

*Natural supplements
for the well-being of mind
and body*



Our unique ingredient is Nature.

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**“Supporting the phycho-physical
well-being of people, enhancing and
respecting nature”**

Alta Natura is specialised in manufacturing food supplements, cosmetics and medical devices, formulated with actives from natural and vegetable origin. It promotes Nutraceuticals and Phytotherapy as quality solutions, safe and effective, designed for a lifestyle full of natural and ancient traditions.



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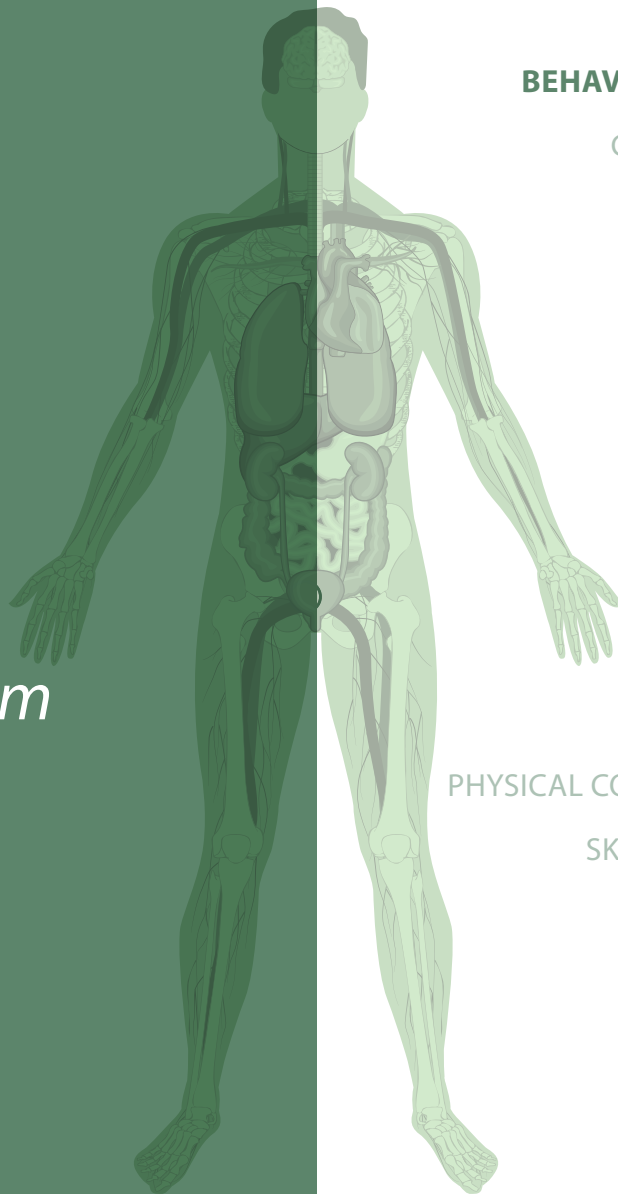
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Behavioural and nervous system

PART 1



BEHAVIOURAL AND NERVOUS SYSTEM

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Sleep

Anxiety and stress may cause insomnia and sleep disorders. Sleeping well is an important condition to face everyday life with the proper energy and concentration. The research laboratories of Alta Natura have designed a range of food supplements containing innovative active ingredients that counteract the states of anxiety and promote sleeping, thus promoting the physiological recovery in case of stress.

Sedazen

Sleep quality

The active substances contained in Valerian extract promote relaxation (sleepiness), Griffonia and Jujube promote mental well-being. Melatonin contributes to reduce the time required to fall asleep. With Protizen® (marine peptides).

Contents: 20ml
Recommended use: 10 to 30 drops after dinner, before bedtime. Shake before use.



Nutritional intake	Contents per 20ml	Per maximum daily dose (30 drops = 1ml)
Griffonia dry extract tit. 25% 5-HTP	3,8g 0,95g	190mg 47,5mg
Protizen®	3,6g	180mg
Valerian hydroalcoholic extract	2,7g	135mg
Jujube dry extract tit. 2% jujuboside	0,8g 16mg	40mg 0,8mg
Valerian dry extract tit. 0,8% valerenic acid	0,4g 3,2mg	20mg 0,16mg
Melatonin	0,02g	1mg

PRODUCT FUNCTIONS

- With Valerian and Jujube
Sleep and relaxation



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Russoff

Night snoring

Russoff is a valid help at night thanks to the combined action of the essential oils of Geranium, Citronella and Lavender for relaxation, essential to promote sleepiness. In combination with the essential oils of Lemon, Lemon balm and Sweet Orange for the digestive function at night and Ylang-Ylang for an antistress effect. Cloves guarantees nose and throat well-being. White Thyme essential oil contributes to the fluidity of bronchial secretions. Eucalyptus has a balsamic effect and an emollient and soothing action on the oropharyngeal mucosa. Peppermint essential oil contributes to the normal functions of the upper respiratory tract.



Contents: 20 ml
Recommended use: 1 spray at 20 cm from your nose and breath the vapour. Then, from 4 to 6 sprays on the pillow 5-10 minutes before bedtime. Shake well before use.

Nutritional intake	Per maximum daily dose (0,7ml = 6 sprays)
Eucalyptus essential oil	5,25mg
Lavender essential oil	5,25mg
Geranium essential oil	4,37mg
Lemon essential oil	4,37mg
Peppermint essential oil	3,5mg
White thyme essential oil	3,5mg
Sweet orange essential oil	1,75mg
Ylang-Ylang essential oil	1,23mg
Cloves essential oil	0,87mg
Lemon balm essential oil	0,7mg
Citronella essential oil	0,35mg

PRODUCT FUNCTIONS

- With Peppermint
Well-being of the respiratory tract



8 050534 219456



Melatonin drops

Sleep quality

Melatonin contributes to reduce the time required to fall asleep.



Contents: 20ml

Recommended use: 3 drops daily after dinner, before bedtime. Shake well before use.

Nutritional information	Contents per 20ml	Per maximum daily dose (3 drops = 0,15 ml)
Melatonin	133,34 mg	1mg

PRODUCT FUNCTIONS

- With Melatonin contributing to **Reduce the time required to fall asleep**



Melatonin Complex

Sleep quality

Melatonin contributes to reduce the time required to fall asleep. Ashwagandha and Jujube promote relaxation and mental well-being.



Contents: 30 buccal tablets of 500 mg

Recommended use: Dissolve or swallow 1 tablet daily, before bedtime.

Nutritional information	Per maximum daily dose (1 tablet)
Ashwagandha dry extract tit. 1,5% withanolides	100mg
Tryptophan	1,5mg
Jujube dry extract tit. 2% jujuboside	50mg
Melatonin	40mg
	0,8mg
	1mg

PRODUCT FUNCTIONS

- With Ashwagandha and Jujube **Promote relaxation and mental well-being**





Mood and memory

People have to face new challenges and achieve new goals everyday. Anxiety, stress, physical weakness and mental fatigue can negatively affect memory and concentration, thus hindering people's choices.

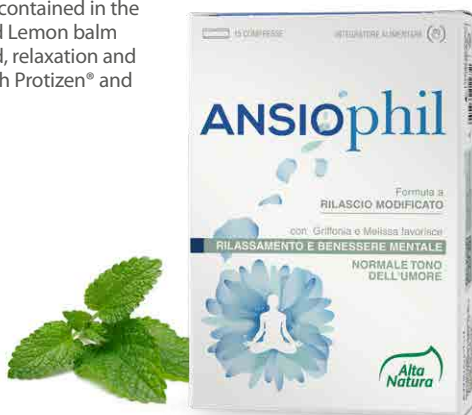
The research laboratories of Alta Natura have designed formulations studied to improve the mood and provide well-being useful to fully face daily challenges, with peace of mind.



Ansiophil

General anxiety

The active substances contained in the extract of Griffonia and Lemon balm promote normal mood, relaxation and mental well-being. With Protizen® and L-Theanine.



Contents: 15 coated tablets of 950mg
Recommended use: 1 tablet daily, preferably in the morning.

Nutritional intake	Per maximum daily dose (1 tablet)
Griffonia dry extract tit.25% 5-HTP	200mg 50mg
Protizen®	180mg
Lemon balm dry extract tit. 0.8% rosmarinic acid	100mg 0,8mg
L-Theanine	50mg

PRODUCT FUNCTIONS

- With Griffonia and Lemon balm
Promote relaxation and mental well-being



8 050534 211672



Ansiophil Quick Spray

Acute anxiety

The active substances contained in the extract of Griffonia and Lemon balm promote normal mood and mental relaxation and well-being. With Protizen® and L-Theanine. QUICK EFFECT.



Recommended use: 5 sprays in the morning and 5 sprays in the evening under the tongue. 10 consecutive sprays under the tongue for a more intense effect. Shake well before use. SUBLINGUAL USE.

Nutritional intake	Contents per 20ml	Per maximum daily dose (10 sprays)
Griffonia dry extract tit.25% 5-HTP	2,66g 665mg	210mg 50mg
Protizen®	2,4g	180mg
L-Theanine	660mg	50mg
Lemon balm dry extract tit.12% rosmarinic acid	88mg 10,56mg	6,6mg 0,8mg

PRODUCT FUNCTIONS

- With Griffonia and Lemon balm
Promote relaxation and normal mood



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Primavera Life Mood

Saffron is useful for normal mood. Ashwagandha supports mental relaxation and well-being. Zinc contributes to the normal cognitive function. With Lactium®.

Contents: 30 capsules of 500mg
Recommended use: 1 capsule in the morning and 1 capsule in the evening.



Nutritional intake	Per maximum daily dose (2 capsules)	**%NRV
Ashwagandha dry extract tit. 2,5% Withanolides	300 mg 7,50 mg	-
Lactium®	150 mg	-
Zinc bisglycinate of which Zinc	75 mg 15 mg	150%
Saffron dry extract tit. 2% Safranal and 3% Crocins	30 mg 0,60 mg 0,90 mg	-
Vitamin B2	1,40 mg	100%
Folic acid	0,20 mg	100%

**% NRV: Nutritional Reference Value

PRODUCT FUNCTIONS

- With Withania somnifera
Relaxation and mental well-being



Memoryn Memory and concentration

Food supplement based on vegetable extracts and citicoline Vitamin B6 and Vitamin B12 contribute to the normal function of the nervous system. Zinc contributes to normal cognitive function. Vitamin B9 contributes to reduce tiredness and fatigue. With Cognivia™, an extract based on Sage. With Citicoline.

Contents: 30 coated tablets of 1g
Recommended use: 2 tablets daily.



Nutritional intake	Per maximum daily dose (2 tablets)	**%NRV
Cognivia™ (Salvia lavandulifolia essential oil Salvia officinalis dry extract)	600 mg	-
Tit. 35% polyphenols	210 mg	-
Tit. 4% monoterpenes	24 mg	-
Citicoline	200 mg	-
Zinc gluconate of which Zinc	52,4 mg 7,5 mg	75 %
Selenium L-methionine of which Selenium	11 mg 55 mcg	100%
Vitamin B6	2,8 mg	200 %
Vitamin B9	0,4 mg	200 %
Vitamin B12	5 µg	200 %

**% NRV: Nutritional Reference Value

PRODUCT FUNCTIONS

- With Zinc
Normal cognitive function



Angelis Day & Night Menopause

The active substances contained in the vegetable extracts of Soybean, Black cohosh, Red clover and Dong quai counteract menopausal discomforts. Griffonia and Lemon balm promote normal mood, Passionflower promotes mental well-being while Horehound promotes relaxation (sleepiness, in case of stress). Ashwaganda acts as an adaptogen and tonic in case of physical and mental fatigue. Horehound regulates sweating process. Magnesium is useful for the normal psychological function and energy metabolism. Vitamin B6 and D3 contribute, respectively, to regulate hormonal activity and to keep bones normal. With *Bacillus coagulans*.

Contents: 30/60 tablets of 950mg

Recommended use: 1 tablet in the morning (**Day phase**) and 1 tablet in the evening (**Night Phase**), without food.

MORNING PHASE TABLET

Nutritional intake	Contents per 100g	Contents per tablet	%%NRV
Soybeans dry extract tit.40% isoflavones	18,2g 7,3g	173mg 69,2mg	-
Black cohosh dry extract tit. 2.5% triterpene glycosides	14,7g 0,37g	140mg 3,5mg	-
Red clover dry extract tit.8% isoflavonoids	12,6g 1g	120mg 9,6mg	-
Chasteberry dry extract tit.0.5% agnuside	9g 0,045g	86,6mg 0,433mg	-
Dong quai dry extract tit. 1% ligustilide	9g 0,09g	86,6mg 0,866mg	-
Lactobacillus coagulans	5,3g	50mg	-
Griffonia dry extract tit.25% 5-HTP	4,5g 1,125g	42,5mg 10,62mg	-
Vitamin B6	0,15g	1,4mg	100
Vitamin D3	0,53mg	5µg	100

PRODUCT FUNCTIONS

- With Red Clover
Counteracting the menopausal disorders



NIGHT PHASE TABLET

Nutritional intake	Contents per 100g	Contents per tablet	%%VNR
Magnesium oxide:	26g	247mg	40
Magnesium	15,7g	149mg	-
Lemon balm dry extract tit.0.8% rosmarinic acid	14,7g 0,12g	140mg 1,12mg	-
Hop dry extract tit.0.1% flavonoids	12,6g 0,013g	120mg 0,12mg	-
Ashwagandha dry extract tit.2.5% withanolides	9,8g 0,245g	93mg 2,325mg	-
Horehound (Marrubium vulgare L. herba c. floribus) dry extract E/D:1/4	7,7g	73,3mg	-
Passionflower dry extract tit.3.5% vitexin	7,7g 0,27g	73,3mg 2,56mg	-
Griffonia dry extract tit.25% 5-HTP	4,5g 1,125g	42,5mg 10,62mg	-

%% NRV: Nutritional Reference Value

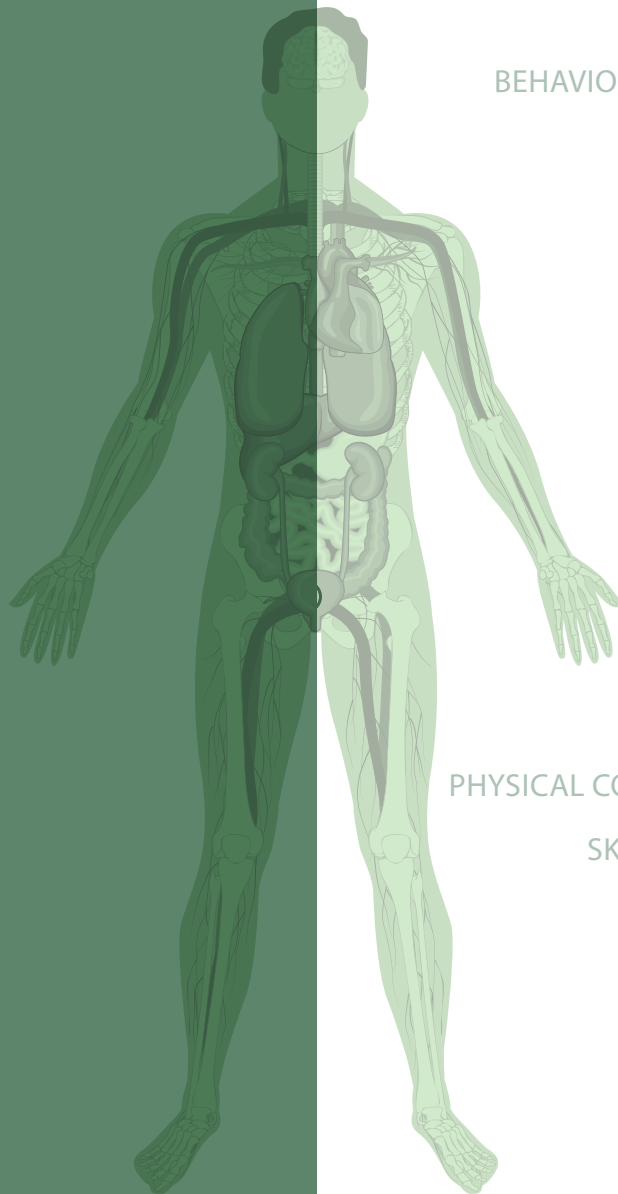
**WITH VITAMIN B6, VITAMIN D3 AND
LACTOBACILLUS COAGULANS**





Gastrointestinal system

PART 2



BEHAVIOURAL AND NERVOUS SYSTEM (p.4)

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Gastro-intestinal well-being

The gastro-intestinal system is at the heart of our body. It is involved in protecting it against external attacks, in digestion, in absorbing nutrients and disposal of exceeding waste. It is therefore important and necessary to keep it in shape and to its full potential.

Alta Natura has developed perfect formulations for the targeted treatment of the dysfunctions related to the whole gastro-intestinal system, such as gastric hyperacidity, gastritis, digestive problems, and intestinal gas. Each product is designed to regain full control of people's well-being.

Reprinaus Nausea and vomit

The three different extracts of Ginger (dry, uid and glycerin extract) contain, in addition to titrated gingerols, active phytocomplexes typical of ginger supporting the antinausea and the digestive function. The synergistic combination of the extracts of Chamomile and Lemon balm helps reach a state of mental relaxation, useful to promote the digestive function supporting the antinausea action.



Contents: 30ml

Recommended use: Children: 10 drops twice daily.

Adults and pregnant women: 20 drops twice daily. Shake well before use.

Nutritional intake	Contents per maximum daily dose (20 drops)	Contents per maximum daily dose (40 drops)	*%NRV
Potassium citrate:	60mg	120mg	-
Potassium	21,7mg	43,4mg	-
Ginger fluid extract	17mg	34mg	-
Chamomile dry extract	10mg	20mg	-
tit. 1,2% apigenin	1,2mg	2,4mg	-
Lemon balm dry extract	10mg	20mg	-
tit. 12% rosmarinic acid	1,2mg	2,4mg	-
Ginger glycerin extract	8,65mg	17,3mg	-
Ginger dry extract	4mg	8mg	-
tit. 5% gingerols	0,2mg	0,4mg	-
L-Alanine	4mg	8mg	-
Vitamin B2	0,7mg	1,4mg	100
Vitamin B6	0,7mg	1,4mg	100
Vitamin B1	0,55mg	1,4mg	100

*% NRV: Nutritional Reference Value

PRODUCT FUNCTIONS

- With three Ginger extracts
Boosted anti-nausea effect



Reflux

Burning throat and heartburn are not always linked to bad diet, indigestion or to temporary hyperacidity, but they are linked to the classic symptoms of gastroesophageal reflux. It shall be treated with specific treatments not only when it occurs at night, but also along the day.

The research laboratories of Alta Natura have designed a full range of supplements in liquid form for reflux symptoms and in solid form, in tablets, to act on causes, thus avoiding future relapses.

Reflumil tablets GERD prevention

Thanks to the active substances contained in the extract of lyophilized Aloe juice (1:200), it supports the regular functions of the digestive system. It contains Mucosave® (polysaccharides derived from *Opuntia Ficus Indica* and polyphenols contained in *Olea Europea*).



Contents: 30 tablets of 1g.

Recommended use: 2 tablets after dinner, before bedtime. If required, an additional dose can be administered throughout the day or as needed.

Nutritional intake	Contents per 100g	Per maximum daily dose (4 tablets)
Sodium alginate	25g	1g
Mucosave®	20g	800mg
Opuntia Ficus Indica	6,6g	264mg
Olea Europea	4,8g	192mg
Sodium bicarbonate	15g	600mg
Calcium carbonate	10g	400mg
Lyophilized Aloe juice (1:200)	0,025g	1mg

PRODUCT FUNCTIONS

- With Mucosave® and lyophilised Aloe juice (1:200)

**Emollient and soothing action
on the digestive system**



Reflumil Save GERD symptoms

The active substances contained in Mallow and Calendula dry extracts promote an emollient and soothing action on the oropharyngeal mucosa. With Mucosave®, a blend based on polysaccharides from Opuntia Ficus Indica and polyphenols contained in Olea Europea. With pure juice of lyophilised Aloe (1:200), useful for the regularity of the digestive function, Japanese knotweed, having an antioxidant action, and Vitamin E, protecting cells against oxidative stress. EMOLLIENT AND SOOTHING ACTION ON THE OROPHARYNGEAL MUCOSA.

Contents: 500ml

Recommended use: 1 to 2 measuring caps (20 ml) daily, without food or as needed.



Nutritional intake	Contents per 100ml	Contents per 40ml (2 measuring caps)
Mucosave®	1g	400mg
Opuntia Ficus Indica	0,35g	140mg
Olea Europea	0,25g	100mg
Malva dry extract E/D:1/4	0,3g	120mg
Calendula dry extract E/D:1/4	0,3g	120mg
Vitamin E	0,05g	20mg
Aloe lyophilised juice (1:200)	0,045g	18mg
Japanese knotweed dry extract tit. 98% resveratrol	0,015g	6mg
	0,0147g	5,88mg

*NRV = Nutrient Reference Value

PRODUCT FUNCTIONS

- With Mallow and Calendula
Emollient and soothing action on the oropharyngeal mucosa



8 050534 214444

Endacyd Gastric hyperacidity

The active substances contained in the extract of Solanum tuberosum are useful to control gastric acidity and, together with Mallow, they have an emollient and soothing action on the digestive system. With Chamomile to support the digestive function.



Contents: 20 chewable tablets

of 1600 mg.

Recommended use: one tablet twice daily, after each main meal. Take two tablets maximum in case of need.

Nutritional intake	Contents per 100g	Per maximum daily dose (2 tablets)	%NRV
Calcium carbonate	22,5g	720mg	-
Sodium bicarbonate	15g	480mg	-
Gastro-AD®	12,18g	390mg	-
Soy fermented from Lactobacillus delbrueckii R-187**			
Magnesium hydroxide:	9,37g	300mg	-
of which agnesium	3,90g	125mg	33
Mallow dry extract E/D: 1/4	4,68g	150mg	-
Chamomile dry extract tit.0.3% apigenin	4,68g	150mg	-
Curcumin	0,014g	0,45mg	-
Solanum tuberosum dry extract tit.5% PI2**	0,71g	22,8mg	-
	0,31g	10mg	-
	0,015g	0,5mg	-

NRV = Nutrient Reference Value; (*) = contents of iso flavones: 3mg/g of extract (**) = Proteinase inhibitors

PRODUCT FUNCTIONS

- With Solanum Tuberosum
Counteracting gastric acidity



8 050534 219289



Phytoclad repair[®]

Exclusive complex by Alta Natura based on *Malva sylvestris* and *Opuntia ficus indica*, supported by studies.

The synergistic action between the filming and lubricating action of polysaccharides and the mucoprotective effect of polyphenols results in a mucoadhesive formula. It is characterised by protective functions on healthy mucous membranes to counteract the onset of inflammatory conditions and inflamed mucous membranes, to avoid solicitations that may worsen the phlogistic status and to speed up the natural re-epithelialization and healing processes of the gastro-intestinal mucosa.

GastriGen

Gastric inflammations

Functional substances: Phytoclad repair® - a complex containing polysaccharides, mucilages and flavonoids from Mallow and Prickly pear. It also contains: Microcrystalline cellulose, Silicon dioxide, Magnesium stearate, Shellac. With Phytoclad repair®, an exclusive complex by Alta Natura based on Mallow and Prickly pear, having a film-forming and lubricant action, useful as a mechanical protective barrier in case of inflammations of the gastric mucosa. It is indicated for the symptomatic treatment of gastritis, characterized by the irritation of the gastric mucosa, stomach burning, acidity and reflux, pain and cramps. It is also useful in case of lack of appetite, early satiety, dyspepsia, nausea and vomit.



MEDICAL DEVICE

Contents: 30 tablets of 1000 mg
Recommended use: 1-2 tablets daily before meals. Continue the recommended daily administration for the period in which the symptomatology is manifested.

Ingredients:

Functional substances: Phytoclad repair®, blend containing polysaccharides, mucilages and flavonoids from Mallow and Prickly pear. It also contains: Microcrystalline cellulose, Silicon dioxide, Magnesium stearate.

PRODUCT FUNCTIONS

- **Protective and filming action on the gastric mucosa**
- **Treatment for gastritis symptoms** (pain, swelling, abdominal distension and discomforts)



8 050534 216691



Spasmina IBS

Intestinal inflammations

Functional substances: Phytoclad repair® - a complex containing polysaccharides, mucilages and flavonoids from Mallow and Prickly pear. It also contains: Microcrystalline cellulose, Silicon dioxide, Magnesium stearate, Shellac. With Phytoclad repair®, an exclusive complex by Alta Natura based on Mallow and Prickly pear, having a film-forming and lubricant action, useful as a mechanical protective barrier in case of inflammations of the enteric mucosa. It is indicated for the symptomatic treatment of the inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS), characterized by pain, swelling, abdominal distension and discomforts whether or not linked to variations of the appearance of stool and intestinal irregularity, with constipation, diarrhea or their alternations.



MEDICAL DEVICE

Contents: 30/60 gastroresistant tablets of 1070 mg
Recommended use: 2 gastroresistant tablets daily without food and with plenty of water. Continue the recommended daily administration for the period in which the symptomatology is manifested.

Ingredients:

Functional substances: Phytoclad repair®, blend containing polysaccharides, mucilages and flavonoids from Mallow and Prickly pear. It also contains: Microcrystalline cellulose, Silicon dioxide, Magnesium stearate, Shellac.

PRODUCT FUNCTIONS

- **Protective and filming action on the intestinal mucosa**
- **Treatment for IBS and IBD symptoms** (pain, swelling, abdominal distension and discomforts)



8 050534 216677



8 050534 216684



Spasmina Plus

Colics and intestinal spasms

Spasmina PLUS is a product based on Probiotics, able to improve the balance of the intestinal flora, and dry standardised extracts of Lemon balm and Fennel, which are useful for normal gastrointestinal motility and gas elimination.



Contents: 4 capsules of 500mg
Recommended use: From 1 to 2 capsules in the morning and in the evening, preferably before main meals.

Nutritional intake	Contents per 100g	Per maximum daily dose (4 capsules)
L-Tryptophan	10g	200mg
Fennel	10g	200mg
dry extract tit.0,5% essential oil	0,05g	1mg
Lemon balm	10g	200mg
dry extract tit.2% rosmarinic acid	0,2g	4mg
Lactobacillus Bulgaricus	4g	80mg (4 BLN CFU*)
Lactobacillus Acidophilus	2g	40mg (4 BLN CFU*)
Lactobacillus Rhamnosus equivalent to 12 BLN (CFU*) living cells	1g	20mg (4 BLN CFU*)

*(C.F.U.)= Colony Forming Units
Vegetable gelatine capsules

PRODUCT FUNCTIONS

- With Tryptophan and Lemon balm
Regular gastro-intestinal motility



Spasmina Vegetale

Abdominal swelling

Spasmina vegetale is a food supplement based on Probiotics useful to improve the balance of the intestinal flora. The combination of Lemon balm and Fennel extracts is useful to promote the proper gastrointestinal motility and gas elimination. With vegetable carbon.



Contents: 30 capsules of 500mg
Recommended use: From 1 to 2 capsules in the morning and in the evening, preferably before main meals.

Nutritional intake	Contents per 100g	Per maximum daily dose (4 capsules)
Vegetable carbon	10g	200mg
Fennel dry extract tit. 0,5% essential oil	10g 0,01g	200mg 1mg
Lemon balm dry extract tit. 2% rosmarinic acid	5g 0,1g	100mg 2mg
Lactobacillus bulgaricus, Lactobacillus acidophilus, Lactobacillus rhamnosus equivalent to 12 BLN (CFU*) of living cells	4g 2g 1g	80mg (4 BLN CFU*) 40mg (4 BLN CFU*) 20mg (4 BLN CFU*)

*Colony Forming Units
Vegetable gelatin capsule

PRODUCT FUNCTIONS

- With vegetable carbon and Fennel
Regular gastro-intestinal motility



Epagas Intestinal gas

The active ingredients contained in the dry extract of Chamomile support the digestive function. Fennel, Anise and Ginger improve the normal gastrointestinal motility and gas elimination. With *Bacillus coagulans*, useful for the balance of the bacterial intestinal flora, and α -Galactosidase enzyme.



Contents: 30 tablets of 900mg
Recommended use: 2 tablets daily, 1 before main meals.

Nutritional intake	Per maximum daily dose (2 tablets)
Fennel dry extract tit.0,5% essential oil	361mg (extract) 1,8mg (essential oil)
Chamomile dry extract tit.0,3% apigenin	200mg (extract) 0,6mg (apigenin)
Ginger dry extract tit.1% gingerols	200mg (extract) 2mg (gingerols)
Curcuma dry extract tit. 95% curcuminoids	140mg 133mg
Anise dry extract E/D:1/4	100mg (extract)
α -Galactosidase	20mg equivalent to 600 AGSU/g
<i>Bacillus coagulans</i> (100 BLN/g)	14mg (1,4 BLN CFU*)

*CFU: Colony Forming Units

PRODUCT FUNCTIONS

- With Ginger extract
Promoting the elimination of intestinal gas



8 090534 211580



Digestion

Unpleasant discomforts linked to bad digestion, such as acidity, swelling, heavyness and nausea, are common after meals.

Unpleasant discomforts linked to bad digestion, such as acidity, swelling, heavyness and nausea, are common after meals. In addition to counteract the symptoms of an ongoing indigestion, it would be advisable to prevent it, thus avoiding behavioural dietary habits as well as properly supplying the right needed enzymes. Alta Natura has developed food supplements specifically intended for lactose intolerance, for people suffering from chronic dyspepsia, and also useful in case of ongoing indigestion.

Digestyl Pre Chronic indigestion

Based on Enzimix, a blend of enzymes obtained through fermentation, α -galactosidase and Mastiha resin (Chios mastic) for the function of the digestive system and the regular intestinal transit. Enriched with Ginger for gas elimination and for an anti-nausea effect. Boosted with Papaya for the digestive function and lactase, an enzyme able to improve lactose digestion in those not properly digesting lactose.



Contents: 30 tablets of 970 mg.
Recommended use: from 1 to 2 tablets daily, right before meals.

Nutritional intake	Per maximum daily dose (2 tablets)
Mastiha resin	350 mg
Enzimix®	300 mg
(enzymatic activity)	-
- amylase	9000 DU
- lactase	3000 ALU
- cellulase	1800 CU
- protease	18000 HUT
- glucoamylase	12 AGU
- pectinase	42-endo-PGU
- lipase	675 FIP/FCC
Papaya dry extract E/D:1/4	300 mg
Ginger dry extract	150 mg
tit. 1% gingerols	1.5 mg
	45 mg
β - galactosidase (lactase)	4500 FCC ALU
(enzymatic activity)	
α - galactosidase	20 mg
(enzymatic activity)	600 GalU

PRODUCT FUNCTIONS

- With Mastiha resin for the **Function of the digestive tract**



Digestyl Lact

Lactose intolerance

With Lactase (β -galactosidase) which improves lactose digestion in those people who badly digest lactose. Lactose is a sugar made up of galactose and glucose which, if badly digested, gets fermented and causes swelling, stomach ache, flatulence, nausea and other related symptoms. Lactase is the enzyme responsible for breaking this sugar in its components: its deficiency or insufficiency during digestion is the cause of lactose intolerance.



