

Acid-Base
Pomegranate
Nutrients
Digestion
Enjoyment
Knowledge



Dr. Jacob's Product World

2021
Edition 1

Knowledge in the service of your health



About Dr. Jacob's Medical

Our philosophy

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

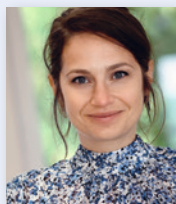
Dr. Jacob's Medical is a family-run company founded in 1997 by Dr. Ludwig Manfred and Dr. Karl Otto Jacob in Germany. It is important to the founders, the management board and the employees to share their knowledge for the service and health of others.

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

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

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

Your Dr. Jacob's Medical Team



Ina Bauer
Managing director



Kirsten Merz
Managing director





SUZANNE JACOB

LUDWIG JACOB

Doing some good without harming.



Our products are all vegan or vegetarian. But that is not enough for us. The complete package must be right: The products have been proven to be good for the health and simply work well. The ingredients are as natural as possible.

Animal-based raw materials are not used. Only our vitamin D₃ is obtained in pharmaceutical quality from the wool wax derived from the wool of living sheep. We are an active member of the association of vegetarians (www.proveg.com), because a survival of mankind seems only possible if it feeds itself predominantly with plants. A large part of our packaging is recycled by participating in the Dual System and our advertising materials are mostly printed on recycled paper. For the sake of the environment, we save on catalogue and print advertising. To this end, we invest in research and quality.

We want to help: Dr. Jacob's Medical supports numerous sponsored children and health projects in developing countries. As an official partner of "Médecins sans Frontières", we will also be helping in 2021, because this is where effective aid is being provided.

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

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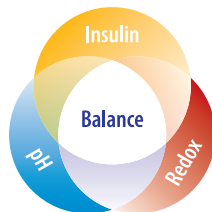
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Dr. Jacobs Way

Healthy eating with enjoyment

Relax with breathing and sleep

Physical activity with joy



How do I stay fit, vital and healthy?

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

The Dr. Jacob's Way to sustainable vitality and health

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

Insulin, redox and pH balance

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

The way of enjoyable renunciation

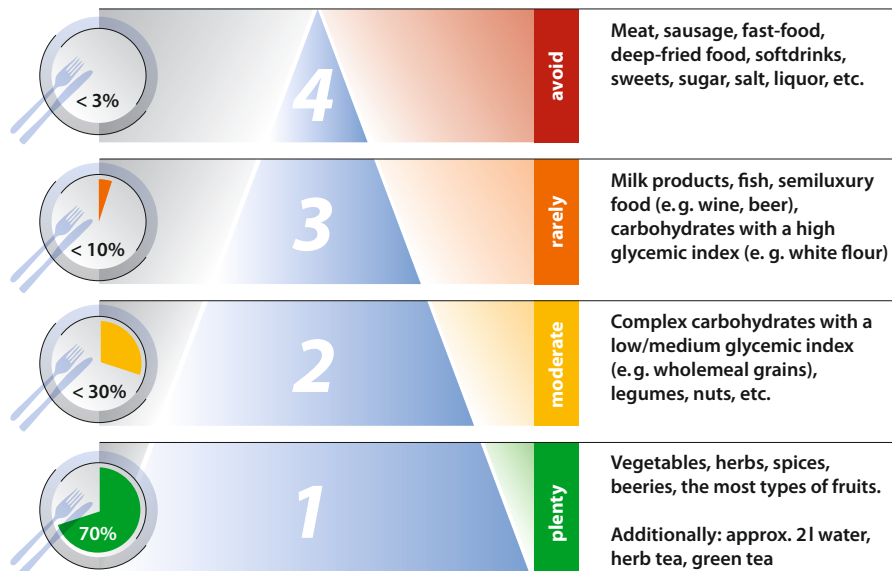
The culinary journey as described in the Dr. Jacob's Way requires a certain degree of adventurousness. Many familiar food products will disappear from your plate, but it will spoil you with even more new flavours. The discovery of various healthy meals will increase your life quality enormously and the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



Author: Dr. Ludwig Manfred Jacob

Dr. Jacob's Nutrition Pyramid

Food / Ingredients



Dr. Jacob's Nutrition Pyramid

In Dr. Jacob's Nutrition Pyramid food is categorised into 4 levels. This classification takes into account the content of organic mineral and base compounds, the antioxidant content, the impact on insulin regulation and the energy and nutrient density.

Dr. Jacob's diet plan

(44 pages, bound)

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



Mineral nutrients in natural balance

Mineral nutrients in nutrition

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

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

High in potassium, low in sodium

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

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

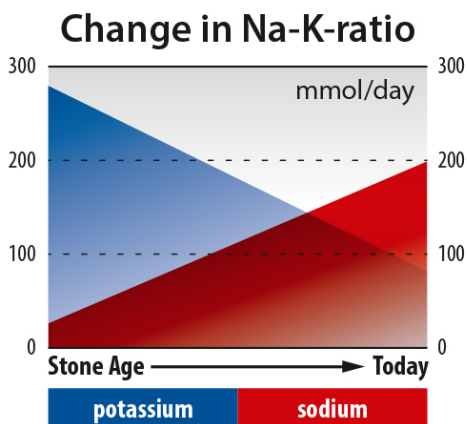
Potassium is a very important and healthy mineral that is normally

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

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

Magnesium, calcium, vitamin D

Half of the women in Germany do not reach the magnesium intake as recommended in the EU. Magnesium contributes to a reduction of fatigue, the



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

A targeted compensation

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

Practical tips for reducing salt and increasing potassium intake:

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

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

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

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

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





Alkaline Formula

Alkaline Formula *plus*

pHysioBase

AlkalineGOLD

Alkaline Tablets

Melissa Alkaline Tablets

Lactacholine

Aronia Elixir L(+)



Blood Pressure Salt

Blood Pressure Tablets

SteviaBase

AminoBase

... modeled after
nature

Dr. Jacob's Alkaline Formula

*The original citrate based
Alkaline Formula since 2000*

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

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

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

Tip: mix with Lactacholin



66 servings

300 g

Refreshing mineral blend for your health

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

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

Tip for athletes: Cologne List®

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

Alkaline-spritzer

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

Sparkling Alkaline Lemonade

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



Food supplement

Recommended consumption: For adults and adolescents from 15 years of age: Dissolve one level measuring spoon (MS) à 4.5 g of Dr. Jacob's Alkaline Formula with 300 ml of low sodium water or sparkling water 1–2 times a day.

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

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

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

Average value per:	1 MS = 4.5 g	% NRV**
Potassium	750 mg	38 %
Sodium	1.5 mg	–
Calcium	270 mg	34 %
Magnesium	185 mg	49 %
Zinc	2.5 mg	25 %
Vitamin D ₃	2.5 µg*	50 %
Vitamin B ₁	0.7 mg	64 %
Silicon	20 mg	–

* Equivalent to 100 IU vitamin D per measuring spoon.

Average value per:	2 MS = 9 g	% NRV**
Potassium	1500 mg	75 %
Sodium	3 mg	–
Calcium	540 mg	68 %
Magnesium	370 mg	98 %
Zinc	5 mg	50 %
Vitamin D ₃	5 µg	100 %
Vitamin B ₁	1.4 mg	127 %
Silicon	40 mg	–

** Nutrient reference values for daily intake (NRV)

Ingredients: Potassium citrate, calcium citrate, magnesium citrate, magnesium carbonate, silicon dioxide, natural flavour, zinc citrate, thiamine hydrochloride, vitamin D₃.

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

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



Dr. Jacob's Alkaline Formula *plus*

*Mineral balance based
on citrate and lactate*

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

Modelled after nature

Dr. Jacob's Alkaline Formula *plus* contains fiber and citrate- and lactate-based organic minerals, such as calcium and magnesium, which can be found in a ratio of about 3:2. Furthermore, it is rich in potassium, but particularly low in sodium.



50 servings

300 g

Nutrients

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

- **Acid-base metabolism** (zinc)
- **Maintenance of bones and teeth** (calcium, vitamin D)
- **Collagen formation for normal function of cartilage** (vitamin C)
- **Nerves and muscles** (potassium, magnesium)
- **Maintenance of normal blood pressure** (potassium)
- **Energy metabolism and reduction of fatigue** (magnesium)
- **Maintenance of normal nails, hair and skin** (zinc)
- **Immune system** (vitamin D, zinc)
- **Heart function** (vitamin B₁)



No artificial flavours, colours or preservatives

With steviol glycosides from stevia extract

Fresh and fruity taste with real lemon

Food supplement with sweetener

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

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

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

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

Average value per:	1 MS*	% NRV**
Potassium	750 mg	37.5 %
Sodium	6 mg	–
Calcium	270 mg	34 %
Magnesium	188 mg	50 %
Zinc	2 mg	20 %
Vitamin C	100 mg	125 %
Vitamin D ₃	2.5 µg ¹	50 %
Vitamin B ₁	0.42 mg	38 %
Silicon	25 mg	–

¹Equivalent to 100 IU vitamin D per measuring spoon

Average value per:	2 MS*	% NRV**
Potassium	1500 mg	75 %
Sodium	12 mg	–
Calcium	540 mg	68 %
Magnesium	375 mg	100 %
Zinc	4 mg	40 %
Vitamin C	200 mg	250 %
Vitamin D	5 µg	100 %
Vitamin B ₁	0.84 mg	76 %
Silicon	50 mg	–

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



Dr. Jacob's pHysioBase

For joints, bones and muscles

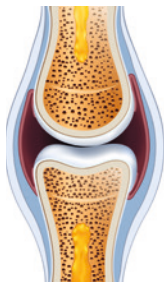
- ✓ For joints, bones and muscles
- ✓ Vegan glucosamine + vitamin C
- ✓ With black currant, cranberry and rose hip
- ✓ Minerals on the basis of citrate and lactate

Nutrients for mobility in sports and everyday life

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

Vegetable glucosamine and vitamin C

Our musculoskeletal system is made up of bones, muscles and joints. Joints are made of, among other things, cartilage and stabilising collagen fibers. Vitamin C supports the creation of collagen fibers



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



50 servings

300 g

pHysioBase for your health

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

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



Without sugar, artificial flavours, colours or preservatives

Fresh fruity flavour with berries

Sweetened with steviol glycosides from the stevia plant

Food supplement with sweetener

Recommended consumption: Dissolve one level measuring spoon (ML) à 6 g with 250 ml of low sodium water 1-2 times a day. Drink preferably with meals.

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

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

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

Ingredients: Potassium citrate, calcium lactate, magnesium citrate, glucosamine sulfate (8.7 %), black currant fruit powder (5.2 %), cranberry extract (3.5 %), rose hip powder (3.5 %), ascorbic acid (vitamin C), acidifier malic acid, magnesium carbonate, silicon dioxide, natural flavour black currant, sweetener steviol glycosides, zinc citrate, thiamine hydrochloride (vitamin B₁), cholecalciferol (vitamin D₃). May contain traces of **nuts**.

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

300 g | G: PZN 11648023 | A: PHZNR 4406880

Average value per:	1 MS = 6 g	% NRV**
Potassium	640 mg	32 %
Calcium	230 mg	29 %
Magnesium	180 mg	48 %
Zinc	2.5 mg	25 %
Vitamin C	120 mg	150 %
Vitamin B ₁	0.4 mg	36 %
Vitamin D ₃	2.5 µg*	50 %
Silicon	20 mg	—
Glucosamine sulfate	400 mg	—

*Equivalent to 100 IU vitamin D per measuring spoon

Average value per:	2 MS = 12 g	% NRV**
Potassium	1280 mg	64 %
Calcium	460 mg	58 %
Magnesium	360 mg	96 %
Zinc	5 mg	50 %
Vitamin C	240 mg	300 %
Vitamin B ₁	0.8 mg	73 %
Vitamin D ₃	5 µg	100 %
Silicon	40 mg	—
Glucosamine sulfate	800 mg	—

**Nutrient reference values for daily intake (NRV)

Dr. Jacob's AlkalineGOLD

Just stay mobile

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

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

Food supplement with sweetener xylitol

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



21 servings

210 g

126 tablets

Average value per:	6 tablets*	% NRV**
Potassium	795 mg	40 %
Calcium	400 mg	50 %
Magnesium	307 mg	82 %
Zinc	5 mg	50 %
Boron	3 mg	–
Silicon	50 mg	–
Vitamin C	240 mg	300 %
Vitamin B ₁	1.1 mg	100 %
Vitamin D ₃	20 µg	400 %
Vitamin K	75 µg	100 %
- of which Vitamin K ₁	37.5 µg	50 %
- of which Vitamin K ₂	37.5 µg	50 %
Curcumin	75 mg	–

*6 tablets = 1 serving (daily intake); **Nutrient reference value for daily intake (NRV)

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

210 g (126 tablets) | G: PZN 13836728 | A: PHZNR 4774632

Dr. Jacob's Alkaline Tablets

Mineral balance on the go

- ✓ For muscles, bones, blood pressure
- ✓ Minerals in natural balance
- ✓ With 72 % citrates
- ✓ Tablets are easy to swallow

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



31 servings

**300 g
250 tablets**



Athletes especially need a mineral balance

Food supplement

Recommended consumption: Take 4 tablets twice a day with plenty of water.

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

Average value per:	8 tablets*	% NRV**
Potassium	1000 mg	50 %
Calcium	500 mg	63 %
Magnesium	330 mg	88 %
Zinc	5 mg	50 %
Vitamin C	80 mg	100 %
Vitamin D ₃	5 µg	100 %
Silicon	25 mg	-

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

Ingredients: Potassium citrate, calcium citrate, inulin (from chicory), magnesium citrate, magnesium carbonate, magnesium hydroxide, separating agents cellulose and magnesium salts of fatty acids (vegetable), acerola cherry extract (1 %), ascorbic acid (vitamin C), silica, zinc citrate, vitamin D₃.

Contained drying element (sachet) is not suitable for consumption. Keep container dry.

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

Melissa Alkaline Tablets

*For good nerves and
normal blood pressure*

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

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

Food supplement

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

Average value per:	5 tablets*	% NRV**
Melissa extract	417 mg	—
Magnesium	375 mg	100%
Potassium	600 mg	30%
Zinc	3 mg	30%
Vitamin C	80 mg	100%
Vitamin E	12 mg α-TE	100%
Vitamin B ₁	1.1 mg	100%
Vitamin B ₂	1.4 mg	100%
Niacin	16 mg NE	100%
Pantothenic acid	6 mg	100%
Vitamin B ₆	1.4 mg	100%
Folic acid	200 µg	100%
Vitamin B ₁₂	2.5 µg	100%
Biotin	50 µg	100%

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



250 g
250 tablets

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

250 g (250 tablets) | G: PZN 06407576 | A: PHZNR 3476826



Lactacholine

*For metabolism,
liver and nervous functions*

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

Choline

Dr. Jacob's Lactacholine with L-(+)-lactic acid from fermentation, choline and B vitamins ideally supports the energy, fat and homocysteine metabolism as well as the maintenance of a normal liver function. Homocysteine is a protein breakdown product, for the further metabolism of which the body needs vitamins B₆ and B₁₂ as well as choline.

