

# Naturland®

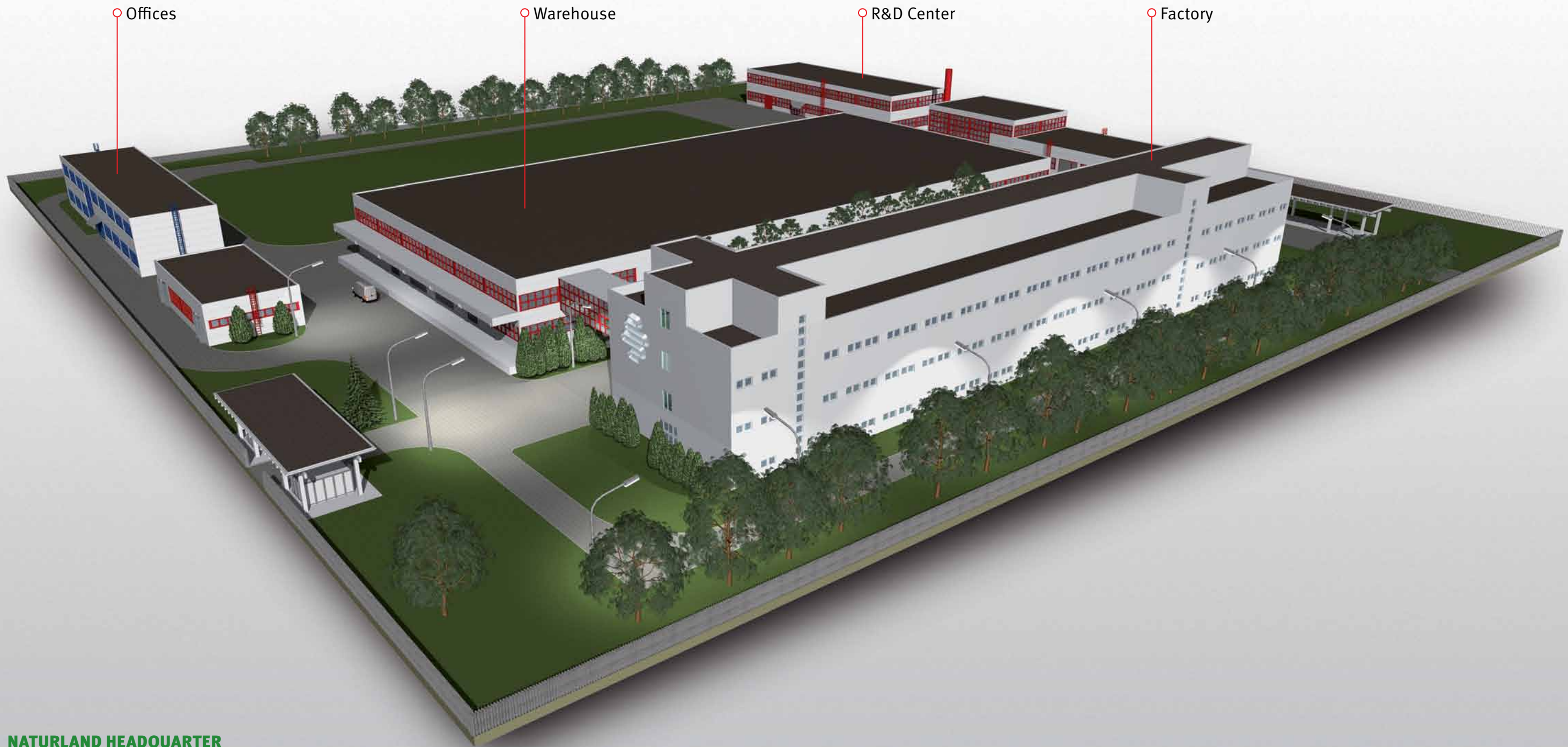


Traditionally innovative solutions from Europe



**QUALITY CONTROL** Naturland is a producer of natural pharmaceutical treatments, herbal medications and dietary supplements based in the European Union, since 1993. Our company meets all European standards for the pharmaceutical and herbal processing and has all the necessary certificates to produce and process herbal medicines. Production fully conforms to all European Union requirements. Our quality assurance system follows ISO 9001:2000 standards, conforms to Good Manufacturing Practice guidelines and HACCP principles.





Offices

Warehouse

R&D Center

Factory

**PRODUCTION** At Naturland we combine traditional natural remedies with the rigours of contemporary medical science. We produce registered herbal medicines and herbal preparations with known curative effects. Naturland also offers the production of medicine and contract manufacturing. Our company meets all European standards for the pharmaceutical and herbal processing and has all the necessary certificates to produce and process herbal medicines. We manufacture and package tablets, powders, suppositories, ointments, tinctures, oral drops, sterile ophthalmological solutions, suspensions and emulsions.