Contents: 30 gastro-resistant capsules of 500 mg

Recommended use: 1 to 3 capsules just before having a meal containing lactose, in relation to the quantity of lactose taken.

Nutritional intake	Per capsule	Per recommended daily dose (3 capsules)	Per maximum daily dose (9 capsules)
Lactase (Enzymatic activity)	150 mg 15.000 FCC ALU*	450 mg 45.000 FCC ALU*	1350 mg 135.000 FCC ALU*

*FCC ALU: Food Chemicals Codex Acid Lactase Units

PRODUCT FUNCTIONS

- With Lactase (β -Galactosidase) **Improving lactose digestion**



8 050534 216769



Bioglutase

Acute intoxication

Food supplement based on sodium and potassium citrates, indicated in case of reduced dietary intake or increased need of these substances. With Fennel and Lemon balm to promote digestive function. With Vitamin B1, B3 and B6, which contribute to normal energy metabolism, and Vitamin B2, which contributes to protect cells against oxidative stress. With Glutathione.



Contents: 18 sachets of 5g

Recommended use: Dissolve the contents of a sachet in a glass of water. It is recommended to take 1 sachet daily.

Nutritional intake	Per maximum daily dose (1 sachet)	*NRV%
Sodium citrate of which sodium	425 mg 97,75 mg	-
Glutathione	80 mg	-
Fennel dry extract tit. 0,5% essential oil	50 mg 0,25 mg	-
Lemon balm dry extract tit. 2% rosmarinic acid	50 mg 1 mg	-
Vitamin B1	25 mg	2273%
Vitamin B2	25 mg	1786%
Vitamin B3	16 mg	100%
Vitamin B6	10 mg	714%

*NRV: Nutrient Reference Value

PRODUCT FUNCTIONS

- With Fennel and Lemon balm for the **Digestive function**



8 050534 217568



Probiotics

The health of the gut is under the control of the microbiota, a collection of commensal and symbiotic bacteria that help the body carry out various physiological processes, from digestion to proper intestinal transit. If it is altered, dysbiosis sets in, which can only be corrected with the right mix of Probiotics and Prebiotics.

Alta Natura's research has produced a mix of live lactic ferments that, in combination with prebiotic fibres, vitamins and minerals, are among the most effective remedies for the eubiotic restoration in adults and children.

Florap 55 Severe dysbiosis

Florap 55 is a food supplement based on prebiotics and probiotics useful for the proper balance of the intestinal flora. Lactic ferments in a concentration of 55BLN living cells per daily dose.



Contents: 10 capsules of 500mg
Recommended use: 1 capsule daily, preferably without food.

Nutritional intake	Per daily dose (1 capsule)
Bifidobacterium bifidum SGB02 Lactobacillus acidophilus LA02 Lactobacillus plantarum LP115 Lactobacillus rhamnosus LR32	55 x 10 ⁹ UFC*

*CFU = Colony Forming Units (living cells)

PRODUCT FUNCTIONS

- With Probiotics and prebiotics
**For the balance of the intestinal
bacterial flora**
- Boosted with 55 BLN CFU



Florap

Restored eubiosis

Florap is a product based on Probiotics and Prebiotics useful for the proper balance of the intestinal flora. With Vitamins.

Contents: 30 capsules of 500mg
Recommended use: 1 capsule in the morning and 1 capsule in the evening, preferably without food.



Nutritional intake	Contents per 100g	Per maximum daily dose (2 capsules)	%NRV*
Lactobacillus bulgaricus,	3g	30mg (1,5 BLN CFU)	-
Lactobacillus acidophilus,	1,5g	15mg (1,5 BLN CFU)	-
Bifidobacterium longum,	1,5g	15mg (1,5 BLN CFU)	-
Lactobacillus casei,	1,5g	15mg (1,5 BLN CFU)	-
Lactobacillus rhamnosus	0,75g	7,5mg (1,5 BLN CFU)	-
Lactobacillus plantarum,	0,375g	3,75mg (1,5 BLN CFU)	-
[equivalent to 9 BLN (CFU**) living cells]			
Fructo - oligosaccharides	2g	20mg	-
Vitamin C	8g	80mg	100
Vitamin K	2,3mg	23µg	31
Vitamin B1	0,07g	0,7mg	64
Vitamin B2	0,08g	0,8mg	57
Vitamin B6	0,1g	1mg	71
Vitamin PP	0,9g	9mg	56

*Nutrient Reference Value; **Colony Forming Units

PRODUCT FUNCTIONS

- With Probiotics and Prebiotics
For the balance of the intestinal bacterial flora
- Enriched with Vitamins



8 050534 210866



Florap Lady

Urogenital dysbiosis and discomforts

It is a product based on Probiotics and Prebiotics useful for the rebalancing of the intestinal flora. With Lactoferrin, D-Mannose and Cranberry, which improves the functions of the urinary tract.

Contents: 20 capsules of 500 mg
Recommended use: 1 capsule in the morning and 1 capsule before bedtime.



Nutritional intake	Contents per 100g	Per maximum daily dose (2 tablets)	%NRV*
Inulin	30g	300mg	-
Vaccinium macrocarpum e.s. tit. 25% proanthocyanidine	14,4g 3,6g	144mg 36mg	-
D-Mannose	10g	100mg	-
Lactobacillus brevis,	6,66g	66,6mg (1 BLN CFU)	-
Lactobacillus salivarius,	6,66g	66,6mg (1 BLN CFU)	-
Lactobacillus acidophilus,	2g	20mg (2 BLN CFU)	-
Lactobacillus rhamnosus,	1g	10mg (2 BLN CFU)	-
Lactoferrin	1g	10mg	-
Vitamin PP	0,9	9mg	56
Streptococcus thermophilus [equivalent to 6,5BLN (CFU**) living cells]	0,125g	1,25mg (0,5 BLN CFU)	-
Vitamin B6	0,1g	1mg	71
Vitamin B2	0,08g	0,8mg	57
Vitamin B1	0,07	0,7mg	64
Vitamin K	2,3mg	23µg	31

*Nutrient Reference Value; **Colony Forming Units

PRODUCT FUNCTIONS

- With Cranberry
For the function of the urinary tract
- Enriched with Probiotics and Prebiotics
- Boosted with Vitamins and Lactoferrin



8 050534 210880



Florap Smart

Occasional dysbiosis

It is a product based on Probiotics and Prebiotics useful for the balance of the intestinal flora. The combination of Niacin and B vitamins is useful in case of food shortage or increased need of these substances.



Contents: 6 vials of 10ml with dispensing cap or SDC (Smart Delivery Cap).
Recommended use: 1 vial daily, preferably without food.

Nutritional intake	Per maximum daily dose (10ml)	%NRV*
Lactobacillus bulgaricus 50 BLN/g	20 mg (1 BLN CFU**)	
Lactobacillus casei 100 BLN/g	20 mg (2 BLN CFU**)	
Lactobacillus sporogens 50 BLN/g	20 mg (1 BLN CFU**)	
Lactobacillus acidophilus 100 BLN/g	20 mg (2 BLN CFU**)	
Lactobacillus reuteri 100 BLN/g	10 mg (1 BLN CFU**)	
Lactobacillus rhamnosus 200 BLN/g	10 mg (2 BLN CFU**)	
Lactobacillus salivarius 300 BLN/g	6,7 mg (2 BLN CFU**)	
Fructo-oligosaccharides	180mg	-
Inulina	20 mg	-
Vitamin B3	12 mg	75
Vitamin B2	1,4 mg	100
Vitamin B6	1,4 mg	100
Vitamin B1	1,1 mg	100

*Nutrient Reference Value; **Colony Forming Units

PRODUCT FUNCTIONS

- With Probiotics and Prebiotics
For the balance of the intestinal bacterial flora
- Enriched with Vitamins
- SDC®



Florap Smart Junior

Occasional dysbiosis

It is a product based on Probiotics and Prebiotics, which are useful for the balance of intestinal flora in children. The β -Galactosidase enzyme improves lactose digestion. The combination of Niacin and B vitamins is useful in case of deficiency or in case of increased need of the above-mentioned nutrients.



Contents: 10 vials of 10ml with dispensing cap or SDC (Smart Delivery Cap).
Recommended use: 1 vial daily, preferably without food.

Nutritional intake	Contents per 100g	Per maximum daily dose (10ml)	%NRV*
Bifidobacterium Infantis	100mg	20mg	
Lactobacillus Acidophilus	100mg	20mg	
Saccharomyces Boulardii	500mg	20mg	
Lactobacillus Reuteri	100mg	10mg	-
Bifidobacterium Bifidum	20mg	10mg	
Lactobacillus Rhamnosus	100mg	10mg	
Streptococcus Thermophilus equivalent to 6,3 BLN (CFU**) living cells	4,5mg	6,7mg	
Fructo-oligosaccharides	1,8g	180mg	-
Inulin	0,2g	20mg	-
Niacin	0,1g	12mg	75
Vitamin B1	0,008g	1,1mg	100
Vitamin B2	0,01g	1,4mg	100
Vitamin B6	0,009g	1,4mg	100
β -Galactosidase	0,05g	1,4mg	100

*Nutrient Reference Value; **Colony Forming Units

PRODUCT FUNCTIONS

- With Probiotics and Prebiotics
For the balance of the intestinal bacterial flora
- Enriched with Vitamins and β -Galactosidase
- SDC®





Intestinal regularity

Everyday hustle and bustle, stress, and a poor diet of comfort food and quick meals continually undermine proper intestinal transit, making us feel bloated and poisoned. If a healthy and varied diet rich in fruit, vegetables and plenty of water is not enough, you certainly suffer from a sluggish bowel. For these occasions, Alta Natura has formulated a line of supplements in tablet, sachet, liquid solution and herbal tea format, to restore intestinal regularity at any age and during pregnancy, so that we can be in charge again.

Levior Classic

Occasional constipation

The active substances contained in the powder of Rhubarb, Alder buckthorn, Alexandrian Senna and Aloe promote intestinal transit regularity. Fennel, Verbena and Cinnamon promote gas elimination.



Contents: 100 tablets of 400mg
Recommended use:
From 2 to 4 tablets in the evening.

Nutritional intake	Per maximum daily dose (4 tablets)
Rhubarb	480mg
Alexandrian senna	360mg
Alder buckthorn	360mg
Cinnamon	80mg
Verbena	80mg
Fennel	48mg

PRODUCT FUNCTIONS

- With Rhubarb and Alder buckthorn
Regular intestinal transit



Levior Strong

Severe constipation

The active substances contained in the micronized powders of Alexandrian Senna, Cascara, Alder buckthorn and Aloe are a valid aid for the balance of the intestinal transit. With Cinnamon and Fennel supporting gas elimination.



Contents: 30 or 70 tablets of 900mg
Recommended use: From 1 to 2 tablets before bedtime.

Nutritional intake	Per maximum daily dose (2 tablets)
Alexandrian senna powder	560mg
Cascara Sagrada powder	380mg
Alder buckthorn powder	210mg
Rhubarb powder	200mg
Curcuma powder	90mg
Cinnamon powder	36mg
Fennel powder	36mg

PRODUCT FUNCTIONS

- With Alexandrian Senna and Cascara buckthorn
Regular intestinal transit



Levior Lact Laxative

The active substances contained in Prickly pear have an emollient and soothing action on the digestive system and, together with Prune, promote the regularity of the intestinal transit. With Lactulose which contributes to accelerate intestinal transit and Inulin to promote the balance of the intestinal flora.



Contents: 200 ml
Recommended use: Adults: a measuring cup of 20 ml once daily, preferably in the evening.
Children (4-12 years): 10ml once daily.

Nutritional intake	Contents per maximum daily dose for adults (20ml)	Contents per maximum daily dose for children up to 3 years of age (10ml)
Lattulosio	10g	5g
Prune juice	0,53g	0,265g
Prickly pear aqueous extract	0,2g	0,1g
Inulin	0,1g	0,05g

PRODUCT FUNCTIONS

- With Lactulose
Acceleration of the intestinal transit



Levior Flora Intestinal well-being

The active substances contained in the micronised powders of Rhubarb, Alexandrian Senna, Alder buckthorn, Mallow and Aloe are a valid aid for the regularity of the intestinal transit. With Fennel and Caraway which support normal gastrointestinal motility and gas elimination. With Saccharomyces boulardii.



Contents: 100 tablets of 500mg
Recommended use: From 1 to 3 tablets before bedtime.

Nutritional intake	Contents per tablet	Per maximum daily dose (3 tablets)
Rhubarb (powder)	130mg	390mg
Alexandrian senna (powder)	80mg	240mg
Alder buckthorn (powder)	80mg	240mg
Saccharomyces boulardii	50mg	150mg
Fennel (powder)	30mg	90mg
Caraway (powder)	30mg	90mg
Curcuma (powder)	30mg	90mg
Mallow (powder)	30mg	90mg
Dandelion (powder)	20mg	60mg

PRODUCT FUNCTIONS

- With Saccharomyces boulardii and Alexandrian Senna
Regular intestinal transit



Levior Delicate Bowel retraining

Food supplement based on B vitamins (B1, B2 and B6). Acacia fibre and Inulin promote the balance of the intestinal flora. Psyllium and Plum bre promote the regularity of the intestinal transit. With Vitamin PP.



Contents: 10 sachets of 10g
Recommended use: 1 to 2 sachets daily.

Nutritional intake	Per maximum daily dose (2 sachets)	% NRV *
Acacia fibres	13g (polvere)	-
Psyllium fibres	3,6g (polvere)	-
Inulin	2,4g (polvere)	-
Plum fibres	0,6g (polvere)	-
Vitamin PP	8,34mg	52
Vitamin B2	0,68mg	49
Vitamin B6	0,68mg	49
Vitamin B1	0,5mg	52

*NRV = Nutrient Reference Value

PRODUCT FUNCTIONS

- With Psyllium and Plum
Regular intestinal transit



8 050534 211948



Levior Infusion Lazy bowel

Alder buckthorn, Alexandrian senna and Mallow promote the regular intestinal transit. Licorice promotes the function of the digestive system. Fennel and Coriander promote the regular gastro-intestinal motility and gas elimination.



Contents: 150g
Recommended use: 1 to 3 spoonfuls daily as a herbal tea. Pour 1 to 3 spoonfuls in 500 ml of cold water, cover and bring to a boil. Let it boil for 5-10 minutes, then let the herbal tea stand covered for 10-20 minutes. Filter and drink as needed.

Nutritional intake	Average contents per maximum dose (3 spoonfuls equivalent to 5 g)
Alder buckthorn bark	1,66 g
Alexandrian Senna leaves	1,66 g
Mallow leaves	0,5 g
Coriander seeds	0,5 g
Fennel seeds	0,5 g
Licorice root	0,166 g

PRODUCT FUNCTIONS

- With Licorice
Function of the digestive tract



8 050534 211979



Ash, a windfall from Sicily

The Ash tree, also famously known as the “manna” tree, shows off a white spring flowering and gives off a characteristic honey scent.

During the summer, by cutting the stem of the plant, a white sap is obtained which, when dried naturally, congeals to form whitish stalactites.

Produced mainly in Sicily, in the Madonie massif, this ‘manna’ is traditionally used to prepare mild laxatives and natural sweeteners.

Figs & Manna Intestinal transit

The active substances contained in Manna, known as mannite, together with Alder buckthorn extract, promote the regularity of the intestinal transit. Mint supports normal gastrointestinal motility and gas elimination. Licorice is useful for the regularity of the digestive system. Enriched with Mallow, which has an emollient and soothing action on the digestive system, and Fig fluid extract.



Contents: 150 ml

Recommended use: 1 to 3 spoonfuls of 8ml in the evening, or as needed.

Nutritional intake	Per maximum daily dose
Fig fluid extract	1,75g
Licorice dry deglycyzized extract	0,83g
Alder buckthorn dry extract tit.75% heterosides	0,83g
Manna powder	0,062g
Mallow dry extract E/D:1/4	0,8g
Mint dry extract E/D:1/4	0,33g
	0,165g

PRODUCT FUNCTIONS

- With Manna and Ash
Regular intestinal transit

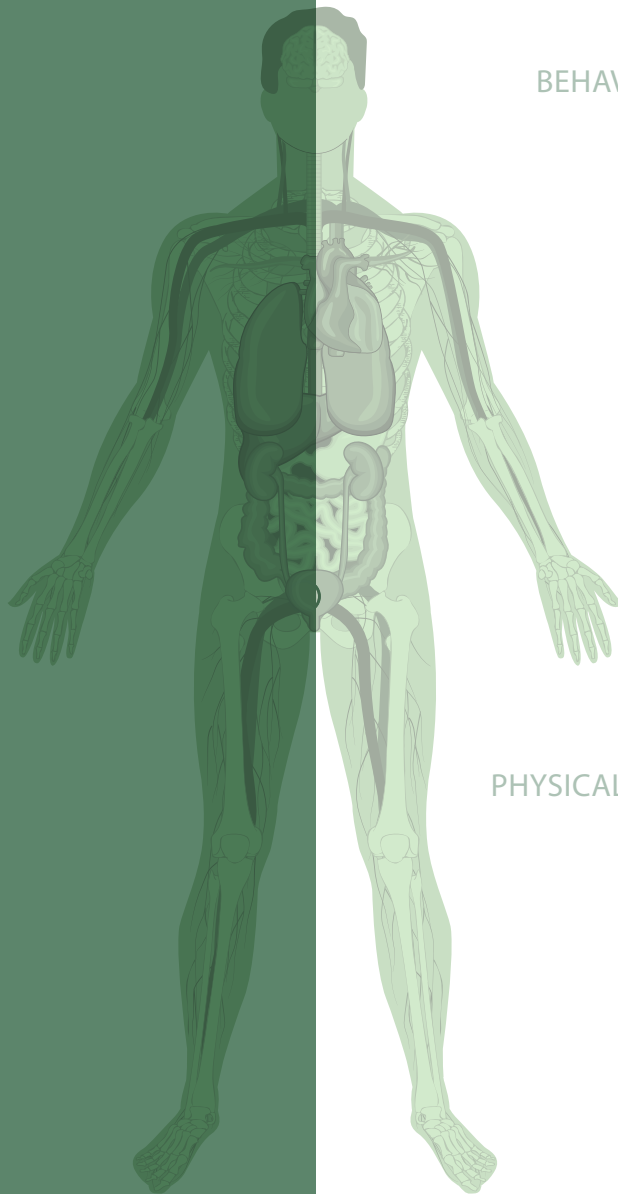






Endocrine system

PART 3



BEHAVIOURAL AND NERVOUS SYSTEM (p.4)

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DEPURATIVO RHEUM®

Depurativo Rheum originates from Alta Natura's research and development laboratories with the aim of reactivating the entire hepatic system by making the metabolic system highly functional, for an innate purification that an organism in homeostatic conditions needs.

The formulation is based on the use of 12 medicinal herbs, including 10 aqueous and 2 fluid extracts, enriched with inositol, magnesium and manganese. The aqueous extracts are obtained through decoction, using parameters customised according to the plant. Fluid extracts, on the other hand, are obtained by maceration, using different percentages of water and ethanol depending on the type of plant and active ingredient to be extracted. The mix of hydroalcoholic extracts thus obtained is then added to the decoction, which is still kept at a high temperature in order to evaporate part of the alcoholic component, to obtain a solution suitable for even the most delicate subjects.

Finally, it is hot-filled in order to exploit the hot-filling process, which is useful for inactivating heat-sensitive enzymes and microorganisms that would alter the chemical-physical and organoleptic characteristics of the preparation. The resulting solution contains no sweeteners and boasts a unique, unmistakable flavour.



Contents: 250ml

Recommended use: 1 measuring cap (10ml) in a glass of water in the morning on an empty stomach and 1 measuring cap in the evening. SHAKE WELL BEFORE USE.

Depurativo Rheum

Liver and metabolic well-being

The active substances contained in Dandelion, Artichoke, Milk thistle and Fumitory promote the depurative functions of the body and, together with Boldo, support the physiological hepatic function. Rhubarb and Yarrow help the digestive function while Elder, Horsetail and Birch promote the drainage of body liquids. With Magnesium, Manganese and Inositol.

Herbal intake	Per maximum daily dose 2 measuring spoons (20ml or 20g)	%NRV*
Yarrow aqueous extract	3,3g (extract)	-
Rhubarb aqueous extract	3,1g (extract)	-
Dandelion aqueous extract	3g (extract)	-
Artichoke fluid extract	3g (extract)	-
Milk thistle aqueous extract	2,8g (extract)	-
Boldo fluid extract	2g (extract)	-
Burdock aqueous extract	1g (extract)	-
Mint aqueous extract	0,4g (extract)	-
Elder aqueous extract	0,4g (extract)	-
Horsetail aqueous extract	0,4g (extract)	-
Birch aqueous extract	0,3g (extract)	-
Fumitory aqueous extract	0,3g (extract)	-
Inositol	320mg	-
Manganese gluconate:	8mg	-
Manganese	1mg	50

*NRV = Nutrient Reference Value

PRODUCT FUNCTIONS

- With Milk thistle and Dandelion
Liver and depurative function



8 050534 211481



Glutasomil 250

Oxidative protection

Based on Glutathione (GSH) reduced to the liposomal form, N-acetyl-cysteine (NAC), betaine and glutamine. Enriched with Magnesium, and vitamin C which contribute to the normal energy metabolism, to reduce tiredness and fatigue, as well as to the normal psychologic function and function of the nervous system. With Selenium for the normal function of the immune system and protection against oxidative stress. With Zinc for the normal cognitive function.



Contents: 30 tablets of 900 mg

Recommended use: 1 tablet daily (children above 3 years of age and adolescents) or 1 to 2 tablets daily (adults), preferably without food.

Nutritional intake	Per maximum daily dose for children (above 3 years of age) (1 tablet)	Per maximum daily dose for adults (2 tablets)	% NRV
Liposomal-reduced L-Glutathione (GSH) of which Glutathione	312.5mg 125mg	625mg 250mg	- -
N-Acetyl-cysteine	100mg	200mg	-
Magnesium oxide of which Magnesium	100mg 60mg	200mg 120mg	- 32%
Betaine hydrochloride	50mg	100mg	-
L-Glutamine	50mg	100mg	-
Vitamin C	40mg	80mg	100%
Zinc oxide of which Zinc	6.22mg 5mg	12.44mg 10mg	- 100%
Selenium L-methionine of which methionine of which Selenium	5.5mg 5.225mg 27.5mcg	11mg 10.45mg 55mcg	- - 100%

*NRV = Nutrient Reference Value

PRODUCT FUNCTIONS

- With Selenium
Protected cells against oxidative stress



8 053435 330107



Prostanova

Prostate function

Food supplement based on Fireweed for the prostate function and Saw palmetto for the drainage of body liquids and for the function of the urinary tract. Zinc contributes to normal fertility and reproduction and to normal testosterone blood levels. Selenium contributes to normal spermatogenesis. Enriched with Lycopene and Flowens®, a dry extract of cranberry carrying the whole phytocomplex of the fruit.



Contents: 30 coated tablets of 1500mg

Recommended use: from 1 to 3 tablets daily, preferably before meal meals and with plenty of water.

Nutritional intake	Contents per tablet	Per maximum daily dose (3 tablets)	%NRV*
Saw palmetto dry extract tit. 45% total fat acids	222.33 mg 100 mg	667 mg 300 mg	-
Flowens® (Vaccinium macrocarpon) powder	166.66mg	500mg	-
Lycopene powder of which Lycopene	33.33 mg 1.66 mg	100 mg 5 mg	-
Fireweed powder	20 mg	60 mg	-
Zinc oxide of which Zinc	4.15 mg 3.33 mg	12.44 mg 10 mg	-
Selenium L-Methionine of which Selenium	3.66 mg 18.33 µg	11 mg 55 µg	100%

*NRV = Nutrient Reference Value

PRODUCT FUNCTIONS

- With Epilobium
Prostate function
- With Saw Palmetto
Function of the urinary tract



8 050534 217704



Noflocyst

Cystitis urinary disorders

Based on CRAN - BOOST® (Cranberry extract by Alta Natura with 103 mg of PACs, titrated through BL-DMAC method, of which 72 mg of PAC-A) for the function of the urinary tract, for an antioxidant action and for the drainage of body liquids. Enriched with D-Mannose, D-Glucosamine and N-Acetylcysteine (NAC).



Contents: 7 sachets of 8 g

Recommended use: pour the contents of 1 sachet into a glass of water at room temperature, mix thoroughly and take it soon after preparation. For greater effectiveness, it is recommended to take the product in the evening, before going to bed or in the morning on an empty stomach.

Nutritional intake	Per maximum daily dose (1 sachet)
D- Glucosamine hydrochloride of which D- Glucosamine	603 mg 500 mg
CRAN - BOOST BOOST (Cranberry extract by Alta Natura) of which total PACs of which A-PACs through BL-DMAC method	514 mg 103 mg 72 mg
D-Mannose	500 mg
N-Acetylcysteine (NAC)	250 mg

PRODUCT FUNCTIONS

- With **CRAN-BOOST®**
(Alta Natura Cranberry* extract)
Urinary tract function and fluid drainage



8 050534 219340



Kidney well-being

Back heaviness and flank pain are among the most common symptoms of kidney stones. Alta Natura's research laboratories have developed a line of food supplements for complete treatment in the quest for renal wellbeing, using a perfect combination of natural active ingredients with innovative properties.

The combined and strategic use of the entire line helps restore one's wellbeing.

Calcocyst Sachets Urinary calculus disorders

Food supplement based on citrates of Magnesium and Potassium. The active substances contained in Cranberry (American Cranberry) extract promote the function of the urinary tract and the drainage of body liquids. With Apple cider vinegar.



Contents: 30 sachets of 4,5g
Recommended use: 1 sachet after mean meals.

Nutritional intake	Contents per maximum daily dose (2 sachets)	%NRV*
Magnesium citrate:	4,16g	
Magnesium	375mg	100
Potassium citrate:	1,57g	
Potassium	598mg	30
Cranberry dry extract	120mg (extract)	-
tit.25% proanthocyanidis	30mg (proanthocianidine)	-
Apples vinegar	80mg	-
Lactobacillus plantarum (100BLN/g),	30mg	-
Lactobacillus rhamnosus (200BLN/g): equivalent to 6 billions (CFU**) living cells	15mg	-

*VNR = Valori Nutritivi di Riferimento

PRODUCT FUNCTIONS

- With Cranberry
Function of the urinary system



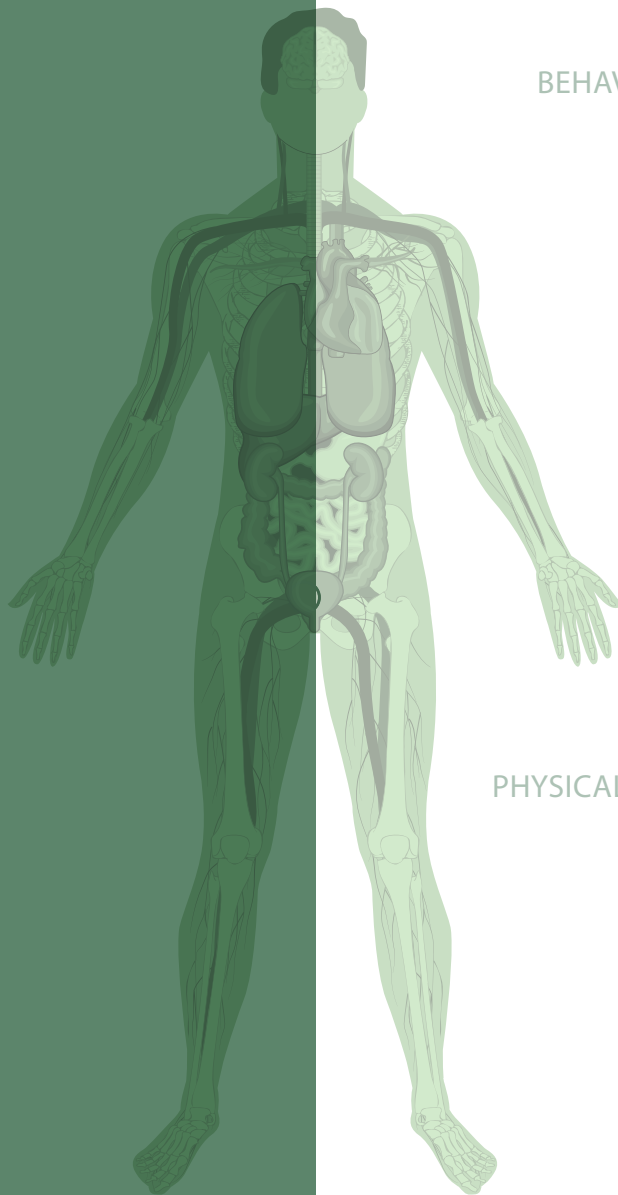
100 ml
 DIMINUIZIONE DEI LIQUIDI CORPOREI
CALCO CYST
 SOLUZIONE
 Con Flavone
 POLICICLICHE DELL'APPARATO UROLOGICO
 Con Flavone e
 DIMINUIZIONE DEI LIQUIDI CORPOREI
 Alta Natura

**Naturally
LACTOSE
FREE**



Cardiovascular system

PART 4



BEHAVIOURAL AND NERVOUS SYSTEM (p.4)

GASTROINTESTINAL SYSTEM (p.12)

ENDOCRINE SYSTEM (p.31)

CARDIOVASCULAR SYSTEM

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PROPOLINEA (p.62)

ENERGY SYSTEM (p.68)

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PHYSICAL CONDITION AND SILHOUETTE (p.96)

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Coleris

Cholesterol and triglyceride homeostasis

Food supplement based on Annurcomplex®, an extract of Annurca apple, and Bergavit®, the dry extract of Bergamot, in synergistic combination with Cassia Nomame, which is useful to promote the metabolism of triglycerides and cholesterol. With hydroxytyrosol from Olive which have antioxidant action.



Contents: 45 tablets of 1g

Recommended use: 1 tablet before lunch and 1 before dinner for 30 days at least. Take 1 tablet daily as maintenance.

Nutritional intake	Dose per 1 tablet	Maximum daily dose per 2 tablets
Annurcomplex® dry extract E/D:1/4	400mg (extract)	800mg (extract)
Bergavit® dry extract tit.25% flavonoids	250mg (extract)	500mg (extract)
Cassia dry extract tit.8 % flavonoids	62,5mg (flavonoids)	125mg (flavonoids)
Olive dry extract tit.10% hydroxytyrosol	50mg (extract)	100mg (extract)
	4mg (flavonoids)	8mg (flavonoids)
	25mg (extract)	50mg (extract)
	2,5mg (hydroxytyrosol)	5mg (hydroxytyrosol)

PRODUCT FUNCTIONS

- With Cassia nomame
Useful for triglyceride and cholesterol metabolism



Coleris 1000

Dyslipidemia and homocysteine

Food supplement based on vegetable extracts. Cassia promotes the metabolism of triglycerides and cholesterol. Berberis aristata promotes the normal function of the cardiovascular system. Milk thistle has an antioxidant action. With Policosanols, Q10 coenzyme and Monacolin.