Choline was formerly known as vitamin B₄. A sufficient choline supply is crucial during pregnancy and lactation, in case of regular consumption of alcohol and a vegetarian or vegan diet. However, only 10% of young people and adults in the United States achieve the recommended daily intake of 450–550 mg.



66 servings

100 ml

Food supplement
with sweetener steviol glycosides

Recommended consumption: NEVER consume undiluted as it is highly concentrated with dextrorotatory lactic acid! Dilute 1.5 ml in 300 ml of water 1–2 times a day and drink with a meal.

Please note: Do not take in case of an acid-sensitive stomach.

Average value per:	1 × 1.5 ml	2 × 1.5 ml
Choline	125 mg	250 mg
Vitamin B ₁	0.41 mg (38%*)	0.83 mg (75%*)
Vitamin B ₂	0.53 mg (38%*)	1.1 mg (75%*)
Niacin	4 mg NE (25%*)	8 mg NE (50%*)
Vitamin B ₆	0.25 mg (18%*)	0.5 mg (36%*)
Vitamin B ₁₂	1.25 µg (50%*)	2.5 µg (100%*)
L-(+)-lactic acid	700 mg	1400 mg

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

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

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

Aronia Elixir L(+)

Synergy of berries, herbs and lactic acid

- ✓ 13% dextrorotatory lactic acid from dairy-free natural fermentation
- ✓ Fruity-aromatic with aronia and elderberries, acerola cherry and rose hip
- ✓ Refined with an extract of 30 selected herbs, slightly sweetened with stevia¹

The highly concentrated Aronia Elixir contains a synergy of aronia and elderberries, rose hip, acerola cherry and Jerusalem artichoke as well as an extract of 30 selected herbs. Diluted with mineral water, Aronia Elixir tastes deliciously refreshing.

Flavoured beverage concentrate

¹with sweetener steviol glycosides

Recommended consumption: Drink approx. 10 ml (1 tablespoon) daily diluted with 250 ml of water (do not drink undiluted).

If necessary, the additional intake of LactoBifido is useful. Ideal combination: Dr. Jacob's Alkaline Formula.

Not suitable in case of fructose malabsorption.

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



50 servings

500 ml

Average values per	100 ml	10 ml (1 serving)
Energy	921 kJ/ 220 kcal	92 kJ/ 22 kcal
Carbohydrate	35 g	3.5 g
– of which sugars	25 g	2.5 g
Protein	4 g	0.4 g
Vitamin C	160 mg (200%*)	16 mg (20%*)
L-(+)-lactic acid	14 g	1.4 g

*Nutrient reference values for daily intake (NRV – nutrient reference values).
Contains small amounts of fat, saturates and salt.

Ingredients: Aronia juice concentrate (34 %), jerusalem artichoke concentrate (23 %), rose hip pulp (16 %), L-(+)-lactic acid (13 %), elderberry concentrate (6 %), herbal tea extract (5 %), acerola cherry concentrate (3 %), sweetener steviol glycosides.

When opened, consume within 2 months and store in a cool place.

500 ml | G: PZN 12901286 | A: PHZNR 4613455

Dr. Jacob's Blood Pressure Salt

*Full taste with 50%
less sodium than in table salt*

Dr. Jacob's Blood Pressure Salt is a sodium-reduced mineral salt with potassium chloride and crystal salt from the edge of the Himalayas. Potassium is the quantitatively most important mineral in our nutrition and crucial to every cell of the body. With good cause, the German Nutrition Society (DGE) has doubled its recommended daily intake of potassium from 2 g to 4 g in 2017.

Dr. Jacob's Blood Pressure Salt makes it easy to increase the potassium intake while decreasing the sodium intake. It is perfect for a low-salt diet and can be used like table salt.

Sodium-reduced mineral salt mixture

In case of potassium balance disorders, especially in case of renal insufficiency, use only after medical consultation.



125 servings

250 g

Average value per:	100 g	2 g***
Energy	410 kJ / 98 kcal	8 kJ / 2 kcal (0.1 %*)
Salt	49.3 g	1 g (16.4 %*)
Sodium	19700 mg	394 mg
Potassium	15000 mg (750 %**)	300 mg (15 %**)

Contains small amounts of fat, saturates, carbohydrate, sugars and protein. Salt = sodium x 2.5 *Reference amount for an average adult (8400kJ / 2000kcal). ** Nutrient reference values for daily intake (NRV). ***2 g = 1 serving.

The raw materials used originate from Germany (minerals) and Pakistan (crystal salt).

Ingredients: Sodium citrate, potassium chloride, crystal salt (20 %), magnesium carbonate. May contain traces of **peanuts, gluten, almonds, milk, celery and mustard.**

250 g | G: PZN 15587057 | A: PHZNR 5106252

Practical tips for reducing salt and increasing potassium intake:

- Reduce or avoid processed food. Salty spices, sausage, bread, cheese, chips, snacks and convenience food are the main sources of salt.
- Cook and bake it yourself! Only then you know what's inside.
- Eat potassium-rich food, which means lots of fresh fruit and vegetables as well as herbs and nuts.
- Season your dishes with fresh and dried herbs. Be careful with seasoning mixtures, they often contain salt.
- Prefer low-sodium mineral water.
- Pay attention to the salt/sodium content in the table of nutritional values and list of ingredients of food. Also pay attention to the "aliases": Sodium bicarbonate, bicarbonate of soda, sodium chloride, sodium nitrate, monosodium glutamate, pickling salt, etc.
- Get in regular sweats! Physical activity and sauna promote the salt excretion through the skin.
- Do not salt your meal while cooking, but only at the table. You need less salt for the same taste.

Blood Pressure Tablets

For normal blood pressure and heart function

- ✓ Best synergy of ingredients
- ✓ For normal blood pressure, heart function and vessels
- ✓ With the herbal and basic amino acid L-arginine
- ✓ With magnesium and potassium for muscular and nervous functions
- ✓ With vitamin C-rich acerola cherry extract



21 servings

151 g

126 tablets

Dr. Jacob's Blood Pressure Tablets contain optimally balanced minerals, selected vitamins and L-arginine, which is made from plants. This composition is based on a plant-based diet.

The nutrients in Dr. Jacob's Blood Pressure Tablets contribute, among others, to the following normal body functions:

- **Maintenance of normal blood pressure** (potassium)
- **Heart function** (vitamin B₁)
- **Collagen formation for normal blood vessel function** (vitamin C)
- **Acid-base metabolism** (zinc)
- **Muscle function and nervous system** (potassium and magnesium)
- **Reduction of fatigue** (vitamin C and vitamin B₁₂)
- **Energy metabolism** (vitamin C and vitamin B₁₂)

- **Homocysteine metabolism, nervous system and psyche** (vitamin B₁₂)
- **Immune system** (vitamin C and zinc)

Food supplement

Recommended dosage: Swallow 3 × 2 tablets daily at mealtimes with plenty of liquid. In case of (medicine-related) potassium balance disorders, hyperkalemia, alkalosis or kidney failure, use only after medical consultation

Average value per:	6 tablets*	% NRV**
Potassium	900 mg	45 %
Magnesium	200 mg	53 %
Zinc	3.5 mg	35 %
Vitamin C	80 mg	100 %
Vitamin B ₁₂	2.5 µg	100 %
Vitamin B ₁	1.1 mg	100 %
L-arginine	1600 mg	–
Silicon	30 mg	–

*6 tablets = 1 portion (daily dose); ** Nutrient reference values for daily intake (NRV).

Ingredients: Potassium citrate, L-arginine (22%), magnesium citrate, cellulose filler, acerola cherry extract (5%), L-ascorbic acid (vitamin C), magnesium salts of fatty acids, **silica**, zinc citrate, thiamine mononitrate (vitamin B₁), methylcobalamin (vitamin B₁₂).

151 g (126 tablets) | G: PZN 15637157 | A: PHZNR 5135259

SteviaBase

Healthy sweetness with calcium and magnesium

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

The healthy sugar substitute

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

With magnesium and calcium

SteviaBase provides valuable magnesium and calcium: ¹Magnesium contributes to a normal energy-yielding metabolism and reduces fatigue. ^{1,2}In addition, calcium and magnesium support the maintenance of normal bones and teeth.



100 servings

400 g

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

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

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

Average value per:	100 g	% RI* % NRV**	1 tsp (4 g) [#]	% RI* % NRV**
Energy	415 kJ/ 99 kcal	4.95 %*	16.6 kJ/ 4 kcal	0,2 %*
Carbohydrate	95.3 g	36.7 %*	3.8 g	1.5 %*
– of wich sugars	< 0.1 g	< 0.1 %*	< 0.1 g	< 0.1 %*
– of wich polyols	92.5 g	–	3.7 g	–
Magnesium	580 mg	157 %**	23 mg	6 %**
Calcium	650 mg	81 %**	26 mg	3 %**
Erythritol and xylitol	92.5 g	–	3.7 g	–

Contains small amounts of fat, saturates, protein and salt; [#] 1 serving; * Reference intake (RI) for an average adult (8200 kJ/2000 kcal); ** Nutrient reference values for daily intake (NRV).

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

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

400 g | G: PZN 00678311 | A: PHZNR 4038896



AminoBase

Plant-based wholefood

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

The AminoBase concept

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

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



8 servings

345 g

For sustainable vitality

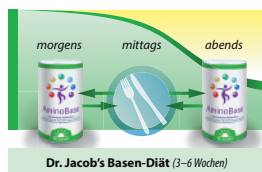
With AminoBase, you quickly, easily and flexibly receive a full-fledged main meal with all vital nutrients – ideal as a supplement to a plant-based diet, especially if you are under increased physical and mental strain.

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

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

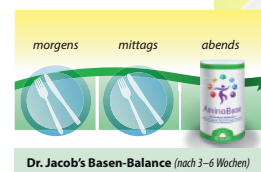
1

Wunschgewicht erreichen



2

Dauerhaft in Form bleiben



Weight control dietary meal

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

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

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

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

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

	per 100 g	% NRV**	per serving*	% NRV**
Energy	363 kJ/87 kcal	–	881 kJ/211 kcal	–
Fat	2.6 g	–	6.3 g	–
- of which saturates	0.4 g	–	1.06 g	–
Carbohydrate	8.8 g	–	21.4 g	–
- of which sugars	2.0 g	–	4.9 g	–
Fibre	2.9 g	–	7.0 g	–
Protein	7.0 g	–	17.0 g	–
Salt***	0.19 g	–	0.47 g	–
Vitamin A	120 µg	15%	292 µg	36.5%
Vitamin D	1.0 µg	21%	2.5 µg	50%
Vitamin E	2.1 mg	17%	5 mg	41.7%
Vitamin K	15.4 µg	21%	37.5 µg	50%
Vitamin C	24.7 mg	31%	60 mg	75%
Thiamine	0.23 mg	21%	0.55 mg	50%
Riboflavin	0.3 mg	21%	0.7 mg	50%
Niacin	3.3 mg	21%	8 mg	50%
Vitamin B ₆	0.3 mg	21%	0.7 mg	50%
Folic acid	41.2 µg	21%	100 µg	50%
Vitamin B ₁₂	1.0 µg	41%	2.5 µg	100%
Biotin	10.3 µg	21%	25 µg	50%
Pantothenic acid	1.2 mg	21%	3 mg	50%
Potassium	494 mg	25%	1200 mg	60%
Calcium	165 mg	21%	400 mg	50%
Phosphorus	117 mg	17%	284 mg	41%
Magnesium	77.2 mg	21%	187.5 mg	50%
Iron	2.1 mg	15%	5.1 mg	36.5%
Zinc	1.5 mg	15%	3.7 mg	36.5%
Copper	0.15 mg	15%	0.37 mg	36.5%
Manganese	0.30 mg	15%	0.73 mg	36.5%
Selenium	8.3 µg	15%	20.1 µg	36.5%
Chrome	6.0 µg	15%	14.6 µg	36.5%
Molybdenum	7.5 µg	15%	18.3 µg	36.5%
Iodine	22.5 µg	15%	55 µg	36.5%
Sodium	77 mg	–	187 mg	–
Linoleic acid	1.1 g	–	2.66 g	–

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

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

Alanine	4.0 g
Arginine	8.8 g
Aspartic acid	10.1 g
Cystine	1.7 g
Glutamic acid	16.2 g
Glycine	4.6 g
Histidine	2.8 g
Isoleucine	5.3 g
Leucine	8.5 g
Lysine	7.0 g
Methionine	1.7 g
Phenylalanine	5.8 g
Proline	4.4 g
Serine	5.0 g
Threonine	4.4 g
Tryptophan	1.3 g
Tyrosine	4.0 g
Valine	4.5 g

Ingredients: Amaranth puffed (41 %), chickpea flour, pea protein, potassium citrate, psyllium seed husks, magnesium citrate, calcium citrate, ascorbic acid (vitamin C), ferrous gluconate, zinc citrate, niacinamide (vitamin B₃), manganese gluconate, alpha-tocopheryl acetate (natural vitamin E), calcium-D-pantothenate, retinyl acetate (vitamin A), copper gluconate, pyridoxine hydrochloride (vitamin B₆), thiamine hydrochloride (vitamin B₁), riboflavin (vitamin B₂), pteroylmonoglutamic acid (folic acid), chromium III chloride, potassium iodide, alpha-phyloquinone (vitamin K), sodium selenate, sodium molybdate, biotin, cyanocobalamin (vitamin B₁₂), cholecalciferol (vitamin D₃ from lichen). May contain traces of **nuts**.

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

345 g
G: PZN 10043973
A: PHZNR 4136593



Try our delicious alkaline bar

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



Healthy enjoyment

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

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

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

Pamper yourself and your body!

Enjoyment

A woman with curly brown hair, smiling, is holding a white, modern-style cup. The background is a warm, out-of-focus interior. The cup is held in her right hand, and its reflection is visible on a wooden surface in the foreground.

Chi-Cafe *classic*

Chi-Cafe *bio*

Chi-Cafe *proactive*

Chi-Cafe *balance*

ReiChi Cafe

Chi-Cafe *free*

Chi-Tea

Flavochino

– in the healthy way

Chi-Cafe *classic*

*Aromatically mild taste with
Reishi mushroom and ginseng*

- ✓ Aromatic enjoyment with Reishi mushroom and ginseng
- ✓ For a good digestion
- ✓ With natural calcium from acacia fibre
- ✓ Caffeine from coffee and guarana for gentle stimulation

The first fibre-rich coffee drink with exotic plant extract flavours

Chi-Cafe *classic* is the first fibre-rich coffee drink in the world with aromatic plant extracts. The combination of mild Arabica highland coffee and a hint of Robusta, mixed with special aromatic plant extracts of guarana, ginseng and Reishi mushroom, offers a uniquely harmonious coffee flavour with a mild, long-lasting stimulating effect.

