

Acid-Base
Pomegranate
Nutrients
Digestion
Enjoyment
Knowledge



Your basic service:
Iodine algae, sele-
nium, B₁₂, lacto- &
bifidobacteria,
vegan (Page 55)



**Dr. Jacob's
Product World**



2018
Edition 1



Knowledge in the service of your health



Dr. Jacob's®

About Dr. Jacob's Medical

Our philosophy

"Knowledge in the service of your health" is our motto – and for us that means to develop food products and concepts that combine health and enjoyment. We act in the interests of human beings, animals and nature.

Dr. Jacob's Medical is a family-run company founded in 1997 by Dr. med. Ludwig Manfred and Dr. med. Karl Otto Jacob in Germany. It is important to the founders, the management board and the employees to share their knowledge for the service and health of others.

With this motivation, some of the most innovative and effective health products were developed over the years on the basis of traditional knowledge and modern research. High quality, mostly natural and herbal ingredients, stringent quality control and the expertise of the company's founders as well as of a team of nutritionists contribute to the special character of Dr. Jacob's health products. 90 % of the products

are made in Germany. Principles of ethics and sustainability also apply to the selection of raw materials, sourcing and production.

We support numerous godchildren and health projects in the developing world as well as a family friendly work environment: The percentage of women employees is over 80 %, among which 60 % are mothers.

Your Dr. Jacob's Medical Team



Kirsten Höhn
Managing director



Svenja Gaitzsch
Managing director
Nutritionist

Table of Contents

useful information

Dr. Jacobs Way	4
Minerals nutrients in natural balance	6

Acid bases - modeled after nature

Alkaline Formula – the “original” citrate based alkaline formula since 2000	10
Alkaline Formula plus – mineral balance on a citrate and lactate base	12
pHysioBase – for joints, muscles and bones	14
AlkalineGOLD – just stay mobile	16
Alkaline Formula in tablets – mineral balance on the go	17
Melissa Alkaline tablets – For good nerves and normal blood pressure	18
Lactacholin – for metabolism, liver and nerves	19
AminoBase – Holistic plant-based wholefoods	20



Enjoyment - the healthy way to enjoy

Chi-Cafe classic – mild-aromatic with Reishi-mushroom and ginseng	24
Chi-Cafe bio – especially mild – with low caffeine content	26
Chi-Cafe proactive – wild and spicy – activates body and mind	27
Chi-Cafe balance – gentle stimulating effect and healthy enjoyment	28
ReiChi Cafe – creamy enjoyment with Reishi mushrooms, coffee and coconut	30
Flavochino – the healthy chocolate drink with bioactive cacao flavanols	32
SteviaBase – the healthy, high-quality chocolate drink	34
Lactirelle – more energy for sport, school and work	35



Pomegranate - heavenly good

Pomegranate Elixir – highly concentrated in polyphenols	38
Pomegranate Elixir mediterran – delight for healthy blood circulation	40
Granaforte – Pomegranate concentrate with live fermentation	42
GranaProstan ferment – Ideal for travelling	43
GranaCor – the GranaCor formula for heart and nerves	44
Granaimmun – for immune system and mucous membranes	45

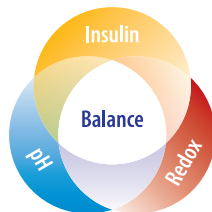


Vital substances - well supplied

Vitamin D₃ Öl – optimal price-performance ratio	48
Vitamin D₃ Öl forte – extra high doses	48
Vitamin D₃K₂ Öl – vitamin synergy for bones and immune system	49
B₁₂ Methylcobalamin – vegan Vitamin B ₁₂ in the purest form	50
Melatonin B₁₂ – for faster sleep and good nerves	51
Regenerat immun – immune strengthening micro-nutrients based on plants	52
Sulfoforte – ground broccoli seeds in capsules	53
LaktoBifido – 7 billion lactobacilli and bifidobacteria. Suitable for histamine intolerance	54
Jod-Probio – essential vegan primary care	55
Curcumin Phospholipid – 29 time higher bioavailability	56
Curcumin K₂ – for bones and immune system	57
Q10 Synergie – for energy metabolism, vision and mucous membranes	58
OPC Synergie – for cell protection, healthy blood vessels and collagen formation	59
Frauenpower – for energy metabolism, hair and skin	60

Dr. Jacobs Way

Healthy eating with enjoyment
Relax with breathing and sleep
Physical activity with joy



How do I stay fit, vital and healthy?

The answer is found in the so-called “Blue Zones” – scientifically examined regions with particularly high longevity. The “Golden Agers” of the Blue Zones are fit, active and independent into old age. We know that for a long, healthy life, it is important to find your own balance and be moderate. This includes a balanced, mostly plant-based diet, exercise and regular relaxation and resting phases. To harmonize these principles with the Western lifestyle and eating habits is a challenge that is worthwhile. The Dr. Jacobs Way can be a valuable asset.

The Dr. Jacobs Way to sustainable vitality and health

The Dr. Jacobs Way combines healthy eating, regular exercise and conscious relaxation. The focus is on the diet, because our food is a part of ourselves, into the smallest cell. It determines therefore greatly our vitality and health.

Insulin, redox and pH balance

The regulation of redox and pH conditions is the basis for all biochemical reactions in the body. Insulin is responsible for the control of metabolism. The modern diet, chronic stress and physical inactivity promote imbalances and misguided regulatory processes. Therefore balance of these three areas is at the heart of Dr. Jacobs Way. The goal is to reach this balance and to preserve sustainably.

The way of enjoyable renunciation

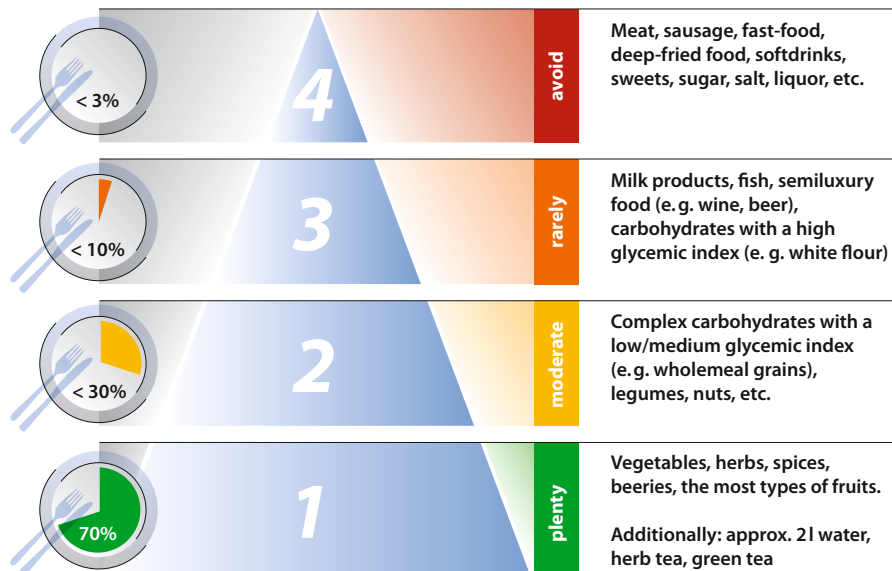
The culinary journey as described in the Dr. Jacobs Way requires a certain degree of adventurousness. Many familiar food products will disappear from your plate, but it will spoil you with even more new flavors. The discovery of various healthy meals will increase your life quality enormously and the food range will be greater than previously, contrary to the general expectation.



Author: Dr. Ludwig Manfred Jacob

Dr. Jacob's Nutrition Pyramid

Food / Ingredients



Dr. Jacobs Nutrition Pyramid

In Dr. Jacobs nutrition pyramid food is categorized into 4 levels. This classification takes into account the content of organic mineral and base compounds, the antioxidant content, the impact on insulin regulation and the energy and nutrient density.

Dr. Jacobs diet plan

(40 pages, bound)

The diet plan (including Nutrition Pyramid and Food Table) is a culinary journey with practical tips for a low-calorie and reduced salt diet, rich in vital substances and plants.



Mineral nutrients in natural balance

Mineral nutrients in nutrition

Originally humans nutrition was rich in plant foods with many organically bound mineral nutrients such as potassium, calcium and magnesium, and low in sodium. People took only about 1 g of sodium until agriculture developed, but 10 g of potassium with their diet.¹ With industrialisation, the mineral nutrients' composition has changed greatly in our diet.

Today, the main energy supply comes from processed food, such as meat, sausage and cheese. These are rich in sodium chloride, sulfate and phosphate, and poor in organic minerals, as found in fruits, vegetables and herbs. Dietary supplements may help during one-sided and low mineral diets, if they are based on a fruit and vegetable compound.

High in potassium, low in sodium

A high-potassium, low-sodium diet is particularly important for the maintenance of normal blood pressure.

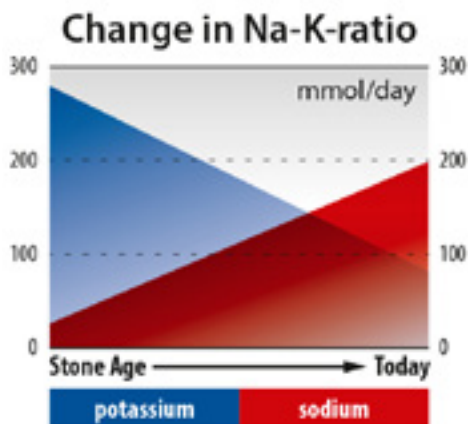
The *American Heart Association* recommends a maximum sodium intake of 1.5 g per day (3.75 g salt) and to increase the potassium intake to 4.7 g per day. This recommendation for potassium is not met by more than 80 % of the Germans. The sodium recommendation, however, is clearly exceeded by a large part of the population.

Potassium is a very important and healthy mineral that is normally excreted by the kidneys. In case of kidney failure (e.g. following a long-standing diabetes) or in case of potassium metabolism disorder (drug-induced) (e.g. by potassium-sparing diuretics), an increased potassium intake can lead to excessive potassium levels in the blood. In these cases a doctor should be consulted.

Anyone who has a nutrition low in potassium and high in sodium should start reducing their salt intake and gradually increase their potassium intake over 2 weeks. This gives the kidneys time to adjust. Potassium is found abundantly in fruits, vegetables herbs and nuts.

Magnesium, calcium, Vitamin D

Half of the women in Germany do not reach the magnesium intake as recommended in the EU. Magnesium



contributes to a reduction of fatigue, energy metabolism as well as to normal muscle and nerve function. The supply of calcium and vitamin D is often insufficient.²

A targeted compensation

Anyone, who does not cover the mineral requirements in their diet, can compensate by taking the low-sodium Dr. Jacob's Alkaline Formula. It contains organic mineral salts, potassium, calcium and magnesium (in the ratio of 3:2 like in fruits and vegetables) and vitamin D and zinc, which contribute to a normal acid-base metabolism.

Practical tips for reducing salt and increasing potassium intake:

- Reduce or avoid processed food. Salty seasoning, sausage, bread, cheese, chips, snacks and ready-to-eat meals are the main sources of salt.
- Eat potassium-rich foods, which means a lot of fresh fruits and vegetables as well as herbs and nuts.
- Pay attention to the salt/sodium content in the nutritional table and ingredients' list of food products.

Also pay attention to the "code names": sodium bicarbonate, sodium acetate, sodium chloride, sodium nitrate, monosodium glutamate, pickling salt, etc.

- Cook and bake yourself! Only then will you know what is inside.
- Do not salt your meal while cooking, but only at the table. You need less salt for the same taste. We recommend you to use low-sodium, potassium-enriched salt substitute (**TIP:** Dr. Jacob's Blood Pressure-Salt).
- Spice your food with fresh and dried herbs. Be careful with seasoning-mix as they may often contain salt.
- Ask the restaurant for unsalted food.
- Prefer low sodium mineral water.
- Sweat on a regular basis! Physical activity and sauna promote salt excretion through the skin.

1) Eaton SB, Eaton SB 3rd, Konner MJ. Paleolithic nutrition revisited: a twelve-year retrospective on its nature and implications. Eur J Clin Nutr. 1997 Apr;51(4):207-16.

2) MRI (Max Rubner-Institut) (2008): National Nutrition Survey II.

before



today





Acid-Base

Dr. Jacob's Alkaline Formulas, modeled after fruits and vegetables, provide organic citrate based minerals and contain plenty of potassium, as well as calcium and magnesium in a natural ratio of about 3:2, and is low in sodium. It can help to compensate the lack of minerals in unbalanced diets.

Dr. Jacob's lactic acid products contain dextrorotatory lactic acid and lactate of natural fermentation with lactic acid bacteria (milk-free).



Alkaline Formula

Alkaline Formula *plus*

pHysioBase

AlkalineGOLD

Alkaline tablets

Melissa Alkaline tablets

Lactacholin

AminoBase





... modeled after
nature

Dr. Jacob's Alkaline Formula

*The original citrate based
Alkaline Formula since 2000*

- ✓ For acid-base metabolism, nails, hair and skin
- ✓ For bones, teeth and blood pressure
- ✓ With 95 % organic citrate
- ✓ With vitamin D and silicium
- ✓ Pleasant, neutral flavour, without additional sodium

15 year anniversary – in 2000, we developed the concept of low-sodium, high-potassium alkaline formulas based on citrates.

Dr. Jacob's Alkaline Formula is the richest potassium and lowest sodium Alkaline Formula in Germany with 95 % citrates – produced from vegetable and mineral raw materials. Citrate is a natural component of cell metabolism.

