The Dr. Rath Cellular Nutrient Programme: Cellular nutrient synergies for supplementing the daily diet

We are delighted that you want to learn about the advantages and benefits of supplementing your diet with micronutrients from the Dr. Rath Cellular Nutrient Programme.

The Dr. Rath Cellular Nutrient Programme offers a wide variety of innovative and carefully targeted nutrient formulations. These nutrient formulations contain selected micronutrients (cellular nutrients) that give special support to the body’s important metabolic processes and contribute to their normal function.

In the development of the nutrient formulations in our range, the Dr. Rath Cellular Nutrient Programme includes vitamins, dietary minerals and trace elements, as well as biologically active vegetable substances (phytobiologicals), omega-3 fatty acids and essential amino acids.

Our nutrient formulations (cellular nutrient formulas) are developed in our own independent research institute, with the assistance of experts from many different specialist areas.

The central discovery that the health of our body is determined at the level of millions of somatic cells is of crucial significance for the development of our cellular nutrient formulas.

We also devote special attention to the mutually beneficial effects (synergies) of nutrients on a healthy metabolism of the cells and the body.

We invite you to convince yourself of the quality of our Cellular Nutrient Programme and its benefits.
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- Enercor™
- EpiQuercican™
- Femicell™
- Illioforte™
- ImmunoCell™
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- Metavit™
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- Relavit™
- Dr. Rath PhytoPro M™
- Dr. Rath’s Phytobiologicals™ Royal Complex

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- Dr. Rath Zink-Selen Complex™
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- Dr. Rath Magnesium Complex™
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- Dr. Rath’s Phytobiologicals™ Royal Complex

#### Quality information and directions for use
The importance of cellular nutrients for health

As long as we live, millions of cells consume energy. We have to supply our bodies with this bioenergy. Cellular nutrients are of crucial significance for generating and delivering bioenergy. The same applies to a great number of biochemical metabolic processes in the cells of our body, and to the protection of the cells themselves. Here too, vitamins, dietary minerals, trace elements, amino acids and other cellular nutrients are necessary.

Most of the vital cellular nutrients required for this purpose either cannot be produced by our body itself or can only be produced to a limited extent. A balanced and varied diet is necessary to provide our body with sufficient vitamins and other cellular nutrients. Food supplements contribute to supplying the cells of our body with extra vitamins and other micronutrients and thus to supporting the cellular metabolism.

In certain situations and at certain stages of life, the body has an increased need for vitamins and other important cellular nutrients: when we are under stress, for example, or practising endurance sports, or smoking. At such times of increased vitamin requirement, a supply of food supplements is particularly recommended.

The Dr. Rath Cellular Nutrient Programme, with its cellular nutrient synergies for supplementing the daily diet, offers a wide variety of selected vitamins, dietary minerals, trace elements and other nutrient factors focused on specific metabolic processes and life situations.
An impressive variety of products and combinations

One important objective of healthy nutrition is, as far as possible, to supply our body with all the nutrient factors it needs for healthy metabolic processes. A food supplement can contribute to this supply.

Our Cellular Nutrient Programme is divided into three groups, to allow for differing or increased nutrient requirements: a range of Basic Formulas, a Reconstructive Programme, and a variety of Special Formulas. The many options for combining our products with each other and supplementing the diet enable us to meet the widely differing nutrient requirements of our body.

- Our body requires micronutrients every day to run countless metabolic processes. With its comprehensive range of nutrients, our Basic Programme contributes to a primary supply and in the process supports and promotes the cellular metabolism.

- Our Reconstructive Formulas are purposefully attuned to specific cellular and metabolic systems. They augment our Basic Programme, adding to its supply of nutrients.

- Our Special Formulas represent a third group of selected cellular nutrients. They are highly important for extra supplementation with essential nutrient components and can be combined with either our Basic Programme or our Basic and Reconstructive Programmes.

Synergy matters

The usefulness and effectiveness of cellular nutrients are many times greater when they are harmonised with each other. When thus combined, cellular nutrients work together as a team in our body and are considerably more effective than individual micronutrients. Utilising this principle is of fundamental importance to us in the development of our cellular nutrient synergy formulas as a means of achieving the greatest possible benefit.

The basic vitamin formula in the Dr. Rath Cellular Nutrients Programme is Vitacor Plus™. Vitacor Plus™ has been developed for young and old, to supplement the daily diet. In addition, Dr. Rath’s PhytobiologicaLs™ – a selection of biologically active plant substances – is another important pillar in the basic micronutrient supply for our body.

The cellular nutrients in Vitacor Plus™ are combined in accordance with the nutrient synergy principle and work in synergy with the biologically active plant components in Dr. Rath’s PhytobiologicaLs™. The mutually favourable interactions between the ingredients not only enhance their own metabolic efficacy, they also enable all cellular nutrients contained in our Reconstructive and Special Formulas to be better utilized by the cells.
BASIC FORMULAS

- **Vitacor Plus™**
  Basic Formula for supplementing the daily diet

- **Vitacor Plus™ Drink**
  Basic Formula in the Dr. Rath Cellular Nutrient Programme now also available as a powder form drink mix

- **Dr. Rath’s Phytobiologica**
  Basic Formula with biologically active plant substances

- **Dr. Rath’s Probiotics™**
  Basic Formula for supplementing the diet with an extra supply of lactic acid bacteria

- **Vitacor™ Junior**
  A reduced Basic Formula in a smaller tablet

- **Dr. Rath VitaKids™**
  Chewable tablets for all those who plan on doing something big!
Vitacor Plus™ &

Vitacor Plus™ Drink

Basic Formula for supplementing the daily diet — from adolescence to old age

Vitacor Plus™: A fundamental basic supply of selected micronutrients for promoting physical and mental performance

Micronutrients are of fundamental importance for the metabolism of our cells. They have countless tasks and functions. Among these, for example, they function as catalysts in energy metabolism, strengthen the immune system function, participate in anabolic and catabolic processes, in supporting cell growth, and help protect the cells from oxidative stress. A regular supply of cellular nutrients is required so that our cells can perform their manifold tasks.

Vitacor Plus™ contains a selection of more than 30 cellular nutrients. These nutrients support the cells of our bodies in their daily metabolic functions. Vitacor Plus™ thus makes a valuable contribution as a dietary supplement to the basic nutrient supply of our bodies for the protection and natural support of our cells. The ingredients in Vitacor Plus™ have been carefully combined in accordance with the scientific principles of synergy. To supplement Vitacor Plus™, we recommend Dr. Rath’s Phyto-Biologicals™ Basic Formula for an additional supply of selected biologically active plant substances.

Vitacor Plus™ is the Basic Formula in the Dr. Rath Cellular Nutrient Programme. It combines more than 30 cellular nutrients and creates an important basis for an additional supply to the cells.

Contents of one tablet/one measuring spoon:

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<td>Vitamin B1</td>
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<td>Pycnogenol</td>
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<td>Citrus bioflavonoids</td>
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<tr>
<td>(Alpha-tocopherol)</td>
<td></td>
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<tr>
<td>Additional natural carotenoids</td>
<td>22.83 µg</td>
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<tr>
<td>(Alpha-carotene, lutein, zeaxanthin and cryptoxanthin)</td>
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</tr>
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</table>

Recommended allowance Vitacor Plus™:
Adults: 1 tablet 3 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).
Presentation: 90 tablets per jar | Order No.: 001

Recommended allowance Vitacor Plus™ Drink:
Adults: 1 measuring spoonful 3 times a day at mealtimes with plenty of liquid (juice, tea). | Order No.: 033
Presentation: 243g powder per jar

<table>
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<th>Drink:</th>
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<tbody>
<tr>
<td>Pycnogenol</td>
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<tr>
<td>Citrus bioflavonoids</td>
<td>33.3 mg</td>
</tr>
<tr>
<td>Additional natural vitamin E</td>
<td>2.58 mg</td>
</tr>
<tr>
<td>Additional natural carotenoids</td>
<td>22.83 µg</td>
</tr>
<tr>
<td>(Alpha-tocopherol)</td>
<td></td>
</tr>
<tr>
<td>(Alpha-carotene, lutein, zeaxanthin and cryptoxanthin)</td>
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</tr>
</tbody>
</table>
Phytobiologicals are biologically active substances that are found exclusively in plants. They serve mainly to protect and maintain plant metabolisms by exercising their strong antioxidant effects and by neutralizing bacteria, viruses and other injurious effects.

The human cellular metabolism obtains biologically active plant substances from food. These substances are components of a balanced diet that is rich in fresh fruit and vegetables. Thus, phytobiologicals, in addition to vitamins, minerals, trace elements, certain amino acids and essential fatty acids, play an important role in our daily micronutrient supply.

**Dr. Rath’s Phytobiologicals™ Basic Formula** contains selected biologically active plant substances for supplementing the daily diet with cellular nutrients.

The Phytobiologicals Basic Formula includes extracts of green tea, extracts from the turmeric root, the vegetable substances resveratrol and quercetin, and an extract from cruciferous vegetables.

The vegetable active substances selected for **Dr. Rath’s Phytobiologicals™ Basic Formula** make an ideal combination with the **Vitacor Plus™ Basic Formula**, by providing our bodies with the widest possible spectrum of beneficial nutrients.

**Recommended allowance:**
Adults: 1 capsule 2 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

**Presentation:** 60 capsules* per jar
**Order No.:** 018

* The capsule shell consists of hypromellose. Suitable for vegetarians.
Probiotics are viable microorganisms, most-ly represented by lactic acid bacteria. The vast majority of them settle as part of the intestinal flora in the small and, especially, in the large intestine.

Lactic acid bacteria are absorbed via food, for example, through fermented vegetables or sour milk products such as kefir or condensed milk. Another source can be yoghurts or yoghurt drinks, whose effects are well known. Food supplements can be used as a source for complementing the intake of lactic acid bacteria.

For this purpose, a special combination of lactic acid bacteria has been developed to complement the Dr. Rath Cellular Nutrient Programme with a completely new formula, the Dr. Rath’s Probiotics™ Basic Formula.

Dr. Rath’s Probiotics™ Basic Formula combines selected lactic acid bacteria from 8 different bacterial strains. These include bifidobacteria, bacteria from the genus lactobacillus, and the special subspecies streptococcus thermophilus of the genus streptococci.

In addition to the specific choice of lactic acid bacteria, Dr. Rath’s Probiotics™ Basic Formula is also characterized by additional factors:

- The formula contains inulin, a complex sugar that can be used by the lactic acid bacteria as a food source. Thus, the growth of the supplied bacterial strains is stimulated in the intestine. Inulin cannot be digested from the human intestinal tract.
- The capsule used for the formula is resistant to gastric juice. This is an important quality parameter for protecting the lactic acid bacteria during their passage into the intestine.
- The number of viable lactic acid cultures has been deliberately chosen. Through taking the daily recommended dose of 2 capsules the diet can be complemented with up to $4 \times 10^9$ lactic acid bacteria.

Recommended allowance:
Adults: 1 capsule twice a day with lukewarm liquid, about 30 min before a meal.

Recommended allowance per daily intake:
4 billion colony forming units (CFU)

Presentation:
60 enteric coated capsules* per jar

For long-term preservation of the lactic acid cultures we recommend storing the jar in a cool, dry place.

