe vera naturally contains sugar.

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

\*\* of the recommended daily allowance.



The Mind Master Brain & Body Performance Drink supports the head and body in coping with oxidative stress<sup>1</sup>. Mind Master contains specially balanced micro-nutrients with important functions.



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Mind Master by LR LIFETAKT is on the **Cologne List®**.  
**On the Cologne List®**, products with a minimised doping risk are published.



### The Classic With the full power of green tea

#### Areas of application:

- Protects the cells<sup>1</sup> from oxidative stress
- Contributes to a normal energy metabolism<sup>3</sup>.
- Contributes to mental health<sup>2</sup>
- reduces fatigue and exhaustion<sup>3</sup>
- Contributes to normal cognitive function<sup>4</sup>
- Contributes to a normal function of the nervous system<sup>2</sup>

#### Recommended Dosage:

- daily 80 ml

#### 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

### Mind Master Formula Green\*

80900 | 500 ml

### Formula Red\*

80950 | 500 ml

<sup>1</sup> Vitamin B12 contributes to a normal energy metabolism and supports the nervous system. Vitamin B12 helps to reduce fatigue and exhaustion. <sup>2</sup> Vitamin E helps to protect the cells from oxidative stress. <sup>3</sup> Thiamine, vitamin B12 support mental health. <sup>4</sup> Iron contributes to a normal energy metabolism and reduces fatigue and exhaustion. \* Adhere to a varied and balanced diet and a healthy lifestyle. \*\*of the recommended daily allowance. \*\*\* Patent No.: DE 10 2013 205 049 A1



### The quick, sugar-free energy boost to go<sup>1,4</sup>

#### Areas of application: Quick energy boost

- Caffeine from guarana<sup>2</sup>
- Enhanced cognitive performance thanks to vitamins B6, B12 and thiamine<sup>4</sup>
- With amino acids leucine, isoleucine and valine (BCAA)

#### Protection

- Efficient mix of amino acids which protects your cells from oxidative stress<sup>3</sup> and covers 100 % of your daily requirements of vitamin D and E
- Vitamin C supports your immune system<sup>5</sup>
- Aloe vera powder contributes to a general sense of well-being

#### Recommended intake:

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

#### Selected ingredients:

- |   |                    |
|---|--------------------|
| ✓ 80 mg of caffeine, among others from guarana. | ✓ 100% Vitamin B12 |
| ✓ BCAAs (Leucine, Isoleucine, Valine)           | ✓ 25% Vitamin C    |
| ✓ Green tea extract                             | ✓ Aloe vera powder |
| ✓ 100% Vitamin D                                | ✓ Zink             |
| ✓ 100% Vitamin E                                | ✓ Selenium         |
| ✓ 100% Vitamin B1 (Thiamin)                     | ✓ Coenzyme Q10     |
| ✓ 100% Vitamin B6                               |                    |



Simply  
tear open



No water  
needed



Regain  
power



Sugar-free

Fits in every pocket, suitable for  
immediate consumption

### Mind Master Extreme Performance Powder

80980 | 35 g / 14 Sticks à 2,5 g



<sup>1</sup> The caffeine contained in guarana enhances attention and concentration. The caffeine contained in guarana contributes to increased endurance. <sup>2</sup> Vitamin E in Mind Master Extreme contributes to protecting the cells from oxidative stress. <sup>3</sup> Thiamine, vitamin B6 and vitamin B12 support mental health. <sup>4</sup> Vitamin B12 helps reduce tiredness and fatigue. <sup>5</sup> Vitamin C supports the immune system and helps to protect the cells from oxidative stress.

Cistus Incanus is a shrub plant that grows on magnesium-rich soils in southern Europe.

For the Cistus Incanus extracts contained in LR LIFETA KT, we exclusively use the high-quality, rich leaves. The concentration of the ingredient obtained from these leaves is many times higher than from the simply pulverized plant.



### The quick spray for the throat

**Areas of application:**  
– Support for the immune system<sup>1</sup>

**Recommended Dosage:**  
– daily 3x3 sprays  
– Easy dosage by direct spraying into the throat

**Selected ingredients:**  
✓ 86% Cistus Incanus Extract  
✓ 38% Vitamin C per daily allowance\*  
✓ 42% Vitamin E per daily allowance\*

**Cistus Incanus Spray\*\***  
80326 | 30 ml



### The soothing tea

**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.

**Selected ingredients:**  
✓ 95% Cistus Incanus leaves  
✓ 5% refreshing mint leaves

**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

**Areas of application:**  
– Support for the immune system<sup>1</sup>

**Recommended Dosage:**  
– 2 tablets daily

**Special properties:**  
– vegan

**Selected ingredients:**  
✓ 72 % Cistus Incanus Extract  
✓ 100 % Vitamin C per daily allowance\*  
✓ 20 % Zinc per daily allowance\*

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





## Colostrum

Colostrum is the cow's first milk. It provides the calf with everything it needs. For the LR LIFETAKE colostrum products, we only use surplus colostrum from European cows. 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

#### 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

#### Selected ingredients:

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

### Colostrum Liquid\*\*

80361 | 125 ml



### Capsules containing colostrum, also practical for on the go

#### Special properties:

- High-quality product
- Degreased
- Carefully processed
- Free from\*\*\*
- Antibiotic residues

#### Areas of application:

- For a general sense of well-being when consumed on a constant basis

#### Recommended Dosage:

- daily 2 x 1 capsule

#### Selected ingredients:

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

### Colostrum capsules\*\*

80360 | 60 capsules / 30,9 g



## Pro12

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.



The intestine plays a major role for our general 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.



### Capsules for a general sense of well-being

#### Areas of application:

- For your well-being

#### Recommended Dosage:

- Täglich 1 x 1 Kapsel

#### Special properties:

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

#### Selected ingredients:

- ✓ With 12 bacterial cultures
- ✓ With fibre

### Pro 12 capsules\*

80370 | 30 capsules / 15 g

## Vita Active

Vitamins are true multi-talents. Vitamin D and B6 support the immune system<sup>1</sup>, 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 system<sup>1</sup>
- For a regular energy metabolism<sup>1</sup>
- For a regular function of the nervous system<sup>2</sup>

#### Special properties:

- without added colorants
- without added preservatives

#### Recommended Dosage:

- 1 x 5 ml (one teaspoon) per day

#### 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

### Vita Active Red fruits\*

80301 | 150 ml

## 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:

- Stimulates collagen production to support the normal functioning of the blood vessels<sup>1</sup>
- Contributes to a regular energy metabolism<sup>3</sup>
- Reduces fatigue and exhaustion
- Provides for healthy bones<sup>5</sup> and teeth<sup>1</sup>
- Protects the cells from oxidative stress<sup>1</sup>

#### Recommended Dosage:

- 1 capsule daily
- Also suitable for vegans

#### Special properties:

- vegan

#### Selected ingredients:

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

### Reishi Plus capsules\*

80331 | 30 capsules / 15,2 g



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\* Adhere to a varied and balanced diet and a healthy lifestyle. \*\* of the recommended daily allowance. <sup>1</sup> Vitamin C contributes to a regular collagen formation to support the normal function of the blood vessels, healthy bones, cartilage, skin and teeth. <sup>2</sup> Vitamin D helps to maintain a normal bone structure, muscle function and teeth. <sup>3</sup> Vitamin C contributes to a regular energy metabolism. <sup>4</sup> Vitamin C helps to protect the cells from oxidative stress.

## Active Freedom

Active Freedom contains important nutrients such as vitamin E, D and manganese. Manganese contributes to a normal energy metabolism.



