



HEALTH & BEAUTY



2019

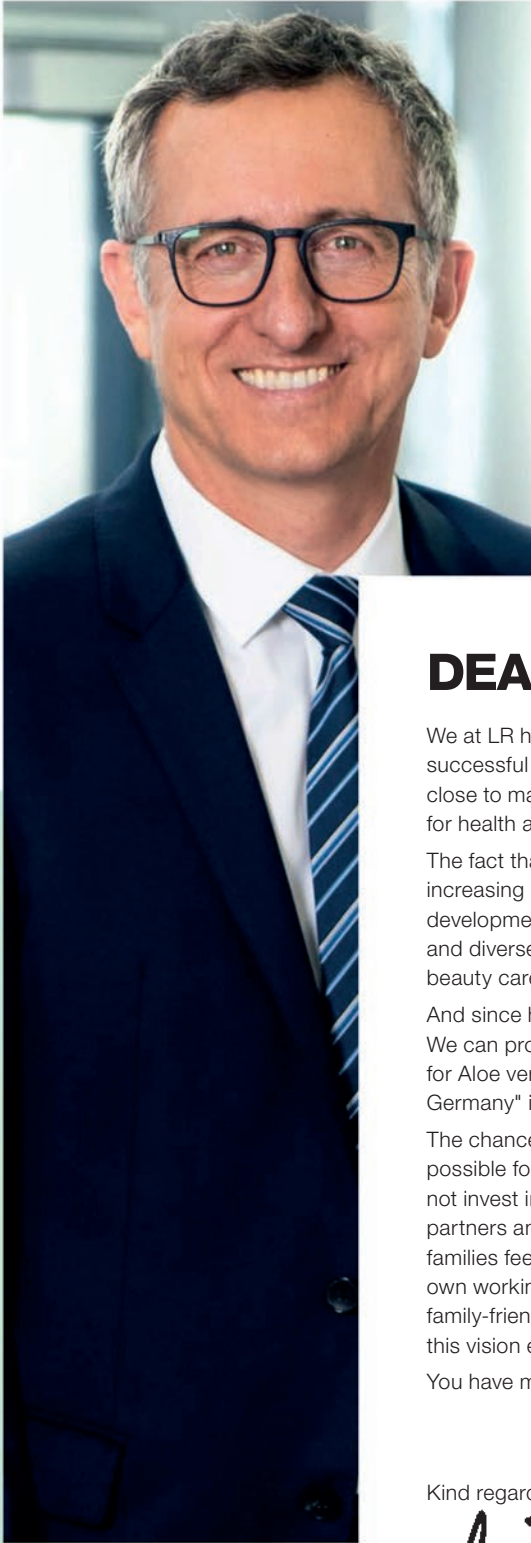
# COLLECTION

VALID FROM JUNE 2019





**MAKE USE OF THE FULL POWER  
OF ALOE VERA**



## DEAR FRIENDS,

We at LR have a vision: we want to enable all people to become healthy, vital and successful 100 years young. Of course this is a dream – but we work hard to get as close to making it come true as possible. That is why we develop innovative solutions for health and beauty as well as for more personal and financial success.

The fact that we are fully in line with the trend can be seen in people's constantly increasing health awareness. We at LR can make a valuable contribution to this development with our natural solutions. Aloe vera, a unique plant with its extraordinary and diverse possibilities, plays an outstanding role for us. Both for health issues and beauty care – the all-rounder Aloe vera simply belongs in every household.

And since health is our most precious commodity, we at LR invest in exceptional quality. We can proudly say that we opened what is probably the most modern production site for Aloe vera products in Europe at our headquarters in Ahlen last year. For us, "Made in Germany" is not just an advertising slogan, but a promise of quality to all our customers!

The chance to become a sales partner at LR, whether full-time or part-time, makes it possible for everyone to shape their life in a self-determined and successful way. We do not invest in expensive advertising and click rates like other companies, but in our sales partners and their families. With our fair and optimised career plan, we ensure that many families feel better every day. We offer everyone the unique opportunity to organise their own working hours and become part of an internationally successful team. This is what family-friendly and social work is all about. All employees and LR sales partners work on this vision every day with great passion.

You have my word on it.

Kind regards,

Andreas Friesch  
CEO | Management Spokesman



## COOPERATION WITH EXPERTS

Together with independent experts, we work on highly effective product innovations and holistic solutions.

"In addition to the need-specific products, LR also supports tips on nutrition, exercise and lifestyle with scientifically sound experts," says **Dr. Sven Werchan**, an independent nutrition expert.



**Dr. Werner Voss**, founder and head of Dermatest GmbH confirms: "The LR care range offers optimum daily care for every skin requirement with active ingredients of the highest quality combined with state-of-the-art formulations."

# No.1 ALOE VERA DRINKING GELS

With our cutting-edge Aloe vera production facility, we reinforce our claim "Made in Ahlen" and set new standards in Europe with an **innovative high-tech machine park**.



## ★★★★★★★★ DISTINGUISHED QUALITY

Our high quality standards are also strictly controlled and certified by independent, renowned institutes. SGS INSTITUT FRESENIUS confirms, for example, the consistently high quality of the Aloe Vera Drinking Gel.



## EXCELLENT PRODUCTS



**Our excellent quality** does not come from nothing. Decades of experience and highly motivated employees in our company make it possible!

## FOR THE SAKE OF THE ENVIRONMENT

Our environment is close to our hearts. As a first step we will phase out additional plastic caps for our Aloe Vera Drinking Gels and the Mind Master drinks. Depending on the country and time of order, your next Drinking Gel will also be a first step towards sustainability.



## SOCIAL RESPONSIBILITY

We assume responsibility without compromises.



**No animal testing** for the development of our health and beauty products.



**Support of socially deprived children** through the Child Foundation LR Global Kids Fund.



# MADE IN GERMANY

**QUALITY AT THE  
HIGHEST LEVEL**



“Made in Germany” stands for the highest quality worldwide. It is our claim to prove these quality standards every day with all our products. Our customers can rely on that! In order to ensure 100% transparency, we have marked all LR health and beauty products in this catalogue which are manufactured directly in Germany with our new “Made in Germany” logo.





**08**

## HEALTH & NUTRITION

LR LIFETAKT bundles first-class nutritional supplements into individual solutions for your well-being.

**08 |** LR LIFETAKT Solutions

**54 |** LR LIFETAKT Products



**70**



## MOISTURISING CARE

LR ALOE VIA is your way to naturally nurtured skin

**74 |** LR ALOE VIA Special care

**78 |** LR ALOE VIA Skin care and cleansing

**84 |** LR ALOE VIA Body care and cleansing

**90 |** LR ALOE VIA Oral and dental hygiene

**92 |** LR ALOE VIA Hair care

**94 |** LR ALOE VIA Men's skin care

**96 |** LR ALOE VIA Baby care

**98 |** LR ALOE VIA Sun protection







**100**

## ANTI-AGE CARE

LR ZEITGARD for timelessly beautiful skin

**102** | LR ZEITGARD  
Cleansing system

**104** | LR ZEITGARD  
Anti-age system

**106** | LR ZEITGARD  
Care system



**118**

## SPECIAL CARE

Anti-bacterial protection for special requirements

**118** | LR MICROSILVER



**122**

## HAIR CARE

Powerful duo for full, thick hair

**122** | L-RECAPIN



**126**

## FRAGRANCES

Exclusive LR star fragrances, trendy LR lifestyle fragrances and timeless fragrance classics

**126** | Women's fragrances

**138** | Men's fragrances



**150**

## MAKE-UP

High-quality premium cosmetics and young make-up trends

**150** | LR DELUXE

**156** | LR COLOURS





## YOUR LIFE. YOUR RHYTHM. YOUR WELLBEING.

Is there a recipe for happiness? Health is happiness they say. Feeling comfortable in your own body, being fit and full of energy, that is pure quality of life.

But how do I stay healthy? This is where LR LIFETAKT comes into play, combining first-class nutritional supplements with individual solutions tailored to your personal needs in every phase of life. Whether you are currently in a stressful phase, have no time for a balanced, nutritious diet or want to lose a few pounds – as your competent partner, LR LIFETAKT always has the right solution for you – for your daily plus in quality of life. Take your health into your own hands with LR LIFETAKT and set the pace. LR LIFETAKT products are inspired by nature, combining the latest scientific and research findings. The result: Unique products with maximum effectiveness and consistently high quality. This is confirmed by renowned, independent institutes such as SGS Institut Fresenius, for example in the case of Aloe Vera Drinking Gels.

LR LIFETAKT offers holistic solutions that go beyond nutritional supplements: In addition to the products, LR LIFETAKT supports you with scientifically based expert tips on nutrition, exercise and lifestyle.







## LR LIFETAKT



LR LIFETAKT is your **personal partner** who supports you in every phase of your life with competent solutions for your individual needs.



LR LIFETAKT combines the latest **scientific** and **research** findings with **the best of nature**.



LR LIFETAKT offers **holistic advice** on nutrition, exercise and lifestyle.



MADE IN GERMANY

LR LIFETAKT stands for health **“Made in Germany”**. That is our promise which you can count on 100%.



## The right LR LIFETAKT solution for every phase of life

LR LIFETAKT is your personal partner who supports you in every phase of your life with competent solutions for your individual needs. The products are part of a holistic solution that not only provides you with comprehensive support for a healthy diet, but also in the areas of exercise and lifestyle. In line with a modern health management system, each LR LIFETAKT solution is based on 3 building blocks:



### **BASIC SOLUTION:**

You have different needs at every stage of your life.

LR LIFETAKT offers monthly sets for these needs, consisting of scientifically proven product combinations.

You'll always be well taken care of.



### **INDIVIDUAL SUPPLEMENTS:**

In addition, LR LIFETAKT offers complementary supplements that meet your individual preferences and needs.



### **EXPERT TIPS:**

As part of the holistic approach, LR LIFETAKT additionally supports you with numerous suggestions from our nutrition expert Dr. Werchan on the subject of nutrition, exercise and ifestyle.

## LR LIFETAKT

Your life Your rhythm. Your well-being.

More information on the individual LR LIFETAKT products can be found starting on **page 54**.







## Daily Essentials

NUTRIENT SUPPLY FOR EVERY DAY – so that you and your family are always supplied with the most essential nutrients. Even if you don't find the time to take care of a balanced diet.

Page 12



## Mental Power

STRONG PERFORMANCE FOR EVERY SITUATION – gives you the right support even in stressful situations: whether in a demanding job, turbulent family life or active leisure time.

Page 18



## Vital Care

VITALITY AT ANY AGE – give your body the support it needs to stay vital and healthy when you put your plans into action. You still have a lot of plans? Don't let yourself get deterred.

Page 24



## Seasonal Support

SUPPORT IN EVERY SEASON – especially if you are on the road a lot every day and want to defy the wind and weather. Here comes new impetus for your well-being.

Page 30



## Body Mission

STEP BY STEP TO YOUR DESIRED WEIGHT – here your body gets everything it needs on the way to your desired shape. To help you reach your goals quickly and easily, look better and simply feel at ease.

Page 36



## Pro Activity

MAXIMUM MOBILITY IN EVERY PHASE OF LIFE – that means staying mobile in the long run and mastering everyday life effortlessly. Whatever you are up to: enjoy your maximum mobility.

Page 42



## True Beauty

YOUTHFUL BEAUTY FROM HEAD TO TOE – irrespective of age. With our holistic beauty management from the inside and outside, True Beauty effectively ensures beauty that remains.

Page 48









# Daily Essentials

## NUTRIENT SUPPLY FOR EVERY DAY

A healthy diet is important to you. You want to be sure that you and your family are always supplied with important nutrients. However, you also have a lot to do every day and you do not always manage to ensure a balanced diet. LR LIFETAKT Daily Essentials makes it easy for you to eat healthy in hectic everyday life<sup>1</sup>.



<sup>1</sup> Vitamin C in Aloe Vera Drinking Gel Traditional with Honey contributes to a regular energy metabolism and a functioning nervous system. Magnesium in Pro Balance contributes to the reduction of fatigue and exhaustion and to maintaining electrolyte balance.

# Daily Essentials

A nutrient supply that gives you new energy every day.

Your life is colourful, diverse and there is always something to do. For example if you are on the move with your family from dawn to dusk. Or if the short lunchbreak at work only leaves time for some fast food to go. Hobbies and friends should not be neglected, of course. You don't want to miss anything – but you don't want to do without a healthy diet either.<sup>1,2</sup>

Because it's very important to you. You know that you need sufficient nutrients to have enough energy for your busy day. Whether as a family manager, at the workplace or as a true sports fan: You know that power only comes from a nutritious diet. Since you cannot always bring that in line with your daily routine, LR LIFETAKT has a solution for you to ensure that your body always remains fully functional.<sup>1,2</sup>

---

## Full day, empty nutrient depots?

### LR LIFETAKT Daily Essentials. Your daily plus for nutrient supply.

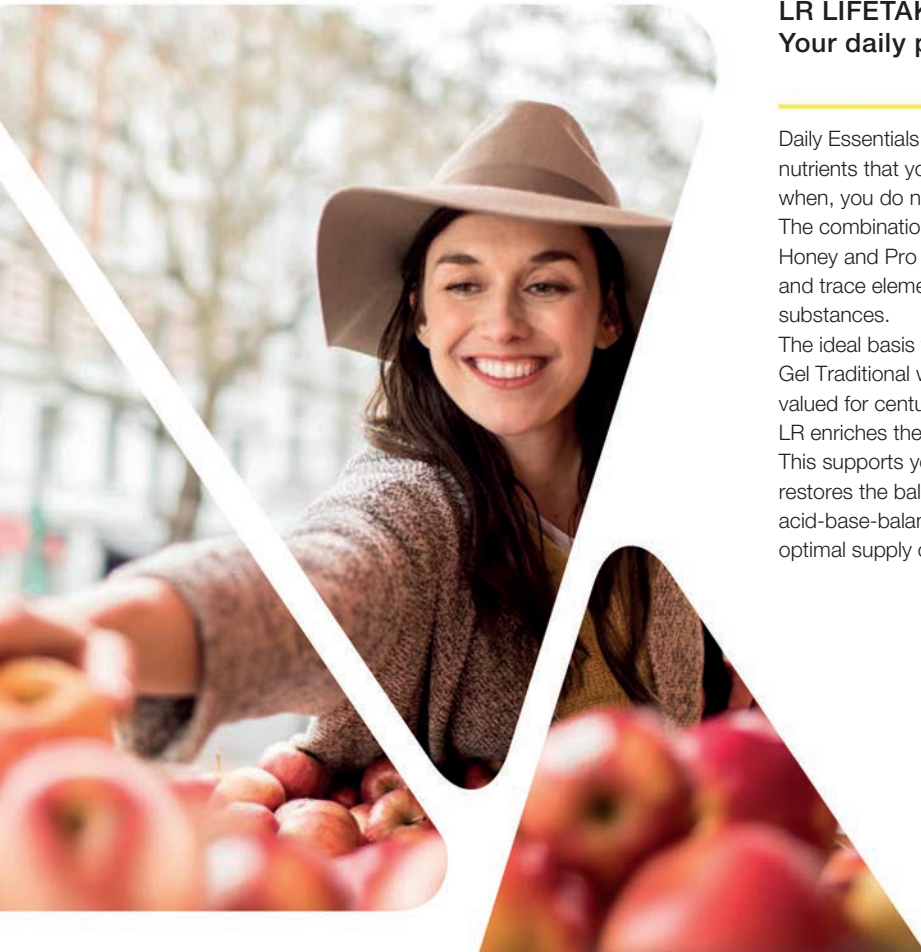
---

Daily Essentials by LR LIFETAKT supplies you with important nutrients that your body needs every day. Even if, and especially when, you do not have time to cook fresh or eat a balanced diet. The combination of Aloe Vera Drinking Gel Traditional with Honey and Pro Balance supplies your body with important minerals and trace elements as well as with high-quality herbal substances.

The ideal basis for a well-functioning metabolism<sup>1</sup>. Aloe Vera Drinking Gel Traditional with Honey: In naturopathy, Aloe Vera has been valued for centuries for its unique composition of ingredients. LR enriches the juice of the Aloe Vera plant with valuable vitamin C. This supports your energy metabolism. In addition, Pro Balance restores the balance of nutrients in your body<sup>2</sup>. The body's own acid-base-balance is regulated by valuable trace elements and an optimal supply of basic minerals<sup>2</sup>.

<sup>1</sup> Vitamin C in the Aloe Vera Drinking Gel Traditional with Honey contributes to a normal energy metabolism and supports the nervous system.

<sup>2</sup> Magnesium in Pro Balance contributes to electrolyte balance.