Order No.: 036

*Capsule shell consists of hypromellose (cellulose). Suitable for vegans.
Vitacor Junior™ is a cellular nutrient formula designed to supplement the daily food intake with a large number of micronutrients. This Basic Formula contains exactly the same ingredients as the Vitacor Plus™ Basic Formula, but differs in the dosage and size of the vitamin tablets. These contain half of the ingredient dosages and are correspondingly smaller and easier to swallow.

Recommended allowance:
1 tablet 3 times a day. Take at mealtimes with plenty of liquid (water, juice, tea) (variable, depending on requirement and age).

Presentation: 90 tablets per jar
Order No.: 021
Dr. Rath VitaKids™ contains selected cellular nutrients for supplementing the daily diet. The selection of cellular nutrients in Dr. Rath VitaKids™ is based on the proven Vitacor Plus™ Basic Formula, and contains a large number of the ingredients that have been carefully combined in Vitacor Plus™ in accordance with the principle of nutrient synergy.

Cellular nutrient chewable tablets, for all those who plan on doing something big!

A balanced diet and a supply of cellular nutrients are important prerequisites for healthy development, vitality and well-being right into old age. Fruit and vegetables form an important part of a balanced diet and are important as sources of cellular nutrients. They should be a part of the daily menu of people in every age group and should be consumed as a healthy snack in between meals.

Dr. Rath VitaKids™ has been developed for the Dr. Rath Cellular Nutrient Programme, to allow us to provide a daily food supplement with vitamins, minerals, trace elements and other vital cell materials components in a different form: as tablets for chewing. And for those people who have difficulty in swallowing tablets, this formula offers the convenience of being easier to take. The tablets can be ingested easily by people in any age group.

Basic Formula

Dr. Rath VitaKids™ is a vital cellular nutrient formula in a chewable form. Even those who have difficulty in swallowing tablets will welcome this new way to take cellular nutrients.

Dr. Rath VitaKids™ is free from artificial sweeteners and contains fructose. A proportion of natural cocoa has been added for flavouring.

Recommended allowance:
4 chewable tablets a day. Take at mealtimes. (Dose is variable, depending on requirement and age.)

Presentation: 120 chewable tablets per jar
Order No.: 022

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<tr>
<th>Contents of one tablet:</th>
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<tbody>
<tr>
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<tr>
<td>Vitamin E .................... 7.27 mg</td>
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<tr>
<td>Vitamin A ................... 39.6 µgRE (Beta Carotene)</td>
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<tr>
<td>Vitamin B1 .................. 0.58 mg</td>
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<td>Vitamin B2 .................. 0.58 mg</td>
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<tr>
<td>Vitamin B3 .................. 3.75 mg</td>
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<tr>
<td>Vitamin B6 .................. 0.83 mg</td>
</tr>
<tr>
<td>Vitamin B12 ................. 1.67 µg</td>
</tr>
<tr>
<td>Vitamin D3 .................. 0.27 µg</td>
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<tr>
<td>Folic acid ................... 7.50 µg</td>
</tr>
<tr>
<td>Biotin ....................... 5.42 µg</td>
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<td>L-lysine ...................... 9.17 mg</td>
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<td>L-arginine ................... 3.33 mg</td>
</tr>
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<td>Magnesium ................... 3.5 mg</td>
</tr>
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<td>Potassium ................. 1.67 mg</td>
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<td>Manganese ................... 0.11 µg</td>
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<td>Selenium .................... 1.67 µg</td>
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<td>Chromium ................... 0.83 µg</td>
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<tr>
<td>Molybdenum ................. 0.34 µg</td>
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<td>Coenzyme Q10 .............. 0.58 mg</td>
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<tr>
<td>Citrus bioflavonoids ....... 8.33 mg</td>
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<tr>
<td>Additional natural vitamin E 0.62 mg (Beta-, gamma- and delta-tocopherol)</td>
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<tr>
<td>Additional natural carotenoids 5.7 µg (Alpha-carotene, lutein, zeaxanthin and cryptoxanthin)</td>
</tr>
</tbody>
</table>
RECONSTRUCTIVE FORMULAS

- **Arteriforte™**
  With micronutrients for forming and maintaining collagen and connective tissue

- **Diacor™**
  With micronutrients to support sugar metabolism and to protect cells

- **Enercor™**
  With micronutrients to contribute to bioenergy and performance

- **EpiQuercican™**
  With micronutrients to support normal cell function

- **Femicell™**
  With micronutrients for hormonal balance

- **Illioforte™**
  With micronutrients to help metabolize nutrients

- **ImmunoCell™**
  With micronutrients for supporting the formation of blood and the immune system

- **Lensivit™**
  With micronutrients to support the eyesight

- **Dr. Rath’s Phytobiologicals™ Balance Control**
  Reconstructive Formula with a high dietary fibre content

- **Metavit™**
  With micronutrients for supporting homocysteine metabolism

- **Osteoforte™**
  With micronutrients as a contribution to the maintenance and functioning of the bones. *Now in even better synergy!*

- **Relavit™**
  With micronutrients as a contribution to the normal functioning of the blood vessels and muscles

- **Dr. Rath PhytoPro M™**
  A combination of biologically active plant substances (including pumpkin seeds, saw palmetto and pomegranate)

- **Dr. Rath’s Phytobiologicals™ Royal Complex**
  With biologically active plant substances and royal jelly

NEW!

NEW!
A high elasticity and stability of the connective tissues expresses their natural functional capacities. The optimum production of collagen, the main component of connective tissue, which is built with the help of vitamins and other cellular nutrients, is a prerequisite for these properties. This is especially important for the natural functional capacity of the connective tissue and its structures, such as blood vessels, cartilage and gums.

The various connective tissue components such as collagen, elastin, glycosaminoglycans and others, achieve their natural stability, integrity, strength and elasticity when a sufficient supply of micronutrients is available.

Vitamin C, for example, contributes to the normal formation of collagen and functioning of blood vessels, cartilage, gum and other organs in our body. Copper, a trace element, is another component that plays an important role in supporting the connective tissue.

Arteriforte™ is a Reconstructive Formula in the Dr. Rath Cellular Nutrient Programme. The ingredients in Arteriforte™ support the cellular metabolism in many ways simultaneously, e.g.:

- With vitamin C for the normal formation of collagen for normal functioning of blood vessels, cartilage and gums
- With copper for maintaining normal connective tissue
- With vitamin B6 as a contribution to the normal synthesis of cysteine
- With vitamin E, vitamin C and copper to contribute to protecting cells against oxidative stress

Recommended allowance:

Adults: 1 Tablet 2 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

Presentation: 60 tablets per jar
Order No.: 004

Arteriforte™ contains selected micronutrients in a synergistic combination. This Reconstructive Formula has been developed for combining with our range of Basic Formulas. It enhances the spectrum of Basic Formulas with important natural factors essential for the formation and maintenance of connective tissue in our body.
as an energy carrier, sugar (glucose) plays a key role in energy metabolism. The uptake and transport of glucose into the cells — e.g. those of the liver or the muscles — requires a sufficient availability of the hormone insulin, which passes glucose molecules into the cells. Specific cellular nutrients assist in transforming the glucose into energy or storing it in the form of glycogen. In this aspect, chromium, for example, contributes to maintaining the blood-sugar level, as does vitamin B6 for normal glycogen metabolism.

Optimum blood glucose uptake takes place independently of insulin in vascular endothelial cells. Glucose enters these cells through little biological pumps in the cell membrane. Vitamin C uses the same transport route into the cells of the blood-vessel walls (the endothelial cells). This vitamin is critical for contributing to collagen formation and the normal functioning of the blood vessels.

Too much glucose in the blood impairs vitamin C transport and causes its deficiency in the cells building blood vessel walls. Therefore, a balanced relationship between vitamin C and glucose in the blood is an important precondition for enabling the infiltration of both factors into the cells.

Diacor™ is a Reconstructive Formula in the Dr. Rath Cellular Nutrient Programme. The ingredients in Diacor™ support cellular metabolism in many ways simultaneously, e.g.:

- With chromium as a contribution to maintaining a normal blood-sugar level
- With vitamin B6 as a contribution to supporting normal protein and glycogen metabolism
- With biotin, vitamin C, B vitamins and magnesium to support energy metabolism
- With B vitamins (e.g. vitamins B1, B2 and B3) to support the normal functioning of the nervous system
- With vitamin E and vitamin C as a contribution to protecting the cells against oxidative stress

### Recommended allowance:
Adults: 1 tablet 3 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

### Presentation:
90 tablets per jar
Order No.: 007

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<td>(D-alpha-tocopherol) .......</td>
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<tr>
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<tr>
<td>Inositol ...................</td>
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<td>Choline ...................</td>
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Every action of our bodies requires that bioenergy is provided to billions of cells. The energy requirement varies, with certain cell clusters in our bodies having a particularly high requirement. Among these are the muscular system, liver, brain, kidneys and the myocardial cells.

Performing endurance sports or continuous physical work is associated with an increased energy metabolism in the skeletal muscles, which obtain energy primarily from the combustion of fatty acids. The situation is similar in the myocardial cells in our heart, which ensure support of the circulation of the blood in our bodies with their continuous pumping power. They, too, generate their bioenergy from the combustion of fatty acids.

In order to be able to transport these fatty acids into the mitochondria – the power stations of the cells – our bodies need carnitine.

Our food is the source of fuel for generating bioenergy. We ingest it with important "fuels" such as glucose for the fast provision of energy, and fat for a more prolonged supply of energy. Cellular vitamins and other cellular nutrients are required for converting these food components into bioenergy and for providing that energy to the metabolism.

Nutrients serve, for example, as catalysts and energy carriers in the process of extracting bioenergy. The B vitamins and vitamin C, for example, contribute in this way to normal energy metabolism.

Enercor™ contains selected micronutrients in a synergistic combination. This Reconstructive Formula has been developed for combination with our range of Basic Formulas. It supplements the spectrum of nutrients with important factors for bioenergy and performance.

Reconstructive Formula with selected micronutrients for bioenergy and performance

Enercor™ is a Reconstructive Formula in the Dr. Rath Cellular Nutrients Programme. The ingredients in Enercor™ support the cellular metabolism in many ways simultaneously, e.g.:

- With vitamin B1 for supporting normal cardiac function
- With biotin, vitamin C and B vitamins as a contribution to normal energy metabolism
- With vitamin C and B vitamins as a contribution to reducing tiredness and exhaustion
- With vitamin E and vitamin C as a contribution to protecting the cells against oxidative stress

Recommended allowance:
Adults: 1 tablet 2 times a day.
Take at meal times with plenty of liquid (water, juice, tea).

Presentation: 60 tablets per jar
Order No.: 008

Contents of one tablet:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C obtained from:</td>
<td></td>
</tr>
<tr>
<td>Calcium ascorbate</td>
<td>175 mg</td>
</tr>
<tr>
<td>Magnesium ascorbate</td>
<td>175 mg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>28.9 mg</td>
</tr>
<tr>
<td>(D-alpha-tocopherol)</td>
<td></td>
</tr>
<tr>
<td>Vitamin B1</td>
<td>7.5 mg</td>
</tr>
<tr>
<td>Vitamin B2</td>
<td>7.5 mg</td>
</tr>
<tr>
<td>Vitamin B3</td>
<td>15.0 mg</td>
</tr>
<tr>
<td>Vitamin B5</td>
<td>20.0 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>2.0 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>3.5 µg</td>
</tr>
<tr>
<td>Biotin</td>
<td>65.0 µg</td>
</tr>
<tr>
<td>L-carnitine</td>
<td>80.0 mg</td>
</tr>
<tr>
<td>Coenzyme Q10</td>
<td>10.0 mg</td>
</tr>
<tr>
<td>Taurine</td>
<td>100.0 mg</td>
</tr>
</tbody>
</table>
The human body consists of billions of cells. New cells are constantly being formed to permit growth processes and to replace old, necrotic or damaged cells. These processes are subject to strict control mechanisms in which the immune system plays a part.