### Capsules for the musculoskeletal system

#### Areas of application:

- Contributes to the maintenance of healthy bones and muscles<sup>2</sup>
- Contributes to a normal energy metabolism<sup>7</sup>
- Supports a regular formation of connective tissue<sup>7</sup>

#### Recommended Dosage:

- daily 2 x 1 capsules

#### Selected ingredients:

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

### Active Freedom capsules\*

80190 | 60 capsules / 37,2 g

## Super Omega

Omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are vital for maintaining a healthy cardiac function.<sup>5</sup> 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 function<sup>3</sup>

#### Recommended Dosage:

- daily 3 x 1 capsule



From sustainable fishing

#### Selected ingredients:

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

### Super Omega capsules\*

80338 | 60 capsules / 100,8 g

## 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:

- Contributes to the maintenance of healthy bones and muscles<sup>2</sup>
- Contributes to a normal energy metabolism<sup>7</sup>
- Supports a regular formation of connective tissue<sup>7</sup>

#### Recommended Dosage:

- daily 2 x 1 capsules

#### Special properties:

- Lactose Free
- Gluten free

#### Selected ingredients:

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

### Woman Phyto capsules\*

80332 | 90 capsules / 46,8 g

<sup>5</sup> EPA and DHA support a healthy heart function. For this, a daily intake of at least 250 mg EPA and DHA is required. <sup>6</sup> Vitamin C contributes to a regular energy metabolism and a normal signal transmission between the cells. <sup>7</sup> Manganese contributes to a normal energy metabolism and the regular formation of connective tissue. <sup>8</sup> Thiamine and vitamin B12 ensure a regular energy metabolism and mental health. <sup>9</sup> Vitamin D and vitamin B6 contribute to a normal function of the immune system. <sup>10</sup> Vitamin B12 plays an important role in cell division.



## Fiber Boost

Dietary fibres are complex carbohydrates and an important part of our diet. They are found in fruits, vegetables and wholemeal products and play an important role for normal digestion.



### 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 body<sup>1</sup>
- Helps maintain blood sugar levels which prevents ravenous appetite<sup>1</sup>

#### Recommended Dosage:

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

#### Special properties:

- vegan

#### Selected ingredients:

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

### Fiber Boost Drink powder\*\*

80630 | 210 g

## 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

#### Selected ingredients:

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

### Diet Herbal Tea\*

80205 | 250 g



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<sup>1</sup> Chromium contributes to the normal metabolism of macronutrients and to maintaining blood sugar at regular levels. <sup>2</sup> Proteins help to maintain and increase muscle mass and support bone health. <sup>3</sup> Vitamin B6 contributes to a regular protein and glycogen metabolism and regulates hormonal activity. \* Adhere to a varied and balanced diet and a healthy lifestyle. \*\*of the recommended daily allowance.

## 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 mass<sup>2</sup>
- Supports a normal energy, protein<sup>3</sup> and glycogen metabolism
- Contributes to the maintenance of a normal bone structure<sup>2</sup>

#### Recommended Dosage:

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

#### Special properties:

Protein Power by LR LIFETAKT is on the **Cologne List**<sup>®</sup>.

**On the Cologne List**<sup>®</sup>, products with a minimised doping risk are published.

#### 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 Drink Powder vanilla\*

80550 | 375 g

## Pro Balance

Pro Balance provides your body with valuable alkaline minerals and trace elements for internal balance<sup>4</sup>.



### Tablets for the acidbase balance

#### Areas of application:

- For a regular function of the nervous system<sup>1</sup>
- For a regular cartilage function<sup>3</sup>
- Contributes to electrolyte balance<sup>4</sup>
- For a regular energy metabolism<sup>5</sup>
- For regular energy metabolism of macronutrients<sup>2</sup>
- Helps to maintain healthy bones and muscles<sup>5</sup>

#### Special properties:

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

#### Recommended Dosage:

- daily 3x4 tablets
- vegan

#### 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\*\*

### ProBalance Tablets\*

80102 | 360 Tablets / 252 g

<sup>4</sup> Chromium contributes to the body's normal metabolism of macronutrients <sup>5</sup> Potassium supports the regular functioning of the nervous system and muscles. <sup>6</sup> Magnesium helps to reduce exhaustion and fatigue and contributes to electrolyte balance. <sup>7</sup> Calcium contributes to a normal energy metabolism and is essential for maintaining healthy bones and teeth.

## 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.



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



### Creamy meal

#### Areas of application:

- Replacing two meals a day supports weight-loss
- Replacing one meal a day supports you in keeping your weight

#### Recommended Dosage:

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

#### Special properties:

- Lactose Free
- Gluten free
- No added preservatives
- No added sugar (contains naturally occurring sugars)

#### Selected ingredients:

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

### Figuactiv Shakes Strawberry-Banana

80201 | 450 g can

#### Vanilla

80280 | 450 g can

#### Latte Macchiato

80201 | 450 g can

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



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



### Muesli-like meal

#### Areas of application:

- Replacing two meals a day supports weight-loss
- Replacing one meal a day supports you in keeping your weight

#### Recommended Dosage:

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

#### Special properties:

- Lactose-free

#### Selected ingredients:

- ✓ Well-balanced nutrient supply

### Figu Active Flakes Crunchy Cranberry

80295 | 450 g can



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

\* Replacing one main 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 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 meals a day.



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.



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



### Savoury, warm meals

#### Areas of application:

- Replacing two meals a day supports weight-loss
- Replacing one meal a day supports you in keeping your weight

#### 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.

#### Selected ingredients:

- ✔ Well-balanced nutrient supply

### Figuactiv Soup Tomato Mediterranean

80209 | 500 g can

### Potato Aubergine

80208 | 500 g can

### Vegetable Curry India

80210 | 500 g can

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.



Only 224-226 kcal per bar:



### Full meal, ideal for on the go.

#### Areas of application:

- Replacing two meals a day supports weight-loss
- Replacing one meal a day supports you in keeping your weight

#### Recommended Dosage:

- Replace one regular meal by a bar.

#### Selected ingredients:

- ✔ Well-balanced nutrient supply

### 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

\* based on one of three average meals per day with an energy intake of 2,000 kcal/day.



# CARE

## **HIGH-QUALITY CARE** FOR EVERY SKIN REQUIREMENT

Get naturally beautiful and healthy skin with the nourishing and regenerative power of Aloe Vera.

**LR ALOE VIA.** Whether young or old, individual moisture care offers protection and care from head to toe.

The holistic anti-age management for youthful looking facial skin: **LR ZEITGARD.** In three steps, the professional overall concept offers professional tools and type-appropriate anti-age care for a lastingly youthful complexion.

The functional special care LR MICROSILVER PLUS with its active ingredient combination of MICROSILVER BGTM, panthenol and zinc compounds provides antibacterial protection and optimum care for irritated and stressed skin.





ALOE·VIA

aloe  
vera





# LR Aloe Via

## Your way to naturally nurtured skin



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



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



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



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



### Face Care

#### LR ALOE VIA Facial care and cleansing

For a radiant look



### Body Care

#### LR Aloe Via Body care and cleansing

For noticeably smooth and  
soft skin





## 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 glossy, supple hair

A white tube of LR Aloe Vera hair care product, featuring a green aloe vera leaf graphic and the brand name, is shown next to a golden, flowing hair strand.

# Men Care

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

A black tube of LR Aloe Vera men's skin care product, with a green aloe vera leaf graphic and the brand name, is shown next to a green aloe vera leaf.

# Baby & Kids Care

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**LR ALOE VIA**  
**Baby care**  
For gently protected baby skin

A white tube of LR Aloe Vera baby and kids care product, featuring a cartoon tiger and the brand name, is shown next to a green aloe vera leaf.

# Sun Care

---

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

A white tube of LR Aloe Vera sun protection product, with a green aloe vera leaf graphic and the brand name, is shown next to a green aloe vera leaf.



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# Special Care

For a healthy skin feeling

## Special care

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



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

*All products also available as a set.  
See page 70.*



### Aloe Vera Quick Emergency Spray

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

20600 | 400 ml



### Aloe Vera Moisturising serum

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

20601 | 100 ml



### Aloe Vera Protective Propolis Cream

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

20602 | 100 ml

# 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



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

**Product patented**  
since  
October 2018\*



### Aloe Vera Relaxing Thermal Lotion

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

### 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

### Aloe Vera Regulating DermaIntense Cream

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



20603 | 100 ml

20604 | 200 ml

20606 | 50 ml

\* European Patent EP 2 399 648 B1

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



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# 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.