## Daily Essentials

### BASIC SOLUTION



#### Daily Essentials MONTHLY SET

Aloe Vera Drinking Gel  
Traditional with Honey  
pack of 3:  
80743 | 3 x 1000 ml

More information on  
page 56



ProBalance Tablets  
80102 | 360 Tablets / 252 g

More information on  
page 65



#### Nutrient supply<sup>1,2</sup> as a subscription

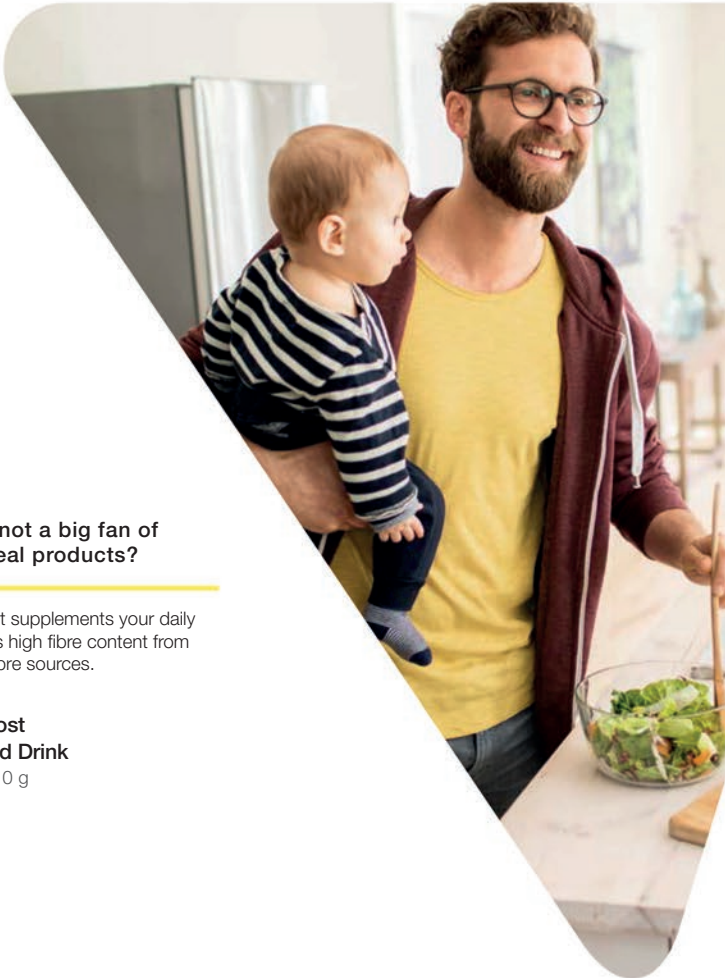
Your LR partner will be happy to  
inform you of our attractive  
subscription offers

Individuals



INDIVIDUAL SUPPLEMENTS:

Your everyday life is as diverse as your diet should be. But personal requirements and tastes vary as well. Five portions of fruit and vegetables per day, lots of fresh fish and wholemeal products. As healthy as they are, not everybody likes them. Therefore, LR LIFETA KT offers optional solutions tailored to your individual needs.



**Fish, eggs and other suppliers of omega-3 fatty acids are rarely on your menu?**

Super Omega Capsules have a high content of the omega-3 fatty acids EPA and DHA and contribute to maintaining cardiac health.<sup>1</sup>

**Super Omega capsules**  
80338 | 60 capsules / 100,8 g

**You exercise a lot and need additional protein?**

Protein Power supplies extra proteins to support your muscle mass.<sup>2</sup>

**Protein Power Drink Powder Vanilla**  
80550 | 375 g

**You are not a big fan of wholemeal products?**

Fiber Boost supplements your daily diet with its high fibre content from 3 dietary fibre sources.

**Fiber Boost Powdered Drink**  
80630 | 210 g



**Extra vitamins needed?**

Vita Active offers a vitamin supply of 10 essential vitamins<sup>3</sup> with only one teaspoon a day – for young and old.

**Vita Active Red fruits**  
80301 | 150 ml

**More information on the individual LR LIFETA KT products can be found starting on page 54.**

<sup>1</sup> EPA and DHA support a healthy heart function. For this, a daily intake of at least 250 g EPA and DHA is required.

<sup>2</sup> Proteins contribute to the maintenance and increase of muscle mass and the maintenance of healthy bones.

<sup>3</sup> Vitamin D supports the maintenance of a normal bone structure and muscle function. Vitamin B1 (thiamine) contributes to a regular energy metabolism, function of the nervous system and mental health.





## Expert Tips

### EXPERT TIPS:

“Daily intake of all essential nutrients such as vitamins, minerals and trace elements in sufficient quantity forms the basis of a healthy life. There are also other important components that influence our daily well-being. Therefore, I recommend integrating the following simple tips on nutrition, lifestyle and exercise into your everyday life.”

Dr. Sven Werchan, nutrition expert

Dr. Sven Werchan  
Nutritional expert



## LIFESTYLE

**A healthy lifestyle means well-being on many different levels. The most important basis is loving yourself.**

- Be good to yourself. Not too harsh. Not too critical. You will see how good that feels.
- Let go of everything that is not important to you or does not do you any good. Clean up: real-life AND digital clutter: Unsubscribe from unnecessary newsletters and empty your email inbox.



## NUTRITION

**Start with small changes that you can easily integrate into your daily routine – but that make a big difference.**

- For example, work in wholemeal days and try: Brown rice, wholemeal pasta and of course bread.
- Eat a lot of green vegetables: broccoli, rocket, kale, spinach or Chinese cabbage provide many valuable vitamins.



## MOVEMENT

**The most important thing about exercise is to move at all. You should integrate it into your daily life, if possible.**

- Take the stairs at least once a day instead of the lift or escalator. Your muscles will appreciate it.
- Combine what's useful with what's business: Why not have your next meeting while taking a walk around the block?







# Mental Power

## ENHANCED PERFORMANCE IN EVERY SITUATION!

You always give your best. Whether at the job, at university or in everyday family life: You challenge yourself or you are being challenged. This often leads to stress. LR LIFETAKT Mental Power gives you the power and serenity to master any situation in everyday life, no matter how demanding<sup>1,2,3,4</sup>.



<sup>1</sup> Vitamin E in Mind Master helps protect the cells from oxidative stress.

<sup>2</sup> Thiamine and vitamin B12 in Mind Master contribute to a regular energy metabolism.

<sup>3</sup> Vitamin B12 in Mind Master contributes to your mental health.

<sup>4</sup> Magnesium in Pro Balance contributes to electrolyte balance.

# Mental Power

Your answer to challenges in everyday life: power.

Taking on challenges and mastering them is a part of everyday life. The challenges of everyday – professional and private – life can motivate us to small and major feats. Some people even need this stress to reach their full potential. But if you demand a lot from your body, you also have to give something back. And find a healthy balance between stress and relaxation. Whether you are a student in the middle of your exam period or a

young parent permanently under stress juggling the double burden of household and job. Whether you are a professional or an athlete continually rising beyond yourself – you all have one thing in common:

You want to remain productive in the long run. But not just like this, but with success, so that your body remains efficient even under stress. LR LIFETAKT has a solution for you.




---

## Challenging everyday life, intensive lifestyle?

### LR LIFETAKT MENTAL POWER. For extra power and serenity.

---

The unique, coordinated product combination, LR Lifetakt Mental Power helps neutralise the negative effects of stress in the body<sup>1</sup> and gives you energy. You stay fully focused to make the most of yourself.<sup>2</sup>

Mind Master protects the cells from oxidative stress<sup>1</sup> and contributes to a healthy energy metabolism and nervous system with vitamins<sup>3</sup> and minerals<sup>2</sup>.

Pro Balance restores the important acid-base balance<sup>4</sup>. This reduces fatigue and exhaustion<sup>5</sup>. For those with a busy lifestyle – who want to be successful at the same time.

<sup>1</sup> Vitamin E in Mind Master helps to protect the cells from oxidative stress.

<sup>2</sup> Thiamine and vitamin B12 in Mind Master contribute to a regular energy metabolism.

<sup>3</sup> Vitamin B12 in Mind Master supports the nervous system.

<sup>4</sup> Magnesium in Pro Balance contributes to electrolyte balance.

<sup>5</sup> Magnesium in Pro Balance helps reduce fatigue and exhaustion.





## Mental Power

### BASIC SOLUTION



#### Mental Power MONTHLY SET

##### Mind Master set of 5

Put together your own set of 5 bottles of Mind Master choosing from **Formula Green** and **Formula Red**.

80935 | 5 x 500 ml

More information on page 50



**ProBalance Tablets**  
80102 | 360 Tablets / 252 g

More information on page 55



#### Performance<sup>1,2,3,4</sup>

##### subscription

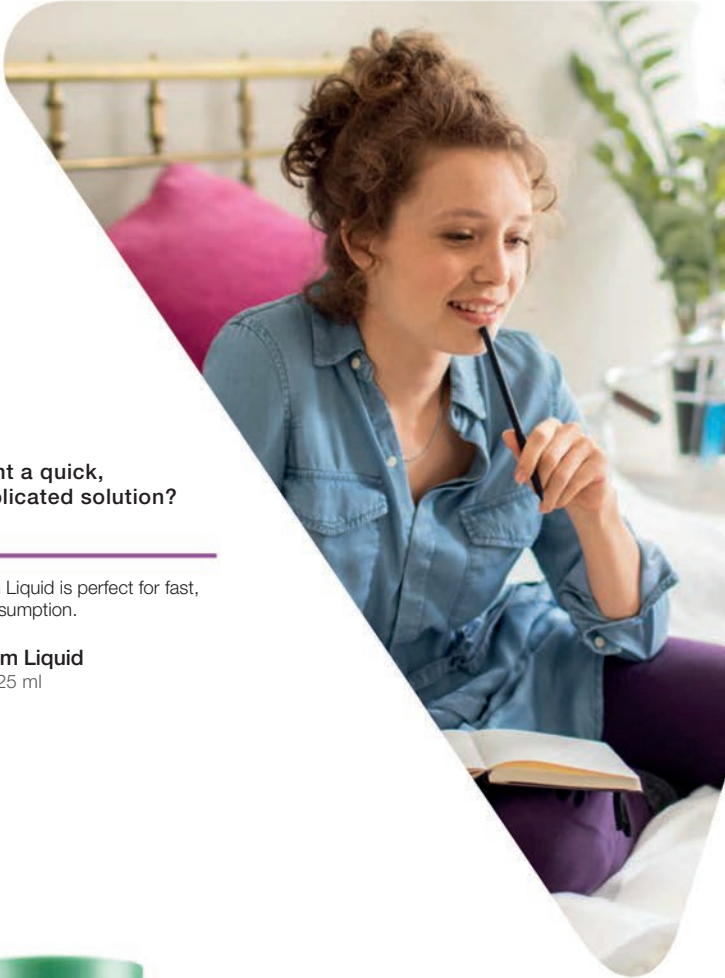
Your LR partner will be happy to inform you of our attractive subscription offers

Individuals



INDIVIDUAL SUPPLEMENTS:

Every body responds differently to challenging situations: Listen to your needs and give your body exactly the support it lacks. Do you need a quick energy boost? Do you have to be focused and concentrated in your stressful everyday work, but still want to give 100 % in your free time? Mind Master Extreme provides you with the boost of energy you need<sup>1</sup> and supports you in overcoming your energy slump<sup>2</sup>. In addition, Mind Master Extreme protects you from oxidative stress<sup>4</sup>. What's more: Pro 12 and Colostrum provide a general sense of well-being.



You need energy quickly?

Mind Master Extreme is the quick energy boost for mental and physical performance<sup>1,2,3</sup>. Protects your cells from oxidative stress<sup>4</sup>. Performance in convenient to-go format – without sugar.

**Mind Master Extreme Performance Powder**

80980 | 35 g / 14 sticks à 2.5 g

You just want to feel good?

Pro 12<sup>1</sup> supports your general sense of well-being.

**Pro 12 Capsules**

80370 | 30 Capsules / 15 g

You want a quick, uncomplicated solution?

Colostrum Liquid is perfect for fast, direct consumption.

**Colostrum Liquid**

80361 | 125 ml



More information on the individual LR LIFETAKT products can be found starting on page 48.

<sup>1</sup> The caffeine contained in guarana helps to enhance attention and concentration.  
<sup>2</sup> The caffeine contained in guarana contributes to increased endurance performance.  
<sup>3</sup> Vitamin B12 helps to reduce fatigue and exhaustion.  
<sup>4</sup> Thiamine, vitamin B6 and vitamin B12 support mental health.  
<sup>5</sup> Vitamin E helps to protect the cells from oxidative stress.  
<sup>6</sup> Patent No: DE 10 2010 030 546 A1



## Expert Tips

### EXPERT TIPS:

“If you work and live at a fast pace, you have to supply your body with various nutrients. But that is not all: to make sure that challenges do not become stressful, you should take physical and mental time-outs from time to time. A combination of healthconscious nutrition, sufficient exercise and a healthy lifestyle will lead you directly to your goal. The expert tips help you maintain your performance level and increase your energy level.”

Dr. Sven Werchan, nutrition expert

Dr. Sven Werchan  
Nutritional expert



### LIFESTYLE

**If you achieve high performance every day, you also have to make a little room for yourself.**

- 2 minutes of conscious breathing with closed eyes relaxes the nervous system and creates a new balance. Tensions are released automatically.
- One media-free day per week can have a very inspiring effect. Switch off the TV, radio and, if possible, the mobile phone.



### NUTRITION

**Whether super food or local fruit and vegetables – it is important to eat a varied diet. The more colourful the plate, the more diverse the nutrients you take in.**

- It is not without reason that nuts are a typical snack food for students. Eat a variety of foods and mix walnuts, Brazil nuts or cashews with some extra dry fruit.
- The ultimate breakfast: Rolled oats with cinnamon, fresh berries and nuts. That will make you fit and happy.



### MOVEMENT

**Exercise helps relieve stress and normalise blood sugar and blood fat levels.**

- If you sit a lot because you have to work hard at work or for your studies, take a 5-10 minute walk in the fresh air during your lunchbreak. Get your circulation going.
- A simple exercise for which you do not even have to leave the room: Shake out arms and legs about 5 times a day for 30 seconds.





LR LIFETAKT

# Vital Care

## VITALITY AT EVERY AGE

You are in the prime of your life and full of plans. You want to share your experience and live a life full of vitality. What more could you wish for than that your body can keep up with this zest for life? Enhance your vitality and radiate vitality and energy with LR LIFETAKT Vital Care<sup>1</sup>.



<sup>1</sup> Vitamin C contributes to regular collagen formation to support the normal functioning of the blood vessels and to a healthy energy metabolism.

# Vital Care

## STAY AS VITAL AS YOU FEEL.

Life still holds a lot in store for you. You are not planning on taking it easy. Are you still fully active in professional life or perhaps even treading new paths? Do you want to dedicate yourself entirely to your hobby or your grandchildren or travel extensively. Whatever you have in mind, a good constitution and robust health are the best basis for this.

However, our metabolism slows down as we get older, which can also affect the functioning of the cardiovascular system.

But that should not be a reason to slow down. LR LIFETAKT has the solution for you, so that you can continue to enjoy life in all its facets full of vitality.

---

### You still have a lot of plans?

#### LR LIFETAKT Vital Care for your daily plus of vitality

---

You still have a lot of plans? LR LIFETAKT Vital Care for your daily plus of vitality Vital Care from LR LIFETAKT supports you at this point in life. Your metabolism and cardiovascular system are optimally supported.<sup>1</sup> Your vitality is promoted.<sup>1</sup> If you feel that it is time to get some additional support, Aloe Vera Drinking Gel Intense Sivera is exactly what you are looking for. In naturopathy, Aloe Vera has been valued for centuries for its unique composition of ingredients. LR enriches the juice of the Aloe Vera plant with nettle extract.

In addition, Reishi Plus<sup>1</sup> contributes to a normal function of the blood vessels. In Far-Eastern tradition, Reishi has been used in naturopathy for centuries as the “mushroom of long life”.



<sup>1</sup> Vitamin C contributes to a regular energy metabolism. Vitamin C contributes to regular collagen formation to support the normal functioning of the blood vessels.





## Vital Care

### BASIC SOLUTION



#### Vital Care MONTHLY SET

Aloe Vera Drinking Gel  
Intense Sivera set of 3:  
80823 | 3 x 1000 ml

More information on  
page 49



Reishi Plus Capsules  
80331 | 30 Capsules / 15,2 g

More information on  
page 56



#### Vitality<sup>1</sup> as a subscription

Your LR partner will be happy to  
inform you of our attractive  
subscription offers

Individuals



INDIVIDUAL SUPPLEMENTS:

“You are as old as you feel” – good to know that LR LIFETA KT offers individual support for everyone. Because while one person is starting to deal with the issues of menopause, another person notices that he or she is not quite as fit anymore. Don’t be annoyed at minor ailments, and support your vitality<sup>1,4</sup> exactly where you need it – so that you can focus on the good things in life: for example your next project.