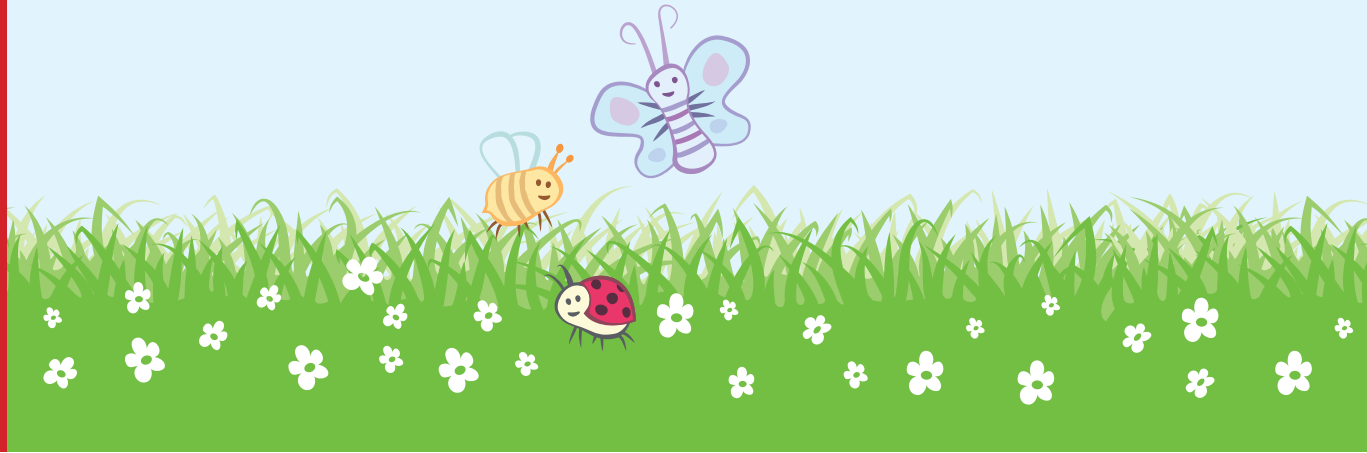
**OUR PHILOSOPHY** Naturland aims to improve the quality of people's lives with preventative health care products that promote well-being and inhibit disease. We offer safe, natural, side-effect free alternatives for the treatment of common illnesses.



**PRODUCTS** In our product line you will find everything that makes our lives liveable from newborns to elderly people. Naturland produces registered herbal medicines, natural remedies and herbal supplements, traditional herbal products, herbal teas, infusions, food supplements, natural cosmetics with herbal extracts and essential oils.

- BABY&MOM**
- APITHERAPY**
- TRADITIONAL HERBAL PRODUCTS**
- ELIXIRS & DROPS**
- FOOD SUPPLEMENTS**
- MOUTH CARE**
- HAIR CARE**
- HAND CARE**
- FOOT CARE**
- FRUIT TEAS**
- HERBAL TEAS**
- MUSCLE CARE**
- INNO RHEUMA FAMILY**

**PRODUCTS**



## Baby Bottom Cream

**INDICATED USE:** Provides a protective barrier that prevents diaper rash by blocking moisture in the diaper from the baby's skin. Cream containing castor oil, lanolin and 15% zinc oxide for skin protection.

**DIRECTIONS:** Apply a thin layer to clean, dry skin. Can be applied several times a day as needed.

CONTENT	60ml   150ml
SUBSTANCE	
PACKAGING	



## Baby Powder

**INDICATED USE:** Naturland Baby Powder cares for babies' silken skin. Its components keep sensitive baby skin dry and preserve its silk smoothness. It can be spread evenly, won't form lumps, sticks well to skin surface and has a pleasant scent.

**DIRECTIONS:** Absorbing moisture, Naturland Baby Powder is recommended to use after bathing for care of body folds.

CONTENT	60 g
SUBSTANCE	
PACKAGING	



## Calendula Baby Cream

**INDICATED USE:** A traditional European herbal skin care product for infants and for children and adults with sensitive skin. Its agents resupply the fat and moisture lost due to external factors, making skin soft, flexible and smooth.

**DIRECTIONS:** After cleaning (changing nappies, bathing) and sunbathing, apply lightly to skin surface multiple times a day.

CONTENT	100ml   150ml
SUBSTANCE	
PACKAGING	



## Baby's Belly Tea

**INDICATED USE:** Babies drinking Naturland Tea are generally recognized by the general air of well-being and the tranquility of their nights and days. Camomile blossom and fennel pod support babies' balanced digestion. From infant age.

**DIRECTIONS:** Put 1 teabag into a cup, pour 200 to 250 ml of boiling water on top, and cover for 3 to 5 minutes. Consume unflavored or season according to taste.

Recommended dosage is 1 cup per day from 0 to 6 months of age, 2 to 3 cups per day from 6 months to 3 years.

CONTENT	20 teabags
SUBSTANCE	
PACKAGING	



## Calendula Cream

**INDICATED USE:** Use regularly to help prevent or eliminate skin inflammations. Can be used to treat local skin inflammations of smaller size (rashes, freezes, losses of epithelium due to burns). Reduce inflammatory symptoms of phlebitis and eases related pain. Can be used to treat hard-healing wounds and chancres as well as emerods. Regenerating and hydrating agents help make skin smooth and soft.

**DIRECTIONS:** Clean the surface to be treated, then apply thinly and gently rub into skin 2 to 3 times daily.

CONTENT	60g   150ml
SUBSTANCE	
PACKAGING	



## Mom-to-be Cream

### INDICATED USE:

Nourishing and firming cream with coconut oil, maize germ oil, shea butter and vitamin E for regenerating and tightening the skin. The use of this product improves the elasticity and vitality of your skin.