Tip: mix with Lactacholin



66 servings

300 g

Refreshing mineral blend for your health

The nutrients contained in Dr. Jacob's Alkaline Formula can make the following scientifically proven contribution for healthy and normal body functions:

- **Acid-base metabolism** (zinc)
- **Maintenance of normal bones and teeth** (calcium, magnesium and vitamin D)
- **Muscle function and nervous system** (potassium, magnesium)
- **Maintenance of normal blood pressure** (rich in potassium, low in sodium)
- **Reduction of fatigue and energy metabolism** (magnesium)
- **Maintenance of nails, hair and skin** (zinc)
- **Immune system** (vitamin D, zinc)

Tip for athletes: Cologne List®

Dr. Jacob's Alkaline Formula is on the Cologne List®. The Cologne List® is a list of dietary supplements with minimized doping risk which have been tested by the world's leading laboratory for doping substances like anabolic steroids and stimulants.

Alkaline-spritzer

Dissolve 1 measuring spoon Alkaline Formula with 200 ml water and add 50–100 ml fruit juice (orange, pineapple or passion fruit).

Sparkling Alkaline Limonade

Pour 1 measuring spoon Alkaline Formula into a glass, fill with 3 tablespoons of lemon juice and 300 ml of sparkling water. Sweeten to taste with Stevia Base.



Food supplement

Recommended consumption: For adults and adolescents from 15 years of age:

1–2 times a day, one level measuring spoon (4.5 g) Dr. Jacob's Alkaline Formula with 300 ml of low sodium water or sparkling water.

For children from 4 years of age: once a day 0.5 level measuring spoon (2.25 g)

For children from 10 years of age: once a day 1 level measuring spoon (4.5 g)

Please note: In case of potassium metabolism disorders (drug-induced), alkalosis, hyperkalemia or kidney failure, use only under medical supervision.

Average value per	1 MS = 4,5 g	% NRV**
Sodium	1,5 mg	
Potassium	750 mg	38 %
Calcium	270 mg	34 %
Magnesium	185 mg	49 %
Zinc	2 mg	20 %
Vitamin D	2,5 µg*	50 %
Silicium	20 mg	
* corresponds to 100 I.E. Vitamin D per measuring spoon.		

Average value per	2 MS = 9 g	% NRV**
Natrium	3 mg	
Kalium	1500 mg	75 %
Calcium	540 mg	68 %
Magnesium	370 mg	98 %
Zinc	4 mg	40 %
Vitamin D	5 µg	100 %
Silicium	40 mg	
** Nutrient reference values for daily intake (NRV – Nutrient Reference Values)		

Ingredients: Potassium citrate, calcium citrate, magnesium citrate, magnesium carbonate, silica, natural citrus flavor, zinc citrate, Vitamin D₃.

Fill level depends on technical factors. Shake before use! Store box in a dry place!

300 g | G: PZN 00572771 | A: PHZNR 3042045



Dr. Jacob's Alkaline Formula *plus*

*Mineral balance based on citrate
and lactate*

- ✓ For acid-base metabolism, bones, muscles, heart and blood pressure
- ✓ Potassium, magnesium, zinc, vitamin D and B₁
- ✓ Healthy calcium lactate without milk ingredients
- ✓ Very good solubility and compatibility of minerals
- ✓ Fruity fresh with real lemon
- ✓ 50 servings (0.36 € / serving) for up to 50 days

Modeled after nature

Dr. Jacob's Alkaline Formula plus contains fiber, citrate and lactate based organic minerals, calcium and magnesium in a ratio of about 3:2, and is rich in potassium, but particularly low in sodium.



50 servings

300 g

Nutrients

The nutrients in Dr. Jacob's Alkaline Formula plus support to the following normal body functions:

- **Acid-base metabolism - Zinc**
- **Maintenance of bones and teeth - Calcium, vitamin D**
- **Collagen formation for normal function of cartilage - Vitamin C**
- **Nerves and muscles - potassium, magnesium**
- **Maintenance of normal blood pressure - Potassium**
- **Reduction of fatigue, energy metabolism - magnesium**
- **Maintenance of normal nails, hair and skin - Zinc**
- **Immune System - Vitamin D, Zinc**
- **Heart function - Vitamin B₁**



No artificial flavors,
colors or preservatives

With steviol glycosides
from stevia extract

Tastes fresh and fruity
with real lemon

Average value per:	1 ML*	% NRV**
Potassium	750 mg	37.5 %
Sodium	6 mg	
Calcium	270 mg	34 %
Magnesium	188 mg	50 %
Zinc	2 mg	20 %
Vitamin C	100 mg	125 %
Vitamin D	2.5 µg	50 %
Vitamin B ₁	0.42 mg	38 %
Silicon	25 mg	

*equivalent to 100 IU Vitamin D per measuring spoon

Average value per:	2 ML*	% NRV**
Potassium	1500 mg	75 %
Sodium	12 mg	
Calcium	540 mg	67 %
Magnesium	375 mg	100 %
Zinc	4 mg	40 %
Vitamin C	200 mg	250 %
Vitamin D	5 µg	100 %
Vitamin B ₁	0.84 mg	76 %
Silicon	50 mg	

1 measuring spoon (MS) = 1 serving (6 g); 2 MS = 2 servings (12 g); Daily dose; **Nutrient reference values for daily intake (NRV)

Food supplement

with steviol glycosides sweetener

Recommended consumption: Dissolve 6 g, 1 measuring spoon (MS) with 250 ml of low sodium water 1–2 times a day. The finely ground lemon pieces can be drunk. Drink preferably with meals. In case of potassium metabolism disorder (drug-induced), hyperkalemia, alkalosis or kidney failure, use only under medical supervision. The full daily intake (= 2 servings) is suitable for adults (aged 15+).

Ingredients: Potassium citrate, calcium lactate, magnesium citrate, lemon powder (5.5%), ascorbic acid (vitamin C), magnesium carbonate, malic acid, silicon dioxide, sweetener steviol glycosides, zinc citrate, thiamine hydrochloride, cholecalciferol (vitamin D₃ from lichens). May contain traces of nuts.

Fill levels depends on technical factors. Store box in a dry place and keep the lid closed!

Intake recommendations for the alkaline products for people under 15 years and delicious recipes and information can be found on the Internet: www.Basenmittel.de

300 g | G : PZN 03074878 | A: PHZNR 4074751



Dr. Jacob's pHysioBase

For joints, muscles and bones

- ✓ For joints, bones and muscles
- ✓ Vegan glucosamine + vitamin C
- ✓ With blackcurrant, cranberry and rose hip
- ✓ Minerals on the basis of citrate and lactate

Nutrients for mobility in Sports and everyday life

Dr. Jacob's pHysioBase is a fruity-berry mixture of minerals modeled after nature – based on organic citrate and lactate, and produced raw vegetable and mineral materials. The contained nutrients contribute to the normal function of bones, muscles and cartilage – for mobility and more vitality.

Vegetable glucosamine and vitamin C

Our musculoskeletal system is made up of bones, muscles and joints. The joints are made of, among other things, cartilage and stabilized collagen fibers. Vitamin C supports the natural process of cartilage



and collagen fibers formation. Glucosamine is a component of cartilage and synovial fluid. The glucosamine used in pHysioBase is derived from plants, not from marine animals as usual.



50 servings

300 g

pHysioBase for your health

The nutrients contained in pHysioBase contribute to the following normal body functions:

- **Collagen formation for the normal function of bones and cartilage** (vitamin C)
- **Maintenance of normal bones** (calcium, magnesium, vitamin D)
- **Muscle function** (potassium, magnesium)
- **Nervous system** (potassium, vitamin B₁)
- **Reduction of fatigue** (magnesium, vitamin C)
- **Acid-base metabolism** (zinc)
- **Maintenance of normal blood pressure** (potassium)



Without sugar, artificial flavors, colors or preservatives

Fresh fruity flavor with berries

Sweetened with steviol glycosides from the stevia plant

Food supplement

with steviol glycosides sweetener

Recommended consumption: 1–2 times a day, one level measuring spoon (6g) dissolved in 300ml low sodium water. Drink preferably with meals.

The full daily intake (= 2 servings) is suitable for people aged 15 years and over.

Please note: In case of potassium metabolism disorders (drug-induced), hyperkalemia, alkalosis or kidney failure, use only under medical supervision.

The recommended daily intake should not be exceeded. Keep out of reach of small children. Food supplements should not be used as a substitute for a balanced, varied diet and a healthy lifestyle.

Ingredients: Potassium citrate, calcium lactate, magnesium citrate, glucosamine sulfate (8,7%), blackcurrant (5%), magnesium carbonate, cranberry extract (3,5%), rose hip extract (3,5%), acidifier malic acid, ascorbic acid (vitamin C), silica, natural flavor blackcurrant, sweeteners steviol glycosides, zinc citrate, thiamine hydrochloride (vitamin B₁), ergocalciferol (vitamin D₂).

Fill level depends on technical factors. Store in a dry place and keep the lid closed! Shake before opening!

300g | G: PZN 03074878 | A: PHZNR 4074751

Average value per:	1 MS = 6g	% NRV**
Potassium	640 mg	32 %
Calcium	230 mg	29 %
Magnesium	180 mg	48 %
Zinc	2 mg	20 %
Vitamin C	120 mg	150 %
Vitamin B ₁	0.4 mg	36 %
Vitamin D	2.5 µg*	50 %
Silicon	22 mg	
Glucosamine	400 mg	

*Equivalent to 100IU vitamin D per measuring scoop

Average value per:	2MS = 12g	% NRV**
Potassium	1280 mg	64 %
Calcium	460 mg	58 %
Magnesium	360 mg	96 %
Zinc	4 mg	40 %
Vitamin C	240 mg	300 %
Vitamin B ₁	0.8 mg	73 %
Vitamin D	5 µg	100 %
Silicon	44 mg	
Glucosamine	800 mg	

**Nutrient reference values for daily intake (NRV)

Dr. Jacob's AlkalineGOLD

Just stay mobile

- ✓ **Vitamin synergy** for bones, muscles, joints and immune system
- ✓ **Rich in: organic alkaline potassium, magnesium, calcium and zinc**
- ✓ **With vitamin C, D₃ and K₂ as well as boron and silicon**
- ✓ **Vegan chewable tablet with fruity mango**

Dr. Jacob's classic alkaline formula (organic potassium, magnesium, calcium and zinc) is supplemented by silicon, boron, vitamin C, K₂ (twice microencapsulated), K₁, D₃ and B₁. Vitamin C contributes to normal collagen formation in the cartilage of our joints.

Food supplement with sweeteners

Recommended dosage: Chew 3 tablets twice a day and drink plenty of water afterwards. May have a laxative effect in case of excessive consumption. With simultaneous use of vitamin K antagonists (coumarin type anticoagulants), take only under medical supervision!



210 g
(126 tab.)

Average value per:	6 tablets*	% NRV**
Potassium	795 mg	40 %
Calcium	400 mg	50 %
Magnesium	307 mg	82 %
Zinc	5 mg	50 %
Silicium	50 mg	
Bor	1,4 mg	
Vitamin B ₁	1,1 mg	100 %
Vitamin C	240 mg	300 %
Vitamin D	20 µg	400 %
Vitamin K ₁	37,5 µg	50 %
Vitamin K ₂	37,5 µg	50 %

*5 tablets = 1 serving (daily intake); **Nutrient reference value for daily intake (NRV); α-TE = D-α-tocopherol equivalent

Ingredients: Calcium lactate, potassium citrate, sweetener xylitol, magnesium citrate, magnesium carbonate, mango fruit powder (4 %), ascorbic acid (vitamin C), separating agent magnesium salts of fatty acids, silicon dioxide, natural flavour, curcuma extract, sweetener steviol glycosides, zinc citrate, sodium borate, thiamine hydrochloride (B₁), menachinone (K₂, all-trans-MK-7), phyloquinone (K₁), cholecalciferol (vitamin D₃, vegan).

G: PZN 13836728 | A: PHZNR 4774632

Dr. Jacob's Alkaline tablets

Mineral balance on the go

- ✓ For muscles, bones, blood pressure
- ✓ Minerals in natural balance
- ✓ New: with 72% citrates
- ✓ Best tablets to swallow

Dr. Jacob's alkaline tablets provide you with the mineral balance in practical tablet form - ideal for on the go. With Dr. Jacob's proven formula, the alkaline tablets contain citrate-based minerals, are low in sodium and rich in potassium. The tablets are easy to swallow.



31 servings

**250 g
(250 tab.)**

Food supplement

Recommended consumption: 4 tablets twice a day with plenty of water. Ideal supplement: RegEnergetikum.

In case of potassium metabolism disorders (drug-induced), hyperkalemia, renal failure or alkalosis, use only under medical supervision.

Nutritional values:	8 tablets*	% NRV**
Potassium	1000 mg	50%
Sodium	5 mg	-
Calcium	500 mg	63%
Magnesium	330 mg	88%
Zinc	5 mg	50%
Vitamin C	80 mg	100%
Vitamin D	5 µg	100%
Silicon	25 mg	

*8 tablets = 1 serving (daily intake); ** Nutrient reference values for daily intake (NRV - nutrient reference values)

Ingredients: potassium citrate, calcium citrate, inulin (from chicory), magnesium citrate, magnesium carbonate, separating agent magnesium salts of fatty acids (vegetable), acerola cherry extract (1%), ascorbic acid, silica, zinc citrate, vitamin D₃.

The included drying element (sachet) is not suitable for human consumption. Keep container dry.