New somatic cells arise through cell division. In this process they have to dissolve the collagen matrix and the connective tissue surrounding it in order to be able to grow and expand. For this purpose, cells secrete special types of enzymes that digest collagen. The secretion of these enzymes is likewise strictly controlled in our bodies, so that despite this brief process period the maintenance and stability of the connective tissue are not subsequently impaired.

Vitamin C, lysine, green tea extract and other micronutrients (cellular nutrients) promote and support the normal functioning of the cells, the natural stability of the connective tissue and its protection. In addition, they contribute to the optimum functioning of the immune system and promote the formation of stable connective tissue.

**EpiQuercican™** is a Reconstructive Formula in the Dr. Rath Cellular Nutrient Programme. The ingredients in **EpiQuercican™** support cellular metabolism in many ways simultaneously, e.g.:

- As a contribution to protecting the cells against oxidative stress with vitamin C, selenium and copper
- For supporting the functioning of the immune system with selenium, copper and vitamin C
- For supporting the normal formation of connective tissue with copper, manganese and vitamin C

**Reconstructive Formula**

EpiQuercican™ contains selected micronutrients in a synergistic combination. This Reconstructive Formula has been developed for combining with our range of Basic Formulas. It supplements the spectrum of micronutrients with other important factors supporting cell protection and normal cell function.

**Contents of one capsule:**

- Vitamin C obtained from:
  - Ascorbic acid ........................................... 41.7 mg
  - Calcium ascorbate .................................... 34.2 mg
  - Magnesium ascorbate ................................. 25.0 mg
  - Ascorbyl palmitate .................................... 17.5 mg
- L-lysine ....................................................... 166.7 mg
- L-proline ..................................................... 125.0 mg
- L-arginine ...................................................... 83.3 mg
- Green Tea Extract (80% Polyphenols/EGCG) .............. 166.7 mg
- N-acetylcysteine ............................................ 33.3 mg
- Quercetin .................................................... 8.3 mg
- Selenium ..................................................... 5.0 µg
- Copper ......................................................... 333.0 µg
- Manganese ................................................... 167.0 µg

**Recommended allowance:**

Adults: 2 capsules 3 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

Presentation: 180 capsules* per jar
Order No.: 019

* The capsule shell consists of hypromellose. Suitable for vegetarians.
Women have a special requirement for nutrients, which may vary over the course of a lifetime.

The reasons for this can be many and varied: psychological and physiological demands, changes in metabolism during the monthly cycle, pregnancy and lactation, or the transition to the menopause. All these developments are entirely natural events.

Vitamins and other micronutrients (cellular nutrients) support the metabolism and contribute to its normal functioning. Their optimum intake is critical for maintaining the hormonal balance and for supporting immune system functions, cell protection, and normal psychological functioning.

Vitamin B6, for example, is important for the regulation of the hormonal activity, iodine supports thyroid activity, and selenium contributes to normal immune function.

Reconstructive Formula containing cellular nutrients to support female hormonal balance

Vitamins and other micronutrients (cellular nutrients) support the metabolism and contribute to its normal functioning. Their optimum intake is critical for maintaining the hormonal balance and for supporting immune system functions, cell protection, and normal psychological functioning.

Vitamin B6, for example, is important for the regulation of the hormonal activity, iodine supports thyroid activity, and selenium contributes to normal immune function.

Femicell™ contains selected micronutrients in a synergistic combination. This Reconstructive Formula has been developed for combining with our range of Basic Formulas. It supplements the spectrum of specific micronutrients with important natural cell factors for maintaining hormonal balance and other important functions in the female body.

**Femicell™** is a Reconstructive Formula in the Dr. Rath Cellular Nutrient Programme. The ingredients in **Femicell™** support cellular metabolism in many ways simultaneously, e.g.:

- With vitamin C, vitamin B6 and iodine for supporting the normal functioning of the nervous system
- With iodine for supporting thyroid activity and the normal production of thyroid hormones
- With vitamin B6 as a contribution to regulating hormonal activity and normal psychological functioning
- With selenium, folic acid and vitamin C as a contribution to supporting the function of the immune system
- With vitamins B5, B6 and C as a contribution to reducing tiredness and fatigue
- With vitamin E, vitamin C and selenium as a contribution to protecting the cells against oxidative stress

**Contents of one capsule:**

<table>
<thead>
<tr>
<th>Vitamin C obtained from:</th>
<th>150.0 mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium ascorbate</td>
<td>150.0 mg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>77.8 mg</td>
</tr>
<tr>
<td>(D-alpha-tocopherol)</td>
<td></td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>5.0 mg</td>
</tr>
<tr>
<td>Folic acid</td>
<td>4.0 mg</td>
</tr>
<tr>
<td>Iodine</td>
<td>100.0 µg</td>
</tr>
<tr>
<td>Selenium</td>
<td>50.0 µg</td>
</tr>
<tr>
<td>Choline</td>
<td>12.5 µg</td>
</tr>
<tr>
<td>Inositol</td>
<td>40.0 mg</td>
</tr>
<tr>
<td>Phosphatidyl serine</td>
<td>40.0 mg</td>
</tr>
<tr>
<td>Daidzein</td>
<td>7.5 mg</td>
</tr>
<tr>
<td>Glycistein</td>
<td>10.0 mg</td>
</tr>
<tr>
<td>Genistein</td>
<td>5.0 mg</td>
</tr>
<tr>
<td>Saponin</td>
<td>1.8 mg</td>
</tr>
<tr>
<td>Soya bean sprout powder</td>
<td>9.0 mg</td>
</tr>
</tbody>
</table>

**Recommended allowance:**

Adults: 1 capsule 2 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

**Presentation:** 60 capsules* per jar

**Order No.:** 016

* The capsule shell consists of hypromellose. Suitable for vegetarians.
Reconstructive Formula with cellular nutrients to help metabolize nutrients

Our food supplies us with important nutrients for our daily life. It contains fuels for generating biological energy, materials for building and maintaining cells and tissues, means for transporting nutrients, and regulatory or messenger substances of cellular functions.

A large number of organs and cells are involved in the processes of taking in food, digesting it, and transporting nutrients to all our body cells. The proper operation of these organ and cell systems is an important prerequisite for ensuring that food is properly digested, that its components are well assimilated by the body, and that they can be transported to reach all organs and cells in our body.

Certain vitamins and other micronutrients (cellular nutrients) are required for supporting the cells of the gastrointestinal system in performing their highly specific tasks. Cellular nutrients assist the operation of the alimentary tract and thereby help metabolize nutrients.

Illioforte™ contains selected micronutrients in a synergistic combination. This Reconstructive Formula has been developed for combining with our range of Basic Formulas. It provides specific vitamins and other important components to help metabolize nutrients.

Illioforte™ is a Reconstructive Formula in the Dr. Rath Cellular Nutrient Programme. The ingredients in Illioforte™ support cellular metabolism in many ways simultaneously, e.g.:

- With vitamin B6 to assist the normal protein and glycogen metabolism
- With folic acid and vitamin B12 to assist in cell division (including the inner cell-layer of the gastrointestinal tract)
- With vitamin C and vitamins B6 and B12 as a contribution to normal energy metabolism
- With vitamin C as a contribution to protecting the cells against oxidative stress and increasing the intake of iron

Recommended allowance:
Adults: 1 capsule 3 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

Presentation: 90 capsules* per jar
Order No.: 017

* The capsule shell consists of hypromellose. Suitable for vegetarians.

Contents of one capsule:

- Vitamin C obtained from:
  - Calcium ascorbate ................................. 66.7 mg
  - Vitamin B6 ....................................... 2.1 mg
  - Vitamin B12 ..................................... 3.0 µg
  - Folic acid ......................................... 133.3 µg
  - Peppermint extract ............................... 10 mg
  - Ginger ............................................. 10 mg
  - Betaine ........................................... 33.3 mg
  - L-glutamine ...................................... 33.3 mg
  - Papain .............................................. 33.3 mg
  - Bromelain ....................................... 33.3 GDu

- Vitamin C as a contribution to protecting the cells against oxidative stress and increasing the intake of iron

- Peppermint extract
- Ginger
- Betaine
- L-glutamine
- Papain
- Bromelain

Illioforte™ contains selected micronutrients in a synergistic combination. This Reconstructive Formula has been developed for combining with our range of Basic Formulas. It provides specific vitamins and other important components to help metabolize nutrients.
Our blood and our immune system are of fundamental significance for our health. Blood circulates everywhere in our bodies: it transports oxygen and nutrients to somatic cells and tissues, and removes carbon dioxide and metabolic waste products. As part of the immune system, blood helps our body to fight the invasion of infectious agents and pathogens.

Blood cells (corpuscles) have only a limited lifetime, so they have to be constantly renewed. The formation of blood begins in the bone marrow where the cells undergo further processes of division and maturation (differentiation). Billions of new red and white cells are formed daily in this way.

For this purpose our body needs a variety of micronutrients supplied daily. These are indispensable for the process of blood regeneration. Vitamins (such as the B vitamins, vitamin C, folic acid) and certain minerals (e.g. iron) are of crucial significance. They support and promote the normal formation and functionality of the blood.

ImmunoCell™ is a Reconstructive Formula in the Dr. Rath Cellular Nutrient Programme. The ingredients in ImmunoCell™ support cellular metabolism in many ways simultaneously, e.g.:

- With folic acid, iron, vitamins C, B6, B12 and A (beta-carotene) to assist the normal immune cell function
- With vitamins B6 and B12 and iron as a contribution to support the normal formation of red blood cells
- With iron for the formation of haemoglobin and for the normal transport of oxygen in the body
- With vitamin C for an increased iron absorption, and vitamin A (beta-carotene) to assist the iron metabolism
- With important factors that support cell differentiation (vitamin A, calcium) and optimum cell division (iron, vitamin B12, folic acid)

Reconstructive Formula

ImmunoCell™ contains selected micronutrients in a synergistic combination. This Reconstructive Formula has been developed for combining with our range of Basic Formulas. It supplements the spectrum of nutrients with other important factors to support the formation of blood and the immune system function.