**DIRECTIONS:** Massage cream into desired area of clean skin with circular motion. Apply twice daily.

CONTENT	100ml   150ml
SUBSTANCE	
PACKAGING	



APITHERAPY



## Mother's Milk Tea

**INDICATED USE:** Enhancing mother's milk production and supporting breastfeeding. Spasmolytic components help mother's digestion. Agents transferred to milk support digestion and regular functioning of baby's intestines.

**DIRECTIONS:** 3 to 4 times daily, pour 300 to 400 ml of boiling water on 1 satchel of tea mix, and cover for 10 to 15 minutes. Preferably consume unflavored.

CONTENT	25 teabags
SUBSTANCE	
PACKAGING	



## Melliora Cream

**INDICATED USE:** The product is suitable for reducing rheumatic, muscular and limb pain, arthritis, joint gout, and sciatica.

**DIRECTIONS:** Apply to the sore body part and its surroundings. Gently rub into skin. Repeat based on intensity of pain, up to 5 times a day. Melliora Cream can also be used as packing treatment.

CONTENT	60g   150ml
SUBSTANCE	
PACKAGING	



## Bath Cream for Sensitive Skin

**INDICATED USE:** Bath cream for sensitive and dry skin, for daily bathing and showers. Softens and moisturizes the skin and makes it silky to the touch. Its gentle cleansing action makes it equally ideal for face, hand, body and scalp care. Contains no sodium lauryl sulfate (SLS), artificial fragrance or artificial color.

**DIRECTIONS:** Before showering or bathing, rub cream on wet skin, then rinse with water. It is not necessary to thoroughly rinse off all the cream, since the remaining cream softens and moisturizes the skin.

CONTENT	125ml   150ml
SUBSTANCE	
PACKAGING	



## Propolis Balm

**INDICATED USE:** A skin nourishing product based on a special recipe, whose most important ingredient is propolis, containing essential oils, vitamins B1, B2, B6, C, and E, as well as amino acids and minerals. The balm helps optimal hydration, nourishment and protection of skin.

**DIRECTIONS:** Use daily. Apply a small dose to skin and rub gently until absorbed completely.

CONTENT	100ml   150ml
SUBSTANCE	
PACKAGING	



## Propolis Drops

**INDICATED USE:** Treats inflamed oral cavity, upper respiratory tract, and gastrointestinal tract and also targets healthy immune function.

**DIRECTIONS:** 3 x 20 drops on a sugarcube or a piece of bread recommended daily. For local treatment of the oral cavity, painting is suitable. In other cases, add 5 to 10 drops to mouthwash or half a glass of camomile tea and gargle. Repeat several times per day.

CONTENT	30 ml
SUBSTANCE	
PACKAGING	



TRADITIONAL HERBAL PRODUCTS



## Propolis Tablets

**INDICATED USE:** Chewable tablet with a soothing honey taste. Propolis and vitamin C both help strengthen your immune system.

**DIRECTIONS:** daily 2 x 1 chewable tablets.

CONTENT	60 tablets
SUBSTANCE	
PACKAGING	

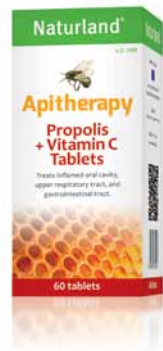


## Arnica Cream

**INDICATED USE:** Can be used for treatment of various closed wounds resulting from accidents or sports activities (bruises, strains, dislocations), reducing inflammatory conditions of the skin and decreasing healing time for haematomas. Suitable for improving motoric functions in cases of muscular pain or arthralgia, and for soothing or eliminating symptoms of insect bites.

**DIRECTIONS:** Thoroughly clean surface to be treated. Apply thinly and gently rub into skin 2 to 3 times daily

CONTENT	60g   150ml
SUBSTANCE	
PACKAGING	



## Propolis + Vitamin C Tablets

**INDICATED USE:** Prevention of various upper respiratory conditions (oral cavity conditions, sore throat), alleviation of symptoms, supplemental treatment of inflammations in the urinary and gastrointestinal tracts, as well as boosting the immune system.

**DIRECTIONS:** Adults: 1 to 3 tablets 3 times daily, slowly dissolved in mouth.

CONTENT	60 tablets
SUBSTANCE	
PACKAGING	



## After Bite Cream

**INDICATED USE:** Relieving itching caused by bites or stings of various kinds of insects (flea, bee, wasp, spider, mosquito etc.) or nettle stings, and prevention of swelling. Especially effective with children in preventing scratching of the stings.

**DIRECTIONS:** Apply cream to bitten area as soon as possible and massage it into the skin until it is fully absorbed. In case itching occurs again, reapply cream.

CONTENT	60g   150ml
SUBSTANCE	
PACKAGING	

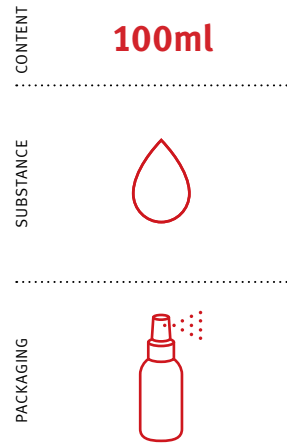




# Mosquito and Flea Repellent Spray

**INDICATED USE:** Applying the product on the skin keeps bloodsucking insects (mosquitoes, fleas etc.) away for 4–6 hours, depending on the thickness of the applied layer.