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



66 cups

400 g

Comments from our Facebook fans:

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

Enjoy Chi-Cafe in different variations

Chi-Cafe-Ginger

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

A dream with foam

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

Chi-Cafe-Frappé

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

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

Instant coffee drink powder with fibre, soluble coffee and flavouring plant extracts

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

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

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

* Reference intake of an average adult (8400 kJ/2000 kcal); ** Nutrient reference values for daily intake (NRV); *** 1 cup: 6 g powder + 100 ml water + 30 ml soy *drink with calcium*.

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

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

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



Chi-Cafe *bio*

*Especially mild –
with low caffeine content*

- ✓ With exquisite coffee varieties, guarana, ginseng and Reishi mushroom
- ✓ Rich in dietary fibre from acacia gum
- ✓ Good for your guts and digestion
- ✓ Vegan

Supplies valuable dietary fibre & calcium

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



Instant coffee drink powder with dietary fibre and plant extracts

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

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



DE-ÖKO-001
Non-EU-agriculture

Average value per:	100 g	1 cup***
Energy	893 kJ / 213 kcal	102 kJ / 24 kcal (1.2 %*)
Fat	< 0.1 g	0.5 g (< 1 %*)
– of which saturates	< 0.1 g	0.1 g (< 1 %*)
Carbohydrate	9.4 g	1.3 g (< 1 %*)
– of which sugars	0.4 g	0.8 g (< 1 %*)
Fibre	72 g	4.5 g
Protein	6.1 g	1.3 g (2.5 %*)
Salt	1.1 g	0.1 g (1.6 %*)
Calcium	800 mg (100 %**)	84 mg (10.5 %**)

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

Ingredients: Acacia gum¹ (75 %, soluble fibre), instant, freeze-dried coffee¹ (20 %), natural flavour (with Reishi extract), guarana extract¹ (1.5 %), ginseng extract¹ (0.1 %). 1 Ingredient from certified organic farming. Contains traces of **barley**. Without gluten. Approx. 50 mg of natural caffeine from guarana and coffee per cup (6 g).

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

400 g | G: PZN 11002404 | A: PHZNR 4300555

Chi-Cafe *proactive*

Wild and spicy –
activates body and mind

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

A touch of the Orient

The secret of Chi-Cafe *proactive* is the special composition of exquisite coffee varieties, fibres, pomegranate extract, guarana, Reishi mushroom and ginseng – enriched with cardamom, cinnamon, cloves, allspice, nutmeg and pepper. These exquisite coffee spices are used in Arabia to refine coffee. They bring a "touch of the Orient" in your everyday life.

Valuable dietary fibre

Three cups of Chi-Cafe *proactive* provide 36% of the recommended value for dietary fibre intake recommended by the German Nutrition Society.



36 cups

180 g

Instant coffee drink powder with dietary fibre and aromatic plant extracts

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

Average value per:	100 g	1 cup***
Energy	885 kJ / 211 kcal (11 %*)	86 kJ / 20 kcal (1 %*)
Fat	0.1 g (< 1 %*)	0.5 g (< 1 %*)
– of which saturates	< 0.1 g (< 1 %*)	0.1 g (< 1 %*)
Carbohydrate	11.1 g (4 %*)	1.0 g (< 1 %*)
– of which sugars	0.1 g (< 1 %*)	0.2 g (< 1 %*)
Fibre	70 g	3.6 g
Protein	7.4 g (15 %*)	1.2 g (2.4 %*)
Salt	1.3 g (21 %*)	0.09 g (1.6 %*)
Calcium	840 mg (105 %**)	78.0 mg (9.8 %**)

* Reference intake for an average adult (8200 kJ/2000 kcal); ** Nutrient reference values for daily intake (NRV); *** 1 cup: 5 g powder + 100 ml water + 30 ml *soy drink with calcium*.

Ingredients: Acacia gum (69%, soluble fibre), soluble coffee (25%), natural flavour (with guarana extract, Reishi extract, ginseng extract), pomegranate juice extract (0.5%), cardamom, cinnamon, cloves, allspice, nutmeg, pepper. Approx. 80 mg of natural caffeine per serving (5 g).

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

180 g | G: PZN 07580377 | A: PHZNR 3792533



Chi-Cafe *balance*

*Mildly stimulating effect
and healthy enjoyment*

- ✓ For energy and nerves
- ✓ With caffeine from coffee and guarana for a gentle, prolonged stimulation
- ✓ With valuable dietary fibre from acacia fibre and polyphenols
- ✓ Good for your guts and digestion

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

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



Caffeine from guarana: Mild stimulating effect without the excitement

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

Mineral balancing

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

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



With fibre from the sap of the **acacia**

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

Fibre from acacia fibre

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



Drink powder with coffee, fibre, minerals and plant extracts

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

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

Average value per:	100 g	1 cup***
Energy	629 kJ / 150 kcal	73 kJ / 17 kcal (<1 %*)
Fat	0.1 g	0.5 g (<1 %*)
– of which saturates	< 0.1 g	0.1 g (<1 %*)
Carbohydrate	3.3 g	0.6 g (<1 %*)
– of which sugars	2.5 g	<0.5 g (<1 %*)
Fibre	60 g	3.1 g
Protein	3.2 g	1 g (2 %*)
Salt	0.25 g	0.04 g (<1 %*)
Magnesium	750 mg (200 %**)	37.5 mg (10 %**)
Calcium	840 mg (105 %**)	78 mg (9.8 %**)

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

Ingredients: Acacia gum (55 %, soluble fibre), instant coffee (26 %), natural flavour (with guarana extract, Reishi extract, ginseng extract), magnesium citrate, green coffee extract (2 %), cocoa powder, calcium lactate, pomegranate extract (1 %). Approximately 75 mg of natural caffeine per cup (5 g).

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

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

TIP: Sweeten your Chi-Cafe with SteviaBase.



ReiChi Cafe

Delicate blend of Reishi mushrooms, coffee and coconut

- ✓ Exotic enjoyment with Reishi mushroom, espresso coffee, coconut milk and ginseng
- ✓ For good nerves and less fatigue with magnesium and vitamin B₁₂
- ✓ With caffeine from coffee and guarana for a gentle stimulation

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

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



ReiChi Cafe awakens the Chi

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

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

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

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

With vitamin B₁₂ and magnesium, **ReiChi Cafe** contributes to a normal psychological and nervous function and helps to reduce fatigue.

Healthy enjoyment, which strengthens the soul.

ReiChi Energy-Shake

2 tsp *ReiChi Cafe*, 200ml soy or oat milk, 1 banana, ½ teaspoon Stevia-Base (sweeten to taste), 1 tsp coconut flakes

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

Super fast and delicious!



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

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

Average value per:	100 g	1 cup***
Energy	1758 kJ / 420 kcal	88 kJ / 21 kcal (1 %*)
Fat	21 g	1.1 g (1.5 %*)
– of which saturates	19 g	0.9 g (4.7 %*)
Carbohydrate	46 g	2.3 g (0.9 %*)
– of which sugars	12 g	0.6 g (0.7 %*)
Protein	6.7 g	0.3 g (0.7 %*)
Salt	0.11 g	0.01 g (0.1 %*)
Magnesium	800 mg (213 %**)	40 mg (10.7 %**)
Vitamin B ₁₂	50 µg (2000 %**)	2.5 µg (100 %**)
Reishi mushroom powder/extract	14 g	0.7 g

* Reference intake for an average adult (8400 kJ/ 2000 kcal);
 ** Nutrient reference values for daily intake (NRV);
 *** 1 cup: 5 g powder + 125 ml water.

Ingredients: Coconut milk powder (51 %), instant coffee (19 %), Reishi mushroom powder and extract (14 %), natural flavour (with guarana extract, ginseng extract), magnesium citrate, methylcobalamin (vitamin B₁₂). May contain traces of **nuts**. Approximately 75 mg of natural caffeine per cup (5 g).

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

180 g | G: PZN 12379281 | A: PHZNR 4519006
 400 g | G: PZN 13331460 | A: PHZNR 4630755

Chi-Cafe *free*

Full aroma & moments of enjoyment whenever you like

- ✓ Green and decaffeinated coffee
- ✓ With magnesium and vitamin B₁₂ for normal function of nerves and psyche
- ✓ Tastes delicately of coconut and Reishi mushroom

Chi-Cafe *free* offers the full coffee aroma, is decaffeinated and, therefore, an enjoyment at every time of the day. With its creamy taste of coconut milk, the delicately tart flavour of Reishi mushroom as well as green and decaffeinated coffee, it creates real moments of happiness.

Valuable ingredients

The contained magnesium and vitamin B₁₂ support the normal function of nerves and psyche and help to reduce fatigue.

The precious Reishi mushroom is an essential ingredient of the formula: One cup contains 800 mg of Reishi mushroom. In Asia, it has been highly valued for thousands of years.

A soluble dietary fibre, which is rich in arabinogalactans, is gently extracted from the plant juice of acacias.

Enjoy the freedom of drinking the decaffeinated Chi-Cafe *free* whenever you like.



50 cups

250 g

Beverage powder with Reishi mushroom, dietary fibre, green and decaffeinated coffee, coconut, magnesium and vitamin B₁₂

Recommended consumption: For one cup, pour 100 ml of hot water onto 5 g (approx. 2 teaspoons) of Chi-Cafe *free*. Sweeten to taste and add approx. 30 ml of milk or vegetable drink. To ensure the full release of aroma, mix everything with a manual milk frother. Pay attention to eating a varied, balanced diet and a healthy lifestyle.

Average value per	100 g	1 cup***
Energy	1072 kJ / 256 kcal	54 kJ / 13 kcal (0.6%)
Fat	10.5 g	0.5 g (0.7%)
– of which saturates	9.0 g	0.4 g (2.2%)
Carbohydrate	62 g	3 g (1.2%)
– of which sugars	6.0 g	< 0.5 g (0.3%)
Fibre	34 g	1.7 g
Protein	5.2 g	< 0.5 g (0.5%)
Salt	0.73 g	0.04 g (0.6%)
Magnesium	720 mg (192%**)	36 mg (9.6%**)
Vitamin B ₁₂ (as methyl-B ₁₂)	20 µg (800%**)	1 µg (40%**)

* Reference intake for an average adult (8400 kJ/2000 kcal);

** Nutrient reference values for daily intake (NRV);

*** 1 cup: 5 g powder + 100 ml water.

Ingredients: Acacia gum (35%, soluble fibre), coconut milk powder (27%), soluble decaffeinated coffee (12%), natural flavour (with ginseng extract), Reishi mushroom powder and extract (10%), magnesium citrate, green coffee extract (2%, with 45% chlorogenic acid), methylcobalamin (vitamin B₁₂).

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

250 g | G: PZN 14029786 | A: PHZNR 4829474

Chi-Tea

Enjoyment and new momentum
for your energy metabolism

- ✓ 12 valuable plant extracts
- ✓ Delicately tart and refreshing with green & mate tea as well as green coffee
- ✓ Mango, acerola and winter cherry
- ✓ Magnesium & selected vitamins – for more energy
- ✓ 99% less aluminium than standard green or black tea

„Chi“ means life energy. Chi-Tea contains twelve harmoniously selected, intertwined plant extracts (including green tea & green coffee) as well as magnesium and vitamins. Guarana, mate tea, birch sugar (xylitol), acerola and winter cherry (ashwagandha) harmonise perfectly with fruity mango and vitalising lime. With magnesium, vitamin C, B₂ and B₃, Chi-Tea supports the normal energy metabolism and reduces fatigue.



„Chi“ also means
breath. Draw
new energy in
your personal
Chi ceremony.

Recommended dosage: For a small cup add 2.5 g of Chi-Tea to approx. 125 ml of hot water (not boiling). Make sure to have a varied, balanced diet and a healthy lifestyle.



72 cups

180 g

Average value per:	100 g	1 serving**
Energy	931 kJ / 223 kcal	23 kJ / 6 kcal
Fat	< 0.5 g	< 0.5 g
– of which saturates	< 0.1 g	< 0.1 g
Carbohydrate	58 g	1.5 g
– of which sugars	2.3 g	0.1 g
Fibre	9.2 g	0.2 g
Protein	< 0.5 g	< 0.5 g
Salt	< 0.01 g	< 0.01 g
Magnesium	1500 mg (400%*)	37.5 mg (10%*)
Thiamine	11 mg (1000%*)	0.28 mg (25%*)
Riboflavin	14 mg (1000%*)	0.35 mg (25%*)
Niacin	160 mg (1000%*)	4 mg (25%*)
Vitamin C	1600 mg (2000%*)	40 mg (50%*)

* Nutrient reference values for daily intake (NRV);

** 1 cup: 2.5 g powder + 125 ml water.

Ingredients: Xylitol sweetener, magnesium citrate, calcium lactate, acacia gum (soluble fibre), green tea extract (5%), mango powder (5%), acerola cherry powder (2%), guarana extract (2%), ascorbic acid (vitamin C), acidifier malic acid, winter cherry extract (withania somnifera) (2%), mate tea extract (2%), liquorice root extract (2%), natural flavour (with lemon oil and bergamot oil), green coffee extract (1%), turmeric extract, nicotinamide (vitamin B₃), riboflavin (vitamin B₂), thiamine hydrochloride (vitamin B₁). May contain traces of **nuts**. Contains approx. 20 mg of natural caffeine per cup (2.5 g).

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

Drink powder with xylitol sweetener, green tea, plant plus fruit extracts and vitamins

180 g | G: PZN 15228200 | A: PHZNR 4942785

Flavochino

The healthy, high-quality chocolate drink

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

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

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



30 servings

450 g

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

Positive effect scientifically proven!

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



Flavochino variations

Flavo-fibre drink

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

Chocolate mint Dessert

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

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

Flavochino-Smoothie

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



Drink powder with cocoa flavanols and lecithin with sweetener xylitol

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

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

Average value per:	100 g	1 serving [#]
Energy	1288 kJ / 314 kcal	438 kJ / 106 kcal (5 %*)
Fat	12.7 g	4.6 g (6.6 %*)
– of which saturates	5.4 g	1.3 g (6.3 %*)
Carbohydrate	40.7 g	9.9 g (3.8 %*)
– of which sugars	0.8 g	3.9 g (4.3 %*)
Fibre	17.5 g	3.4 g
Protein	12.3 g	6.3 g (12.7 %*)
Salt	0.03 g	0.15 g (2.6 %*)
Potassium	1675 mg (84 %**)	389 mg (19 %**)
Calcium	84 mg (11 %**)	193 mg (24 %**)
Magnesium	620 mg (165 %**)	150 mg (40 %**)
Choline	280 mg	42 mg
Cocoa flavanols	1700 mg	255 mg

[#] 1 serving: 15 g powder + 150 ml *soy drink with calcium* + 50 ml water; * Reference intake of an average adult (8400 kJ / 2000 kcal); ** Nutrient reference values for daily intake (NRV).