Contents: 30 coated tablets of 1g
Recommended use: 1 tablet daily.

Nutritional intake	Per maximum daily dose (1 tablet)	%NRV*
Berberis aristata dry extract tit. 85% berberine	235 mg	-
Cassia nomame dry extract tit. 8% flavonoids	200 mg	-
Policosanols dry extract tit. 60% octacosanol	120 mg	-
Q10 coenzyme	9,6 mg	-
Milk thistle dry extract tit. 80% silymarin	20 mg	-
Haematococcus pluvialis dry extract tit. 5% astaxanthin	12 mg	-
Total monacolins (from red rice extract fermented with Monascus purpureus) tit. 3% total monacolins	20 mg	-
Vitamin B6	16 mg	-
Vitamin B2	12,8 mg	-
Vitamin B9	10 mg	-
Vitamin B12	0,5 mg	-
	2,9 mg	-
	1,4 mg	100
	1,4 mg	100
	200 mcg	100
	2,5 mcg	100

*NRV = Nutrient Reference Value

PRODUCT FUNCTIONS

- With Cassia nomame
Useful for triglyceride and cholesterol metabolism
- With Berberis aristata
Cardiovascular function



Epacol 1000

Cardiovascular wellbeing

This food supplement is a source of Omega-3. Polyunsaturated fatty acids contribute to keep the cholesterol levels normal. EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) support the normal cardiac function.



Contents: 48 pearls of 1342,1 mg
Recommended use: From 1 to 3 pearls daily.

Nutritional intake	Contents per pearl	Per maximum daily dose (3 pearls)
Fish oil (EPA/DHA)	1000mg 350mg 250mg	3000mg 1050mg 750mg
Vitamin E	5mg	15mg (equivalent to 125% of RDA*)

*Recommended Daily Allowance

PRODUCT FUNCTIONS

- With Omega 3 from fish oil
Normal heart function



Epacol Veg

Cardiovascular wellbeing

The α-linoleic acid (ALA), linoleic acid (AL) and oleic acid contained in this product contribute to keep cholesterol levels normal.



Contents: 48 pearls of 1342,1mg
Recommended use: From 1 to 4 pearls daily.

Nutritional intake	Contents per pearl	Per maximum daily dose (5 pearls)	%NRV*
Linseed oil of which α-linoleic acid (ALA)	1000mg 450mg	5000mg 2250mg	-
Oleic acid (AL)	110mg	550mg	-
Vitamina E	6,7mg	33,5mg	-

*NRV = Nutrient Reference Value

PRODUCT FUNCTIONS

- With Omega 3 and 9 from linseed oil
Maintaining normal cholesterol levels



Haemorrhoidal wellbeing

Haemorrhoids can be bothersome with simple but continuous itching and burning or impair everyday life altogether.

Proper treatment must therefore be based on a specific course of action that starts with targeted cleansing and is completed with both topical and oral administrations. Alta Natura has devised a winning strategy based on the synergetic use of a food supplement, a cream medical device and an intimate cleanser to act quickly but gently on the discomfort.

Emodil Cream Haemorrhoid disorders

Emodil cream is a Class I medical device indicated as a specific adjuvant in controlling the symptomatology of the haemorrhoidal varicose syndrome. The phytocomplexes and the active ingredients contained in Emodil haemorrhoidal cream relieve the itching and burning sensation caused by anal irritation. The product effectively acts against the symptomatology of haemorrhoidal discomforts and provides instant, noticeable relief, leaving the perianal skin soft and moisturised, preserving the physiological integrity of the area and reducing irritation.



MEDICAL DEVICE

Contents: 75ml

How to use: Apply on the affected area as needed by using the applicator to be screwed onto the tube. Before using this product, empty your bowel and cleanse carefully the affected area. Close the tube after each use.

Ingredients:

Sodium hyaluronate, Opuntia, Butcher'sbroom, Methylsulfonylmethane, Tea tree, Shea butter, Carboxymethyl β -Glucan.

PRODUCT FUNCTIONS

- **Against symptoms of haemorrhoid disorders**



Emodil Cleanser

Perianal cleansing

Emodil cleanser is a soft foam at physiological pH that guarantees a delicate cleansing and hydrating action of the perianal area, without affecting possible ongoing inflammations thanks to its biocompatible and hypoallergenic formula.



Contents: 150ml

How to use: Wash daily as necessary. Dispense 1 or 2 doses into your palm and apply the foam on the affected area. Then rinse with water.

Ingredients:

Aloe Barbadensis Leaf Juice, Aqua, Sodium Lauryl Glucose Carboxylate, Propylene Glycol, Lauryl Glucoside, Glycerin, Sodium Cocoyl Glutamate, Coco-Glucoside, Glyceryl Oleate, Calendula Officialis Leaf Extract, Malva Sylvestris Leaf Extract, Tocopherol, Citric Acid, Isopropyl Alcohol, Sodium Citrate, Phenoxyethanol, Laureth-2, Sorbic Acid, Peg/Ppg-120/10 Trimethylpropane Trioleate, Ethylhexylglycerin, Peg-18 Glyceryl Oleate/Cocoate, Hydrogenated Palm Glycerides Citrate.

PRODUCT FUNCTIONS

- **With mild surfactants and plant extracts**



Emodil Food supplement

Haemorrhoidal wellbeing

Emodil food supplement based on Centella, Horse-chestnut and Bilberry useful for the microcirculatory function and Indian olibanum which counteracts localized tensions and Butcher's-broom for the proper function of venous circulation and hemorrhoidal plexus. Enriched with Diosmin, Hesperidin and Troxerutin.

Contents: 30 tablets of 1,5g

Recommended use: From 1 to 2 tablets daily, preferably in the morning and in the evening. Take the dose without food and with plenty of water.



Nutritional intake	Contents per tablet	Per maximum daily dose (2 tablets)
Diosmin 90%	277mg	554mg
of which Diosmin	250mg	500mg
Horse-chestnut	150mg	300mg
dry extract tit.3% aescin	4,5mg	9mg
Centella dry extract	125mg	250mg
tit.20% asiaticosides	25mg	50mg
Butcher's-broom dry	125mg	250mg
extract tit.5% ruscogenin	6,25mg	12,5mg
Indian olibanum dry extract	100mg	200mg
tit.65% boswellic acid	65mg	130mg
Bilberry dry extract	100mg	200mg
tit. 1% anthocyanins	1mg	2mg
Hesperidin 90%	83,3mg	166,6mg
of which Hesperidin	75mg	150mg
Troxerutin	75mg	150mg
(from Sophora Japonica)		

PRODUCT FUNCTIONS

- **With Butcher's Broom**
- **Function of the haemorrhoidal plexus**
- **Enriched with**
- **Diosmin, Hesperidin and Troxerutin**



Venstax 1000

Lymphatic stagnation and peripheral circulation

Gotu Kola, Butcher's-broom and Bilberry extracts promote the function of the microcirculation against heavy legs. Ginkgo supports normal blood flow. Gotu Kola counteracts skin imperfections due to cellulite. Melilotus and Elderberry promote the drainage of body liquids. With Diosmin, Rutin, ROC (Red Orange Complex®).



Contents: 30 tablets of 1g
Recommended use: 1 tablet daily.

Nutritional intake	Per maximum daily dose (1 tablet)
Diosmin	200 mg
Rutin	100 mg
Gotu Kola dry extract tit. 20% asiaticoside	100 mg
Melilotus dry extract tit. 1% coumarin	20 mg
Butcher's-broom dry extract tit. 5% ruscogenine	80 mg
Ginkgo dry extract tit. 24% ginkgoflavonoids	0,8 mg
Common grape vine dry extract tit. 4,5% proanthocyanidins	80 mg
Red Orange Complex® dry extract tit. 2,5% anthocyanins	4 mg
tit. 5% flavonoids	50 mg
tit. 1% anthocyanins	12 mg
Elder dry extract tit. 0,3% flavonoids	50 mg
Bilberry dry extract tit. 15% anthocyanidins	2,25 mg
	1,25 mg
	50 mg
	2,5 mg
	0,5 mg
	40 mg
	0,12 mg
	34 mg
	5,1 mg

PRODUCT FUNCTIONS

- With Butcher's Broom and Bilberry
Microcirculation functionality



Venstax 1500

Venous insufficiency

Food supplement based on
Diosmin and Hesperidin



Contents: 20 tablets of 1,5g
Recommended use: 1 tablet daily.

Nutritional intake	Per maximum daily dose (1 tablet)
Diosmin	900 mg
Hesperidin	100 mg

PRODUCT FUNCTIONS

- Synergistic action with
Diosmin and Hesperidin



Venstax Cream Regenerating

Venstax reactivating cream with the synergistic and well-dosed action of its extracts gives immediate relief to the legs and stimulates the normal cutaneous circulation. It also gives an effective refreshing sensation and allows the natural drainage of excess fluids. The harmonious and balanced interaction of its active ingredients creates a soft texture ensuring a rapid absorption for a faster and greater hydration of the skin.



Contents: 100ml

How to use: apply twice or three times daily, or as needed, preferably in the evening with a gentle massage from ankles upwards. For better efficacy, use the cream in combination with Venstax food supplement.

Ingredients:

Aqua, Butyrospermum parkii butter, Propylene glycol, Alcohol, Caprylic/capric triglyceride, Stearyl alcohol, Ceteareth-25, Carbomer, Prunus amygdalus dulcis oil, Tocopheryl acetate, Phenethyl alcohol, Caprylyl glycol, Potassium sorbate, Sodium benzoate, Sodium hydroxide, Mica, Carica papaya fruit extract, Centella asiatica extract, Melilotus officinalis extract, Vaccinium myrtillus leaf extract, Cinnamal, Hamamelis virginiana leaf extract, Cinnamomum zeylanicum bark oil, Eugenol, Ruscus aculeatus root extract, Sambucus nigra flower extract, Vitis vinifera leaf extract, Isoleucine, Tetrasodium EDTA, Hydrolyzed elastin, Menth piperita oil, Leucine, Valine, Pentyleneglycol, Escin, Resveratrol, Coumarin, Lauroyl lysine, Limonene.

PRODUCT FUNCTIONS

- **Adjuvant booster for microcirculation**



Venstax Gel Fatigue relief

Venstax toning and regenerating gel is a unique formula with carefully planned doses of Menthol, Eucalyptus, and vegetable extracts. They are able to shape your legs with a gentle but energising sensation of well-being that, along with its long-lasting effectiveness, provides the desired sensation of freshness and lightness to tired, swollen and heavy legs. This gel provides an unexpected feeling of tonicity and an immediate, deep and long-lasting sensation of vigour.



Contents: 200ml

How to use: apply twice or three times daily as required. Massage gently from ankles upwards until completely absorbed. For better effectiveness, use this gel in combination with Venstax food supplement.

Ingredients:

Aqua, Propylene glycol, Eucalyptol, Alcohol, Menthol, Tocopheryl acetate, Carbomer, Phenethyl alcohol, Caprylyl glycol, Potassium sorbate, Sodium benzoate, Mentha piperita oil, Menthyl lactate, PEG-40 hydrogenated castor oil, Camphor, Sodium hydroxide, Carica papaya fruit extract, Centella asiatica extract, Melilotus officinalis extract, Vaccinium myrtillus leaf extract, Hamamelis virginiana leaf extract, Ruscus aculeatus root extract, Sambucus nigra flower extract, Vitis vinifera leaf extract, Isoleucine, Leucine, Valine, PPG-26-buteth-26, Escin, Trideceth-9, Limonene, Tetrasodium EDTA, Ethoxydiglycol.

PRODUCT FUNCTIONS

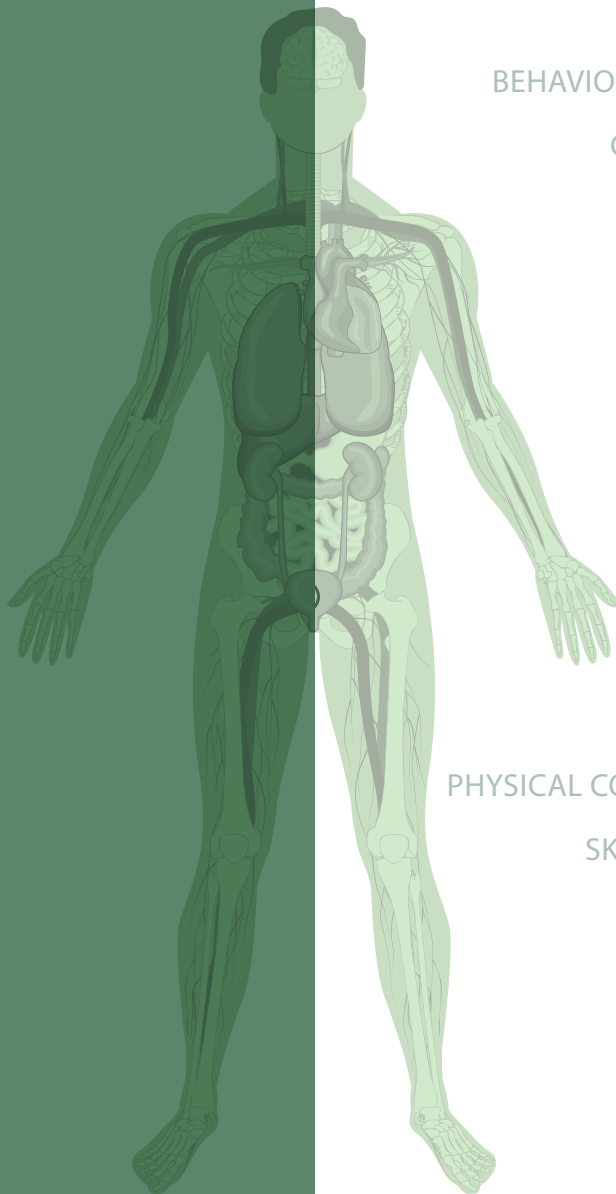
- **Immediate ice effect with anti-fatigue action**





Osteoarticular system

PART 5



BEHAVIOURAL AND NERVOUS SYSTEM (p.4)

GASTROINTESTINAL SYSTEM (p.12)

ENDOCRINE SYSTEM (p.31)

CARDIOVASCULAR SYSTEM (p.37)

OSTEOARTICULAR SYSTEM

IMMUNE SYSTEM (p.49)

RESPIRATORY SYSTEM (p.56)

PROPOLINEA (p.62)

ENERGY SYSTEM (p.68)

SPORT & WELL-BEING (p.83)

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PHYSICAL CONDITION AND SILHOUETTE (p.96)

SKIN AND SKIN APPENDAGES (p.106)

ORAL HYGIENE (p.119)





Osteoarticular system

It is well known that on a daily basis, various factors, be it age, sedentary lifestyle or excessive weight constantly put our cartilages under strain. In sport, then, to get the most out of competitive performance, one needs not only muscular strength and motor skills, but also healthy and functional joints. From the specialised research of Alta Natura laboratories comes the perfect combination of food supplements and a topical cream gel for joint wellbeing and maximum freedom of movement.

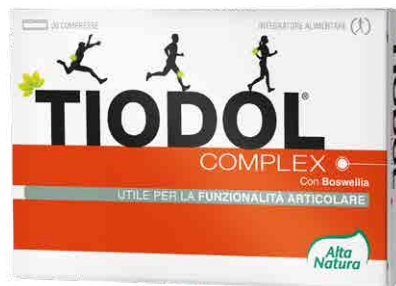


Tiodol Complex

Joint discomforts

Food supplement based on Glucosamine, Chondroitin and Methylsulfonylmethane (MSM). The standardized dry extract of Indian olibanum, titrated in AKBA, improves joints function and contrasts localized tensions. Zinc and Selenium contribute to the protection against oxidative stress. Vitamin D3 contributes to keep bones normal.

Contents: 30 tablets of 1,2 g
Recommended use: 2 tablets daily without food.



Nutritional intake	Contents per 100g	Per maximum daily dose (2 tablets)	%NRV*
Methylsulfonylmethane	41,6g	1g	-
Glucosamine	20,8g	500mg	-
Chondroitin Sulphate	16,7g	400mg	-
Indian olibanum dry extract tit. 30% AKBA	4,2g 0,4g	100mg 10mg	-
Glucanate Zinc:	1,4g	33,6mg	100%
Zinc	0,4g	10mg	
Selenium L-Methionine:	5,7mg	0,137mg	100%
Selenium	2,29mg	0,055mg	
Vitamin D3	0,308mg	0,0074mg	148%

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Boswellia
Joint function
Counteracting local states of tension



Tiodol Creamgel

Joint pain

Creamgel based on Glucosamine, MSM, Camphor, Boswellia, Escin, Capsaicin, Evening primrose oil, Soybean oil and Menthol. Thanks to its hot and cold effect, the pleasant feeling of heat perceived during the massage is followed, after some minutes, by a pleasant feeling of freshness. Evening primrose and Soybean oils promote the maximum absorption of the active ingredients.



Contents: 75ml

How to use: Apply once or twice daily on the affected areas and massage the skin until completely absorbed. For maximum efficacy, it is suggested to complete the treatment with TIODOL Collagen once daily, throughout the entire period.

Ingredienti:

Aqua, Butyrospermum Parkii Butter, Caprylic/capric Triglyceride, Alcohol, Stearyl Alcohol, Cetareth-25, Menthol, Prunus Amygdalus Dulcis Oil, Glycine Soja Oil, Tocopheryl Acetate, Glucosamine Sulfate, Oenothera Biennis Oil, Acrylates/c10-30 Alkyl Acrylate Crosspolymer, Phenoxyethanol, Camphor, Sodium Hydroxide, Boswellia Serrata Gum Extract, Capsicum Annuum Fruit Extract, Dimethyl Sulfone, Maltodextrin, Ethylhexylglycerin, Tetrasodium Edta, Escin, Methyl Nicotinate.

PRODUCT FUNCTIONS

- With Capsicum
Thermogenic action against the perception of pain



Tiodol Glucosamina Retard

Joint restructuring

Food supplement based on glucosamine hydrochloride of vegetable origin obtained through hydrolysis and fungal fermentation of corn (through *Aspergillus niger*). For this reason, this product is suitable for people suffering from shell sh allergy, vegans and vegetarians. Its retard formula allows a delayed release for a better reparative and restorative effect for damaged and aching cartilages.



Contents: 90 tablets of 1050 mg
Recommended use: 1 tablet daily with plenty of water and without food.

Nutritional intake	Contents per 100 g	Per maximum daily dose (1 tablet)
D-Glucosamine hydrochloride: of which D-Glucosamine	63,47g 52,63g	603mg 500mg

PRODUCT FUNCTIONS

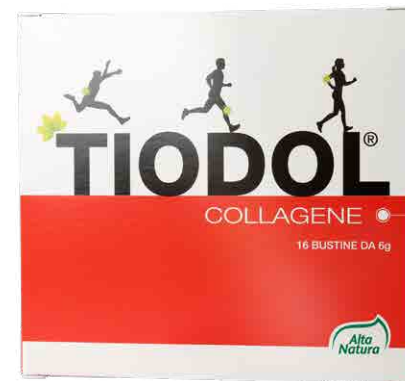
- Based on vegetable glucosamine hydrochloride (from fungal fermentation of corn)
- Retard formulation**



Tiodol Collagen

Joint restructuring

Tiodol Collagen is a food supplement based on collagen of bovine origin, since it has a blend of collagen isoforms best similar to the joint one. The hydrolysed form promotes its digestion and intestinal absorption, thus improving the distribution in the body tissues needing it.



Contents: 16 sachets of 6g
Recommended use: 1 sachet daily.

Nutritional intake	Contents per 100g	Per maximum daily dose (1 sachet)
Collagen	83,33g	5g

PRODUCT FUNCTIONS

- With hydrolysed collagen
- Natural component of joints**



Myranerv Lipoic

Neuropathic pain

Food supplement based on
Palmitoylethanolamide (PEA), Myrrh
and Alpha-lipoic acid.



Contents: 24 coated tablets of 1.38 g
Recommended use: 2 tablets daily with plenty of water.

Nutritional intake	Contents per 100g	Per maximum daily dose (2 tablets)
Alpha-lipoic acid	29 g	800 mg
Palmitoylethanolamide (PEA)	14.5 g	400 mg
Myrrh	7.25 g	200 mg
dry extract tit. 3% furanodienes	217.4 mg	6 mg

PRODUCT FUNCTIONS

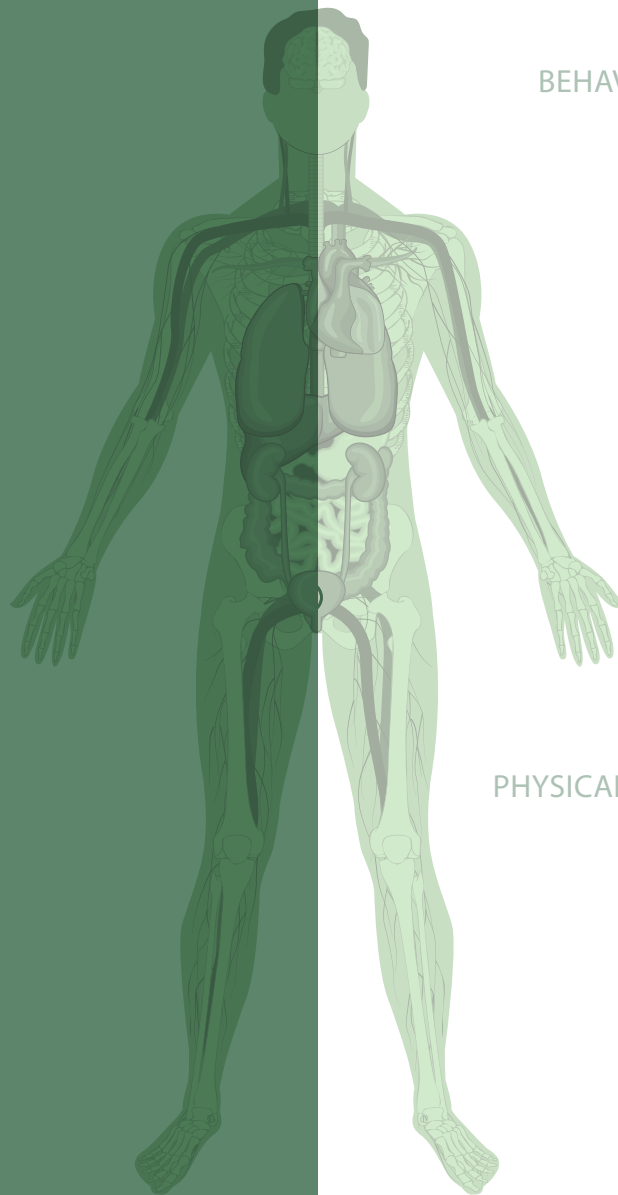
- Synergistic action among
**Palmitoylethanolamide (PEA), Myrrh
and Alpha-lipoic acid**





Immune system

PART 6



BEHAVIOURAL AND NERVOUS SYSTEM (p.4)

GASTROINTESTINAL SYSTEM (p.12)

ENDOCRINE SYSTEM (p.31)

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IMMUNE SYSTEM

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Immune defences

Immune defences protect the body the attack of bacteria and viruses, but when they are lowered, the body is more susceptible to infection and disease. From Alta Natura's consolidated experience and careful research comes a range of products selectively designed for the body's natural defences.

Scudo Bioimmuo Capsules Immune defences

The active substances contained in the titrated dry extracts of Echinacea, Cat's claw and Pau d'Arco support the natural defences of the body. Dog rose promotes a supporting and restorative action. With Propolis and Grapefruit which have an antioxidant action.



Contents: 50 capsules of 500mg
Recommended use: 2 capsules daily.

Nutritional intake	Contents per capsule	Per maximum daily dose (2 capsules)
Eastern purple cone flower dry extract tit.4% polyphenols	100mg 4mg	200mg 8mg
Narrow-leaved purple cone flower dry extract tit.4% echinacoside	100mg 4mg	200mg 8mg
Propolis dry extract tit.2,5% galangin	74mg 1,85mg	148mg 3,7mg
Grapefruit E/D: 1/4	26mg	52mg
Pau d'Arco dry extract tit.3% naphthoquinones	26mg 0,78mg	52mg 1,56mg
Dog rose dry extract tit.10% vitamin C	26mg 2,6mg	52mg 5,2mg
Cat's claw dry extract tit. 3% alkaloids	18mg 0,54mg	36mg 1,08mg

PRODUCT FUNCTIONS

- With Echinacea
Natural defences



Scudo Bioimmuno Solution

Immune defences

The titrated dry extracts of Echinacea, Astragalus and Cat's claw promote the natural defences of the body. Dog rose has a supporting and restorative action. With Propolis and Chamomile.

Contents: 100ml

Recommended use: For a better use of this product, it is suggested to take 1 spoonful or 1 measuring cap of 10ml twice daily. Shake well before use.



Nutritional intake	Contents per 100ml	Per maximum daily dose (20ml)
Echinacea dry extract tit.0,6% echinacoside	2,5g 0,015g	500mg 3mg
Propolis dry extract tit.10% galangin	2,5g 0,25g	500mg 50mg
Astragalus dry extract tit.16% polysaccharides	2,5g 0,4g	500mg 80mg
Dog rose dry extract tit.10% vitamin C	2,5g 0,25g	500mg 50mg equivalent to 63% NRV*
Chamomile dry extract tit.0,3% apigenin	2,5g 0,0075g	500mg 1,5mg
Cat's claw dry extract tit.3% total alkaloids	0,4g 0,012g	80mg 2,4mg

*NRV = Nutrient Reference Value

PRODUCT FUNCTIONS

- With Echinacea
Natural defences



Scudo Bioimmuno Lactoferrin + Quercetine 400

Immune protection

Food supplement based on Lactoferrin and Quercetin. With Vitamin C and Zinc which contribute to the normal function of the immune system.



Contents: 30 gastro-resistant coated tablets of 1040mg
Recommended use: 1 tablet daily without food.

Apporto componenti nutrizionali	Per dose max giornaliera (1 cpr)	%NVR*
Lattoferrina	200 mg	-
Quercetina	200 mg	-
Vitamina C	80 mg	100%
Zinco Gluconato di cui Zinco	52,2 mg 7,5 mg	75%

%NVR = Valori Nutritivi di Riferimento

PRODUCT FUNCTIONS

- With Zinc and Vitamin C
Normal function of the immune system



Ekifast Flu symptoms

The combination of Sallow, Cinchona and Centaury is useful to regulate the sweating process, important in case of fever, u and headache. The three species of Echinacea are useful for the functions of the upper respiratory tract and they support natural defences together with Astragalus, Pink trumpet tree and Cat's claw. The extract of Eucalyptus provides a balsamic effect useful for the tone of the voice and has an emollient and soothing action on the oropharyngeal mucosa, contributing to the well-being of nose and throat. With Dog rose which has a supportive and invigorating action, and Grapefruit seeds which have antioxidant properties.



Contents: 6 sachets of 8 g.
Recommended use: 1 sachet daily to be diluted in water, preferably hot water.

Nutritional intake	Contents 100 g	Per maximum daily dose (1 sachet)
Sallow dry extract tit. 15% salicin	8 g 1.2 g	640 mg 96 mg
Eucalyptus dry extract	2.5 g	200 mg
Propoli M.E.D.* dry extract tit. 3% galangine	1.87 g 56.3 mg	150 mg 4.5 mg
3KINA 3	1.25g	100 mg
Great yellow gentian E/D:1/4	1.25 g	100 mg
Dog rose dry extract tit. 70% vitamin C	1.25 g 875 mg	100 mg 70 mg
Honey powder	1.25 g	100 mg
Grapefruit seeds dry extract tit. 50% bioflavonoids	9375 mg 468.7 mg	75 mg 37.5 mg
Astragalus dry extract tit. 16% polysaccharides	625 mg 100 mg	50 mg 8 mg
Centaury dry extract	625 mg	50 mg
Cinchona powder	625 mg	50 mg
Pink trumpet tree dry extract tit. 3% naphthoquinones	375 mg 11.3 mg	30 mg 0.9 mg
Cat's claw dry extract tit. 0.5% alkaloids	250 mg 1.25 mg	20 mg 0.1 mg

PRODUCT FUNCTIONS

- With 3KINA-3, 3 Echinaceae
Function of the respiratory tract
- With Eucalyptus
Nose and throat well-being



8 050534 218879



Protoimmuno Colostrum Immune defences

Immunocolostrum is a food supplement based on bovine colostrum. The extracts of Astragalus and Maitake support the natural defences of the body.



Contents: 200ml

Recommended use: Adults: For maximum efficacy, it is suggested to take 1 measuring cap (20ml) daily. Children (over the age of 3): For maximum efficacy, it is suggested to take 1 measuring cap (10ml) daily.

Nutritional intake	Contenuto per 100ml	Per maximum daily dose Adults (20ml)	Per maximum daily dose Children (over the age of 3) (10ml)
Bovine colostrum	1,5 g	300 mg	150 mg
Astragalus dry extract tit. 16% polysaccharides	0,75 g 120 mg	150 mg 24 mg	75 mg 12 mg
Grifola frondosa (Maitake) dry extract tit. 20% polysaccharides	0,75 g 150 mg	150 mg 30 mg	75 mg 15 mg

PRODUCT FUNCTIONS

- With Astragalus and Maitake
Body's natural defences



8 050534 218787



Biovicit capsules

Total protection

The active substances contained in Grapefruit seeds extract support the function of the microcirculation and the drainage of body liquids and promote an antioxidant action. Enriched with Lactobacillus sporogens, useful for the balance of the intestinal bacterial flora.



Contents: 60 capsules of 500mg
Recommended use: From 1 to 2 capsules daily before meals.

Nutritional intake	Contents per 100g	Per maximum daily dose (2 capsules)
Grapefruit seeds dry extract	30g	300mg
tit.50% bioflavonoids	15g	150mg
Lactobacillus Sporogens	2g	20mg

PRODUCT FUNCTIONS

- Synergistic action between **Grapefruit seeds and Lactobacillus sporogens**



Biovicit

Total protection

The active substances contained in Grapefruit seeds extract support the function of the microcirculation and the drainage of body liquids and promote an antioxidant action.



Contents: 30ml
Recommended use: Dilute from 2 to 8 drops in 100ml of water from 1 to 3 times daily.