250 g (250 tablets) | G: PZN 01054558 | A: PHZNR 3042068



**Athletes especially need a
mineral balance**

Melissa-Alkaline tablets

*For good nerves and
normal blood pressure*

- ✓ With 8 % melissa extract, magnesium and potassium
- ✓ With zinc for a normal acid-base metabolism
- ✓ With citrates and 10 vitamins

Melissa-alkaline tablets contain a highly effective nutrient synergy, which not only contributes zinc to a normal acid-base metabolism, but also magnesium for normal functions of the nervous system as well as potassium for maintaining normal blood pressure. The tablets are easy to swallow.

Food supplement

Recommended dosage: 5 tablets daily before bedtime or throughout the day.

Average value per:	5 tablets*	% NRV**
Melissa extract	417 mg	
Magnesium	375 mg	100 %
Potassium	600 mg	30 %
Zinc	3 mg	30 %
Vitamin C	80 mg	100 %
Vitamin E	12 mg α-TE	100 %
Vitamin B ₁	1,1 mg	100 %
Vitamin B ₂	1,4 mg	100 %
Niacin	16 mg NE	100 %
pantothenic acid	6 mg	100 %
Vitamin B ₆	1,4 mg	100 %
folic acid	200 µg	100 %
Vitamin B ₁₂	2,5 µg	100 %
Biotin	50 µg	100 %

*5 tablets = 1 serving (daily intake); **Nutrient reference value for daily intake (NRV); α-TE = D-α-tocopherol equivalent



50 servings

**250 g
(250 tabl.)**



Ingredients: Magnesium citrate, potassium citrate, maltodextrin, magnesium hydroxide, melissa extract (8.3%), separating agent magnesium salts of fatty acids (plant based), L-ascorbic acid, DL-alpha-tocopheryl acetate, nicotinamide, calcium D-pantothenate, zinc citrate, pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), thiamine-hydrochloride (vitamin B₁), pteroylmonoglutamic acid (folic acid), D-biotin, cyanocobalamin (vitamin B₁₂).

G: PZN 06407576 | A: PHZNR 3476826



Lactacholin

*For metabolism,
liver and nerve functions*

- ✓ 40 % dextrorotatory lactic acid by milk-free fermentation
- ✓ With choline for liver function, fat and homocysteine metabolism
- ✓ With vitamin B complex
- ✓ Fruity and sweet thanks to stevia extract – sugar-free

Cholin

Dr. Jacob's Lactacholin with L-(+)-lactic acid from fermentation, choline and B vitamins ideally supports the energy, fat and homocysteine metabolism as well as the maintenance of a normal liver function. Homocysteine is a protein breakdown product for those who metabolic process requires, besides choline, vitamin B₆ and B₁₂ too.

Choline was formerly known as vitamin B₄. Especially during pregnancy and lactation, in case of regular alcohol consumption or someone on a vegetarian or vegan diet, a sufficient choline supply should be taken. Only 10 % of young people and adults in the United States achieve the recommended daily intake of 450–550 mg.



33 servings

100 ml

Lactacholin stands on the Cologne List® (explanation see page 21).

Food supplement
with sweetener steviol glycosides

Recommended consumption: NEVER consume undiluted as it is highly concentrated with dextrorotatory lactic acid! Dilute 3 ml in 300 ml of water, 1–2 times a day and drink with a meal.

Do not take in case of liver failure and acid-sensitive stomach.

Average value per:	1 × 3 ml	2 × 3 ml
Choline	250 mg	500 mg
Vitamin B ₁	0.83 mg (75 %*)	1.65 mg (150 %*)
Vitamin B ₂	1.1 mg (75 %*)	2.1 mg (150 %*)
Niacin	8 mg NE (50 %*)	16 mg NE (100 %*)
Vitamin B ₆	0.5 mg (36 %*)	1 mg (71 %*)
Vitamin B ₁₂	2.5 µg (100 %*)	5 µg (200 %*)
L-(+)-lactic acid	1400 mg	2800 mg

* Nutrient reference values for daily intake (NRV)
NE = niacin equivalent.

Ingredients: L-(+)-lactic acid (40 %), water, choline hydrogen citrate (20 %), sweeteners steviol glycosides, nicotinamide, thiamine hydrochloride, riboflavin, pyridoxine hydrochloride, cyanocobalamin.

100 ml | G: PZN 09755295 | A: PHZNR 4002450

AminoBase

Plant-based wholefood

- ✓ Complete meal replacement for weight control diet
- ✓ Ideal for vegans and vegetarians
- ✓ Without sweeteners, additives, preservatives and flavours
- ✓ For every taste - as a shake, soup or mousse



8 servings

345 g

The AminoBase concept

AminoBase is the first complete meal replacement without gluten and lactose on a pure plant base. AminoBase contains all important nutrients in a natural ratio and thus offers the body a complete, all-round healthy primary supply. The combination of different plant protein sources gives AminoBase an amino acid profile with a high biological value.

Through a particularly gentle, partly patented manufacturing process, the antinutrient substances found in raw amaranth and pulses are broken down in AminoBase. In this way, the acceptability and bioavailability of nutrients are significantly increased.

For sustainable vitality

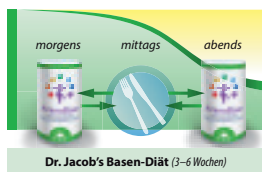
With AminoBase, you receive a full-fledged main meal with all vital nutrients quickly, easily and flexibly - ideal as a supplement to a plant-based diet, especially if you are under increased physical and mental strain.

Replacing two of the daily main meals with AminoBase as part of a low-calorie diet contributes to weight loss. Replacing one of the main daily meals with AminoBase as part of a low-calorie diet helps to maintain weight after weight loss.

Delicious recipe ideas can be found on the Internet www.DrJacobs.de

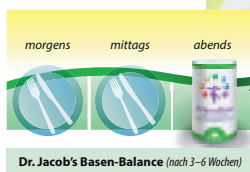
1

Wunschgewicht erreichen



2

Dauerhaft in Form bleiben



Weight control dietary meal

Recommended dosage: The following preparation is recommended for one serving (equivalent to a meal): 43 g AminoBase correspond to 4-5 scoops.

Shake: Pour 200 ml soy drink and 200 ml water with 43 g AminoBase into a shaker and mix well. Sweet to taste with SteviaBase.

AminoBase only fulfills the intended purpose within a low-calorie diet. Other foods should be part of this diet. During the diet with AminoBase, ensure that you sufficiently drink (daily 2-3 litres of water or unsweetened tea). Physical activity helps you to achieve and maintain your desired weight. AminoBase should not be used as a substitute for a varied, balanced diet and a healthy lifestyle.

With simultaneous use of vitamin K antagonists (coumarin type anticoagulants), take only under medical supervision !

Average contents in the ready-to-eat product (43 g AminoBase + 200 ml soy drink):

	per 100 g	% NRV**	per serving*	% NRV**
Calorific value	363 kJ/87 kcal	–	881 kJ/211 kcal	–
Fat,	2,6 g	–	6,3 g	–
- of wich Saturated fatty acids	0,4 g	–	1,06 g	–
Carbohydrates	8,8 g	–	21,4 g	–
- of which sugars	2,0 g	–	4,9 g	–
Dietary fiber	2,9 g	–	7,0 g	–
Protein	7,0 g	–	17,0 g	–
Salt***	0,19 g	–	0,47 g	–
Vitamin A	120 µg	15 %	292 µg	36,5 %
Vitamin D	1,0 µg	21 %	2,5 µg	50 %
Vitamin E	2,1 mg	17 %	5 mg	41,7 %
Vitamin C	24,7 mg	31 %	60 mg	75 %
Thiamine (Vitamin B ₁)	0,23 mg	21 %	0,55 mg	50 %
Riboflavin (Vitamin B ₂)	0,3 mg	21 %	0,7 mg	50 %
Niacin	3,3 mg	21 %	8 mg	50 %
Vitamin B ₆	0,3 mg	21 %	0,7 mg	50 %
Folic acid	41,2 µg	21 %	100 µg	50 %
Vitamin B ₁₂	1,0 µg	41 %	2,5 µg	100 %
Biotin	10,3 µg	21 %	25 µg	50 %
Pantothenic acid	1,2 mg	21 %	3 mg	50 %
Vitamin K	15,4 µg	21 %	37,5 µg	50 %
Potassium	412 mg	21 %	1000 mg	50 %
Magnesium	77,2 mg	21 %	187,5 mg	50 %
Calcium	140 mg	17 %	340 mg	42,5 %
Phosphorus	117 mg	17 %	284 mg	41 %
Iron	2,1 mg	15 %	5,1 mg	36,5 %
Zinc	1,5 mg	15 %	3,7 mg	36,5 %
Copper	0,15 mg	15 %	0,37 mg	36,5 %
Manganese	0,30 mg	15 %	0,73 mg	36,5 %
Selenium	8,3 µg	15 %	20,1 µg	36,5 %
Chrome	6,0 µg	15 %	14,6 µg	36,5 %
Molybdenum	7,5 µg	15 %	18,3 µg	36,5 %
Iodine	22,5 µg	15 %	55 µg	36,5 %
Sodium	77 mg	–	187 mg	–
Linoleic acid	1,1 g	–	2,66 g	–

1 serving: 43 g AminoBase + 200 ml soy drink (with 2.3 g sugar and 120 mg calcium per 100 ml); ** Nutrient Reference Values for daily intake (NRV); *** Salt = sodium x 2.5

Amino acid profile per 100 g protein in the ready-to-eat product:

Alanine	4,0 g
Arginine	8,8 g
Aspartic acid	10,1 g
Cystine	1,7 g
Glutamic acid	16,2 g
Glycine	4,6 g
Histidine	2,8 g
Isoleucine	5,3 g
Leucine	8,5 g
Lysine	7,0 g
Methionine	1,7 g
Phenylalanine	5,8 g
Proline	4,4 g
Serine	5,0 g
Threonine	4,4 g
Tryptophan	1,3 g
Tyrosine	4,0 g
Valine	4,5 g

Ingredients: Amaranth puffed (44%), chickpea flour, pea protein, potassium citrate, flea shells, magnesium citrate, calcium citrate, ascorbic acid, iron gluconate, zinc citrate, niacinamide (vitamin B₃), alpha-tocopheryl acetate (natural vitamin E), manganese gluconate, Calcium D-pantothenate, copper gluconate, pyridoxine hydrochloride (vitamin B₆), thiamine hydrochloride (vitamin B₁), riboflavin (vitamin B₂), retinyl acetate (vitamin A), pteroylmonoglutamic acid (folic acid), chromium III chloride, potassium iodide, alpha-phylochinone (vitamin K), sodium selenate, sodium molybdate, biotin, cyanocobalamin (vitamin B₁₂), ergocalciferol (vitamin D₂).

Shake before use! Please store in a cool and dry place.

G: PZN 10043973

A: PHZNR 4136593



Try our delicious alkaline bar

- Supplies the body with organic minerals
- Ideal snack for munching in between meals
- for vegetarians and vegans



Healthy enjoyment

Do you sometimes think that you should not drink so much coffee and eat less sweets? With our products you can enjoy without feeling guilty.

Chi-Cafe with Guarana, Ginseng and Reishi as well as fiber and minerals combines a gentle stimulating effect with healthy coffee enjoyment. It feels good in the stomach as well. Without gluten and lactose. Vegan.

Try also our delicious cocoa drink Flavochino, the healthy alternative to chocolate and conventional cocoa drinks.

Pamper yourself and your body!

The h

A woman with curly brown hair, smiling, holding a white cup. The background is a warm, out-of-focus interior.

Chi-Cafe *classic*

Chi-Cafe *bio*

Chi-Cafe *proactive*

Chi-Cafe *balance*

ReiChi Cafe

Flavochino

SteviaBase

Lactirelle

healthy way to enjoy...

Chi-Cafe *classic*

*Aromatically mild taste with
Reishi mushroom and ginseng*

- ✓ Aromatic enjoyment with reishi mushroom and ginseng
- ✓ For good digestion with calcium from acacia fibre
- ✓ Good tolerability: gentle on the stomach and intestine
- ✓ Caffeine from coffee and guarana supports attention

The first fiber-rich coffee drink with exotic, plant extract flavours

Chi-Cafe *classic* is the first fiber-rich coffee drink in the world with aromatic plant extracts. The combination of gentle Arabica highland coffee and a hint of Robusta, mixed with special aromatic plant extracts of Guarana, Ginseng and Reishi mushroom, offers a uniquely harmonious coffee flavor with a gentle, long-lasting stimulating effect.

Chi-Cafe *classic* awakens life energy ("chi") and stimulates mind and spirit – without burdening the stomach and intestines.



Comments from our Facebook fans:

- "The perfect balance"
- "This Chi-Cafe is simply a pure enjoyment"
- "On Tuesday I took Chi-Cafe to the office and now all my colleagues are thrilled!"
- "Although I was a bit skeptical whether it would taste good, the skepticism evaporated right after the first sip!"

Enjoy Chi-Cafe in different variations

Chi-Cafe-Ginger

2 heaped tsp Chi Cafe, ½–1 teaspoon SteviaBase and 1–2 pinches ginger powder mixed with 150 ml of hot oat milk with a milk frother. Aromatic warming!

A dream with foam

Pour 100 ml hot water on 2 teaspoons Chi Cafe and ½–1 teaspoon SteviaBase. Mix separately 50 ml warm soy-milk with a milk frother and mix everything together.

Chi-Cafe-Frappé

Mix 3 tsp Chi Cafe, 1½ tsp Stevia Base, 130 ml cold soy milk and 70 g crushed ice in a blender and serve in a glass.

Tip: soy, almond, hazelnut and oat milk are delicious alternatives to cow's milk.