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



## 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

- 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

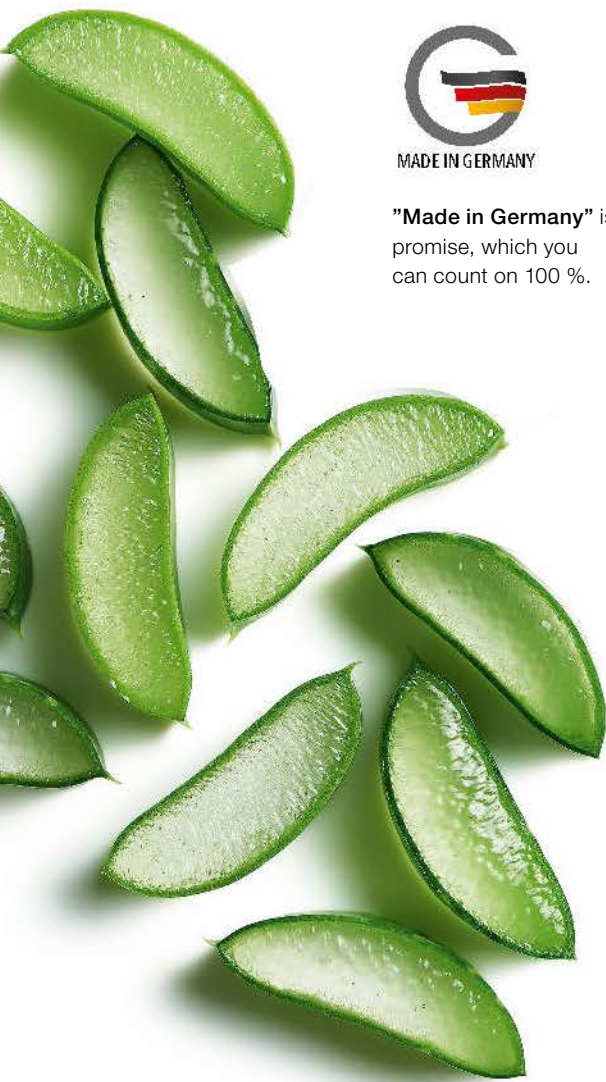
For additional moisture & freshness

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.



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## 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



# Face Care

## *Aloe Vera Magic Bubble Mask*

The new **Aloe Vera Magic Bubble Mask** offers deep cleansing with a fun factor. Immediately after application, it transforms into a foam of thousands of tiny crackling bubbles. The face mask thus frees the skin from environmental pollutants and skin flakes and prevents the deposition of harmful substances. You can see, hear and feel it! The result: intensely vitalised complexion. Simply magic!

For a fresh and radiant complexion.



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### 1 DETOX

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



### 2 MOISTURE

Aloe vera provides moisture and supports skin regeneration.



### 3 THE BUBBLE BOOSTER

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



## **Aloe Vera Magic Bubble Mask**

Deeply effective, cleansing detox foam mask for the face

- with moringa extract, ginger extract, Aloe vera gel and bubble booster
- prevents the deposition of pollutants
- moisturises
- The skin looks fresh and radiantly beautiful again

20789 | 50 ml





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# Body Care

For noticeably smooth and soft skin

## 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.



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



## 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 74)



### Aloe Vera Soft Skin Cream

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

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

20631 | 100 ml

### Aloe Vera Moisturising Body Balm

Light, quickly absorbing balm for the body

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

20639 | 200 ml

### Aloe Vera Repairing Foot Cream

Quickly absorbing cream for dry, rough feet

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

27517 | 100 ml

# 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 stimulates skin regeneration. Aloe vera provides moisture. 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

20610 | 75 ml



20613 | 75 ml





## Efficient care for a defined silhouette

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



### 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



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

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## 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





15%  
Aloe Vera



35%  
Aloe Vera



35%  
Aloe Vera

## YOU SAVE WITH SETS

### Everything for daily freshness & hygiene

**Aloe Vera Hair & Body Set** 20706  
Shampoo · 200 ml  
Body Balm · 200 ml  
Shower Gel · 250 ml



### Aloe Vera Protective Roll-On Deodorant

- Gentle anti-perspirant without alcohol
- With 15% Aloe Vera gel and organic cotton extract
  - Reliable protection against body odour and underarm wetness
  - Leaves a pleasant feeling of freshness
  - Good skin tolerability even with sensitive skin
  - Especially gentle after shaving

20643 | 50 ml

### 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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LR  
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EXTRA FRESHNESS  
TOOTH GEL

43% ALOE VERA GEL INSIDE

With aloe vera & gingivitis 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!



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

## For a healthy, beautiful smile



### YOU SAVE WITH SETS

#### Everything for a beautiful smile

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

20705



#### 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

LR  
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# Hair Care

## Hair Care

Bye bye bad hair day! With **LR ALOE VIA Nutri Repair Hair Care**, dry, stressed hair becomes a thing of the past. The new hair care system with a unique combination of Aloe vera gel and 7 natural oils nurtures, strengthens and repairs your hair and protects it from breakage. For silky suppleness, healthy gloss and self-confidence from the roots to the tips.

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



### STRENGTHENING

#### Aloe Vera Nutri Repair Shampoo

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

20648 | 200 ml



### SUPPLENESS

#### Aloe Vera Nutri Repair Conditioner

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

20649 | 200 ml



### LONG-TERM PROTECTION HEAT PROTECTION

#### Aloe Vera Nutri Repair Hair Mask

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

20730 | 200 ml



#### Aloe Vera Nutri Repair Leave-in Treatment

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

20647 | 150 ml



HAIR CARE SYSTEM AS **A SET**

20763

Shampoo, Conditioner, Hair Mask



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

**Aloe Vera  
Men's Care Set I** 20424  
Shaving Foam · 200 ml  
After Shave Balsam · 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

*Cooling gel  
texture  
or a special boost  
of freshness*



### Aloe Vera Calming Shaving Foam

For daily complete shaving

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

20420 | 200 ml



### Aloe Vera Calming Shaving Gel

For precise shaving of the contours

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

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







40%  
Aloe Vera



30%  
Aloe Vera



40%  
Aloe Vera

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

### 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



### 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 · 100 ml





# Baby & Kids Care

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

## Baby and Kids Care

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

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



*No tangles!*



Teeth friendliness scientifically proven

## YOU SAVE WITH SETS

### Jungle fun as a set

**Aloe vera Kids set** 20330  
Shower Gel, Shampoo & Conditioner - 250 ml  
Tooth Gel - 100 ml



### Aloe Vera Kids 3in1 Shower Gel, Shampoo & Conditioner

Gentle cleansing and care for great fun under the shower!

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

20328 | 250 ml



### Aloe Vera Kids Magically Glittering Tooth Gel

Soft cleansing and care for tiger-strong teeth!

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

20329 | 50 ml



\* Wet combing study conducted by ProDERM in April 2019

aloe  
vera



40%  
Aloe Vera

### 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



40%  
Aloe Vera

### 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



40%  
Aloe Vera

### 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 a balanced ratio  
of UVA and UVB protection



### 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

LR

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, 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 02



**ANTI-AGE-SYSTEM:** The ZEITGARD Anti-Age System 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



LR  
**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

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



# 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



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

**FREE** with each set:  
1 Zeitgard Travel Case



**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

|                          |              |
|--------------------------|--------------|
| <b>Hydrating Kit</b>     | <b>71006</b> |
| ZEITGARD 2               |              |
| Eye Serum                |              |
| Hydrating Cream-Gel      |              |
| ZEITGARD Travel Case     | Gratis       |
| <b>Restructuring Kit</b> | <b>71007</b> |
| ZEITGARD 2               |              |
| Eye Serum                |              |
| Restructuring Cream-Gel  |              |
| ZEITGARD Travel Case     | Gratis       |

### YOU SAVE WITH SETS

#### Anti-Age-System

|                          |              |
|--------------------------|--------------|
| <b>Hydrating Set</b>     | <b>71008</b> |
| Eye Serum                |              |
| Hydrating Cream-Gel      |              |
| <b>Restructuring Set</b> | <b>71009</b> |
| 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 Patch<sub>2</sub>O™ 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 Patch<sub>2</sub>O™ 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 Patch<sub>2</sub>O™ 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 with 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 for the night with energising, highly effective care formula for women and men. Rich, nurturing texture with valuable oils



**Blue Light Defender:** Smart serum against Digital Aging. Protects the skin with spirulina algae and blue lotus against skin aging caused by blue light from screens such as smartphones and laptops.

# 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



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



## 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 micronized gold particles and silk proteins. While gold already supports the skin's UV protection, silk can stimulate the formation of collagen and thus supports skin regeneration.



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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.