**You want to do something for your cardiac health every day?**

Super Omega provides you with the essential fatty acids EPA and DHA and thus contributes to a regular cardiac function<sup>1</sup>.

**Super Omega Capsules**  
80338 | 60 Capsules / 100,8 g

**You just want to feel good?**

Pro 12<sup>2</sup> supports your general sense of well-being.

**Pro 12 Capsules**  
80370 | 30 Capsules / 15 g

**You don’t want your menopause to dictate your day?**

Women Phyto with calcium and vitamin D offers support during menopause. Especially with preserving your bones and teeth<sup>3</sup>. Also contains: red clover extract.

**Woman Phyto Capsules**  
80332 | 90 Capsules / 46,8 g



More information on the individual LR LIFETA KT products can be found starting on page 48.

<sup>1</sup> EPA and DHA support a healthy heart function. For this, a daily intake of at least 250 g EPA and DHA is required.  
<sup>2</sup> Patent No: DE 10 2010 030 546 A1  
<sup>3</sup> Vitamin D and calcium contribute to the maintenance of healthy bones and teeth.  
<sup>4</sup> Calcium in Woman Phyto contributes to a normal energy metabolism.



## Expert Tips

### EXPERT TIPS:

“The body and the mind should be equally cared for so that you keep feeling young as long as possible. In addition to a healthy diet, it is therefore good to think and act holistically – especially if the body needs a little more support than in the past. Treat it to a little extra attention. Be good to your body and to yourself. It will definitely be worth it.”

Dr. Sven Werchan, nutrition expert

Dr. Sven Werchan  
Nutritional expert



### LIFESTYLE

**Perhaps the best health tip of all: Maintain your friendships. They are irreplaceable.**

- Women are usually well connected with their friends. Enjoy that as best as you can. Laugh, exchange ideas, do something.
- A true friendship between men is something really special: Meet up with your childhood friends, colleagues or your former clique.



### NUTRITION

**There is nothing better for maintaining your own quality of life and sense of well-being than a healthy diet.**

- Cabbage contains many essential nutrients and comes in various forms: as broccoli, Brussels sprouts, savoy cabbage or red cabbage. Test the varieties!
- Linseed stimulates digestion and provides plenty of fibre – just add it to your muesli in the morning.



### MOVEMENT

**Exercise is a real fountain of youth. Listen to your body, you will quickly notice what you are capable of.**

- Go speed-walking in a nice group or go for regular walks – brisk walking is a sensible form of exercise at every age.
- Keep your joints in motion and try to turn the wrists and ankles 4 times in each direction after getting up.







# Seasonal Support

## SUPPORT FOR EVERY SEASON

You are often among people and on the road. Whether in crowded public transport, in the office, or outdoors in all weathers: With LR LIFETAKT Seasonal Support you get the support your body needs. So you can enjoy every season to the full.



# Seasonal Support

Every season is your season.

Spring, summer, autumn and winter – as nice as they may be, every season brings along specific physical challenges.

Whether changing spring weather, air-conditioning, unpleasant constant rain or biting cold – especially when you and your family spend a lot of time among people, e.g. in the office or at the

nursery – these fluctuations also affect the body. Especially in times like these you should pay attention to yourself. LR LIFETAKT creates a good basis.

---

## Ready for all weathers?

**LR LIFETAKT Seasonal Support.**  
Your daily plus of support for every season.

---

You want to enjoy every season – from spring to winter? LR LIFETAKT Seasonal Support supports you precisely when it is most important for your personal well-being.

Traditional Aloe Vera Drinking Gel with Honey supports your immune system with 75 % of your daily requirement of vitamin C<sup>1</sup> per daily intake (50ml). Moreover, the juice of the Aloe Vera plant contributes to your general well-being. In addition: Colostrum Capsules<sup>2</sup>. They include the first milk of the cow, which already provides the calf with everything it needs. Two companions – especially if you are often on the road with others.



<sup>1</sup> of the recommended daily allowance.  
Vitamin C contained in Aloe Vera Drinking Gel Traditional with Honey contributes to a regular function of the immune system.  
<sup>2</sup> Capsules containing Colostrum





## Seasonal Support

### BASIC SOLUTION



#### Seasonal Support MONTHLY SET

Aloe Vera Drinking Gel  
Traditional with Honey  
pack of 3:  
80743 | 3 x 1000 ml

More information on  
page 48



Colostrum Capsules  
80360 | 60 Capsules / 30,9 g

More information on  
page 53



#### Seasonal support<sup>1,2</sup> as a subscription

Your LR partner will be happy to  
inform you of our attractive  
subscription offers

Individuals



INDIVIDUAL SUPPLEMENTS:

Support your body with the right products for your individual needs. Cold, humid weather in combination with warm heating air, the general change of seasons or the first pollen count cause stress for the body – vitamin C<sup>1</sup> contained in Cistus Incanus offers you support. Also for your well-being: Colostrum.

You want to be perfectly prepared for every emergency?

Cistus Incanus Spray with vitamin C is your immune system support for on the go<sup>1</sup>.

Colostrum Liquid contains the first colostrum milk for direct consumption

**Cistus Incanus Spray**  
80326 | 30 ml

**Colostrum Liquid**  
80361 | 125 ml

Do you rely entirely on the power of nature?

Cistus Incanus Tea is 100 % natural and makes you feel good from the inside out.

Cistus Incanus Capsules contain vitamin C for the immune system<sup>1</sup>

**Cistus Incanus Tea**  
80404 | 250 g

**Cistus Incanus Capsules**  
80325 | 60 Capsules / 33,5 g

You want to protect your health in the long-term?

Pro 12<sup>2</sup> supports your general sense of well-being.

**Pro 12 Capsules**  
80370 | 30 Capsules / 15 g



More information on the individual LR LIFETAKT products can be found starting on page 54

<sup>1</sup> Vitamin C help with the normal functioning of the immune system by.  
<sup>2</sup> Patent No: DE 10 2010 030 546 A1



## Expert Tips

### EXPERT TIPS:

“Fresh air is a real all-rounder if you proceed with care and are well prepared. Outdoors, in air-conditioned rooms or wherever there are a lot of people in the same location, your immune system can withstand any onslaught – if you combine a healthy diet, sufficient exercise and a balanced lifestyle. For a holistic sense of well-being at any time of the year.”

Dr. Sven Werchan, nutrition expert

Dr. Sven Werchan  
Nutritional expert



### LIFESTYLE

**Your outer balance automatically affects your inner self. Less stress and more sleep are important elements for a functioning immune system.**

- If you notice a cold coming on: treat yourself to a lot of rest and go to bed an hour earlier.
- If you still caught a cold, air the room several times a day. This reduces the concentration of infectious micro-organisms in the room.



### NUTRITION

**Our food contains so many beneficial substances: Especially plants and spices can boost our immune system.**

- Kiwi is a real vitamin C powerhouse – with over 50% of the daily requirement in a single fruit.
- If you feel a little under the weather, Grandma's popular chicken broth with meat warms from within and is comforting.



### MOVEMENT

**In order to be fit and stay fit, exercise is the be-all and end-all. It doesn't always have to be an extensive workout.**

- 5–10 minutes a day in the fresh air can already make a difference. Take a short walk and breathe in and out deeply through your nose.
- Do not sit in one position for too long. Get up often, stretch and take a few steps. Take a breath.







# Body Mission

## STEP BY STEP TO YOUR DESIRED WEIGHT

You want to look good and feel comfortable in your body. You want to finally get rid of the last flabs or even lose some more weight? Then the LR LIFETAKT Body Mission is a good way to reach your desired weight and gain new self-confidence<sup>1</sup>.



<sup>1</sup> Weight control: Replacing two of the main meals a day by such a meal substitute as part of a calorie-reduced diet contributes to losing weight. To achieve the indicated effect, you should replace one or two main meals a day. Magnesium in Protein Power supports a normal energy metabolism. Proteins in Protein Power contribute to the maintenance and increase of muscle mass and maintain healthy bones.

# Body Mission

Feel good in your body again.

Imagine looking into the mirror and being completely satisfied with what you see: An attractive body that shows that lets you breeze through the day full of confidence. If this is what you want, you should start right now and you will see: It's worthwhile!

It doesn't matter whether you just want to get rid of those extra pounds or whether you want to drop several dress sizes.

No matter how much weight you want to lose.

Also after the baby break, before a wedding or another important event, a new, great body feeling is a perfect start into a new phase of life. And you are ready for the next beach holiday as well.

**You would like to reach your desired weight in an easy way?**

**LR LIFETAKT BODY MISSION.  
Your daily plus for a new, attractive feeling.**

LR LIFETAKT Body Mission accompanies you on the way to a feel-good weight for 28 days<sup>1</sup>. You'll be supported in three ways:



**Meal substitutes:** Figu Active makes it easy to replace two out of three meals a day. The shakes, soups, flakes and bars are quickly prepared.



**Diet companions:** Pro Balance and Protein Power – your diet companions<sup>2</sup> support you in your diet, supply you with nutrients and promote muscle development<sup>2,3</sup>. In addition, the herbal fasting tea contributes to a calorie-free water balance.



**Weight-loss coach:** Get exclusive online access to your personal weight loss coach with weekly plans, delicious recipes, weight tracking, community, fitness videos and much more.

**Get started now! Losing weight has never been easier with the Body Mission.**



<sup>1</sup> Weight control: Replacing two of the main meals a day by such a meal substitute as part of a calorie-reduced diet contributes to losing weight. To achieve this effect, you should replace two main meals a day.  
<sup>2</sup> Magnesium in Pro Balance supports a normal energy metabolism.  
<sup>3</sup> Proteins in Protein Power contribute to the maintenance and increase of muscle mass and maintain healthy bones.





## Body Mission

### BASIC SOLUTION



### BODY MISSION 28 days SET

#### Tasty meals

2 x Figu Active Shakes of your choice in the following flavours: strawberry banana, vanilla or latte macchiato

1 x Figu Active soup of your choice in the following flavours: Tomato Mediterranean, Potato-Aubergine or Vegetable Curry India

1 x Figu Active bar (6 pack) of your choice in the following flavours: Nougat, Strawberry-Yoghurt or Crunchy Caramel

1 x Figu Active Flakes  
Crispy Cranberry

#### Sensible diet companions

1 x Pro Balance tablets  
1 x Herbal Fasting Tea  
1 x Protein Powder  
1 x Powdered Drink Vanilla  
1 x LR Shaker including portion can

#### Weight-loss coach

Access to the online weight-loss coach and the community

80434 |

More information on page 59



# Individuals



## INDIVIDUAL SUPPLEMENTS:

A good and varied diet and weight loss are not mutually exclusive. Even better if you have important allies at your side to ensure that your good intentions turn into success. The Basic Solution offers you everything you need to lose weight while eating delicious and healthy meals and simply look better.

In addition, we recommend our product supplements, which individually support you in achieving your goals. Fiber Boost supplies you with fibre that will make you feel satisfied for a longer time. Aloe Vera Drinking Gel Peach supports your energy metabolism<sup>1</sup> and reduces fatigue and exhaustion<sup>1</sup>. Always keep your eyes on your goal: A dream body as you like it.

### Would you like to boost your metabolism?

Aloe Vera Drinking Gel Peach Flavour supports your energy metabolism<sup>1</sup>. It also tastes pleasantly sweet without added sugar<sup>2</sup>.

**Aloe Vera Life Essence Peach**  
80750 | 1000 ml

### You're always hungry?

The dietary fibre drink Fiber Boost is high in fibre and makes you feel satisfied.

**Fiber Boost Drink Powder**  
80630 | 210 g



More information on the individual LR LIFETAKT products can be found starting on page 48.

<sup>1</sup> Vitamin C contributes to a normal energy metabolism and reduces fatigue and exhaustion.  
<sup>2</sup> Aloe Vera Drinking Gel Peach contains naturally occurring sugars



## Expert Tips

### EXPERT TIPS:

“For all those who want more than just counting calories, I recommend the Body Mission with its holistic concept. The Body Mission products make weight-loss easy and delicious. An accompanying weight-loss coach, as is available to you online on your body mission, turns the diet into a playful experience. Once you have registered, it will support you for 28 days with delicious nutritional plans, fitness videos and a strong community in the background, which encourages and motivates you with its success stories”

Dr. Sven Werchan, nutrition expert.

Dr. Sven Werchan  
Nutritional expert



## YOUR PERSONAL WEIGHT-LOSS COACH SUPPORTS YOU IN THREE WAYS.

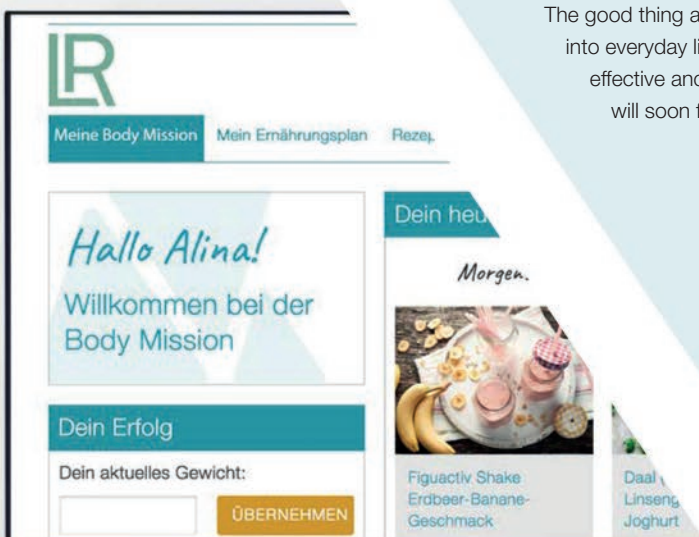
### Diet plans & recipes

Start your body mission and eat according to a well thought-out plan: Eat 3 satisfying meals a day for 28 days. Combine two Figu Active meals a day with a traditional meal – whether you prefer to cook lunch or dinner. Combine the meals as you like them. The tasty and healthy online recipes and nutritional plans contain vegetarian meals and meals with meat and fish but also a mixed option.

### Motivation

Motivation is the be-all and end-all, if you have set your sights on something. Discover the success stories of your community. While you're tracking your own weight and keep an eye on it, you'll be inspired and motivated by the lost pounds of other Body Mission members.

The good thing about exercise is that it gets easier with routine. If you manage to integrate it into everyday life, it becomes a matter of course. The fitness videos on body-mission.com are effective and still suitable for beginners. Rediscover how good exercising can feel – and you will soon feel good in your own skin.







LR/LIFETAKT

# Pro Activity

## MAXIMUM MOBILITY FOR EVERY STAGE IN LIFE!

For you, mobility means freedom. Because only if your body can keep up with your daily requirements, you can reach your full potential and feel really good. LR LIFETAKT Pro Activity helps maintain and boost your body's flexibility so that you can lead the active life you want<sup>1</sup>.



<sup>1</sup> Vitamin C in the Aloe Vera Drinking Gel Active Freedom contributes to normal collagen formation for a normal function of the blood vessels and healthy bones.  
Vitamin D in Active Freedom capsules help maintain healthy bones and a normal muscle function.

# Pro Activity

Now things get moving.

Chasing after your grandchildren, carrying your groceries to the 3rd floor or pursuing your hobby sport – you want to stay mobile because it gives you the freedom to do what you want. But you also notice that the less you move, the stiffer you become. Because you sit in the office all day long, for example, or because the couch looks so tempting in the evening. You are not a couch potato, but it is not always easy to integrate enough exercise into your everyday life.

And just as a bicycle chain needs to be regularly lubricated and moved, so do we humans and our joints. To keep you moving effortlessly, LR LIFETAKT has the right solution:

---

## Stay mobile in everyday life?

**LR LIFETAKT Pro Activity is your daily plus of mobility.**

---

For you, exercise is not a question of age, but of your personal constitution. With Pro Activity from LR LIFETAKT, you can enjoy your mobility all around and effortlessly master your everyday challenges.

This is ensured by the combination of Aloe Vera Drinking Gel Active Freedom and Active Freedom capsules. In naturopathy, Aloe Vera has been valued for centuries for its unique composition of ingredients. LR enriches the juice of the Aloe Vera plant with the vitamins C and E. Vitamin C supports the bone and cartilage structure – your musculoskeletal system is strengthened.<sup>1</sup>

Active Freedom capsules also provide for greater flexibility and mobility: It contains vitamin D which supports the muscles<sup>2</sup> and manganese which strengthens the connective tissue<sup>3</sup>. This clears the way for your agility.