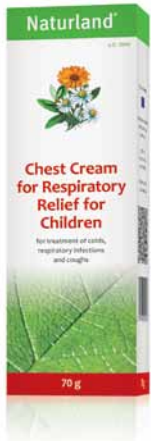
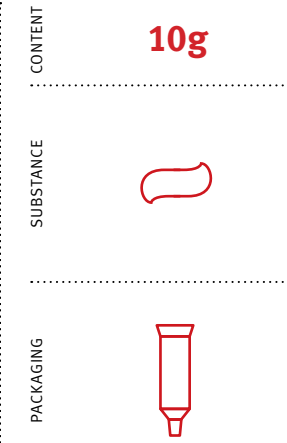
**DIRECTIONS:** Holding the bottle upright at a distance of 15–20 cm, spray the product onto the area of skin you need to protect, then spread it out slightly by rubbing. Except for the areas surrounding the eyes and mouth, apply to face by spraying on hands first. For children, spray onto clothing instead of skin.



# Nasal Cream

**INDICATED USE:** Recommended for colds, respiratory infections and catarrhs, also for coughs accompanying these conditions.

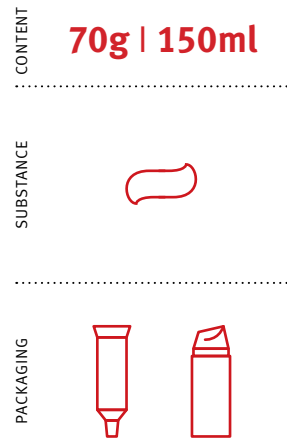
**DIRECTIONS:** Apply an amount the size of a rice grain (for children of age 3 and up) or a lentil (for adults) in a thin layer to outside of nostrils and surrounding area 3 times a day (more often if needed but no more than 5 times).



# Chest Cream for Respiratory Relief for Children

**INDICATED USE:** Recommended as a complementary treatment of colds, upper respiratory infections, catarrhs, coughs and bronchitis. Due to its expectorant and antispasmodic effects, the cream can also be applied in cases of chronic bronchitis.

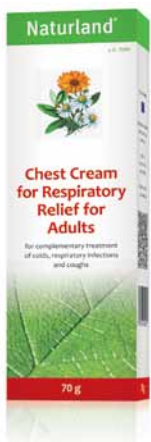
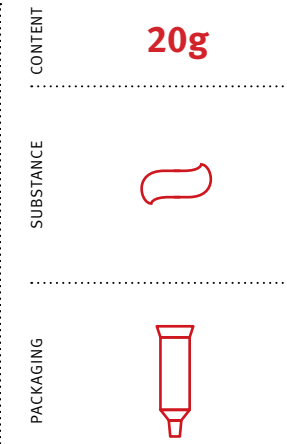
**DIRECTIONS:** Apply cream in a thin layer on center line of upper part of chest 2–3 times daily and massage gently into skin.



# Ointment for Burns and Skin Injuries

**INDICATED USE:** The ointment pleasantly cools the injured surface and prevents the bandage from sticking to the wound. It is recommended to apply the ointment to the injured area each time the bandage is changed. The ointment can also be used to prevent pain when removing dressing from a wound that has been surgically treated but is still oozing.

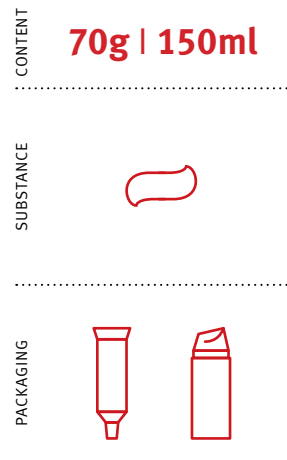
**DIRECTIONS:** In case of minor (I or II/a degree) burns, apply ointment in a thin layer on injured surface and cover with an antiseptic gauze pad.



# Chest Cream for Respiratory Relief for Adults

**INDICATED USE:** Recommended as a complementary treatment of colds, upper respiratory infections, catarrhs, coughs and bronchitis. Due to its expectorant and antispasmodic effects, the cream can also be applied in cases of chronic bronchitis.

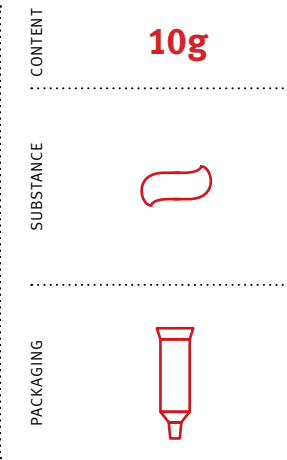
**DIRECTIONS:** Apply a thin layer of cream to center line of upper part of chest, gently rub into skin and then cover with a dry wool or linen cloth. Use 2–3 times a day.



# Herpesil Gel

**INDICATED USE:** Local treatment of Herpes simplex (I) virus infection appearing around the mouth and nose.

**DIRECTIONS:** Apply a thin layer of gel to the area around the mouth or nose where scabs have formed, 1–3 times a day or before bed.





## Medi-Wine (Crategil)

**INDICATED USE:** Prevention and retardation of the development of old age-related heart conditions. Treatment of heart conditions caused by stress and of arrhythmias resulting from such conditions and not requiring the administration of antiarrhythmic medication.