Contents of one tablet:

<table>
<thead>
<tr>
<th>Vitamin C obtained from:</th>
<th>83.3 mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium ascorbate</td>
<td>83.3 mg</td>
</tr>
<tr>
<td>Magnesium ascorbate</td>
<td>250 µgRE</td>
</tr>
<tr>
<td>Vitamin A (Beta carotene)</td>
<td>55.1 mg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>55.1 mg</td>
</tr>
<tr>
<td>(D-alpha-tocopherol)</td>
<td></td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>2.67 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>10.0 µg</td>
</tr>
<tr>
<td>Folic acid</td>
<td>133.3 µg</td>
</tr>
<tr>
<td>Iron</td>
<td>3.33 mg</td>
</tr>
<tr>
<td>Calcium</td>
<td>166.5 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>83.3 mg</td>
</tr>
<tr>
<td>Additional natural carotenoids (alpha-carotene, lutein, zeaxanthin and cryptoxanthin)</td>
<td>36 µg</td>
</tr>
</tbody>
</table>

Recommended allowance:
Adults: 1 tablet 3 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

Presentation: 90 tablets per jar
Order No.: 002
Maintaining a normal eye function is of great value for our general health and well-being. The functions of cells building our eyes and those involved in the vision process require a constant supply of micronutrients. Science shows that various micronutrients and natural plant components are of utmost importance for supporting the function of the eyes: micronutrients are required for the cells building our eyes; for the optic nerve that carries the light signals from the cells of the eye to the brain; for the (ciliary) muscle cells that stretch and relax to control the focus of the lens; for the blood vessels responsible for supplying the eyes with oxygen and nutrients.

Specific micronutrients are also important for protecting the eye cells against oxidative stress.

A variety of micronutrients support and promote these natural functions. Among them:

- Vitamin A, for example, and a complex of carotenoids are important for maintaining normal eyesight.
- Lutein has a particular role in assuring healthy vision while vitamin C (especially as ascorbyl palmitate) and vitamin E help protect cell stuctures against oxidative stress.

Lensivit™ is a Reconstructive Formula in the Dr. Rath Cellular Nutrient Programme. The ingredients in Lensivit™ support cellular metabolism in many ways simultaneously, e.g.:

- With vitamin A (beta-carotene) as a contribution to support normal eyesight
- With vitamin C and vitamin E to assist in protecting cells against oxidative stress
- With vitamin C as a contribution to the regeneration of vitamin E, which protects against oxidation

**Recommended allowance:**

Adults: 1 capsule 2 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

**Presentation:** 60 capsules* per jar

**Order No.:** 015

* The capsule shell consists of hypromellose. Suitable for vegetarians.
Dr. Rath’s Phytobiologicals™ Balance Control

Reconstructive Formula with a high dietary fibre content

Dr. Rath’s Phytobiologicals™ Balance Control is a Reconstructive Formula in the Dr. Rath Cellular Nutrient Programme. It has been developed from our MacroBalance™ formula by our Research Institute, based on the latest findings. It contains a high amount of dietary fibres.

In a broader sense, dietary fibres comprise all indigestible food components of mostly plant origin. They primarily occur in wholegrain corn, pulses, fruit and vegetables.

During their passage through the digestive tract, dietary fibres affect various metabolic processes in our body. In this way, they influence the action of the bowels, the volume and consistency of the stool, as well as the cholesterol metabolism. Due to their nutritional effects dietary fibres are an important part of a nutritious and balanced diet. Important considerations and findings have been incorporated into this new formula, thus making Dr. Rath’s Phytobiologicals™ Balance Control a valuable addition to your daily micronutrient supply.

- Increased content of beta-glucans from oats. Beta-glucans are an important source of fibre and contribute to the maintenance of a normal cholesterol level in the blood.
- With artichoke extract, which is now included in addition to chitosan, psyllium, pectin and other ingredients.
- Fructose-free, thanks to the natural sweetness of Stevia.

How to take it:
Stir one measuring spoonful into about 200 ml of water or fruit juice. Drink it at least 30 minutes before a meal. In addition, drink at least two litres of liquid per day. This is important for improving the intestinal transit.

Vitacor Plus™ and other Reconstructive or Special Formulas should be taken at intervals of about an hour from Dr. Rath’s Phytobiologicals™ Balance Control, because the ingredient chitosan has an ability to bind fats and liposoluble (fat-soluble) vitamins, which can result in them being excreted unused.

Recommended allowance:
Adults: Take 1 measuring spoonful once per day
*1 measuring spoon = c. 7 g

Presentation: 210 g powder per jar
Order No.: 037

One measuring spoon* contains:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>100,0 mg</td>
</tr>
<tr>
<td>Oat fibre (rich in beta-glucans)</td>
<td>375,0 mg</td>
</tr>
<tr>
<td>Psyllium husks</td>
<td>1050,0 mg</td>
</tr>
<tr>
<td>Chitosan</td>
<td>495,0 mg</td>
</tr>
<tr>
<td>Artichoke extract</td>
<td>250,0 mg</td>
</tr>
<tr>
<td>Guar flour</td>
<td>225,0 mg</td>
</tr>
<tr>
<td>Citrus pectin</td>
<td>30,0 mg</td>
</tr>
<tr>
<td>Apple fibres</td>
<td>30,0 mg</td>
</tr>
<tr>
<td>Carob flour</td>
<td>10,0 mg</td>
</tr>
</tbody>
</table>

Vitacor Plus™

Reconstructive Formula

Dr. Rath’s Phytobiologicals™ Balance Control is a Reconstructive Formula in the Dr. Rath Cellular Nutrient Programme.

Dr. Rath’s Phytobiologicals™ Balance Control has a high content of various dietary fibres to supplement the daily food intake.
Large numbers of products and intermediate products of metabolism, oxygen, nutrients and biological waste materials are transported in our blood. Some of these factors are blood components indicative of our health status. In most blood tests, the levels of blood fats (triglycerides, cholesterol) and homocysteine are evaluated.

Cholesterol is both ingested with food and produced in the body itself. It has many functions in the body, for example, as a basic substance for the formation of many hormones, vitamin D, coenzyme Q10 (bioenergy compound), as a material for building nervous tissues and organs, and as an essential component of cell membranes. A good balance between the supply, internal synthesis and utilization of cholesterol and other fats in our metabolism is important for health. A balanced diet can contribute to this.

Homocysteine is formed in the body as an “intermediate product” in the biological conversion of an amino acid – methionine –, which is a protein component and an important molecule in our body metabolism. As a rule, homocysteine does not accumulate in the body cells but it is swiftly processed by the body. Vitamins B6 and B12, folic acid and betaine are important factors for assisting the normal homocysteine metabolism. Therefore, optimal supply of these micronutrients is essential for maintaining normal homocysteine levels.

Metavit™ is a Reconstructive Formula in the Dr. Rath Cellular Nutrient Programme. The ingredients in Metavit™ support cellular metabolism in many ways simultaneously, e.g.:

- With betaine, vitamin B6, vitamin B12 and folic acid to support normal homocysteine metabolism
- With biotin and B vitamins as a contribution to supporting normal energy metabolism
- With vitamin C and vitamin E as a contribution to protecting the cells against oxidative stress

Metavit™ contains selected micronutrients in a synergistic combination. This Reconstructive Formula has been developed for combining with our range of Basic Formulas. It supplements the spectrum of specific vitamins and other micronutrients with important factors to assist the normal homocysteine and cholesterol metabolism.

**Recommended allowance:**
Adults: 1 tablet 3 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

**Presentation:** 90 tablets per jar
**Order No.:** 006
Human bone tissue undergoes constant anabolic and catabolic processes. Certain vitamins, minerals and amino acids (cellular nutrients) support the construction and stability of bone, thus contributing to its maintenance and its normal function. At the same time, however, bone also serves as a "depot": 99% of the calcium in our bodies, for example, is stored in the bones and can be taken out again if required.

Collagen and connective tissue fibres are an important basis for stable bones. As a basic structure, they form a kind of network in which other micronutrients are stored. Vitamin C assists collagen (network) formation for normal bone function. Bones gain their stability and hardness from storing minerals and trace elements between these connective tissue structures. Calcium, magnesium and manganese contribute to maintenance of normal bones. Vitamin K2 and vitamin D are also of significance. According to recent scientific findings, vitamin K2 makes an important contribution to the storage of calcium in the bones, thus contributing to their preservation. Vitamin D assists the intake of calcium from food and its exploitation.

Osteoforte™ is a Reconstructive Formula in the Dr. Rath Cellular Nutrient Programme. The ingredients in Osteoforte™ support cellular metabolism in many ways simultaneously, e.g.:

- With vitamin D, calcium, vitamin K2, magnesium, manganese and zinc as a contribution to maintaining normal bones
- For assisting the normal intake and exploitation of calcium and phosphorus, with the help of vitamin D
- With important factors that have a function in cell specialization (vitamin A, calcium) and cell division (folic acid, vitamin D, zinc)
- With vitamin C to assist the formation of collagen for the normal function of the bones and teeth
- With vitamin D, calcium and magnesium as a contribution to maintaining normal teeth

Osteoforte™ contains selected micronutrients in a synergistic combination. This Reconstructive Formula has been developed for combining with our range of Basic Formulas. It supplements the spectrum of nutrients with important factors for the maintenance and normal function of the bones.

**Contents of one tablet:**

<table>
<thead>
<tr>
<th>Vitamin C obtained from:</th>
<th>83.3 mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium ascorbate</td>
<td>83.3 mg</td>
</tr>
<tr>
<td>Magnesium ascorbate</td>
<td>83.3 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>250.0 µg RE</td>
</tr>
<tr>
<td>(Beta carotene)</td>
<td>55.1 mg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td></td>
</tr>
<tr>
<td>(D-alpha-tocopherol)</td>
<td>0.83 µg</td>
</tr>
<tr>
<td>Vitamin K2 (as Menaquione-7)</td>
<td>15 µg</td>
</tr>
<tr>
<td>Folic acid</td>
<td>82.3 µg</td>
</tr>
<tr>
<td>Calcium</td>
<td>333.3 mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>166.7 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>16.7 mg</td>
</tr>
<tr>
<td>Zinc</td>
<td>3.33 mg</td>
</tr>
<tr>
<td>Manganese</td>
<td>333.0 µg</td>
</tr>
<tr>
<td>Boron</td>
<td>66.7 µg</td>
</tr>
<tr>
<td>Iodine (from seaweed)</td>
<td>25 µg</td>
</tr>
<tr>
<td>Silica (from horsetail)</td>
<td>7.5 mg</td>
</tr>
<tr>
<td>Additional natural carotenoids</td>
<td>36 µg</td>
</tr>
<tr>
<td>(Alpha-carotene, lutein, zeaxanthin and cryptoxanthin)</td>
<td></td>
</tr>
</tbody>
</table>

**Recommended allowance:**

Adults: 1 tablet 3 times a day. Take at mealtimes with plenty of liquid (water, juice, tea)

**Presentation:** 90 tablets per jar

**Order No.:** 027
We can distinguish three kinds of muscle: the striated skeletal muscles, the smooth muscles and the cardiac muscle. In contrast to the striated skeletal muscles, which we can deliberately control, the smooth muscles work beyond our control, influenced by various body mechanisms.

The smooth muscle cells are components of many of our body’s organs. They help build the vascular walls of the arteries, the smaller blood vessels and the capillaries, and are also found throughout the entire gastrointestinal tract, in the urinary bladder and gallbladder walls, in the respiratory tract and in the eyes.

Like other muscle cells, they too require nutrients to perform well. Smooth muscle cells have an ability to contract and relax in a rhythmical fashion. When the smooth muscle cells building the blood vessels or air passages are stretched, the internal diameter of these biological pipelines is reduced, impairing the blood or air flow. Conversely, when smooth muscle cells relax these passages become wider.