<sup>1</sup> Vitamin C in the Aloe Vera Drinking Gel Active Freedom contributes to normal collagen formation for a normal function of the blood vessels and healthy bones.

<sup>2</sup> Vitamin D in Active Freedom capsules help maintain healthy bones.

<sup>3</sup> Manganese in Active Freedom supports the normal formation of connective tissue.







## Pro Activity

### BASIC SOLUTION



#### Pro Activity MONTHLY SET

Aloe Vera Drinking Gel  
Active Freedom set of 3:

80883 | 3 x 1000 ml

More information on  
page 49



Active Freedom Capsules  
80190 | 60 cap / 37,2 g

More information on  
page 56



#### Maximum mobility<sup>1,2,3</sup> as a subscription

Your LR partner will be happy to  
inform you of our attractive  
subscription offers



## INDIVIDUAL SUPPLEMENTS:

If bones, muscles, joints and tissue are optimally supplied, they function like a clockwork. With the individual support of our optional Protein Power and Pro Balance products, you take your mobility – and thus also a large part of your quality of life – into your own hands. For example, if you want to exercise and provide optimal supply for your muscles and bones, magnesium contained in Protein Power provides targeted support for muscle growth<sup>1</sup>. And if you move a lot, you will also become tired at some point – Pro Balance reduces fatigue<sup>3</sup>.

### You work out and want to strengthen your muscle mass?

Protein Power is the high-quality protein supply for muscles and bones<sup>1</sup>.

**Powdered Protein Power Drink Vanilla**  
80550 | 375 g

### Do you want to be more active and flexible in everyday life?

Pro Balance helps to reduce fatigue – thanks to trace elements and alkaline minerals such as magnesium<sup>2</sup>.

**Pro Balance Tablets**  
80102 | 360 Tablets / 252 g



More information on the individual LR LIFETAKT products can be found starting on page 48.

<sup>1</sup> The proteins contained in Protein Power help to maintain muscle mass. Proteins help increase muscle mass

<sup>2</sup> The magnesium contained in Pro Balance contributes to a normal energy metabolism. Calcium contributes to a normal function of the muscles.

<sup>3</sup> The magnesium contained in Pro Balance helps to reduce fatigue and exhaustion.



## Expert Tips

### EXPERT TIPS:

“To be active and stay agile, you can achieve a great deal with the right nutrients. In order to maintain a high level of energy in the long term, a conscious diet combined with exercise and a healthy lifestyle is an ideal combination.”

Dr. Sven Werchan, nutrition expert

Dr. Sven Werchan  
Nutritional expert



### LIFESTYLE

**Challenging yourself keeps the head fit and awakens your vitality. Let yourself be inspired anew every day.**

- Read! Whether fiction or technical literature: As long as you let yourself get carried away, experience new things and broaden your horizons.
- Of course, you can also do this actively: Make new experiences, learn another language or acquire new skills.



### NUTRITION

**A balanced diet can make a major contribution to your overall well-being and trigger or maintain processes in your body:**

- Start the day with fruit. If you eat what the season has to offer, your diet will never be boring.
- Superfoods are all the rage. They are particularly rich in valuable ingredients. Try topping your muesli with chia seeds or goji berries.



### MOVEMENT

**You know yourself best. Know what your body is capable of. Ideally, the exercises should be easy on the joints, but strengthen the muscles.**

- Gently move your joints and loosen the connective tissue: open and close your hands Rotate your head, feet and shoulders alternately.
- Even if it looks funny, swing your hips when walking This relaxes the lower back.







# True Beauty

## YOUTHFUL BEAUTY FROM HEAD TO TOE

Do you want to look youthful and beautiful? With nothing to hide? Irrespective of age? A natural and healthy look is the beauty ideal No. 1: A balanced supply of nutrients forms the basis for this. LR LIFETAKT True Beauty gives you youthful beauty from head to toe in a unique and simple way.<sup>1-5</sup>



<sup>1</sup> Biotin, zinc, vitamin A, riboflavin and niacin help preserve normal skin. Copper helps to maintain regular skin pigmentation. Vitamin C supports the regular collagen formation to maintain the natural skin function. <sup>2</sup> Copper helps to support the connective tissue. <sup>3</sup> Biotin and zinc contribute to maintaining healthy hair. Copper helps to support regular hair pigmentation. <sup>4</sup> Zinc supports the preservation of healthy nails. <sup>5</sup> Vitamin E helps to protect the cells from oxidative stress. Thiamine contributes to normal energy metabolism. Vitamin B6 and B12 help to reduce fatigue and exhaustion.



# True Beauty

## Your secret for youthful beauty

Feeling comfortable in your skin even without make-up and looking youthfully beautiful with nothing to hide? You are not the only one with this idea – a natural and healthy look is the beauty ideal No. 1: But not everyone has the time to take care of their beauty every day. In addition, youthful beauty is not only a question of the right care. It has been proven that an optimal supply of nutrients is key. Already at a young age, lack of nutrients, external environmental aggressors and a stressful lifestyle affect the look.

In old age, the body can no longer produce or utilise the required nutrients in sufficient quantities. No matter at what age, LR LIFETAKT True Beauty offers you a unique, simple solution that activates the beauty processes from deep within and additionally protects against the main causes of aging. For natural beauty that lasts.<sup>1-5</sup>




---

### Do you want to feel beautiful from head to toe?

#### LR LIFETAKT True Beauty

#### Your daily extra dose of youthful beauty.

---

The 5in1 Beauty Elixir by LR LIFETAKT True Beauty fulfils all 5 beauty wishes with just 1 shot and offers you your daily dose of beauty in the practical to-go format:

- 1) Youthful look with fewer wrinkles<sup>1</sup>
- 2) A clear and healthy complexion without irritations<sup>1</sup>
- 3) A firm body with less cellulite<sup>2</sup>
- 4) Strong, shiny hair<sup>3</sup>
- 5) Strong, healthy nails<sup>4</sup>

The 5in1 Beauty Elixir owes its unique mode of action to the innovative dual complex consisting of the active and the preventive complex. The active complex with a highly concentrated dose of collagen peptides, hyaluronic acid, zinc, copper and 9 important vitamins activates the beauty processes and reduces signs of aging. The preventive complex uses the power of Aloe vera and four other natural extracts to provide preventive protection against the main causes of aging and external environmental aggressors. The to-go shot is also completely free from sweeteners, artificial colours, lactose and gluten.

<sup>1</sup> Biotin, zinc, vitamin A, riboflavin and niacin help preserve normal skin. Copper helps to maintain regular skin pigmentation. Vitamin C supports the regular collagen formation to maintain the natural skin function. <sup>2</sup> Copper contributes to the maintenance of normal connective tissue. <sup>3</sup> Biotin and zinc contribute to maintaining healthy skin and hair. Copper helps to support regular hair pigmentation. <sup>4</sup> Zinc supports the preservation of healthy nails. <sup>5</sup> Vitamin E helps to protect the cells from oxidative stress. Thiamine contributes to normal energy metabolism. Vitamin B6 and B12 help to reduce fatigue and exhaustion.





# True Beauty

FOR BEAUTY FROM WITHIN



## True Beauty MONTHLY SET

5in1 Beauty Elixir  
81030 | 30 x 25 ml

### Save up to 25 %

Your LR partner will be happy to inform you of our attractive subscription offers

Individuals



FOR BEAUTY THAT SHOWS ON THE OUTSIDE

For an optimal, long-lasting result, we recommend a holistic beauty management. Simply supplement the 5in1 Beauty Elixir from the inside with your daily care routine from the outside. LR LIFETAKT True Beauty offers a special care set for each of the 5 beauty wishes.



**1. You want youthful, more elastic skin with fewer wrinkles?**

The electric LR ZEITGARD anti-age device with its thermal hot/cold methodology ensures effective transport of anti-age active ingredients into the skin layer.



**Restructuring Kit**  
71007

**2. You want a healthier, more even complexion with less irritations?**

Thanks to special oscillation technology, LR ZEITGARD 1 ensures pore-deep and gentle cleansing – up to 10 times more effective than regular cleaning<sup>1</sup>.



**Cleansing-System-Kit Classic**  
70036

**3. You want a firmer body with less cellulite?**

The Aloe vera in LR ALOE VIA provides intensive care for a defined body silhouette thereby firming abdomen, upper arms, thighs and bottom.



**Aloe Vera Toning-Set**  
27529

**4. You want stronger, more shiny hair?**

The LR ALOE VIA hair care system with a unique combination of Aloe vera gel and 7 natural oils nurtures, strengthens and repairs your hair and protects it from breakage.



**Aloe Vera Hair Care System as a set**  
20763

**5. You want stronger, healthier nails?**

LR COLOURS Hand & Nail Serum provides gentle care with valuable oils and vitamins. The nail therapy repairs and strengthens nail elasticity and firmness.



**Nail set**  
10406

<sup>1</sup>Scientific study conducted by the renowned Institut Dermatest GmbH. Period of application: 6 weeks (end of January to early March 2015), number of test persons: 40)



## Expert Tips

### EXPERT TIPS



"A holistic beauty management starts with a healthy diet and is complemented by the appropriate care routine from the outside and the effective 5in1 Beauty Elixir from the inside. The combination with the right amount of exercise and a balanced lifestyle achieves the best and most lasting results". Dr. Sven Werchan, nutrition expert

Dr. Sven Werchan  
Nutritional expert



### LIFESTYLE

**"The skin is the mirror of the soul." That's why nothing makes you more beautiful than a good mood.**

**Laughter, joy, nature and friends – whatever does you good will have a visible positive effect.**

- Beauty sleep. There is nothing that regenerates skin and body more than sufficient, restful sleep. Listen to relaxing music for 15 minutes before falling asleep, and go to bed a little earlier than usual three times a week.
- Cultivate calm. There is always a lot to do: but that should not spoil your mood. Stay cool, calm and collected!



### NUTRITION

**Beauty starts with nutrition:**

**"You are what you eat". The more valuable nutrients a food item contains, the better for the cells.**

- Treat yourself to seasonal fruit that is rich in vitamin C. Strawberries, kiwis and currants are valuable sources of vitamin C. Vitamin C supports the regular collagen formation to maintain the natural skin function.
- Drink plenty of water (1.5-2.5 l/day).  
Moisture keeps the skin firm and makes it look healthy.



### EXERCISE

**Regular exercise can rejuvenate the skin. Increased blood circulation makes the skin look younger.**

- Running or walking.  
Already 12-15 minutes of running or walking a day demonstrably has a visible positive effect, tightens connective tissue and rejuvenates the skin. Start right this week!
- Facial exercises – the sports trend. Training the facial muscles has been proven to reduce facial expression wrinkles. Of course, the best gymnastics for your face is a hearty laugh!



# 5 IN 1 BEAUTY ELIXIR

## 5in1 Beauty Elixir

The LR LIFETA KT 5in1 Beauty Elixir grants all 5 beauty wishes at once: a youthful look, clear skin, a firm body, shiny hair and strong nails!<sup>1-4</sup>

One shot daily is all it takes for the unique dual complex to effectively activate the beauty processes in your body and to protect you from the main causes of aging. For youthful beauty at all ages.

### The to-go shot for youthful beauty from head to toe.

#### Areas of application:

1. Youthful look with fewer wrinkles<sup>1</sup>
2. A clear and healthy complexion without irritations<sup>1</sup>
3. A firm body with less cellulite<sup>2</sup>
4. Strong, shiny hair<sup>3</sup>
5. Strong, healthy nails<sup>4</sup>

#### Recommended intake:

- drink 1 shot a day

#### Special properties:

- free from
  - sweeteners
  - artificial colorants
  - lactose and gluten
- To Go Format:
  - no cooling necessary
  - fits in every pocket
- practical monthly package
- fruity-fresh taste

#### Selected ingredients:

##### active complex

- 2.5g collagen peptides
- 50mg hyaluronic acid
- copper
- zinc
- 75% vitamin A per daily intake\*
- 100% vitamin E per daily intake\*
- 100% thiamine per daily intake\*
- 100% riboflavin per daily intake\*
- 100% niacin per daily intake\*
- 100% vitamin B6 per daily intake\*
- 100% vitamin B12 per daily intake\*
- 100% biotin per daily intake\*
- 100% vitamin C per daily intake\*

##### Präventiv-Komplex

- 20% Aloe vera gel
- blood orange extract
- blueberry extract
- golden root extract
- green tea extract

### 5in1 Beauty Elixir

81030 | 30 x 25 ml

Save up to **25 %**

Your LR partner will be happy to inform you of our attractive subscription offers

<sup>1</sup> Biotin, zinc, vitamin A, riboflavin and niacin help preserve normal skin. Copper helps to maintain regular skin pigmentation. Vitamin C supports the regular collagen formation to maintain the natural skin function.

<sup>2</sup> Copper helps to support the connective tissue.

<sup>3</sup> Biotin and zinc contribute to maintaining healthy hair. Copper helps to support regular hair pigmentation. Zinc supports the preservation of healthy nails. Vitamin E helps to protect the cells from oxidative stress. Thiamine contributes to normal energy metabolism. Vitamin B6 and B12 help to reduce fatigue and exhaustion.

\* of the recommended daily allowance.



MADE IN GERMANY

"Made in Germany" is our quality promise, which you can count on 100%.



#### Skin:

Collagen is the most important structural protein of the skin and is decisive for moisture and elasticity. It provides structure, firmness and high moisture retention. Additional water-storing substances such as hyaluronic acid can only be stored in an intact collagen framework. The special thing about hyaluronic acid: it can bind an enormous amount of water. Hyaluronic acid is mainly contained in the intercellular spaces of the dermis. The body's own production decreases over time. Ingredients extracted from nature help to support the skin in a natural way.

#### Skin health:

A balanced supply of vitamins and trace elements improves skin function, helps to protect it from environmental aggressors and supports cell renewal. Especially important: vitamin C, vitamin A, the B vitamins, vitamin E as well as iron and zinc.

#### Connective tissue:

Collagen fibres are important for the connective tissue. They keep it firm and elastic. Connective tissue is found in all organs of the body. It penetrates muscles, fascia and organ sheaths up to the outer skin layers. Copper also makes an important contribution to regular connective tissue and supports the body's own processes.

#### Hair:

Biotin is a water-soluble vitamin and plays an important role in maintaining healthy hair. The B vitamins strengthen the hair, regulate sebum production and activate important metabolic processes in the hair root. Copper regulates the metabolic processes in the body, also in the hair cells. It particularly improves the hair structure.

#### Nails:

Toenails and fingernails consist of layers of horn lying on top of each other. Important nutrients are transported into the nails via the bloodstream. Zinc plays a central role in this context. It contributes to healthy growth and the firmness of the nails. But collagen peptides can also support nail growth.

Scarcely any other natural product has such a successful and ancient tradition as the Aloe Vera plant.

Aloe Vera Drinking Gel Traditional with Honey was LR's first Aloe Vera product and at the same time the most successful LR product of all time. For this, as well as for all our Aloe Vera Drinking Gels, we use only pure Aloe Vera leaf gel in the highest possible concentration. One of the most important individual substances contained in the leaf gel of Aloe Vera is Acemannan, which develops its beneficial properties especially in combination with numerous other substances contained in Aloe Vera. The pure natural product is combined with ingredients that give the product its individual properties



"Made in Germany" is our quality promise, which you can count on 100%.



**Quality is our top priority.**  
From cultivation to the final product – every step in the supply chain is subject to strict quality controls at LR.



This is confirmed by **SGS Institut Fresenius**.



Mind Master by LR LIFETAKT is on the **Cologne List®**.  
**On the Cologne List®**, products with a minimised doping risk are published.



### The original with honey

#### Areas of application

- For a normal function of the blood vessels<sup>1</sup>
- For healthy bones<sup>1</sup>
- For a normal energy metabolism<sup>3</sup>
- For a normal function of the nervous system<sup>3</sup>
- For a normal function of the immune system<sup>4</sup>

#### Recommended Dosage:

- daily 3 x 30 ml

#### Special properties:

- Recipe based on the original recipe of Father Romano Zago

#### Selected ingredients:

- ✓ 90% pure Aloe Vera Leaf Gel
- ✓ 9% Honey
- ✓ 75% Vitamin C<sup>1</sup> per daily allowance\*\*

**Aloe Vera Drinking Gel  
Traditional with Honey\***  
80700 | 1000 ml

**Save up to 12 %**

Your LR partner will be happy to inform you of our attractive subscription offers

<sup>1</sup> Vitamin C contributes to regular collagen formation for the normal functioning of blood vessels, and healthy bones, cartilage, gums, skin and teeth. <sup>2</sup> Aloe Vera contains naturally occurring sugars. <sup>3</sup> Vitamin C ensures a normal energy metabolism, normal functioning of the nervous system and mental health. <sup>4</sup> Vitamin C supports the immune system.