**DIRECTIONS:** One dose 2 to 3 times daily, measured with supplied cap.

CONTENT	230g   200ml
SUBSTANCE	
PACKAGING	



## Elixirium Thymi

**INDICATED USE:** Expectorant for treating inflammatory conditions of the tracheobronchial (upper respiratory) system.

**DIRECTIONS:** 3 times 10 ml daily

CONTENT	150g
SUBSTANCE	
PACKAGING	



## Ribwort Plantain Syrup

**INDICATED USE:** Ribwort plantain extract soothes throat, pharynx and vocal cords, and supports regular functioning of the immune system.

**DIRECTIONS:** for adults: daily 3x15 ml  
for children (above age of 3): daily 3x5 ml, measured with supplied cap.

CONTENT	150ml
SUBSTANCE	
PACKAGING	



## Fitotussin Syrup

**INDICATED USE:** Ribwort plantain extract soothes throat, pharynx and vocal cords, and supports regular functioning of the immune system.

**DIRECTIONS:** for adults: daily 3x15 ml  
for children (above age of 3): daily 3x5 ml, measured with supplied cap.

CONTENT	150ml
SUBSTANCE	
PACKAGING	



## Swedish Bitter

**DIRECTIONS:** Internally to treat mild digestive disorders and to improve appetite. Externally as a rub or pack to relieve joint pain and to soothe the symptoms of insect bites.

Alcohol-free version is also available.

CONTENT	100ml   250ml   500ml
SUBSTANCE	
PACKAGING	



## Vitamin C Tablets in Orange Flavor for Kids

**INDICATED USE:** Vitamin C helps regular functioning of the immune system, collagen production, and thus, the maintenance of bone health. It also increases absorption of iron.

**DIRECTIONS:** 1 pill daily.

CONTENT	100 tablets
SUBSTANCE	
PACKAGING	

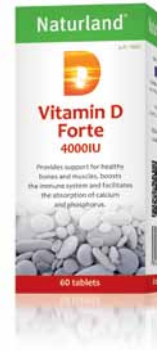


## Caffeine Tablets

**INDICATED USE:** Due to its stimulant effect, caffeine improves the ability to concentrate by boosting alertness.

**DIRECTIONS:** 1 pill daily.

CONTENT	60 tablets
SUBSTANCE	
PACKAGING	



## Vitamin D Forte

**INDICATED USE:** Vitamin D helps maintaining bone health, regular muscular operation and healthy teeth. It also augments absorption of calcium and phosphorus, and supports regular functioning of the immune system.

**DIRECTIONS:** 1 pill daily, during a meal, swallowed with a little liquid.

CONTENT	60 tablets
SUBSTANCE	
PACKAGING	



## Memory Tablets

**INDICATED USE:** Dietary supplement containing L-glutamine, L-asparagine and caffeine for improving ability to concentrate.

**DIRECTIONS:** 2 times 1 pill daily, swallowed with a little liquid.

CONTENT	60 tablets
SUBSTANCE	
PACKAGING	



## Oral Disinfectant Tablets

**INDICATED USE:** Prevention of all types of bacterial inflammation of the oral cavity, esophagus, larynx and throat, also oral infections, injuries of the oral cavity, infections of the larynx and tonsils, infection of oral cavity after dental procedures. Prevention and topical treatment of coccal infections.



**DIRECTIONS:** For adults: 3–5 x 1 tablets daily, for children: 3 x 1 tablets daily. Slowly dissolve in mouth without chewing.

CONTENT	60 tablets
SUBSTANCE	
PACKAGING	



## Herbal Swedish Bitter Toothpaste + Vitamin C

**INDICATED USE:** Naturland Swedish Bitter Toothpaste +C effectively cleans teeth and helps keep them white and healthy. Its natural ingredients and carefully selected herbal extracts ensure fresh breath and healthy gums.



CONTENT	100ml
SUBSTANCE	
PACKAGING	



## Herbal Swedish Bitter Shampoo

**INDICATED USE:** The active ingredients of Naturland Herbal Swedish Bitter Shampoo provide complete care and protection for every strand of hair as well as nourishment for the scalp. Regular use of the shampoo will make your hair smoother, shinier and easier to comb. It can also significantly decrease the damaging effects of various hair treatments.

**DIRECTIONS:** Rub the shampoo into wet hair and scalp, then wash in the usual way. Before the final rinse, leave on the scalp for 3–5 minutes, then rinse.



CONTENT	180ml
SUBSTANCE	
PACKAGING	



## Herbal Swedish Bitter Mouthwash

**INDICATED USE:** The antibacterial and antiphlogistic active ingredients in Naturland Herbal Swedish Bitter Mouthwash (alcoholic extracts of the herbs used in our Big Swedish Bitter Drops), along with peppermint essential oil and menthol provide thorough cleaning of the oral cavity, leaving you with a pleasant taste and fresh breath that help mask bad breath or taste resulting from smoking.

**DIRECTIONS:** Dilute a teaspoonful of mouthwash in 1/2 – 1 glass of lukewarm water and swish around in your mouth for 5–10 seconds. Can be used after toothbrushing and after meals.



CONTENT	180ml
SUBSTANCE	
PACKAGING	



## Herbal Swedish Bitter Hair Conditioner

**INDICATED USE:** The active ingredients of Naturland Herbal Swedish Bitter Shampoo provide complete care and protection for every strand of hair as well as nourishment for the scalp. Regular use of the conditioner makes hair shinier, easier to comb and more elastic, making it easier to style your hair. With its natural active ingredients, it provides complete and long-term protection against damaging effects of various hair treatments.