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

## 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\*

28318 | 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\*

28319 | 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

28317 | 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

28320 | 30 ml



# IN-DEPTH ANTI-AGE CARE

## for a youthful appearance

With a rich combination of 6 naturally derived oils and selected vitamins, the skin oil regenerates dry, chapped and faint skin and provides a youthful glow.



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**BEAUTY  
DIAMONDS**  
DAILY CARE

### Beauty Diamonds Radiant Youth Oil:

- Nourishes and regenerates your skin with vitamins A, E and F
- Protects against moisture loss with valuable oils
- Imparts a radiant, youthful complexion thanks to a combination of rich oils

### 1 FACE OIL - 3 POSSIBLE APPLICATIONS

#### Anti-Age Oil

The ideal basic care for a radiant complexion

- After cleansing, apply 3-5 drops morning/evening to the face.
- Continue with day or night care

#### Anti-Age Oil Boost

Rich extra care for supple, soft skin

- Simply add a few drops to your day or night care cream.
- Mix in the palm of your hand to obtain a rich facial care and apply to face

#### Anti-Age Oil Mask

Intensive, rich regenerative care for smooth, firm skin

- Apply approx. 10 drops generously to your face, neck and décolleté.
- Allow to take effect for 10 minutes, massage in or remove the remaining texture.





## 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.



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on 100 %.

**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. Serox Instant Skin Perfector uses an innovative effect technology with a double anti-aging effect to ensure both immediate and lasting perfection of the skin. The perfectly balanced combination of active ingredients of the complementing Serox special products achieves lastingly younger-looking skin: fewer expression lines 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



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is our quality promise,  
which you can count  
on 100 %.



### 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 Polyfill® 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



# DOUBLE EFFECT TECHNOLOGY: instant and long-lasting results

LR ZEITGARD Serox Instant Skin Perfector enhances the complexion of the facial skin. With its innovative double effect technology, it ensures an instantly visible result and long-lasting regeneration of the skin, day in and day out.



## Serox Instant Skin Perfector

- Instantly younger looking skin
- Sustainable regeneration of the skin structure
- Velvety-soft, concealing Perfector formula with subtle colour pigments
- Apply after your day cream. Make-up can be applied as usual.

28250 | 30 ml

## SEROX INSTANT SKIN PERFECTOR



### EFFECT TECHNOLOGY WITH DOUBLE ANTI-AGING EFFECT

# 1

#### INSTANT PERFECTION

Younger looking skin within seconds. The velvety-soft, concealing Perfector formula with subtle colour pigments makes your skin appear transformed: pores, skin imperfections and wrinkles are minimized, shiny skin areas are given a matte finish.

# 2

#### LONG-LASTING PERFECTION

Long-lasting perfection of the skin structure day after day. The anti-aging active ingredients Gatuline® In-Tense and Ultra Filling Spheres™ penetrate deep into the skin to strengthen firmness and elasticity in the long-term: the skin appears smoother and firmer.

# INTENSIVE BOOST OF FRESHNESS for men & women

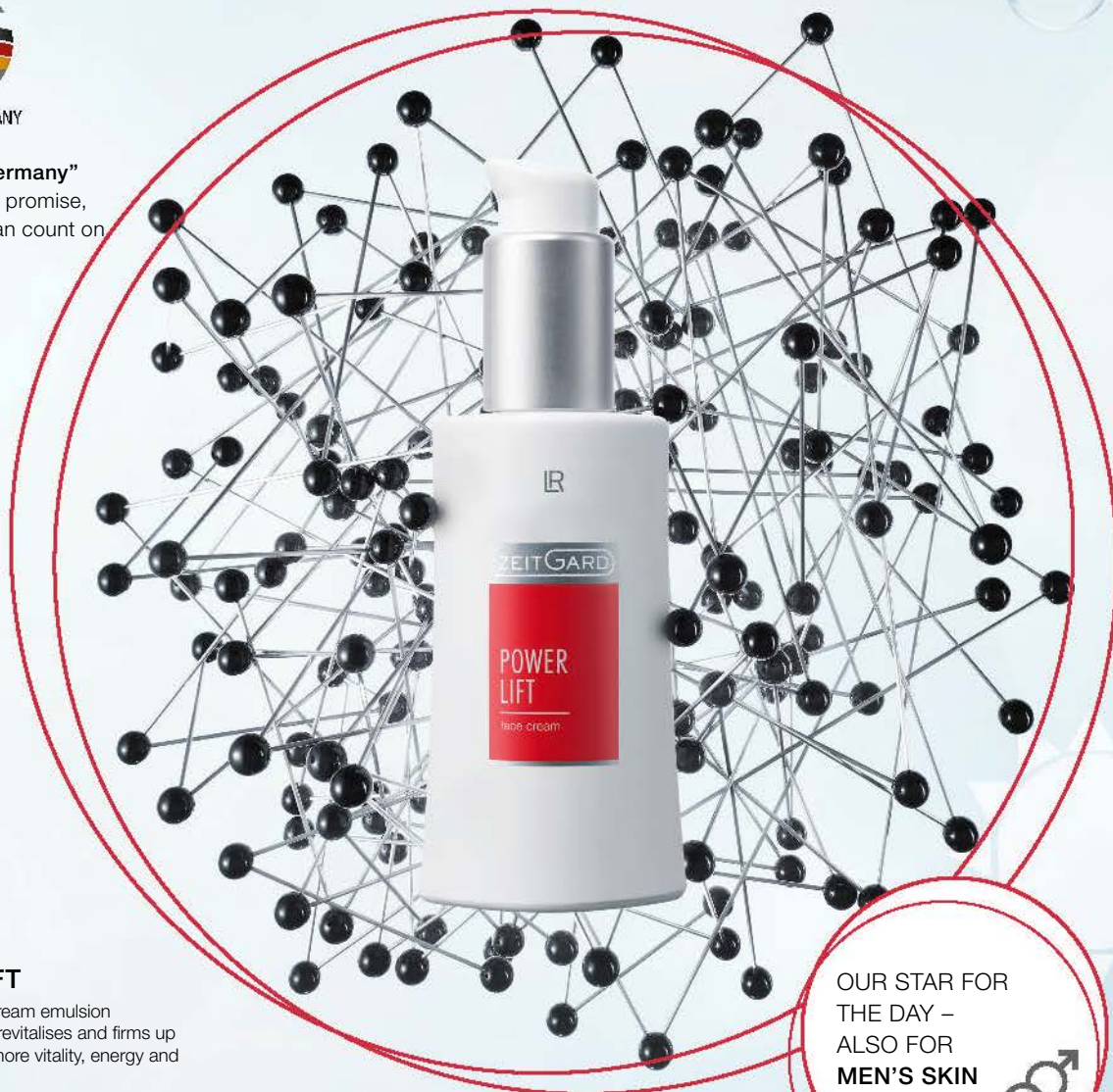
The light facial care provides particularly stressed skin with a perfect boost of freshness – also for in-between! The combination of Reductine®, hyaluronic acid, algae extract and a mix of seven herbs ensures perfect hydration of the skin. More vitality and elasticity the whole day through!

**POWER  
LIFT**  
SPECIAL CARE



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



## 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



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## 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



# SMART SERUM AGAINST DIGITAL AGING

Blue light from displays and screens can cause premature skin aging.

The blue light rays penetrate deep into the lowest layers of the skin, where they cause oxidative stress and damage the skin cells, among other things. Signs of aging, such as wrinkles and sagging skin, become visible much earlier.

**DEFEND YOUR SKIN NOW!** The innovative BLUE LIGHT DEFENDER against DIGITAL AGING actively and preventively protects your skin from the negative effects of blue light! The ingredients contained in Blue Light Defender are activated by blue light and protect the skin with triple effect.



MADE IN GERMANY

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

## UNIQUE TRIPLE EFFECT

### REFLECTION:

The colour pigment phycocyanin contained in the spirulina extract absorbs blue light and reduces the high-energy light rays by reflecting them like a protective shield  
- **ideal protection against premature skin aging and skin irritations.**

### RADICAL SCAVENGER:

Blue lotus extract - the symbol of immortality - is an optimal radical scavenger and thus counteracts oxidative stress  
- **for a youthfully radiant appearance.**

### REPAIR:

The enzyme photolyase contained in the spirulina extract repairs the cell damage of the skin caused by blue light  
- **for a significant reduction of existing wrinkles.**



## YOUR DAILY PROTECTION IN TWO STEPS:

**Step 1**

Apply the BLUE LIGHT DEFENDER Serum evenly onto the cleansed face every morning.