Nutritional intake	Contents per 100ml	Per maximum daily dose (24 drops)
M.E.D.® Propolis glycerin extract	50 g	500 mg
tit.0,3% total polyphenols		

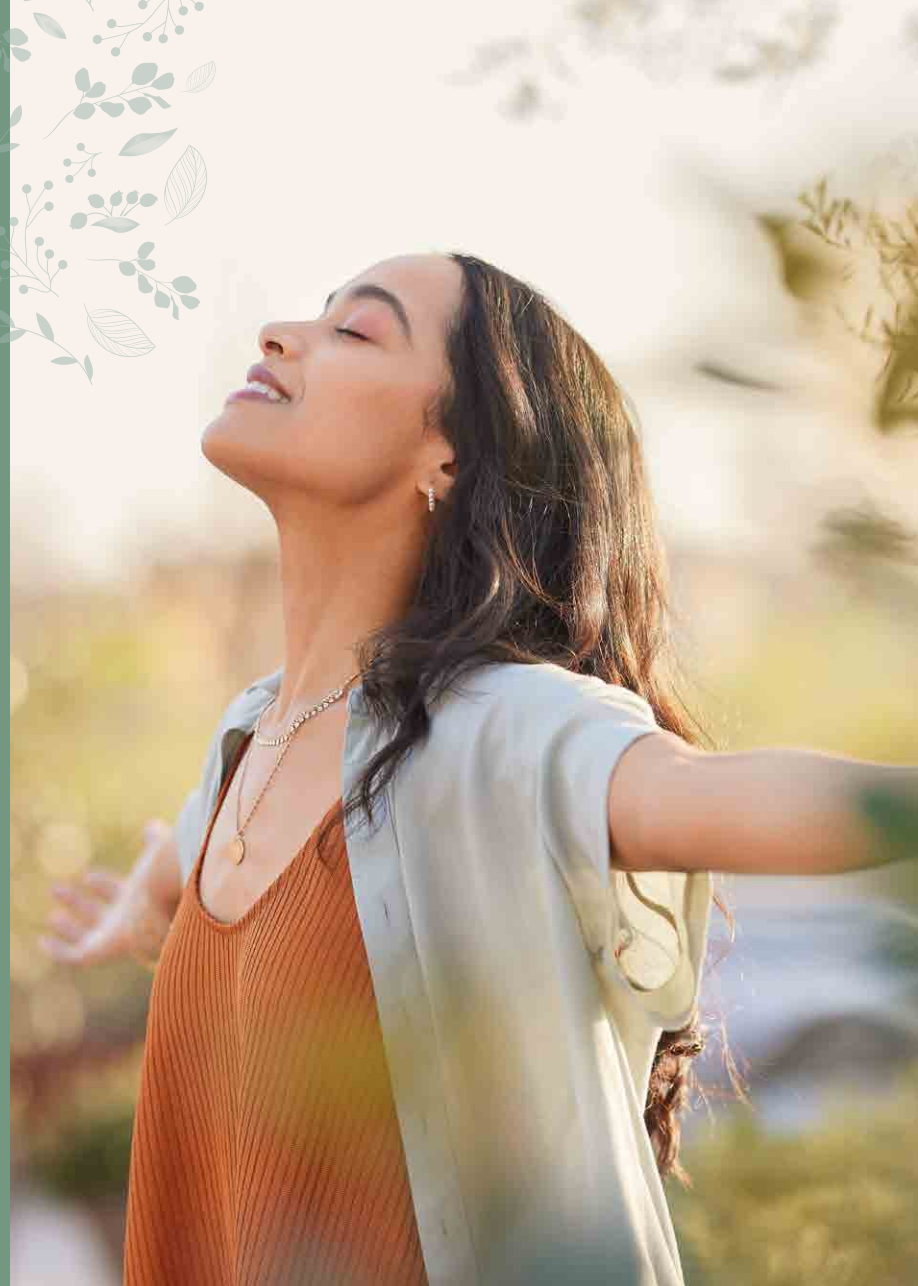
PRODUCT FUNCTIONS

- With glyceric extract of Grapefruit seeds
Antioxidant action



Allergies

Everyone looks forward to the fine weather to fully enjoy nature and the outdoors. Many, on the other hand, dread the arrival of spring because of the discomfort caused by pollen and various allergens. Sneezing, itchy throat and burning eyes are just some of the symptoms of allergic discomfort. From the Alta Natura research laboratories comes a range of products formulated with a rigorous selection of natural active ingredients to combat the annoying symptoms of allergies.



Allergy Plus capsules Immune system

The active substances contained in the extracts of Reishi (Ganoderma lucidum), Perilla and Eleutherococcus promote the natural defences of the body. Black currant and Licorice promote nose and throat well-being. Drosera and Adhatoda promote the fluidity of bronchial secretions. Long pepper supports the antioxidant action.

Contents: 30 / 60 capsules of 500mg vegetale da 500mg
Recommended use: 2 capsules in the morning and 2 capsules in the afternoon.



Nutritional intake	Contents per capsule	Per maximum daily dose (4 capsules)
Reishi dry extract	110mg	440mg
tit. 30% polysaccharides	33mg	132mg
Black currant	100mg	400mg
Perilla dry extract	50mg	200mg
tit. 2,5% polyphenols	1,25mg	5mg
Long pepper dry extract	50mg	200mg
tit 1,5 % piperine	0,75mg	3mg
Adhatoda dry extract	50mg	200mg
tit. 0,5 % alkaloids	0,25mg	1mg
Eleutherococcus dry extract	50mg	200mg
tit. 5% saponins	2,5mg	10mg
tit. 0,8% eleutheroside B+E	0,4mg	1,6mg
Licorice	35mg	140mg
deglycyrrhizinated extract	25mg	100mg
Drosera dry extract E/D:1/4		

PRODUCT FUNCTIONS

- With Perilla and Eleutherococcus
Natural defences



8 050534 210136



8 050534 210125



Allergy Plus drops Immune system

The active ingredients contained in Marshmallow fluid extract support the function of the mucous membranes of the respiratory system. Agrimony contributes to throat well-being while Indian olibanum helps counteract the localized states of tension. With Perilla, which is useful for the natural defences of the body, Pepper and Witch-hazel having an antioxidant action. Contains Vitamin D3, a valuable aid for the immune system and Black currant bud extract.



Contents: 50ml

Recommended use: 30 drops from two to three times daily or as needed, without food. The recommended dose can be taken as it is or diluted in a little of water.

Nutritional intake	Contents per 100 ml	Per maximum daily dose (90 drops = 3 ml)
Black currant	40g	1,2g
Perilla dry extract	4g	120mg
tit. 2,5% polyphenols	0,1g	3mg
Agrimony fluid extract	2g	60mg
Marshmallow fluid extract	2g	60mg
Witch-hazel fluid extract	2g	60mg
Indian olibanum fluid	1g	30mg
extract tit. 5% boswellic acids		
Long pepper dry extract	200mg	6mg
tit. 1,5% piperine	3mg	0,09mg
Vitamin D3	0,25mg	7,5µg
		Equivalent to 150% NRV**

PRODUCT FUNCTIONS

- With Indian olibanum
Against localised states of tension
- With Agrimony
Nose and throat well-being



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Respiratory system

PART 7

BEHAVIOURAL AND NERVOUS SYSTEM (p.4)

GASTROINTESTINAL SYSTEM (p.12)

ENDOCRINE SYSTEM (p.31)

CARDIOVASCULAR SYSTEM (p.37)

OSTEOARTICULAR SYSTEM (p.44)

IMMUNE SYSTEM (p.49)

RESPIRATORY SYSTEM

PROPOLINEA (p.62)

ENERGY SYSTEM (p.68)

SPORT & WELL-BEING (p.83)

TONIC (p.90)

PHYSICAL CONDITION AND SILHOUETTE (p.96)

SKIN AND SKIN APPENDAGES (p.106)

ORAL HYGIENE (p.119)



Cough

Dry, oily coughs and an inflamed throat can affect normal everyday life. Alta Natura offers a line of food supplements and medical devices formulated with a careful combination of naturally extracted active ingredients that help provide rapid relief of the respiratory tract.

Echitos for adults

Dry cough

The active substances contained in Echinacea and Greater plantain extracts promote the function of the upper respiratory tract. Drosera and Mallow have an emollient and soothing action on the oropharyngeal mucosa. Marshmallow promotes the function of the mucous membranes of the respiratory system and throat well-being. With Eucalyptus and Tolu balsam with balsamic action. Enriched with Hedge mustard for voice tone.



Contents: 200 ml

Recommended use: 1 spoonful or a measuring cap of 10ml twice daily. SHAKE WELL BEFORE USE.

Nutritional information	Contents per 100 ml	Per maximum daily dose (20 ml)
Tolu balsam fluid extract	10g	2g
Greater plantain glycerin extract	6g	1,2g
Drosera dry extract E/D:1/4	3g	600mg
Marshmallow dry extract E/D:1/4	1,25g	250mg
Mallow dry extract E/D:1/4	1,25g	250mg
Hedge mustard dry extract E/D:1/4	1g	200mg
Echinacea dry extract tit.0,6% echinacoside	0,4g 2,4mg	80mg 0,48mg
Eucalyptus essential oil	10mg	2mg

PRODUCT FUNCTIONS

- With Greater plantain
Soothing for the upper respiratory tract



Echitos for children

Dry cough

The active substances contained in Echinacea and Greater plantain support the function of the upper respiratory tract. Drosera and Mallow promote an emollient and soothing action on the oropharyngeal mucosa and voice tone. Marshmallow contributes to throat well-being.



Contents: 200ml

Recommended use: 1 spoonful or a measuring cap of 10ml twice daily.

Nutritional intake	Contents per 100ml	Per maximum daily dose (20ml)
Acacia honey	10g	2g
Greater plantain glycerin extract	3,75g	750mg
Mallow dry extract E/D:1/4	2,25g	450mg
Drosera dry extract E/D:1/4	2g	400mg
Marshmallow dry extract E/D:1/4	1g	200mg
Narrow-leaved purple coneflower dry extract tit. 0,6% echinacoside	0,2g 1,2mg	40mg 0,24mg
Grapefruit dry extract E/D:1/4	0,2g	40mg
Lemon essential oil	2,2mg	0,44mg

PRODUCT FUNCTIONS

- With Drosera and Mallow
Emollient on the oropharyngeal mucosa



Echitos Propolnac

Productive cough

Food supplement based on Propolnac®, a blend of M.E.D.® propolis and N-Acetylcysteine. Enriched with Adhatoda and Thyme extracts, which are useful for the fluidity of bronchial secretions and throat well-being. With Eucalyptus essential oil for a balsamic effect and Lebanon cedar bud extract.



Contents: 150ml
Recommended use: 1 spoonful or a measuring cap of 10ml twice daily. Shake well before use.

Nutritional information	Contents per 100ml	Per maximum daily dose (20ml)
N-Acetylcysteine	3g	600mg
Lebanon cedar ORGANIC bud extract	400mg	80mg
Adhatoda dry extract	300mg	60mg
tit. 0,5% alkaloids	1,5mg	0,3mg
Propolis dry extract	60mg	12mg
tit. 12% total polyphenols		
Thyme dry extract	300mg	60mg
Eucalyptus essential oil	200mg	40mg

PRODUCT FUNCTIONS

- With NAC and Adhatoda
Fluidity of bronchial secretions



Echitos Spraynac

Throat well-being

The active substances contained in the extract of Calendula and Hedge mustard promote an emollient and soothing effect on the oropharyngeal mucosa. Mallow acts on the fluidity of bronchial secretions. With essential oils of Eucalyptus, which has a balsamic effect, and Mint, which is useful for the function of the upper respiratory tract.



Contents: 20ml
Recommended use: 5 sprays four times daily.

Nutritional intake	Contents per 100ml	Per maximum daily dose (2ml)
Calendula fluid extract	10g	200mg
Hedge mustard fluid extract	10g	200mg
N-Acetylcysteine	5g	100mg
Mallow dry extract	5g	100mg
Eucalyptus essential oil	0,5g	10mg
Mint essential oil	0,3g	6mg

PRODUCT FUNCTIONS

- With Calendula
Emollient and soothing on throat
- With Hedge mustard
Normal voice tone



Echitos NAC600

Dry cough

Based on N-Acetyl cysteine (NAC) and microencapsulated Bromeline. Enriched with Eucalyptus having a balsamic action, useful for the normal voice tone, and Drosera for the fluidity of the bronchial secretions, having an emollient and soothing action on the oropharyngeal mucosa. With Selenium and vitamin C, contributing to the normal function of the immune system and to protect cells against oxidative stress.



Contents: 14 sachets of 7 g
Recommended use: dissolve the contents of one sachet in a glass of water; it is recommended to take one sachet daily.

Nutritional intake	Per maximum daily dose (1 sachet)	NRV%*
N-Acetylcysteine	600mg	-
Vitamin C	350mg	437%
Microencapsulated bromeline 2500 GDU/g	150mg	-
Eucalyptus dry extract tit. 1% cineol	50mg	-
	0.5mg	-
Drosera dry extract E/D:1/4	30mg	-
Selenium L- methionine	20mg	-
of which methionine	19mg	-
of which Selenium	100mcg	182%

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Drosera
Fluidity of bronchial secretions



Phytoclad repair®

Exclusive Alta Natura complex of Malva sylvestris and Opuntia ficus indica, validated by supporting studies.

The synergy between the film-forming and lubricating action of the polysaccharides and the mucoprotective effect of the polyphenols results in a mucoadhesive formulation with protective functions on healthy mucous membranes, to hinder the appearance of inflammatory states, and on inflamed mucous membranes, to avoid stress that could worsen the inflammatory picture and speed up the natural processes of re-epithelialisation and healing of the oropharyngeal mucosa.

Flogomucil Cough

Triple well-being

FLOGOMUCIL COUGH for ADULTS is a medical device based on Phytoclad repair® - an exclusive complex by Alta Natura® - honey and vegetable extracts indicated to treat both dry and productive cough combined with the irritation of the oropharyngeal mucosa and of the related symptomatology in adults and children above 12 years of age.



MEDICAL DEVICE

Contents: 150ml

Recommended use: Take 1 measuring cup of 20 ml up to three times daily, without food or as needed. It is indicated for adults and children above 12 years of age. For better results, avoid drinking or ingesting foods after administration. Continue the recommended daily administration for the period in which the symptomatology is manifested.

Ingredients:

Active ingredients: Honey from Orange blossoms; Wildflower honey; Mallow extract; Prickly pear extract; Phytoclad repair®, a blend containing polysaccharides, mucilages and flavonoids. *Further ingredients:* Brown sugar*, Caramel, Citric acid, Glycerol, Potassium sorbate, Sodium benzoate, Xanthan gum, Anise essential oil, Eucalyptus essential oil, Mint essential oil, Lemon essential oil. *From organic farming.

PRODUCT FUNCTIONS

Triple well-being:

- **Dry cough**
- **Productive cough**
- **Sore throat**



8 050534 216783



Flogomucil Cough

Triple well-being

FLOGOMUCIL COUGH for CHILDREN is a medical device based on Phytoclad repair® - an exclusive complex by Alta Natura® - honey and vegetable extracts indicated to treat both dry and productive cough combined with the irritation of the oropharyngeal mucosa and of the related symptomatology in children between 1 and 12 years of age.



MEDICAL DEVICE

Contents: 150ml

Recommended use: 1-6 years: 1 measuring cup of 10 ml twice daily. > 6 years: 1 measuring cup of 20 ml twice daily. For better results, avoid drinking or ingesting foods after administration. Continue the recommended daily administration for the period in which the symptomatology is manifested. Shake before use.

Ingredients:

Active ingredients: Honey from Orange blossoms; Wildflower honey; Mallow extract; Prickly pear extract; Phytoclad repair®, a blend containing polysaccharides, mucilages and flavonoids. *Further ingredients:* Brown sugar*, Citric acid, Glycerol, Potassium sorbate, Sodium benzoate, Xanthan gum, Wild berries flavour. *From organic farming.

PRODUCT FUNCTIONS

Triple action:

- **Dry cough**
- **Productive cough**
- **Sore throat**



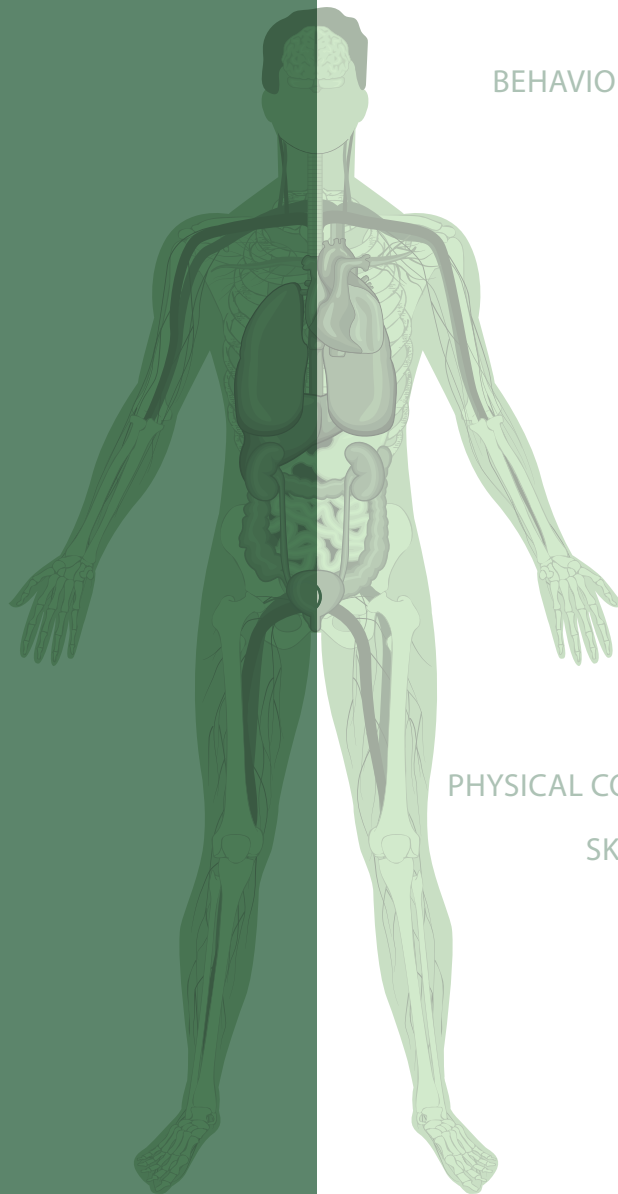
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Propolinea

PART 8



BEHAVIOURAL AND NERVOUS SYSTEM (p.4)

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ENDOCRINE SYSTEM(p.31)

CARDIOVASCULAR SYSTEM (p.37)

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PROPOLINEA

ENERGY SYSTEM (p.68)

SPORT & WELL-BEING (p.83)

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SKIN AND SKIN APPENDAGES (p.106)

ORAL HYGIENE (p.119)



M.E.D.[®] propolis

M.E.D.[®] (Multi Dynamic Extraction) technology is a multistep extraction strategy that allows the modification of certain technical parameters (temperature, pH, % and alcohol content of the solvents) during the extraction steps, thanks to a series of measures, in order to make the raw material more workable. The result is a standardised propolis extract richer in active ingredients and customised to the desired pharmaceutical form.

Using HPLC-ESI-MS, 90% of the extracted active ingredients were identified, characterised and quantified, as well as purified and reassembled to obtain highly bioavailable, stable and organoleptically pleasing dry or liquid extracts.

Propolenea solution for adults

Well-being of the oral cavity

Food supplement based on M.E.D.[®] propolis and Acacia honey. With Helichrysum extract, which is useful for the well-being of nose and throat, Poppy, which is indicated for the function of the upper respiratory tract, and Greater plantain, which promotes the fluidity of bronchial secretions. With bud extract of Black currant, Polygonum cuspidatum and Grapefruit seeds with antioxidant action.



Contents: 200ml
Recommended use: 1 spoonful or a measuring cap of 10ml twice daily.

Nutritional intake	Contents per 100ml	Per maximum daily dose (20ml)
Acacia Honey	10g	2g
Iceland moss fluid extract	2,25g	450mg
M.E.D. [®] Propolis dry extract	1,75g	350mg
tit.3% total polyphenols	0,0525g	10,5mg
Greater plantain fluid extract	1,25g	250mg
Black currant glycerin extract	1,25g	250mg
Helichrysum fluid extract	1g	200mg
Poppy fluid extract	1g	200mg
Polygonum dry extract	0,5g	100mg
tit.20% resveratrol	0,1g	20mg
Grapefruit seeds dry extract	0,5g	100mg
tit.10% biofl avons	0,05g	10mg
Eucalyptus essential oil	0,2g	40mg

PRODUCT FUNCTIONS

- With Iceland moss
Emollient and soothing action
(oropharyngeal mucosa)



8 050534 219883



Propolenea hydrovapor for adults

Throat well-being

Food supplement based on Propolnac[®], a blend of M.E.D.[®] propolis and N-Acetylcysteine. The active substances contained in the extract of Hedge mustard promote an emollient and soothing effect on the oropharyngeal mucosa. Tolu balsam acts on the fluidity of the bronchial secretions. With Grapefruit seeds, Eucalyptus essential oil with balsamic effect and Mint essential oil, which is useful for the function of the upper respiratory tract.



Contents: 20ml
Recommended use: 0,5ml (5 sprays of 0,1ml) four times daily. Spray on the affected area. Shake well before use. The possible residue on the bottom is linked to the vegetable extracts used and their natural behaviour.

Nutritional intake	Contents per 100ml	Per maximum daily dose (2ml)
Tolu balsam fluid extract	10g	200mg
Hedge mustard fluid extract	10g	20mg
Grapefruit glycerin extract	10g	200mg
Propolis dry extract	1g	200mg
tit.12% total polyphenols		
N-Acetylcysteine	1g	20mg
Eucalyptus essential oil	1g	20mg
Peppermint essential oil	0,2g	4mg

PRODUCT FUNCTIONS

- With Mint
Function of the upper respiratory system
- With NAC and Tolu balm
Fluidity of bronchial secretions



8 050534 214000



Propolinea solution for children

Well-being of the oral cavity

Food supplement based on M.E.D.[®] propolis, Acacia honey, Dog rose, R.O.C. (Red Orange Complex[®]) and Acerola, a natural source of vitamin C, which is important for the natural defences of the body. With Grapefruit seeds, which have an antioxidant action, and the three species of Echinacea (Ekina-3TM) promoting the function of the upper respiratory tract. Enriched with Magnesium and Iron, B vitamins (B1, B2, B3, B6, B12), folic acid and vitamin E, useful to protect cells against oxidative stress. Flavoured with mandarin orange juice.



Contents: 200ml
Recommended use:
1 spoonful or a
measuring cap of
10ml twice daily.

MANDARIN FLAVOUR



Nutritional intake	Contents per 100ml	Per maximum daily dose (20ml)	%NRV*
Mandarin Orange juice	10g	2g	-
Acacia honey	5g	1g	-
M.E.D. [®] Propolis dry extract	1,75g	350mg	-
tit.3% total polyphenols	0,0525g	10,5mg	-
Dog rose glycerin extract	1,2g	240mg	-
Grapefruit glycerin extract	1g	200mg	-
Acerola dry extract tit.50%	0,6g	120mg	38
Vitamin C	0,15g	30mg	-
Red Orange Complex [®] dry extract tit.10% anthocyanins	0,5g	100mg	-
Ekina-3 TM dry extract	0,05g	10mg	-
Magnesium	0,5	100mg	-
Lemon essential oil	0,375g	75mg	20
Iron	0,15g	30mg	-
Vitamin B3	0,06g	12mg	86
Vitamin E	0,05g	10mg	63
Vitamin B6	0,035g	7mg	58
Vitamin B2	3,75mg	0,75mg	54
Vitamin B1	3,5mg	0,7mg	50
Folic acid	3,25mg	0,65mg	59
Vitamin B12	1mg	0,2mg	100
	6,75µg	1,53µg	54

*Nutrient Reference Value



8 050534 219876



PRODUCT FUNCTIONS

- With 3 Echinacea
Well-being of the upper respiratory system

Propolinea hydrovapor junior

Throat well-being

Food supplement based on M.E.D.[®] propolis with Acerola extract, which is useful for the natural defences of the body, and Dog rose, which has a support and restorative action. Vitamin E contributes to protect cells against oxidative stress. With Grapefruit seeds.



RASPBERRY FLAVOUR

Contents: 20ml

Recommended use: 0,5ml (5 sprays of 0,1ml) four times daily. Spray on the affected area. Shake well before use. The possible residue on the bottom is linked to the vegetable extracts used and their natural behaviour.

Nutritional components intake	Contents per 100ml	Per maximum daily dose (2ml)	%NRV*
M.E.D. [®] Propolis dry extract tit.3% total polyphenols	5g	100mg	-
	0,15g	3mg	-
Grapefruit glycerin extract	5g	100mg	-
Acerola dry extract	1g	20mg	-
tit.25% Vitamin C	0,25g	5mg	24
Dog rose dry extract	1g	20mg	-
tit.70% Vitamin C	0,7g	14mg	-
Vitamin E	0,6g	12mg	100

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Acerola
Natural defences



8 050534 214017



Propolinea effervescent sachets

Natural defences

Food supplement based on vitamin C, folic acid, selenium and zinc useful for the normal function of the immune system and to protect cells against oxidative stress. Vitamin B5 contributes to reduce tiredness and fatigue. Iron contributes to the normal energy metabolism and to the transport of oxygen in the body. With M.E.D.® propolis and beta-glucan.



Contents: 10 sachets of 4g

Recommended use: 1 sachet daily, without food, to be diluted in a glass of water. Stir the contents until fully solubilised.

Nutritional intake	Contents per 100g	Per maximum daily dose (4g)	%NRV*
M.E.D.® Propolis dry extract	12,5mg	500mg	-
tit.3% total polyphenols	0,375g	15mg	-
Vitamin C	2g	80mg	100
β-Glucan from Saccharomyces	0,25g	10mg	-
Iron	0,25g	10mg	71
Zinc	0,187g	7,5mg	75
Pantothenic acid	0,15g	6mg	100
Folic acid	0,01mg	0,2mg	100
Selenium	1,34mg	0,055mg	100

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Vitamin C and Zinc
Normal function of the immune system



8 050534 213973



Propolinea chewable tablets

Well-being of the oral cavity

The active substances contained in the extract of Perilla and Acerola promote the natural defences of the body. Dog rose has a supporting, restorative and antioxidant action. Based on M.E.D.® propolis.



FLAVOURS AVAILABLE:
STRAWBERRY, MINT
ORANGE

Contents: 30 tablets of 500mg

Recommended use: Dissolve and chew slowly from 2 to 3 tablets daily.

Nutritional intake	Contents per tablet	Per maximum daily dose (3 tablets)	%NRV*
M.E.D.® propolis dry extract	150mg	450mg	-
tit.3% total polyphenols	4,5mg	13,5mg	-
Perilla dry extract	50mg	150mg	-
tit.2,5% polyphenols	1,25mg	3,75mg	-
Acerola dry extract	33,33mg	100mg	-
tit.50% Vitamin C	16,66mg	50mg	-
Dog rose dry extract	15mg	45mg	-
tit.70% Vitamin C	10,5mg	31,5mg	102

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Perilla and Acerola
Natural defences



8 050534 214192



8 050534 214208



Propolinea hydroalcoholic solution

Natural defences

Based on M.E.D.[®] propolis, together with a hydroalcoholic solvent, this product provides a mix of polyphenols useful to counteract cold symptoms, typically occurring during the cold season. Thus gives protection to the throat and oral cavity, supporting the physiological functions of the upper respiratory tract.



Contents: 50ml

Recommended use: 30 drops twice daily, without food. SHAKE WELL BEFORE USE.

Nutritional intake	Per maximum daily dose (60 drops)
M.E.D. [®] propolis hydroalcoholic extract tit. 3.8% total polyphenols	790mg (extract) 30mg (total polyphenols)

PRODUCT FUNCTIONS

- With **M.E.D.[®] (Dynamic Multi-Extraction) PURIFIED PROPOLIS**



Propolinea hydroglycerin solution

Natural defences

Based on M.E.D.[®] propolis, together with a hydroglycerin solvent, this product provides a mix of polyphenols useful to counteract cold symptoms, typically occurring during the cold season. Thus gives protection to the throat and to the oral cavity, supporting the physiological functions of the upper respiratory tract.



Contents: 50ml

Recommended use: 30 drops twice daily, without food. SHAKE WELL BEFORE USE.

Nutritional intake	Per maximum daily dose (60 drops)
M.E.D. [®] Propolis glycerin extract tit. 0.3% total polyphenols	1500mg 4,5mg

PRODUCT FUNCTIONS

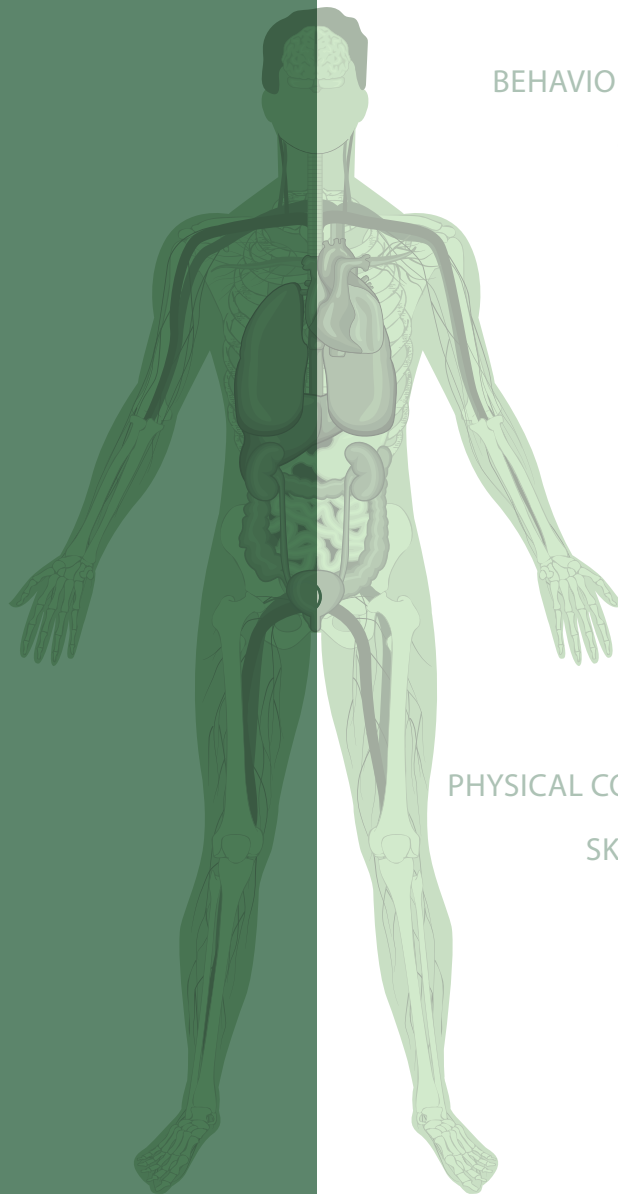
- With **M.E.D.[®] (Dynamic Multi-Extraction) PURIFIED PROPOLIS**
- Alcohol Free**





Energy system

PART 9



BEHAVIOURAL AND NERVOUS SYSTEM (p.4)

GASTROINTESTINAL SYSTEM(p.12)

ENDOCRINE SYSTEM(p.31)

CARDIOVASCULAR SYSTEM (p.37)

OSTEOARTICULAR SYSTEM (p.44)

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RESPIRATORY SYSTEM (p.56)

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ENERGY SYSTEM

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PHYSICAL CONDITION AND SILHOUETTE (p.96)

SKIN AND SKIN APPENDAGES (p.106)

ORAL HYGIENE (p.119)





Vitamins and minerals

In various circumstances, from seasonal changes to sporting needs, from periods of stress and nutritional deficiencies to particular physiological situations, such as pregnancy and malabsorption syndrome, the body needs and consumes more vitamins and minerals, which must therefore be promptly replenished by enriching the diet with seasonal fruit and vegetables and supplementing it with an effective multivitamin-multimineral supplementation.