Relavit™ is a Reconstructive Formula in the Dr. Rath Cellular Nutrient Programme. The ingredients in Relavit™ support cellular metabolism in many ways simultaneously, e.g.:

- With magnesium and calcium as a contribution to supporting the normal functioning of muscle cells and muscles
- With vitamin C to assist collagen formation for the normal function of the blood vessels
- With vitamin E and vitamin C as a contribution to protecting the cells against oxidative stress

Recommended allowance:
Adults: 1 tablet 3 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

Presentation: 90 tablets per jar
Order No.: 005
The Phytobiologicals Reconstructive Formula with biologically active plant substances

Phytobiologicals are biologically active natural substances that are contained in many plants and fruits. They play an important role in our diet and provide important nutritional factors to our body cells.

Pumpkin seeds have long been a dietary component in many cultures because of their positive health benefits. Like the fruit of the saw palmetto, they are an important source of phytosterols. Phytosterols resemble cholesterol in their structure and form a kind of precursor molecule for the formation of other functional structures.

As traditional plants, stinging nettles also have many health benefits. Extracts from the nettle root contain lignans, among other things. Lignans belong to the group of phytoestrogens. Genistein is another phytobiological which is counted among the phytoestrogens. It can be found in soybeans in abundance.

Pomegranate seeds contain a wide variety of biologically active components. Among them ellagic acid, a phytoantioxidant that lends the pomegranate its slightly bitter taste, is of significance. The tomato is an important source of another phytoantioxidant. It contains large amounts of lycopene, which is a carotenoid.

Dr. Rath PhytoPro M™ is a Reconstructive Formula in the Dr. Rath Cellular Nutrient Programme. It complements our Phytobiologicals Basic Formula and contains a selected combination of several biologically active plant substances. Its characteristic ingredients are extracts from pumpkin seeds, saw palmetto, nettle root, pomegranates, and also other selected phytobiologicals.

Recommended allowance:
Adults: 2 capsules 2 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

Presentation: 120 capsules* per jar
Order No.: 026

* The capsule shell consists of hypromellose. Suitable for vegetarians.
Dr. Rath’s Phytobiologicals™
Royal Complex

Phytobiologicals Reconstructive Formula with biologically active plant substances and royal jelly

With Dr. Rath’s Phytobiologicals™ Royal Complex we introduce a Reconstructive Formula combining different groups of substances, thus forming a versatile complex.

Royal jelly is a special juicy food which is used by honeybees to raise their queens. Royal jelly is particularly rich in proteins, B-vitamins and trace elements. Coconut oil is characterized by its high proportion of medium-chain fatty acids (MCTs). These are usually easy to digest and can be metabolized directly in the liver, thus releasing bioenergy.

In addition, Dr. Rath’s Phytobiologicals™ Royal Complex contains a selection of plant materials. Plants form these very complex compounds to protect themselves against, for example, bacteria, herbivores or other harmful influences.

The compounds in this formula include luteolin from the flowers of the Japanese Pagoda Tree (Sophora japonica). This tree can be found in places that have intense light, where it grows in nutrient-rich soils and traditionally enjoys a high reputation.

Rosemary, another ingredient in Dr. Rath’s Phytobiologicals™ Royal Complex, is also known as a culinary spice and contains many essential oils, tanning agents and bitter substances. Seaweed is included as a suitable source of organic iodine. Iodine is one of the trace elements that supports the metabolism.

To round off the ingredients in Dr. Rath’s Phytobiologicals™ Royal Complex, skullcap from the labiate family is included.

Contents of one capsule:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Royal Jelly</td>
<td>83.3 mg</td>
</tr>
<tr>
<td>Skullcap Extract</td>
<td>100 mg</td>
</tr>
<tr>
<td>Rosemary Extract</td>
<td>75 mg</td>
</tr>
<tr>
<td>Luteolin (from the Buds of the Japanese Pagoda Tree)</td>
<td>12.5 mg</td>
</tr>
<tr>
<td>Medium-chain Triglyceride from Coconut Oil</td>
<td>133.3 mg</td>
</tr>
<tr>
<td>Iodine (from Seaweed)</td>
<td>50.33 µg</td>
</tr>
</tbody>
</table>

Recommended allowance:

Adults: 2 capsules three times a day, at mealtimes with plenty of liquid (water, juice, tea)

Presentation: 180 plant capsules* per jar

Order No.: 035

* Capsule shell consists of hypromellose. Suitable for vegetarians.
SPECIAL FORMULAS

- **LyCin™**
  For an extra supply of the essential amino acid lysine and vitamin C

- **Prolysin C™**
  For an additional supply of the collagen building molecules lysine and proline

- **VitaCforte™**
  For an increased supply of vitamin C

- **Dr. Rath Omega E™**
  Fish oil capsules with the essential omega-3 fatty acids EPA and DHA

- **Dr. Rath Omega 3 Vegan™**
  The fishless alternative with the essential omega-3 fatty acids EPA and DHA

- **Dr. Rath Q10 Complex™**
  With the body’s own biological energy carrier, coenzyme Q10

- **Dr. Rath Vitamin B Complex™**
  For an extra supply of B vitamins

- **Dr. Rath Zinc-Selenium Complex™**
  With the essential trace elements zinc and selenium

- **Dr. Rath Vitamin D3™ Liquid**
  Reap the benefits of an extra supply of Vitamin D

- **Dr. Rath Vitamin D3™ Pocket**
  Reap the benefits of an extra supply of Vitamin D

- **Dr. Rath OPC™**
  The vital supplementary micronutrient with secondary plant substances extracted from grape seeds

- **Dr. Rath Magnesium Complex™**
  The vital supplementary micronutrient for an extra supply of magnesium

- **Dr. Rath VCP™**
  Vitamin C in its fat-soluble form as ascorbyl palmitate

- **Dr. Rath Vitamin B12 Pocket**
  Vitamin C in its fat-soluble form as ascorbyl palmitate
Connective tissue is a general term for the body’s connecting and supporting system. Connective tissue encloses the nerves, blood vessels and organs, and connects all the components to each other, e.g. as an enveloping tissue (the fibrous capsules around the organs), as the parenchyma (the organ-free spaces), and as a structural tissue (the organs). "Soft" connective tissue includes cartilage, ligaments, tendons, blood vessels, fibrous capsules and joint capsules. In the form of ligaments, it serves, for example, to stabilize the joint; as tendons it serves to transmit force. "Hard" connective tissue (bones) contains additional mineral deposits. Because of its great strength, collagen has an important function in supporting the structure of bones and teeth.

At the same time, connective tissue also functions in protecting the body. So on the whole, the construction and maintenance of collagen fibres and connective tissue are important metabolic processes for general health. One of the major collagen molecules is the amino acid lysine. This amino acid is essential (i.e. vital, but not made by the body itself) and therefore must be supplied from food or dietary supplements.

Vitamin C makes an important contribution to the production and optimum structure of collagen fibres. Similarly to lysine, vitamin C is not produced in the human body and it must be supplied in our diet. The formation of collagen fibres and connective structures forms the basis for the good functioning of all our body organs (for example, blood vessels, cartilage, bones etc.) and the entire body.

LyCin™ contains lysine & vitamin C

One measuring spoon contains*:

<table>
<thead>
<tr>
<th>Vitamin C obtained from:</th>
<th>mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ascorbic acid</td>
<td>200</td>
</tr>
<tr>
<td>Calcium ascorbate</td>
<td>400</td>
</tr>
<tr>
<td>Magnesium ascorbate</td>
<td>400</td>
</tr>
<tr>
<td>L-lysine</td>
<td>1000</td>
</tr>
<tr>
<td>Citric bioflavonoids</td>
<td>200</td>
</tr>
</tbody>
</table>

Recommended allowance:
Adults: 1 measuring spoonful 3 times a day.
*1 measuring spoon = c. 4.2 g
Presentation: 420 g powder per jar
Order No.: 030
The added benefit of an additional supply of the collagen building molecules lysine and proline

Did you know that about a third of all the proteins in our bodies are collagen molecules? Collagen is the main component in connective tissue. It serves, for example, to build blood vessels, cartilage, bones, teeth and our skin. Connective tissue forms a biological network that strengthens our body and lends it support and stability.

Collagen fibres have a similar stabilizing function to that of reinforced concrete girders in a skyscraper. Millions of these stabilizing molecules form the connective tissue network of the body, bones, skin and the walls of our blood vessels.

Vitamin C is necessary for the body’s cells so that they can produce a sufficient amount of functional collagen fibres. The human body itself cannot produce vitamin C, so vitamin C must be supplied in our food.

The same applies to lysine, an essential (i.e. vital, but not made by the body itself) amino acid, which must likewise be supplied by food. Proline is not essential. Our cells can produce this collagen molecule component themselves to a certain extent. Its supply in a balanced diet serves further as an additional source.

Lysin and vitamin C are essential, and must be ingested with food. Proline, on the other hand, can be synthesized by the body itself to some extent but its supply may not be sufficient in certain conditions.

ProlysinC™ contains a combination of these three nutrient components as an additional daily supply.

### Contents of one tablet:

<table>
<thead>
<tr>
<th>Component</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ascorbic acid</td>
<td>300 mg</td>
</tr>
<tr>
<td>L-proline</td>
<td>150 mg</td>
</tr>
<tr>
<td>L-lysine</td>
<td>300 mg</td>
</tr>
</tbody>
</table>

### Recommended allowance:

**Adults:** 1 tablet 3 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

**Presentation:** 90 tablets per jar

**Order No.:** 009

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ProlysinC™ is a Special Formula in the Dr. Rath Cellular Nutrient Programme. Our Special Formulas have been designed to supply an extra amount of selected micronutrients. They make it possible to specifically increase intake of individual nutrient factors.

ProlysinC™ can be combined with both our Basic Formulas and our Basic and Reconstructive Formulas.
Vitamin C (ascorbic acid) is regarded as a key molecule for the entire cellular metabolism. It intervenes to support many of the body’s metabolic processes; for example, those concerning the connective and supportive system of our bodies, cell protection, the immune function and the energy metabolism.

VitaCforte™ offers an extra supply of vitamin C for the cellular metabolism. The specific combination of different forms of vitamin C that have been selected for this Special Formula are advantageous: they are easily digestible, even in large quantities, and can be well ingested and metabolized by the cells.

Calcium ascorbate and magnesium ascorbate are “buffered forms” of vitamin C. Combining the ascorbic acid molecule with the minerals calcium and magnesium neutralizes the acidic effect of ascorbic acid.

Another buffered vitamin C form in VitaCforte™ is ascorbyl palmitate, which combines an ascorbic acid molecule with a fatty-acid molecule (palmitic acid). Thus, vitamin C, normally soluble in water, thereby becomes soluble in fat and can contribute to protecting cells against oxidative stress in their “fatty compartments”, such as cellular membranes.

Recommended allowance:
Adults: 1 tablet 3 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

For further information on the tolerance level of vitamin C, please refer to page 86.

Presentation: 90 tablets per jar
Order No.: 011

VitaCforte™ is a Special Formula in the Dr. Rath Cellular Nutrient Programme. Our Special Formulas have been designed to supply an extra amount of selected micronutrients. They make it possible to specifically increase intake of individual nutrient factors.

VitaCforte™ can be combined with both our Basic Formulas and our Basic and Reconstructive Formulas.
The added benefit of the essential omega-3 fatty acids EPA and DHA

From the earliest stages of human life, omega-3 fatty acids are necessary for healthy development. And in later life as well, omega-3 fatty acids make important contributions. They are required for the normal function of the heart, brain and eyes, for example.