**Step 2**

After about one minute you can use your usual day care..

**STOP  
DIGITAL  
AGING!**

**BLUE LIGHT  
DEFENDER**  
SPECIAL CARE

**NEW**



**LR ZEITGARD  
BLUE LIGHT DEFENDER**

- Protects against skin aging and skin irritations caused by blue light
- Reduces existing wrinkles and has an anti-oxidative effect
- For a youthfully radiant appearance
- With spirulina extract and blue lotus extract

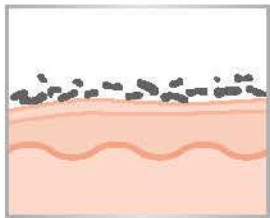


## Functional care for antibacterial protection



LR MICROSILVER PLUS is an anti-bacterial special care with a unique combination of active ingredients. The secret is the highly effective active ingredient MICROSILVER BGTM. It inhibits the growth of bacteria which can cause skin impurities, bad breath, tooth decay,

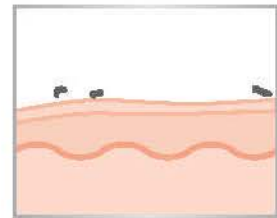
periodontal disease and the formation of dandruff. In addition, the multiplication of germs is suppressed and bad breath and perspiration odours are reduced.



bacteria-infested skin

### MICROSILVER BG<sup>TM</sup> HAS AN ANTI-BACTERIAL EFFECT:

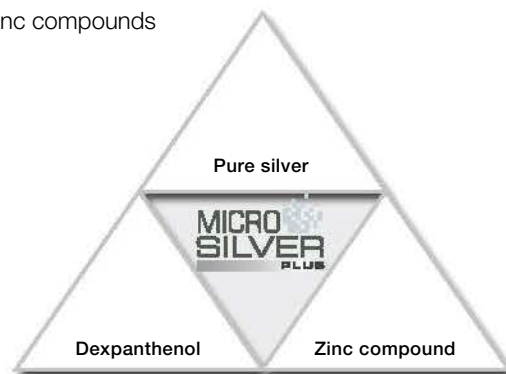
- ✚ eliminates undesired bacteria
- ✚ prevents the formation of new bacteria



healthy state of the skin with micro-silver

The unique combination of MICROSILVER BGTM (pure silver), various zinc compounds and dexpanthenol (provitamin B5) achieves a triple effect\*:

- ✚ **ANTI-BACTERIAL:**  
MicroSilver BGTM reduces undesired bacteria and inhibits the formation of new bacteria.
- ✚ **STABILISING:**  
Zinc compounds stimulate skin regeneration
- ✚ **REGENERATING:**  
Dexpanthenol (provitamin B5) has an anti-inflammatory and anti-pruritic effect and supports the self-healing process of the skin.



**The result:**  
The appearance of stressed skin is visibly improved.

#### LR MICROSILVER PLUS FACE:

Anti-bacterial wash cream and facial cream for pore-deep skin cleansing.  
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.



# 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.



## Face Wash

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

- ✚ mild and deep cleansing of pores
- ✚ Soothes the skin and promotes skin regeneration
- ✚ **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
- ✚ Protects and supports the natural skin barrier
- ✚ **Defensil** has an anti-inflammatory effect

25001 | 50 ml



## YOU SAVE WITH SETS

### Face Set

25004

Face Wash · 150 ml  
Face Cream · 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.

Patented  
products\*



## VERIFIED

Effectiveness verified by Dermatest:

### Tooth paste:

90 % certified that their gums were more settled<sup>1</sup>

### Dental care chewing gum:

Eliminates 83 % of bacteria<sup>2</sup>

<sup>1</sup> 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.

<sup>2</sup> based on the bacterium Streptococcus. Dental care chewing gum tested in a user trial by 20 persons aged 26–64 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
- ✚ Regulates the pH value in the mouth and thus soothes the gums

## 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.



25091 | 10 x 1,4 g



25090 | 75 ml



\* LR MICROSILVER Plus Zahnpflege-Kaugummi: Patent-Nr.: EP 2 585 029 B1  
LR MICROSILVER Plus Zahncreme: Patent-Nr.: DE 10 2010 063 720

# 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. No dehydration of the hands, no sticky feeling after application.

- ✚ Hygiene without water
- ✚ A refreshing feeling
- ✚ Nurtures the skin without dehydrating it
- ✚ **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 Deo Roll-On in the morning and after showering. Provides pleasant freshness and reduces the number of germs on the skin.

- ✚ Effective against perspiration odour – 24 hrs
- ✚ Contains an effective zinc compound for rapid odour neutralisation.
- ✚ Regulates and protects the natural skin flora
- ✚ **Talcum** absorbs perspiration

25022 | 50 ml



\*\*\* Study carried out on 10 persons by Derma Consult GmbH in 2008



# 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.

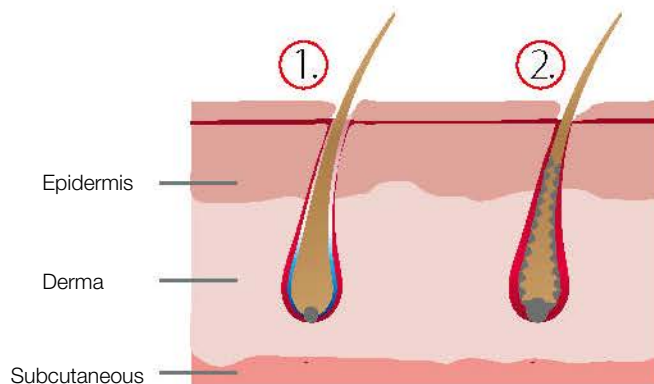


## ACTION

### 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)



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



## 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

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

27004

# 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.



### L-Recapin Shampoo

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

27003 | 200 ml

### L-Recapin Tonicum

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

27001 | 200 ml



**BRUCE  
WILLIS**  
PERSONAL EDITION  
eau de parfum

PURE  
BY GUIDO MARIA KRETSCHEMER



# PERFUME

## FASCINATING FRAGRANCE WORLDS

Fragrances lend moments an unforgettable magic power. **LR offers a wide variety of high-quality fragrances** – from glamorous star fragrances to lifestyle fragrances to the timeless LR Classics.

Numerous superstars place their trust in LR's fragrance expertise as a worldwide competence partner. The result of these cooperations **are individual fragrance compositions with international star appeal** – fragrances with an individual character and the unmistakable signature of the celebrities.

**High proportions of perfume oil with a long adhesion period**, far above the market average, are the hallmark of LR fragrances. Based on decades of fragrance expertise, LR creates fragrances **“Made in Germany” in cooperation with renowned international perfumers!**



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

# PURE

BY GUIDO MARIA KRETSCHMER



## YOU SAVE WITH SETS

### PURE by Guido Maria Kretschmer Fragrance Set 30550

Pure by Guido Maria Kretschmer  
Eau de Parfum for women  
Pure by Guido Maria Kretschmer  
Eau de Parfum for men

The PURE Eau de Parfum by Guido Maria Kretschmer can be found on page 137.

Be real. Be natural.

Just be yourself – that is the message of Guido Maria Kretschmer!

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

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

flowery  
fresh

**Top note**  
pear,  
citrus

**Middle note**  
peach,  
jasmine

**Base note**  
amber,  
cedar wood







# PURE HAPPINESS

BY GUIDO MARIA  
KRETSCHMER

**Be real. Shine.  
Just be happy.**

Feel pure joy of life here and now.  
Enjoy the wonderful feeling of  
wanting to embrace the whole  
word. PURE HAPPINESS makes  
you happy - a fragrance full of  
lightness that puts a radiant smile  
on your face every day!