**The sugar-free version for weight-conscious people**

**Areas of application:**

- For a normal function of the blood vessels<sup>1</sup>
- For healthy bones<sup>1</sup>
- For a normal energy metabolism<sup>3</sup>
- For a normal function of the nervous system<sup>3</sup>
- For a normal function of the immune system<sup>4</sup>

**Recommended Dosage:**

- daily 3 x 30 ml
- Both adults and children love the flavour

**Selected ingredients:**

- ✓ 98 % pure Aloe Vera Leaf Gel
- ✓ No added sugar<sup>2</sup> (Information for diabetics: only 0.054 bread units)
- ✓ 100 % Vitamin C<sup>3</sup> per daily allowance\*\*

**Aloe Vera Life Essence Peach\***

80750 | 1000 ml



**The movement specialist**

**Areas of application:**

- For a regular collagen formation<sup>1</sup>
- For healthy bones<sup>1</sup>
- For a normal cartilage structure<sup>1</sup>
- For a normal energy metabolism<sup>1</sup>
- For a normal function of the nervous system<sup>1</sup>

**Recommended Dosage:**

- daily 3 x 30 ml

**Selected ingredients:**

- ✓ 88 % pure Aloe Vera Leaf Gel
- ✓ 56 % Vitamin C per daily allowance\*\*
- ✓ 58 % Vitamin E per daily allowance\*\*

**Aloe Vera Drinking Gel Active Freedom\***

80850 | 1000 ml



**The specialist for your general sense of well-being**

**Areas of application:**

- For a general sense of well-being

**Recommended Dosage:**

- daily 3 x 30 ml

**Selected ingredients:**

- ✓ 90 % pure Aloe Vera Leaf Gel
- ✓ 7 % Honey
- ✓ With stinging nettle extract

**Aloe Vera Drinking Gel Intense Sivera\***

80800 | 1000 ml

\* It is important that you adopt a varied and well-balanced diet to ensure a healthy way of living.  
 \*\* of the recommended daily allowance.

The Mind Master Brain & Body Performance Drink supports the head and body in coping with oxidative stress<sup>1</sup>. Mind Master contains specially balanced micro-nutrients with important functions.



"Made in Germany" is our quality promise, which you can count on 100%.



**Quality is our top priority.** From cultivation to the final product – every step in the supply chain is subject to strict quality controls at LR. This is confirmed by **SGS Institut Fresenius**.



Mind Master by LR LIFETAKT is on the **Cologne List**<sup>®</sup>. On the **Cologne List**<sup>®</sup>, products with a minimised doping risk are published.



**The Classic**  
With the full power of green tea

**Areas of application:**

- Protects the cells<sup>1</sup> from oxidative stress
- Contributes to a normal energy metabolism<sup>3</sup>.
- Contributes to mental health<sup>2</sup>
- reduces fatigue and exhaustion<sup>3</sup>
- Contributes to normal cognitive function<sup>4</sup>
- Contributes to a normal function of the nervous system<sup>2</sup>

**Recommended Dosage:**

- daily 80 ml

**Selected ingredients:**

- ✓ With vitamins & trace elements
- ✓ 100 % Vitamin E per daily allowance\*\*
- ✓ 100% Vitamin B1 (Thiamine) per daily allowance\*\*
- ✓ 100% Vitamin B9 (Folic acid) per daily allowance\*\*
- ✓ 100 % Vitamin B12 per daily allowance\*\*\*
- ✓ 30 % iron per daily allowance\*\*
- ✓ 51 % selenium per daily allowance\*\*
- ✓ With 36 % Aloe Vera Gel
- ✓ With grape juice from grape juice extract
- ✓ With green tea extract
- ✓ With L-Carnitine
- ✓ With coenzyme Q10

**Mind Master**  
**Formula Green\***

80900 | 500 ml

**Formula Red\***

80950 | 500 ml

Patent pending\*\*\*

<sup>1</sup> Vitamin B12 contributes to a normal energy metabolism and supports the nervous system. Vitamin B12 helps to reduce fatigue and exhaustion. <sup>2</sup> Vitamin E helps to protect the cells from oxidative stress. <sup>3</sup> Thiamine, vitamin B12 support mental health. <sup>4</sup> Iron contributes to a normal energy metabolism and reduces fatigue and exhaustion. \* Adhere to a varied and balanced diet and a healthy lifestyle. \*\*of the recommended daily allowance. \*\*\* Patent No.: DE 10 2013 205 049 A1



## The quick, sugar-free energy boost to go

### Areas of application: Quick energy boost

- Caffeine from guarana<sup>2</sup>
- Enhanced cognitive performance thanks to vitamins B6, B12 and thiamine<sup>4</sup>
- With amino acids leucine, isoleucine and valine (BCAA)

### Protection

- Efficient mix of amino acids which protects your cells from oxidative stress<sup>3</sup> and covers 100 % of your daily requirements of vitamin D and E
- Vitamin C supports your immune system<sup>5</sup>
- Aloe vera powder contributes to a general sense of well-being

### Recommended intake:

- Pour the content of the sachet directly onto the tongue and let it dissolve in the mouth once a day

### Selected ingredients:

- ✓ 80 mg of caffeine, among others from guarana.
- ✓ BCAAs (Leucine, Isoleucine, Valine)
- ✓ Green tea extract
- ✓ 100% Vitamin D
- ✓ 100% Vitamin E
- ✓ 100% Vitamin B1 (Thiamin)
- ✓ 100% Vitamin B6
- ✓ 100% Vitamin B12
- ✓ 25% Vitamin C
- ✓ Aloe vera powder
- ✓ Zink
- ✓ Selenium
- ✓ Coenzyme Q10



Simply tear open



No water needed



Regain power



Sugar-free

Fits in every pocket, suitable for immediate consumption

## Mind Master Extreme Performance Powder

80980 | 35 g / 14 Sticks à 2,5 g



<sup>1</sup> The caffeine contained in guarana enhances attention and concentration. The caffeine contained in guarana contributes to increased endurance. <sup>2</sup> Vitamin E in Mind Master Extreme contributes to protecting the cells from oxidative stress. <sup>3</sup> Thiamine, vitamin B6 and vitamin B12 support mental health. <sup>4</sup> Vitamin B12 helps reduce tiredness and fatigue. <sup>5</sup> Vitamin C supports the immune system and helps to protect the cells from oxidative stress.



Cistus Incanus is a shrub plant and grows on magnesium-rich soils in southern Europe. The tea obtained from it has been used since the 4th century. For the Cistus Incanus products of LR LIFETA KT we exclusively use the high-quality, rich leaves. Wood, stalks and cuttings are carefully sorted out.



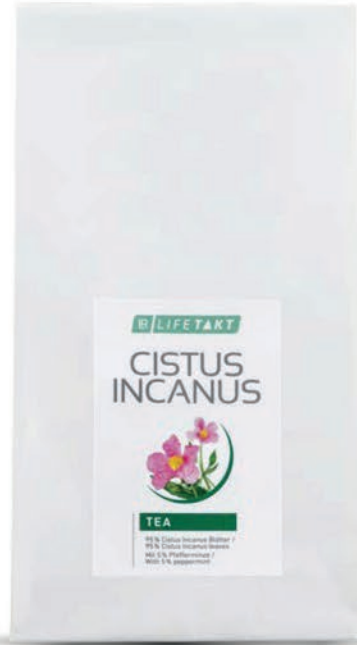
**The quick spray for the throat**

**Areas of application:**  
– Support for the immune system<sup>1</sup>

**Recommended Dosage:**  
– daily 3x3 sprays  
– Easy dosage by direct spraying into the throat

- Selected ingredients:**
- ✓ 86% Cistus Incanus Extract
  - ✓ 38% Vitamin C per daily allowance\*
  - ✓ 42% Vitamin E per daily allowance\*

**Cistus Incanus Spray\*\***  
80326 | 30 ml



**The soothing tea**

**Areas of application:**  
– For cosy warmth from the inside

**Recommended Dosage:**  
– Pour 1 cup of boiling water over 1 heaped tsp, cover and let steep for 8 – 10 minutes, then strain.

- Selected ingredients:**
- ✓ 95% Cistus Incanus leaves
  - ✓ 5% refreshing mint leaves

**Cistus Incanus Tea\*\***  
80404 | 250 g



Your body's defence system works non-stop. The capsules enriched with vitamin C and zinc make a valuable contribution to the normal functioning of the immune system. This effect is also achieved by the spray, thanks to the vitamin C it contains – the practical alternative for on the go.



**Practical capsules**

**Areas of application:**  
– Support for the immune system<sup>1</sup>

**Recommended Dosage:**  
– 2 tablets daily

- Selected ingredients:**
- ✓ 72 % Cistus Incanus Extract
  - ✓ 100% Vitamin C per daily allowance\*
  - ✓ 20 % Zinc per daily allowance\*

**Cistus Incanus Capsules\*\***  
80325 | 60 Capsules / 33,5 g



<sup>1</sup> Vitamin C supports the immune system. \* of the recommended daily allowance. \*\* Adhere to a varied and balanced diet and a healthy lifestyle. \*\*\* According to statutory stipulations \*\*\*\* Patent No.: EP 2 228 067

Colostrum

Colostrum is the cow's first milk. It provides the calf with everything it needs. For the LR LIFETAKT colostrum products, we only use surplus colostrum from European cows. All manufacturing steps take place in Germany. In addition to LR's quality control, Institut Fresenius regularly monitors every processing step of the LR Colostrum products.



**In liquid form for direct consumption**

**Special properties:**

- High-quality product
- Degreased
- Decaseinated
- Non-pasteurised
- Free from\*\*\*
- Antibiotic residues
- Anabolic androgenic steroids
- Without added
- Colourings
- Preservatives

**Areas of application:**

- For a general sense of well-being

**Recommended Dosage:**

- daily 8 ml

**Selected ingredients:**

- ✓ Contains 100% liquid colostrum and is a pure natural product containing colostrum

**Colostrum Liquid\*\***

80361 | 125 ml



**Capsules containing colostrum, also practical for on the go**

**Special properties:**

- High-quality product
- Degreased
- Carefully processed
- Free from\*\*\*
- Antibiotics residues

**Areas of application:**

- For a general sense of well-being when consumed on a constant basis

**Recommended Dosage:**

- daily 2 x 1 capsule

**Selected ingredients:**

- ✓ Contains 100% liquid colostrum and is a pure natural product containing colostrum

**Colostrum capsules\*\***

80360 | 60 capsules / 30,9 g



Pro12

Pro 12 contains 1 billion bacteria per capsule and features a double micro-encapsulation, which protects the bacteria much more efficiently than many other products.



The intestine plays a major role for our general well-being. The human intestinal wall is populated by good bacteria and other bacteria. The natural balance of these bacteria has a great impact on well-being.



**Capsules for a general sense of well-being**

**Areas of application:**

- For your well-being

**Recommended Dosage:**

- Täglich 1 x 1 Kapsel

**Special properties:**

- High quality product
- Patented micro-encapsulation
- With fibre

**Selected ingredients:**

- ✓ With 12 bacterial cultures
- ✓ With fibre

**Pro 12 capsules\***

80370 | 30 capsules / 15 g

Vita Active

Vitamins are true multi-talents. Vitamin D and B6 support the immune system<sup>1</sup>, vitamin B12 the cell division while vitamin B1 for example supports cardiac health. They are all contained in Vita Active. of the recommended daily allowance.



**100 % vitamin supply with only one teaspoon.**

**Areas of application:**

- For the immune system<sup>1</sup>
- For a regular energy metabolism<sup>1</sup>
- For a regular function of the nervous system<sup>2</sup>

**Special properties:**

- without added colorants
- without added preservatives

**Recommended Dosage:**

- 1 x 5 ml (one teaspoon) per day

**Selected ingredients:**

- ✓ Made from 21 natural fruit and vegetable concentrates
- ✓ 100% of the 10 vitamins:
- ✓ Vitamin D
- ✓ Vitamin E
- ✓ Vitamin B1 (Thiamine)
- ✓ Vitamin B2 (Riboflavin)
- ✓ Vitamin B3 (Niacin)
- ✓ Vitamin B5 (Pantothenic acid)
- ✓ Vitamin B6
- ✓ Vitamin B7 (Biotin)
- ✓ Vitamin B9 (Folic acid)
- ✓ Vitamin B12

**Vita Active Red fruits\***

80301 | 150 ml

Reishi Plus

Reishi has been a part of Far-Eastern tradition for millennia. Its beneficial properties are still appreciated today.



**Capsules containing the mushroom of long life**

**Areas of applications:**

- Stimulates collagen production to support the normal functioning of the blood vessels<sup>1</sup>
- Contributes to a regular energy metabolism<sup>3</sup>
- Reduces fatigue and exhaustion
- Provides for healthy bones<sup>5</sup> and teeth<sup>1</sup>
- Protects the cells from oxidative stress<sup>1</sup>

**Recommended Dosage:**

- 1 capsule daily
- Also suitable for vegans

**Selected ingredients:**

- ✓ 48 % Reishi-Extract
- ✓ 20 % Reishi-Powder
- ✓ 75 % Vitamin C per daily allowance\*\*

**Reishi Plus capsules\***

80331 | 30 capsules / 15,2 g



MADE IN GERMANY

"Made in Germany" is our quality promise, which you can count on 100%.

\* Adhere to a varied and balanced diet and a healthy lifestyle. \*\* of the recommended daily allowance. <sup>1</sup> Vitamin C contributes to a regular collagen formation to support the normal function of the blood vessels, healthy bones, cartilage, skin and teeth. <sup>2</sup> Vitamin D helps to maintain a normal bone structure, muscle function and teeth. <sup>3</sup> Vitamin C contributes to a regular energy metabolism. <sup>4</sup> Vitamin C helps to protect the cells from oxidative stress.



## Active Freedom

Active Freedom contains important nutrients such as vitamin E, D and manganese. Manganese contributes to a normal energy metabolism.



### Capsules for the musculoskeletal system

#### Areas of application:

- Contributes to the maintenance of healthy bones and muscles<sup>2</sup>
- Contributes to a normal energy metabolism<sup>7</sup>
- Supports a regular formation of connective tissue<sup>7</sup>

#### Recommended Dosage:

- daily 2 x 1 capsules

#### Selected ingredients:

- ✓ 50 % Vitamin D per daily allowance\*\*
- ✓ 83 % Vitamin E
- ✓ 50 % manganese

### Active Freedom capsules\*

80190 | 60 capsules / 37,2 g

## Super Omega

Omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are vital for maintaining a healthy cardiac function.<sup>5</sup> For example, they have a significant influence on blood lipid levels and support the flow properties of the blood.



### Capsules for cardiac health

#### Areas of application:

- Contributes to a regular cardiac function<sup>3</sup>

#### Recommended Dosage:

- daily 3 x 1 capsule



From sustainable fishing

#### Selected ingredients:

- ✓ 1260 mg Omega 3 fatty acids
- ✓ 630 mg EPA
- ✓ 420 mg DHA
- ✓ 117 mg beta-glucan

### Super Omega capsules\*

80338 | 60 capsules / 100,8 g

## Woman Phyto

The combination of the active ingredients calcium and vitamin C offers maximum support during menopause. Also contained in Woman Phyto Capsules: Red clover extract.



### Capsules for menopausal support

#### Areas of application:

- Contributes to the maintenance of healthy bones and muscles<sup>2</sup>
- Contributes to a normal energy metabolism<sup>7</sup>
- Supports a regular formation of connective tissue<sup>7</sup>

#### Recommended Dosage:

- daily 2 x 1 capsules

#### Special properties:

- Lactose Free
- Gluten free

#### Selected ingredients:

- ✓ With isoflavones from red clover
- ✓ 100 % Vitamin D per daily allowance\*\*
- ✓ 50 % Calcium per daily allowance\*\*

### Woman Phyto capsules\*

80332 | 90 capsules / 46,8 g

<sup>5</sup> EPA and DHA support a healthy heart function. For this, a daily intake of at least 250 mg EPA and DHA is required. <sup>6</sup> Vitamin C contributes to a regular energy metabolism and a normal signal transmission between the cells. <sup>7</sup> Manganese contributes to a normal energy metabolism and the regular formation of connective tissue. <sup>8</sup> Thiamine and vitamin B12 ensure a regular energy metabolism and mental health. <sup>9</sup> Vitamin D and vitamin B6 contribute to a normal function of the immune system. <sup>10</sup> Vitamin B12 plays an important role in cell division.

## Fiber Boost

Dietary fibres are complex carbohydrates and an important part of our diet. They are found in fruits, vegetables and wholemeal products and play an important role for normal digestion.