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

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

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





Pomegranate Elixir

Pomegranate Elixir *Mediterranean*

Granamed

GranaProstan *ferment*

Granaforte

Granaimun

Alkaline Bar

Pomegranate-Frankincense-Cream



... heavenly good

Dr. Jacob's Pomegranate Elixir



25 servings

500 ml

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

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

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



Elixir of life

Unique, concentrated and delicious

1 Expertise in pomegranate research since 2004

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

2 With the full diversity of pomegranate polyphenols

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

3 Stable content of polyphenols

The polyphenol content in pomegranate juice is very different, as studies show². Dr. Jacob's Pomegranate Elixir has a consistently high, standardised polyphenol content.

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

4 High concentration of polyphenols

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

5 Best value polyphenol ratio. Compare!

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

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



Dr. Jacob's Pomegranate Elixir

Mediterranean

*Mediterranean delight –
for healthy blood circulation*

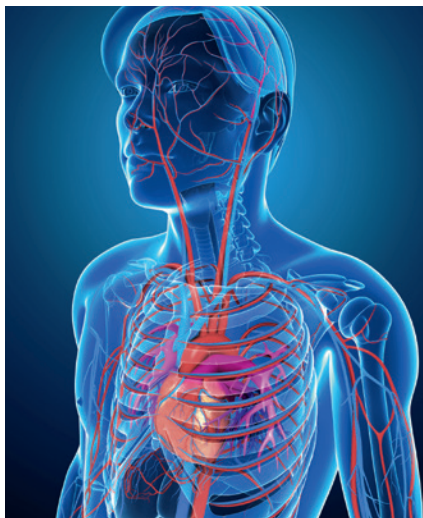
- ✓ 600 mg of pomegranate polyphenols per serving (gently concentrated)
- ✓ Patented tomato concentrate for blood circulation¹
- ✓ With extract from red grapes

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

1Patented tomato polyphenol concentrate

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

The circulation-enhancing effect has been confirmed in eight clinical studies and from the European Agency for Food Safety. The effect occurs for 97 % of peo-



ple within a period of 1.5 hours and lasts 1 day if taken regularly.

For smooth platelets

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

This positive effect is obtained with a daily intake of 3 g of WSTC I (contained in 20 ml of Pomegranate Elixir *Mediterranean*) with 200 ml of water.

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

Dr. Jacob's Pomegranate Elixir

Pomegranate fruit preparation

Recommended consumption: Enjoy 10–20 ml daily diluted in 100–200 ml of still or sparkling water. 20 ml contain enough potassium to maintain normal blood pressure.

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

Average value per:	100 ml	1 serving [#]
Energy	878 kJ/ 206 kcal	176 kJ/41 kcal (2%*)
Fat	<0.5 g	<0.5 g (<0.1%*)
– of which saturates	<0.1 g	<0.1 g (<0.1%*)
Carbohydrate	47 g	9 g (3.6%*)
– of which sugars***	47 g	9 g (10.4%*)
Protein	0.8 g	0.2 g (0.3%*)
Salt	0.04 g	<0.01 g (<0.1%*)
Potassium	2000 mg (100%**)	400 mg (20%**)
Polyphenols****	3600 mg	720 mg

Values depend on the usual fluctuations of the commodity. [#] 1 serving: 20 ml Pomegranate Elixir + 200 ml water; *Reference intake (RI) of an average adult (8400 kJ / 2000 kcal); **Nutrient reference values for daily intake (NRV); ***Only fruit sugar; ****Measured according to Folin-Ciocalteu as gallic acid equivalent.

Ingredients: Pomegranate 95% (juice & pulp concentrate; partly live fermented), elderberry juice concentrate, potassium lactate, natural vanilla flavour, stabiliser citrus pectin, spices. May contain traces of **nuts**.

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

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

Dr. Jacob's Pomegranate Elixir *Mediterranean*

Functional fruit preparation

Recommended consumption: Enjoy 20 ml of the fruit-tart fruit concentrate diluted in 200 ml of water daily.

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

Average value per:	100 ml	1 serving [#]
Energy	893 kJ/ 214 kcal	179 kJ/43 kcal (2.1%*)
Fat	0.1 g	<0.1 g (<0.1%*)
– of which saturates	<0.1 g	<0.1 g (<0.1%*)
Carbohydrate	50 g	10 g (3.8%*)
– of which sugars***	50 g	10 g (11.1%*)
Protein	2 g	0.4 g (0.8%*)
Salt	0.1 g	0.03 g (0.4%*)
Potassium	2000 mg (100%**)	400 mg (20%**)
WSTC I tomato concentrate	15 g	3 g

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

Values depend on the usual fluctuations of the commodity. [#] 1 serving: 20 ml Pomegranate Elixir *Mediterranean* + 200 ml water; *Reference intake (RI) of an average adult (8400 kJ / 2000 kcal); **Nutrient reference values for daily intake (NRV); ***Only fruit sugar; ****Measured according to Folin-Ciocalteu as gallic acid equivalent.

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

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

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



Granamed

*Synergy of Mediterranean
plant extracts*

- ✓ With tomato extract for healthy blood circulation
- ✓ Pomegranate extract, live fermented and freeze-dried
- ✓ Extracts from grapes (resveratrol) and olive leaves

For healthy blood circulation

Granamed with its patented tomato polyphenol concentrate (WSTC II) supports normal aggregation of platelets (thrombocytes) and in this way a healthy blood circulation.

Eight clinical studies and the European Food Safety Authority have confirmed the circulation-promoting effects of tomato concentrate. In 97 % of people, the effect occurs within 1.5 hours and lasts for 24 hours if taken regularly.

This positive effect is obtained by taking 150mg of WSTC II (contained in 4 capsules of Granamed) per day with a glass of water.



25 servings

**62 g
100 capsules**

Food supplement

Recommended consumption: 4 capsules daily with a glass of water.

Average value per:	4 capsules (1 serving)
Pomegranate polyphenols*	500 mg
Tomato extract WSTC II	150 mg
Galangal powder	140 mg
Olive leaf extract	140 mg
– of which oleuropein	28 mg
Grape extract	140 mg
– of which resveratrol	5 mg
Pine bark extract	28 mg
– of which OPC	26 mg
Silicon	25 mg

* Measured according to Folin-Ciocalteu as gallic acid equivalent.

Ingredients: Pomegranate mother juice extract (56%; live fermented, freeze-dried), coating agent hydroxypropyl methyl cellulose (vegetable capsule shell), tomato extract WSTC II (6%), olive leaf extract (5.6%), galangal powder (5.6%), grape extract (5.6%; contains **sulphite**), silicon dioxide, pine bark extract, elderberry juice extract. May contain traces of **nuts**.

Store in a dry place. Contained drying element not suitable for consumption.

62 g (100 capsules) | G: PZN 11157118 | A: PHZNR 4334689



Higher bioactivity through live fermentation

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

Best quality through lyophilisation

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



GranaProstan *ferment*

Dr. Jacob's GranaProstan ferment: ideal for travelling

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



50 servings

**65 g
100 capsules**

Food supplement

Recommended consumption: 2 to 4 capsules daily.

Average value per:	2 capsules*	4 capsules**
Pomegranate polyphenols***	360 mg	720 mg
Silicon	15 mg	30 mg

* 1 serving; ** 2 servings (daily intake); *** Measured according to Folin-Ciocalteu as gallic acid equivalent.

Ingredients: Pomegranate 80% (of which 50% pomegranate juice, 50% pomegranate juice extract: live fermented, freeze-dried), coating agent hydroxypropyl, methyl cellulose (vegetable capsule shell), elderberry concentrate, rice extract, silicon dioxide. May contain traces of **nuts**.

Store in a dry place.

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

Granaforte

*Pomegranate concentrate with
live fermentation*

- ✓ **Highly concentrated**
- ✓ **500 mg polyphenols per serving, of which approx. 240 mg punicalagins**
- ✓ **90 % less sugar than pomegranate juice with the same polyphenol content**
- ✓ **With dextrorotatory lactic acid**

Food supplement
with sweetener

Recommended consumption: About 2 teaspoons (8 ml) of Granaforte daily mixed with 250 ml of still or sparkling water. Do not consume pure or on an empty stomach!
Tip: With 5 ml of Lactirelle, the drink tastes fresh and fruity.

Average value per: 1 serving (8 ml)

L-(+)-lactic acid 0.6 g

Polyphenols* 500 mg

*Measured according to Folin-Ciocalteu as gallic acid equivalent.

Ingredients: Pomegranate concentrate (81 %, partly live fermented), L-(+)-lactic acid (10 %), elderberry concentrate, sweetener steviol glycosides.

With dextrorotatory lactic acid from natural fermentation.

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

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



12 servings

100 ml



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

www.DrJacobs.de/de/produkte/granatpfel/granatpfel-produkt-analysen.html

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

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



Grana**i**mun

For immune system and
mucous membranes

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

5-in-1 formula

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

Acts where it must act

The nutrients contained in Grana**i**mun contribute to the following normal body functions:

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

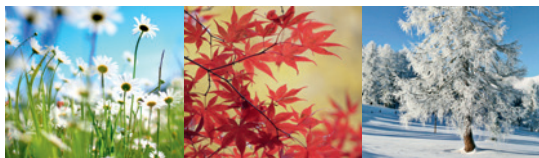


33 servings

100 ml

TIP

fit through the year



Food supplement (alcohol 16.6% vol.)

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

Dosage for children see: www.DrJacobs-Shop.de

Average value per:	1 serving (3 ml)	% NRV*
Total polyphenols**	230 mg	—
Zinc	10 mg	100%
Selenium	55 µg	100%

Vitamin B ₂	0.7 mg	50%
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* Nutrient reference values for daily intake (NRV);

** Measured according to Folin-Ciocalteu as gallic acid equivalent.

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

Contains alcohol. Shake before use!

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

Alkaline Bar

Fruity-delicious

- ✓ With almond protein, pomegranate, aronia berries and cocoa
- ✓ With vitamin B₁₂, alkaline magnesium, potassium and zinc
- ✓ Ideal as a snack between meals
- ✓ No added sugar
- ✓ Vegan und gluten-free

Dr. Jacob's Alkaline Bar – supplies the body with organic mineral substances

Especially after workouts or physical exertion, our body requires mineral substances to compensate.

The nutrients contained in Dr. Jacob's Alkaline Bar contribute among others to the following normal body functions:

- **Energy metabolism and maintenance of normal bones (magnesium)**
- **Maintenance of normal blood pressure (potassium)**
- **Muscle and nervous function (potassium)**
- **Acid-base metabolism (zinc)**

Practical satiator for in between

Dr. Jacob's Alkaline Bar is the optimal snack. It does not only taste fruity-delicious and supplies the body with essential nutrients; due to the contained proteins and dietary fibres it saturates your hunger for long. And yet, one Alkaline Bar only has **133 kcal**.



Ideal for vegetarians and vegans

Dr. Jacob's Alkaline Bar is vegan and is due to the contained vitamin B₁₂, that supports the normal function of nerves and psyche, particularly suitable for vegetarians and vegans.

Fruit-Protein-Bar

Average value per	pro 100 g	pro 45 g (1 serving)
Energy	1237 kJ / 295 kcal	557 kJ / 133 kcal
Fat	3.8 g	1.7 g
– of which saturates	1.3 g	0.6 g
Carbohydrate	46.5 g	20.9 g
– of which sugars	41.5 g	18.7 g
Fibre	10.1 g	4.6 g
Protein	13.2 g	5.9 g
Salt	0.14 g	0.06 g
Potassium	1778 mg (89%*)	800 mg (40%*)
Magnesium	500 mg (133%*)	225 mg (60%*)
Zinc	4.4 mg (44%*)	2 mg (20%*)
Vitamin B ₁₂	5.5 µg (220%*)	2.5 µg (100%*)

* Nutrient reference values for daily intake (NRV).

Ingredients: Dates, **almond** protein (14%), pomegranate juice concentrate (12%), aronia berries (8%), cocoa powder (decoiled), sour cherries, pea protein, potassium citrate, magnesium citrate, zinc citrate, methylcobalamin (vitamin B₁₂), orange oil. May contain traces of other **nuts**.

May contain residues of fruit pits/stones despite utmost care.

45 g | G: PZN 13880511 | A: PHZNR 4780868

Pomegranate-Frankincense Cream

Protect your skin

The special active agent combination of caring ingredients, fermented pomegranate, pomegranate seed oil and frankincense extract nourishes dry, irritated and demanding skin. The cream has a pleasantly fresh scent and is suitable for face, hands and body.

Natural cosmetics without parabens and petroleum products. Hypoallergenic.



Ingredients: Aqua, caprylic/capric triglycerides (coconut oil fatty acids), alcohol denat., Simmondsia chinensis seed oil (Jojoba oil), Oryza sativa bran oil (rice germ oil), glycerin, Punica granatum seed oil (pomegranate seed oil), glyceryl stearate, cetearyl alcohol, cera alba (bee wax), potassium palmitoyl hydrolysed wheat protein (hydrolysed wheat protein), Punica granatum fruit extract (fermented, freeze-dried pomegranate juice), perfume, xanthan gum, panthenol, allantoin (urea), Boswellia carterii resin extract (frankincense extract), tocopherol (vitamin E), hydrogenated palm glycerides citrate, sodium hyaluronate.

50 ml | G: PZN 09375121 | A: PHZNR 3882650







Vitamin D ₃ Oil	Sanacolon
Vitamin D ₃ Oil <i>forte</i>	Aloe Vera Gel Juice
Vitamin D ₃ K ₂ Oil	Broccoli Seeds Sulfoforte
Vitamin D ₃ K ₂ Oil <i>forte</i>	Sulfoforte <i>plus</i>
Vitamin K ₂ Oil	Saffron
Vitamin K ₂ D ₃ Oil	DHA-EPA Algae Oil
Vitamin DEKA Oil	<i>DHA + EPA vegan TocoProtect</i>
B ₁₂ Phospholipid <i>forte</i>	Curcumin Phospholipid
B ₁₂ Methylcobalamin	Curcumin K ₂
Melatonin B ₁₂	Neuracur
Melatonin B ₁₂ <i>forte</i>	Boswellia MSM <i>forte</i>
Sleep well	nervenstark
Vitamin C Phospholipid	Quercetin Phospholipid
Lactirelle	Q10 Synergy
Iron Phospholipid	OPC Synergy
GuthIT	Female Power
Regenerat <i>imun</i>	MenVital
LactoBifido	ProstiChol
Iodine-Probio	

Well supplied with...

Vitamin D₃ Oil

Optimal price-performance ratio

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

Vitamin D₃ Oil for your health

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

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

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



600 servings

20 ml

Vitamin D₃ used is obtained from UV light irradiation of wool wax (lanolin) derived from the wool of unharmed sheep. Approximately 0.016 g of lanolin is used for the production of one bottle of Vitamin D₃ Oil.

Food supplement

Recommended consumption: For adults and children over 1 year: 1 drop daily. For infants: 1 drop every other day.