**DIRECTIONS:** Apply a walnut-sized amount of conditioner evenly on wet hair, leave it on for 2 to 3 minutes, and rinse with warm water.

CONTENT	180ml
SUBSTANCE	
PACKAGING	

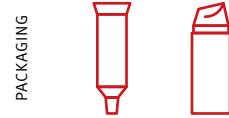


## Hand Balm with Lavender

**INDICATED USE:** The powerful essential oil of lavender brings natural relief to inflammation-prone skin. For everyday care of damaged, weathered skin. Smooth consistency for easy application. Pleasantly refreshing fragrance. Recommended for all skin types.

**DIRECTIONS:** Use multiple times a day by applying to skin and gently massaging in.

CONTENT  
125ml | 150ml



## Corn Removal Balm

**INDICATED USE:** Removing corns and calluses.

**DIRECTIONS:** For calluses: after soaking affected area of skin in warm water and wiping it dry, apply balm and let it rest for 20 to 30 minutes. The callus can then be easily removed with any blunt instrument. For corns: for the first treatment, soak affected area in warm water, then wipe dry and apply product. Continue the treatment for about 1 week, twice daily (mornings and evenings), until the corn turns into a yellowish-white, gelatinous material (as an effect of salicylic acid). At the end of treatment, after soaking thoroughly in warm water, the dead corns can be easily removed.

CONTENT  
20g

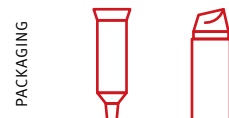


## Hand Balm with Calendula

**INDICATED USE:** Care of dry and sensitive skin with nourishing vitamin A. The active ingredients help replenish fatty substances of the skin and restore its hydration. Absorbs quickly, leaving no residue. Helps the regeneration of cracked skin caused by physical wear and harsh elements.

**DIRECTIONS:** Use multiple times a day by applying to skin and gently massaging into it.

CONTENT  
125ml | 150ml

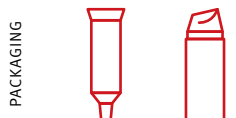


## Foot Care Active Gel

**INDICATED USE:** With horse chestnut extract as its main ingredient, the gel rejuvenates tired legs, refreshes and vitalizes the skin. Reduces the risk of developing edemas and circulatory problems. For optimal results, apply continuously every day.

**DIRECTIONS:** Spread cream in a thin layer on the tired legs and massage into skin. For a revitalizing leg mask, apply a thicker layer on your skin and after 15–20 minutes, gently massage the residue of the gel into the skin.

CONTENT  
125ml | 150ml





## Foot Care Cream

**INDICATED USE:** For daily foot care and prevention of calluses on feet and cracked heels. Its active ingredients speed up skin regeneration and keep the skin soft.

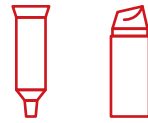
**DIRECTIONS:** Apply to clean skin and gently massage in. Use multiple times a day as needed.

CONTENT  
100ml | 150ml

SUBSTANCE



PACKAGING



FRUIT TEAS



## Antiperspirant Foot Gel

**INDICATED USE:** Prevention of unpleasant foot odor caused by excessive foot perspiration. Contains natural astringent active substances (guava leaf extract) and refreshing menthol. Use of the gel is recommended when wearing closed shoes or before putting on sports shoes for recreational activity.

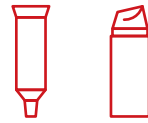
**DIRECTIONS:** Apply a thin layer on clean skin surface and massage in.

CONTENT  
125ml | 150ml

SUBSTANCE



PACKAGING



## Blackcurrant

An intensely fruity flavor experience.

**DIRECTIONS:** Place one bag in 200 ml of boiling water and let steep for 5 minutes. This caffeine-free fruit tea can be enjoyed hot or cold any time of the day. Drink plain or flavor as desired.

CONTENT  
20 teabags

SUBSTANCE



PACKAGING



## Heel Care Balm

**INDICATED USE:** Regular use of the balm will aid the skin's natural renewal process and prevent cracked heels. Also ideal for dry elbows and knees. Contains no artificial fragrance or color.

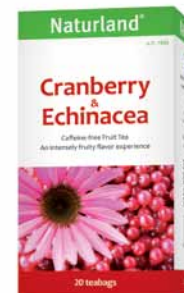
**DIRECTIONS:** Apply in the mornings and/or evenings to clean skin in a thin layer and gently massage in.

CONTENT  
25ml

SUBSTANCE



PACKAGING



## Cranberry & Echinacea

An intensely fruity flavor experience.

**DIRECTIONS:** Place one bag in 200 ml of boiling water and let steep for 5 minutes. This caffeine-free fruit tea can be enjoyed hot or cold any time of the day. Drink plain or flavor as desired.