### Dietary fibres against ravenous appetite

#### Areas of application:

- Contributes to a regular metabolism of macro-nutrients; proteins, carbohydrates and fats are better absorbed by the body<sup>1</sup>
- Helps maintain blood sugar levels which prevents ravenous appetite<sup>1</sup>

#### Recommended Dosage:

- Stir 2 level measuring spoons of powder into 200 ml lactose-free, low-fat milk or water.

#### Selected ingredients:

- ✓ High fibre content from 3 different sources
- ✓ With the natural sweetener of the Stevia plant
- ✓ 108 % chromate per daily allowance\*\*

### Fiber Boost Drink powder\*\*

80630 | 210 g

## Herbal Fasting

High fluid intake is very important when dieting. The low-calorie combination of valuable herbs offers one of the best alternatives to water.



### Wholesome tea

#### Areas of application:

- Ensures the daily liquid supply, especially in the context of a diet

#### Recommended Dosage:

- Pour boiling water over 1–2 heaped teaspoons in a large cup, cover and steep for 5–7 minutes, then strain.
- 3–4 cups daily

#### Selected ingredients:

- ✓ Green tea
- ✓ Mate leaves
- ✓ Lapacho bark
- ✓ Nettle leaves
- ✓ Rooibos tea
- ✓ Lemon grass
- ✓ Licorice root

### Diet Herbal Tea\*

80205 | 250 g



MADE IN GERMANY

"Made in Germany" is our quality promise, which you can count on 100%.

<sup>1</sup> Chromium contributes to the normal metabolism of macronutrients and to maintaining blood sugar at regular levels. <sup>2</sup> Proteins help to maintain and increase muscle mass and support bone health. <sup>3</sup> Vitamin B6 contributes to a regular protein and glycogen metabolism and regulates hormonal activity. \* Adhere to a varied and balanced diet and a healthy lifestyle. \*\*of the recommended daily allowance.

## Protein Power

Proteins are compounds of amino acids and have different essential functions in the body.



### Drink powder for muscle development

#### Areas of application:

- Contributes to an increase and preservation of muscle mass<sup>2</sup>
- Supports a normal energy, protein<sup>3</sup> and glycogen metabolism
- Contributes to the maintenance of a normal bone structure<sup>2</sup>

#### Recommended Dosage:

- Mix one measuring spoon (12.5 g) daily in 100 ml water or 125 ml low-fat milk.

#### Special properties:

Protein Power by LR LIFETAKT is on the **Cologne List**<sup>®</sup>.

On the **Cologne List**<sup>®</sup>, products with a minimised doping risk are published.

#### Selected ingredients:

- ✓ 80 % pure protein
- ✓ 5 different protein components
- ✓ 23 % Magnesium per daily allowance\*\* (when mixed with 125 ml milk)
- ✓ 29 % Vitamin B6 per daily allowance\*\* (when mixed with 125 ml milk)

### Protein Power Drink Powder Vanille\*

80550 | 375 g

## Pro Balance

Pro Balance provides your body with valuable alkaline minerals and trace elements for internal balance<sup>4</sup>.



### Tablets for the acidbase balance

#### Areas of application:

- For a regular function of the nervous system<sup>1</sup>
- For a regular cartilage function<sup>3</sup>
- Contributes to electrolyte balance<sup>4</sup>
- For a regular energy metabolism<sup>5</sup>
- For regular energy metabolism of macronutrients<sup>2</sup>
- Helps to maintain healthy bones and muscles<sup>5</sup>

#### Special properties:

- High quality product
- Selected minerals and trace elements
- Valuable mixture of citrates, carbonates and gluconates
- Lactose-free

#### Recommended Dosage:

- daily 3x4 tablets

#### Selected ingredients:

- ✓ minerals and trace elements
- ✓ 15 % calcium per daily allowance\*\*
- ✓ 53 % Magnesium per daily allowance\*\*
- ✓ 87 % Calcium per daily allowance\*\*
- ✓ 45 % copper per daily allowance\*\*
- ✓ 150 % chromate per daily allowance\*\*
- ✓ 160 % molybdenum per daily allowance\*\*

### ProBalance Tablets\*

80102 | 360 Tablets / 252 g

<sup>4</sup> Chromium contributes to the body's normal metabolism of macronutrients <sup>5</sup> Potassium supports the regular functioning of the nervous system and muscles. <sup>6</sup> Magnesium helps to reduce exhaustion and fatigue and contributes to electrolyte balance. <sup>7</sup> Calcium contributes to a normal energy metabolism and is essential for maintaining healthy bones and teeth.



Figu Active

The creamy Figu Active Shakes are quick and easy to prepare. The delicious meal substitute is available in a wide range of flavours.



**Only 224-230 kcal per serving:**  
28 g Figu Active Shake + 250 ml  
lactose-free milk 1.5% fat



**Creamy meal**

**Areas of application:**

- Replacing two meals a day supports weight-loss
- Replacing one meal a day supports you in keeping your weight

**Recommended Dosage:**

- Replace a regular meal with a shake
- Mix 3 tbsp. (28 g powder) in 250 ml low-fat, lactose-free milk

**Special properties:**

- Lactose Free
- Gluten free
- No added preservatives
- No added sugar (contains naturally occurring sugars)

**Selected ingredients:**

- ✓ Well-balanced nutrient supply
- ✓ Combination of plant and animal protein
- Contains naturally occurring sugars

**Figuactiv Shakes  
Strawberry-Banana**

80201 | 450 g can

**Vanilla**

80280 | 450 g can

**Latte Macchiato**

80201 | 450 g can

Figu Active Flakes are a muesli-like meal substitute, which optimally supports you in weight loss or weight control\*.



**Only 223 kcal per serving:**  
35 g Figu Active Flakes + 200 g  
low-fat, lactose-free natural  
yoghurt 1.5 % fat



**Muesli-like meal**

**Areas of application:**

- Replacing two meals a day supports weight-loss
- Replacing one meal a day supports you in keeping your weight

**Recommended Dosage:**

- Replace one regular meal by the flakes.
- Stir 3 tbsp (35 g) into 200 g low-fat, lactose-free natural yoghurt.

**Special properties:**

- Lactose-free

**Selected ingredients:**

- ✓ Well-balanced nutrient supply

**Figu Active Flakes  
Crunchy Cranberry**

80295 | 450 g can



"Made in Germany" is our quality promise, which you can count on 100%.

\* Replacing one main meal a day by such a meal substitute as part of a calorie-reduced diet contributes to maintaining the weight after weight loss. Replacing two of the main meals a day by such a meal substitute as part of a calorie-reduced diet contributes to losing weight. To achieve this effect, you should replace one or two meals a day.

Figu Active Soups are a warm meal substitute that makes it easier for you to lose or control weight\*. The meal is available in three savoury flavours for maximum variety.



Only 208-214 kcal per serving:  
57 g Figu Active Shake + 300 ml of water



### Savoury, warm meals

#### Areas of application:

- Replacing two meals a day supports weight-loss
- Replacing one meal a day supports you in keeping your weight

#### Recommended Dosage:

- Replace one regular meal by a soup.
- Add 4 tbsp (57 g powder) with a whisk and stir into 300 ml of hot water.

#### Selected ingredients:

- ✔ Well-balanced nutrient supply

### Figuactiv Soup Tomato Mediterranean

80209 | 500 g can

### Potato Aubergine

80208 | 500 g can

### Vegetable Curry India

80210 | 500 g can



Only 224-226 kcal per bar:



### Full meal, ideal for on the go.

#### Areas of application:

- Replacing two meals a day supports weight-loss
- Replacing one meal a day supports you in keeping your weight

#### Recommended Dosage:

- Replace one regular meal by a bar.

#### Selected ingredients:

- ✔ Well-balanced nutrient supply

### Figuactiv Bar Nougat Flavour

80271 | 6 x 60 g

### Strawberry-Yogurt flavour

80284 | 6 x 60 g

### Crunchy Caramel Flavour

80272 | 6 x 60 g

\* based on one of three average meals per day with an energy intake of 2,000 kcal/day.



ALOÉ-VIA  
MULTI ACTIVE  
DAY CREAM  
Moisturizes & smoothes  
face skin

ZEITGARD

ZEITGARD  
SEROX  
instant skin perfector



# CARE

## HIGH-QUALITY CARE

### FOR EVERY SKIN REQUIREMENT

Get naturally beautiful and healthy skin with the nourishing and regenerative power of Aloe Vera.

**LR ALOE VIA.** Whether young or old, individual moisture care offers protection and care from head to toe.

The holistic anti-age management for youthful looking facial skin: **LR ZEITGARD.** In three steps, the professional overall concept offers professional tools and type-appropriate anti-age care for a lastingly youthful complexion.

The functional special care LR MICROSILVER PLUS with its active ingredient combination of MICROSILVER BGTM, panthenol and zinc compounds provides antibacterial protection and optimum care for irritated and stressed skin.

LR

ALOE·VIA

aloe  
vera



# LR Aloe Via

## Your way to naturally nurtured skin



**High Aloe Vera content** for intensive care and regeneration



**Enriched with nourishing organic extracts** – specifically adapted to the individual care requirement



Particularly **mild** and **gentle** care without the addition of parabens or mineral oils.



LR ALOE VIA stands for quality **“Made in Germany”**. That is our promise you can count on 100 %.



Our Aloe Vera gel is continuously tested by the renowned International Aloe Science Council (IASC) – from cultivation through to processing



The skin tolerability of all Aloe Vera products is confirmed by the renowned, independent institutes Dermatest and Derma Consult.



28 LR ALOE VIA products are patented thanks to their unique concentration of Aloe Vera gel and various organic extracts.

On the way to naturally beautiful and healthy skin with the nourishing and regenerative power of Aloe Vera – this is what **LR ALOE VIA** stands for. Whether young or old, everyone will find the right solution for their needs in our broad range of products. You and your loved ones will be cared for from head to toe with the best Aloe Vera can give us.

The basis of our product promise: a well-trusted care concept **LR Aloe Via** unites the best Aloe Vera has to offer – its gel – with 15 years of Aloe Vera care competence by LR. A high Aloe Vera content, proven combinations of active ingredients and the natural power of precious organic extracts are what make the **LR ALOE VIA** care series so unique and varied in terms of effects:

- It regenerates
- moisturises
- soothes
- and protects – 100% free of parabens and mineral oils.

Regular checks by the International Aloe Science Council (IASC) guarantee a high quality of our Aloe Vera – from cultivation to processing. The independent institute Dermatest confirms the skin tolerability.

28 LR ALOE VIA products are patented thanks to their unique concentration of Aloe Vera gel and various organic extracts.

Find your way to naturally nurtured skin – with **LR ALOE VIA**.



# LR Aloe Via

Multifaceted Aloe Vera care  
from head to toe

## Regeneration and care

Take advantage of the natural regenerating power of Aloe Vera for particularly sensitive or stressed skin.

The LR ALOE VIA products cover stressed skin like a protective film and have a cooling, soothing and regenerating effect.

### Special Care

---

**LR ALOE VIA**  
**Special care**  
For a healthy skin feeling



### Oral Care

---

**LR ALOE VIA**  
**Oral and dental hygiene**  
For a beautiful, healthy smile



### Face Care

---

**LR ALOE VIA**  
**Facial care and cleansing**  
For a radiant look



### Body Care

---

**LR Aloe Via**  
**Body care and cleansing**  
For noticeably smooth and soft skin





## Individual care and protection

Aloe Vera is a real all-rounder. It is not only regenerating and moisturising, but also has an anti-inflammatory effect. Just the all-rounder you need from head to toe for the whole family.

# Hair Care

---

**LR ALOE VIA**  
**Hair care**  
For glossy, supple hair

A white tube of LR Aloe Vera hair care product is shown. The tube is wrapped in a decorative, golden-brown, leaf-like structure that resembles aloe vera leaves. The product label on the tube is visible, showing the 'aloe vera' logo and some text.

# Men Care

---

**LR ALOE VIA**  
**Men's skin care**  
For fresh, well-groomed men's skin

A black tube of LR Aloe Vera men's skin care product is shown. The tube is partially wrapped in a green aloe vera leaf. The product label on the tube is visible, showing the 'aloe vera' logo and 'AFTER SHAVE' text.

# Baby Care

---

**LR ALOE VIA**  
**Baby care**  
For gently protected baby skin

A white tube of LR Aloe Vera baby care product is shown. The tube is wrapped in a green aloe vera leaf. The product label on the tube is visible, showing the 'aloe vera' logo and 'BABY' text.

# Sun Care

---

**LR ALOE VIA**  
**Sun protection**  
For healthy, sun-protected skin

A white tube of LR Aloe Vera sun care product is shown. The tube is wrapped in a green aloe vera leaf. The product label on the tube is visible, showing the 'aloe vera' logo and 'SUN LOTION' text.

LR  
ALOE·VIA





# Special Care

For a healthy skin feeling

## Special care

### LR ALOE VIA Special care –

especially soothing and regenerating for stressed and irritated skin.

The LR ALOE VIA products cover stressed skin like a protective film and have a cooling, soothing and regenerating effect. It is supported by special combinations of active ingredients and soothing herbal essences.



MADE IN GERMANY

“Made in Germany” is our quality promise, which you can count on 100 %.



### Aloe Vera Quick Emergency Spray

- Light spray for the whole body
- With a powerful combination of 83% Aloe Vera gel and 12 herbal essences
  - Forms a protective film on the stressed skin
  - Soothes and cools
  - The skin is regenerated and the natural balance is restored

20600 | 400 ml



### Aloe Vera Moisturising serum

- Refreshing care gel for irritated, dry skin
- 90% Aloe Vera gel
  - Instantly moisturises and cools the skin
  - Improves skin elasticity
  - Your skin immediately feels refreshed and revitalised

20601 | 100 ml



### Aloe Vera Protective Propolis Cream

- Rich cream for dry skin in need of care
- 79% Aloe Vera and beeswax extract
  - Highly moisturising and nourishing
  - Strengthens the skin barrier and forms a protective film on the skin
  - Your skin feels soothed and relaxed

20602 | 100 ml

# Special Care

For quick relieve  
in everyday life

The “all purpose” box: For irritated skin, the three **LR ALOE VIA experts** support the natural regeneration of the skin – with a maximum of care. The Special Care Box is the perfect SOS care package for use at home or on the go.



## YOU SAVE WITH **SETS**

### The “all purpose” SOS care

#### Aloe Vera

#### Special Care Box

20650

Aloe Vera with Propolis · 100 ml

Aloe Vera Concentrate · 100 ml

Aloe Vera Emergency Spray

in the handy 150 ml bottle

(special size only available in the box set)

you also receive the informative



MADE IN GERMANY

"Made in Germany" is our quality promise, which you can count on 100 %.



### Aloe Vera Relaxing Thermal Lotion

Warming skin care lotion for muscle aches

- 45% Aloe Vera gel and natural essential oils
- Provides moisture and nourishes
- Promotes the muscles' blood flow
- The muscles relax and the skin becomes supple



20603 | 100 ml

### Aloe Vera Multi-purpose MSM Body Gel

Quickly absorbing, cooling gel cream for stressed muscles and joints

- 60% Aloe Vera gel, a special MSM sulphur compound, bearberry leaves and willow bark extract
- Tones up the skin and gives it elasticity

20604 | 200 ml

### Aloe Vera Regulating Dermalintense Cream

Extra rich cream for particularly stressed skin areas

- 20% Aloe Vera gel and vitamin B12 complex, evening primrose oil and Mahonia extract
- Soothes and moisturises
- Activates skin regeneration and demonstrably reduces skin roughness, redness and scaling\*\*
- The skin is regenerated and the natural balance is restored
- Without perfume oil

20606 | 50 ml

\* Study on 20 subjects conducted by Dermatest in May 2010





ALOE·VIA



# Face Care

For a radiant look

## Facial care and cleansing

**LR ALOE VIA Facial care and cleansing** – with Aloe Vera to maintain a good moisture balance. Combines high-quality ingredients such as organic olive extract in unique formulas and ensures the right balance of the facial skin every day. Nothing goes beyond the great feeling of beautiful and healthy skin.



MADE IN GERMANY

“Made in Germany” is our quality promise, which you can count on 100 %.