1 drop contains 20 µg of vitamin D₃ (800 IU), which corresponds to 400% of the recommended daily intake according to NRV (nutrient reference values) or 100% according to DGE (German Nutrition Society; Vitamin D recommended daily intake in the absence of endogenous synthesis):

Ingredients: MCT oil (coconut) (95 %), antioxidant tocopherol rich extracts (vitamin E of natural origin), vitamin D₃.

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

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

Vitamin D₃ Oil forte

Food supplement

Recommended dosage: 1 drop daily (from 11 years of age).

1 drop (1 serving) = 50 µg vitamin D₃ = 1000 % of the daily nutrient reference value (NRV) or 250 % according to DGE. Please note: In case of kidney failure, elevated calcium levels (blood or urine) or a tendency to form kidney stones, use only under medical supervision!

Ingredients: MCT oil (coconut) (93 %), antioxidant tocopherol rich extracts (vitamin E of natural origin), vitamin D₃.



Best price-serving ratio:
2000 IU = 50 µg vitamin D₃
per drop = 2 cents
(600 drops, 1,200,000 IU)

600 servings

20 ml

20 ml | G: PZN 13784902 | A: PHZNR 4766897

Vitamin D₃K₂ Oil

The vitamin synergy for bones and immune system

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



600 servings

20 ml

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

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

Vitamin D supports

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

Vitamin K supports

- the blood clotting
- the maintenance of bones

Food supplement

Recommended consumption: For adults and children over 1 year: 1 drop daily. For infants: 1 drop every other day.

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

Average value per:	1 serving (1 drop)	% NRV*
Vitamin D ₃	20 µg (800 IU)	400 %
Vitamin K ₂	20 µg	27 %

* Nutrient reference values for daily intake

Ingredients: MCT oil (coconut) (94%), antioxidant tocopherol rich extracts (vitamin E of natural origin), vitamin D₃, menaquinone (vitamin K₂, all-trans MK-7).

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

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

High bioavailability: fat soluble vitamins D and K in MCT oil (coconut)

Vitamin D₃K₂ Oil forte

Food supplement

Recommended dosage: 1 drop daily (from 11 years of age).

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

Ingredients: MCT oil (coconut) (89%), antioxidant tocopherol rich extracts (vitamin E of natural origin), vitamin D₃, menaquinone (vitamin K₂, all-trans MK-7). Vegetarian.



Extra high dosage:
50 µg vitamin D₃ (2000 IU) +
50 µg vitamin K₂
per drop

600 servings

20 ml

20 ml | G: PZN 13978701 | A: PHZNR 4799939

Vitamin K₂ Oil

Best bioavailability in the form of all-trans MK-7

- ✓ 20 µg of vitamin K₂ per serving
- ✓ Vitamin K₂ as menaquinone-7 (all-trans MK-7) from europe in pharmacopoeia quality
- ✓ Almost 50 times longer duration of action than vitamin K₁
- ✓ Especially good absorption and long-term stability
- ✓ Vegan



600 servings

20 ml

Food supplement

Recommended consumption: Up to 6 drops daily.

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

Average value per:	1 drop*	6 drops**
Vitamin K ₂	20 µg (27%***)	120 µg (160%***)

* 1 portion; ** 6 portions (daily dose);

*** Nutrient reference values for daily intake (NRV)

Ingredients: MCT oil (coconut) (98 %), antioxidant tocopherol rich extracts (vitamin E of natural origin), menaquinone (vitamin K₂, all-trans MK-7).

20 ml | G: PZN 11648046 | A: PHZNR 4406874

Why vitamin K₂?

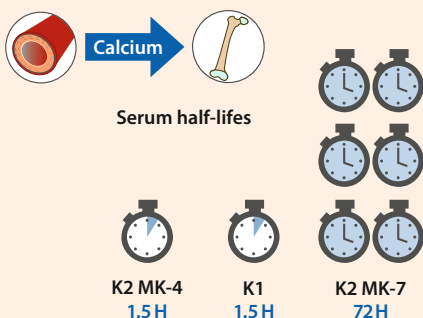
High bioavailability and maximum duration of action

Dr. Jacob's Vitamin K₂ Oil provides oil-based vitamin K₂. The fat-soluble vitamin K₂ is optimally absorbed by the body as long-chain menaquinone-7 (MK-7).

Vitamin K₂ is active throughout the body because it has a half-life of 72 hours – almost 50 times longer than regular vitamin K₁ (1.5 hours). Vitamin K₂ activates osteocalcin proteins that incorporate calcium into the bones.

Vitamin K₂ contributes to the following normal body functions:

- the blood clotting
- the maintenance of bones



Vitamin K₂D₃ Oil

50 µg vitamin K₂ + 25 µg vitamin D₃ (1000 IU) per drop

Food supplement

Recommended consumption: 1 drop daily.

Ingredients: MCT oil (coconut), antioxidant tocopherol rich extracts (vitamin E of natural origin), menaquinone (vitamin K₂, all-trans MK-7), vitamin D₃.



20 ml | G: PZN 17565574 | A: PHZNR 5476931

Vitamin DEKA Oil

Vitamin D, E, K and A
in one drop

- ✓ High bioavailability – fat-soluble vitamins in oil
- ✓ Made in Germany with vitamins from European production in pharmacopoeia quality
- ✓ Vitamin A, D₃, K₂ and E as natural tocopherols
- ✓ 600 servings per bottle, vegetarian



600 servings

20 ml

The combination of fat-soluble vitamins D, E, K and A with oil ensures that these are particularly well absorbed by the body.

Both vitamins D and A work synergistically and contribute to the formation of osteocalcin (marker for bone formation). (Oliva *et al.*, 1993).

Oliva *et al.* (1993): Effect of retinoic acid on osteocalcin gene expression in human osteoblasts.

Food supplement

Recommended consumption: 1 drop daily.

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

Average values per:	1 serving*	% NRV**
Vitamin D ₃	20 µg***	400 %
Vitamin K ₂	20 µg	27 %
Vitamin A	240 µg RE	30 %
Vitamin E	4 mg α-TE****	33 %

* 1 drop; ** Nutrient reference values for daily intake; *** 800 IU; **** Corresponds to 12 mg of tocopherols; RE = retinol equivalent; α-TE = D-α-tocopherol equivalent

Ingredients: MCT oil (coconut) (48%), tocopherol rich extracts (vitamin E of natural origin), vitamin D₃, vitamin A palmitate, menaquinone (vitamin K₂, all-trans MK-7), flavouring preparation bergamot oil.

20 ml | G: PZN 14366124 | A: PHZNR 4892248



B₁₂ Phospholipid *forte*

Synergy of the most important forms of vitamin B₁₂

- ✓ **High-dose hydroxycobalamin & methylcobalamin**
- ✓ **Optimised bioavailability thanks to phospholipids**
- ✓ **Can be dosed individually with 50 µg of vitamin B₁₂ per drop**

B₁₂ Phospholipid *forte* contains hydroxycobalamin in addition to methylcobalamin. This serves the body as the starting material for the formation of the two active forms of vitamin B₁₂.

approx. 500 servings

20 ml



Food supplement

(alcohol 16 % vol)

Recommended dosage: Melt 1 drop in the mouth daily.

Average values per:	1 drop*	% NRV**
Phospholipids	5 mg	—
Vitamin B ₁₂	50 µg	2000 %
- of which methylcobalamin	25 µg	1000 %
- of which hydroxycobalamin	25 µg	1000 %

*1 daily portion;

** Nutrient reference values for daily intake (NRV)

Ingredients: Water, alcohol, sunflower phospholipids (13 %), glycerol, natural cherry flavour, methylcobalamin, hydroxycobalamin, acidifier malic acid.

20 ml | G: PZN 17164622 | A: PHZNR 5421953

Vitamin B₁₂

High-dose vitamin B₁₂ for whom?

Normally 2.5 µg of vitamin B₁₂ a day is sufficient to cover the daily vitamin B₁₂ requirement. You will find this dose in many of our health products.

However, the actual daily requirement can vary from person to person by a factor of 100 or more. For example, people with reduced absorption need high doses of vitamin B₁₂ to achieve normal blood levels. This is, for example, more often the case with a lack of gastric acid and with increasing age.

Vegans and vegetarians can also use high doses of vitamin B₁₂ to replenish the liver stores faster.

To determine the vitamin B₁₂ status, a urine and/or blood test is necessary and useful: Holo-TC (active vitamin B₁₂) in the blood or MMA in the blood or urine (sensitive early indicator).

Vitamin B₁₂ contributes to the following normal body functions:

- Energy metabolism
- Reduction of fatigue
- Function of nerves and psyche
- Homocysteine metabolism
- Red blood cell production
- Immune system

B₁₂ Methylcobalamin

Vegan vitamin B₁₂ in the purest form

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

Premium product

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

Who needs high-dosage vitamin B₁₂?

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



60 servings

**15 g
60 tablets**

due to insufficient consumption, a urine and/or blood test is necessary: MMA in the urine or Holo-TC in the blood test.

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

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

Food supplement
with sweetener

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

Average values per:	1 tablet*	% NRV**
Vitamin B ₁₂	500 µg	20,000 %
Silicon	5 mg	–

* 1 daily portion;

** Nutrient reference values for daily intake (NRV)

Ingredients: Sweetener xylitol, silica, acidifier malic acid, filler cellulose, vegetable fat (rapeseed), natural cherry flavour, methylcobalamin (vitamin B₁₂). May contain traces of **nuts**.

15 g (60 tablets) | G: PZN 13578663 | A: PHZNR 4741199

Melatonin B₁₂

For faster sleep and good nerves

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

Melatonin ensures a faster falling asleep

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

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

Melatonin soothes jetlag

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



60 servings

**16 g
60 tablets**

Food supplement
with sweetener

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

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

Average values per:	1 tablet*	% NRV**
Melatonin	1 mg	–
Vitamin B ₁₂	2.5 µg	100 %
Silicon	5 mg	–

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

Ingredients: Sweetener xylitol, filler cellulose, silica, natural cherry flavour, palm fat, beetroot juice powder, melatonin (0.4 %), methylcobalamin (vitamin B₁₂). May contain traces of **nuts**.

16 g (60 tablets) | G: PZN 12893606 | A: PHZNR 4612800



Melatonin B₁₂ forte

Sleep well

- ✓ 3 mg of melatonin per tablet
- ✓ Melatonin reduces the time to fall asleep
- ✓ Onset of action as needed[#]
- ✓ Vitamin B₁₂ supports nerves and psyche
- ✓ Vegan – with delicious cherry flavour

Melatonin as effective sleeping aid

A good sleep at night is crucial for our well being during the day. Melatonin is greatly responsible for a restful sleep. As soon as it starts getting dark, our body begins to produce the sleep hormone. Together with the hormones serotonin and cortisol, it regulates the day-and-night-rhythm of our body. However, the body's own production of melatonin slows down with increasing age. This is one of the reasons why older people generally have a harder time falling asleep.

Melatonin alleviates symptoms of jet lag

The body needs time to adapt to new sleeping and waking hours. Especially frequent fliers and shift workers are confronted with constantly changing resting hours. Melatonin will contribute to the alleviation of subjective feelings of jet lag if you take at least 0.5 mg shortly before bedtime on your first day of travel as well as on your first days of arrival at the new destination.



90 servings

**25 g
90 tablets**

Vitamin B₁₂ for psyche and nerves

The also contained vitamin B₁₂ (as methyl-B₁₂) in Melatonin B₁₂ forte additionally contributes to the normal functions of nerves and psyche.

Food supplement
with sweetener

[#]**Recommended consumption:** Swallow 1 tablet with some water 1/2–1 hour before bedtime (for a longer effect of melatonin). Alternatively, suck 1 tablet while going to sleep (for a faster and shorter effect of melatonin).

The recommended dosage should not be exceeded. Keep this product out of reach of small children. Food supplements should not be used as a substitute for a balanced, varied diet and healthy lifestyle. May have a laxative effect if taken excessively. In case of drowsiness on the day after the intake of melatonin, you are not allowed to steer vehicles or control machines. The intake of 3 mg of melatonin can have a slightly blood-thinning effect. Contained drying element not suitable for consumption.

Average values per	1 tablet*	% NRV**
Melatonin	3 mg	–
Vitamin B ₁₂	3 µg	120%
Silicon	10 mg	–

*daily dose; ** Nutrient reference values for daily intake (NRV)

Ingredients: Sweetener xylitol, filler acacia fibre, silica, filler cellulose, natural cherry flavour, filler guar gum, palm fat, melatonin (1.4%), beetroot juice powder, methylcobalamin (vitamin B₁₂). May contain traces of **nuts**.

25 g (90 tablets) | G: PZN 16801506 | A: PHZNR 5377726

Sleep well

With 4 plant extracts,
melatonin und magnesium

- ✓ Melatonin – for a shorter time taken to fall asleep
- ✓ Natural magnesium with high bioavailability
- ✓ Good for nerves and psyche
- ✓ Valerian, melissa, passion flower and hops extract

Melatonin – the reliable sleeping aid

Melatonin, also known as sleep hormone, regulates the day-and-night-rhythm of our body. If you take 1 mg of melatonin shortly before you go to bed, it will help to shorten the time to fall asleep.

Hypro-ri® magnesium

The contained patented magnesium complex has a particularly high bioavailability and contains natural magnesium from the sea.

Magnesium contributes to the following normal body functions:

- Supporting the nervous system
- Supporting the psychological function
- Reducing fatigue

For the optimal synergy

The formula ist complemented with four well-tried plant extracts of valerian, melissa, passion flower and hops.



90 servings

66 g
90 tablets

Food supplement

Recommended consumption: Swallow tablet with some water shortly before bedtime.

Contained drying element not suitable for consumption.

Average values per	1 tablet*	% NRV**
Valerian extract	170 mg	–
Melissa extract	68 mg	–
Passion flower extract	68 mg	–
Hops extract	34 mg	–
Magnesium	112.5 mg	30%
Melatonin	1 mg	–
Silicon	3 mg	–
* 1 serving (daily dose);		
** Nutrient reference values for daily intake (NRV)		

Ingredients: Hypro-ri® magnesium (marine magnesium oxide, rice protein hydrolyzate; 46%), valerian extract (23%), melissa extract (9%), passion flower extract (9%), hops extract (5%), separating agents cellulose and magnesium salts from fatty acids (vegetable), silica, melatonin (0.2%). May contain traces of **nuts**.

66 g (90 tablets) | G: PZN 17491120 | A: PHZNR 5460456

Vitamin C Phospholipid

For immune system,
joints and much more...

- ✓ With extra rose hip as a natural booster
- ✓ Optimal effect
- ✓ Natural matrix of phospholipids, acerola cherry and rose hip
- ✓ Great taste – ideal for children

The right combination makes the difference

Rose hip, acerola cherry and phospholipids from sunflowers form a natural matrix in which vitamin C and zinc can have an optimal effect. Both nutrients support the normal function of the immune system.