CONTENT  
20 teabags

SUBSTANCE



PACKAGING

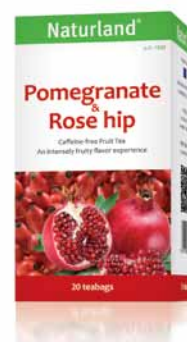
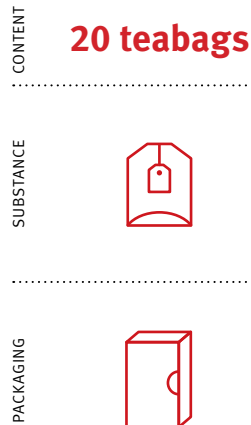




## Forest Fruit

An intensely fruity flavor experience.

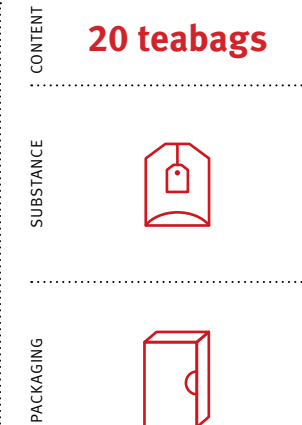
**DIRECTIONS:** Place one bag in 200 ml of boiling water and let steep for 5 minutes. This caffeine-free fruit tea can be enjoyed hot or cold any time of the day. Drink plain or flavor as desired.



## Pomegranate & Rose hip

An intensely fruity flavor experience.

**DIRECTIONS:** Place one bag in 200 ml of boiling water and let steep for 5 minutes. This caffeine-free fruit tea can be enjoyed hot or cold any time of the day. Drink plain or flavor as desired.



## Fruit Tea Variation

An intensely fruity flavor experience.

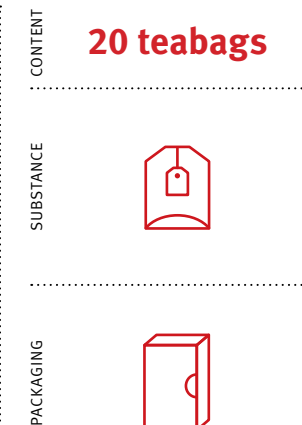
**DIRECTIONS:** Place one bag in 200 ml of boiling water and let steep for 5 minutes. This caffeine-free fruit tea can be enjoyed hot or cold any time of the day. Drink plain or flavor as desired.



## Pear & Lemongrass

An intensely fruity flavor experience

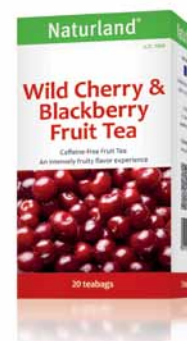
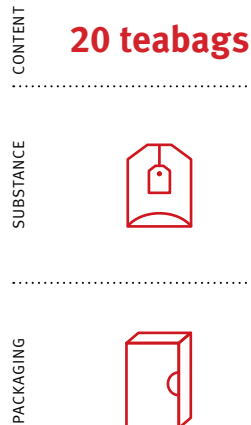
**DIRECTIONS:** Place one bag in 200 ml of boiling water and let steep for 5 minutes. This caffeine-free fruit tea can be enjoyed hot or cold any time of the day. Drink plain or flavor as desired.



## Ginkgo Biloba & Passion Fruit

An intensely fruity flavor experience.

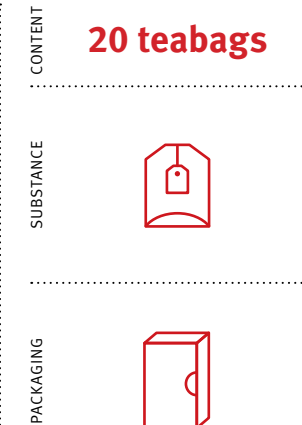
**DIRECTIONS:** Place one bag in 200 ml of boiling water and let steep for 5 minutes. This caffeine-free fruit tea can be enjoyed hot or cold any time of the day. Drink plain or flavor as desired.



## Wild Cherry & Blackberry

An intensely fruity flavor experience

**DIRECTIONS:** Place one bag in 200 ml of boiling water and let steep for 5 minutes. This caffeine-free fruit tea can be enjoyed hot or cold any time of the day. Drink plain or flavor as desired.





## Fit Form Tea Blend

**INDICATED USE:** This tea blend is beneficial to dieters and is an ideal supplement in cleansing regimens.

**DIRECTIONS:** Place one teabag into a teacup, pour hot water over it, and let steep for 3–5 minutes. Flavor to taste. It is recommended to drink three cups of tea daily, one cup after each meal.

CONTENT

20 teabags

SUBSTANCE



PACKAGING



## Ideal Weight Tea Blend

**INDICATED USE:** This tea blend combines all the beneficial properties of mate and green tea. Drinking it will help you lead a healthier lifestyle. This deliciously aromatic tea can also provide you with the 2 to 3 liters of fluid intake required during a weight loss program.

**DIRECTIONS:** For each person, pour 200 ml of hot water into a teacup with 1 teabag in it. Leave it to steep, preferably covered, for 5 minutes. For best results, drink up to 4–5 cups a day, every day. Flavor to taste.

CONTENT

25 teabags

SUBSTANCE



PACKAGING



## Cellulite Tea Blend

**INDICATED USE:** This tea blend helps you maintain adequate hydration of your body. It can also be effective in reducing cellulite.

**DIRECTIONS:** Place one teabag into a teacup, pour hot water over it, and let steep for 3–5 minutes. Flavor to taste. It is recommended to drink three cups of tea daily, one cup after each meal.