## YOU SAVE WITH SETS

### Complete care for beautiful, radiant skin.

**Aloe Vera** 20707  
**Facial care set**  
 Day Cream · 50 ml  
 Night Cream · 50 ml  
 Eye Cream · 15 ml



### Aloe Vera Multi-active Day Cream

Light texture for the day

- With 50% Aloe Vera gel, organic olive extract & grape seed oil
- Provides intensive moisture and preserves the natural moisture content
- Protects the skin against external environmental influences
- For supple skin and a radiant complexion

20674 | 50 ml

### Aloe Vera Regenerating Night Cream

Rich, delicately scented face cream for the night

- With 50% Aloe Vera gel, organic olive extract & olive oil
- Nourishes and regenerates the skin
- Improves the natural skin function overnight
- The skin is refreshed and supple

20675 | 50 ml

### Aloe Vera Skin-Refining Eye Cream

Intensive care for the sensitive eye area

- With 50% Aloe Vera gel, organic olive extract and haloxyl
- Moisturises
- Reduces dark circles and firms the skin
- The eye area appears smoother and looks fresh

20677 | 15 ml



# Face Care

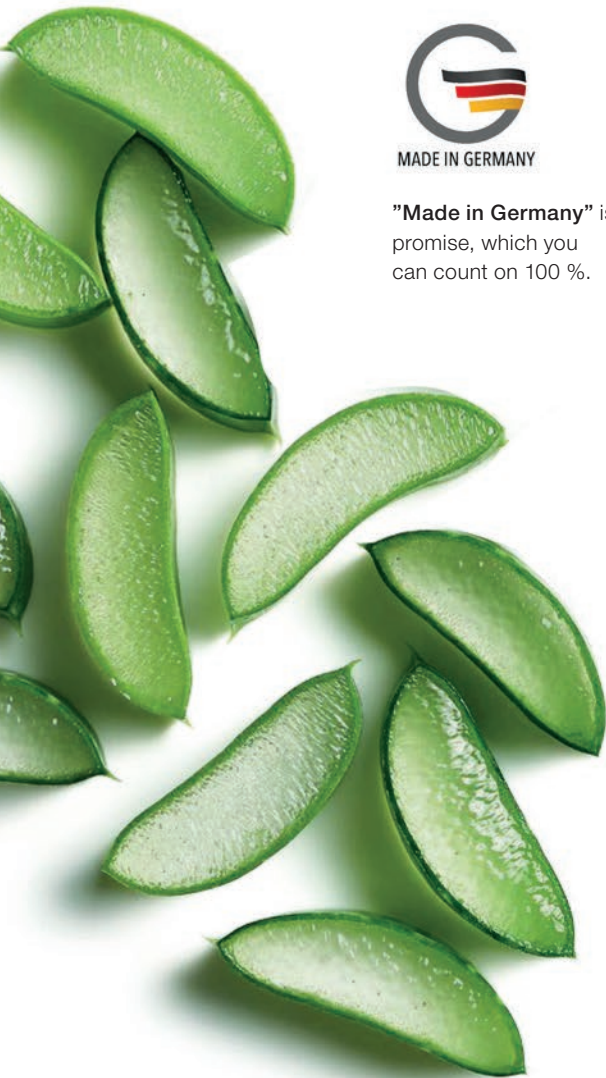
For additional  
moisture & freshness

The main ingredient of our care range – pure Aloe Vera gel – not only has a regenerating and nurturing effect but above all provides the skin with lots of moisture. For a very special moisture boost and pure refreshment.



MADE IN GERMANY

"Made in Germany" is our quality promise, which you can count on 100 %.



## Aloe Vera Refreshing Gel Cream

Light, quickly absorbing sorbet texture for the face

- 50% Aloe Vera gel and organic olive extract
- Provides intense moisture with an extra boost of freshness
- Revitalises the complexion and protects the skin from free radicals
- For refreshed skin and a radiant complexion

20679 | 50 ml



## Aloe Vera Express Moisture Face Mask

Refreshing gel cream for the face

- 50% Aloe Vera gel, organic wild rose extract and an active ingredient combination of Aquaxyl and Aquapront™
- Provides the skin with up to 95% more moisture in just 3 minutes\*
- Improves skin elasticity and moisture content
- For refreshed skin and a radiant complexion

20689 | 75 ml





# Gentle cleansing is the basis for efficient care

A radiantly beautiful face not only requires sufficient care – the basis of every care routine is cleansing. In the mornings and evenings!



### Aloe Vera Skin-Refining Facial Peeling

- Soft gel texture for the face
- 50% Aloe Vera gel, organic rose extract and plant-based exfoliating particles
- Gently removes dead skin cells and stimulates circulation
- Refines the complexion without affecting the skin's natural balance
- For soft skin and a radiant complexion

20673 | 75 ml



### Aloe Vera Clarifying Face Toner

- Alcohol-free toner for facial cleansing
- 50% Aloe Vera gel and organic rose extract
- Clears the pores of make-up residues and everyday dirt
- Cleanses, soothes and refreshes the skin
- Moisturises

20671 | 200 ml



### Aloe Vera Balancing Cleansing Milk

- Mild cleansing milk for the face
- 50% Aloe Vera gel and organic rose extract
- Gently cleanses the skin and removes make-up and dirt
- Preserves the skin's natural moisture content

20670 | 200 ml



### Aloe Vera Nurturing Cleansing Wipes

- Gentle soft-fleece cleansing wipes for the face and hands, practically also on the go
- 30% Aloe Vera gel and organic rose extract
- Cleanses the skin thoroughly and gently
- Removes make-up without drying out the skin

20672 | 25 st

# Face Care

## Aloe Vera Magic Bubble Mask

The new **Aloe Vera Magic Bubble Mask** offers deep cleansing with a fun factor. Immediately after application, it transforms into a foam of thousands of tiny crackling bubbles. The face mask thus frees the skin from environmental pollutants and skin flakes and prevents the deposition of harmful substances. You can see, hear and feel it! The result: intensely vitalised complexion. Simply magic!

For a fresh and radiant complexion.



MADE IN GERMANY

"Made in Germany" is our quality promise, which you can count on 100 %.



### Aloe Vera Magic Bubble Mask

Deeply effective, cleansing detox foam mask for the face

- with moringa extract, ginger extract, Aloe vera gel and bubble booster
- prevents the deposition of pollutants
- moisturises
- The skin looks fresh and radiantly beautiful again

20789 | 50 ml

## 1 DETOX

Ginger and moringa extract remove dead skin cells and environmental pollutants (e.g. particulate matter and radicals), cleanses the skin from deep within and prevents further accumulation of pollutants by providing the skin with a lotus-like effect. Organic ginger extract offers additional skin protection.

## 2 MOISTURE

Aloe vera provides moisture and supports skin regeneration.

## 3 THE BUBBLE BOOSTER

The bubble booster increases oxygen supply and helps form tiny bubbles which enhance the detox and moisturising effect. This effect makes it easier to remove dirt particles, and the moisture can penetrate more deeply into your skin.





NEW







ALOE·VIA



# Body Care

For noticeably smooth and soft skin

## Body care and cleansing

**LR ALOE VIA Body care and cleansing** – this is refreshing cleansing, intensive care and a defined silhouette with the best of Aloe Vera. Special formulations – depending on the requirements – gently cleanse the skin, stabilise its moisture content and smooth the body contours.



"Made in Germany" is our quality promise, which you can count on 100 %.



## YOU SAVE WITH SETS

### All-round care for velvety soft skin

**Aloe Vera Body Care Set** 20708  
Soft Skin Cream · 100 ml  
Hand Cream · 75 ml  
(see page 80)  
Refreshing Gel Cream  
(see page 76)



### Aloe Vera Soft Skin Cream

Rich, non-greasy cream for the face and the body

- With 35% Aloe Vera gel and organic magnolia extract
- Provides intensive moisture
- Leaves the skin feel incredibly soft
- Is quickly absorbed

20631 | 100 ml

### Aloe Vera Moisturising Body Balm

Light, quickly absorbing balm for the body

- With 69% Aloe Vera gel and organic magnolia extract
- Nourishing and nurturing
- Improves the skin's moisture content
- The skin feels supple and soft

20639 | 200 ml

### Aloe Vera Repairing Foot Cream

Quickly absorbing cream for dry, rough feet

- With 30% Aloe Vera gel and organic magnolia extract
- Regenerates chapped, rough and particularly dry skin
- Provides intensive moisture
- For soft and well nurtured skin

27517 | 100 ml

# Body Care

For soft  
touches

Aloe Vera hand cream nurtures, nourishes and soothes stressed hands – day after day. The composition of Aloe vera and organic calendula extract stimulates skin regeneration. Aloe vera provides moisture. Thus, even rough, stressed hands become soft and smooth again.



## Aloe Vera Soft Hand Cream

Quickly absorbing cream for the hands

- With 35% Aloe Vera gel and organic calendula extract
- Nourishes and moisturises
- The hands feel soft and smooth



## Aloe Vera Extra-rich hand cream

Rich, quickly absorbing cream for particularly stressed, dry hands

- With 40% Aloe Vera gel and organic calendula extract
- Provides intensive care and protects skin
- Supports the regeneration of chapped skin

20610 | 75 ml



20613 | 75 ml





# Efficient care for a defined silhouette

No less than two care specialists for a firm skin feeling and even complexion.

Aloe Vera in combination with green tea extract and high-performance active ingredient complexes ensure a total sense of well-being.



## Scientific study\* confirms the shaping effect of the body gel:

- 100% of the test persons confirm that the skin feeling improves
- 70% confirm that the skin is more elastic
- 70% say that the skin appears noticeably tighter and firmer

## Aloe Vera Shaping Body Gel

Quickly absorbing, refreshing gel for the waist, upper arms and thighs

- 30% Aloe Vera gel, organic green tea extract and Intenslim® active ingredient complex
- Improves the elasticity of the tissue
- Supports the reduction of the waist size when regularly applied
- Tones and firms the skin when used regularly

27536 | 200 ml



## Aloe Vera Correcting Body Cream

Rich cream for thighs and bottom

- With 30% Aloe Vera gel, organic green tea extract and Legance® active ingredient complex
- Improves skin elasticity and suppleness
- The skin appears more even and smooth

27535 | 200 ml



## Scientific study\*\* confirms the corrective effect of the Body Cream:

- 95% of the test persons confirm that the skin feeling improves
- In 85% of all test persons, improved skin density was determined by means of objective skin ultrasound measurement, which is an important criterion for a firmer, more supple and elastic skin
- Improves skin density by up to 70%

\* Scientific study conducted by Institut Dermatest in March 2017 on 20 women with daily application on the waist.

\*\* Scientific study carried out by Institut Dermatest in March 2017 on 20 test persons with daily use on the thigh including objective measurement of the deep tissue by ultrasound (sonography).

# Body Care

For an all-round  
feeling of freshness

Refreshment for the whole body and pure hygiene with the best of Aloe Vera for the whole family. This includes not only thorough cleansing but also a reliable feeling of freshness and additional moisture



"Made in Germany" is our  
quality promise, which you  
can count on 100 %.

MADE IN GERMANY



## Aloe Vera Gentle Cleansing Hand Soap

- Nourishing cream soap for the hands
- With 38% Aloe Vera gel and organic calendula extract
  - Gentle cleansing and moisturising



## Aloe Vera Cream Soap

Refill





YOU SAVE WITH **SETS**

Everything for daily freshness & hygiene

**Aloe Vera** 20706  
**Hair & Body Set**  
 Shampoo · 200 ml  
 Body Balm · 200 ml  
 Shower Gel · 250 ml



**Aloe Vera Protective Roll-On Deodorant**

- Gentle anti-perspirant without alcohol
- With 15% Aloe Vera gel and organic cotton extract
  - Reliable protection against body odour and underarm wetness
  - Leaves a pleasant feeling of freshness
  - Good skin tolerability even with sensitive skin
  - Especially gentle after shaving

20643 | 50 ml

**Aloe Vera 2in1 Hair & Body Shampoo**

- Refreshing shower gel for hair and body
- With 35% Aloe Vera gel and organic bamboo extract
  - Quick, easy & effective all-in-one cleansing and care

20633 | 250 ml

**Aloe Vera Vitalising Shower Gel**

- Refreshing shower gel for the body
- With 35% Aloe Vera gel and organic kiwi extract
  - Thorough & soft moisturising cleansing
  - Leaves a pleasant feeling of freshness

20630 | 250 ml



LR  
ALOE·VIA



LR  
ALOE·VIA



ALOE VERA  
43%  
PURE JEL

EXTRA FRESHNESS  
TOOTH GEL

With aloe vera & echinacea extract  
Gently cleanses teeth, protects  
gum & refreshes breath

# Oral Care

## Oral and dental hygiene

Who does not want a beautiful, light-hearted laughter? This is not possible without well-groomed teeth and lips. With its regenerative power, Aloe Vera ensures a fresh, healthy oral flora and soft, smooth lips. This way, you can always show your smile without hesitating!



MADE IN GERMANY

"Made in Germany" is our quality promise, which you can count on 100 %.

For a healthy,  
beautiful smile



## YOU SAVE WITH SETS

### Everything for a beautiful smile

Aloe Vera 20705  
Oral & Dental Care Set  
2 x Extra Fresh  
Tooth Gel · 100 ml  
Lip Care Balm · 4,8 g



### Aloe Vera Moisturising Lip Balm

Light, transparent lip balm

- With 40% Aloe Vera vegetable oils
- Provides the lips with intensive moisture
- Gentle care for smooth, soft lips

20676 | 4,8 g

### Aloe Vera Extra Fresh Tooth Gel

Tooth gel for daily tooth-cleaning

- With 43% Aloe Vera gel and Echinacea extract
- Cleans teeth and gums thoroughly and gently
- Provides a pleasantly fresh mouthfeel
- Without fluoride

20690 | 100 ml

### Aloe Vera Protective Toothpaste

Toothpaste for the daily cleaning of sensitive teeth

- With 40% Aloe Vera gel and mineral complex
- Cleans thoroughly and particularly gentle
- Reduces tooth hypersensitivity
- Effectively removes dental plaque
- With fluoride

20691 | 100 ml





ALOE·VIA





# Hair Care

## Hair Care

Bye bye bad hair day! With LR ALOE VIA Nutri Repair Hair Care, dry, stressed hair becomes a thing of the past. The new hair care system with a unique combination of Aloe vera gel and 7 natural oils nurtures, strengthens and repairs your hair and protects it from breakage. For silky suppleness, healthy gloss and self-confidence from the roots to the tips.

- **Silky suppleness:**  
up to **3 times** easier to comb\*
- **Healthy gloss:**  
more than **90 %** less breakage
- **Vitalising fragrance:**  
**95 %** of the test persons love the fragrance\*\*



### STRENGTHENING

#### Aloe Vera Nutri Repair Shampoo

- With 45% Aloe vera gel and organic bamboo extract
- Cleanses gently, strengthens the hair from the outside and moisturises the scalp
- For every hair wash

20648 | 200 ml



### SUPPLENESS

#### Aloe Vera Nutri Repair Conditioner

- With 15% Aloe vera gel and Nutri-Oil-Repair-Complex from 7 oils
- Nourishes and repairs the hair from the inside without weighing it down
- Smoothens and seals the hair surface
- For every hair wash

20649 | 200 ml



### LONG-TERM PROTECTION

#### Aloe Vera Nutri Repair Hair Mask

- With 15% Aloe vera gel and Nutri-Oil-Repair-Complex from 7 oils
- Nourishes and repairs the hair from deep within, fills porous spots, restores stability of the hair and thus offers long-term protection against breakage
- Apply once or twice a week instead of conditioner

20730 | 200 ml



### HEAT PROTECTION

#### Aloe Vera Nutri Repair Leave-in Treatment

- With 60 % Aloe Vera gel and organic bamboo extract
- Works like a protective shield against heat
- Nourishes the hair and provides moisture
- Ideal before heat styling (e.g. blow-drying or straightening) or simply in-between washes – no-rinse

20647 | 150 ml



HAIR CARE SYSTEM AS A SET

20763

Shampoo, Conditioner, Hair Mask

\* when using shampoo, conditioner and mask combined. Confirmed by bio-physical tests of wet combing force and anti-breakage effect compared to neutral shampoo conducted by proDERM in January 2018  
\*\* User study with 40 test persons conducted by Dermatest in December 2017

LR

ALOE·VIA

aloe  
vera



LR

ALOE·VIA

aloe  
vera

50%  
PURE ALOE

SOOTHING  
AFTER SHAVE  
BALM

With aloe vera &  
tea white tea extract  
Reduces skin irritation,  
moisturizes & smooths skin



YOU SAVE WITH **SETS****Everything for a  
flawless shave**

**Aloe Vera**  
**Men's Care Set I**      20424  
 Shaving Foam · 200 ml  
 After Shave Balm · 100 ml  
 Anti-Stress Cream · 100 ml

**Aloe Vera**  
**Men's Care Set II**      20425  
 Shaving Gel · 150 ml  
 After Shave Balm · 100 ml  
 Anti-Stress-Cream · 100 ml

# Men Care

For fresh,  
well-  
groomed  
men's skin

## Men's Care

**LR ALOE VIA Men's Care** is perfectly matched to the special requirements of male skin thanks to its special combination of moisturising Aloe Vera and and soothing organic whitener tea extract perfectly adapted to the special requirements of male skin. Men's skin has its own special needs – it not only has a different structure than women's skin – daily shaving also puts it under additional stress.