The vitamin C contained in Vitamin C Phospholipid contributes to the following normal body functions:

- **Immune system** – especially during and after intense physical activity
- **Collagen formation** for normal function of **cartilage** (main component of joints), **bones, teeth and gums, skin and blood vessels**
- **Reduction of fatigue**
- **Protection of cells from oxidative stress**
- **Nervous system and psyche**
- **Increases iron absorption**



88 servings

150 g

The rose hip used is of the best quality, harvested directly after being air-dried and gently finely ground. Rose hip contains, among others, natural vitamin C, polyphenols and lycopene.

Food supplement
with sweetener

Recommended consumption: Daily melt 1–2 level measuring spoons in the mouth or stir in cereal, smoothie, juice or water.

Average values per:	1 serving**	2 servings**
Vitamin C	200 mg (250 %*)	400 mg (500 %*)
Zinc	2 mg (20 %*)	4 mg (40 %*)
Rose hip powder	1 g	2 g
Phospholipids	0.2 g	0.4 g
Silicon	5 mg	10 mg

* Nutrient reference values for daily intake (NRV)

** 1 serving = 1.7 g (1 measuring spoon), 2 servings = 3.4 g (2 measuring spoons; daily dose)

Ingredients: Rose hip powder (60%), sunflower lecithin (12%), ascorbic acid (vitamin C), sweetener xylitol, magnesium carbonate, acerola cherry extract (2%), silica, zinc citrate. May contain traces of **nuts**.

150 g | G: PZN 15637186 | A: PHZNR 5135288

Lactirelle

More energy for sport,
school and work

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

Not only tasty – healthy too

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

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

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

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



20 servings

100 ml

Food supplement
with sweetener

Recommended serving: For adults and children from 7 years of age: Drink 5 ml (1 teaspoon) diluted in sparkling water 1–2 times daily or directly add on muesli. For children from 1 year: once a day 5 ml diluted.

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

Average values per:	1 serving**	2 servings***
Potassium	600 mg (30%*)	1200 mg (60%*)
Iron	2.1 mg (15%*)	4.2 mg (30%*)
Vitamin B ₁	0.42 mg (38%*)	0.84 mg (76%*)
Vitamin B ₁₂	1.5 µg (60%*)	3 µg (120%*)
L-(+)-lactic acid/ lactate	2.4 g	4.8 g

* Nutrient reference values for daily intake (NRV); ** 5 ml in 200 ml of water; *** 2 × 5 ml in 200 ml of water each (daily dosage).

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

100 ml | G: PZN 10740301 | A: PHZNR 4262398

Iron Phospholipid

*For blood formation,
concentration and less fatigue*

- ✓ No iron taste, with mango
- ✓ Optimal bioavailability
- ✓ Liposomal iron from Japan
- ✓ Friendly to stomach and intestine
- ✓ Suitable for children from year 1

The contained iron contributes to the following normal body functions:

- **Formation of red blood cells and haemoglobin, oxygen transport**
- **Reduction of fatigue**
- **Immune system and energy metabolism**
- **Cognitive development of children**
- **Cognitive function (thinking, concentration)**

Liposomal – excellent bioavailability

Phospholipids (from the sunflower) enclose the micronised iron in the form of liposomes. Liposomes are similar in structure to our cell membranes.

Easy application and good taste

Iron Phospholipid from Dr. Jacob's can be dosed particularly easily and individually with the measuring spoon. Add it to your cereal, yoghurt or stir it into juice or water. The usual, unpleasant metallic taste will not occur. Because Iron-Phospholipid does not taste like iron, but like fruity mango.



100 servings

64 g

Friendly to stomach and intestine

The contained vitamin C increases the absorption of iron, vitamin B₂ supports the normal iron metabolism and the maintenance of normal mucous membranes, especially in the stomach and intestines.

Food supplement

Recommended consumption: Daily melt 1 level measuring spoon in the mouth or stir it into cereal or a smoothie. Suitable for children from year 1. In case of increased need (adults): Take 2 level measuring spoons daily.

Average values per:	1 MS*	2 MS**
Iron	8 mg (57%***)	16 mg (114%***)
Vitamin C	16 mg (20%***)	32 mg (40%***)
Vitamin B ₂	0.7 mg (50%***)	1.4 mg (100%***)

* 1 measuring spoon (MS) = 1 serving (0.64 g);

** 2 MS = 2 servings (1.28 g; daily dose);

*** Nutrient reference values for daily intake (NRV).

Ingredients: Mango fruit powder (60%), iron phospholipid complex (iron pyrophosphate, sunflower lecithin) (16%), acerola cherry extract, sunflower lecithin, riboflavin. May contain traces of **nuts**.

64 g | G: PZN 16235188 | A: PHZNR 5222656

GutHIT

*For normal digestion –
even with histamine intolerance*

- ✓ **Micronised diatomite and natural calcium from algae**
- ✓ **Contains an extract of frankincense and quercetin**
- ✓ **With special binding properties**

GutHIT pleases intestine and digestion.

The diatomite from primeval diatoms is selected according to special purity criteria and micronised in a special process. As a result, its very porous, binding-friendly surface is greatly enlarged and acquires special physical bonding properties.

At approx. 400 m², the intestine accommodates the largest mucous membrane in the body. Vitamin B₂ and biotin support the maintenance of normal mucous membranes.

Calcium from red algae extract supports the natural function of digestive enzymes.

Magnesium carbonate binds in water with ascorbic acid (also known as vitamin C) to form magnesium ascorbate.

Vitamin B₆ and copper are cofactors of diamine oxidase, which breaks down histamine.



84 servings

210 g

Food supplement

Recommended dosage: 2–3 times daily stir 1 level measuring spoon of DarmHIT into a glass of water and drink with the main meals.

Tip: Shaken in a shaker, GutHIT dissolves best and fastest.

Average values per: 2 x 1 MS (5 g)** 3 x 1 MS (7.5 g)**

Vitamin B ₂	0.7 mg (50 %*)	1.1 mg (75 %*)
Vitamin B ₆	0.45 mg (32 %*)	0.68 mg (48 %*)
Biotin	20 µg (40 %*)	30 µg (60 %*)
Zinc	3 mg (30 %*)	4.5 mg (45 %*)
Copper	150 µg (15 %*)	225 µg (23 %*)
Calcium	200 mg (25 %*)	300 mg (38 %*)
Magnesium	125 mg (33 %*)	188 mg (50 %*)
Diatomite silica	2480 mg	3720 mg
– of which silicon	1100 mg	1650 mg
Lecithin	300 mg	450 mg
Frankincense extract	200 mg	300 mg
Quercetin	190 mg	285 mg

* Nutrient reference values for daily intake (NRV); ** 5 g = 2 servings; 7.5 g = 3 servings (daily dose); MS = measuring spoon.

Ingredients: Diatomite (micronised; 50 %), calcium rich seaweed (13 %), magnesium carbonate (10 %), acidifier ascorbic acid (8 %), sunflower lecithin (6 %), frankincense extract (4 %), quercetin (4 %), ginger powder, turmeric powder, zinc gluconate, riboflavin (vitamin B₂), copper gluconate, pyridoxine hydrochloride (vitamin B₆), biotin. May contain traces of **nuts**.

Keep lid closed. Filling level technically required.

210 g | G: PZN 15234904 | A: PHZNr 4945849

Regenerat *imun*

Immune strengthening micro nutrients based on plants

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



20 servings

320 g

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

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

Average values per:	1 serving (16 g)*	% NRV**
Vitamin A	400 µg RE	50 %
Vitamin E	36 mg α-TE	300 %
Vitamin D ₃	5 µg	100 %
Vitamin B ₁	1.1 mg	100 %
Vitamin B ₂	1.4 mg	100 %
Niacin	16 mg NE	100 %
Pantothenic acid	6 mg	100 %
Vitamin B ₆	1.4 mg	100 %
Biotin	50 µg	100 %
Vitamin B ₁₂	5 µg	200 %
Folic acid (5MTHF)	200 µg	100 %
Vitamin C	100 mg	125 %
Zinc	7 mg	70 %
Manganese	0.5 mg	25 %
Selenium	55 µg	100 %
Chromium	30 µg	75 %
Molybdenum	25 µg	50 %
Lecithin	2.5 g	–
Omega-3 fatty acids	670 mg	–
Curcuminoids	240 mg	–
Liquorice root powder	500 mg	–
Protein	8.2 g	–
L-acetylcysteine	280 mg	–
L-glutamine	1600 mg	–
L-lysine	800 mg	–
Taurine	250 mg	–
Carnitine	50 mg	–
Silicon	35 mg	–

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

Ingredients: Rice protein, pea protein, sunflower lecithin (15.6%), pumpkin protein, L-glutamine (8.4%), linseed oil, L-lysine hydrochloride (3.9%), coconut protein, liquorice root powder, N-acetyl-L-cysteine (1.8%), taurine, turmeric extract (1.6%), ascorbic acid (vitamin C), tocopherol-rich extracts, green tea extract (0.6%), L-carnitine L-tartrate, silica, bromelain, zinc gluconate, aroma extracts (bergamot oil, peppermint oil), nicotinamide, calcium D-pantothenate, manganese gluconate, retinyl acetate, pyridoxine hydrochloride, thiamine hydrochloride, riboflavin, 5MTHF-glucosamine (bioactive folic acid), chromium (III) chloride, sodium selenate, sodium molybdate, biotin, methylcobalamine, cholecalciferol (vitamin D₃ from lichens). May contain traces of **nuts**.

320 g | G: PZN 12528278 | A: PHZNr 4256506

LactoBifido

3 strains of lactobacilli
3 strains of bifidobacteria

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

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

1 capsule contains a total of approx. 5 billion germs from the following strains until the end of the minimum shelf life if stored as specified:

- *Bifidobacterium breve*
- *Bifidobacterium bifidum*
- *Bifidobacterium longum*
- *Lactobacillus rhamnosus*
- *Lactobacillus helveticus*
- *Lactococcus lactis*



90 servings

46 g
90 capsules

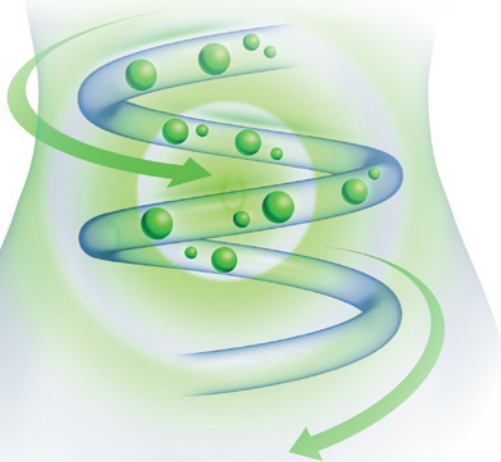
Food supplement

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

Ingredients: Filler potato starch, coating agent hydroxypropyl methyl cellulose (vegetable capsule shell), freeze-dried lactic acid bacteria mixture (*Lactobacillus helveticus*, *Lactococcus lactis*, *Bifidobacterium longum*, *Lactobacillus rhamnosus*, *Bifidobacterium breve*, *Bifidobacterium bifidum*), separating agent magnesium salts of fatty acids (vegetable), antioxidant ascorbic acid. Contains **milk** and **soy** ingredients.

Without yeast and gluten. Drying element not suitable for consumption. Store in a cool and dry place.

46 g (90 capsules) | G: PZN 01800197 | A: PHZNR 4062914



Iodine-Probio

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

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

The micro nutrients contained in Iodine-Probio support the following normal body functions:

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

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

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



90 servings

30 g
90 capsules

Food supplement

Recommended intake: 1–2 capsules daily for adults, pregnant women and nursing mothers. 1 capsule for children aged 7 and up. Take soberly in the morning, during the day between meals or in the evening before going to bed.

Average values per:	1 capsule*	2 capsules*
Iodine	140 µg (93%**)	280 µg (187%**)
Selenium	27.5 µg (50%**)	55 µg (100%**)
Vitamin B ₁₂ (methyl-B ₁₂)	2.5 µg (100%**)	5 µg (200%**)
Silicon	4 mg	8 mg
Lacto- + bifidobacteria	1.5 billion	3 billion

* 1 capsule = 1 serving, 2 capsules = 2 portions (daily dosage); ** Nutrient reference values for daily intake (NRV)

Ingredients: Ascophyllum nodosum (68 %), coating agent hydroxypropyl methyl cellulose (vegetable capsule shell), Lactobacillus plantarum (LP01) and Bifidobacterium breve (BR03) (microencapsulated, 7 %), silica, sodium selenite, methylcobalamin (vitamin B₁₂). May contain traces of **nuts**.

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

30 g (90 capsules) | G: PZN 14025363 | A: PHZNR 4828693

Sanacolon

*For digestion and
intestinal mucosa*

- ✓ With psyllium husk fibres, blueberries and Ayurveda berries
- ✓ Tasty – for the daily use
- ✓ With zinc, biotin, magnesium sulphate and calcium lactate

For a good digestion

The intestine regulates our digestion and houses the largest mucous membrane of our body. Sanacolon is a tasty beverage powder, that stands out due to the special combination of flea seed husks (psyllium), blueberries and a mixture of valuable berries from Ayurveda. It is complemented by the vitamin biotin and mineral substances, which contribute to the following normal body functions:

- **Digestive enzymes** (calcium)
- **Maintenance of normal mucous membranes** (biotin)
- **Cell protection from oxidative stress** (zinc)
- **Immune system** (zinc)
- **Reduction of fatigue** (magnesium)

Sanacolon contains calcium in form of lactate from dairy-free fermentation. The magnesium is derived from magnesium sulphate (epsom salt) and magnesium carbonate, that reacts with ascorbic acid (also known as vitamin C) in water to form valuable magnesium ascorbate.



36 servings

324 g

Food supplement
with psyllium husks, berries and mineral substances with sweetener

Recommended consumption: Stir 1 heaped measuring spoon (= 9g) into 200 ml of water and drink before dinner or bedtime.

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

Average values per	1 serving*	% NRV**
Psyllium husks	5000 mg	–
Berry powder	1400 mg	–
Calcium	120 mg	15 %
Magnesium	175 mg	47 %
Zinc	3 mg	30 %
Biotin	50 µg	100 %
Silicon	90 mg	–

*1 serving = 9 g (1 heaped measuring spoon);

**Nutrient reference values for daily intake (NRV)

Ingredients: Psyllium husks (55.2%), blueberry powder (8.9%), calcium lactate (8.9%), magnesium sulphate, berry mixture (6.7%) (Embelia officinalis, Terminalia chebula, Embelia ribes, Terminalia belerica), acidifier ascorbic acid (4.4%), magnesium carbonate (3.3%), micronised silica, ginger root powder, natural flavour, sweetener steviol glycosides, zinc citrate, aroma extracts (anise oil, caraway oil, fennel oil), biotin. May contain traces of **nuts**.

Store container in a dry place. Keep lid closed. Fill level technically required.