Omega-3 fatty acids are a group of polyunsaturated fatty acids. The omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are of special value: using omega-3 fatty acids from plant origin, our body is able to produce them only to a limited extent. The main sources of EPA and DHA are oily sea fish such as salmon, herring and mackerel. These should feature regularly on the menu in order to cover the requirement for a healthy cellular metabolism.

Dr. Rath Omega E™ fish-oil capsules make a contribution to additionally supplying our bodies with the omega-3 fatty acids, EPA and DHA. Furthermore, vitamin E makes an important contribution to protecting the cells against oxidative stress.

Dr. Rath Omega E™ contains the polyunsaturated omega-3 fatty acids EPA and DHA. Both are essential and should be supplied regularly to the body. Vitamin E, which protects against oxidation, is also included, in its four naturally occurring forms:

- As a contribution to maintaining the normal brain function* (DHA)
- To assist the normal cardiac function* (EPA/DHA)
- As a contribution to maintaining normal eyesight* (DHA)

* The positive effect is based on a daily intake of at least 250 mg EPA/DHA. This can be achieved with a daily intake of 2 capsules of Dr. Rath Omega E™.

Recommended allowance:

Adults: 1 capsule 2 times daily. Take at mealtimes (un chewed) with plenty of liquid (water, juice, tea).

The capsule shell is made from fish gelatin. Due to the use of a special encapsulation method in the manufacture of Dr. Rath Omega E™ fish oil capsules, the ingredients are released into the small intestines, where they are absorbed into the bloodstream and made available to be used in a wide variety of metabolic processes. In this way, the unpleasant effects of taking inferior omega-3 fish oil capsules, such as belching and a fishy aftertaste, can be avoided.

Presentation: 60 capsules per jar
Order No.: 020
Omega-3 acids are vital nutrients we have to ingest regularly with our food. Ranking among the most biologically active omega-3 fatty acids are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). Their effects are extremely varied and they make important supportive contributions to our health and well-being (see also Dr. Rath Omega E™ fish oil capsules).

One of the most important dietary sources of these nutrients are oily sea fish. These fish concentrate the valuable fatty acids in themselves by feeding on algae or on small fish, again feeding on microalgae. Thus algae can be regarded as the original source of omega-3 fatty acids.

In case of a vegetarian or vegan diet, linseed oil or other plant-based oils are often drawn on in order to obtain omega-3 fatty acids. The reason: plant-based oils contain ALA (alpha linolenic acid), a shorter-chain omega-3 fatty acid. This is the precursor for the long-chain DHA and EPA fatty acids which then in turn have to be formed by our body on its own.

With Dr. Rath Omega 3 Vegan™ these high quality omega-3 fatty acids DHA and EPA are directly available – from an original, plant-based source.

Dr. Rath Omega 3 Vegan™ contains the polyunsaturated omega-3 fatty acids DHA and EPA. These are extracted from the microalga Schizochytrium, which is the basis for our high quality, omega-3-rich oil, and offer vegetarians and vegans an ideal possibility to supplement their diet with these valuable nutrient components:

- As a contribution to a normal brain function (DHA)*
- For the support for a normal cardiac function (EPA/DHA)*
- As a contribution to the maintenance of the normal eyesight (DHA)*

* The positive effect is based on a daily intake of at least 250 mg.

Contents of one capsule:

250 mg omega-3 fatty acids DHA and EPA with:
- DHA (docosahexaenoic acid) ........................................ 162.5 mg*
- EPA (eicosapentaenoic acid) ..................................... 87.5 mg*

*Average content of DHA and EPA. The values may be subject to slight natural variations. A total content of 500 mg DHA and EPA in 2 capsules is guaranteed at all times.

Recommended allowance:

Adults: 1 vegan soft gel capsule 2 times per day.
Consume unchewed at mealtimes with some liquid.

Dr. Rath Omega 3 Vegan™ softgel capsules expand our already existing range of omega-3 fatty acids from fish oil (Dr. Rath Omega E™) with a plant-based source that is especially suitable for vegetarians and vegans.

Presentation: 60 capsules per jar
Order No.: 028
Coenzyme Q10 is a vitaminoid, i.e. a vitaminlike substance that occurs in the cells of our bodies. It is present in particularly high amounts in strongly metabolically active organs, e.g. the heart, liver, lungs and muscles – organs that have a high consumption of bioenergy.

Sources for the supply of Q10 are a balanced diet and our bodies themselves. Via the body’s own Q10 synthesis, the body contributes substantially to its own supply of Q10. This requires the presence of certain essential micronutrients.

But did you know that the body’s ability to form its own Q10 decreases with age? At the age of 40, the levels of Q10 in the heart are already more than 30% lower than at the age of 20. With increasing age, the amount of Q10 produced in the body, and the amount of it in the cells, continues to fall.

Coenzyme Q10 occurs everywhere in the body’s own bioenergy metabolism. It can be taken in through food or be produced by the body itself. Dr. Rath Q10 Complex™ contains this important component in combination with vitamin E, which protects against oxidation:

- For an extra supply with the endogenous energy carrier, coenzyme Q10
- For compensating the decreasing endogenous production of Q10

Recommended allowance:
Adults: 1 capsule 2 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

Presentation: 60 capsules* per jar
Order No.: 025
* The capsule shell consists of hypromellose. Suitable for vegetarians.

Special Formula
Dr. Rath Q10 Complex™ is a Special Formula in the Dr. Rath Cellular Nutrient Programme. Our Special Formulas have been designed to supply an extra amount of selected micronutrients. They make it possible to specifically increase individual nutrient factors.

Dr. Rath Q10 Complex™ can be combined with both our Basic Formulas and our Basic and Reconstructive Formulas.
The added benefit of an extra supply of B vitamins

Studying, working, stress and even everyday life tasks demand a great deal of concentration and attention — and depend on a well-functioning nervous system. To cope with demanding days, recreational activities alternating with rest provide a good balance.

In addition, a healthy diet rich in vitamins, dietary minerals and other cellular nutrients is very important. Micronutrients belonging to the B vitamins group are important dietary components. They are often called "nerve vitamins", due to their role in mental health and intellectual performance.

What is the reason for this? The B vitamins (e.g. vitamins B1, B3, B6 and B12) support the normal function of the nervous system and as such they make a contribution to a normal psychological function.

But the B vitamins are also frequently mentioned in relation to feelings of tiredness and exhaustion, and rightly so: besides their versatile benefits to cellular metabolism, they are important cofactors in bioenergy production and can support our body in this respect as well.

As a rule, the B vitamins occur as a complex group in food. They are particularly effective when ingested together. Dr. Rath Vitamin B Complex™ contains a combination of all eight vitamins from this group of cellular nutrients:

- As a contribution to normal function of the nervous system (supported by vitamins B1, B2, B3, B6 and B12, and biotin)
- As a contribution to normal psychological functions (supported by vitamins B1, B3, B6 and B12, biotin and folic acid)
- As a contribution to reducing feelings of tiredness and exhaustion (supported by vitamins B2, B3, B5, B6 and B12, and folic acid)
- As a contribution to normal intellectual performance (supported by vitamin B5)

Recommended allowance:
Adults: 1 tablet 2 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

Presentation: 60 tablets per jar
Order No.: 024
Zinc and selenium are trace elements. Most trace elements are essential, and are therefore indispensable for maintaining life. Just like vitamins and other cellular nutrients, they must be supplied to our bodies regularly with food.

Trace elements are classified under the category of minerals. They only occur in small amounts (traces) in our bodies, but their infrequent occurrence should not obscure their importance for health.

Trace elements are involved in many metabolic processes. Optimum daily supply of essential trace elements has a positive effect on our health and well-being.

Zinc and selenium, for example, help protect the cells against oxidative stress, and promote the normal function of the immune system.

### Recommended allowance:
Adults: 1 tablet 2 times a day. Take with plenty of liquid (water, tea), 2 hours after mealtimes.

### Presentation:
60 tablets per jar

Order No.: 023

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**Zinc-Selenium Complex™**

**Special Formula**

Dr. Rath Zinc-Selenium Complex™ is a Special Formula in the Dr. Rath Cellular Nutrient Programme.

Our Special Formulas have been designed to supply an extra amount of selected micronutrients. They make it possible to specifically increase individual nutrient factors.

Dr. Rath Zinc-Selenium Complex™ can be combined with both our Basic Formulas and our Basic and Reconstructive Formulas.

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**Contents of one tablet:**

- Zinc .......................................................... 25 mg
- Selenium ................................................... 50 µg
- Vitamin B6 .................................................. 2.8 mg

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**Special Formula Contents of one tablet:**

- Zinc-Selenium Complex
  - Zinc .......................................................... 25 mg
  - Selenium ................................................... 50 µg
  - Vitamin B6 .................................................. 2.8 mg

---

**Recommended allowance:**
Adults: 1 tablet 2 times a day. Take with plenty of liquid (water, tea), 2 hours after mealtimes.

**Presentation:**
60 tablets per jar

Order No.: 023
Vitamin D is a crucial factor for our health. To an increasing extent, health experts are recommending additional supplementation with this essential nutrient. Whilst, in recent years, the recommended daily allowance of vitamin D has been raised in some countries, to achieve an optimal supplementation all the year round an extra supply is especially important during the months when there is less sunlight.

The reason for this is that human beings can produce vitamin D in their skin from sunlight. In fact, vitamin D synthesis in the skin is the main source of vitamin D for our body. For this reason it is vital to be exposed to sufficient sun. Special attention therefore needs to be paid to the body’s levels of vitamin D during the dark winter months.

With Dr. Rath Vitamin D3™ Liquid and Dr. Rath Vitamin D3™ Pocket you have an easy way to obtain the sunshine vitamin and refill your body reserves with this essential nutrient!

Vitamin D is involved in numerous metabolic processes in our body. The body itself is the main source of vitamin D, but only as long as the skin sees sufficient sunlight. Dr. Rath Vitamin D3™ Liquid and Dr. Rath Vitamin D3™ Pocket contain vitamin D in its particularly bioavailable cholecalciferol (vitamin D3) form:

- For the support of a normal function of the immune system
- As a contribution to the maintenance of normal bones and teeth
- In addition, vitamin D plays a role in cell division and metabolic processes at the cellular level

<table>
<thead>
<tr>
<th>Vitamin D3</th>
<th>µg = microgram</th>
</tr>
</thead>
<tbody>
<tr>
<td>37.5 µg</td>
<td>1500 I.E.</td>
</tr>
</tbody>
</table>

**Recommended allowance**
**Dr. Rath Vitamin D3 Liquid:**
Adults: 2 sprays 3 times a day. Take at mealtimes directly into the mouth.

**Presentation:** 50 ml per bottle*
**Order No.:** 029

**Recommended allowance**
**Dr. Rath Vitamin D3 Pocket:**
Adults: 1 tablet a day at mealtimes.

**Presentation:** 150 mini tablets* in a click dispenser
**Order No.:** 039
* Suitable for vegetarians
Biologically active plant substances can be described as "phytobiologicals". They are produced solely within plants, where they – as secondary plant substances – serve to protect and preserve the plant. The supply of secondary plant substances to our bodies can be ensured by consuming a balanced diet containing plants and their fruits and seeds.

Depending on their structure, the collective term "secondary plant substances" comprises a variety of groups and sub-groups from which many different functions derive. The so-called polyphenol group contains numerous examples.