Instant coffee drink powder with fiber, soluble coffee and plant flavoring

Recommended consumption: For one cup, pour about 100 ml boiling water onto 6 g Chi Cafe (about 2 teaspoons). Sweeten to taste with SteviaBase and add about 30 ml milk or soy-milk with calcium based on your taste. To ensure the full release of aroma, mix everything with a manual milk frother. For frappé or iced coffee, Chi-Cafe is even soluble in cold water.

Enjoy three cups of Chi-Cafe classic a day and pay attention to eating a varied, balanced diet and a healthy lifestyle.

Average value per:	100 g	1 cup***
Calorific value	795 kJ / 190 kcal	97 kJ / 23 kcal (1.2%*)
Fat	< 0.1 g	0.5 g (<1 %*)
– of which saturated fatty acid	< 0.1 g	0.1 g (<1 %*)
Carbohydrates	7.6 g	1.2 g (<1 %*)
– of which sugars	1.8 g	0.9 g (1 %*)
Dietary Fibers	70 g	4.4 g
Protein	3.3 g	1.1 g (2.2 %*)
Salt	0.5 g	0.06 g (1 %*)
Calcium	800 mg (100 %**)	84 mg (10.5 %**)

*Reference intake of an average adult (8400 kJ / 2000 kcal);**Nutrient reference values for daily intake (NRV – Nutrient Reference Values) *** 1 cup: 5 g powder + 100 ml water + 30 ml soy-milk with calcium.

Ingredients: Acacia gum (69% soluble fiber), instant coffee (23%), natural flavor (with guarana extract, Reishi extract, ginseng extract). Approximately 75 mg of natural caffeine per cup (6g).

Fill level depends on technical factors. Please shake before opening.

400 g | G: PZN 05036379 | A: PHZNR 3303497



Chi-Cafe *bio*

*Especially mild –
with low caffeine content*

- ✓ With exquisite coffee varieties, guarana, ginseng and Reishi mushroom.
- ✓ Rich in dietary fiber from acacia gum
- ✓ Gentle on the stomach and intestines
- ✓ Vegan

Supplies valuable dietary fiber & calcium

Delicious Chi-Cafe in organic quality! Delights your palate with a touch of caramel. Three cups of Chi-Cafe bio provide about 43% of the recommended dietary fiber consumption recommended by the German Society for Nutrition. Chi-Cafe bio contains calcium, which contributes to a normal energy-yielding metabolism and the maintenance of the normal function of digestive enzymes as well as of normal bones and teeth.



Instant coffee-drink powder with dietary fibers and plant extracts

Recommended serving: For 1 cup Chi-Cafe bio pour about 100 ml hot water onto 6g powder (approx. 2 teaspoons). Add 30 ml of milk or soy drink with calcium and sweeten to taste. To ensure the full release of aroma, mix everything with a manual milk frother. For Frappé or iced coffee, Chi-Café is soluble even in cold water.

Pay attention to a varied, balanced diet and a healthy lifestyle.



DE-ÖKO-070
Nicht-EU-Landwirtschaft

Average value per:	100 g	1 cup***
Calorific value	893 kJ / 213 kcal	102 kJ / 24 kcal (1,2%*)
Fat		
– of which saturated fatty acids	< 0,1 g < 0,1 g	0,5 g (< 1%*) 0,1 g (< 1%*)
Carbohydrates	9,4 g	1,3 g (< 1%*)
– of which Sugar	0,4 g	0,8 g (< 1%*)
Dietary Fibers	72 g	4,5 g
Protein	6,1 g	1,3 g (2,5%*)
Salt	1,1 g	0,1 g (1,6%*)
Calcium	800 mg (100%**)	84 mg (10,5%**)

*Reference dosage for an average adult (8200 kJ/2000 kcal); ** Nutrient reference values for daily dosage (NRV); *** 1 cup: 6 g powder + 100 ml water + 30 ml soy drink with calcium

Ingredients: Acacia gum (75%, soluble fiber), instant, freeze-dried coffee1 (20%), natural flavour (with reishi extract), guarana extract1 (1.5 %), ginseng extract1 (0.1 %). 1Ingredient from certified organic farming. Contains traces of barley. Without gluten. Approx. 50 mg of natural caffeine from guarana and coffee per cup.

Fill level depends on technical factors. Please shake before opening.

G: PZN 11002404 | A: PHZNR 4300555

Chi-Cafe *proactive*

*Wild and spicy –
activates body and mind*

- ✓ With acacia fibre, coffee, guarana, ginseng and pomegranate.
- ✓ Refined with six Arabic coffee spices
- ✓ vegan

A touch of the Orient

The secret of Chi-Cafe proactive is the special composition of gentle Arabica coffee, fibres, pomegranate extracts, guarana and ginseng - enriched with cardamom, cinnamon, cloves, allspice, nutmeg and bourbon vanilla. These exquisite coffee spices are used in Arabia to refine the coffee. They bring a "touch of the Orient" in your everyday life.

Valuable dietary fibres

Three cups of Chi-Cafe proactive provide 35 % of the recommended value for dietary fibre intake recommended by the German Society for Nutrition.



36 cups

180g

Instant coffee drink powder with dietary fibres and aromatic plant extracts

Recommended consumption: For 1 cup Chi-Cafe proactive pour 100ml hot water onto 5g powder (about 2 teaspoons). Add 30 ml of milk or soy milk with calcium and sweeten to taste. To ensure the full release of aroma, mix everything with a manual milk frother.

Average value per:	100 g	1 cup**
Calorific value	712 kJ / 170 kcal (9 %*)	85 kJ / 20 kcal (1 %*)
Fat	0,1 g (< 1 %*)	0,5 g (< 1 %*)
– of wich saturated fatty acids	< 0,1 g (< 1 %*)	< 0,1 g (< 1 %*)
Carbohydrates	3,7 g (1 %*)	0,9 g (< 1 %*)
– of wich sugars	3,1 g (3 %*)	0,9 g (1 %*)
Dietary Fibers	67 g	3,5 g
Protein	3,1 g (6 %*)	1,1 g (2,1 %*)
Salt	0,5 g (8 %*)	< 0,06 g (< 1 %*)

Reference intake for an average adult (8200 kJ/2000 kcal);

**1 cup: 5 g powder + 100 ml water + 30 ml soy-milk with calcium

Ingredients: Acacia gum (60%, soluble fibre), soluble coffee Arabica (25%), corn dextrin (soluble fibre), natural flavor (with guarana extract, ginseng extract), pomegranate juice extract (1.7%), cardamom, cinnamon, cloves, allspice, nutmeg, bourbon vanilla. Without genetic engineering. Approx. 80 mg natural caffeine per serving (5 g).

Fill level depends on technical factors. Please shake before opening.

G: PZN 07580377 | A: PHZNR 3792533

Chi-Cafe *balance*

Gentle stimulating effect and healthy enjoyment

- ✓ For energy, nerves and digestion
- ✓ With caffeine from guarana and roasted coffee
- ✓ With dietary fiber from acacia fiber
- ✓ Gentle stimulation
- ✓ Gentle on the stomach & intestines

“Chi” means “life energy”. True to this motto, Chi-Cafe balance is made up of selected ingredients to awaken your personal vitality. The secret lies in the harmonious composition of soluble coffee, natural soluble fibers from acacia fiber, magnesium, calcium and polyphenols from green coffee, guarana, pomegranate, ginseng and cocoa.

Ordinary coffee can strain the stomach and intestines and affect the mineral supply. Chi-Cafe balance, however, is well received and provides valuable minerals that support normal digestion. Make a good compromise of the habit, and combine enjoyment with health.



Caffeine from Guarana: Gentle stimulating effect without the excitement

Caffeine from regular coffee stimulates directly. The caffeine from the tropical guarana is instead slowly released and provides a milder and longer-lasting caffeine effect.

Minerals balancing

Normal coffee leads to a loss of calcium and magnesium¹ due to increased excretion in the urine. Chi-Cafe *balance*, however, provides these two minerals.

Many people suffer from coffee intolerance. Chi-Cafe *balance* is particularly mild and well tolerated. The magnesium in Chi-Cafe *balance* acts as a natural caffeine balance. It helps to reduce fatigue and contributes to normal psychological as well as muscle and nerve function. Calcium supports the normal function of digestive enzymes. Magnesium and



With fiber from the sap of the **acacia**

calcium, contribute to a normal energy-yielding metabolism and the maintenance of normal bones and teeth.

Fiber from acacia fiber

Three cups Chi-Cafe *balance* provide 9.5 g fibers, which is about a third of the standard value for dietary fiber intake recommended by the German Society for Nutrition. The contained soluble dietary fibers from acacia fiber in Chi-Cafe are particularly well accepted.



Instant coffee drink powder with fiber, minerals and plant extracts

Recommended consumption: For 1 cup Chi-Cafe *balance* pour about 100 ml boiling water onto 5 g powder (about 2 teaspoons). Sweeten to taste with SteviaBase and add about 30 ml milk or *soy-milk with calcium* based on your taste. To ensure the full release of aroma, mix everything with a manual milk frother. For frappé or iced coffee, Chi-Cafe is soluble even in cold water.

Enjoy three cups of Chi-Cafe *balance* a day and pay attention to eating a varied, balanced diet and a healthy lifestyle.

Average value per:	100 g	1 cup***
Calorific value	675 kJ / 161 kcal	83 kJ / 20 kcal (1 %*)
Fat	0.1 g	0.5 g (<1 %*)
– of which saturated fatty acid	< 0.1 g	0.1 g (<1 %*)
Carbohydrates	3.8 g	0.9 g (<1 %*)
– of which sugars	3.2 g	0.9 g (1 %*)
Dietary fibres	63 g	3.3 g
Protein	3 g	1.1 g (2.1 %*)
Salt	0.25 g	0.04 g (<1 %*)
Magnesium	750 mg (200 %**)	48.9 mg (13 %**)
Calcium	840 mg (105 %**)	78 mg (9.8 %**)

* Reference intake of an average adult (8400 kJ / 2000 kcal); ** Nutrient reference values for daily intake (NRV); *** 1 cup: 5 g powder + 100 ml water + 30 ml *soy-milk with calcium*.

Ingredients: acacia gum (55 % soluble fiber), instant coffee (22 %), corn dextrin (soluble fiber), Guarana extract (4 %), magnesium citrate, green coffee extract (2 %), cocoa powder, calcium lactate, pomegranate juice extract (1 %), natural flavor, natural flavor ginseng extract. Approximately 75 mg of natural caffeine per cup (5 g).

Fill level depends on technical factors. Please shake before opening.

180 g | G: PZN 08885765 | A: PHZNR 3837170
450 g | G: PZN 09332927 | A: PHZNR 3880562

TIP: Sweeten your Chi-Cafe with SteviaBase.



ReiChi Cafe

Delicate blend of Reishi mushrooms, coffee and coconut

- ✓ Enjoy fine tart aroma, in harmony with Chi
- ✓ With Reishi mushrooms, coconut, guarana and espresso coffee
- ✓ With vitamin B₁₂ and magnesium
- ✓ Without gluten and lactose. Vegan

The nutrients contained in ReiChi Cafe contribute to the following normal body functions:

- **Energy metabolism and reduction of fatigue** (vitamin B₁₂, magnesium)
- **Psychological function and function of the nervous system** (vitamin B₁₂, magnesium)
- **Muscle function** (magnesium)
- **Maintenance of bones and teeth** (magnesium)



36 servings

180 g

80 servings

400 g

ReiChi Cafe awakens the Chi

“Chi” means “life force”. A person feels great when his “Chi” is naturally flowing.

ReiChi Cafe is named after the Reishi mushroom, which is revered in China as a “mushroom of immortality” and a “mushroom of fortitude”, and is mostly enjoyed as a tea.

The secret of *ReiChi Cafe* lies in the unique blend of Reishi mushroom with its delicate tart flavour, espresso coffee, guarana, ginseng and a creamy mild touch of coconut milk.

Exquisite coffee beans are gently roasted in the Italian style and carefully processed for **ReiChi Cafe**, so that the rich espresso aroma fully develops. Reishi mushrooms and espresso combine their flavours to create an unforgettable taste enjoyment.

With vitamin B₁₂ and magnesium, **ReiChi Cafe** contributes to normal psychological and nerve functions and helps to reduce fatigue.

Healthy enjoyment, which strengthens the soul.

ReiChi Energy-Shake

2 tsp Reichi, 200 ml soy or oat milk, 1 banana, ½ teaspoon SteviaBase (sweeten to taste), 1 tsp coconut flakes

Put all ingredients into a large bowl and blend into a creamy mixture with a hand blender. Fill a glass and sprinkle with coconut flakes.

Super fast and delicious!



Instant coffee drink powder with Reishi mushrooms, coconut, plant extract flavours, magnesium and vitamin B₁₂

Recommended consumption: For one cup, pour 125 ml hot water onto 5 g ReiChi Cafe (about 1 heaped teaspoon). Sweet to taste and add about 30 ml of milk or vegetable drink. To ensure the full release of aroma, mix everything with a manual milk frother. Enjoy 2 cups a day and pay attention to eating a varied, balanced diet and a maintaining a healthy lifestyle.