324 g | G: PZN 13566884 | A: PHZNR 4738240

Aloe Vera Gel Juice

Pure plant power
in organic quality

- ✓ Made from fresh aloe vera leaves in true raw vegetable quality
- ✓ Controlled organic cultivation under the sun of Andalusia
- ✓ Supports skin and immune system
- ✓ Without sugar, additives and preservatives

Aloe *barbadensis* Miller (real aloe) is one of the primeval plants that has been highly valued in many cultures for thousands of years. Aloe Vera Gel Juice from Dr. Jacob's Medical comes from an organic cultivation area in Andalusia and is produced according to a natural special process. This guarantees a low temperature in all production steps including cold pasteurisation. The harvested leaves are processed within 24 hours. Thus, freshness and raw food quality are preserved – without preservatives and additives.

Note: Raw food quality thanks to cold pasteurisation is only possible in PET bottles. You will taste the difference in freshness.

For the immune system & a beautiful skin

The vitamin C contained in the acerola cherry contributes to the following normal body functions:

- Collagen formation for normal function of the skin
- Protection of cells from oxidative stress
- Function of the immune system



8 servings

1000 ml

G: PZN 14309095
A: PHZNR 4876947

Raw food quality only possible in PET bottle. Guaranteed **without** plasticiser!



ES-ECO-016-CL
EU-/Non-EU-
agriculture

Aloe Vera Gel Juice tastes particularly refreshing with its fine fruit flesh, has a slightly fruity note and is not only suitable as a drink, but can also be applied to the skin.

Aloe vera NFC juice with acerola puree

Recommended consumption: Drink 125 ml daily before a meal. Pay attention to a balanced, varied diet and healthy lifestyle.

Average values per:	100 ml	1 serving ¹
Energy	5 kJ/1 kcal	7 kJ/2 kcal
Fat	0g	0g
– of which saturates	0g	0g
Carbohydrate	< 0.5 g	< 0.5 g
– of which sugars	< 0.5 g	< 0.5 g
Protein	0g	0g
Salt	< 0.01 g	< 0.01 g
Vitamin C	80 mg (100%) ²	100 mg (125%) ²

¹ 1 serving = 125 ml

² Nutrient reference values for daily intake (NRV)

Ingredients: Aloe vera (*Aloe barbadensis*)³ (96%), acerola cherry puree³ (4%). ³Ingredient from certified organic farming. The recyclable PET bottle is free from phthalates and bisphenol A.

Please shake before opening! Store in a cool and dark place. Can be kept in the refrigerator for 15 days after opening.

Broccoli Seeds Sulfoforte

Particular high content of
sulforaphane

- ✓ 0.8 g sulforaphane and 0.6 g glucoraphane per 100 g*
- ✓ For grinding or germination
- ✓ From controlled organic cultivation

Glucosinolates in broccoli seeds

Broccoli is a source of sulforaphane and glucoraphane, secondary plant compounds from the glucosinolate group (mustard oil glycosides). Especially the seeds and seedlings provide sulforaphane. Since this compound is heat-sensitive and water-soluble, its content is very much reduced in cooked broccoli. One would have to eat 114 kg of cooked broccoli to absorb the same sulforaphane content as via 1 tbsp. (10 g) of broccoli seeds. Thus, the intake of unheated, freshly ground broccoli seeds is a very good alternative.



Broccoli seeds mustard

Grind broccoli seeds in a coffee grinder or blender and add to the mustard. Tastes delicious as a dip with grilled vegetables or tofu/seitan sausages.



DE-ÖKO-013
EU agriculture



Broccoli seeds Sulfoforte

Recommended consumption: Approx. 10 g daily. Grind, crush or germinate seeds before consumption. Germination instruction at: www.drjacobs.de/keimanleitung

Ingredients: Organic broccoli seeds (organic *Brassica rapa sylvestris*).

*Value is subject to the usual fluctuations for natural products. Store in a cool and dry place.

250 g | G: PZN 11241787 | A: PHZNR 4160686

DHA-EPA Algae Oil

*Vegan omega-3 fatty acids
from microalgae*

- ✓ Omega-3 fatty acids from plant sources
- ✓ 250 mg DHA and 125 mg EPA per serving
- ✓ For brain and heart function plus vision
- ✓ Without iodine, vegan

Algae are the healthy, plant-based alternative to fish as a supplier of important omega-3 fatty acids. Two capsules (1 serving) of DHA-EPA Algae Oil contain 250 mg of DHA and 125 mg of EPA.

The German Nutrition Society (DGE) recommends the intake of 200 mg of DHA per day during pregnancy and lactation.

Effects of DHA and EPA

DHA contributes to maintaining a normal brain function and vision with a daily intake of 250 mg.

EPA and DHA contribute to a normal heart function with a total daily intake of 250 mg.



30 servings

**36 g
60 capsules**



Food supplement

Recommended consumption: 2 capsules daily with a meal.

Average values per: 2 capsules*

Eicosapentaenoic acid (EPA)	125 mg
Docosahexaenoic acid (DHA)	250 mg

* 1 serving (daily dosage)

Ingredients: DHA- and EPA-rich oil from microalgae schizochytrium (69%), soft starch capsule (humectant glycerin, modified corn starch, thickener carrageenan, water, acidity regulator sodium carbonate).

Store in a cool place (15–25°C), dry and away from light. Keep the lid closed. Contained drying element is not suitable for consumption.

36 g (60 capsules) | G: PZN 10986723 | A: PHZNR 4296078

DHA + EPA vegan TocoProtect

For brain and heart function,
vision and cell protection

- ✓ Highly concentrated in DHA & EPA
- ✓ Optimal absorption of active agents due to extra virgin olive oil from first cold pressing
- ✓ With the vegetable vitamin E family (tocopherols)

DHA + EPA vegan TocoProtect is a high-quality olive oil from Greece (first cold pressing), that is harmonious in taste and enriched with the long-chained omega-3 fatty acids DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) from algae as well as tocopherols.

Already one serving (5 ml) contains 250 mg of DHA and EPA and thus contributes to a normal heart function if taken on a daily basis. Furthermore, the daily consumption of 7.5 ml of TocoProtect with 250 mg of DHA supports the maintenance of a normal brain function and normal sight.

5 ml of DHA + EPA vegan TocoProtect contain approximately 90 mg natural tocopherols (of which approx. 50 % gamma-tocopherols.) Converted into vitamin E equivalents, this results in 36 mg of vitamin E, which helps protect cells from oxidative stress.

Tip: Refine your dishes with this healthy gourmet oil or enjoy it pure.



50 servings

250 ml

Food supplement with DHA, EPA and vitamin E

Recommended consumption: Enjoy 5–10 ml (1–2 teaspoons) daily pure, in salads, in Dr. Jacobs essentials pesto or to refine dishes. Do not heat!

Average values per	5 ml*	10 ml*
Vitamin E	36 mg α-TE (300%**)	72 mg α-TE (600%**)
Docosahexaenoic acid	170 mg	340 mg
Eicosapentaenoic acid	85 mg	170 mg

* 5 ml = 1 serving, 10 ml = 2 servings (daily dose);

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

Ingredients: Extra virgin olive oil (88 %), DHA- and EPA-rich oil from the microalgae *Schizochytrium* sp. (10 %), tocopherol rich extracts (2 %), citrus oil.

Store in a cool and dark place. Once opened, consume within 10 weeks.

250 ml | G: PZN 13704062 | A: PHZNR 4758277



Curcumin Phospholipid

29 times higher bioavailability

- ✓ Proven in over 30 clinical studies with more than 2,000 participants
- ✓ Penetrates the cell membranes thanks to special curcumin-phospholipid complex
- ✓ Without piperine / pepper extract

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

Best tolerability

The curcumin-phospholipid complex has been investigated in over 30 clinical studies with more than 2,000 participants and shows very good acceptability in humans.



30 servings

37 g
60 capsules

Food supplement

Recommended dosage: Take 2 capsules daily with a meal.

Average value per:	2 capsules*
Curcumin phospholipid	1000 mg
– of which curcumin	200 mg
Silicon	20 mg

* 1 serving

Ingredients: Curcumin phospholipid complex 81 % (contains **soya** lecithin), coating agent hydroxypropyl methyl cellulose (vegetable capsule shell), silicon dioxide. May contain traces of **nuts**.

37 g (60 capsules) | G: PZN 12580304 | A: PHZNR 4586209

Curcumin K₂

For bones and immune system

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

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



60 servings

**36 g
60 capsules**

Food supplement

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

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

Average value per:	1 capsule ¹	% NRV ²	2 capsules ¹	% NRV ²
Curcumin-phospholipid	450 mg	–	900 mg	–
– of which curcumin	90 mg	–	180 mg	–
Vitamin K	75 µg	100%	150 µg	200%
– of which vitamin K ₁	37.5 µg	50%	75 µg	100%
– of which vitamin K ₂	37.5 µg	50%	75 µg	100%
Vitamin D ₃	5 µg	100%	10 µg	200%
Silicon	12 mg	–	24 mg	–

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

Ingredients: Curcumin-phospholipid complex (76%) (contains **soya**), coating agent hydroxypropyl methyl cellulose (vegetable capsule shell), silicon dioxide, menaquinone (vitamin K₂), phylloquinone (vitamin K₁), vitamin D₃. May contain traces of **nuts**.

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



Neuracur

For brain and mental performance

- ✓ With curcumin, which crosses the blood-brain barrier
- ✓ 65 times higher bioavailability than conventional curcumin
- ✓ With vitamins for mental performance and homocysteine metabolism

Optimised bioavailability

The contained curcumin in Neuracur has a 65 times higher bioavailability than conventional curcumin. The matrix-optimised Longvida® curcumin enters the blood as free curcumin, where it remains for a long time. Since the free curcumin can pass the blood-brain barrier, it also reaches the brain.

Neuracur also contains pantothenic acid to support normal mental performance. The contained folic acid, vitamin B₆ and vitamin B₁₂ support the normal psychic function and, together with choline, the normal homocysteine metabolism.



30 servings

**24g
60 capsules**

Food supplement

Recommended consumption: 2 capsules daily.

Do not use if the bile ducts are blocked, as the contained curcumin promotes the flow of bile.

Average values per	2 capsules*% NRV**	
Longvida® optimised curcumin	400 mg	–
– of which curcumin	80 mg	–
Choline	82.5 mg	–
Folic acid	120 µg	60 %
Vitamin B ₆	0.84 mg	60 %
Vitamin B ₁₂	5 µg	200 %
Pantothenic acid	12 mg	200 %

* 1 daily serving; ** Nutrient reference values for daily intake (NRV)

Ingredients: Longvida® optimised curcumin 50 % (Curcuma longa extract, separating agent stearic acid (vegetable), emulsifier **soya** lecithin, antioxidant ascorbyl palmitate), choline hydrogen citrate (29 %), coating agent hydroxypropyl methyl cellulose (vegetable capsule shell), calcium D-pantothenate, separating agent silicon dioxide, pyridoxine hydrochloride, pteroylmonoglutamic acid, methylcobalamin (vitamin B₁₂). May contain traces of **nuts**.

24g (60 capsules) | G: PZN 12516973 | A: PHZNR 4571739

Boswellia MSM forte

For joints, immune system
and gut

- ✓ With frankincense, cat's claw, curcumin, OPC, quercetin and pomegranate
- ✓ With MSM (organic sulphur compound)
- ✓ With vitamin C from the acerola cherry

A combination of frankincense and the organic sulphur compound MSM – which also provides valuable methyl groups. The contained frankincense extract is of **highest quality** and standardised to at least **75 % boswellic acids**, of which 40 % are beta-boswellic acids and 10 % AKBA. In addition, there are the special plant extracts and valuable secondary plant substances: **quercetin, acerola cherry, curcumin, OPC-rich grape seed extract, pomegranate mother juice extract** (fermented, freeze-dried) and **cat's claw extract**.

The vitamin C contained in Boswellia MSM forte contributes to normal collagen formation for **normal cartilage** (main component of joints) and bone function as well as normal **immune system** function. Vitamin B₃ supports the maintenance of normal **mucous membranes** (e.g. in the intestine).



30 servings

100 g
90 tablets

Food supplement

Recommended intake: Swallow 3 × 1 tablet daily with meals and plenty of liquid. Do not use if the bile ducts are obstructed, as the contained curcumin promotes the flow of bile. Pregnant women should consult their doctor before taking Boswellia MSM forte.

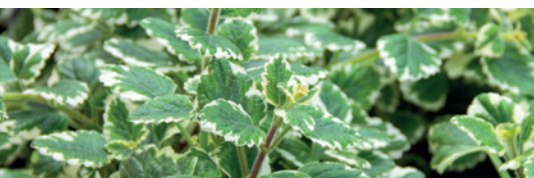
Average values per:	3 tablets*	NRV**
MSM	1600 mg	–
Frankincense extract	450 mg	–
Cat's claw extract	160 mg	–
OPC	60 mg	–
Curcuminoids	100 mg	–
Pomegranate polyphenols	55 mg	–
Quercetin	80 mg	–
Vitamin C	24 mg	30 %
Niacin	16 mg NE	100 %
Silicon	60 mg	–

* 3 tablets = 1 portion (daily dose); ** Nutrient reference values for daily intake (NRV); NE = niacin equivalent

Ingredients: Methylsulfonylmethane (MSM) (48 %), frankincense extract (13 %), cat's claw extract (5 %), grape seed extract (5 %), turmeric extract (5 %), pomegranate juice extract (5 %), fermented, freeze-dried, filler cellulose, silica, acerola cherry extract (4 %), anti-caking agent magnesium salts of fatty acids (vegetarian), quercetin (3 %), nicotinamide. May contain traces of **nuts**.

Store in a dry place. Contained drying element not suitable for consumption.

100 g (90 tablets) | G: PZN 16739807 | A: PHZNR 5353482



nervenstark

Creates inner balance

- ✓ With premium extracts of Rhodiola, Reishi mushroom and ashwagandha
- ✓ Vitamin B₅ for mental performance & reduced fatigue
- ✓ Vitamin B₁ for the nervous system

High quality natural plant extracts

nervenstark contains 3 strong plant extracts: **Roseroot** (*Rhodiola rosea*), sustainably harvested in the Siberian Altai Mountains, **Reishi mushroom** (*Ganoderma lucidum*), traditionally from China, and **ashwagandha** ("Indian ginseng") from India.

Roseroot is a real survivor. It grows wild in the Altai Mountains of Siberia. There, it is harvested only every five years according to a special cycle designed for sustainability. The extraction of the ingredients takes place in Europe.

Even stronger through B-vitamins

The vitamins contained in nervenstark contribute to the following normal body functions:

- **Nerves and psyche (vitamin B₁)**
- **Mental performance, reduction of fatigue as well as synthesis and metabolism of some neurotransmitters (vitamin B₅)**



50 servings

**50 g
100 capsules**

Food supplement

Recommended consumption: Take 1–2 capsules with some liquid in the morning and at noon.