Macrovyt Magnesium - Potassium

Hydrosaline balance and energy

Food supplement based on Magnesium and Potassium, with Vitamin C from natural origin, Vitamin E and Folic acid. It is indicated in cases of reduced dietary intake or increased need of this substance.

Contents: 18 or 36 sachets of 7g
Recommended use: Dissolve from 1 to 2 sachets daily in a glass of water.



Nutritional information	Per maximum daily dose (10g = 2 sachets)	%NRV*
Energy value	24,6 kCal 111,22 kJ	-
Average Analysis		
Proteins (Nx6,25)	0,017 g	-
Carbohydrates	6,83 g	-
Lipids	0,0053 g	-
Magnesium citrate:	4,68g	100
of which Magnesium	375mg	
Potassium citrate:	1,1g	20
of which Potassium	400mg	
Acerola dry extract tit.25%	320mg	100
Vitamin C: of which Vitamin C	80mg	
Vitamin E	12mg	100
Folic acid	200 µg	100

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Magnesium
Reduction of tiredness and fatigue
Normal energy metabolism and electrolyte balance



Macrovyt Magnesium - B Complex

Psychophysical fatigue

Food supplement based on Magnesium and B Vitamins. It is indicated in cases of reduced dietary intake or increased need of this substance. Magnesium contributes to reduce tiredness and fatigue, promoting the electrolyte and energy balance.

Contents: 18 sachets of 5g
Recommended use: Dissolve from 1 to 2 sachets daily in a glass of water.



Nutritional information	Contents per 100g	Per maximum daily dose (10g = 2 sachets)	%NRV*
Energy value	kCal 305	7,28 30,5	-
Average Analysis			
Proteins (Nx6,25)	0,14g	0,014g	-
Carbohydrates	27,4g	2,74g	-
Lipids	0,1g	0,01g	-
Magnesium citrate:	46,8g	4,68g	100
Magnesium	3,75g	375mg	
Vitamin B12	0,025g	0,0025g	100
Vitamin B9	2mg	0,2mg	100
Vitamin B6	14mg	1,4mg	100
Vitamin B5	60mg	6mg	100
Vitamin B2	14mg	1,4mg	100
Vitamin B1	11mg	1,1mg	100

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Magnesium and vitamin B complex
Maintaining physical and mental state
Reduction of tiredness and fatigue
Regulation of energy metabolism



Macrovyt Magnesium - Calcium - D3

Musculoskeletal system

Food supplement based on Magnesium and Calcium. With Vitamin D3, Vitamin A, Vitamin K and Boron. It is indicated in cases of reduced dietary intake or increased need of this substance. Calcium, Magnesium and Vitamin D3 contribute to keep bones normal and to the physiological muscle function.

Contents: 18 sachets of 5g
Recommended use: Dissolve from 1 to 2 sachets daily in a glass of water.



Nutritional information	Contents per 100g	Per maximum daily dose (10g = 2 sachets)	%NRV*
Energy value			
kCal	22	2,2	-
kJ	91,4	9,14	-
Average Analysis			
Proteins (Nx6,25)	10g	1g	-
Carbohydrates	18,6g	1,86g	-
Lipids	0,1g	0,01g	100%
Magnesium citrate:	46,8g	4,68g	-
Magnesium	3,75g	375mg	100%
Calcium Phosphate:	14,78g	1,478mg	-
Calcium	8g	800mg	100%
Vitamin A	8mg	800µg	100%
Vitamin K	0,7g	75mg	100%
Vitamin D3	50µg	5µg	100%
Sodium Tetrahydroborate:	50mg	5mg	100%
Boron	10mg	1mg	100%

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Magnesium
Normal muscle function
- Calcium and Vitamin D
Bone metabolism



8 050534 219418



Macrovyt Multivitamin multimineral

Complete source of energy

The active substances contained in Noni lyophilised juice and Fruits & Greens® dry extract together with B vitamins, Vitamin C, Vitamin E, Vitamin D, Vitamin PP and the salts of Magnesium, Zinc, Copper and Selenium support the physiological functions of the body.

Contents: 30 tablets of 750mg
Recommended use: Adults (above 12 years of age): Swallow 1 tablet daily, preferably in the morning or without food.



Nutritional intake	Contents per maximum daily dose (1 tablet)	%NRV*
Lyophilized Noni juice	200mg	-
Fruits&Green™ dry extract	150mg	-
tit. 4% polyphenols	6mg	-
Vitamin C	80mg	100%
Vitamin E	12mg	100%
Vitamin PP	6mg	38%
Vitamin B1	1,1mg	100%
Vitamin B2	1mg	71%
Vitamin B5	6mg	100%
Vitamin B6	1,4mg	100%
Vitamin B12	0,0025mg	100%
Vitamin D3	0,005mg	100%
Vitamin B9 (Folic acid)	0,2mg	100%
Magnesium oxide:	250mg	-
of which Magnesium	150mg	40%
Iron sulphate:	27mg	-
of which Iron	10mg	71%
Zinc oxide:	12,44mg	-
of which Zinc	10mg	100%
Copper gluconate:	7,14mg	-
of which Copper	1mg	100%
Selenium	0,055mg	100%

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Noni juice against
Physical and mental fatigue
- With B-complex vitamins
Natural energy metabolism



8 050534 219333





Mother's wellbeing

Motherhood is certainly the greatest and most important change that accompanies a woman's life. Carrying a new life for 9 months makes the woman stronger than ever, but at the same time vulnerable and delicate.

Alta Natura has dedicated an entire line of products, cosmetics and supplements, with specific and targeted formulations for pregnant women, accompanying the new mother from the beginning of gestation to breastfeeding.

Macrovyt Multivitamin multimineral Mother

Well-being of mother and baby during pregnancy

Folic acid contributes to the growth of maternal tissues during pregnancy and to the cell division process. Iron promotes the normal transport of oxygen in the body and the formation of red blood cells and haemoglobin. Iodine contributes to the normal thyroid function. Rich in Magnesium, which is useful to reduce tiredness and fatigue, to promote the natural muscle function and to keep bones normal. With Manganese, Copper, Fluorine and Vitamin E.

Contents: 30 tablets of 1,4g

Recommended use: Swallow 1 tablet daily, preferably in the morning or without food.



Nutritional intake	Contents per maximum daily dose (1 tablet)	%NRV*	%LARN for pregnant women
Magnesium oxide:	397mg	-	-
of which Magnesium	239mg	64%	100%
Iron pyrophosphate:	360mg	-	-
of which Iron	27mg	193%	100%
Vitamin C	100mg	125%	100%
Vitamin PP	22mg	138%	100%
Zinc oxide:	13,69mg	-	-
of which Zinc	11mg	110%	110%
Vitamin E	12mg	100%	100%
Copper gluconate:	8,57mg	-	-
of which Copper	1,2mg	120%	100%
Manganese phosphate:	6,32mg	-	-
of which Manganese	2,3mg	115%	100%
Vitamin B5	6mg	100%	100%
Sodium fl uorate:	6,63mg	-	-
of which Fluorine	3mg	86%	100%
Vitamin B6	1,9mg	136%	100%
Vitamin B2	1,7mg	121%	100%
Vitamin B1	1,4mg	127%	100%
Vitamin A	0,7mg	88%	100%
Vitamin B9 (Folic acid)	0,4mg	200%	67%
Potassium iodate:	0,26mg	-	-
of which Iodine	0,2mg	133%	100%
Biotin	0,035mg	70%	100%
Vitamin D3	0,015mg	300%	100%
Vitamin B12	0,0026mg	104%	100%

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Vitamin A, C, D
Normal function of the immune system
- With B-Complex
Natural energy metabolism



Macrovyt Multivitamin multimineral Mother + DHA

Well-being of mother and baby during pregnancy

Folic acid contributes to the growth of maternal tissues during pregnancy and to the cell division process. Iron promotes the normal transport of oxygen in the body and the formation of red blood cells and haemoglobin. Iodine contributes to the normal thyroid function. Rich in Magnesium, which is useful to reduce tiredness and fatigue, to promote the natural muscle function and to keep bones normal. With Manganese, Copper, Fluorine, Vitamin E and DHA (docosahexaenoic acid).

Contents: 60 capsules of 500mg

Recommended use: Swallow from 1 to 2 capsules daily, preferably in the morning or without food.



Nutritional intake	Contents per capsule	%NRV*	%LARN for pregnant women	Contents per maximum daily dose (2 capsules)	%NRV*	%LARN for pregnant women
DHA	100mg	-	-	200mg	-	-
Magnesium oxide:	99,25mg	-	-	198,5mg	-	-
of which Magnesium	59,75mg	16%	25%	119,5mg	32%	50%
Iron pyrophosphate:	90mg	-	-	180mg	-	-
of which Iron	6,75mg	48,25%	25%	13,5mg	96,5%	50%
Vitamin C	50mg	62,5%	50%	100mg	125%	100%
Vitamin PP	11mg	69%	50%	22mg	138%	100%
Zinc oxide:	6,845mg	-	-	13,69mg	-	-
of which Zinc	5,5mg	55%	50%	11mg	110%	100%
Vitamin E	6mg	50%	50%	12mg	100%	100%
Copper gluconate:	4,285mg	-	-	8,57mg	-	-
of which Copper	0,6mg	60%	50%	1,2mg	120%	100%
Manganese sulphate:	3,16mg	-	-	6,32mg	-	-
of which Manganese	1,15mg	57,5%	50%	2,3mg	115%	100%
Vitamin B5	3mg	50%	50%	6mg	100%	100%
Sodium fluoride:	3,315mg	-	-	6,63mg	-	-
of which Fluorine	1,5mg	43%	50%	3mg	86%	100%
Vitamin B6	0,95mg	68%	50%	1,9mg	136%	100%
Vitamin B2	0,85mg	60,5%	50%	1,7mg	121%	100%
Vitamin B1	0,7mg	63,5%	50%	1,4mg	127%	100%
Vitamin A	0,35mg	44%	50%	0,7mg	88%	100%
Vitamin B9 (Folic acid)	0,2mg	100%	33,5%	0,4mg	200%	67%
Potassium iodate:	0,13mg	-	-	0,26mg	-	-
of which Iodine	0,1mg	66,5%	50%	0,2mg	133%	100%
Biotin	0,0175mg	35%	50%	0,035mg	70%	100%
Vitamin D3	0,0075mg	150%	50%	0,015mg	300%	100%
Vitamin B12	0,0013mg	52%	50%	0,0026mg	104%	100%

*NVR = Valori Nutritivi di Riferimento
%LARN = Livelli di assunzione giornalieri raccomandati dei nutrienti

PRODUCT FUNCTIONS

- With Vitamin A, C, D and DHA
Normal function of the immune system
- With B-Complex
Natural energy metabolism



Vitamin

Vitamins are essential substances for the body to grow properly and maintain good health. Alta Natura offers you a wide range of single or complex vitamins to take care of your health. A complete line for recharging, wellness and balancing the body.

Vitamin C1000 Oxidative stress

Food supplement based on Vitamin C, useful in case of nutritional deficiency or increased need of this nutrient.



Contents: 60 tablets of 1600mg
Recommended use: 1 tablet daily, preferably in the morning.

Nutritional intake	Per maximum daily dose (1 tablet)	%NRV*
Vitamin C	1000mg	1250%

*NRV Nutrient Reference Value

PRODUCT FUNCTIONS

- With Vitamin C
Tiredness and fatigue
Collagen formation
Function of the immune system



Vitamin C1000 Chewable - buccal

Oxidative stress

Food supplement based on Vitamin C, useful in case of nutritional deficiency or increased need of this nutrient.



Contenuto: 30 tablets of 1,4g
Recommended use: Chew or dissolve in your mouth 1 tablet daily, preferably in the morning.

Nutritional intake	Per maximum daily dose (1 tablet)	%NRV*
Vitamin C	1000mg	1250%

*NRV Nutrient Reference Value

PRODUCT FUNCTIONS

- With Vitamin C
Tiredness and fatigue
Collagen formation
Function of the immune system



8 050534 216929

Vitamin C Drops

Oxidative stress

Food supplement with sweetener based on Vitamin C, useful for all the cases of increased need or reduced dietary intake of this substance. Vitamin C contributes to the normal energy metabolism and to reduce fatigue and tiredness. It also contributes to the normal function of the immune system and to protect cells against oxidative stress.



Contents: solution in drops of 30 ml
Recommended use: 10 to 30 drops daily, unless otherwise prescribed by a doctor. Drops can be administered as they are directly into the oral cavity or diluted in water or other drink.

Nutritional intake	Per maximum daily dose (30 drops)	%NRV*
Vitamin C	90mg	112,5%

*NRV Nutrient Reference Value

PRODUCT FUNCTIONS

- With Vitamin C
Tiredness and fatigue
Collagen formation
Function of the immune system



8 050534 215915

Vitamin B9 - Folic acid

Natural cell division

This food supplement intervenes in the cell division process and in the growth of the maternal tissues during pregnancy and contributes to the normal function of the immune system and the psychological function. The additional intake of folic acid increases the amount of maternal folates. A low amount of maternal folates is a factor risk for the onset of problems in the foetus's neural tube.



Contents: 40 tablets of 500mg
Recommended use: 1 tablet daily, or 2 tablets during pregnancy, preferably without food.

Nutritional intake	Contents per tablet	Per maximum daily dose (2 tablets)
Folic acid powder	200µg (equivalent to 100% NRV*)	400µg (equivalent to 100% LARN)

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Vitamin B9
Strengthens the immune system
Intervenes in the process of cell division



Vitamin E Fast

Metabolic dysfunction

Food supplement based on Vitamin E of natural origin (extracted from soybeans) that contributes to protect cells from oxidative stress. It is useful in case of food shortage or increased need of Vitamin E.



Contents: 40 tablets of 500 mg
Recommended use: 1 chewable tablet daily close to mealtime.

Nutritional intake	Per maximum daily dose (1 tablet)	%NRV*
Vitamin E	30mg	250%

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Vitamin E
Protection against oxidative stress



Vitamin D3

Bone well-being

Food supplement based on Vitamin D3 of vegetable origin (from Iceland moss) that contributes to keep bones and teeth normal, to the natural calcium and phosphorus absorption and to the normal function of the immune and muscular system. It intervenes in the cell division processes. It is useful for adults and children in case of food shortage or increased need of Vitamin D.



Contenuto: 60 compresse da 500mg
Consigli per l'uso: Si consiglia 1-2 compressa masticabili al giorno vicino ai pasti.

Nutritional intake	Per maximum daily dose (2 tablets)	%NRV*
Vitamin D3	50µg 2000 U.I.	1000%

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Vitamin D3
Keeping bone healthy
Boosting the immune system



8 050534 219432



Vitamin D3 Drops

Bone well-being

Food supplement based on Vitamin D3 of vegetable origin (from Iceland moss) that contributes to keep bones and teeth normal, to the natural calcium and phosphorus absorption and to the normal function of the immune and muscular system. It intervenes in the cell division processes. It is useful for adults and children in case of food shortage or increased need of Vitamin D.



Contents: 30ml
Recommended use: Unweaned infants 6/12 months: 4 drops daily; Children and Boys (1-17 years), Pregnant and breastfeeding women: 6 drops daily; Adults: 20 drops daily. Shake well before use.

Nutritional intake	Per Adults maximum daily dose (20 drops = 1ml)	%NRV*	Children 1-17 years LARN 2017 (6 drops = 0,3ml)	%NRV*	Unweaned infants 6-12 months, Pregnant and breast-feeding women LARN 2017 (4 drops = 0,2ml)	%NRV*
Vitamin D3 1000 U.I.**	50µg	1000	15µg	300	10µg	200

*Nutrient Reference Value; **International Units

PRODUCT FUNCTIONS

- With Vitamin D3
Keeping bone healthy
Boosting the immune system



8 050534 219449



B-Junior

Multivitamin for children

Food supplement based on Vitamins. It is indicated in cases of reduced dietary intake or increased need of this substance.

Contents: 100ml
Recommended use: 5ml daily. SHAKE WELL BEFORE USE.



Nutritional intake	Contents per 100ml	Per maximum daily dose (5ml)	%NRV*
Vitamin C	800mg	40mg	50
Vitamin PP	200mg	10mg	63
Vitamin E	140mg	7mg	58
Vitamin B5	60mg	3mg	50
Vitamin B6	15mg	0,75mg	54
Vitamin B2	14mcg	0,7mg	50
Vitamin B1	13mg	0,65mg	59
Vitamin B9	4,2mg	0,21mg	105
Vitamin D3	300mcg	15mcg	300
Vitamin B12	27mcg	1,35mcg	54

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Vitamin B complex
Maintaining physical and mental state
Reduction of tiredness and fatigue
Regulation of energy metabolism



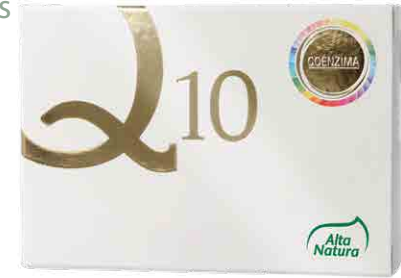
8 050534 215175



Q10

Energy shortage and oxidative stress

Food supplement based on Vitamins. It is indicated in cases of reduced dietary intake or increased need of this substance.



Contents: 30 capsules of 450mg
Recommended use: 1 capsule daily on a full stomach.

Nutritional intake	Contents per 100g	Per maximum daily dose (1 capsule)
Ubiquinona (Coenzyme Q10)	44,44g	200mg

PRODUCT FUNCTIONS

- Endogenous coenzyme involved in mitochondrial metabolism**



8 050534 219845



Minerals

Minerals, understood as micro- and macronutrients, are indispensable substances for the activation and proper functioning of energy metabolism and for a physiological state of health of the entire organism.

Alta Natura's research laboratories have designed a range of supplements useful for quick replenishment of the correct minerals, using highly concentrated formulations.

Fervis Tablets Iron homeostasis

Food supplement based on microencapsulated ferric pyrophosphate, vitamin C and folic acid. Iron contributes to the normal function of red blood cells and haemoglobin, to the energy metabolism, the oxygen transport in the body and to reduce tiredness and fatigue. Vitamin C increases iron absorption and promotes the normal function of the immune system. Folic acid contributes to the normal haematopoiesis.



Contents: 20 chewable tablets of 1600mg
Recommended use: 1 tablet daily to be chewed or dissolved in your mouth.

Nutritional intake	Contents per 100g	Per maximum daily dose (1 tablet)	***NRV
Baobab fruit pulp	31,25g	500mg	-
Microencapsulated Ferric Pyrophosphate:	12,50g	200mg	
Iron	1,875g	30mg	214%
Vitamin C	5g	80mg	100%
Vitamin B2	0,09g	1,4mg	100%
Vitamin A	0,05g	0,8mg	100%
Folic acid	0,03g	400µg	200%

***Nutrient Reference Value

PRODUCT FUNCTIONS

- With microencapsulated-liposomal iron
Supporting and restorative action
- No aftertaste or ferrous odour
- No blackening of teeth



VMAG Powder

Psychophysical Well-being

Based on Magnesium, it is indicated in cases of reduced dietary intake or increased need of this substance. It improves the recovery and the maintenance of the natural levels of magnesium. Magnesium contributes to the physiological energy metabolism to reduce tiredness and fatigue. It also contributes to the electrolyte balance and to the proper muscular and psychological function for a normal function of the nervous system and for the maintenance of normal bones and teeth.



Contents: 300g jar

Recommended use: Dissolve the contents of a measuring cup (7g about) in a glass of water and wait for the effervescence to disappear. It is recommended to take 1 measuring cup daily.

Nutritional intake	Contents Mg Per 100g	Per maximum daily dose (1 measuring cup ~ 7g)	%NRV*
Magnesium bisglycinate, Carbonate, Citrate, Gluconate, Hydroxide, Lactate, Marine, Oxide, Pidolate of which Magnesium	26.18g	1.83g	-
	6.42g	450mg	120%

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With 9 Magnesium sources
Normal energy metabolism
Against tiredness and fatigue
Normal functioning of the nervous and muscular systems



VMAG Chewable and buccal tablets

Psychophysical Well-being

Based on Magnesium, it is indicated in cases of reduced dietary intake or increased need of this substance. It improves the recovery and the maintenance of the natural levels of magnesium. Magnesium contributes to the physiological energy metabolism to reduce tiredness and fatigue. It also contributes to the electrolyte balance and to the proper muscular and psychological function for a normal function of the nervous system and for the maintenance of normal bones and teeth.



Contents: 60 tablets of 1,5g

Recommended use: 2 tablets daily with a little water. Take the dose without food.

Nutritional intake	Contents per 100g	Per maximum daily dose (2 tablets)	%NRV*
Magnesium bisglycinate, Carbonate, Citrate, Gluconate, Hydroxide, Lactate, Marine, Oxide, Pidolate of which Magnesium	32.6g	977.5mg	-
	15g	450mg	120%

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With 9 Magnesium sources
Normal energy metabolism
Against tiredness and fatigue
Normal functioning of the nervous and muscular systems



Natural pleasure

For correct sexual function and an adequate erotic response, there are emotional behavioural aspects that involve the mind and physical and mechanical aspects that affect the body, involving the nervous, circulatory, endocrine and muscular systems.

Alta Natura has developed specific food supplements for the natural pleasure of both men and women.

Supex Sense Super natural pleasure

Food supplement based on vegetable extracts of Shatavari, which has a tonic action against physical and mental tiredness, and Muira puama, which has an antioxidant action. The actives contained in Maca extract act as tonic adaptogen for the proper metabolic support. Ginkgo biloba intervenes in normal blood flow for the proper function of the microcirculation.



Contents: 30 coated tablets of 1040 mg
Recommended use: 1 to 2 tablets daily.

Nutritional intake	Contents per tablet	Per maximum daily dose (2 tablets)
Asparagus racemosus (Shatavari) dry extract tit. 1% saponins	350mg 3,5mg	700mg 7mg
Muira puama dry extract E/D:1/4	175mg	350mg
Maca dry extract	130mg	260mg
tit. 0,5% beta-ecdysone	0,65mg	1,3mg
Ginkgo biloba dry extract	16mg	32mg
tit. 24% ginkgol flavonoids	3,84mg	7,68mg

PRODUCT FUNCTIONS

- **WOMAN**
With Maca and Ginkgo Biloba



Supex Strong

Super natural pleasure

Food supplement based on vegetable extracts of French maritime pine, which has an antioxidant action, and Griffonia for mood normal and a relaxing action useful for mental wellbeing. Enriched with L-Arginine and Citicoline.



Contents: 12 coated tablets of 1040 mg
Recommended use: 2 to 4 tablets daily.

Nutritional intake	Contents per tablet	Per maximum daily dose (4 tablets)
L-Arginine L-Aspartate	425 mg	1,7 g
Citicoline	100 mg	400 mg
Griffonia	87,5 mg	350 mg
dry extract tit. 98% 5-HTP	21,87 mg	87,5 mg
Maritime pine	46,5 mg	186 mg
dry extract tit. 65% OPCs	30 mg	87,5 mg

PRODUCT FUNCTIONS

- **MAN**
With L-Arginine and Citicoline



Supex Retard

Lasting natural pleasure

Food supplement based on vegetable extracts of Maca and Cordyceps for a tonic action supporting metabolism. The active ingredients contained in Ginseng, Damiana and Kola extracts have a tonic-adaptogenic action useful in case of physical and mental tiredness. The synergy between Mate and Muira puama provides an effective antioxidant action. The actives contained in Black pepper are useful for the proper function of the cardiovascular system, together with Common grape vine for the proper function of the microcirculation. Enriched with L-Taurine and D-Glucosamine.



Contents: 30 coated tablets of 1040 mg
Recommended use: 1 to 2 tablets daily.

Nutritional intake	Contents per tablet	Per maximum daily dose (2 tablets)
Maca dry extract	130mg	260mg
tit. 0,5% Beta-ecdysone	0,65mg	1,3mg
Ginseng dry extract	110mg	220mg
tit. 12% ginsenosides	13mg	26mg
Damiana dry extract E/D:1/4	97,5mg	195mg
Mate dry extract	65mg	130mg
tit. 4% caffeine	2,6mg	5,2mg
Common grape vine dry extract	65mg	130mg
5% anthocyanins	3,25mg	6,5mg
D-Glucosamine sulfate	65mg	130mg
L-Taurine	50mg	100mg
Kola nuts dry extract	32,5mg	65mg
10% caffeine	3,25mg	6,5mg
Muira puama dry extract E/D:1/4	32,5mg	65mg
Cordyceps dry extract	30mg	60mg
tit. 40% polysaccharides	12mg	24mg
Black pepper powder	6,5mg	13mg

PRODUCT FUNCTIONS

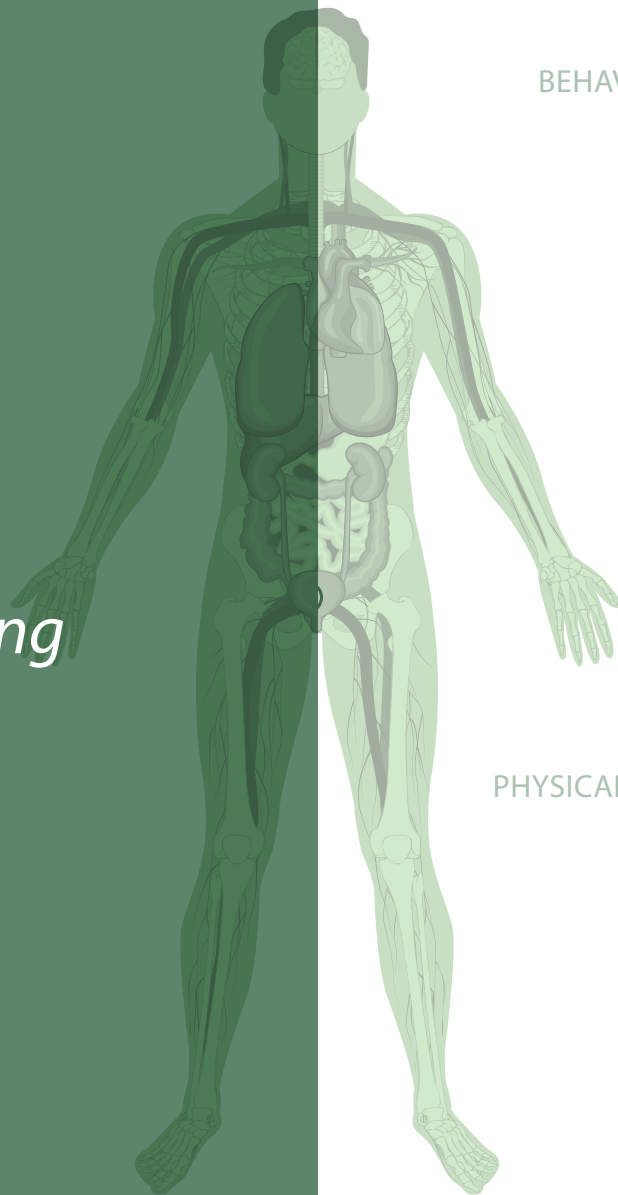
- **MAN**
With Maca and Taurine





Sport & Well-being

PART 10



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Integration in sport

When practising any sporting activity, you often ask your body to exert more effort than normal, subjecting it to more or less intense stress. While sport brings great benefits to the body, it also puts a strain on muscles, cartilage and ligaments and consumes a great deal of energy that needs to be replenished.

Along with a healthy diet and a balanced, nutrient-rich diet, Alta Natura laboratories offer a range of food and cosmetic supplements designed to accompany the athlete before, during and after physical activity.

Gold BCAA 2:1:1

Maintaining muscle mass

Food supplement based on branched-chain amino acids BCAA: L-Leucine, L-Isoleucine, L-Valine at a ratio of 2:1:1. Enriched with Vitamin B1, Vitamin B2, Vitamin B6 and Vitamin B12, which contribute to the normal energy metabolism. The synergy between Cyanocobalamin and Pyridoxine contributes to the formation of red blood cells, necessary for the proper muscle oxygenation. Thiamine contributes to the normal cardiac function. Ribo avin, which is useful for iron metabolism, and Vitamin B6, which is useful for the protein and glycogen metabolism, together with Vitamin B12 contribute to reduce tiredness and fatigue. Vitamin B12 intervenes in the cell division process, together with Vitamin B2 to protect cells against oxidative stress.



Contents: 100 tablets of 1.4g
Recommended use: From 1 to 5 tablets daily, before or during training.

Nutritional intake	Contents per 100g	Per maximum daily dose (5 tablets)	%NRV
BCAA 2:1:1 of which:	66.67g	5000mg	-
L-Leucine	33.33g	2500mg	-
L-Isoleucine	16.66g	1250mg	-
L-Valine	16.66g	1250mg	-
Vitamin B2 (Riboflavin)	93.33mg	7mg	500%
Vitamin B6 (Pyridoxine)	93.33mg	7mg	500%
Vitamin B1 (Thiamine)	73.33mg	5.5mg	500%
Vitamin B12 (Cyanocobalamin)	0.166mg	12.5mcg	500%

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Vitamin B12
Against tiredness and fatigue
- With Vitamin B6
Protein and glycogen metabolism



Platinum BCAA 4:1:1

Muscle hypertrophy

Food supplement based on branched-chain amino acids BCAA: L-Leucine, L-Isoleucine, L-Valine at a ratio of 4:1:1. Enriched with Vitamin B1, Vitamin B2, Vitamin B6 and Vitamin B12, which contribute to the normal energy metabolism. The synergy between Cyanocobalamin and Pyridoxine contributes to the formation of red blood cells, necessary for the proper muscle oxygenation. Thiamine contributes to the normal cardiac function. Ribo avin, which is useful for iron metabolism, and Vitamin B6, which is useful for the protein and glycogen metabolism, together with Vitamin B12 contribute to reduce tiredness and fatigue. Vitamin B12 intervenes in the cell division process, together with Vitamin B2 to protect cells against oxidative stress.



Contents: 100 tablets of 1.4g
Recommended use: from 1 to 5 tablets daily, before or during training.

Nutritional intake	Contents per 100mg	Per maximum daily dose (5 tablets)	%NRV
BCAA 4:1:1 of which:	66.67g	5000mg	-
L-Leucine	44.44g	3333mg	-
L-Isoleucine	11.11g	833.3mg	-
L-Valine	11.11g	833.3mg	-
Vitamin B2 (Riboflavin)	93.33mg	7mg	500%
Vitamin B6 (Pyridoxine)	93.33mg	7mg	500%
Vitamin B1 (Thiamine)	73.33mg	5.5mg	500%
Vitamin B12 (Cyanocobalamin)	0.166mg	12.5mcg	500%

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Vitamin B12
Against tiredness and fatigue
- With Vitamin B6
Protein and glycogen metabolism



Iso-Energy

Hydrosaline restoration

Food supplement based on Magnesium, which contributes to the normal electrolyte balance and to reduce tiredness and fatigue. In synergy with Potassium, which contributes to the normal muscle function and to the maintenance of a normal blood pressure. With Eleutherococcus with tonic-adaptogenic action and Creatine. With Vitamin B2 and Vitamin C, which contribute to the normal energy metabolism.