Average value	100 g	1 cup***
Caloric value	1644 kJ / 393 kcal	82 kJ / 20 kcal (1 %*)
Fat	17 g	0.9 g (1.2 %*)
– of which saturated fatty acid	15 g	0.7 g (3.7 %*)
Carbohydrates	47 g	2 g (0.9 %*)
– of which sugar	9.6 g	0.5 g (0.5 %*)
Protein	7 g	0.4 g (0.7 %*)
Salt	0.12 g	0.01 g (0.1 %*)
Magnesium	800 mg (213 %**)	40 mg (10.7 %**)
Vitamin B ₁₂	50 µg (2000 %**)	2.5 µg (100 %**)
Reishi-mushrooms	20 g	1 g

*Reference intake for an average adult (8400 kJ/2000 kcal); **Nutrient reference for the daily intake (NRV);

*** 1 cup: 5 g powder + 125 ml of water.

Ingredients: Coconut milk powder (45%), Reishi mushroom powder (20%), instant coffee (20%), natural flavor (with guarana extract, ginseng extract), magnesium citrate, cyanocobalamin (vitamin B₁₂). Approximately 75 mg of natural caffeine per cup (5 g).

Fill level depends on technical factors. Please shake before opening. Store in a dry place.

180 g | G: PZN 12379281 | A: PHZNR 4519006

Flavochino

The healthy, high-quality chocolate drink

- ✓ With cocoa flavanols for healthy blood circulation
- ✓ With mineral nutrients for good nerves
- ✓ High fiber and protein content
- ✓ No sugar added, less sweet

The content of cocoa flavanols in cocoa product is crucial for its health-promoting effect. In conventional cocoa processing, however, up to 98 % of the flavanol content is lost.

Thanks to the particularly gentle processing of cocoa in Dr. Jacob's Flavochino, the precious cocoa flavanols are retained to support a healthy cardiovascular system. The daily consumption of one Flavochino portion provides about 200 mg of cocoa flavanols, which help maintain the elasticity of blood vessels and thus a normal blood flow.



30 servings

450 g

One serving (15 g) Flavochino contains 1092 mg of total polyphenols (as catechin equivalent), of which 255 mg are bioactive cocoa flavanols.

Positive effect scientifically proven!

The **delicately tart** Flavochino tastes wonderfully creamy and offers a **particular cocoa** experience.



Flavochino variations

Flavo-fiber drink

Dissolve 3 TL Flavochino powder in 200 ml cold oat milk (works best with a blender). Stir 1 tbsp chia seeds and let soak for ½–1 hour. Stir from time to time, particularly at the beginning.

Chocolate mint Dessert

Mix 250 g soy yogurt, 30 g Flavochino and 1–2 drops peppermint oil in a bowl. If desired sweeten with SteviaBase.

Tip: soy, almond, hazelnut and oat milks are delicious alternatives to cow's milk.

Flavochino-Smoothie

Puree 1 banana along with 200 ml oat or soy milk to a creamy mass. Add 2 heaping tablespoons of Flavochino.



Drink powder with cocoa flavanols and lecithin with sweetener xylitol

Recommended consumption: Dissolve 15 g Flavochino (about 3 heaped teaspoons) in about 50 ml hot water (preferably with a manual milk frother). Add 150 ml hot or cold soy drink with calcium and mix everything well. Enjoy Flavochino also as a refreshing frappé.

Pay attention to eating a varied, balanced diet and a healthy lifestyle. Excessive consumption may produce laxative effects.

Average value per:	100 g	1 serving#
Calorific value	1288 kJ / 314 kcal	438 kJ / 106 kcal (5 %*)
Fat	12.7 g	4.6 g (6.6 %*)
– Of which saturated fatty acid	5.4 g	1.3 g (6.3 %*)
Carbohydrate	40.7 g	9.9 g (3.8 %*)
– Of which sugar	0.8 g	3.9 g (4.3 %*)
Fibers	17.5 g	3.4 g
Protein	12.3 g	6.3 g (12.7 %*)
Salt	0.03 g	0.15 g (2.6 %*)
Potassium	1675 mg (84 %**)	389 mg (19 %**)
Calcium	84 mg (11 %**)	193 mg (24 %**)
Magnesium	620 mg (165 %**)	150 mg (40 %**)
Cholin	280 mg	42 mg
Kakaoflavanols	1700 mg	255 mg
# 1 serving: 15 g of powder + 150 ml soy drink with calcium + 50 ml of water. *Reference intake of an average adult (8400 kJ / 2000 kcal);** Nutrient reference values for daily intake (NRV – Nutrient Reference Values)		

Ingredients: Low-fat cocoa powder (53 %), sweetener xylitol, **soy** lecithin (9.5 %), acacia gum (soluble fiber), potassium carbonate, magnesium carbonate, cinnamon.

Fill level depends on technical factors. Please shake before opening.

450 g | G: PZN 10915195 | A: PHZNR 4279312

SteviaBase

Healthy sweetness with calcium and magnesium

- ✓ Friendly to teeth, bones and metabolism
- ✓ 50 % more sweetening power than sugar
- ✓ Excellent for baking
- ✓ Without the typical Stevia flavor or aromas

The healthy sugar substitute

Used instead of sugar, SteviaBase with xylitol and erythritol contributes to the maintenance of tooth mineralization and leads to a lesser increase of blood sugar levels.

With magnesium and calcium

SteviaBase provides valuable magnesium and calcium: Magnesium contributes to normal energy-yielding metabolism and reduces fatigue. In addition, calcium and magnesium support the maintenance of normal bones and teeth.



100 teaspoons

400g

Table-top sweetener based on the sweeteners erythritol, xylitol and steviol glycosides from stevia, with magnesium and calcium

Recommended dosage: One teaspoon (1 serving = 4 g) SteviaBase corresponds to the sweetening power of about 1 ½ teaspoon sugar. SteviaBase provides a relevant contribution to the health daily requirement of magnesium (with 2 ½ tsp) and calcium (from 5 tsp).

Suitable for children from 5 years of age. May have a laxative effect if consumed excessively; do not exceed 40 g per day. Pay attention to eating a varied, balanced diet and a healthy lifestyle.

Average per:	100g	% RM* % NRV**	1 tsp- (4 g)	% RM* % NRV**
Calorific value	415 kJ/ 99 kcal	4.95 %*	16.6 kJ/ 4 kcal	0.2 %*
carbohydrates	953 g	3.7 %*	3.8 g	1.5 %*
– of which sugars	< 0.1 g	< 0.1 %*	< 0.1 g	< 0.1 %*
– of which polyvalent alcohols	92.5 g		3.7 g	
Magnesium	580 mg	157 %**	23 mg	6 %**
Calcium	650 mg	81 %**	26 mg	3 %**
Erythritol und xylitol	92.5 g		3.7 g	

Contains small amounts of fat, saturated fatty acids, protein and salt; * Reference intake for an average adult (8200 kJ/2000 kcal); ** Nutrient reference values for daily intake - NRV).

Ingredients: Sweeteners erythritol and xylitol, calcium lactate, magnesium carbonate, sweeteners steviol glycosides.

Fill level depends on technical factors. Store in a dry place.

G: PZN 00678311 | A: PHZNR 4038896



Lactirelle

More energy for sport,
school and work

- ✓ For energy metabolism, focus, nerves and immune system
- ✓ With iron, potassium, vitamin B₁ and B₁₂
- ✓ With dextrorotatory lactic acid essence from natural fermentation
- ✓ The healthy alternative to soft drinks - with blackcurrant, without sugar, vegan

Not only tasty - healthy too

Lactirelle is a concentrate of dextrorotatory lactic acid essence with blackcurrant, iron, potassium and vitamins B₁ and B₁₂.

The content of one lactirelle bottle diluted in fizzy water provides up to 4 litres of delicious soft drink. Ideal for children 7 years and above as well as for sport.

The nutrients contained in Lactirelle contribute to the following normal body functions:

- **Reduction of fatigue (B₁₂)**
- **Cognitive function, e. g. concentration and thinking (iron)**
- **Energy-yielding metabolism and psychological function (B₁ and B₁₂)**
- **Nervous system (potassium, B₁ and B₁₂)**
- **Muscle function (potassium)**
- **Maintenance of normal blood pressure (potassium)**
- **Red blood cell formation (vitamin B₁₂ and iron)**



20 servings

100 ml

Food supplement
with sweetener

Recommended serving: Drink 5 ml (1 teaspoon) diluted in sparkling water or directly on muesli 1-2 times daily. Also ideal for athletes and children above 7 years of age as a healthy refreshing drink.

In case of potassium metabolism disorders and hyperkalemia, use only under medical supervision.

Average values per:	1 serving**	2 servings***
Potassium	600 mg (30 %*)	1200 mg (60 %*)
iron	2,1 mg (15 %*)	4,2 mg (30 %*)
Vitamin B ₁	0.42 mg (38 %*)	0.84 mg (76 %*)
Vitamin B ₁₂	1.5 µg (60 %*)	3 µg (120 %*)
L-(+)-Milchsäure/ Laktat	2.4 g	4.8 g
Nutrient reference values for daily dosage (NRV). 5 ml in 200 ml water; *** 2 x 5 ml in 200 ml water (daily dosage).		

Ingredients: blackcurrant concentrate (42%), potassium lactate, L- (+)-lactic acid (19%), natural flavour, acerola cherry extract, sweetener steviol glycosides, iron gluconate, thiamine hydrochloride (vit. B₁), cyanocobalamin (vit. B₁₂).

G: PZN 10740301 | A: PHZNR 4262398



Dr. Jacob's pomegranate products are highly concentrated in precious pomegranate polyphenols and are characterized by a delightful taste, strict quality control and its patented process of live fermentation.



Pomegranate-Elixir

Pomegranate-Elixir *mediterranean*

Granamed

Granaforte

GranaProstan

GranaCor

Granaimun



Fruit of Paradise

Dr. Jacob's Pomegranate Elixir



Dr. Jacob's Pomegranate Elixir is highly concentrated in polyphenols

- ✓ **Convenient:** 500 ml = up to 50 servings for 25 to 50 days; pure or mixed
- ✓ **Patented:** with live fermentation according to Dr. Jacob's EU patent (EP2132994)
- ✓ **Paradisiacal:** healthy and tasty
- ✓ **Great value:** best value polyphenol ratio; from 70 cents a day
- ✓ **High quality:** regular checking of polyphenol content as well as stringent residue checks for pesticides.¹

500 ml | G: PZN 01054676 | A: PHZNR 3042097



25 servings

500 ml

Elixir of life

Unique, concentrated and delicious

1 Expertise in pomegranate research since 2004

Our company conducted the first research in Germany, Austria and Switzerland on the health benefits of pomegranate.

2 With the full diversity of pomegranate polyphenols

Each bottle Dr. Jacob's Pomegranate Elixir contains the juice and pulp of over 50 pomegranates. The gentle production process preserves the rich diversity of polyphenols and micronutrients in a highly concentrated form. Studies show that the natural interaction of all these plant compounds is particularly important. 20 ml contain enough potassium to help maintain a normal blood pressure.

3 Stable content of polyphenols

The polyphenol content in pomegranate juice is very different, as studies show². Dr. Jacob's Pomegranate Elixir has a consistently high, standardized polyphenol content, which remains stable for at least two years⁴.

A Europe-wide patented live fermentation process by Dr. L. M. Jacob increases the antioxidant capacity in TEAC Laboratory test¹. This is 100 times higher than in green tea or red wine³. This does not allow conclusions about the favorable physiological effects to be drawn.

4 High concentration of polyphenols

1 serving (10 ml) Dr. Jacob's Pomegranate Elixir¹ contains about the same amount of polyphenols as 1 glass of pomegranate juice (250 ml)².

5 Best value polyphenol ratio. Compare!

When you calculate the price of the polyphenol ratio in pomegranate juice, you will notice how comparatively inexpensive Dr. Jacob's Pomegranate Elixir is. A 10 ml serving costs only 70 cents. When opened, consume the Elixir within 7 weeks and store in a refrigerator – no preservatives are used.

Delicious recipe ideas can be found on the internet at www.DrJacobs.de



Dr. Jacob's Pomegranate Elixir

mediterranean

Mediterranean delight – for healthy blood circulation

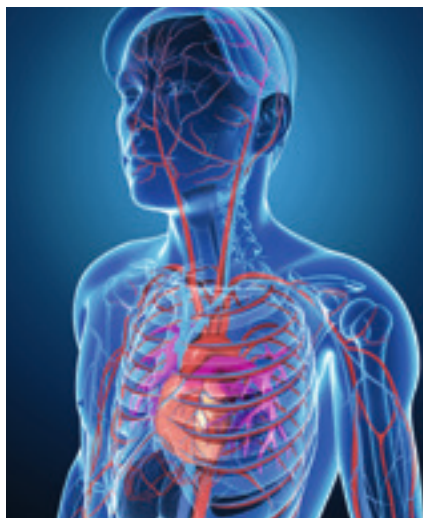
- ✓ 600 mg pomegranate polyphenols per serving (gently concentrated)
- ✓ Patented tomato concentrate for blood circulation¹
- ✓ Extract from red grapes

Pomegranates, red grapes and tomatoes are an important part of Mediterranean life. Each bottle Pomegranate Elixir mediterranean contains the juice and pulp of about 41 sun-ripened pomegranates - gently concentrated and with large amounts of bioactive, live fermented pomegranate polyphenols – an extract of red grapes and a patented tomato polyphenol concentrate with 37 bioactive agents from about 75 tomatoes.

¹Patented tomato polyphenol concentrate

The concentrate from tomato seed jelly supports the normal aggregation of blood platelets (platelet aggregation) and thereby a healthy circulation.

The circulation-enhancing effect has been confirmed in eight clinical studies and from the European Agency for Food Safety. The effect occurs for 97 % of people within a period of 1.5 hours and lasts 1 day if taken regularly.