Average values per:	2 capsules (1 serving)	4 capsules (2 servings*)
Ashwagandha extract	360 mg	720 mg
Roseroot extract	180 mg	360 mg
Reishi mushroom extract	180 mg	360 mg
	0.55 mg	1.1 mg
Vitamin B ₁	(50 %**)	(100 %**)
Pantothenic acid (B ₅)	3 mg (50 %**)	6 mg (100 %**)

*Daily dose;

**Nutrient reference values for daily intake (NRV)

Ingredients: Ashwagandha extract (36%), coating agent hydroxypropyl methyl cellulose (vegetable capsule shell), *Rhodiola rosea* extract (18%), *ganoderma lucidum* extract (18%), cellulose, calcium D-pantothenate, thiamine hydrochloride.

Store can in a dry place. Contained drying element not suitable for consumption.

50g (100 capsules) | G: PZN 14399767 | A: PHZNR 4898601

Quercetin Phospholipid

For a normal immune system and against oxidative stress

- ✓ Quercetin Phospholipid has a 20 times higher bioavailability
- ✓ With the valuable enzymes bromelain and papain
- ✓ Zinc and selenium support a normal immune system

Quercetin Phospholipid from Dr. Jacob's contains the especially valuable secondary plant compound quercetin in a phospholipid complex. As proven by a recent study, it is 20 times more bioavailable to the body in this form than conventional quercetin.

Pineapple and papaya provide the familiar enzymes bromelain and papain.

With zinc and selenium, Quercetin Phospholipid supports the normal function of the immune system and protects cells from oxidative stress.



60 servings

**34g
60 capsules**

Food supplement

Recommended consumption: Take 1 capsule in the morning and 1 in the evening with food. Pregnant women should consult their doctor before consumption. If you take the full daily dose, you do not need any other food supplements containing zinc.

Average values per	1 capsule (1 serving)	2 capsules (2 servings*)
Quercetin-Phospholipid	250 mg	500 mg
– of which quercetin	100 mg	200 mg
Zinc	3 mg (30%**)	6 mg (60%**)
Selenium	27.5 µg (50%**)	55 µg (100%**)
Silicon	8 mg	16 mg
Bromelain	100 mg	200 mg
Papain	80 mg	160 mg

* 1 daily dose;

** Nutrient reference values for daily intake (NRV)

Ingredients: Quercetin phospholipid complex (45% with sunflower lecithin), coating agent hydroxypropyl methyl cellulose (vegetable capsule shell), bromelain-containing pineapple extract, papaya extract, silicon dioxide, zinc citrate, sodium selenite.

Contained drying element not suitable for consumption.

34 g (60 capsules) | G: PZN 15246706 | A: PHZNR 4995505



Q10 Synergy

For energy metabolism, vision and mucous membranes

- ✓ **Pure coenzyme Q10 from fermentation**
- ✓ **With lutein, vitamin B₂, B₁₂, niacin, taurine and L-carnitine**
- ✓ **High bioavailability if taken through the oral mucosa**

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

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

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

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



Food supplement
with sweetener

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

Average values per:	1 serving (800mg)*	% NRV**
Coenzyme Q10	50 mg	–
Vitamin B ₂	4.2 mg	300 %
Niacin	16 mg NE	100 %
Vitamin B ₁₂	7.5 µg	300 %
Taurine	230 mg	–
L-carnitine	50 mg	–
Lecithin	93 mg	–
Silicon	16 mg	–
Lutein	5 mg	–

* 1 measuring spoon (= daily dose); ** Nutrient reference values for daily intake; NE = niacin equivalent

Ingredients: Sweetener xylitol, taurine (29%), sunflower lecithin, L-carnitine tartrate (9%), coenzyme Q10 (7%), silica, lutein concentrate from marigolds (3%), nicotinamide, riboflavin (B₂), methylcobalamin (B₁₂). May contain traces of **nuts**.

Fill levels depends on technical factors. Store in a dry place! Contained drying element not suitable for consumption.

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

OPC Synergy

For cell protection, healthy blood vessels and collagen formation

- ✓ 100 mg OPC per capsule
- ✓ Polyphenols from grapes, pine bark and green tea
- ✓ With selected vitamins, trace elements and acerola extract

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

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



120 servings

**83 g
120 capsules**

Food supplement

Recommended dosage: 1 capsule per day.

Average values per:	1 capsule (1 serving)	% NRV*
Vitamin C	60 mg	75 %
Vitamin E	12 mg α-TE	100 %
Vitamin B ₆	1.4 mg	100 %
Folic acid	200 µg	100 %
Vitamin B ₁₂	5 µg	200 %
Zinc	1.5 mg	15 %
Selenium	27.5 µg	50 %
Polyphenols	260 mg	–
- of which OPC	100 mg	–

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

Ingredients: Grape extract (37 %), acerola cherry extract (29 %), coating agent hydroxypropyl methyl cellulose (vegetable capsule shell), green tea extract (4.3 %), ascorbic acid (vitamin C), separating agent magnesium salts of fatty acids (vegetable), D-alpha-tocopherol, zinc gluconate, separating agent silicon dioxide, pine bark extract (0.9 %), selenomethionine, pyridoxine hydrochloride (vitamin B₆), folic acid, methylcobalamin (vitamin B₁₂). May contain traces of **nuts**.

83 g (120 capsules) | G: PZN 01054469 | A: PHZNR 3048071

Female Power

For energy metabolism,
hair and skin

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

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

The nutrients contained contribute to the following normal body functions:

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

Food supplement

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

Ingredients: Fruit powder mixture (48%) (raspberry, sweet cherry, cranberry, banana, blackberry, blueberry), fructose, **soy** protein[#], **soya** bean concentrate[#] (6.5%), magnesium carbonate, natural raspberry flavour, emulsifier **soya** lecithin[#], acidifier malic acid, microencapsulated evening primrose oil (1.6%), inulin, L-ascorbic acid (vitamin C), acerola cherry extract (1.2%), yam root powder (1%), zinc gluconate, silica, grape seed extract (0.4%), selenium yeast, nicotinamide, D-alpha-tocopherol, citrus extract (0.13%), manganese gluconate, calcium-D-pantothenate, vitamin-B₆-hydrochloride, vitamin-B₁₂-hydrochloride, vitamin B₂, 5MTHF-glucosamine (bioactive folic acid), chromium (III) chloride, D-biotin, vitamin K₁, vitamin D₃, vitamin B₁₂. May contain traces of **nuts**.

[#]Without genetic engineering



43 servings

333 g

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

* 1 measuring spoon (MS) = 1 serving (7.75 g); ** Nutrient reference values for daily intake (NRV); α-TE = D-α-tocopherol equivalent; NE = niacin equivalent

333 g | G: PZN 01054564 | A: PHZNR 3042105

MenVital

For vitality, immune system
and nerves

- ✓ Plenty of extra maca root and lecithin
- ✓ Stimulating guarana and tart cocoa
- ✓ For vitality, fertility and sperm production

Beverage powder containing cocoa with maca root, guarana, pomegranate extract, tart cocoa, vegetable arginine, magnesium, 13 vitamins and four trace elements.

The contained nutrients contribute to the following normal body functions:

- **Energy metabolism and reduction of fatigue** (magnesium, vitamin C, B₂, B₆, B₁₂, niacin und pantothenic acid)
- **Immune system** (vitamin A, C, D, B₆, B₁₂, selenium, zinc)
- **Nervous system** (magnesium, vitamin C, B₁, B₆, B₁₂, niacin)
- **Fertility, maintenance of blood's testosterone level** (zinc)
- **Maintenance of hair and skin** (biotin, zinc)
- **Sperm production** (selenium)

Food supplement
with sweetener

Recommended consumption: In the morning, mix 1 slightly heaped measuring spoon (MS) of MenVital (10g) with soy drink, milk or water or stir in muesli.

May have a laxative effect if taken excessively. In case of simultaneous use of vitamin K antagonists (coumarin-type anticoagulants), a consultation with your doctor is required!



35 servings

350 g

Average values per	1 MS*	% NRV**
Vitamin A	800 µg RE	100%
Vitamin C	160 mg	200%
Vitamin E	12 mg α-TE	100%
Vitamin D ₃	7.5 µg	150%
Vitamin K ₁	75 µg	100%
Vitamin B ₁	1.1 mg	100%
Vitamin B ₂	1.4 mg	100%
Niacin	16 mg NE	100%
Pantothenic acid	6 mg	100%
Vitamin B ₆	1.4 mg	100%
Biotin	50 µg	100%
Vitamin B ₁₂	2.5 µg	100%
Folic acid	200 µg	100%
Zinc	7 mg	70%
Selenium	55 µg	100%
Manganese	1 mg	50%
Chrome	30 µg	75%
Magnesium	300 mg	80%
L-arginine	300 mg	–
Maca root	2100 mg	–
Pomegranate extract	250 mg	–
Guarana extract	200 mg	–

*1 measuring spoon (MS) = 1 serving (10g);

**Nutrient reference values for daily intake (NRV);
RE = Retinole equivalent; α-TE = D-α-tocopherol
equivalent; NE = Niacin equivalent.

Ingredients: Sweetener xylitol, maca powder (21%), cocoa powder (21%; highly deoiled), magnesium citrate, L-arginine (3%), sunflower lecithin, magnesium carbonate, pomegranate extract (2.5%), ascorbic acid (vitamin C), guarana extract (2%), zinc gluconate, selenium yeast, nicotinamide, DL-α-tocopheryl acetate, manganese gluconate, calcium-D-pantothenate, retinyl acetate, vitamin-B₆-hydrochloride, vitamin-B₁-hydrochloride, riboflavin, pteroylmonoglutamic acid (folic acid), chromium(III) chloride, vitamin K₁, biotin, vitamin D₃, methylcobalamin (B₁₂). May contain traces of **nuts**.

350 g | G: PZN 07698943 | A: PHZNR 3747219

ProstiChol

Ideal for men over 50

- ✓ For cell protection, normal cholesterol and testosterone levels, immune system, blood pressure and more
- ✓ With 23 plant and mineral substances in perfect combination
- ✓ Extracts of saw palmetto, nettle root, willowherb, cranberry, pomegranate, green tea and pollen
- ✓ Beta-sitosterol, quercetin, curcumin phospholipid, boron, lycopene, Q10 and alpha-lipoic acid



30 servings

**144 g
120 tablets.**

Natural phytosterols, such as beta-sitosterol, contribute to the maintenance of normal blood cholesterol levels if at least 0.8 g of them are ingested daily.

The pine phytosterol complex contains beta-sitosterol, campesterol and stigmasterol.

Selenium and zinc support both the normal functioning of the immune system and the protection of cells against oxidative stress. Zinc contributes to a normal DNA synthesis and maintenance of normal testosterone levels in the blood.

With potassium Prostichol supports the maintenance of normal blood pressure and with magnesium it supports the normal function of nerves and muscles.

Contains the most important trace elements

Average values per:	4 tablets ¹	8 tablets ²
Plant sterols/phytosterols	540 mg	1080 mg
– of which beta-sitosterol	415 mg	830 mg
Pomegranate polyphenols	150 mg	300 mg
Saw palmetto extract	125 mg	250 mg
Cranberry extract	125 mg	250 mg
Pollen extract	100 mg	200 mg
Willowherb extract	100 mg	200 mg
Artichoke extract	100 mg	200 mg
Quercetin	90 mg	180 mg
Nettle extract	85 mg	170 mg
Green tea extract	50 mg	100 mg
– of which polyphenols	45 mg	90 mg
Seaweed extract	50 mg	100 mg
Alpha lipoic acid	50 mg	100 mg
Curcumin phospholipid	50 mg	100 mg
Olive leaf extract	50 mg	100 mg
Pygeum-africanum extract	25 mg	50 mg
Coenzyme Q10	15 mg	30 mg
Lycopene	1.5 mg	3 mg
Potassium	625 mg (31 % ³)	1250 mg (63 % ³)
Magnesium	100 mg (27 % ³)	200 mg (53 % ³)
Zinc	2.5 mg (25 % ³)	5 mg (50 % ³)
Selenium	30 µg (55 % ³)	60 µg (109 % ³)
Boron	1.5 mg	3 mg
Silicon	40 mg	80 mg

¹ 1 serving; 2 servings (daily dose);

³ Nutrient reference values for daily intake (NRV)

Food supplement

with added plant sterols

Recommended consumption: Take 4 tablets with dinner or before sleeping and if necessary 4 additional tablets with lunch with a glass of water.

ProstiChol is only intended for people who want to lower their blood cholesterol level. It is recommended to not consume more than 3 g of added plant sterols per day. Patients taking cholesterol-lowering medication should only take ProstiChol under medical supervision. Not suitable for pregnant women, nursing mothers and children. Use ProstiChol as part of a balanced and varied diet, rich in fruit and vegetables, to maintain carotenoid levels.

Ingredients: Potassium citrate, phytosterols (12%)*, magnesium citrate, fermented pomegranate mother juice extract (8%), bulking agent cellulose, magnesium carbonate, saw palmetto extract (3%), cranberry extract (3%), pollen extract, anti-caking agent magnesium salts of fatty acids (vegetable), willowherb extract (2%), artichoke extract, silica, inulin, quercetin (2%), nettle extract (2%), green tea extract, ascophyllum nodosum, alpha lipoic acid, curcumin phospholipid, olive leaf extract, lycopene extract, pygeum africanum extract, coenzyme Q10, zinc citrate, sodium borate, sodium selenite. May contain traces of **nuts**.

*corresponds to 11.3 g plant sterols in 100 g

144 g (120 tablets) | G: PZN 15637163 | A: PHZNR 5135271

We are also helping in 2021

2021 – Animal welfare

10,000 meals for animals in need.



2021 – DOCTORS WITHOUT BORDERS

e.V. This year, we are once again supporting the valuable work of DOCTORS WITHOUT BORDERS with a donation of 3,000 Euros.



October 2020 – OM GUARANTEE™ certified, because doing good can be so simple.

From October 2020 to July 2021 we have already donated 158,644 meals.



2020 and 2021 – Healthy vegan meals for the poorest of the poor

Distribution of 323,200 meals in countries particularly affected by COVID-19 in South America, Africa and Asia.



All-year – Naturopathic practice without borders e. V.

We regularly support this association with free products.



February 2020 North India – Help for widows

February 2020: With 5,000 Euros, we support the distribution of warm clothes, insulating mats as well as warm meals and medicine.



January 2020 – Another 27 godchildren

Education, board, protection and vocational education. We now support 70 godchildren in India. So, our family keeps growing ...



This help is also possible thanks to you, dear customers.
Many thanks for this!

More on the topic „We are helping“:
drjacobs.de/omg

"Knowledge in the service of your health"

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

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

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

More information on the Dr. Jacob's Medical GmbH:

www.DrJacobs.de/unternehmen



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



Online shopping (German)



www.DrJacobs-Shop.de

Detailed *product information (German)*



www.DrJacobs.de

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