Contents: 12 sachets of 16g

Recommended use: Dissolve the contents of a sachet in 500ml of water to drink during and/or after training. It is suggested to take 1 sachet daily.

Nutritional information	Contents 100g	Per maximum daily dose (1 sachet = 16g)	NRV*
Energy	116,51Kcal	18,642Kcal	-
Fats	530,06KJ	84,81KJ	-
Carbohydrates	0	0	-
Proteins	33g	5,28g	-
	0	0	-
Average analysis			
Potassium citrate:	23,75g	3,8g	66%
of which Potassium	8,18g	1,31g	
Magnesium citrate:	15,63g	2,5g	100%
of which Magnesium	2,34g	375mg	
Sodium citrate:	12,68g	2,03g	-
of which Sodium	2,91g	467,15mg	-
Creatine	6,25g	1g	-
Eleutherococcus dry extract	1,25g	200mg	-
tit. 0,5% eleutheroside	6,25mg	1mg	-
Sodium chloride:	0,51g	0,083g	-
of which Chloride,	0,3125g	50mg	
of which Sodium	0,21g	32,85mg	
Vitamin C	0,5g	80mg	100%
Vitamin PP	0,1g	16mg	100%
Vitamin B2	0,007mg	1,4mg	100%

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Magnesium
Against tiredness and fatigue
- With Potassium
Normal blood pressure and muscle function



Multi-Energy

Energy sprint

Food supplement with Ginseng and Guarana extracts with a tonic action against physical and mental tiredness. With Vitamin B3, B6 and B12, which contribute to the normal synthesis of the amino acids. Vitamin E contributes to protect cells against oxidative stress. With Creatine, Carnitine, Glutamine, Alanine and Taurine.



Contents: 14 sachets of 14,2g

Recommended use: Dissolve the contents of a sachet in 200ml of water to drink before or while training. It is suggested to take 1 sachet daily. Take up to 2 sachets together if necessary or during training.

Nutritional information	Contents 100g	14,2g (1 sachet)	Per maximum daily dose (2 sachets = 28,4g)	NRV*
Creatine monohydrate	7,04g	1g	2g	-
Carnitine L-tartrate	3,521g	0,5g	1g	-
L-Glutamine	3,521g	0,5g	1g	-
L-Alanine	3,521g	0,5g	1g	-
L-Taurine	3,521g	0,5g	1g	-
Ginseng dry extract tit. 5% ginsenoside	1,4g	0,2g	0,4g	-
	70mg	10mg	20mg	
Guarana dry extract tit. 10 % caffeine	1,4g	0,2g	0,4g	-
	140mg	20mg	40mg	
Vitamin C	0,56g	0,08g	0,16g	-
Vitamin B3	112,67mg	16mg	32mg	-
Vitamin E	84,5mg	12mg	24mg	200%
Vitamin B6	9,85mg	1,4mg	2,8mg	200%
Vitamin B9	1,41mg	200mcg	400mcg	200%
Vitamin B12	17,6mcg	2,5mcg	5mcg	200%

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Ginseng and Guarana
Against physical and mental tiredness
- With B3, B6, B12 vitamins
Normal energy metabolism



Ginseng & Carnitine

Glucose metabolism

Food supplement based on Ginseng dry extract with a tonic adaptogenic action, against physical and mental tiredness and for a better carbohydrates metabolism. Enriched with Pollen, Acacia honey, lyophilised Royal jelly and Carnitine.



Contents: 10 vials of 10ml
Recommended use: vial daily, preferably in the morning. Shake well before use.

Nutritional information	Contents 100ml	Per dose massima giornaliera (10ml)
Acacia honey	20g	2g
Ginseng dry extract tit.5% ginsenoside	8g 400mg	800mg 40mg
Carnitine	2.5g	250mg
Lyophilised royal jelly	2g	200mg
Pollen fluid extract	1g	100mg

PRODUCT FUNCTIONS

- With Ginseng
Tonic action against physical and mental tiredness
Carbohydrate metabolism



Guaranà & Carnitine

Lipid energy and metabolism

Food supplement based on Guarana dry extract with a tonic action, against physical and mental fatigue and stimulates lipid metabolism for the proper body weight balance. Enriched with Pollen, Acacia honey, lyophilised Royal jelly and Carnitine.



Contents: 10 vials of 10ml
Recommended use: 1 vial daily, preferably in the morning. Shake well before use.

Nutritional information	Contents 100ml	Per maximum daily dose (10ml)
Acacia honey	20g	2g
Guarana dry extract tit.8-10% caffeine	3g 240-300mg	300mg 24-30mg
Carnitine	2.5g	250mg
Lyophilised royal jelly	2g	200mg
Pollen fluid extract	1g	100mg

PRODUCT FUNCTIONS

- With Guarana
Tonic action
Lipid metabolism
Body weight balance



Eleutherococcus & Carnitine

Energy and cognitive functions

Food supplement based on Eleutherococcus dry extract with a tonic adaptogenic action for the natural defences of the body and useful for memory and cognitive functions. Enriched with Pollen, Acacia honey, lyophilised Royal jelly and Carnitine.



Contents: 10 vials of 10ml

Recommended use: 1 vial daily, preferably in the morning. Shake well before use.

Nutritional information	Contents 100ml	Per maximum daily dose (10ml)
Acacia honey	20g	2g
Eleutherococcus dry extract tit.0,5% eleutheroside	3.5g 17.5mg	350mg 1.75mg
Carnitine	2.5g	250mg
Lyophilised royal jelly	2g	200mg
Pollen fluid extract	1g	100mg

PRODUCT FUNCTIONS

- With Eleutherococcus
Tonic-adaptogenic action
Memory and cognitive functions



Anti-friction Cream

Irritations due to skin abrasion

Macrovyt anti-friction cream, thanks to Carboxymethyl betaglucon, limits overheating and irritations due to rubbing, prevents and reduces skin friction. It gives immediate protection against abrasive effects. This creamgel is ideal for people practising cyclism, walking, horse riding and other sports characterized by constant rubbing. Moreover, Arnica supports the natural processes of pain reduction. Devil's claw and Boswellia contribute to reduce inflammations. Calendula has an important soothing action.



Contents: 100ml

How to use: Apply before training on the areas subject to rubbing and massage to moderate absorption. For a more soothing action, it is suggested to apply this cream also during and after training. Water and sweat resistant.

Ingredients:

Aqua, Butyrospermum Parkii Butter, Caprylic/Capric Triglyceride, Stearyl Alcohol, Ceteareth-25, Alcohol, Tocopheryl Acetate, Prunus Amygdalus Dulcis Oil, Phenoxyethanol, Acrylates/C10-30 Alkyl Acrylate Crosspolymer, Amodimethicone/Morpholinomethyl Silsesquioxane Copolymer, Calendula Officinalis Flower Extract, Harpagophytum Procumbens Root Extract, Trideceth-5, Sodium Hydroxide, Arnica Montana Flower Extract, Maltodextrin, Ethylhexylglycerin, Polyquaternium-7, Sodium Carboxymethyl Betaglucon, Glycerin, Boswellia Serrata Gum Extract, Hydrated Silica.

PRODUCT FUNCTIONS

- Antifriction treatment
Soothing action against irritations
Protecting abrasions



Warm Up Creamgel

Muscle warm-up

Macrovyt warm-up creamgel was designed to be used before training. Thanks to its ingredients, it contributes to the normal toned maintenance. If applied before training, thanks to its immediate warming effect, it is the perfect coadjuvant to prepare muscles to efforts. This creamgel maintains its effect also in rest conditions and, for this reason, it is suitable for those sports requiring muscle tension and wind sprints.



Contents: 100ml

How to use: Apply the cream on the areas that will not be trained and massage vigorously with circular movements from the bottom up. The cream will be absorbed quickly by giving a sensation of warmth; thus prepares muscles to training. Since this product has a stimulating action, it could happen that the skin becomes red temporarily.

Ingredients:

Aqua, Butyrospermum Parkii Butter, Caprylic/capric Triglyceride, Stearyl Alcohol, Xylitol, Propylene Glycol, Alcohol, Cetareth-25, Eucalyptol, Tocopheryl Acetate, Phenoxyethanol, Camphor, Vitis Vinifera Leaf Extract, Capsicum Annuum Fruit Extract, Acrylates/c10-30 Alkyl Acrylate Crosspolymer, Ethylhexylglycerin, Mica, Sodium Hydroxide, Lauroyl Lysine, Methyl Nicotinate.

PRODUCT FUNCTIONS

- Preparing treatment with **Decontractural and toning action**



8 050534 218565



Cool-down Gel

Post-workout muscle anti fatigue

Macrovyt cool-down gel is formulated with active ingredients which have a refreshing action, ideal after training. It is suitable to promote muscle recovery. It guarantees an effective long-lasting action that refreshes the affected area and gives relief in the post-race period.



Contents: 100ml

How to use: Apply on the affected area and massage gently with circular movements. The gel will be absorbed quickly and will give you a feeling of freshness.

Ingredients:

Aqua, Propylene Glycol, Eucalyptol, Alcohol, Menthol, Tocopheryl Acetate, Phenoxyethanol, Propylene Glycol Alginate, Menthyl Lactate, Mentha Piperita Oil, Ppg-25-laureth-25, Acrylates/c10-30 Alkyl Acrylate Crosspolymer, Peg-40 Hydrogenated Castor Oil, Camphor, Sodium Gluconate, Melilotus Officinalis Extract, Ruscus Aculeatus Root Extract, Carica Papaya Fruit Extract, Sambucus Nigra Flower Extract, Leucine, Valine, Centella Asiatica Extract, Isoleucine, Vitis Vinifera Leaf Extract, Hamamelis Virginiana Leaf Extract, Ethylhexylglycerin, Sodium Hydroxide, Escin, Vaccinium Myrtillus Fruit Extract, Tetrasodium Glutamate Diacetate.

PRODUCT FUNCTIONS

- Intensive treatment with **Refreshing and soothing action**



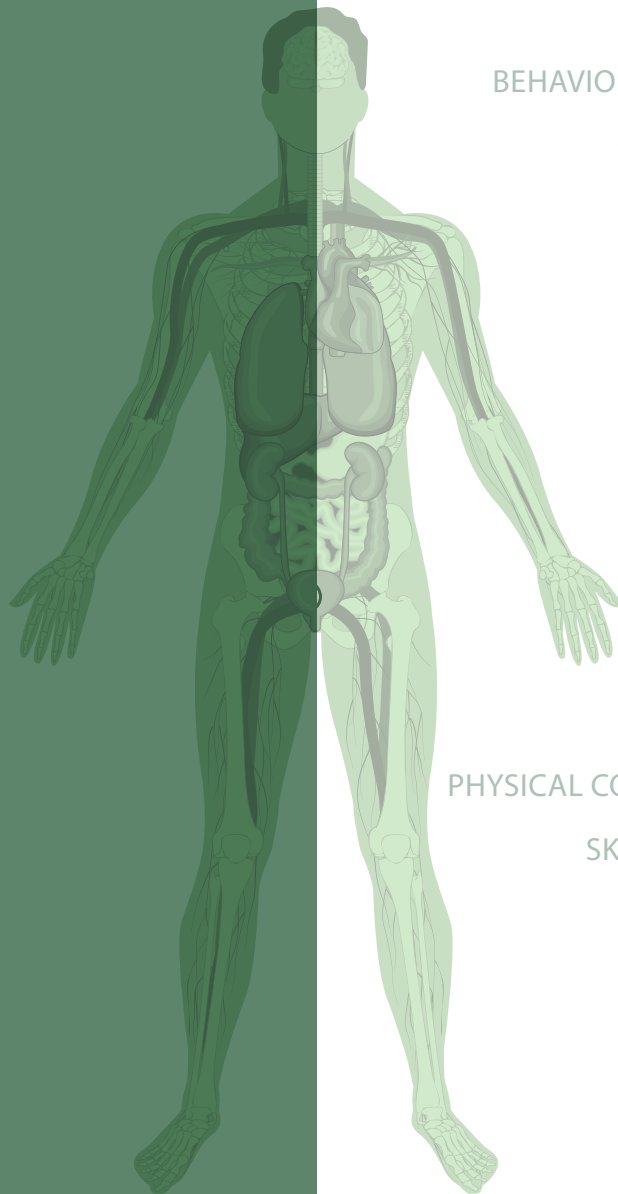
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Tonic

PART 11



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Superfood

Superfoods are a category of foods characterised by special nutritional profiles, extraordinarily rich in vitamins, minerals, antioxidants and substances beneficial to the whole body. They can therefore be taken as a valuable aid to ensure the right nutritional intake and protect the cells in times of stress and hectic schedules, or simply when you feel the need for an extra boost. Since they are also foods of vegetable origin, they are also suitable for those on a vegetarian or vegan diet.

Realin 600

Tonic and restorative

With Royal jelly, Pollen, Propolis and Honey. Acerola has a supporting and tonic action. Vitamin B2 and B6 contribute to reduce tiredness and fatigue. Folic acid and Vitamin C contribute to the normal function of the immune system. Fennel is useful for the normal gastrointestinal motility and gas elimination.

Contents: 10 SDC® vials of 10ml with measuring cap of 400mg.
Recommended use:
Children: 1 vial daily, or every other day, without food. Adults: 2 vials daily, or every other day, without food.



Nutritional information	Dose for children	%NRV for children	Maximum daily dose (Adults)	%NRV for adults
Lyophilised royal jelly 4%	300 mg	-	600 mg	-
10-HDA	12 mg	-	24 mg	-
Pollen fluid extract	100 mg	-	200 mg	-
Propolis dry extract	50 mg	-	100 mg	-
tit. 3% galangin	1,50 mg	-	3 mg	-
Acacia honey	1500 mg	-	3000 mg	-
Acerola dry extract	80 mg	50%	160 mg	100%
tit. 50% Vitamin C	40 mg	-	80 mg	-
Red Orange Complex	75 mg	-	150 mg	-
Fennel dry extract tit. 0,5% essential oil	3,75 mg	-	7,5 mg	-
Vitamin B1	50 mg	-	100 mg	-
Vitamin B2	0,25 mg	-	0,50 mg	-
Vitamin B6	1,10 mg	100%	2,20 mg	200%
Folic acid	1,40 mg	100%	2,80 mg	200%
	1,40 mg	100%	2,80 mg	200%
	0,20 mg	100%	0,40 mg	200%

NRV**: Nutrient Reference Value

PRODUCT FUNCTIONS

- With Acerola
Restorative action



Fresh Royal Jelly

Tonic and restorative

Food supplement based on Royal jelly. Among the most precious products of the hive, royal jelly is processed by young nurse bees only for the growth and the development of the queen bee.



Contents: 1 vial of 10g
Recommended use: Dissolve under the tongue or swallow the quantity corresponding to a measuring spoon (equivalent to 400 mg) in the morning.

Nutritional information	Per maximum daily dose (1 measuring spoon)
Fresh Royal jelly	400 mg
tit. 4% 10-HDA	16 mg

PRODUCT FUNCTIONS

- With Fresh Royal Jelly
100% pure and tit. in 10-HDA



Aloe Vera juice

Gastro-intestinal well-being

The active ingredients contained in Aloe Vera promote an emollient and soothing action on the digestive system, support the physiological detoxification of the body and are also useful for throat well-being. This gel is obtained by fresh leaves incision. The extraction is made in as little time as possible at low temperatures in order to avoid the degradation of active substances.

**ALSO AVAILABLE WITH
PINEAPPLE FLAVOUR**



Contents: 1l

Recommended use: 2 measuring caps (40ml) to be diluted in water or to be taken as they are twice daily, in the morning and in the evening. Once opened, keep refrigerated and use within 15 days.

Nutritional intake	Contents per 100ml	Per maximum daily dose (80ml)
Aloe Vera USP 1:200	0,5g (equivalent to 100ml of juice)	0,4g (equivalent to 80ml of juice)

PRODUCT FUNCTIONS

- With Aloe
**Emollient and
soothing action**



Aloe Vera Gel

Eudermic well-being

Soothing, toning and restoring gel. Thanks to the polysaccharides and the vitamins contained in Aloe Vera juice, it provides a fresh sensation of well-being to stressed, damaged and in aged skin because of external factors (such as sun, cold or insects bites). It also improves tissue regeneration and represents an excellent anti-age elixir of deep hydration.



Contents: 200ml

How to use: Apply once or twice daily on the affected area. If applied on gums, massage until completely absorbed. Then, rinse with water.

Ingredients:

*Aloe Barbadosis Leaf Juice(**), Glycerin, Aloe Arborescens Leaf Juice, Xanthan Gum, Potassium Sorbate, Sodium Benzoate, Citric Acid, Tocopherol, Helianthus Annuus Seed Oil.*

*(**) ingrediente da agricoltura biologica.*

PRODUCT FUNCTIONS

- Triple action:
**Nourishing
Regenerating
Antioxidant**



Moringa 1000

Energy restoration

Food supplement based on Moringa Oleifera vegetable extract, useful in case of reduced dietary intake or increased need of this substance. Moringa Oleifera also promotes digestive function and lipid metabolism.



Contents: 45 tablets of 1,1g
Recommended use: 1 tablet daily.

Nutritional intake	Contents per tablet
Moringa dry extract E/D:4/1	1000mg

PRODUCT FUNCTIONS

- With Moringa
Digestive function and normal blood flow



4VEG

Energy restoration

The active substances contained in Moringa dry extract support normal blood flow, lipid metabolism and digestive function. Spirulina promotes a supporting and restorative action. Chlorella is a valid help for the natural defences of the body and the depurative functions.



Contents: 60 tablets of 1g
Recommended use: from 1 to 3 tablets daily, without food.

Nutritional intake	Contents per tablet	Per maximum daily dose (3 tablets)	%NRV*
Spirulina algae dry extract	350mg	350mg	/
Moringa dry extract	250mg	250mg	/
Chlorella algae dry extract	200mg	200mg	/
Vitamin B12	11mcg	11mcg	1320

*Nutrients Reference Value

PRODUCT FUNCTIONS

- With Spirulina
Supporting and restorative action



Klamarin 900

Energy restoration

The active substances contained in the dry extract of Klamath seaweed support the physiological mood.



Contents: 45 tablets of 1g
Recommended use: For maximum effectiveness, take 3 tablets daily.

Nutritional intake	Contents per tablet	Per maximum daily dose (3 tablets)
Klamath seaweed	900mg	2,7g

PRODUCT FUNCTIONS

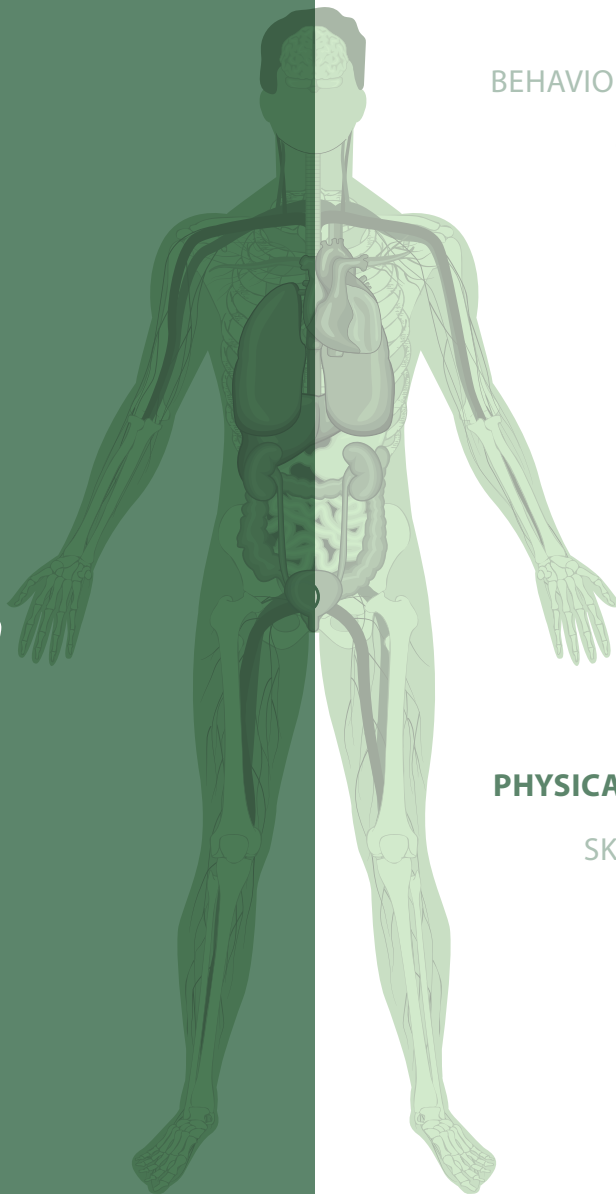
- With Klamath seaweed
Physiological mood





Physical condition and silhouette

PART 12



BEHAVIOURAL AND NERVOUS SYSTEM (p.4)

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Ideal weight

The idea of achieving a healthy weight is one of the most recurring desires regardless of age or gender. In addition to a nice figure, benefits would be felt at every level, from the quality of the skin to the functioning of organs, muscles and joints. Unfortunately, however, normal weight is continually hindered by daily sedentariness, chronic stress, an unhealthy diet based on comfort and fast food, and in the most delicate cases by hormonal changes and organ dysfunction.

The Alta Natura researchers, attentive to everyday needs, have formulated lines for treatments aimed at achieving one's ideal weight.

Kiloburn

Naturally fit

Based on EmmeciSlim®, an exclusive blend of Alta Natura® made up of dry extracts selected from white Mulberry and Cinnamon, useful for carbohydrate metabolism, Yerba Mate for lipid metabolism and against physical and mental tiredness, above all during the treatment, Magnolia for the regularity of the gastrointestinal transit and to promote gas elimination, together with a digestive and draining action of the body liquids. Enriched with Prickly pear, able to modulate and limit the nutrient absorption and promote the balance of body weight. Chromium contributes to the normal metabolism of macronutrients and to the maintenance of normal blood glucose levels.



Nutritional intake	Contents per tablet	Per maximum daily dose (3 tablets)
Conjugated Linoleic Acid CLA	333.3mg	1g
EmmeciSlim® dry extract of which:	304.2mg	913mg
White Mulberry	68.3mg	205mg
dry extract tit. 1% flavonoids	0.683mg	2.05mg
Yerba mate	46.6mg	140mg
dry extract tit. 4.9% caffeine	2.28mg	6.85mg
Cinnamon dry extract	166mg	498mg
tit. 0.8% cinnamaldehyde	1.33mg	4mg
tit. 5% rutin	8.3mg	25mg
Magnolia dry extract	23.3mg	70mg
tit. 78% magnolol	18mg	55mg
Malabar tamarind dry extract	166.6mg	500mg
tit. 60% hydroxycitric acid HCA	100mg	300mg
Carnitine	83.3mg	250mg
Opuntia fibre	50mg	150mg
Coenzyme Q10 (Ubiquinone)	33.3mg	100mg
Chromium picolinate	0.108mg	0.325mg
of which Chromium Cr	13.3mcg	40mcg (100%VNR)

Contents: 30 tablets of 1,5g

Recommended use: from 1 to 3 tablets daily, preferably in the morning, afternoon and evening before main meals and with plenty of water.

PRODUCT FUNCTIONS

- Yerba Mate and Prickly pear
Body weight balance



Sedafam Strong

Nervous hanger

The active substances contained in the extract of Griffonia are useful to control the feeling of hunger. Golden root performs the role of a tonic-adaptogen against psychophysical tiredness while Griffonia, based on 5-HTP, is useful for mental relaxation and well-being. Their synergy acts on normal mood, which is important during the episodes of nervous hunger. Solanum Tuberosum is useful to control gastric acidity, which accentuates the feeling of hunger. Enriched with Glucmannan and Chitosan.



Contents: 30 tablets of 1,7g

Recommended use: From 1 to 3 tablets daily, preferably in the morning and in the evening before main meals and with abundant water.

Nutritional intake	Contents per tablet	Per maximum daily dose (3 tablets)
Chitosan	333.33mg	1000mg
Glucmannan	166.66mg	500mg
Malabar tamarind dry extract	133.3mg	400mg
tit. 60% hydroxycitric acid HCA	80mg	240mg
Golden root dry extract	66.66mg	200mg
tit. 3% rosavin	2mg	6mg
Slendesta® dry extract	33.33mg	100mg
tit. 5% P12	1.66mg	5mg
Griffonia dry extract	13.3mg	40mg
tit. 25% 5-HTP	3.3mg	10mg

PRODUCT FUNCTIONS

- With Griffonia
Control of the sense of hunger



Arislim Strong

Waist and figure

Based on Fennel for the digestive function, on Ginger to counteract the localized states of tension and on green Anise for the normal gastrointestinal motility. The synergy of the three actives is useful for a carminative action promoting the elimination of intestinal gas. Enriched with L-Tryptophan essential amino acid, alpha-Galactosidase and beta-Galactosidase (or Lactase).



Contents: 30 tablets of 950mg

Recommended use: From 1 to 2 tablets daily, preferably in the morning and in the evening before main meals and with abundant water.

Nutritional intake	Contents per tablet	Per maximum daily dose (2 tablets)
Fennel	150 mg	300 mg
dry extract tit. 0,5% essential oil	0.75 mg	1.5 mg
Ginger	150 mg	300 mg
dry extract tit. 5% gingerols	7.5 mg	15 mg
Green Anise	100 mg	200 mg
dry extract E/D: 1/4		
L-Tryptophan	100 mg	200 mg
Beta-Galactosidase (Lactase)	25 mg	50 mg
100000 ALU/g	equivalent to 2500 ALU	equivalent to 5000 ALU
Alpha-Galactosidase	15mg	30mg
30000 GalU/g	equivalent to 450 GalU	equivalent to 900 GalU

PRODUCT FUNCTIONS

- With Fennel and Pimpinella
Elimination of intestinal gas



Fukoslim Reducing Ideal weight

Dietary supplement based on plant extracts. The active ingredients contained in the dry extract of Citrus aurantium and wakame seaweed support normal body weight balance. Maca and Guarana prove to be a valuable aid against physical and mental fatigue as well as stimulating and supporting the metabolism together with Green Coffee. The chromium content contributes to normal macronutrient metabolism. With Carnitine and Conjugated Linoleic Acid.



Contents: 30 tablets of 1,1g
Recommended use: 2 tablets daily without food.

Nutritional intake	Contents per tablet	Per maximum daily dose (2 tablets)
Citrus aurantium	250mg	500mg
e.s. tit. 6% sinefrina	15mg	30mg
Maca	150mg	300mg
e.s. tit. 0,5% beta-ecdysone	0,75mg	1,5mg
Carnitina	147mg	294mg
Caffè verde	100mg	200mg
e.s. tit. 50% ac. clorogenico	50mg	100mg
Acido Linoleico Coniugato	126mg	252mg
Alga wakame	75mg	150mg
e.s. tit. 10% fucoxantina	7,5mg	15mg
Guaranà	60mg	120mg
e.s. tit. 10% caffeina	6mg	12mg
Cromo picolinato di cui Cromo	0,0975mg	0,195mg
	12mcg	24mcg
		corrispondenti al 60% di VNR*

PRODUCT FUNCTIONS

- With Wakame seaweed
Balanced body weight



Fukoslim Draining Drainage

Food supplement with sweetener. Golden Rod, Orthosiphon, Pilosella and Fennel promote the drainage of body fluids. Birch, Bush Clover and Artichoke support the body's purifying functions. Bilberry has antioxidant action. Green Tea promotes body weight balance. Ginseng, Maca and Guarana are useful against physical and mental fatigue.



Contents: 500ml
Recommended use:
From 1 to 3 measuring cups of 20ml diluted in a bottle of water (1,5l) to drink during the day.
SHAKE WELL BEFORE USE.

Nutritional intake	Per maximum daily dose (30ml)
Maca dry extract	300mg
tit. 0,5% beta-ecdysone	1,5mg
Woundwort dry extract tit. E/D:1/4	270mg
Tamarind dry extract tit. E/D:1/4	210mg
Birch dry extract	180mg
tit. 2,5% hyperoside	4,5mg
Ginseng dry extract	150mg
tit. 5% ginsenoside	7,5mg
Roundhead lespedeza dry extract	135mg
tit. 4% rutin	5,4mg
Green tea dry extract	135mg
tit. 40% polyphenols	54mg
Hawkwweed dry extract	120mg
tit. 1% vilxine	1,2mg
Java tea dry extract	120mg
tit. 0,2% sinensetin	0,24mg
blueberry dry extract	112,4mg
tit. 1% anthocyanins	1,12mg
Guarana dry extract	60mg
tit. 8% caffeine	4,8mg
Aloe gel sine cute	60mg
Curcumin (Curcuma longa, rhizoma)	57mg
dry extract tit. 95% curcuminoids	
Artichoke dry extract	30mg
tit. 13% chlorogenic acid	3,9mg
Fennel essential oil	9mg

PRODUCT FUNCTIONS

- With Java tea, Hawkweed and Fennel
Drainage of body liquids



Bedren Drainage

The active substances contained in the aqueous extracts of Juniper, Birch, Horsetail, Woundwort, Java tea, Pilosella, Corn, Ononis, Bearberry and Elder promote the drainage of body liquids. Asparagus and Dandelion are extremely useful for the depurative function of the body. With Pineapple and Centella to counteract the imperfections caused by cellulite and for the functions of the microcirculation. Guarana support lipid metabolism and the balance of body weight.



FLAVOURS AVAILABLE: PINEAPPLE, ACE AND GREEN APPLE

Nutritional intake	Per maximum daily dose 60ml
Pineapple (aqueous extract)	4,8g
Java tea (aqueous extract)	4,8g
Birch (aqueous extract)	4,8g
Gotu Kola (aqueous extract)	4,8g
Juniper (aqueous extract)	3,2g
Hawkwed (aqueous extract)	3,2g
Dandelion (aqueous extract)	3,2g
Bearberry (aqueous extract)	3,2g
Woundwort (aqueous extract)	3,2g
Asparagus (aqueous extract)	3,2g
Horsetail (aqueous extract)	2,3g
Guarana (aqueous extract)	2,3g
Corn (aqueous extract)	2,3g
Spiny restharrow (aqueous extract)	2,3g
Elder (aqueous extract)	2,3g
Malabar tamarind dry extract tit.60% hydroxycitric acid	400mg of which 240mg of hydroxycitric acid

Contents: 500ml

Recommended use: From 1 to 3 measuring caps of 20ml diluted in a bottle of water (1,5l) to drink during the day. SHAKE WELL BEFORE USE.

PRODUCT FUNCTIONS

- With Spiny restharrow and Bearberry
Drainage of body liquid
- With Pineapple
Counteracting imperfections of cellulite
- With Gotu Kola
Function of the microcirculation



Forma 3 Tablets

3 times fit

3-step food supplement based on vegetable extracts. Bitter orange, Wakame algae and Cassia are useful for body weight balance. Griffonia and Gymnema are useful to control the sense of hunger. Pineapple and Papaya promote digestive function. Java tea, Hawkweed and Green tea promote the drainage of body liquids. Artichoke supports lipid metabolism. Hawthorn and Passion flower promote the mental well-being.