For smooth platelets

Not only by injuries, but also from stress, sport, overweight and high cholesterol, can platelets (thrombocytes) become “prickly” and thereby activate blood clotting. The patented tomato extract keeps the platelets smooth and thus counteracts unwanted clumping in blood vessels. It does not affect the natural, desired blood clotting in case of an injury.

This positive effect is obtained with a daily intake of 3 g WSTC I (contained in 20 ml Pomegranate Elixir mediterranean) with 250 ml water.

500 ml | G: PZN 10003057 | A: PHZNR 4126784

Dr. Jacob's Pomegranate Elixir

Pomegranate fruit preparation

Recommended consumption: Enjoy a half or full serving (10 or 20 ml) daily. Mix with water and take an hour before lunch or dinner. 20 ml contain enough potassium to maintain normal blood pressure

Pay attention to eating a varied, balanced diet and a healthy lifestyle.

Average value per:	100 ml	1 serving
Calorific value	878 kJ/ 206 kcal	176 kJ/41 kcal (2 %*)
Fat	< 0.5 g	< 0.5 g (<0.1 %*)
of which saturated fatty acid	<0.1 g	< 0.1 g (< 0.1 %*)
Carbohydrates	47 g	9 g (3,6 %*)
of which sugar***	47 g	9 g (10.4 %*)
Protein	0.8 g	0.2 g (0.3 %*)
Salt	0.04 g	< 0.01 g (< 0.1 %*)
Potassium	2000 mg (100 %**)	400 mg (20 %**)
Polyphenols****	3600 mg	720 mg

Values depend on the usual fluctuations of the commodity. *Reference intake (RI) of an average adult (8400 kJ / 2000 kcal); **Nutrient reference values for daily intake (NRV); ***Only fruit sugar; ****Measured according to Folin-Ciocalteu as gallic acid equivalent

Ingredients: Pomegranate 95 % (juice & pulp concentrate; partly live fermented), elderberry juice concentrate, potassium lactate, natural vanilla flavor, stabilizer citrus pectin, spices.

Shake before use. When opened, consume within 7 weeks and store in the refrigerator.

500 ml | G: PZN 01054676 | A: PHZNR 3042097

Pomegranate Elixir *mediterranean*

Functional fruit preparation

Recommended consumption: Enjoy 20 ml of the fruity-herby concentrate diluted in 250 ml of water daily – preferably as a healthy refreshment in the afternoon between the main meals.

Pay attention to eating a varied, balanced diet and a healthy lifestyle.

Average value per:	100 ml	1 serving
Calorific value	893 kJ/ 214 kcal	179 kJ/43 kcal (2.1 %*)
Fat	0.1 g	< 0.1 g (< 0.1 %*)
of which saturated fatty acid	< 0.1 g	< 0.1 g (< 0.1 %*)
Carbohydrates	50 g	10 g (3.8 %*)
of which sugar***	50 g	10 g (11.1 %*)
Protein	2 g	0.4 g (0.8 %*)
Salt	0.1 g	0.03 g (0.4 %*)
Potassium	2000 mg (100 %**)	400 mg (20 %**)
WSTC I Tomato concentrate	15 g	3 g

Polyphenols**** 4000 mg 800 mg
of which pomegranate polyphenols 3000 mg 600 mg

Values depend on the usual fluctuations of the commodity. *Reference intake (RI) of an average adult (8400 kJ / 2000 kcal); **Nutrient reference values for daily intake (NRV); ***Only fruit sugar; ****Measured according to Folin-Ciocalteu as gallic acid equivalent

Ingredients: Pomegranate (81 % juice and pulp concentrate; partly live fermented), water-soluble tomato concentrate WSTC (12 %), tomato paste, grape extract (2 %) (contains **sulphite**)

Shake before use. When opened, consume within 7 weeks and store in the refrigerator.

500 ml | G: PZN 10003057 | A: PHZNR 4126784



Granaforte

Pomegranate concentrate with live fermentation

- ✓ **Highly concentrated**
- ✓ **500 mg polyphenols per serving, of which approx. 300 mg punicalagine**
- ✓ **90% less sugar than pomegranate juice with the same polyphenol content**
- ✓ **With dextrorotatory lactic acid**

Food supplement
with sweetener

Recommended consumption: 1–2 teaspoons (about 6.6 ml) Granaforte mixed with 250 ml still or sparkling water. Do not consume pure or on an empty stomach! Tip: with 5 ml Lactirelle, the drink tastes fresh and fruity.

Average value per: 1 serving (6.6 ml)

L-(+)-Milchsäure 0.5 g

Polyphenols* 500 mg

* measured according to Folin-Ciocalteu as gallic acid equivalent

Ingredients: Pomegranate concentrate (81 %, partially live fermented), L-(+)-lactic acid (10%), elderberry concentrate, sweeteners steviol glycosides. With dextrorotatory lactic acid from natural fermentation.

Once opened, store in the refrigerator for up to 25 days.

100 ml | G: PZN 11545085 | A: PHZNR 4390570



15 servings

100 ml



(1) Average values from various analyzes by accredited food laboratories in Germany. Please refer to:

www.DrJacobs.de/de/produkte/granatapfel/pomegranate-product-analysen.html

(2) Fischer-Zorn M, Ara V (2007): Pomegranate juice – Chemical composition and possible falsifications. Liquid fruit; 08: 386-393.

(3) Gil MI, Tomas-Barberan FA, Hess-Pierce B, Holcroft DM, Kader AA (2000): Antioxidant activity of pomegranate juice and its relationship with phenolic composition and processing. Journal of Agricultural and Food Chemistry; 48: 4581-4589.

(4) Long-term stability test. Analysis results on: www.DrJacobs.de/de/produkte/granatapfel/granatapfel-produkt-analysen.html





Higher bioactivity through live fermentation

Fermentation processes have been used for thousands of years to improve the safety of food. Selected microorganisms, of which their use has a long tradition, can bring pomegranate juice to act as a kind of pre-digestion. The fruit's sugar content is hence reduced and the bioactivity and polyphenols' concentration is increased. The process of live fermentation was developed in 2004 by Dr. L. M. Jacob and registered as an EU patent.

Best quality through lyophilization

With the freeze-drying process, water is gently extracted from the pomegranate juice. Unlike with heat drying processes, the maximum temperature never exceeds 37°C, which optimally preserves the freshness and quality of the natural spectrum of the plant substances.



GranaProstan *ferment*

*Dr. Jacobs GranaProstan
ferment: ideal for travelling*



50 servings

63 g
100 capsules

- ✓ **For men over 50**
- ✓ **4 capsules: 2 g pomegranate juice-extract with 720 mg polyphenols**
- ✓ **Produced with live fermentation and lyophilization**

Food supplement

Recommended consumption: Daily 2 to 4 capsules.
Best taken an hour before lunch / dinner.

Average value per:	2 capsules	4 capsules
Pomegranate Polyphenols*	360 mg	720 mg
Silicium	15 mg	30 mg

*measured according to Folin-Ciocalteu as gallic acid equivalent

Ingredients: Pomegranate 80% (of which 84% pomegranate juice, 16% pomegranate juice extract: live fermented, freeze-dried, glazing agent hydroxypropyl, methyl cellulose (herbal capsule shell), grape extract (contains sulphite), rice extract, silicon dioxide.

Store in a dry place.

61 g (100 capsules) | G: PZN 03320521 | A: PHZNR 3172894

GranaCor

The GranaCor formula for heart and nerves

- ✓ Highly concentrated in pomegranate polyphenols
- ✓ With selected vitamins for the nervous system and heart function
- ✓ With selenium for immune system and cell protection

A synergistic formula for the normal function of the heart and nervous system.

The nutrients contained in GranaCor contribute, among other things, to the following normal body functions:

- **Heart function** (vitamin B₁)
- **Nervous system** (vitamin B₁, B₆, B₁₂)
- **Energy Metabolism** (vitamin B₆)
- **Homocysteine metabolism** (vitamin B₆, B₁₂, folic acid)
- **Protection of cells from oxidative stress** (vitamin E, selenium)
- **Cell division** (folic acid)
- **Immunsystem** (vitamin D, selenium)

4 capsules contain 2 g live fermented, freeze-dried pomegranate juice extract with 720 mg pomegranate polyphenols (as gallic acid equivalent).



15–30 servings

**38 g
60 capsules**

Food supplement

Recommended consumption: Daily 2–4 capsules.

Average values per:	2 capsules	% NRV*	4 capsules	% NRV*
Pomegranate-Polyphenols**	360 mg	–	720 mg	–
Vitamin E	6 mg α-TE	50%	12 mg α-TE	100%
Vitamin D	2.5 µg	50%	5 µg	100%
Folic acid	100 µg	50%	200 µg	100%
Vitamin B ₁	0.55 mg	50%	1.1 mg	100%
Vitamin B ₆	0.7 mg	50%	1.4 mg	100%
Vitamin B ₁₂	1.25 µg	50%	2.5 µg	100%
Selenium	27.5 µg	50%	55 µg	100%

*Nutrient reference values for daily intake (NRV);

**measured according to Folin-Ciocalteu as gallic acid equivalent

Ingredients: Pomegranate 80% (84% pomegranate juice, 16% pomegranate juice extract: fermented, freeze-dried), coating agent hydroxypropyl methyl cellulose (vegetable capsule), tocopherol-rich extract, separating agent silica, grape extract (contains sulfite), pyridoxine hydrochloride, thiamine hydrochloride, Pteroylmonoglutamic acid (folic acid), sodium selenite, vitamin D₃, cyanocobalamin.

38 g (60 capsules) | G: PZN 01123851 | A: PHNZR 3215008

Grana**im**un

For immune system and
mucous membranes

- ✓ Zinc and selenium contribute to the normal function of the immune system
- ✓ Vitamin B₂ contributes to the maintenance of normal mucous membranes

5-in-1 formula

With fermented pomegranate and elderberry polyphenols, zinc, selenium and vitamin B₂.

Acts where it must act

The nutrients contained in Grana**im**un contribute to the following normal body functions:

- **Immune system** (zinc, selenium)
- **Protection of cells from oxidative stress** (Selenium)
- **Maintenance of normal mucous membranes** (Vitamin B₂)



100 ml

TIP

fit through the year



Food supplement (16% alcohol volume)

Recommended intake for adults and adolescents over 13 years: 3x25 drops or 5x15 drops (3 ml). For a better effect on the oral mucosa, do not swallow the drops immediately, but keep in the mouth for a short time (about 1 min.). Dosage for children see: www.DrJacobs-Shop.de

Average values per:	1 serving (3 ml)	% NRV*
total polyphenols **	230 mg	
Zinc	10 mg	100 %
Silicium	55 µg	100 %
Vitamin B ₂	0.7 mg	50 %

*Nutrient reference values for daily intake (NRV);

**measured according to Folin-Ciocalteu as gallic acid equivalent


Ingredients: Pomegranate concentrate 79 % (partly fermented), elderberry concentrate (10 %), alcohol, zinc citrate, riboflavin, sodium selenite.

Contains alcohol. Shake before use!

100 ml | G: PZN 05725191 | A: PHZNR 3419656







Vitamin D₃ Öl
Vitamin D₃K₂ Öl
Vitamin D₃ Öl *forte*
B₁₂ Methylcobalamin
Melatonin B₁₂
Regenerat *imun*
Sulfoforte bio
Curcumin Phospholipid
Curcumin K₂
Q10 Synergie
OPC Synergie
Women's power

Well supplied with...

Vitamin D₃ Oil

Optimal price-performance ratio

- ✓ For the immune system, normal bones and teeth
- ✓ High bioavailability, vegetarian
- ✓ Only 2 cents per serving
- ✓ Vegetarian

Vitamin D₃ oil for your health

Vitamin D brings a scientifically proven health contribution to normal body function:

The sun vitamin supports the immune system, and is needed for the maintenance of normal muscle function. Furthermore, vitamin D helps to maintain bones and teeth as well as normal calcium levels in the blood. Fresh air, regular exercise and a balanced diet are the basis for a good health. But sometimes the immune system can need a little "extra help".

- **function of the immune system**
- **the maintenance of bones and teeth**
- **the maintenance of muscle functions**

Vitamin D₃ used is obtained from UV light irradiation of wool wax (lanolin)



600 servings

20 ml

derived from the wool of unharmed sheep. Approximately 0.016g of lanolin is used for the production of Vitamin D per bottle of Vitamin D₃ oil.

Food supplement

Recommended consumption: 1 drop contains 20 µg of vitamin D₃ (800 IU), which corresponds to 400% of the recommended daily intake according to NRV (nutrient reference values) or 100% according to DGE (German Nutrition Society).

Vitamin D recommended daily intake in the absence of endogenous synthesis (DGE):

For adults and children over 1 year: 1 drop Vitamin D₃ oil daily

For infants: 1 drop Vitamin D₃ oil every other day

Ingredients: High-oleic sunflower oil (95 %), antioxidant extracts with high tocopherol content (natural vitamin E), vitamin D₃.

When opened, use within 6 months. Protect from light and store in a cool place (6–25°C).

20 ml | G: PZN 10038446 | A: PHZNR 4134795

Vitamin D₃ Oil forte

Food supplement

Recommended dosage: take 1 drop daily on a teaspoon (1 serving). 1 drop = 50 µg vitamin D₃ forte = 1000% of the daily nutrient reference value (NRV) or 250% (DGE).

Please note: in case of kidney failure, elevated calcium levels (blood or urine) or a tendency to form kidney stones, use only under medical supervision!

Ingredients: High-oleic sunflower oil (95 %), antioxidant tocopherol-rich extracts (vitamin E of natural origin), vitamin D₃.