Grape seeds are rich in polyphenols. They include the well-known oligomeric proanthocyanidins (OPC) and other secondary plant substances. For an additional intake of grape seed polyphenols, dietary supplements are a common source of supply.

Dr. Rath OPC™ contains a grape seed extract with a total content of at least 60% polyphenols. For protection of the ingredients and their natural synergies, polyphenol-rich grape seeds are processed very gently. The extraction (dissolving) method is exclusively based on the use of water in the low temperature range.

**Recommended allowance:**
Adults: 1 capsule 2 times per day with sufficient liquid (water, juice, tea), at mealtimes

**Presentation:** 60 capsules* per jar
Order No.: 031

*The capsule shell consists of hypromellose. Suitable for vegetarians.
Magnesium is an essential mineral for our cellular metabolism, which has numerous functions. Whether in energy metabolism for the formation of bio-energy, the nervous system or the muscle cells – in almost all cells of our body magnesium is required for normal metabolism and body functions.

The human body contains around 25 grams of magnesium, which is mainly stored in the bone tissue. Only a very small proportion can be found in the blood plasma. In the event that the level in plasma decreases, the body makes use of its stores of magnesium.

To achieve a good supply of magnesium to the body cells, it should be regularly consumed in the diet. This applies not only in normal situations, but also for example in cases of intensive physical stress with an increased demand for energy or increased sweating. Important sources of magnesium in our diet, for example, are whole-grain products and legumes.

Dr. Rath Magnesium Complex™ was developed for an additional supply of this valuable mineral. The selected forms of magnesium in Dr. Rath magnesium Complex™ are organically bound and characterized by high bioavailability. Additional vitamins included in the formula support the magnesium intake.

**Contents of one capsule:**

- Magnesium (magnesium citrate, magnesium malate, magnesium taurate) 100 mg
- Vitamin D3 0.5 µg
- Vitamin B6 0.23 mg

**Recommended allowance:**

Adults: 1 capsule 3 times per day with sufficient liquid (water, juice, tea), at mealtimes

**Presentation:** 90 capsules per jar

Order No.: 034

*The capsule shell consists of hypromellose. Suitable for vegetarians.*
Vitamin C is considered a key molecule for the entire metabolism. It affects many processes and functions in our body such as the energy balance, the functions of the nervous system and immune system, and cell protection from free radicals.

Another important function of vitamin C is the promotion of collagen formation. Collagen is the most important stability molecule of the connective tissue and is essential for building healthy blood vessels.

Vitamin C palmitate is a special form of vitamin C which is also known as ascorbyl palmitate. Ascorbyl palmitate is a compound of ascorbic acid (vitamin C) and the fatty acid palmitic acid. In this form of vitamin C, the normally water-soluble vitamin C is predominantly fat-soluble and can therefore reach parts of the body that cannot be reached by the water-soluble form.

Another difference with this form of vitamin C is its transport into the cells. The inflow of water-soluble substances into the body’s cells happens, for example, via small channels in the outer cell layer, since this fat-containing layer forms a barrier to them. It is different for fat-soluble substances: for these, the fat layer is not a barrier, with the result being a better absorption capacity.

**Dr. Rath VCP™**

- Vitamin C from vitamin C palmitate (ascorbyl palmitate)
- for an extra supply of fat-soluble vitamin C
- with 100 mg vitamin C from ascorbyl palmitate per capsule

**Recommended allowance:**
Adults: 1 capsule 3 times a day, at mealtimes with plenty of liquid (water, juice, tea).

**Presentation:** 90 capsules* per jar
**Order No.: 038**

* Capsule shell consists of hypromellose (cellulose). Suitable for vegetarians.
Vitamin B12 is an important cofactor for numerous metabolic functions of our body. Among the B group vitamins, vitamin B12 poses a limiting factor. The reasons for this are varied and may derive from eating habits and the make-up of the gastrointestinal tract. In such cases, supplementing one’s diet with vitamin B12 can be advisable in order to support various cell functions.

A purely vegan diet is usually limited to fermented products and therefore does not allow for a sufficient supply of vitamin B12. Specialists recommend that vegans should take vitamin B12 supplements.

The absorption of vitamin B12 is primarily bound to a specific transport molecule, the so-called intrinsic factor. In the small intestine, vitamin B12 and intrinsic factor form a complex. This complex binds to the receptors of the intestinal wall, prompting the absorption of vitamin B12 into the cells.

Intrinsic factor is produced in the gastrointestinal tract. However, production may decline with age. Consequently, an increased supply and a direct uptake through the mucosa becomes more important.

Dr. Rath Vitamin B12 Pocket offers a number of special features. The selected types of vitamin B12 include the bioavailable methylcobalamin and adenosylcobalamin forms. Combining these with the biocatalysts folic acid and biotin optimizes their utilization in the cell metabolism. The sublingual mini tablets dissolve in the mouth, thereby facilitating vitamin B12 absorption through the mucosa. In this way, Dr. Rath Vitamin B12 Pocket provides a valuable contribution to:

- Supporting normal energy metabolism
- Decreasing feelings of tiredness and exhaustion
- Supporting normal functioning of the nervous and immune systems
- Supporting normal mental function
- Supporting normal formation of red blood cells

**Contents of one tablet:**

- Vitamin B12 (from Methylcobalamin, Adenosylcobalamin) .................. 125 µg
- Folic acid ............................................ 15 µg
- Biotin .............................................. 8 µg

Dr. Rath Vitamin B12 Pocket is a Special Formula in the Dr. Rath Cellular Nutrient Programme.

Our Special Formulas have been designed to supply an extra amount of selected micronutrients. They make it possible to specifically increase individual nutrient factors.

Dr. Rath Vitamin B12 Pocket can be combined with both our Basic Formulas and our Basic and Reconstructive Formulas.

**Recommended allowance:**

Adults: 1 tablet 2 times a day at mealtimes

Dr. Rath Vitamin B12 Pocket is designed as a sublingual mini tablet. For use, we recommend placing the tablet under the tongue and allowing it to dissolve slowly. In this way, the ingredients can be absorbed through the oral mucosa.

**Presentation:** 120 mini-tablets in click dispenser

**Order No.:** 040

* Suitable for vegetarians and vegans
The Quality of the Dr. Rath Cellular Nutrients Programme

The Inimitable Quality of Our Products

The science-based selection and composition of both the micronutrients and the additives is a distinguishing feature of the Dr. Rath Cellular Nutrient Programme. For us, the high quality of our products is part of our commitment to your health.

Our products are:

- Free from components originating from genetically-modified organisms
- Free from artificial dyes and flavourings
- Free from allergens such as gluten*, lactose (milk sugar) and wheat
- Free from gelatin (instead we use substances such as hypromellose, which is extracted from plant cell fibres)
- Free from yeast and MSG (monosodium glutamate)
- Free from trans-fatty acids

* Exception: The fibre formula Dr. Rath’s Phytobiologicals™ Balance Control

Notes on the Ingredients

We distinguish between active ingredients and additives, which are used to give the tablets their consistency and shape.

Active Ingredients:

There have been no changes for several years in the composition of the active ingredients in our products. All vitamins, minerals, trace elements and other cellular nutrients are present in unaltered quality and quantity. If any changes were to be made they would only be done in response to new research findings. Full details of the ingredients and their manifold effectiveness can be found in the individual product information sections of this brochure.

Of particular importance when choosing cellular nutrients for synergy teams is their ability to metabolise:

Forms of Vitamin C

Calcium and magnesium ascorbate are buffered forms of vitamin C.

The combination of ascorbic acid molecules with the minerals calcium and magnesium neutralises the acidic effect of the ascorbic acid, as a result of which this form of vitamin C is gentle on the stomach even in large quantities. In this combination, calcium and magnesium ascorbate are easily absorbed and metabolised by the cells. Ascorbyl palmitate is a compound of an ascorbic acid molecule and a fatty acid molecule (palmitate). This renders the normally water-soluble vitamin C fat-soluble, as a result of which it is used particularly efficiently by the cellular metabolism, especially to protect cell membranes.

L- and D-forms of Amino Acids

In amino acids we distinguish between L- and D-forms. Our nutritional supplements contain amino acids in the L-form. Only natural amino acids come in this L-configuration, which can be more readily used by the body to produce the body’s own protein. As in the case of left-rotating D-lactic acid and right-rotating L-lactic acid, the D-amino acids are only broken down and made available to the body very slowly.

Mixed Carotenoids

The carotenoids group includes dozens of kinds of carotenoids which are found widely in the plant kingdom. Many of these carotenoids are already the subject of research to discover their value to human health. Probably the best-known of them is beta-carotene, often also known as provitamin A due to its effects being similar to vitamin A.

Natural Origin of the Active Ingredients and Additives:

Wherever possible we use active ingredients and additives of natural origin:

- Fruits, particularly citrus fruits, papaya, pineapple, grape pips and coconuts
- Other plants, including maize, soya, sugar beet, green tea, seaweed, marigolds and conifer bark extracts
- Chondroitin and glucosamine (in Arteriforte™) are extracted from natural cartilage tissue
Several other carotenoids (alpha-carotene, cryptoxanthin, lutein and zeaxanthin) also play a major role in the human body. Carotenoids perform their protective function most effectively when working together as mixed carotenoids.

Mixed Tocopherols
Vitamin E is a fat-soluble vitamin with high oxidative protection potential for our body’s cells. It is frequently found in nutritional supplements in its natural form of d-alpha-tocopherol.

However, vitamin E is more than just alpha-tocopherol. In fact, vitamin E is an umbrella term for a variety of naturally-occurring vitamin E compounds.

Particularly valuable tocopherols for human beings are the natural vitamin E compounds alpha-, beta-, gamma- and delta-tocopherol all of which are contained in Vitacor Plus™. The superiority of these mixed tocopherols has been clearly proven in scientific studies.

Omega-3 fatty acids:
The omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) play essential roles in our daily nutrition. Our body can only synthesize a small amount of EPA and DHA out of omega-3 fatty acids from plant origin (e.g. linseed oil, canola oil, soybean oil). Additionally, since our diet often only provides a minimum of the daily requirements for omega-3 fatty acids, supplementing the daily diet with them can be useful. At every stage of life, omega-3 fatty acids are required for the healthy development and maintenance of well-functioning cells. Apart from vitamins and other cellular nutrients, omega-3 fatty acids provide an important basis for health and mental performance. The omega-3 fatty acids EPA and DHA are particularly important.

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid)
EPA and DHA are polyunsaturated fatty acids. Fat-rich sea fish such as salmon, herring, mackerel, sardine and tuna all contain particularly high amounts of EPA and DHA.

Omega-3 fatty acids form an integral part of nutrition and health research. They stand out due to their versatile functions for a healthy metabolism.

Their numerous functions include supporting normal brain function and mental vitality, maintenance of normal eye-sight and support of normal cardiac function.

In order to benefit from such positive effects, a daily consumption of 250 mg of EPA and DHA is recommended.

Probiotics:
The term probiotic (plural: probiotics) is derived from ‘pro’ (Latin ‘for’) and ‘bios’ (Greek ‘life’) and literally means “for life”.

We use the classic probiotic microorganisms lactobacilli, bifidobacteria and streptococci. Each bacterial strain has a specific effect, whereby synergistic effects can be obtained through the combination of different bacterial strains.