3 FUNCTIONS IN ONE PRODUCT

Contents: 45 tablets of 1g

Recommended use: 1 tablet before breakfast in the morning (Phase 1 – Morning), 1 tablet 30 minutes before lunch (Phase 2 – MIDDAY) and 1 tablet 30 minutes before dinner (Phase 3 – Evening).

PRODUCT FUNCTIONS

- With Woundwort and Hawkweed
Drainage of body liquids
- With Roundhead Ispedeza
Depurative functions of the body
- With Green tea
Body weight balance



☀️ PHASE 1: MORNING

Nutritional intake	Per maximum daily dose (1 tablet)
Griffonia dry extract	300mg
tit. 10% 5-HTP	30mg
Pineapple lyophilised juice	200mg
Green tea dry extract	150mg
tit. 30% polyphenols	45mg
Java tea dry extract	100mg
tit. 0,1% sinensetin	0,1mg
Bitter orange dry extract	100mg
tit. 6% synephrin	6mg
Wakame algae dry extract	50mg
tit. 10% fucoxanthin	5mg

☀️ PHASE 2: MIDDAY

Nutritional intake	Per maximum daily dose (1 tablet)
Malabar tamarind dry extract	150mg
tit. 60% hydroxycitric acid	90mg
Gymnema dry extract	150mg
tit. 25% gymnemic acid	37,5mg
Artichoke dry extract	250mg
tit. 2,5% chlorogenic acid	6,25mg
Cassia dry extract	100mg
tit. 8% flavonoids	8mg
Papaya dry extract E/D: 1/4	100mg
Hawkweed dry extract	100mg
tit. 1% vitexin	1mg
Chitosan powder	100mg
Solanum tuberosum dry extract	20mg
tit. 5% PI2	1mg

🌙 PHASE 3: EVENING

Nutritional intake	Per maximum daily dose (1 tablet)
Fennel dry extract	180mg
tit. 0,5% essential oil	0,9mg
Glucosannan	170mg
Artichoke dry extract	150mg
tit. 2,5% chlorogenic acid	3,75mg
Hawthorn dry extract	100mg
tit. 1% hyperoside	1mg
Curcuma dry extract	100mg
tit. 95% curcuminoids	95mg
Passion flower dry extract	100 mg
tit. 3,5% vitexin	3,5 mg
α-Galactosidase	30mg

Forma 3 Puryfing, Draining and Reducing Drainage

The active ingredients contained in Woundwort, Java tea and Hawkweed extracts and Fennel essential oil act on the drainage of body liquids. Birch, Roundhead lespedeza and Artichoke act on the depurative function of the body. Curcuma and Bilberry have an antioxidant action. With White tea to promote body weight balance.

3 FUNCTIONS IN ONE PRODUCT



Nutritional intake	Contents per 500ml	Per maximum daily dose (30ml)
Bilberry juice	5g	300mg
Woundwort dry extract tit. E/D:1/4	4,5g	270mg
Tamarind dry extract tit. E/D:1/4	3,5g	210mg
Birch dry extract	3,5g	180mg
tit.2,5% hyperoside	0,075g	4,5mg
White tea dry extract	2,3g	138mg
tit.40% polyphenols	0,9g	55mg
Artichoke dry extract	2,3g	138mg
tit.13% caffeoylquinic acids	0,3g	18mg
Roundhead lespedeza dry extract	2,25g	135mg
tit.4% rutin	0,09g	5,4mg
Java tea dry extract	2g	120mg
tit.0,2% sinensetin	0,004g	0,24mg
Hawkweed dry extract	2g	120mg
tit.1% vitexin	0,02g	1,2mg
Bilberry dry extract	1,9g	114mg
tit.15% anthocyanins	0,019g	1,14mg
Aloe gelum sine cute 200:1	1g	60mg
Curcumin from	1g	60mg
Curcuma Longa		
Fennel essential oil	0,15g	9mg

Contents: 500ml

Recommended use: 1 to 2 measuring caps (equivalent to 15 ml and 30 ml) in the morning as they are or diluted in 1l of water to drink during the day. SHAKE WELL BEFORE USE.

PRODUCT FUNCTIONS

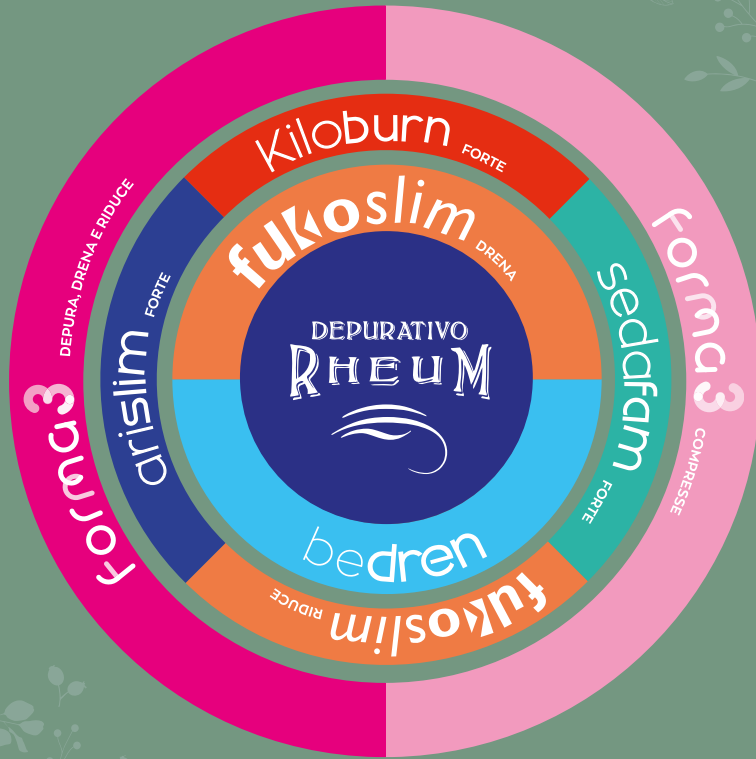
- With Java tea
Drainage of body liquids
- With Artichoke
Depurative functions of the body
- With White tea
Body weight balance



In-Line System

The IN LINE SYSTEM is a slimming method developed to achieve and maintain a mental-physical state of wellbeing, the effectiveness of which is achieved through specific products that, combined with a low-calorie diet and regular physical activity, help you reach your target weight.

In fact, Alta Natura places Depurative Rheum at the base of the IN LINE SYSTEM, preparing the body for subsequent treatments. A purified body must be followed by a body that is sufficiently drained and free of residues accumulated in the waste fluids. The IN LINE SYSTEM therefore continues the treatment with Bedren or Fukoslim Draining. Lastly, in order to achieve one's ideal weight and desired figure, it is necessary to be able to read the language of one's body in order to choose the most suitable strategy for satisfying it. The IN LINE SYSTEM therefore offers the benefits of Kiloburn Strong, Arislim Strong, Sedafam Strong and Fukoslim Reducing, giving everyone the chance to feel more beautiful and fit. To enjoy a triple action, using a single product, Forma 3 Purifying, Draining and Reducing has been formulated in synergy with Forma 3 Tablets for faster results.



Garcinia Plus 1000

Naturally fit

The active substances contained in Malabar tamarind dry extract are considered to promote lipid metabolism, the balance of body weight and the control of the feeling of hunger.



Contents: 60 tablets of 1,2g
Recommended use: Swallow 1 tablet with plenty of water before main meals.

Nutritional intake	Contents per tablet	Per maximum daily dose (2 tablets)
Malabar tamarind dry extract tit. 60% hydroxycitric acid	833 mg	1666 mg
Gymnema dry extract tit. 25% gymnemic acid	500 mg	1000 mg
	300 mg	600 mg
	75 mg	150 mg

PRODUCT FUNCTIONS

- With Gymnema
Lipid metabolism



Curcuma and Piperine

Naturally fit

With Black Pepper for the normal gastrointestinal motility, improves digestion and gas elimination. With Prickly pear to balance body weight, regulate and limit nutrient absorption with an emollient and soothing action on the digestive system.



Contents: 45 coated tablets of 900 mg
Recommended use: 1 to 3 tablets daily before main meals.
Not to be administered to children under 3 years of age.

Nutritional intake	Contents per 100g	Per maximum daily dose (3 tablets)
Curcuma dry extract tit. 95% curcuminoids	37g	1000mg
Prickly pear fibre	5.56g	150mg
Piper nigrum dry extract tit. 95% piperine	0.58g	15.78mg
	0.55g	15 mg

PRODUCT FUNCTIONS

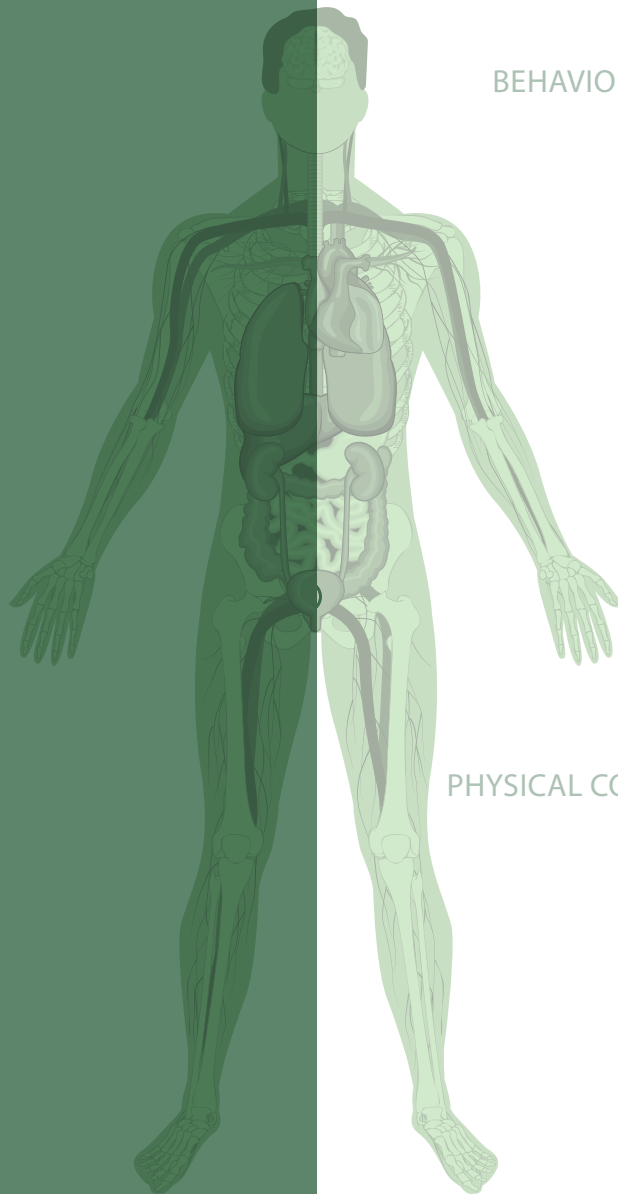
- With Prickly pear
Balanced body weight





Skin and skin appendages

PART 13



BEHAVIOURAL AND NERVOUS SYSTEM (p.4)

GASTROINTESTINAL SYSTEM(p.12)

ENDOCRINE SYSTEM(p.31)

CARDIOVASCULAR SYSTEM (p.37)

OSTEOARTICULAR SYSTEM (p.44)

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RESPIRATORY SYSTEM (p.56)

PROPOLINEA (p.62)

ENERGY SYSTEM (p.68)

SPORT & WELL-BEING (p.83)

TONIC (p.90)

PHYSICAL CONDITION AND SILHOUETTE (p.96)

SKIN AND SKIN APPENDAGES

ORAL HYGIENE (p.119)

Restorative supplements for Women

Anti-hair loss line

FOOD SUPPLEMENT BASED ON SPIRULINA for a supporting and restorative action, Millet for nails and hair well-being and Acid Folic intervening in the cell division process and contributing to the normal amino acids synthesis which are necessary for the hair needs. With the addition of dry extracts of Soy, Fenugreek and Hop. Enriched with hydrolyzed Keratin, Cystine and Methionine.



Contents: 50 tablets of 850 mg
Recommended use: 1 tablet in the morning and 1 tablet in the evening.

Nutritional intake	Contents per tablet	Per maximum daily dose	% NRV
L-Cystine	200mg	400mg	-
Fenugreek dry extract E/D:1/4	64mg	128mg	-
Millet dry extract tit.E/D:1/4	64mg	128mg	-
Hop dry extract tit. 0,1% flavonoids	64mg	128mg	-
	0,064mg	0,128mg	-
Hydrolyzed keratin	50mg	100mg	-
L-Methionine	50mg	100mg	-
Spirulina powder	34mg	68mg	-
Soy dry extract tit. 40% isoflavones	16mg	32mg	-
	6,4mg	12,8mg	-
Zinc oxide of which Zinc	6,25mg	12,5mg	100
	5mg	10mg	-
Folic acid	0,1mg	0,2mg	100
Selenium L-Methionine of which Selenium	0,068mg	0,136mg	100
	27,5mcg	55mcg	-
Vitamin H	0,025mg	0,05mg	100

*Nutrients Reference Value

PRODUCT FUNCTIONS

- With Millet
For hair's well-being



8 050534 219586

Restorative supplements for Men

Anti-hair loss line

FOOD SUPPLEMENT BASED ON SPIRULINA for a supporting and restorative action, Millet for nails and hair well-being and Acid Folic intervening in the cell division process and contributing to the normal amino acids synthesis which are necessary for the hair needs. With the addition of dry extracts of Saw Palmetto, Pumpkin seeds and micronized powder of Walnut Husk. Enriched with hydrolyzed Keratin, Cystine and Methionine.



Contents: 50 tablets of 850 mg
Recommended use: 1 tablet in the morning and 1 tablet in the evening.

Nutritional intake	Contents per tablet	Per maximum daily dose	% NRV
L-Cystine	200mg	400mg	-
Maca dry extract tit.0,5% B-Ecdysone	70mg	140mg	-
Saw Palmetto dry extract tit.30% total fatty acids	0,35mg	0,7mg	-
	70mg	140mg	-
Millet dry extract tit.E/D:1/4	21mg	42mg	-
	64mg	128mg	-
Pumpkin dry extract tit.E/D:1/4	64mg	128mg	-
Hydrolyzed keratin	50mg	100mg	-
L-Methionine	50mg	100mg	-
Spirulina powder	34mg	68mg	-
Walnut husk powder	18mg	36mg	-
Zinc oxide of which Zinc	6,25mg	12,5mg	100
	5mg	10mg	-
Folic acid	0,1mg	0,2mg	100
Selenium L-Methionine of which Selenium	0,068mg	0,136mg	100
	27,5mcg	55mcg	-
Vitamin H	0,025mg	0,05mg	100

*Nutrients Reference Value

PRODUCT FUNCTIONS

- With Millet
For hair's well-being

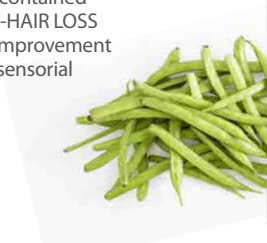


8 050534 219593

Anti-hair loss Shampoo

Anti-hair loss line

The ANTI-HAIR LOSS SHAMPOO, which effectively combines TCL® by Alta Natura and Hydrolyzed Keratin Microproteins, provides daily nourishment to hair. Volunteers who took part in a study on the complex made up of Amino Acids, Soya Sulfopeptides, and Aminosaccharides contained in Trichology Lab® ANTI-HAIR LOSS SHAMPOO noticed an improvement in the appearance and sensorial qualities of hair.



Contents: 250 ml

How to use: apply the shampoo to a wet scalp and massage gently for a few minutes, then rinse thoroughly. Visible results after 2-3 treatment cycles. For best results, complete the treatment by using the ANTI-HAIR LOSS CONDITIONER, INTENSIVE TREATMENT, and LOTION.

Ingredients:

Aqua, Cocamidopropyl Betaine, Ammonium Lauryl Sulfate, Disodium Laureth Sulfosuccinate, Glycerin, Aloe Barbadensis Leaf Juice, Peg-200 Hydrogenated Glyceryl Palmate, Phenoxyethanol, Parfum, Silicone Quaternium-22, Peg-7 Glyceryl Cocoate, Coco-Glucoside, Glyceryl Oleate, Polyquaternium-7, Hydrolyzed Keratin, Panthenol, Peg/Ppg-20/6 Dimethicone, Polyglyceryl-3 Caprate, Dipropylene Glycol, Ethylhexylglycerin, Centella Asiatica Extract, Arginine, Acetyl Tyrosine, Peg-12 Dimethicone, Propylene Glycol, Zinc Gluconate, Calcium Pantothenate, Palmitamidopropyltrimonium Chloride, Ornithine Hcl, Niacinamide, Polyquaternium-11, Citrulline, Hydrolyzed Soy Protein, Glucosamine Hcl, Arctium Majus Root Extract, Panax Ginseng Root Extract, Biotin, Guar Hydroxypropyltrimonium Chloride.

PRODUCT FUNCTIONS

- For weak and thinning hair
- Protected hair, every day



8 050534 219616



Anti-hair loss Conditioner

Anti-hair loss line

The ANTI-HAIR LOSS CONDITIONER leaves hair soft and easy to comb. The effective blend of TCL® by Alta Natura and the Coco-glycerides contained in the Organic Wild Mango Butter add volume and shine to hair while nourishing it. Volunteers who took part in a study on the complex made up of Amino Acids, Soya Sulfopeptides, and Aminosaccharides contained in Trichology Lab® ANTI-HAIR LOSS CONDITIONER noticed an improvement in the appearance and sensorial qualities of hair.



Contents: 200 ml

How to use: Apply to damp hair after washing, starting from the ends and working your way up to 3-4 centimetres from the roots and massage in gently. Leave in for at least three minutes, then rinse thoroughly. For best results, complete the treatment by using the ANTI-HAIR LOSS SHAMPOO, INTENSIVE TREATMENT, and LOTION.

Ingredients:

Aqua, Cetearyl Alcohol, Caprylic/Capric Triglyceride, Aloe Barbadensis Leaf Juice, Polyquaternium-37, Cetrimonium Chloride, Dicaprylyl Carbonate, Phenoxyethanol, Parfum, Octyldodecanol, Polyquaternium-7, Guar Hydroxypropyltrimonium Chloride, Glycerin, Irvingia Gabonensis Kernel Butter, Hydrogenated Coco-Glycerides, Ethylhexylglycerin, Centella Asiatica Extract, Arginine, Acetyl Tyrosine, Lauryl Glucoside, Peg-12 Dimethicone, Zinc Gluconate, Calcium Pantothenate, Ornithine Hcl, Niacinamide, Polyquaternium-11, Citrulline, Hydrolyzed Soy Protein, Glucosamine Hcl, Arctium Majus Root Extract, Panax Ginseng Root Extract, Biotin.

PRODUCT FUNCTIONS

- Hair easier to comb and softer
- Resistant, strong and vigorous hair for longer



8 050534 219623



Anti-hair loss Intensive Treatment

Anti-hair loss line

The ANTI-HAIR LOSS INTENSIVE TREATMENT makes hair stronger, more solid, and easier to comb. The effective blend of TCL® by Alta Natura and the Coco-glycerides contained in the Organic Wild Mango Butter add volume and shine to hair while nourishing it. Volunteers who took part in a study on the complex made up of Amino Acids, Soya Sulfopeptides, and Aminosaccharides contained in Trichology Lab® ANTI-HAIR LOSS INTENSIVE TREATMENT noticed an improvement in the appearance and sensorial qualities of hair.



Contents: 200 ml

How to use: Apply to damp hair after washing, starting from the ends and working your way up to 3-4 centimetres from the roots and massage in gently. Leave in for at least three minutes, then rinse thoroughly. For best results, complete the treatment by using the ANTI-HAIR LOSS SHAMPOO, CONDITIONER, and LOTION.

Ingredients:

Aqua, Cetearyl Alcohol, Caprylic/Capric Triglyceride, Aloe Barbadensis Leaf Juice, Polyquaternium-37, Cetrimerium Chloride, Dicaprylyl Carbonate, Phenoxethanol, Parfum, Octyldodecanol, Polyquaternium-7, Guar Hydroxypropyltrimonium Chloride, Glycerin, Irvingia Gabonensis Kernel Butter, Hydrogenated Coco-Glycerides, Ethylhexylglycerin, Centella Asiatica Extract, Arginine, Acetyl Tyrosine, Lauryl Glucoside, Peg-12 Dimethicone, Zinc Gluconate, Calcium Pantothenate, Ornithine Hcl, Niacinamide, Polyquaternium-11, Citrulline, Hydrolyzed Soy Protein, Glucosamine Hcl, Arctium Majus Root Extract, Panax Ginseng Root Extract, Biotin.

PRODUCT FUNCTIONS

- Volumising effect and improved combability
- Visibile riduzione della perdita dei capelli



8 050534 219630



Anti-hair loss Lotion

Anti-hair loss line

The ANTI-HAIR LOSS LOTION makes hair stronger, more solid, easier to comb, and more voluminous. It helps to promote natural hair growth, nourishing hair and facilitating regrowth by acting directly on the hair and hair bulb. Volunteers who took part in a study on the complex made up of Amino Acids, Soya Sulfopeptides, and Aminosaccharides contained in Trichology Lab® ANTI-HAIR LOSS LOTION noticed an improvement in the appearance and sensorial qualities of hair.



Contents: 20 single-dose ampoules of 5ml

How to use: for best results, apply one vial to damp hair, and rub into the scalp and hair. Massage gently and leave on for a few minutes, then blow-dry. For best results, complete the treatment by using the ANTI-HAIR LOSS SHAMPOO, CONDITIONER, and INTENSIVE TREATMENT. Maintenance: 1 vial 2 or 3 times a week.

Ingredients:

Aqua, Alcohol Den., Propylene Glycol, Ethoxydiglycol, Serenoa Serrulata extract, Folic Acid, Urtica Diodica extract, Eugenia Caryophyllus extract, Glycyrrhiza Glabra extract, Trigonella Foenum Graecum extract, Panthenol, Biotin, Inositol, Sodium Riboflavin Phosphate, Hydrolyzed silk, Carnitine, Methionine, Cysteine, Lysine, Copper Gluconate, Pyridoxine, Imidazolidinyl Urea, Parfum, Sodium Pca, Zinc Pca, Polyglyceryl-4 Caprilate, Sodium Lauroyl Glutamate, Decyl Glucoside, Diglycerin, Citric Acid, Phenoxethanol, Sodium Dehydroacetate.

PRODUCT FUNCTIONS

- Assists the physiological hair growth cycle
- For stronger, thicker hair



8 050534 219609



Dermopurifying

Hormonal swings, an unbalanced diet, atmospheric impurities or aggressive products can undermine facial skin, leading to the appearance of acne. A targeted dermopurifying treatment starts with proper daily cleansing and continues with the topical use of specific cosmetics and internal treatment with effective supplements.

Easy Akne Dermocream Dermopurifying

DERMOCREAM is based on Moringa oleifera and Boldo vegetable extracts. It stimulates the activation of the mechanisms of skin self-defence. It also helps purify the epidermal layer and creates a protective barrier against external pollutants.

MICROBIOLOGICALLY AND
DERMATOLOGICALLY TESTED



Contents: 50 ml

How to use: 2 applications daily, preferably in the morning and in the evening, on freshly cleansed skin. Massage gently for a few minutes until completely absorbed.

Ingredients:

AQUA, COCO-CAPRYLATE, GLYCERYL STEARATE, CETEARYL ALCOHOL, GLYCERIN, PASSIFLORA INCARNATA SEED OIL, PHENOXYETHANOL, BUTYLENE GLYCOL, SODIUM STEAROYL GLUTAMATE, PARFUM, XANTHAN GUM, PENTYLENE GLYCOL, PEUMUS BOLDUS LEAF EXTRACT, LACTIC ACID, TOCOPHERYL ACETATE, ETHYLHEXYLGLYCERIN, MICA, BENZYL SALICYLATE, MALTODEXTRIN, MORINGA OLEIFERA SEED EXTRACT, COUMARIN, LINALOOL, HEXYL CINNAMAL, LAUROYL LYSINE, ALPHA-ISOMETHYL IONONE, D-LIMONENE, CITRONELLOL.

PRODUCT FUNCTIONS

- Dermopurifying
- Sebum-normalizing
- Smoothing
- Anti-shine effect



Easy Akne Dermomousse

Dermal cleansing

Designed by using delicate tensioactives for the cleansing of oily skin and with pimples. This soft mousse is able to remove skin impurities and excess sebum. Bacteriostatic and anti-redness action.

MICROBIOLOGICALLY AND DERMATOLOGICALLY TESTED



Contents: 200 ml

How to use: dispense from 1 to 2 doses of mousse into your palm and apply it gently on your face in order to purify it. Then rinse with water.

Ingredients:

AQUA, SODIUM LAURYL GLUCOSE CARBOXYLATE, SODIUM COCOYL GLUTAMATE, LAURYL GLUCOSIDE, GLYCERIN, POTASSIUM LACTATE, PHENOXYETHANOL, COCO-GLUCOSIDE, GLYCERYL OLEATE, LACTIC ACID, PROPYLENE GLYCOL, BUTYLENE GLYCOL, ETHYLHEXYLGLYCERIN, PARFUM, PEUMUS BOLDUS LEAF EXTRACT, PENTYLENE GLYCOL, MALTODEXTRIN, MORINGA OLEIFERA SEED EXTRACT, XANTHAN GUM.

PRODUCT FUNCTIONS

- Face mousse cleanser at physiological pH
- Astringent - Soothing
- Dermonormalising
- Sebum balancing



8 050534 218947



Easy Akne Dermofood

Eudermia and purification

The active substances contained in the dry extracts of Burdock, Heart's ease and Fumitory promote the depurative functions of the body and skin well-being. With Dandelion, Milk thistle, Java tea and Walnut.



Contents: 60 tablets of 500 mg
Recommended use: 1 tablet in the morning and 1 tablet in the evening

Nutritional intake	Contents per tablet	Contents per maximum daily dose (2 tablets)
Burdock dry extract tit. 2% inulin	125mg 2,5mg	250mg 5mg
Heart's easedry extract E/D:1/4	100mg	200mg
Fumitory dry extract tit. 0,4% protopine	50mg 0,02mg	100mg 0,04mg
Dandelion dry extract tit. 2% inulin	50mg 1mg	100mg 2mg
Java tea dry extract tit. 0,1% sinensetin	50mg 0,05mg	100mg 0,10mg
Milk thistle dry extract tit. 2% silymarin	25mg 0,5mg	50mg 1mg
Walnut dry extract E/D:1/4	25mg	50mg

PRODUCT FUNCTIONS

- With Walnut and Pansy
Depurative functions of the organism



8 050534 218961



Nail wellness

The state of one's nails says a lot about one's personality and habits, and a well-groomed hand is definitely a good business card. Whether they are natural or covered with nail polish, nails must be constantly cared for, paying close attention to the surrounding cuticles as well. Unfortunately, potential traumas, microorganisms and wrong habits constantly undermine nail wellbeing. The researchers at Alta Natura have formulated an entire line dedicated to their care, for healthy and strong nails that would pass the handshake test.

Nail Add Nourishing tablets Nail wellness

Food supplement based on Collagen and Keratin – the main components of cutaneous annexes, nails and hair - Vitamin B2, B6 and Biotin for the normal energetic metabolism and Vitamin E for an antioxidant action. Enhanced with L-Cystine and L-Methionine, sulphurated amino acids contained in the normal Keratin.



Contents: 30 tablets of 1,5 g
Recommended use: 1 tablet in the morning without food.

Nutritional intake	Per maximum daily dose (1 tablet)	%NRV
L-Cystine	150mg	-
L-Methionine	150mg	-
Hydrolysed marine collagen	100mg	-
Millet dry extract E/D:1/4	60mg	-
Hydrolysed keratin	50mg	-
Horsetail dry extract	50mg	-
tit. 2% silica	1mg	-
Methylsulfonylmethane (MSM)	50mg	-
Zinc bisglycinate	50mg	100%
Wakame algae dry extract	40mg	-
tit. 10% fucoxanthin	4mg	-
Selenium L-Methionine	11mg	-
of which Selenium	55mcg	100%
Vitamin E	10mg	83%
Copper gluconate	7,14mg	-
of which Copper	1mg	100%
Vitamin B2	1,4mg	100%
Vitamin B6	1,4mg	100%
Vitamin B8	0,05mg	100%

NRV= Nutrient Reference Value

PRODUCT FUNCTIONS

- With Collagen and Keratin
**Normal components of nails
and hair**



Nail Add Protective Shield Nail wellness

Food supplement based on Millet, for a supportive and restorative action for nails well-being, and Tea Tree Oil. With the addition of Grapefruit seeds glycerin extract and essential oils of Sage and White thyme for an antioxidant action, it supports Vitamin E in protecting cells against oxidative stress. With Copper to keep connective tissues and skin pigmentation – also the one of bed nails – normal; Selenium and Zinc to keep nails normal. Enhanced with essential oils of Eucalyptus, Lavander, Lemon, Geranium and Laurel.



Contents: 30ml

Recommended use: From 5 to 7 drops daily to be diluted in little water. In combination, apply from 1 to 2 drops directly on your nail and surrounding areas twice a day, then massage.

Continue the treatment until the complete replacement of the nail.

Nutritional intake	Per maximum daily dose (7 drops = 0,35ml)	%NRV*
Bisglycinate Zinc:	75mg	-
Zinc (Zn)	15mg	150%
Grapefruit seeds glycerin extract	50mg	-
Millet dry extract E/D:1/4	30mg	-
Selenium L-Methionine:	11mg	-
Selenium (Se)	55µg	100%
Vitamin E (Tocopherol)	10mg	83%
Copper gluconate:	7,14mg	-
Copper (Cu)	1mg	100%
Tea tree oil essential oil	7mg	-
Eucalyptus essential oil	6,5mg	-
Lemon essential oil	6mg	-
Lavender essential oil	5mg	-
White thyme essential oil	3mg	-
Geranium essential oil	1,8mg	-
Sage essential oil	1,2mg	-
Bay laurel essential oil	1mg	-

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Millet for
Nails well-being



8 050534 218992



Nail Add Restorative Anti-nail Biting Nail wellness

Nail Add is a cosmetic having anti-nail biting and anti-suction functions and hydrating and emollient effects thanks to Onicosan®, the last invention of Alta Natura®, against fragile thin nails and dry cuticles. The antioxidant action of Vitamin E, combined with the nourishing and strengthening properties of Keratin, a normal component of nails, gives a cared-for look and healthier nails.



Contents: 20 ml

How to use: SHAKE WELL BEFORE USE. Apply on each nail some brush strokes to cover cuticles and nail bed. Repeat the application several times a day if necessary.

Ingredients:

AQUA, PRUNUS AMYGDALUS DULCIS OIL, SIMMONDSIA CHINENSIS SEED OIL, POLYSORBATE 80, HYDROLYZED KERATIN, TOCOPHERYL ACETATE, RICINUS COMMUNIS SEED OIL, CITRIC ACID, COCOS NUCIFERA OIL, DENATONIUM BENZOATE, POTASSIUM SORBATE, SODIUM BENZOATE.