**PURE  
HAPPINESS**  
by Guido Maria  
Kretschmer

Eau de Parfum  
for women  
50 ml | 30560



flowery  
fruity

**Top note**  
grapefruit,  
bergamot

**Middle note**  
jasmine,  
iris

**Base note**  
musk,  
tobacco



**NEW**

YOU SAVE WITH **SETS**

**PURE HAPPINESS**  
by Guido Maria Kretschmer  
Fragrance Set

**30565**

PURE HAPPINESS  
by Guido Maria Kretschmer  
Eau de Parfum for women  
PURE HAPPINESS  
by Guido Maria Kretschmer  
Eau de Parfum for men

The PURE HAPPINESS Eau de Parfum by  
Guido Maria Kretschmer can be found on  
page 138

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







## ELEGANT SCENTED CANDLES FOR YOUR HOME

Inspired by the perfume collection, the popular designer created scented candles in a sophisticated design—HAUTE PARFUM FOR YOUR HOME.

As always, these fragrances by Guido Maria Kretschmer also bear a very personal signature: sensually elegant and fascinatingly charismatic.

### HAUTE PARFUM FOR YOUR HOME

by Guido Maria Kretschmer

40166 | **Sensual Elegance**

A fragrance bouquet of mandarin, rose, jasmine and vanilla.

40167 | **Charismatic Fascination**

A refined interplay of bergamot, pepper and leather.

310 g

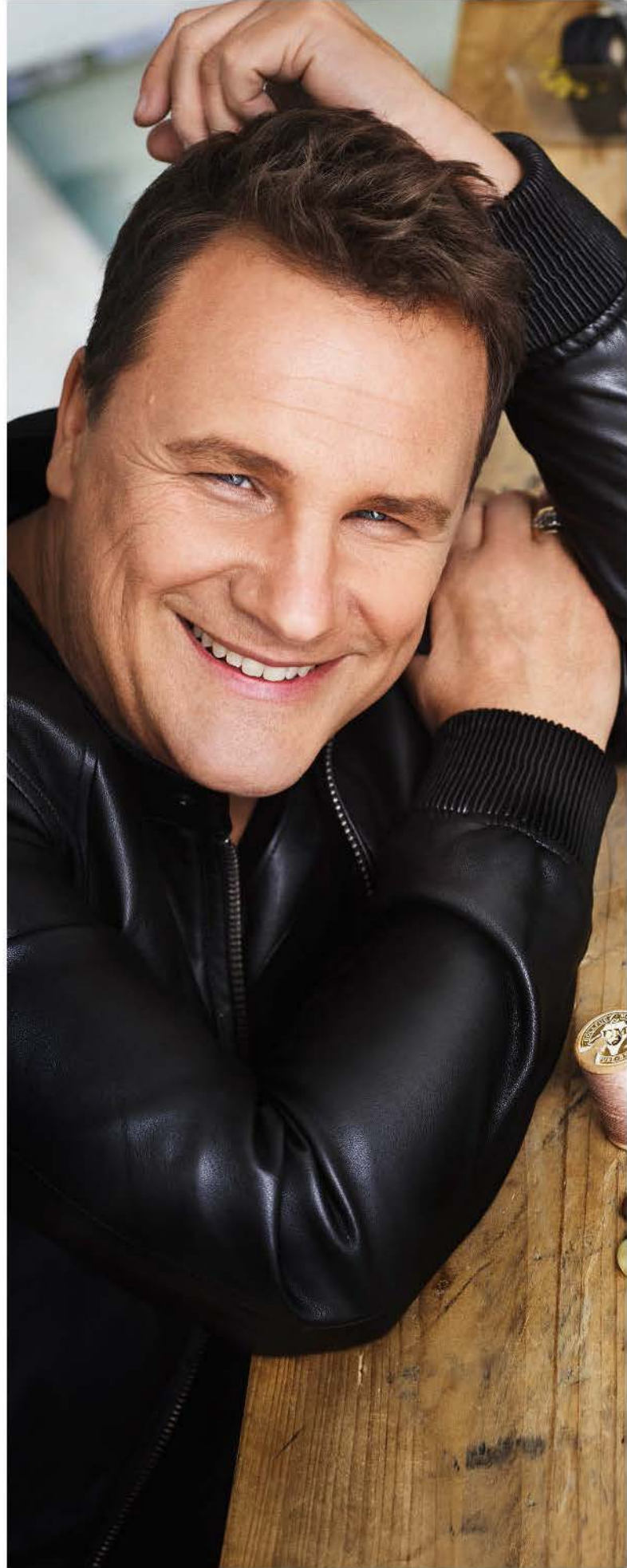
### YOU SAVE WITH SETS

#### HAUTE PARFUM FOR YOUR HOME

by Guido Maria Kretschmer  
Scented candles set

40169

Sensual Elegance  
Charismatic Fascination





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

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

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




## YOU SAVE WITH **SETS**

**HAUTE PARFUM**  
by Guido Maria Kretschmer  
Fragrance Set

30230

HAUTE PARFUM  
by Guido Maria Kretschmer  
Eau de Parfum for women

HAUTE PARFUM  
by Guido Maria Kretschmer  
Eau de Parfum for men

## HAUTE PARFUM by Guido Maria Kretschmer

Eau de Parfum  
for women  
50 ml | 30200



fruity  
delicate

**Top note**  
mandarin,  
plum

**Middle note**  
rose,  
orange blossom

**Base note**  
dry amber,  
vanilla



The HAUTE PARFUM by Guido Maria Kretschmer Eau de Parfum for men can be found on page 141



## REAL LOVE IN A FLACON

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

### LOVINGLY by Bruce Willis

Eau de Parfum  
50 ml | 3630

oriental  
elegant

**Top note**  
citrus fruits,  
pear

**Middle note**  
lily,  
peony

**Base note**  
white cedar wood,  
sandal wood



Declaration of love from Bruce Willis

*"Inspired by my love for Emma"*

*Bruce Willis*

# SENSUAL, MAGICAL, FULL OF RADIANCE



## THE ESSENCES OF LIFE ENERGY - ROMANCE - CLARITY

Three soulful fragrance compositions full of magic – the Lightning Collection presented by Emma Heming-Willis expresses the essences of life. An additional highlight of every perfume are the genuine Swarovski crystals.