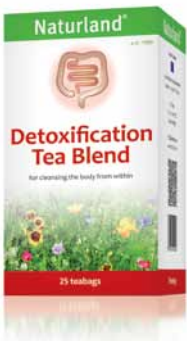
CONTENT

20 teabags

SUBSTANCE



PACKAGING



## Detoxification Tea Blend

**INDICATED USE:** This tea blend is recommended for so-called cleanse regimens, best done in springtime, to help purge the body of accumulated waste materials and prevent their buildup.

**DIRECTIONS:** Put 1–2 bags of tea blend into a cup (about 250 ml) of boiling water; then leave it covered for 15–20 minutes. Depending on your body weight, drink 3 to 5 times a day, preferably without flavoring.

CONTENT

25 teabags

SUBSTANCE



PACKAGING



## Tea Blend for Digestive Support

**INDICATED USE:** This tea blend combines all the beneficial properties of mate and green tea. Drinking it will help you lead a healthier lifestyle. This deliciously aromatic tea can also provide you with the 2 to 3 liters of fluid intake required during a weight loss program.

**DIRECTIONS:** For each person, pour 200 ml of hot water into a teacup with 1 teabag in it. Leave it to steep, preferably covered, for 5 minutes. For best results, drink up to 4–5 cups a day, every day. Flavor to taste.

CONTENT

25 teabags

SUBSTANCE



PACKAGING





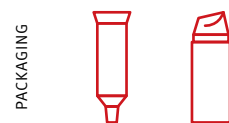


## Magic Sport Cream

**INDICATED USE:** A traditional European herbal product, formulated using extracts of comfrey root and arnica blossom. A skin care agent which helps eliminating haematomas caused by bruises and strains.

**DIRECTIONS:** Apply thinly on clean skin surface and gently rub into skin. Apply 1 to 2 times daily, for a maximum of 4 to 6 weeks per year.

CONTENT  
100ml | 150ml

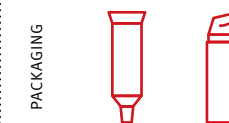


## Inno Rheuma Forte Cream

**INDICATED USE:** Treatment of rheumatoid joint inflammation, muscle and limb pain, sore muscles, bruises, and closed accidental injuries.

**DIRECTIONS:** Apply a thin layer of cream to affected area and its surroundings and rub in gently.

CONTENT  
70g | 150ml

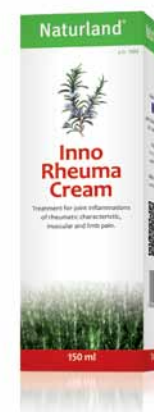
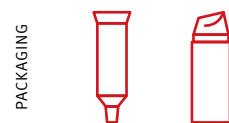


## Sport Cream

**INDICATED USE:** A traditional European herbal product, whose use is recommended in cases of increased muscle strain (sports, workouts, hiking, etc.). Refreshing ointment suitable for both regular workout and physical stress.

**DIRECTIONS:** Apply Naturland Sport Cream to body parts exposed to increased strain and gently rub into skin.

CONTENT  
100ml | 150ml

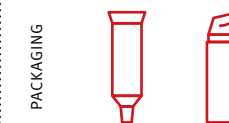


## Inno Rheuma Cream

**INDICATED USE:** Use as a standalone treatment of rheumatoid joint inflammation, muscle and limb pain, sore muscles, bruises and closed accidental injuries (sprains, dislocation) or in combination with targeted drug treatment or physiotherapy.

**DIRECTIONS:** Apply a thin layer of cream to affected area and its surroundings 2-3 times daily and rub in gently.

CONTENT  
70g | 150ml





## Inno Rheuma Massage Oil

**INDICATED USE:** Treatment of rheumatic joint inflammations, muscle and limb pain; to be used by itself or in conjunction with drug therapy or physiotherapy.

**DIRECTIONS:** Apply the oil in a thin layer to painful joints and muscles and massage until absorbed. Can be used up to 5 times daily.

CONTENT  
180ml



## Inno Rheuma Tea Blend

**INDICATED USE:** Relieving symptoms of chronic rheumatic disorders, muscle cramps, muscle pain and symptoms of gout and joint inflammation.

**DIRECTIONS:** Put 2 filter bags of tea blend into 250 ml of boiling water; boil for 2–3 minutes and then let it sit covered for 5–10 minutes. Drink one cup of tea in the morning and one in the early evening, preferably without added flavoring.

CONTENT  
25 teabags



## Inno Rheuma Bath Oil

**INDICATED USE:** Treatment of rheumatic joint inflammations, muscle and limb pain. To be used by itself or in conjunction with drug therapy or physiotherapy.

**DIRECTIONS:** Use for bathing or showering – the oil mixes well with water, so it will not leave a residue in bathtubs or shower trays. For baths, add approx. 30 ml bath oil to about 150 liters of bath water heated to the desired temperature, then bathe as usual. For showers, rub bath oil on painful areas of body, wait for a few minutes before rinsing it off with plenty of water, then shower as usual. Use as a continuous regimen for no longer than 6 weeks.

CONTENT  
180ml



**TOKAJ** is a significant part of European wine culture. Its products are well-known throughout the world. The most remarkable of them all is Tokajense Passum, which was already known to have curative effects 500 years ago. According to historical books, Tokajense Passum was suggested for convalescent and sick people suffering from infectious diseases.