The aim when using probiotics is to modify the microbiota composition. A healthy bowel function is the prerequisite for an optimal nutrient supply for the whole body. For this reason, it is recommended to take probiotics along with the use of other cellular nutrients.

Riboflavin
Riboflavin is the scientific name for vitamin B2. This vitamin is widely used for the tablet coating which protects the tablets. Riboflavin has an intense yellow colour which is reflected in the appearance of the tablets.

Lemon Oil
Natural lemon oil is used not only because of its flavour but also for the antioxidants and flavonoids it contains, which provide protection against free radicals.

Shellac
This resin is produced naturally by various insects to protect their offspring. In the food industry this natural substance is used to provide particularly gentle protection and to preserve foods.

Bioavailability:
To facilitate faster absorption and thus optimize the bioavailability of the cellular nutrients, our minerals and trace elements are organically bonded with the amino acids glycine or methionine. This suppresses antagonistic effects between individual cellular nutrients.

Additives:
Additives are necessary in order to manufacture the tablets and capsules. They include, for instance, the fillers which hold the tablets together and protect the vitamins and other ingredients. The materials used for coating tablets are also classified as additives, and are used to protect the tablets and ensure they last longer. When selecting and using these additives, most manufacturers choose the cheapest substances, which are as a rule of synthetic origin. In contrast, we aim at using additives of natural origin. The main additives in our products are:
Calcium Carbonate
This is the scientific name for lime, which derives, among other things, from the shells of crustaceans. In other words, it is a substance to be found everywhere in the natural world. Calcium carbonate is chiefly used to shape tablets and as part of the coating.

Maltodextrin
Maltodextrin is a blend of two sugar molecules, maltose and dextrose. It is a natural filler used chiefly to protect sensitive ingredients such as vitamins and other micronutrients.

Hypromellose
Hypromellose is a derivative of cellulose, a fibrous substance which is the principal constituent of all plants. However, unlike cellulose, hypromellose has the advantage of being water-soluble. It forms the main constituent of the capsules used, for instance in EpiQuercican™ and Lensivit™. Another cellulose derivative is croscarmellose.

Medium-Chain Fatty Acids
In contrast to other fats, these special fatty acids are not stored by the body. The fatty acids we use are extracted from coconuts. They are chiefly used to protect and make available the fat-soluble vitamins in our products.

Silicic Acid (Silicium Dioxide)
Silicic acid is the most commonly occurring mineral in the natural world and is also a constituent of plant cell walls. Adding natural silicic acid prevents the ingredients from clumping together, thus increasing the bioavailability of the micronutrients.

Magnesium stearate
Magnesium compounds of fatty acids (here stearic acid) also occur as intermediate products in the human body. In the processing of foodstuffs and dietary supplements, they are chiefly used to prevent ingredients sticking together, thus improving their availability.

Our company:
Our company, Dr. Rath Health Programs, is one of only a few companies distributing food supplements that is scientifically supported by an independent research institute. Our Institute in Santa Clara, California, is one of the leading centres of vitamin research worldwide. It is staffed with scientists from various disciplines that work together on the research and development of cellular nutrient formulations.

Quality Assurance:
Analysis equipment and production machinery meeting the latest technological standards ensure that every individual stage in the manufacturing process is subject to thorough supervision and control.

Thus, exact compliance with the specifications for our cellular nutrient formulas is guaranteed. The manufacturers work according to GMP (Good Manufacturing Practices), and are active members of the National Nutritional Food Association (NNFA). The production process for the Dr. Rath Cellular Nutrient Programme follows a precisely defined sequence: It begins with the weighing of raw materials and ends with the shipment of the end product. Samples of the raw materials, intermediate products and end products are taken from each batch. These samples are archived for a minimum of five years in order to guarantee continual, long-term quality control.

Gas chromatography analysis conducted by a respected laboratory guarantees the quality of the cellular nutrient products. Due to its sensitivity, the gas chromatography technique can be used to analyse very small quantities and delivers reproducible results.
Advice on Taking Cellular Nutrients

Gas chromatography permits precise checks of the presence, purity and quality of all ingredients. In this way, it is also ensured that no foreign bodies such as contaminant particles, pathogens or lower-quality materials infiltrate the formulas. A gas chromatography test is carried out on every production batch during which the precise concentrations of all components in the Dr. Rath cellular nutrient products are measured and recorded.

After each production line is completed, a further sample is taken. This sample is sent to an analysis laboratory for routine testing. On the basis of the results of the chemical testing, an analysis certificate with the date of expiration is prepared and signed by the Director of Quality Assurance.

This ensures that the end product that reaches you is always of outstanding quality.

■ Intake:

Take the cellular nutrient formulas with plenty of liquid (e.g., water, juice, tea) at regular intervals throughout the day and at mealtimes. This ensures a constant blood concentration and steady absorption of the ingredients by the body, as well as better absorption of the fat-soluble vitamins E and D and also of the beta carotene. A further positive effect is that vitamin C improves the absorption of various substances contained in the diet, for instance iron. Because of this, most of the cellular nutrient formulas do not contain additional iron. If you are taking several formulas each day you may also take some of the tablets with snacks.

■ Intake of Basic Formula:

Begin by taking the recommended daily intake to supply your cells with bioenergy. In general, one tablet of Vitacor Plus™ three times a day at mealtimes is sufficient.

■ Intake of Vitacor Plus™ & Dr. Rath’s Phytobiologials™ as basic combination:

We recommend Dr. Rath’s Phytobiologials Basic Formula™ as a useful addition to the basic Formula Vitacor Plus™. This cellular nutrient synergy product contains important biologically active plant substances that enhance the daily basic supply of micronutrients covered by the use of Vitacor Plus™

■ Intake of Reconstructive Formulas:

At certain times in life and in certain situations it is advisable to take additional cellular nutrients. These are contained in the individual Reconstructive Formulas. After starting with the Basic Formula Vitacor Plus™, you may add your first Reconstructive Formula. Here, too, take care to increase your dose gradually.

■ Intake of Special Formulas:

In order to complement our Basic and/or Reconstructive Formulas, we offer Special Formulas. They contain selected nutrients in higher dosages. These include lysine, proline and vitamin C (in LyCin™, Prolysin C™ and VitaCforte™) as well as other micronutrients. Add these to your diet step by step. As a general rule, one new formula per month may be added.

■ Duration of Intake:

Our body should permanently and regularly be supplied with micronutrients – for instance, by using the basic combination Vitacor Plus™ & Dr. Rath’s Phytobiologials™ for the basic supply. All through our lives billions of cells use cellular energy, and we must continually replenish our bodies’ supplies.

■ Pregnancy:

Pregnant and breastfeeding women have higher nutrient requirements because the child is at a particularly vital developmental stage and is removing nutrients from the mother’s body. Accordingly, it is highly advisable to take supplements, especially of folic acid, vitamin B1, B2 and B6 and vitamin C. While the child is in the womb, the development of bone removes calcium, magnesium and other important minerals and trace elements from the mother’s body. Many women suffer nausea and vomiting at the beginning of pregnancy, and this often limits their nutritional intake, further exacerbating an already
inadequate supply of nutrients. Malnutrition can be averted by an adjusted diet or by supplementing your diet with cellular nutrients. However, make sure you tell your GP what you are doing and follow his/her advice.

### The Elderly

Older people generally have a lower metabolic rate and are also less active, leading to lower energy requirements. However, their vitamin requirements are certainly not lower, indeed they are often higher. For instance, due to the ageing process older people need significantly larger quantities of certain cellular nutrients.

If the functioning of the gastrointestinal tract is also impaired, absorption of nutrients in the diet may be poor. It is well known that vitamin C boosts digestive efficiency by improving intestinal movements and the functioning of the intestinal mucous membrane.

The nutrients in the group of B-vitamins as well as certain minerals and amino acids which combine synergistically, are also required for the metabolism and for a healthy body function.

### Medication

It is particularly important when taking pharmaceutical drugs to ensure that you also take extra vitamins, minerals and trace elements. After intake, drugs pass through the same metabolic pathways as nutrients. At any point in the metabolic process they may interact with nutrients. Areas which can be affected by medication include the digestion, resorption, distribution and efficacy of nutrients, the conversion and elimination of nutrients and hunger and satiation regulation.

An Example of the Effects of Medication

Hormonal contraceptives (i.e. the pill) reduce the availability of folic acid by inhibiting the separation of the folic acid compound from food. Talk to your GP or pharmacist about possible interactions and read the package leaflet.

### Vegetarians

Wherever possible we endeavour only to use herbal raw materials in obtaining the ingredients for our cellular nutrient formulas. However, in the case of chondroitin sulphate and chitosan there are no herbal alternatives, so these two substances are obtained from animal raw materials.

Please also note that vitamin D3 is obtained from lanolin (wool fat).

Vitamin D3 is the animal form of vitamin D. Vitamin D2, which we absorb from vegetable nutrients, first has to be converted by the body into vitamin D3 before it can fulfil its functions. This leads to higher demands of bio-energy.

### Swallowing Difficulties

Children and elderly persons often have difficulty swallowing the cellular nutrient formulas in tablet form. There is a simple solution to this problem: just break or cut the tablet in two or place it between two spoons and crush it by pressing the spoons together. Now the powder can be dispersed in liquid and consumed with no difficulty.

### Toleration and Adaptation Reactions

The products of the Dr. Rath Cellular Nutrient Programme are very well tolerated. Intolerance reactions or adaptive responses are very rare and only occasionally observed. Particularly when taking vitamin B3 in the form of nicotinic acid (niacinamide), sensitive individuals may experience a skin rash. This is a typical adaptation reaction. However, not all skin reactions are due to vitamin B3. If skin reactions do occur, first ask yourself the following questions:

1. When did the problem first occur?
2. Has the problem ever occurred before?
3. Have you changed any of your habits?

If the answers don’t clear up the problem and you suspect that it may be caused by the formula, you should take the following action:

1. Temporarily stop taking the product.
2. If the reaction or irritation disappears, start taking the cellular nutrients again at a reduced dose.
Advice on Taking Cellular Nutrients

3. Increase the dose gradually to allow your cells time to habituate themselves to the product.

Naturally you should also consult your doctor to rule out any serious background cause for your symptoms.

Further Comments on the Vitamin C Tolerance Limit:

The amount of vitamin C that the human body can absorb is limited. By applying the digestive tolerance test you can find out your own individual limit. This involves slowly increasing the dose of vitamin C you take until your stool becomes softer and diarrhoea develops.

This shows that you have passed your saturation point. Your body cannot use the quantities you are taking and is eliminating the excess via the intestines.

Having exceeded your limit, now reduce your intake until your stool once again becomes normal. You have now found out the quantity of vitamin C that your body is capable of absorbing.

Storage

Store Dr. Rath Cellular Nutrient Formulas at room temperature in a sealed jar and protect from moisture. For our probiotics we recommend storage in cool places. The best-before date is on the bottom of each jar.

Unique health products

Please find more information on our products, their ingredients and the research work at the Dr. Rath Research Institute in California in our Cellular Health Guide. Do not hesitate to order this Guide for free or to download it from our website.

How to Order

By mail:
Dr. Rath Health Programs B.V.
Postbus 657
6400 AR Heerlen
Netherlands

By telephone:
0808 - 10 11 555
0031 – 457 - 111 112

By fax:
0031 - 457 - 111 119

By E-mail:
info@rath-programs.com

From our website:
www.dr-rath.com