### LIGHTNING ESSENCE OF AMBER

Eau de Parfum  
50 ml | 30330-3



oriental  
alluring

**Top note**  
bergamot,  
mandarin

**Middle note**  
iris,  
orange blossom

**Base note**  
tonka bean,  
patchouli

### LIGHTNING ESSENCE OF ROSE

Eau de Parfum  
50 ml | 30330-2



flowery  
sensual

**Top note**  
fruity,  
jasmine

**Middle note**  
rose,  
powdery

**Base note**  
sweet,  
ambergis

### LIGHTNING ESSENCE OF MARINE

Eau de Parfum  
50 ml | 30330-101



fresh  
aquatic

**Top note**  
bergamot,  
aquatic

**Middle note**  
lily of the valley,  
spicy

**Base note**  
cedar wood,  
musk

## YOU SAVE WITH SETS

### HAUTE PARFUM Lightning Collection Fragrance Set

30334

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





**flowery  
feminine**

**Top note**  
orange,  
basil

**Middle note**  
ylang ylang,  
cinnamon

**Base note**  
honey,  
tonka absolute



**oriental  
elegant**

**Top note**  
incense,  
cistus

**Middle note**  
jasmine,  
geranium

**Base note**  
vanilla,  
caramel



**oriental  
alluring**

**Top note**  
mandarin,  
bergamot

**Middle note**  
passion fruit,  
apricot

**Base note**  
chocolate,  
caramel

### 01 CLASSIC SEDUCTION

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

### 02 CHARMING SENSUALITY

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

### 03 MAGIC OF THE ORIENT

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

#### Femme Noblesse

Eau de Parfum  
30372 | 50 ml



#### Sensual Grace

Eau de Parfum  
30150 | 50 ml



#### Harem

Eau de Parfum  
30404 | 50 ml





### SHINY ENERGY BY DAY

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

flowery  
vivid

**Top note**  
pink pepper,  
fresh green

**Middle note**  
violet,  
rose

**Base note**  
vanilla,  
sandal wood

### Shine by Day

Eau de Parfum  
30600 | 50 ml



### QUEEN OF THE NIGHT

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

flowery  
elegant

**Top note**  
mandarin,  
orange

**Middle note**  
jasmine,  
tuberose

**Base note**  
vanilla,  
honey

### Shine by Night

Eau de Parfum  
30610 | 50 ml







**fruity  
inspiring**

**Top note**  
blood oranges,  
freesia

**Middle note**  
cassis,  
red plum

**Base note**  
musk  
sandal wood

01

### 01 STUNNINGLY FRUITY

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

#### Heart & Soul

Eau de Parfum  
3650 | 50 ml



**fresh  
sensual**

**Top note**  
orange,  
lemon

**Middle note**  
rose,  
gardenia

**Base note**  
musk,  
cedar wood

02

### 02 INSPIRING FRESH

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

#### Rockin' Romance

Eau de Parfum  
3250 | 50 ml



**oriental  
exciting**

**Top note**  
bergamot,  
pear

**Middle note**  
jasmine,  
iris

**Base note**  
caramel,  
patchouli

03

### 03 SIMPLY GLAMOROUS

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

#### Brilliant Look

Eau de Parfum  
30095 | 50 ml







### LIGHT AND SENSUAL

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

**fruity  
oriental**

**Top note**  
lychee,  
peach

**Middle note**  
freesia,  
violet

**Base note**  
sandal wood,  
vetiver

### Pseudonym

Eau de Parfum  
30386 | 50 ml



### YOUR WORLD, YOUR CATWALK

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

**flowery  
alluring**

**Top note**  
mandarin,  
ozonic notes

**Middle note**  
rose,  
lily of the valley

**Base note**  
musk,  
iris

### Beautyqueen

Eau de Parfum  
30134 | 50 ml



# THE WORLD OF FRAGRANCES FOR WOMEN

## Welcome to perfume paradise!

Our exclusive LR Classics Eau de Perfume ranges 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!



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



### 01 LR Classics HAWAII

The memory of the last summer flirt.

Eau de Parfum  
50 ml | 3295-106

fruity  
oriental

**Top note**  
bergamot,  
cinnamon

**Middle note**  
rose,  
heliotrope

**Base note**  
vanilla,  
tonka bean

### 02 LR Classics LOS ANGELES

Glamorous, vibrant, full of life.

Eau de Parfum  
50 ml | 3295-127

fruity  
flowery

**Top note**  
pear,  
lotus

**Middle note**  
lily of the valley,  
jasmine

**Base note**  
sandal wood,  
white musk

### 03 LR Classics MARBELLA

For charming seduction and a sense of pure luxury.

Eau de Parfum  
50 ml | 3295-124

oriental  
vivid

**Top note**  
orange,  
bergamot

**Middle note**  
peony,  
jasmine

**Base note**  
patchouli,  
vetiver

### 04 LR Classics ANTIGUA

Like intense kisses on a white sandy beach.

Eau de Parfum  
50 ml | 3295-223

oriental  
sensual

**Top note**  
peach,  
violet

**Middle note**  
iris,  
rose

**Base note**  
sandal wood,  
vanilla

### 05 LR Classics SANTORINI

Like a sunrise captivating the senses.

Eau de Parfum  
50 ml | 3295-220

oriental  
flowery

**Top note**  
freesia

**Middle note**  
jasmine

**Base note**  
musk

### 06 LR Classics VALENCIA

La Dolce Vita! Mediterranean flair on your skin.

Eau de Parfum  
50 ml | 3295-126

fresh  
aromatisch

**Top note**  
lemon,  
grapefruit

**Middle note**  
flowery notes  
jasmine

**Base note**  
amber,  
musk











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

# PURE

BY GUIDO MARIA KRETSCHMER



## YOU SAVE WITH SETS

**PURE**  
by Guido Maria Kretschmer  
**Fragrance Set** 30550  
Pure by Guido Maria Kretschmer  
Eau de Parfum for women  
Pure by Guido Maria Kretschmer  
Eau de Parfum for men

The PURE Eau de Parfum by Guido Maria Kretschmer can be found on page 123.

Be real. Be natural. Just be yourself – that is the message of Guido Maria Kretschmer!

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

### PURE by Guido Maria Kretschmer

Eau de Parfum  
for men  
50 ml | 30540

**49,99 €**



**woody  
spicy**

**Top note**  
saffron,  
rose oxide

**Middle note**  
clove,  
oil of guaiac

**Base note**  
sandal wood,  
amber,





# PURE HAPPINESS

BY GUIDO MARIA  
KRETSCHMER

**Be real. Shine.  
Just be happy.**

Enjoy the feeling of freedom - as  
boundless as the sea and full of  
wonderful promises. Live in the  
here and now and enjoy the  
moment.

PURE HAPPINESS makes you  
happier – a fragrance full of  
vivacity and positive energy!

**PURE  
HAPPINESS**  
by Guido Maria  
Kretschmer

Eau de Parfum  
for men  
50 ml | 30570



**woody  
fresh**

**Top note**  
grapefruit,  
peppermint

**Middle note**  
cedar wood,  
geranium

**Base note**  
moss,  
balmy notes



**NEW**

YOU SAVE WITH **SETS**

**PURE HAPPINESS**  
by Guido Maria Kretschmer  
**Fragrance Set** 30565  
PURE HAPPINESS  
by Guido Maria Kretschmer  
Eau de Parfum for women  
PURE HAPPINESS  
by Guido Maria Kretschmer  
Eau de Parfum for men

The PURE HAPPINESS Eau de Parfum by  
Guido Maria Kretschmer can be found on  
page 124



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





## ELEGANT SCENTED CANDLES FOR YOUR HOME

Inspired by the perfume collection, the popular designer created scented candles in a sophisticated design—HAUTE PARFUM FOR YOUR HOME.

As always, these fragrances by Guido Maria Kretschmer also bear a very personal signature: sensually elegant and fascinatingly charismatic.

## HAUTE PARFUM FOR YOUR HOME

by Guido Maria Kretschmer  
40166 | **Sensual Elegance**

A fragrance bouquet of mandarin, rose, jasmine and vanilla.

40167 | **Charismatic Fascination**  
A refined interplay of bergamot, pepper and leather.

310 g

## YOU SAVE WITH SETS

### HAUTE PARFUM FOR YOUR HOME

by Guido Maria Kretschmer  
**Scented candles set** 40169  
Sensual Elegance  
Charismatic Fascination





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

Just like the women's scent, the men's fragrance bears the signature of the designer: elegant, sophisticated, timeless and authentic. Little by little, the elegant, spicy and fresh essences unfold their exciting facets on the skin.



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

## YOU SAVE WITH **SETS**

**HAUTE PARFUM**  
by Guido Maria Kretschmer  
Fragrance Set 30230

HAUTE PARFUM  
by Guido Maria Kretschmer  
Eau de Parfum for women

HAUTE PARFUM  
by Guido Maria Kretschmer  
Eau de Parfum for men

## HAUTE PARFUM by Guido Maria Kretschmer

Eau de Parfum  
for men  
50 ml | 30220



woody  
exciting

**Top note**  
bergamot,  
tangerine

**Middle note**  
peppermint,  
geranium,

**Base note**  
vetiver,  
leather

The HAUTE PARFUM by Guido Maria Kretschmer Eau de Parfum for women can be found on page 127





A stylized signature of Bruce Willis.

### SMART GUYS LIVE FOREVER –

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

### BRUCE WILLIS

Eau de Parfum  
50 ml | 30505



**spicy  
powerful**

**Top note**  
grapefruit,  
orange

**Middle note**  
peppermint,  
geranium leaves

**Base note**  
cedar wood,  
vetiver



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

## ABSOLUTELY PRIVATE:

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

## BRUCE WILLIS PERSONAL EDITION

Eau de Parfum  
50 ml | 2950



spicy  
elegant

**Top note**  
citrus fruits,  
cardamom

**Middle note**  
lavender,  
tobacco notes

**Base note**  
leather-Akkorde,  
agarwood







01

**classic  
sporty**

**Top note**  
star anise,  
ginger

**Middle note**  
nutmeg,  
cardamom

**Base note**  
notes of wood,  
musk



02

**Fresh  
light**

**Top note**  
bergamot,  
ginger

**Middle note**  
melon,  
eucalyptus

**Base note**  
patchouli,  
cedar wood



03

**woody  
exciting**

**Top note**  
orange,  
cardamom

**Middle note**  
jasmine,  
cedar wood

**Base note**  
amber,  
musk



04

**classic  
charismatic**

**Top note**  
bergamot

**Middle note**  
lemon

**Base note**  
amber

### 01 3,2,1 – ACTION!

The perfect combination of sportiness, elegance and masculinity. Fresh and dynamic - for a casual, relaxed lifestyle.