PRODUCT FUNCTIONS

- **ONICOSAN®** exclusive formula
Counteracting onychophagy
- With Keratin and Vitamin E
Restorative formula for nails well-being



8 050534 218995



Collagen Skin well-being

Food supplement based on hydrolysed marine Collagen, Sodium hyaluronate and Coenzyme Q10. Enriched with Vitamin C, which contributes to the formation of collagen and to the normal function of the skin, as well as to the protection of cells from oxidative stress. With Dioscorea for the contrast of menopausal disorders, and Burdock that contributes to the purifying functions of the body, useful for skin wellness. With the addition of Copper, which helps in the normal pigmentation of skin and hair, and Zinc, which contributes to the maintenance of skin, hair and nails normal.

Contents: 10 vials of 35 ml

Recommended use: 1 vial daily. Shake well before use.



Nutritional intake	Per maximum daily dose (1 vial)	NRV%*
Hydrolysed marine collagen	6000 mg	-
Vitamin C	80 mg	100%
Sodium Hyaluronate	40 mg	-
Microencapsulated coenzyme Q10	25 mg	-
of which Q10	2,5 mg	-
Dioscorea dry extract	20 mg	-
tit. 10% diosgenin	2 mg	-
Zinc gluconate	10,4 mg	-
of which Zinc	1,5 mg	15%
Burdock dry extract	10 mg	-
tit. 20% inulin	2 mg	-
Copper sulfate	0,6 mg	-
of which Copper	0,15 mg	15%

*Nutrient Reference Value

PRODUCT FUNCTIONS

- With Vitamin C
Normal collagen formation



Eudermia in 5 extracts

The Phytocreme 5 extracts® line consists of phytotherapeutic creams each focusing on a single plant.

In order to recover the entire phytocomplex, each plant undergoes several types of extraction. The result is formulas enriched with 5 different extracts of the same plant, obtaining a high extraction percentage of 45%, for a richer qualitative-quantitative spectrum of the active ingredients, their improved bioavailability in the skin and an advantageous synergy of the entire phytocomplex.

The presence of the titrated and standardised dry extract ensures a reproducible effect in achieving the desired eudermia.

The five extracts used for the Phytocreme line are:

- dry extract
- fluid extract
- hydroalcoholic extract
- glyceric extract
- lipophilic extract

Phytocrema Devil's claw Eudermic wellbeing

The 5 extracts formula provides the body with well-being, gives relief and supports the skin standardization processes. Devil's claw cream, thanks to the properties of the 5 extracts, is a valid remedy aiming to help the body with its natural regenerative ability.



Contents: 75ml

How to use: for maximum efficacy, it is suggested to apply it twice or three times daily on the affected area and massage the skin until completely absorbed.

Ingredients:

AQUA, CAPRYLIC/CAPRIC TRIGLYCERIDE, HARPAGOPHYTUM PROCUMBENS ROOT EXTRACT, COCO-CAPRYLATE, ALCOHOL, STEARYL ALCOHOL, BUTYROSPERMUM PARKII BUTTER, CETEARETH-25, ACRYLATES/C10-30 ALKYL ACRYLATE CROSSPOLYMER, TOCOPHERYL ACETATE, PHENOXYETHANOL, MALTODEXTRIN, PRUNUS AMYGDALUS DULCIS OIL, SODIUM HYDROXIDE, GLYCERIN, POTASSIUM SORBATE, EUCALYPTUS GLOBULUS LEAF OIL, SODIUM BENZOATE, MICA, ETHYLHEXYLGLYCERIN, CINNAMOMUM ZEYLANICUM LEAF OIL, TETRASODIUM EDTA, LAUROYL LYSINE, TOCOPHEROL, HELIANTHUS ANNUUS SEED OIL.

PRODUCT FUNCTIONS

- With Devil's claw
Eudermic wellbeing
from musculoskeletal disorders



8 050534 219807

Phytocrema Calendula Eudermic wellbeing

The 5 extracts formula gives relief to the skin by providing a pleasant sensation of well-being and supporting the physiological self-regenerating abilities. Calendula cream, thanks to the properties of the 5 extracts, aims to nourish and protect cracked skins and skins damaged by sun exposure. This product meets the needs of the skins subject to stress, stimulating natural defence mechanisms together with an important soothing action.



Contents: 75ml

How to use: for maximum efficacy, it is suggested to apply it twice or three times daily on the affected area and massage the skin until completely absorbed.

Ingredients:

AQUA, COCO-CAPRYLATE, ALCOHOL, CALENDULA OFFICINALIS FLOWER EXTRACT, HELIANTHUS ANNUUS SEED OIL, CAPRYLIC/CAPRIC TRIGLYCERIDE, STEARYL ALCOHOL, BUTYROSPERMUM PARKII BUTTER, CETEARETH-25, ACRYLATES/C10-30 ALKYL ACRYLATE CROSSPOLYMER, TOCOPHERYL ACETATE, PHENOXYETHANOL, MALTODEXTRIN, PRUNUS AMYGDALUS DULCIS OIL, SODIUM HYDROXIDE, GLYCERIN, CINNAMOMUM ZEYLANICUM LEAF OIL, POTASSIUM SORBATE, SODIUM BENZOATE, ANTHEMIS NOBILIS FLOWER OIL, MICA, ETHYLHEXYLGLYCERIN, TETRASODIUM EDTA, HYDRATED SILICA, LAUROYL LYSINE, TOCOPHEROL.

PRODUCT FUNCTIONS

- With Calendula
Lasting soothing
sensation



8 050534 219791

Phytocrema Arnica

Eudermic wellbeing

The 5 extracts formula supports the natural regenerative abilities of the skin. Arnica cream, thanks to the properties of the 5 extracts, is extremely useful for the skin.



Contents: 75ml

How to use: for maximum efficacy, it is suggested to apply it twice or three times daily on the affected area and massage the skin until completely absorbed.

Ingredients:

AQUA, COCO-CAPRYLATE, ALCOHOL, ARNICA MONTANA FLOWER EXTRACT, HELIANTHUS ANNUUS SEED OIL, CAPRYLIC/CAPRIC TRIGLYCERIDE, BUTYROSPERMUM PARKII BUTTER, STEARYL ALCOHOL, CETEARETH-25, ACRYLATES/C10-30 ALKYLACRYLATE CROSSPOLYMER, TOCOPHERYL ACETATE, PHENOXYETHANOL, MALTODEXTRIN, PRUNUS AMYGDALUS DULCIS OIL, GLYCERIN, POTASSIUM SORBATE, SODIUM BENZOATE, SODIUM HYDROXIDE, EUGENIA CARYOPHYLLUS OIL, EUCALYPTUS GLOBULUS LEAF OIL, MICA, ETHYLHEXYLGLYCERIN, TETRASODIUM EDTA.

PRODUCT FUNCTIONS

- With Arnica
**Quick relief from
contusions**



Phytocrema St John's wort

Eudermic wellbeing

The 5 extracts formula provides the skin with the ideal support during its regenerative phase. St John's wort cream stimulates the cellular renewal and the rehydration of the exposed parts by supporting skin normalization. It also contributes to the formation of a protective barrier against external agents, thus supports the necessary skin maintenance.



Contents: 75ml

How to use: for maximum efficacy, it is suggested to apply it twice or three times daily on the affected area and massage the skin until completely absorbed.

Ingredients:

AQUA, CAPRYLIC/CAPRIC TRIGLYCERIDE, COCO-CAPRYLATE, ALCOHOL, HYPERICUM PERFORATUM FLOWER/LEAF/STEM EXTRACT, STEARYL ALCOHOL, BUTYROSPERMUM PARKII BUTTER, CETEARETH-25, ACRYLATES/C10-30 ALKYL ACRYLATE CROSSPOLYMER, TOCOPHERYL ACETATE, PHENOXYETHANOL, PROPYLENE GLYCOL, MALTODEXTRIN, PRUNUS AMYGDALUS DULCIS OIL, SODIUM HYDROXIDE, GLYCERIN, POTASSIUM SORBATE, SODIUM BENZOATE, MICA, MENTHA PIPERITA OIL, EUCALYPTUS GLOBULUS LEAF OIL, ETHYLHEXYLGLYCERIN, CINNAMOMUM ZYLANICUM BARK OIL, TETRASODIUM EDTA, LAUROYL LYSINE, TOCOPHEROL, HELIANTHUS ANNUUS SEED OIL

PRODUCT FUNCTIONS

- With Hypericum
**Skin normalising and
adjuvant**



Phytocrema Thymus

Eudermic wellbeing

The 5 extracts formula helps to maintain the proper physiological balance of the skin and supports its natural regenerative abilities. Thyme cream, thanks to its exclusive formula, has an astringent, sebum-regulating and balsamic activity.



Contents: 75ml

How to use: for maximum efficacy, it is suggested to apply it twice or three times daily on the affected area and massage the skin until completely absorbed.

Ingredients:

AQUA, HELIANTHUS ANNUUS SEED OIL, GLYCERIN, THYMUS VULGARIS FLOWER/LEAF EXTRACT, BUTYROSPERMUM PARKII BUTTER, CAPRYLIC/CAPRIC TRIGLYCERIDE, STEARYL ALCOHOL, CETEARETH-25, PRUNUS AMYGDALUS DULCIS OIL, TOCOPHERYL ACETATE, MALTODEXTRIN, ACRYLATES/C10-30 ALKYL ACRYLATE CROSSPOLYMER, PHENOXYETHANOL, PROPYLENE GLYCOL, ALCOHOL, POTASSIUM SORBATE, SODIUM BENZOATE, THYMUS VULGARIS LEAF OIL, SODIUM HYDROXIDE, TETRASODIUM EDTA, ETHYLHEXYLGLYCERIN, LINALOOL, D-LIMONENE.

PRODUCT FUNCTIONS

- With Thyme
Rapid relief from cold-related discomfort



Phytocrema Tea Tree

Eudermic wellbeing

The formula based on the essential oil of Malaleuca, commonly known as Tea tree oil, is an effective remedy with bacteriostatic properties. It is able to counteract skin impurities effectively and give relief in case of skin irritations and chapped skin.



Contents: 75ml

How to use: for maximum efficacy, it is suggested to apply it twice or three times daily on the affected area and massage the skin until completely absorbed.

Ingredients:

AQUA, BUTYROSPERMUM PARKII BUTTER, CAPRYLIC/CAPRIC TRIGLYCERIDE, STEARYL ALCOHOL, CETEARETH-25, PRUNUS AMYGDALUS DULCIS OIL, TOCOPHERYL ACETATE, MELALEUCA ALTERNIFOLIA LEAF OIL, SODIUM GLUCONATE, ACRYLATES/C10-30 ALKYL ACRYLATE CROSSPOLYMER, PHENOXYETHANOL, SODIUM HYDROXIDE, ETHYLHEXYLGLYCERIN.

PRODUCT FUNCTIONS

- With Tea Tree
Relief from skin irritations and cracks



Pic Free Spray Mosquito repellent

The intense scent of the essential oils of Cloves, Lavender, Eucalyptus, Rosemary, Lemon and Ginger, in synergy with Citronella essential oil, give origin to a natural barrier against insects. The essential oils of natural origin give the skin a sensation of freshness, thus masking the typical smell of human skin with a fragrance light and long-lasting tones.



Contents: 120 ml

How to use: Spray the product on the areas to be protected and massage until fully absorbed. Repeat the application if necessary. When applied to children, spray the product on your hands first and then apply it on your baby's skin. Shake well before use.

Ingredients:

Aqua, Polysorbate 80, Glycerin, D-limonene, Phenethyl Alcohol, Sodium Benzoate, Potassium Sorbate, Caprylyl Glycol, Juniperus Virginiana Wood Oil, Ricinus Communis Seed Oil, Tocopheryl Acetate, Eucalyptus Citriodora Oil, Citral, Cymbopogon Winterianus Herb Oil, Mentha Arvensis Extract, Eucalyptus Globulus Leaf/twig Oil, Acrylates/c10-30 Alkyl Acrylate Crosspolymer, Cymbopogon Citratus Leaf Oil, Linalool, Citronellol, Geraniol, Litsea Cubeba Fruit Oil, Lavandula Hybrida Oil, Sodium Hydroxide, Cinnamal, Eugenol, Cinnamomum Cassia Leaf Oil, Thymus Vulgaris Leaf Oil, Rosmarinus Officinalis Extract, Pogostemon Cablin Leaf Oil, Foeniculum Vulgare Oil, Zingiber Officinale Root Oil, Eugenia Caryophyllus Leaf Oil, Coriandrum Sativum Fruit Oil, Cinnamomum Camphora Bark Oil, Citrus Limon Peel Oil, Eugenia Caryophyllus Stem Oil, Farnesol, D-alpha-pinene.

PRODUCT FUNCTIONS

- Skin spray
Natural and delicate protection against insects



Pic Free Roll-on Post insect bite

Pic free roll-on is a blend of cosmetic actives useful to soothe itching and irritation. It helps restore the skin from dryness and redness, hydrating it and maintaining it in good condition. With Bisabolol.



Contents: 35 ml

How to use: Apply the gel on the affected area. Make circular movements. Let the skin absorb the gel.

Ingredients:

Aqua, aloe barbadensis leaf juice, glycerin, dimethyl sulfone, polyglyceryl-6 caprylate, polyglyceryl-4 caprate, Panthenol, phenoxyethanol, sodium acrylates copolymer, butylene glycol, lecithin, parfum, allantoin, bisabolol, Ethylhexylglycerin, sodium hyaluronate, farnesol, palmitoyl tripeptide-8, dextran.

PRODUCT FUNCTIONS

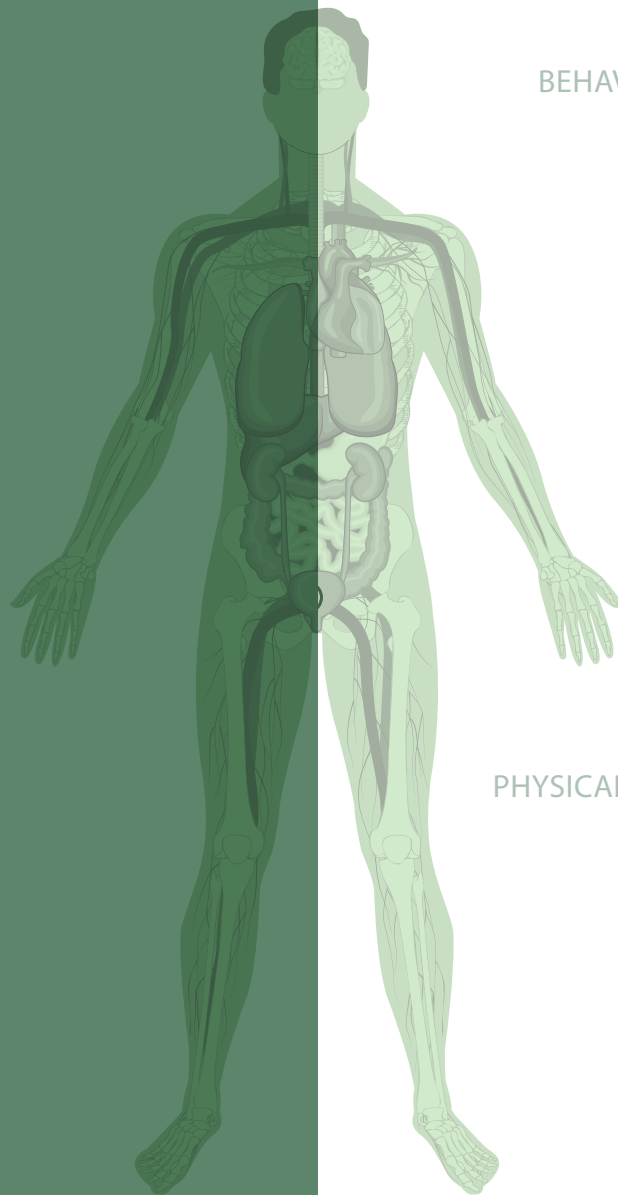
- Post-sting roll-on
Relieves itching and irritation
Reduces redness and dryness
Restores the skin





Oral hygiene

PART 14



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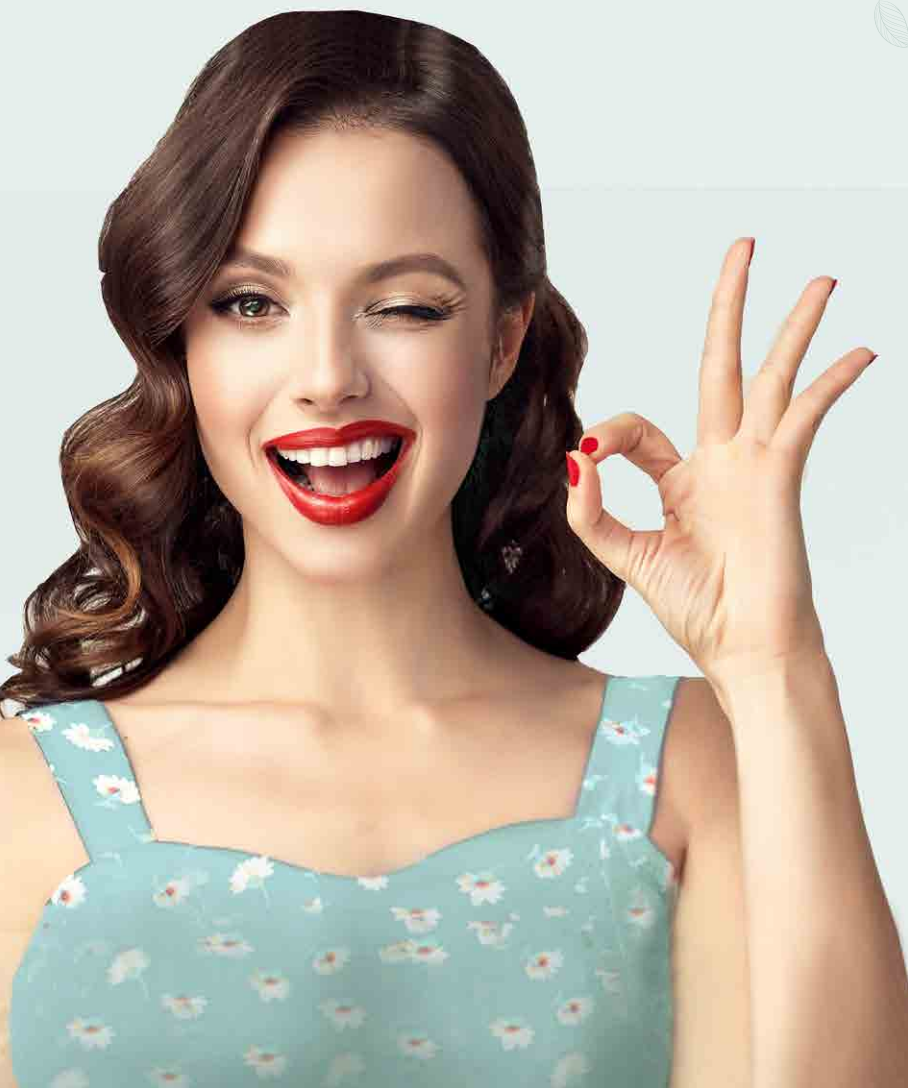
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ORAL HYGIENE





Dental wellbeing

Various periodontal disorders and classic cavities, if neglected, can compromise the health of the oral cavity and the entire body.

Designed with natural ingredients, the Oral care® line guarantees total and prolonged oral hygiene for the whole family.

The toothpastes in the line are enriched with Hydroxyapatite Biomimetic®, an essential component of the tooth, necessary for complete remineralisation of enamel and dentine and fast repair of micro lesions.

Mouthwash and oral spray complement oral hygiene, reducing gum hypersensitivity and providing a fresher, longer-lasting breath.

Tartar Control toothpaste

Protection, anti-plaque, refreshing

TARTAR CONTROL TOOTHPASTE is born from the research of a blend of pure essential oils, which helps prevent the formation of dental plaque, responsible for tartar formation. This formula has a purifying and refreshing action which contributes to leave your mouth clean and a pleasant feeling of freshness thanks to Mint essential oil.



Contents: 75ml

How to use: For a more effective use of this product, do not wet the toothpaste before applying it. For a proper oral hygiene, it is highly recommended to brush your teeth after each meal, for 2 or 3 minutes at least. Brush your anterior and posterior teeth thoroughly.

Ingredients:

Aqua, Hydrated Silica, Glycerin, Aloe Barbadensis Leaf Juice, Sorbitol, Hydroxyapatite, Xanthan Gum, Xylitol, Aroma, Capryl/Capramidopropyl Betaine, Rosmarinus Officinalis Oil, Mannitol, Titanium Dioxide, Sodium Saccharin, Mentha Piperita Oil, Zinc Chloride, Sodium Chloride, Thymus Capitatus Herb Oil, Citrus Limon Peel Oil, Cinnamomum Zeylanicum Bark Oil, Melaleuca Alternifolia Leaf Oil, Phenoxyethanol, Ethylhexylglycerin.

PRODUCT FUNCTIONS

- Against tartar and plaque formation
- Remineralised enamel and dentin
- Repaired microlesions



Whitening toothpaste

Strengthening, protection, purifying

The synergistic action among minerals and essential oils strengthens enamel without removing it, thus creating a protective layer that gives the tooth surface a new light. This formula has a purifying and refreshing action which contributes to leave your mouth clean and a pleasant feeling of freshness thanks to Mint essential oil.



Contents: 75ml

How to use: For a more effective use of this product, do not wet the toothpaste before applying it. For a proper oral hygiene, it is highly recommended to brush your teeth after each meal, for 2 or 3 minutes at least. Brush your anterior and posterior teeth thoroughly.

Ingredients:

Aqua, Hydrated Silica, Glycerin, Aloe Barbadensis Leaf Juice, Sorbitol, Hydroxyapatite, Xanthan Gum, Xylitol, Aroma, Capryl/Capramidopropyl Betaine, Mentha Piperita Oil, Mannitol, Titanium Dioxide, Sodium Saccharin, Salvia Officinalis Oil, Zinc Chloride, Sodium Chloride, Citrus Limon Peel Oil, Phenoxyethanol, Ethylhexylglycerin.

PRODUCT FUNCTIONS

- Whitened teeth and protected dental surface
- Remineralised enamel and dentin
- Repaired microlesions



Toothpaste for sensitive teeth

Protection, refreshing, purifying

The TOOTHPASTE FOR SENSITIVE TEETH is the combination of natural extracts and precious minerals. With HYDROXYAPATITE, which is able to repair the micro injuries of enamel and dentine. A proper maintenance of enamel and dentine helps protect teeth against thermal stimuli causing dentin hypersensitivity. This formula has a purifying and refreshing action which contributes to leave your mouth clean and a pleasant feeling of freshness thanks to Mint essential oil.



Contents: 75 ml

How to use: For a more effective use of this product, do not wet the toothpaste before applying it. For a proper oral hygiene, it is highly recommended to brush your teeth after each meal, for 2 or 3 minutes at least. Brush your anterior and posterior teeth thoroughly.

Ingredients:

Aloe Barbadensis Leaf Juice, Hydrated Silica, Glycerin, Sorbitol, Aqua, Hydroxyapatite, Propylene Glycol, Xanthan Gum, Xylitol, Aroma, Krameria Triandra Root Extract, Capryl/Capramidopropyl Betaine, Eucalyptus Globulus Leaf Oil, Mannitol, Titanium Dioxide, Mentha Piperita Oil, Sodium Saccharin, Calendula Officinalis Flower Extract, Zinc Chloride, Sodium Chloride, Phenoxyethanol, Ethylhexylglycerin.

PRODUCT FUNCTIONS

- Reduced dental hypersensitivity
- Remineralised enamel and dentin
- Repaired microlesions



8 050534 217643



FREE FROM: FLUORINE,
SLS, SLES, PARABENS AND
ABRASIVE SUBSTANCES

Ultrawhitening toothpaste

Ultrawhitening, smoothing and purifying action

The activated charcoal toothpaste, created by Alta Natura®, is born from the use of coconut carbons. Its black colour is due to carbon powder, which is able to hold and absorb the impurities of the oral cavity. Mint and Tea Tree essential oils create the perfect combination for a clean mouth and a pleasant feeling of freshness.



Contents: 75 ml

How to use: For a more effective use of this product, do not wet the toothpaste before applying it. For a proper oral hygiene, it is highly recommended to brush your teeth after each meal, for 2 or 3 minutes at least. Brush your anterior and posterior teeth thoroughly.

Ingredients:

Aqua, Hydrated Silica, Glycerin, Aloe Barbadensis Leaf Juice, Sorbitol, Hydroxyapatite, Xanthan Gum, Xylitol, Aroma, Charcoal Powder, Capryl/Capramidopropyl Betaine, Mentha Piperita Oil, Mannitol, Sodium Chloride, Melaleuca Alternifolia Leaf Oil, Phenoxyethanol, Ethylhexylglycerin.

PRODUCT FUNCTIONS

- Absorbed impurities of the oral cavity for whiter teeth and a brilliant smile
- Remineralised enamel and dentin
- Repaired microlesions



8 050534 217612



FREE FROM: FLUORINE,
SLS, SLES, PARABENS AND
ABRASIVE SUBSTANCES

Toothpaste for children

Protection, anti-plaque, delicate

The toothpaste for children, created by Alta Natura®, was designed to protect and disinfect the children's oral cavity, from the eruption of the first teeth. The blueberry colour, combined with the strawberry flavour, makes the use of this toothpaste pleasant. It is based on minerals respecting the delicate balances of the children's oral cavity.



Contents: 75 ml

How to use: For a more effective use of this product, do not wet the toothpaste before applying it. For a proper oral hygiene, it is highly recommended to brush your teeth after each meal, for 2 or 3 minutes at least. Brush your anterior and posterior teeth thoroughly.

Ingredients:

Aloe Barbadensis Leaf Juice, Hydrated Silica, Glycerin, Sorbitol, Aqua, Aroma, Hydroxyapatite, Xanthan Gum, Xylitol, Capryl/Capramidopropyl Betaine, Titanium Dioxide, Mannitol, Sodium Saccharin, Sodium Chloride, Phenoxyethanol, Ethylhexylglycerin, CI 75470.

PRODUCT FUNCTIONS

- Protects and sanitises the child's oral cavity
- Remineralised enamel and dentin
- Repaired microlesions



8 050534 217605



Breath spray

Protection, fresh breath

Tea tree and Mint essential oils promote the function of the upper respiratory tract. Cinnamon, Fennel and Lemon essential oils support digestive function. Eucalyptus essential oil provides a pleasant balsamic effect and an emollient and soothing action on the oropharyngeal mucosa. With the glycerin extract of Prickly pear, Zinc gluconate and Sodium hyaluronate.



Contents: 20 ml

Recommended use: From 1 to 3 sprays from one to three times daily, or as needed. Shake well before use.

Nutritional information	Per maximum daily dose (1,71 ml)	*NRV%
Prickly pear glycerin extract	120 mg	-
Zinc gluconate of which zinc	11,97 mg 1,72 mg	17 %
Mint essential oil	6,84 mg	-
Eucalyptus essential oil	0,68 mg	-
Cinnamon rinds essential oil	0,68 mg	-
Sodium hyaluronate	0,513 mg	-
Tea tree essential oil	0,34 mg	-
Lemon essential oil	0,34 mg	-
Fennel essential oil	0,34 mg	-

*NRV%: Nutrient Reference Value

PRODUCT FUNCTIONS

- With essential oil of Eucalyptus, for a pleasant balsamic effect
- Emollient and soothing action on the oropharyngeal mucosa



8 050534 217575



Mouthwash

Protection for gums and sensitive teeth

This mouthwash by Alta Natura® is a product useful for the hygiene and protection of mouth, gums and teeth. Its formula, based on Mint, Fennel and Sage essential oils, is useful to refresh, sanitize and protect the oral cavity. If used regularly, it promotes a proper protection and dental plaque removal.



Contents: 500 ml

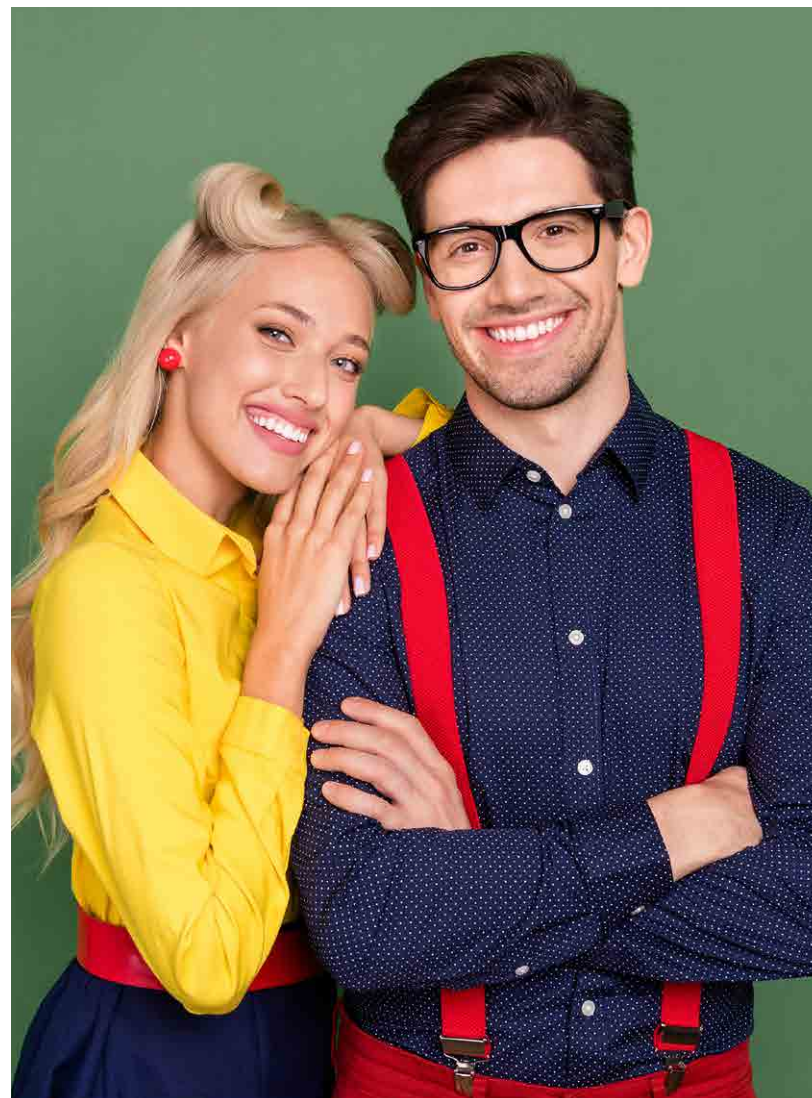
How to use: It is recommended to use this product in the morning and in the evening after teeth cleaning. Rinse your mouth for about 30 seconds.

Ingredients:

Aqua, sorbitol, hamamelis virginiana leaf water, aroma, mentha piperita oil, salvia officinalis oil, foeniculum vulgare dulce fruit oil, xylitol, mannitol, sodium benzoate, potassium sorbate, sodium saccharin, caprylyl/capryl glucoside, citric acid, ci 19140, ci 42051.

PRODUCT FUNCTIONS

- Total hygiene for the oral cavity
- Protective action on gums





Our unique ingredient is Nature.

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Alta Natura è un brand



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altanatura.com



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