Exklusively in pharmacies

Best price/serving ratio:
2000 I. E. = 50 µg vitamin D₃
per drop = 2 Cent.
 (600 drops, 1,200,000 I. E.)

600 servings

20 ml

G: PZN 13784902 | A: PHZNR 4766897



Vitamin D₃K₂ Oil

The vitamin synergy for bones and immune system

- ✓ 20 µg of vitamin D₃ (800 IU) + 20 µg of vitamin K₂ per drop
- ✓ High bioavailability: fat-soluble vitamins D₃ and K₂ in sunflower oil
- ✓ For all the family: 600 drops per bottle



600 servings

20 ml

Vitamin K is important for the maintenance of normal bones together with Vitamin D. The long-chain Vitamin K₂ (menaquinone-7) is produced from plant substances. It has a particularly good bioavailability and has a much longer half-life time in the body than vitamin K₁.

Vitamins D and K contribute to the following normal body functions:

Vitamin D supports

- the immune system
- the maintenance of bones and teeth
- the maintenance of muscle function

Vitamin K supports

- the blood clotting
- the maintenance of bones

High Bioavailability: fat soluble vitamins D and K in sunflower oil.



Food supplement

Recommended consumption: 1 drop every day.

Please note: With simultaneous use of vitamin K antagonists (coumarin-type anticoagulants), take only under medical supervision.

Average value per:	1 Serving (1 drop)	% NRV**
Vitamin D	20 µg (800 I.E.)	400 %
Vitamin K	20 µg	27 %

** Nutrient reference values for daily intake

Ingredients: High-oleic sunflower oil (94%), antioxidant strong tocopherol extracts (natural vitamin E, vitamin D₃, vitamin K₂ (all-trans menaquinone)).

When opened, use within 6 months. Protect from light and store in a cool place (6–25°C).

20 ml | G: PZN 11360196 | A: PHZNR 4368406

MecobalActive® B₁₂ Methylcobalamin

*Vegan vitamin B₁₂ in the
purest form*

- ✓ 500 µg vitamin B₁₂ per tablet
- ✓ B₁₂ methylcobalamin - can be directly used by the metabolism
- ✓ The purest methylcobalamin B₁₂ - produced in Europe
- ✓ Optimum product stability

Premium product

The contained vitamin B₁₂ (Mecobal-Active) in the B₁₂ Methylcobalamin is produced in Europe in a patented and environmentally friendly manufacturing process. The purest methylcobalamin has a high product stability and can be metabolised directly by our body due to its active form. The absorption already takes place through the oral mucous membrane when licking. The tablet has a discrete cherry taste.

Who needs high-dosage vitamin B12?

Usually, 2.5 µg B₁₂ daily is sufficient. But the daily requirements can vary from person to person by a factor of 100 to 1000. People with reduced absorption (e. g. lack of intrinsic factor and stomach acid) require high doses of B₁₂ to achieve normal blood levels. This is more common with increasing age. In the case of deficiency, vegans and vegetarians can fill up their liver deposits more quickly with high-dosage B₁₂.

In order to determine whether there is a lack of absorption or a simple deficiency due to insufficient consumption, a urine and/or blood test is necessary: MMA in the urine or Holo-TC in the blood test.

The vitamin B₁₂ contained in B₁₂ Methylcobalamin Mecobal Active is very well accepted by the body and contributes to the following normal body functions:

- Reduction of fatigue
- Psychological and nervous function
- Homocysteine metabolism
- Red blood cell formation
- Immune system



60 servings

15 g

Food supplement
with sweetener

Recommended dosage: Dissolve 1 tablet per day slowly in the mouth

Average values per:	1 tablet*	% NRV**
Vitamin B ₁₂	500 µg	20.000 %

*1 daily portion; ** Nutrient reference values for daily dosage (NRV)

Ingredients: Sweetener xylitol, malic acid, natural cherry aroma, filler cellulose, silica separating agent, thickener modified cellulose, methylcobalamin (vitamin B₁₂). May contain traces of nuts.

G: PZN 13578663 | A: PHZNR 4741199

Melatonin B₁₂

For faster sleep and good nerves

- ✓ Melatonin - reduce the time needed to fall asleep
- ✓ Vitamin B₁₂ as methylcobalamin contributes to the normal functions of the nervous system and psychological functions
- ✓ Without gluten and lactose, vegan

Melatonin ensures a faster falling asleep

Melatonin regulates the day-night rhythm of our body and is known as the "sleep hormone". The body's own melatonin production gradually decreases with age. Melatonin helps to shorten the time needed to go to sleep.

This positive effect occurs when you take 1 mg of melatonin shortly before bedtime.



60 servings

15 g

Melatonin soothes jetlag

Melatonin also helps alleviate the feeling of jet-lag. This positive effect is achieved when on the first day of travel, shortly before going to bed as well as on the first day after arrival at destination, at least 0.5 mg of melatonin are absorbed. This is why Melatonin B12 is especially suitable for frequent travellers who often experience jet lag.

Food supplement
with sweetener

Recommended dosage: Dissolve 1 tablet slowly in the mouth per day, shortly before bedtime.

The full daily dose is suitable for people over 13 years of age. May be laxative in case of excessive consumption. Drying element not suitable for consumption.

Average values per:	1 tablet*	% NRV**
Melatonin	1 mg	
Vitamin B ₁₂	2,5 µg	100 %

*1 daily portion; ** Nutrient reference values for daily dosage (NRV)

Ingredients: Sweetener Xylitol, release agent silicon dioxide, filler cellulose, natural cherry flavour, palm fat, thickener modified cellulose, beetroot juice powder, melatonin (0.4%), methylcobalamin (vitamin B₁₂). May contain traces of nuts.

G: PZN 12893606 | A: PHZNR 4612800



Regenerat *imun*



20 servings

320 g

Immune strengthening micro-nutrients based on plants

- ✓ **Nutrient complex for mucous membranes and immune system**
- ✓ **With omega-3 fatty acids, proteins and specific amino acids**
- ✓ **With curcumin and sunflower phospholipids**
- ✓ **Suitable for people with intolerance against fructose, gluten, lactose and histamine**
- ✓ **Ideal supplement for vegans**

Regenerat *imun* provides important nutrients for mucous membranes and the immune system: vegetable omega-3 fatty acids, proteins, specific amino acids, sunflower lecithin and special plant substances. The micronutrients contained inside support the following normal body functions:

- **Immune system** (selenium, zinc, folic acid, vitamins A, B₆, B₁₂, C, D)
- **Maintenance of normal mucous membranes** (biotin, niacin, vitamins A, B₂)
- **Reduction of fatigue** (folic acid, niacin, vitamins B₂, B₆, B₁₂)

Content per	1 serving (16 g)*	% NRV**
Vitamin A	400 µg RE	50 %
Vitamin E	36 mg α-TE	300 %
Vitamin D	5 µg	100 %
Vitamin B ₁	1.1 mg	100 %
Vitamin B ₂	1.4 mg	100 %
Niacin	16 mg NE	100 %
Pantothenic acid	6 mg	100 %
Vitamin B ₆	1.4 mg	100 %
Biotin	50 µg	100 %
Vitamin B ₁₂	5 µg	200 %
Folic acid	200 µg	100 %
Vitamin C	100 mg	125 %
Zinc	7 mg	70 %
Manganese	0.5 mg	25 %
Selenium	55 µg	100 %
Chromium	30 µg	75 %
Molybdenum	25 µg	50 %
Lecithin	2,5 g	
Omega-3-fatty acids	670 mg	
Curcuminoids	240 mg	
Liquorice root powder	395 mg	
Protein	8.2 g	
L-acetylcysteine	280 mg	
L-glutamine	1600 mg	
L-lysine	800 mg	
Taurine	250 mg	
Carnitine	50 mg	
Silicon	35 mg	

* 16 g = 1 measuring spoon; ** Nutrient reference values for daily dosage (NRV); RE = Retinole equivalent; α-TE = D-α-tocopherol equivalent; NE = Niacin equivalent.

Ingredients: Rice protein, pea protein, sunflower lecithin (15.6%), pumpkin protein, L-glutamine (8.4%), linseed oil, L-lysine hydrochloride (3.9%), coconut protein, liquorice root powder, N-acetyl-L-cysteine (1.8%), taurine, turmeric extract (1.6%), ascorbic acid, extracts containing a lot of tocopherol, green tea extract (0.6%), L-carnitine L-tartrate, silicon dioxide, bromelain, zinc gluconate, nicotinamide, aroma extract bergamot oil, calcium D-pantothenate, manganese gluconate, retinyl acetate, cholecalciferol (vitamin D₃ from lichens), pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, pteroylmonoglutamic acid, chromium (III) chloride, sodium selenate, sodium molybdate, biotin, methylcobalamine. May contain traces of nuts.

G: PZN 1258278 | A: PHZNR 4256506

Sulfoforte plus

Broccoli seeds plus quercetin
& resveratrol phospholipid

- ✓ Premium Quality
- ✓ Include sulforaphane
- ✓ Vegetable capsule shell

The special secondary plant substances sulforaphane and glucoraphane from activated broccoli seeds are complemented by resveratrol and quercetin phospholipid, which has a 20-times higher bioavailability.

Food supplement

Recommended intake: take 4-8 capsules daily with a meal. The recommended daily intake must not be exceeded.

Average per:	4 capsules*	8 capsules**
Activated broccoli seeds	1200 mg	2400 mg
resveratrol phospholipid	200 mg	400 mg
– of which Resveratrol	60 mg	120 mg
quercetin phospholipid	200 mg	400 mg
– of which Quercetin	40 mg	80 mg

*4 capsules (= 1 serving) contain about 25 mg sulforaphane and glucoraphane; **8 capsules (= 2 servings; 1 daily dose) contain about 50 mg sulforaphane and glucoraphane. Values are subject to the usual fluctuations for natural products.



20 servings

45 g
90 capsules



Ingredients: Activated, ground broccoli seeds (60 %), coating agent hydroxypropyl methyl cellulose (vegetable capsule shell), resveratrol-phospholipid complex (10 %, contains **soya**), quercetin-phospholipid complex (10 %).

Drying element not suitable for consumption. Store in a cool and dry place.

45 g (90 capsules) | G: PZN 14137777 | A: PHZNR 4364377



DE-ÖKO-003
EU-agriculture

LaktoBifido

3 strains of *Lactobacilli*
3 strains of *Bifidobacteria*

- ✓ 7 billion lacto- and bifidobacteria
- ✓ Vegetable capsule shell
- ✓ Without yeast and gluten

Dr. Jacob's special selection of bacteria is particularly well tolerated and also suitable for histamine intolerance.

1 capsule contains 7 billion viable germs at the time of production. A total of approx. 5 billion germs from the following strains are guaranteed until the end of the minimum shelf life if stored as specified:

- *Bifidobacterium Breve*
- *Bifidobacterium Bifidum*
- *Bifidobacterium Longum*
- *Lactobacillus Rhamnosus*
- *Lactobacillus Helveticus*
- *Lactococcus Lactis*

Food supplement

Recommended intake: 1-2 capsules daily. Take in the morning or evening soberly.

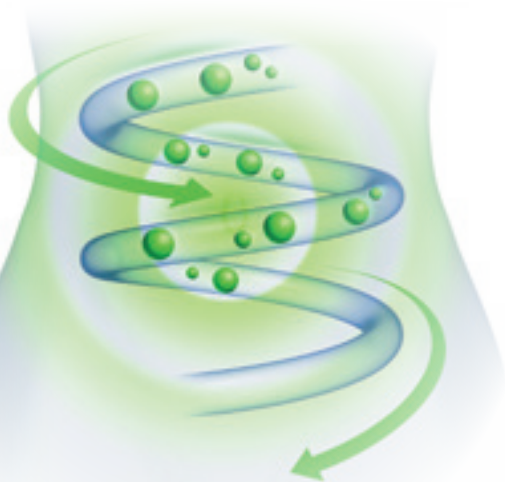
Ingredients: Filler Potato starch, coating agent hydroxypropyl methyl cellulose (vegetable capsule coating), *Lactobacillus Helveticus*, *Lactococcus Lactis*, *Bifidobacterium Longum*, *Lactobacillus Rhamnosus*, *Bifidobacterium Breve*, separating agent magnesium salts of fatty acids (vegetable), *Bifidobacterium Breve*, separating agent magnesium salts of fatty acids (vegetable), *Bifidobacterium*, Ascorbic acid. Contains milk and soy ingredients. Without yeast and gluten. Dry bag not suitable for consumption. After opening store at 4°C.

G: PZN 01800197 | A: PHZNR 4062914



90 Portionen

46 g



Jod-Probio

Iodine from marine algae + B₁₂ + selenium + lacto & bifidobacteria

- ✓ **Essential vegan primary care**
- ✓ **For energy metabolism and nervous system (iodine + vitamin B₁₂)**
- ✓ **For the normal functioning of the thyroid gland (iodine + selenium)**
- ✓ **With microencapsulated lacto- and bifidobacteria**

The micronutrients contained in iodine probiotics support the following normal body functions:

- **Thyroid function** (iodine, selenium)
- **Energy metabolism and nervous system** (iodine, B₁₂ as methylcobalamin)

The iodine-rich sea algae from naturally protected waters off Scotland are processed freshly harvested and are free of residues from fish and crustaceans.

The iodine-rich sea algae from naturally protected waters off Scotland are processed freshly harvested and are free of residues from fish and crustaceans.

The natural lacto- and bifidobacteria are microencapsulated according to a patented process and are therefore resistant to stomach and gall acid. They only become active in the colon. *L. plantarum* is traditionally used for the fermentation of vegetables and fruit.