### 02 HEROES OF THE OCEAN

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

### 03 ADRENALINE KICK

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

### 04 AHEAD OF THE CURVE

Striking, mysterious and uncompromising. A powerful men's fragrance with a classic, timeless note.

#### Just Sport

Eau de Parfum  
30000 | 50 ml



#### Ocean'Sky

Eau de Parfum  
1580 | 50 ml



#### Racing

Eau de Parfum  
30027 | 50 ml



#### Terminator

Eau de Parfum  
30414 | 50 ml







### TRENDY FRAGRANCE FOR ADVENTURES

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

#### Jungle Man

Eau de Parfum  
3430 | 50 ml



**classic  
intensive**

**Top note**  
green mint,  
artemisia

**Middle note**  
lavender,  
clove

**Base note**  
tonka bean,  
sandal wood



### FOR REAL COSMOPOLITANS

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

#### Metropolitan Man

Eau de Parfum  
30190 | 50 ml



**spicy  
casual**

**Top note**  
bergamot,  
Sezuanpfeffer

**Middle note**  
cardamom,  
geranium

**Base note**  
chocolatelade,  
vetiver

# THE WORLD OF FRAGRANCES FOR MEN

**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.



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



EAU  
DE PARFUM  
ONLY

## 01 LR Classics SINGAPORE

Seductive and mysterious. Full of contrast and always exciting.

Eau de Parfum  
50 ml | 3295-151

**spicy  
intensiv**

**Top note**  
oriental  
spicy notes

**Middle note**  
cedar wood,  
Salbei

**Base note**  
vanilla,  
benzoin

## 02 LR Classics NIAGARA

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

Eau de Parfum  
50 ml | 3295-261

**klassisch  
fresh**

**Top note**  
Marine Noten,  
Minze

**Middle note**  
geranium,  
Neroli

**Base note**  
cedar wood,  
musk

## 03 LR Classics BOSTON

Für Lebenshungrige. Einfach abwechslungsreich und multikulturell.

Eau de Parfum  
50 ml | 3295-162

**spicy  
fruity**

**Top note**  
apple,  
orange

**Middle note**  
rose,  
jasmine

**Base note**  
spicy wood,  
amber

## 04 LR Classics MONACO

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

Eau de Parfum  
50 ml | 3295-259

**woody  
elegant**

**Top note**  
bergamot,  
grapefruit

**Middle note**  
green,  
flowery

**Base note**  
amber,  
woody notes

## 05 LR Classics STOCKHOLM

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

Eau de Parfum  
50 ml | 3295-260

**klassisch  
alluring**

**Top note**  
bergamot  
anise

**Middle note**  
oil of guaiac,  
cedar wood

**Base note**  
amber,  
musk









MA

KE

UP

## PERFECT MAKE-UP, **PERFECT LOOK**

Enchanting make-up looks for every occasion:  
The cosmetic products by LR offer individual  
variety – from a subtle natural day make-up to  
stylish modern elegance through to trendy  
party glamour.

With the **LR 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** is a colourful make-up range  
for trend-setters. Whether eye shadow,  
blusher, lipstick or nail polish – the innovative  
highlights of LR COLOURS ensure fun and  
joie de vivre.

# Deluxe

## Lips in the spotlight



01

### 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



11131-1



11131-2



11131-3



11131-4



11131-5



11131-8

02



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





# 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



## 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
- Shake well before use

11190 | 125 ml



# Precious interplays of colour in the bat of an eye



## 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

11199 Deep Black



## Perfect Brow Styler

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



11121-101 Bright Liquid

11121-102 Dark Liquid

5 ml



## 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



## 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



# 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 30

30 ml

- 1 | 11116-1 Porcelain
- 2 | 11116-2 Light Beige
- 3 | 11116-3 Beige
- 4 | 11116-4 Dark Beige
- 5 | 11116-5 Beige Noisette
- 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
- 11117-102 Light Beige
- 11117-103 Beige
- 11117-104 Dark Beige
- 11117-105 Beige Noisette
- 11117-106 Hazelnut

## 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

## 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

## 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



- 11109-101 | 2,5 ml Porcelain
- 11109-102 | 2,5 ml Ginger





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 Phycocoral®
- 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 |



### 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 eye-brows

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 marvelous „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





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

10060-1 Light Sand

10060-2 Medium Sand

10060-3 Light Caramel

10060-4 Medium Caramel

10060-5 Dark Sand

10060-6 Dark Caramel

30 ml



TOP  
SELLER

10060-1

10060-2

10060-3

10061-207

10060-4

10061-202

10060-5

10061-203

10060-6



## 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

10061-207 Light Sand

10061-202 Medium Sand

10061-203 Light Caramel

10061-204 Medium Caramel

10061-205 Dark Sand

10061-206 Dark Caramel

30 ml



TOP  
SELLER

10061-204

10061-205

10061-206



Skin Perfector

## 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
- 10062-1 Sun Shine
- 10062-2 Light Beige
- 10062-3 Dark Beige
- 10062-4 Soft Moss
- 2,5 g



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

10440-2 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







### 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 | 10032-103 Juicy rose
- 04 | 10032-4 orange Toffee
- 05 | 10032-5 Midnight Plum
- 06 | 10032-7 Hot Chili
- 07 | 10032-8 Brown rose



### 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



### 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| 10431-205 Midnight Plum
- 06| 10431-107 Hot Chili
- 07| 10431-108 Brown rose



### Lipgloss

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

- 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



### 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        |

### 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



01

### 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



02

### 03 Top Coat

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

10403 | 5,5 ml



03

### 04 Nail Hardener

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

10402 | 5,5 ml



04

### 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



05



### 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!



### 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



### 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







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Fulfil your 5 beauty  
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MADE IN GERMANY



german  
brand  
award  
19  
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COMPLEX A  
collagen peptides, hyaluronic acid, copper, zinc, vitamin C, vitamin E, vitamin K, vitamin B12, vitamin D3, vitamin A, vitamin B6, vitamin B9, vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B7, vitamin B8, vitamin B10, vitamin B11, vitamin B12, vitamin B13, vitamin B14, vitamin B15, vitamin B16, vitamin B17, vitamin B18, vitamin B19, vitamin B20, vitamin B21, vitamin B22, vitamin B23, vitamin B24, vitamin B25, vitamin B26, vitamin B27, vitamin B28, vitamin B29, vitamin B30, vitamin B31, vitamin B32, vitamin B33, vitamin B34, vitamin B35, vitamin B36, vitamin B37, vitamin B38, vitamin B39, vitamin B40, vitamin B41, vitamin B42, vitamin B43, vitamin B44, vitamin B45, vitamin B46, vitamin B47, vitamin B48, vitamin B49, vitamin B50, vitamin B51, vitamin B52, vitamin B53, vitamin B54, vitamin B55, vitamin B56, vitamin B57, vitamin B58, vitamin B59, vitamin B60, vitamin B61, vitamin B62, vitamin B63, vitamin B64, vitamin B65, vitamin B66, vitamin B67, vitamin B68, vitamin B69, vitamin B70, vitamin B71, vitamin B72, vitamin B73, vitamin B74, vitamin B75, vitamin B76, vitamin B77, vitamin B78, vitamin B79, vitamin B80, vitamin B81, vitamin B82, vitamin B83, vitamin B84, vitamin B85, vitamin B86, vitamin B87, vitamin B88, vitamin B89, vitamin B90, vitamin B91, vitamin B92, vitamin B93, vitamin B94, vitamin B95, vitamin B96, vitamin B97, vitamin B98, vitamin B99, vitamin B100

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BEAUTY  
ELIXIR

LIQUID DRINKING SHOTS

- FOR NATURAL BEAUTY FROM HEAD TO TOE!
- UNIQUE COMBINATION OF TWO COMPLEXES IN ONE ELIXIR
- WITH COLLAGEN PEPTIDES, HYALURONIC ACID, COPPER, ZINC
- AND A HIGH CONCENTRATION OF 8 VITAMINS
- WITH ALGAE VERA GEL AND 4 INGREDIENTS EXTRACTED FROM NATURE

COMPLEX A — COMPLEX P



LR LIFETAKT

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Night after night.



MADE IN GERMANY



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EN