90 Portionen

27 g

Food supplement

Recommended intake: 1-2 capsules daily for adults, pregnant women and nursing mothers. 1 capsule for children aged 7 and up. Take between meals in the morning or during the day.

Durchschnittlich pro:	1 Kapsel	2 Kapseln
Jod	140 µg (93 %**)	280 µg (187 %**)
Selenium	27.5 µg (50 %**)	55 µg (100 %**)
Vitamin B ₁₂ (Methyl-B ₁₂)	2.5 µg (100 %**)	5 µg (200 %**)
Lacto- u. Bifidobakterien	1.5 billion	3 billion

1 capsule = 1 serving, 2 capsules = 2 portions (daily dosage); ** Reference quantities for daily intake (NRV)

Ingredients: Ascophyllum nodosum (63 %), coating agent hydroxypropyl methyl cellulose (vegetable capsule shell), Lactobacillus plantarum and Bifidobacterium breve (microencapsulated, 8 %), sodium selenite, methylcobalamin (vitamin B₁₂). May contain traces of nuts.

Drying element not suitable for consumption. Store in the refrigerator after opening.

G: PZN 14025363 | A: PHZNR 4828693



Curcumin- Phospholipid

29 times higher bioavailability

- ✓ Proven in 29 clinical studies with 2,000 participants
- ✓ Penetrates the cell membranes thanks to special curcumin-phospholipid complex
- ✓ Without piperine / pepper extract

By combining the curcumin molecule with natural phospholipids, a 29 times higher bioavailability of curcumin is achieved - without piperine/pepper extract, which can cause drug interactions. Within the phospholipid complex, curcumin is able to pass through cell membranes to proceed further into the cell's interior.

Best tolerability

The curcumin-phospholipid complex has been investigated in 29 clinical studies with 2000 participants and shows very good acceptability in humans.



30 Portionen

**37 g
60 Kapseln**

Food supplement

Recommended dosage: Take 2 capsules daily with a meal.

Average value per:	2 capsules*
Curcumin phospholipid	1000 mg
- of which curcumin	200 mg
Silicium	20 mg
*1 serving	

Ingredients: Curcumin phospholipid complex 81% (contains soya lecithin), coating agent hydroxypropyl methyl cellulose (vegetable capsule shell), silica.

G: PZN 12580304 | A: PHZNR 4586209

Curcumin K₂

For bone and immune system

- ✓ Proven curcumin phospholipid with 29 times higher bioavailability
- ✓ With vitamins K₂, K₁ and D₃
- ✓ Twice microencapsulated vitamin K₂ for best stability
- ✓ Best tolerability

The patented curcumin-phospholipid complex has a 29-times higher bioavailability than conventional curcumin. The contained vitamin K₂ (long-chain menaquinone) is twice microencapsulated and therefore highly stable. Vitamins K₁, K₂ and vitamin D₃ contribute to the maintenance of normal bones. Vitamin D also contributes to the normal function of the immune system.



60 servings

**37 g
60 capsules**

Food supplement

Recommended consumption: Take 1–2 capsules daily with a meal.

Please note: With simultaneous use of vitamin K antagonists (coumarin-type anticoagulants), take only under medical supervision.



Average value per:	1 capsule	% NRV ²	2 capsule	% NRV ²
Curcumin-phospholipid	450 mg		900 mg	
- of which curcumin	90 mg		180 mg	
Vitamin K	75 µg	100%	150 µg	200%
- of which vitamin K ₁	37.5 µg	50%	75 µg	100%
- of which Vitamin K ₂	37.5 µg	50%	75 µg	100%
Vitamin D	5 µg	100%	10 µg	200%
Silicium	12 mg		24 mg	

¹ 1 capsule = 1 serving, 2 capsules = 2 servings (daily intake); ²Nutrient reference values for daily intake (NRV – nutrient reference values)

Ingredients: Curcumin-phospholipid complex (76%) (contains soy), hydroxypropyl methylcellulose (herbal capsule shell), silica, menaquinone, phylloquinone, vitamin D₃.

37 g (60 capsules) | G: PZN 02647384 | A: PHZNR 4071770

Q10 synergy

For energy metabolism, vision and mucous membranes

- ✓ **Pure coenzyme Q10 from fermentation by Kaneka, the market leader in Japan**
- ✓ **With coenzyme Q10, lutein, vitamin B₂, B₁₂, niacin, taurine and L-carnitine**
- ✓ **High Bioavailability if taken through the oral mucosa**

Coenzyme Q10 is one of the ubiquinones involved in the process of mitochondrial energy production in the respiratory chain in all living cells.

Q10 synergy has a pleasant taste thanks to the use of xylitol as sweetener, which is derived from birch trees.

The nutrients contained in Q10 synergy contribute among other things to the following normal body functions:

- **Reduction of fatigue and energy metabolism** (vitamin B₂, B₁₂ and niacin)
- **Function of the nervous system** (vitamin B₂, B₁₂ and niacin)
- **Maintenance of normal skin and mucous membranes** (vitamin B₂ and niacin)
- **Maintenance of normal vision** (vitamin B₂)
- **Function in cell division** (vitamin B₁₂ as methylcobalamin)



100 servings

80 g

Food supplement
with sweetener

Recommended consumption: For absorption through the oral mucosa, dissolve 1 measuring spoon (800 mg) in the mouth. Lecithin acts as an emulsifier and improves the absorption through the oral mucosa. Excessive consumption may produce a laxative effect.

Average values per:	1 serving (800 mg)*	% NRV**
Coenzym Q ₁₀	25 mg	–
Vitamin B ₂	4.2 mg	300%
Niacin	16 mg NE	100%
Vitamin B ₁₂	7.5 µg	300%
Taurine	250 mg	–
L-carnitine	50 mg	–
Lecithin	93 mg	–
Silicon	17.5 mg	–
Lutein	5 mg	–

*1 measuring spoon; ** Nutrient reference values for daily intake (NRV); NE = Niacin-Equivalent

Ingredients: sweetener xylitol, taurine (31 %), **soy** lecithin, L-carnitine tartrate (9 %), silicic acid, coenzyme Q10 (3 %), lutein concentrate from marigolds (3 %), nicotinamide, riboflavin (B₂), methylcobalamin (B₁₂).

Fill levels depends on technical factors. Store in a dry place!

80 g | G: PZN 06412531 | A: PHZNR 3499709

OPC Synergy

For cell protection, healthy blood vessels and collagen formation

- ✓ 60 mg OPC from whole red grapes
- ✓ 165 mg polyphenols from grapes, pine bark and green tea
- ✓ With selected vitamins, trace elements and acerola extract

The nutrients contained in OPC Synergy contribute to the following normal body functions:

- **Collagen formation for the healthy function of blood vessels, skin, cartilage and bones** (Acerola-Vitamin C)
- **Cell protection from oxidative stress** (natural vitamin E, selenium and zinc)
- **Homocysteine metabolism** (folic acid, vitamins B₆ and B₁₂)
- **Immune system functions** (vitamins C, B₆, B₁₂, zinc, selenium)
- **Maintenance of normal skin, hair and nails** (zinc)



120 servings

120 capsules

Food supplement

Recommended dosage: 1 capsule per day.

Average values per:	1 capsule (1 serving)	% NRV*
Vitamin C	80 mg	100%
Vitamin E	12 mg α-TE	100%
Vitamin B ₆	1.4 mg	100%
Folic acid	200 µg	100%
Vitamin B ₁₂	5 µg	200%
Zinc	1,5 mg	15%
Selenium	27.5 µg	50%
Polyphenols	190 mg	–
of wch OPC	60 mg	–

*Nutrient reference values for daily dosage (NRV);
α-TE = D-α-tocopherol equivalent

Ingredients: Acerola cherry extract (42%), grape extract (26%); contains sulphite), coating agent hydroxypropyl-methyl cellulose (vegetable capsule shell), green tea extract (6.5%), ascorbic acid, selenium yeast, D-α-tocopherol, zinc gluconate, release agent silicon dioxide, pine bark extract (0.9%), vitamin B₆ hydrochloride, folic acid, methylcobalamine.

G: PZN 01054469 | A: PHZNR 3048071

Women's power

For energy metabolism,
hair and skin

- ✓ **With important vitamins and minerals**
- ✓ **With fruits, berries, soy isoflavones, yam root powder and evening primrose oil**
- ✓ **For women over 30 as well as during and after menopause**

Delicious powdered drink with fruits, micro-nutrients, organically bound trace elements, secondary plant substances and soy isoflavone concentrate (50 mg phytoestrogens per serving).

The nutrients contained contribute to the following normal body functions:

- **Energy metabolism and reduction of fatigue** (magnesium, vitamin B₂, niacin, pantothenic acid)
- **Normal function of the immune system** (selenium, zinc, vitamins B₆, B₁₂, C, D)
- **Maintenance of normal hair and skin** (biotin, zinc)

Food Supplement

Recommended dosage: Mix 1 measuring spoon (7.75 g) with water, juice, soy drink, milk, yoghurt or muesli daily. With simultaneous use of vitamin K antagonists (coumarin-type anticoagulants), take only under medical supervision!

Ingredients: Fruit powder mixture (48%) (raspberry, sweet cherry, cranberry, banana, blackberry, blueberry), fructose, soya protein[#], soya bean concentrate[#] (6.5%), magnesium carbonate, natural raspberry flavor, emulsifier soya lecithin[#], malic acid, microencapsulated evening primrose oil (1.6%), inulin, L-ascorbic acid, acerola cherry extract (1.2%), yam root powder (1%), zinc gluconate, silica, grape seed extract (0.4%), selenium yeast, nicotinamide, D-alpha-tocopherol, citrus extract (0.13%), manganese gluconate, calcium-D-pantothenate, vitamin-B₆-Hydrochlorid, vitamin-B₁₂-Hydrochlorid, vitamin B₂, folic acid, chrom-III-chlorid, D-biotin, vitamin K₁, vitamin D₃, vitamin B₁₂. May contain traces of nuts.

[#]Without genetic engineering



43 servings

333 g

G: PZN 01054564
A: PHZNR 3042105

Average values per:	1 ML*	% NRV**
Isoflavones	50 mg	
Yam root powder	75 mg	
Fruit powder	3.5 g	
microencapsulated evening primrose oil	125 mg	
Acerola extract	94 mg	
Citrus bioflavonoid extract	10 mg	
Grape seed extract	30 mg	
Silicon	13 mg	
Vitamin C	125 mg	156 %
Vitamin E	12 mg α-TE	100 %
Vitamin D	5 µg	100 %
Vitamin K	80 µg	107 %
Vitamin B ₁	1.4 mg	127 %
Vitamin B ₂	1.6 mg	114 %
Niacin	18 mg NE	113 %
Pantothenic acid	6 mg	100 %
Vitamin B ₆	2 mg	143 %
Biotin	100 µg	200 %
Vitamin B ₁₂	3 µg	120 %
Folic acid	400 µg	200 %
Zinc	7 mg	70 %
Selenium	50 µg	91 %
Magnesium	70 mg	19 %
Manganese	1 mg	50 %
Chrome	25 µg	63 %

*1 measuring spoon (ML) = 1 serving (7.75 g); **Nutrient reference values for daily intake (NRV). α-TE = D-α-Tocopherol equivalent; NE = Niacin equivalent.



SUZANNE JACOB

LUDWIG JACOB

Doing some good without harming.



Our products are all vegan or vegetarian. But that is not enough for us. The complete package must be right: The products have been proven to be good for the health and simply work well. The ingredients are as natural as possible. Animalbased raw materials are not used. Only our vitamin D3 is obtained in pharmaceutical quality from the wool wax derived from the wool of living sheep. We are an active member of the association of vegetarians (www.proveg.com), because a survival of mankind seems only possible if it feeds itself predominantly with plants. A large part of our packaging is recycled by participating in the Dual System and our advertising materials are mostly printed on recycled paper. For the sake of the environment, we save on catalogue and print advertising. To this end, we invest in research and quality.

We want to help: Dr. Jacob's Medical supports numerous sponsored children and health projects in developing countries. As an official partner of "Médecins sans Frontières", we will also be helping in 2017, because this is where effective aid is being provided.

Detailed information can be found at: www.drjacobs.de/wirhelfen

"Knowledge in the service of your health"

... is our motto - and that means for us:

to develop food products and concepts that combine health and enjoyment. We act in the interests of human beings, animals and nature.

High-quality, mostly natural and herbal ingredients, strict quality control and expertise of the company's founder as well as of a team of nutritionists dedicated to the Dr. Jacob's health products. All products are manufactured in Germany. Principles of ethics and sustainability also apply to the selection of raw materials, sourcing and production. More information on the Dr. Jacob's Medical GmbH:

www.DrJacobs.de/unternehmen

Printed on 100% recycled paper!



The company's founders Dr. med. K. O. Jacob and Dr. med. L. M. Jacob. Their fundamental motto: *Primum nihil nocere, secundum bene facere*. To do good without harming.



Online shopping (German)



www.DrJacobs-Shop.de

Detailed *product information (German)*



www.DrJacobs.de

Personal consultation



Phone: 06128 48770

Germany

Dr. Jacob's Medical GmbH
Platter Straße 92 · 65232 Taunusstein
Telephone: +49 6128 4877-0 · Fax: +49 6128 41098
E-Mail: info@drjacobsmedical.de
www.DrJacobs.de

Austria

Dr. Jacob's Medical GmbH
c/o Service Kneippbund GesmbH
Kunigundenweg 10 · 8700 Leoben
Telephone: +43 3842 21718-22
Fax: +43 3842 21718-19