### Aloe Vera Calming Shaving Foam

- Gentle shaving foam
- With 30% Aloe Vera
  - Calms the skin and protects it from irritations
  - Moisturises and nurtures the skin already before shaving
  - The shaved skin feels smooth and soft
  - For efficient and thorough shaving

20420 | 200 ml



### Aloe Vera Calming Shaving Gel

- Gentle shaving gel
- With 30% Aloe Vera
  - Calms the skin and protects it from irritations
  - Moisturises and nurtures the skin already before shaving
  - The shaved skin feels smooth and soft
  - For efficient and thorough shaving

20423 | 150 ml

### Aloe Vera After Shave Balm

- Light care balm for the face
- With 50% Aloe Vera gel and organic white tea extract
  - Reduces skin irritations and calms the skin after shaving
  - Provides moisture and nourishes

20421 | 100 ml



### Aloe Vera Anti-Stress Cream

- Light, refreshing cream for the face
- With 50% Aloe Vera gel and organic white tea extract
  - Boost of freshness for stressed men's skin
  - Provides moisture and vitalises

20422 | 100 ml





IR  
ALOE·VIA



# Baby Care

## Baby care

For baby's skin, less is simply more. The naturally delicate and soft baby skin is very sensitive and the body's skin barrier is not yet fully developed. Therefore, it is essential to nourish, protect and regenerate baby's skin.

The new **LR ALOE VIA Baby Care** series with the best of Aloe Vera – its gel – and precious organic plant extracts is now even more gentle and natural than never before. Without parabens. Without mineral oils. Without perfume oils.

For gently protected baby skin

Now even more gentle & natural  
Recommended by midwives and paediatricians.



## YOU SAVE WITH SETS

### Care & cleansing for sensitive skin

**Aloe Vera Baby Set** 20318  
Washing Lotion · 250 ml  
Nappy Rash  
Protection Cream · 100 ml  
Face Cream · 100 ml



### Aloe Vera Baby Sensitive Nappy Rash Cream

Rich, solid cream for sore skin

- With 40% Aloe Vera gel, organic calendula extract, zinc and panthenol
- Supports the regeneration of sore skin and protects against new nappy rash
- Regenerates and soothes irritated skin
- Without perfume oil

20319 | 100 ml



### Aloe Vera Baby Sensitive Washing Lotion & Shampoo

Extra mild, creamy washing lotion for sensitive skin

- With 30% Aloe Vera Gel, organic calendula extract and soy oil
- Mild, gentle cleansing
- Protects sensitive skin from drying out during cleansing and moisturises
- Without sulphates and perfume oil

20320 | 250 ml



### Aloe Vera Baby Sensitive Face & Body Cream

Extra mild, light washing lotion for sensitive skin

- With 40% Aloe Vera gel, organic calendula extract and panthenol
- Supports the skin barrier and protects against moisture loss
- Provides moisture, nurtures and soothes
- Without perfume oil

20321 | 100 ml





LR  
ALOE·VIA



### Aloe Vera Sun Gel Cream

#### SPF 20

Light gel cream for tanned skin types

- With 40% Aloe Vera gel
- Protects the skin from UVA & UVB rays
- Nurtures, cools and moisturises intensively
- Can be easily applied without sticking
- Waterproof

23075 | 100 ml



### Aloe Vera Sun Lotion

#### SPF 30

Cream for lightly tanned skin types

- With 40% Aloe Vera gel
- Protects the skin from UVA & UVB rays
- Nurtures and moisturises intensively
- Waterproof

23071 | 100 ml



### Aloe Vera Sun Cream

#### SPF 50

Cream for light, sensitive skin types and children

- With 40% Aloe Vera gel
- Protects the skin from UVA & UVB rays
- Nurtures and moisturises intensively
- Waterproof

23072 | 75 ml



LR  
ALOE·VIA

aloe vera

MADE WITH 40% ALOE VERA

SPF 30  
HIGH PROTECTION  
SUN LOTION

Waterproof  
Aloe vera &  
sunscreen filters  
protects against UVA&UVB

UVA



# Sun Care

For healthy,  
sun-protected skin

## Sun protection

Each skin type requires different sun protection. From delicate to sensitive through to tanned skin – LR ALOE VIA Sun Protection products offer care and protection for the whole family. Aloe Vera provides stressed skin with moisture, cools, soothes and regenerates. For optimum protection, we recommend applying approx. 4 tablespoons of sun cream (for an adult) all over your body.

*The LR ALOE VIA  
sun protection products  
are available in the  
sunny months from  
April to August.*



Guarantees efficient ratio of  
UVA and UVB filter



### Aloe Vera Sun Gel Cream

#### SPF 20

- Light gel cream for tanned skin types
- With 40% Aloe Vera gel
  - Protects the skin from UVA & UVB rays
  - Nurtures, cools and moisturises intensively
  - Can be easily applied without sticking

23074 | 50 ml



### Aloe Vera Sun Spray Active

#### SPF 30

- With 30% Aloe Vera gel
- Protects the skin from UVA & UVB rays
  - Nurtures, cools and moisturises intensively
  - Quick and easy to use
  - Waterproof

23073 | 125 ml



### Aloe Vera After Sun Gel Cream

- Light, cooling cream for the body
- With 70% Aloe Vera gel and shea butter
  - Cools and supports the skin's regeneration after sunbathing
  - Provides moisture and nourishes
  - The skin feels smooth and supple

23070 | 200 ml



STEP 1-3

LR

ZEITGARD

FOR TIMELESS BEAUTY



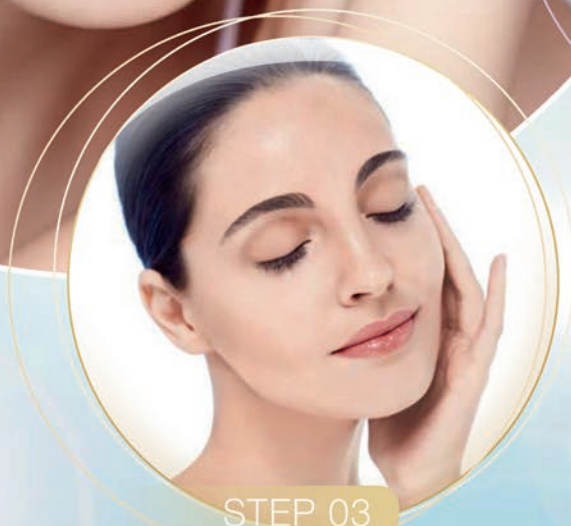
STEP 01

CLEANSING-SYSTEM



STEP 02

ANTI-AGE-SYSTEM



STEP 03

CARE-SYSTEM

EFFICIENT.  
INNOVATIVE.  
PROFESSIONAL.

# ANTI-AGE MANAGEMENT

Innovative anti-aging management for a youthful appearance

With the holistic, professional LR ZEITGARD anti-aging management for use at home, you can easily preserve the youthful appearance of your skin in just 3 steps: From deep cleansing of the pores at the push of a button to anti-aging treatment with immediately visible effects, right up to type-appropriate complementary care.

## STEP 01



**CLEANSING-SYSTEM:** The ZEITGARD Cleansing Device is the first step of an affective and long-lasting anti-aging treatment. Thanks to the special oscillation technology of ZEITGARD 1, cleaning at the push of a button ensures a pure complexion right down to the pores and optimally prepares the skin for further care steps.

## STEP 02



**ANTI-AGE-SYSTEM:** The ZEITGARD Cleansing Device is the first step of an affective and long-lasting anti-aging treatment. Thanks to the special oscillation technology of ZEITGARD 1, cleansing at the push of a button ensures a pure complexion right down to the pores and optimally prepares the skin for further care steps.

## STEP 03



**CARE-SYSTEM:** The ZEITGARD Care System, which provides lasting support, completes the entire treatment. The body care appropriate to the type underlines a long-lasting success. DAILY-CARE offers effective anti-age products for daily care routine – SPECIAL-CARE sophisticated additional products for special care needs.

\*Dermatest study conducted on 40 test persons in July & August 2015



STEP 01



LR

**ZEITGARD**  
FOR TIMELESS BEAUTY

The ZEITGARD Cleansing System represents the first step of an affective and long-lasting anti-aging treatment.

- Ideal preparation for subsequent care
- Improves the appearance of the skin through nurturing, in-depth cleansing
- Firmer, smoother skin thanks to the massage function

\* Scientific study conducted by the renowned Institut Dermatest GmbH.

Period of application: 6 weeks (end of January to early March 2015), number of persons tested: 40

\*\* The filaments of the brush head ensure impeccable hygiene for up to 3 months thanks to the antibacterial effect of the LR power agent MICROSILVER. MICROSILVER BG consists of pure silver powder with a highly porous molecular structure. The highlight: MICROSILVER BG regulates the new formation of bacteria with a lasting effect.

# CLEANSING SYSTEM

SOFT CLEANSING  
with strong  
effect



## ZEITGARD 1

- Electric brush with oscillation
- Pore-deep, gentle cleansing
- Up to 10 times more efficient than manual facial cleansing\*

## Brush head

- Classic – for normal skin 70003
- Soft – for sensitive skin 70004

## Cleansing System Care product

- All Skin Types – for normal skin 70000
- Sensitive Skin – for sensitive skin 70001



## YOU SAVE WITH SETS

### Cleansing System - Kit

- Classic – for normal skin 70036
- Soft – for sensitive skin 70037

- ZEITGARD 1
- 1 x care product
- ZEITGARD Travel Case Gratis



### FOR SENSITIVE SKIN

- Soft filaments with MICROSILVER for pure and radiant skin
- Gentle cream developed for sensitive skin with a texture specifically tailored to the cleansing programme
- Efficacy confirmed by Dermatest\*



### FOR NORMAL SKIN

- Stronger filaments with MICROSILVER for deep cleansing and visibly purified skin
- In combination with foaming gel with a texture specifically tailored to the cleansing programme
- Efficacy confirmed by Dermatest\*



STEP 02



LR  
**ZEITGARD**  
FOR TIMELESS BEAUTY

The exclusive ZEITGARD Anti-Age System reduces wrinkles and demonstrably makes the skin look younger\*.

- 95% of the test persons reported an **optimised absorption of active substances** after the use of the ZEITGARD 2\*
- Over 90% of all test persons felt an **improved moisture supply** of the skin
- 90% of the test persons confirmed an **enhanced elasticity** of the skin\*
- Over 80% of the test persons confirmed **instantly visible and tangible results**\*
- Over 75% of the test persons confirmed a **visibly rejuvenated eye area**\*

\*Dermatest study conducted on 40 test persons in July & August 2015



# ANTI-AGE SYSTEM

Clearly visible wrinkle reduction\*

## ZEITGARD 2

- Electric anti-aging device for wrinkle reduction
- Thermal hot/cold method for an effective transport of anti-aging substances into the skin layer
- Fresh complexion due to blood microcirculation

### YOU SAVE WITH SETS

#### Anti-Age System

<b>Hydrating Kit</b>	71006
ZEITGARD 2	
Eye Serum	
Hydrating Cream-Gel	
ZEITGARD Travel Case	Gratis
<b>Restructuring Kit</b>	71007
ZEITGARD 2	
Eye Serum	
Restructuring Cream-Gel	
ZEITGARD Travel Case	Gratis

**FREE** with each set:  
1 Zeitgard Travel Case



OR



### YOU SAVE WITH SETS

#### Anti-Age-System

<b>Hydrating Set</b>	71008
Eye Serum	
Hydrating Cream-Gel	
<b>Restructuring Set</b>	71009
Eye Serum	
Restructuring Cream-Gel	

#### Anti-Age System Eye Serum

- Highly-concentrated eye serum
- Moisturises, relaxes the eye area and smoothes minor wrinkles
- With innovative active ingredient complex of Patch<sub>2</sub>O™ and Ultra Filling Spheres

#### Anti-Age System Restructuring Cream-Gel

- Facial cream for firmer contours especially for more mature skin
- Significantly reduces the depth of wrinkles, the skin looks firmer and rejuvenated
- With innovative active ingredient complex of Patch<sub>2</sub>O™ and Ultra Filling Spheres

#### Anti-Age System Hydrating Cream-Gel

- Rich facial cream for defined contours even for young skin
- Firms-up facial contours for a smoother complexion
- With innovative active ingredient complex of Patch<sub>2</sub>O™ and Ultra Filling Spheres

71000 | 30 ml



71002 | 50 ml



71001 | 50 ml



STEP 03



LR

**ZEITGARD**  
FOR TIMELESS BEAUTY

### Efficient and long-lasting facial care

In combination with the first two steps of the ZEITGARD Anti-Age Management, the Care System with its individual regenerative care products is aimed at a long-lasting effect.

For all ages and whether men or women – do not leave your beauty to chance!



# CARE SYSTEM

Individual regenerative care  
for a long-lasting  
anti-aging effect

## DAILY-CARE

Effective anti-aging products  
for your daily care routine



**Racine:** Effective basic care with moisturising, energising active ingredients against the first signs of aging.



**Nanogold:** Rich care with gold and silk for regeneration and reduction of photo-induced wrinkles and signs of aging.



**Beauty Diamonds:** Intensive luxury care based on diamond and peptides, nourishing pampering texture for mature, demanding skin.



**PLATINUM:** Special care system with innovative platinum active ingredient combination for stressed men's skin.

## SPECIAL-CARE

Extra care for special care needs



**Serox:** Preventive care against facial wrinkles and volume loss. Exclusive anti-aging active ingredient combination with hyaluronic acid and UltraFilling Spheres™.



**Power Lift:** Hydrating energy boost with an invigorating 7-herbal complex for vitalised women's and men's skin.



**Sleeping Mask:** Regenerating mask with energising, highly effective care formula for rejuvenated women's and men's skin overnight. Rich, nurturing texture with valuable oils



# EFFECTIVE BASIC CARE for beginners

The effective basic care provides tired-looking, drawn skin with a lot of moisture and new energy. For a fresh, vital complexion! Even before the first wrinkles appear, you can prevent skin aging with the care complex of coenzyme Q10 and algae contained in the creams.

The care series supports the entire energy balance of the cells: it activates the skin and provides it with extra freshness and radiance.

**RACINE**  
DAILY CARE



MADE IN GERMANY

"Made in Germany" is our quality promise, which you can count on 100 %.



## YOU SAVE WITH SETS

### Racine Set 28503

Day Cream · 50 ml  
Night Cream · 50 ml  
Eye Cream · 15 ml

### Racine Day Cream

- With coenzyme Q10 for more energy in the cells
- Care complex with algae increases moisture supply
- Vitamin E protects the cells
- UV filter protects against photo-induced influences

28500 | 50 ml

### Racine Night Cream

- Coenzyme Q10 supports cell regeneration during the night
- Care complex with algae supplies the skin with minerals
- Vitamin E regenerates skin overnight
- Rich texture with jojoba oil and shea butter

28501 | 50 ml

### Racine Collagen Serum

- Pure collagen boosts the skin's firmness
- Intensive moisture supply and retention
- Makes the skin appear youthfully fresh & smooth

28504 | 30 ml

### Racine Eye cream

- With coenzyme Q10 for more energy in the cells
- Effective combination of vitamins for natural regeneration:
- Vitamin A prevents wrinkles
- Vitamin E protects against free radicals
- Vitamin C has an antioxidant effect
- Care complex with algae increases moisture supply

28502 | 15 ml

# RICH CARE

## against premature skin aging

The high-quality care contains an exclusive combination of micronized gold particles and silk proteins. While gold already supports the skin's UV protection, silk can stimulate the formation of collagen and thus supports skin regeneration.



MADE IN GERMANY

"Made in Germany" is our quality promise, which you can count on 100 %.

NANO  
GOLD  
DAILY CARE



### YOU SAVE WITH SETS

**Nano-gold & Silk Set**      28188  
Day Cream · 50 ml  
Night Cream · 50 ml

#### Nanogold Facial Toner

- Cleanses and revitalises the skin
- With Nano-gold & silk proteins as UVA-protection against premature skin-aging
- Also suitable for combination skin

28181 | 125 ml

#### Nanogold Day Cream

- Silky luxury cream texture
- Nurtures and pampers the skin the whole day through
- With Nano-gold & silk proteins as UVA-protection against premature skin-aging
- With special Aglyca<sup>®</sup>, TIMP Peptides<sup>®</sup> and Uvinul A plus<sup>®\*</sup> complex

28182 | 50 ml

#### Nanogold Collagen Serum

- Luxurious cream
- Nurtures and regenerates the skin over night
- With Nano-gold & silk proteins as UVA-protection against premature skin-aging
- With TIMP-Peptides<sup>®</sup> and the anti-wrinkle agent SYN<sup>®</sup>-COLL to repair photo-induced skin damage and support

28183 | 50 ml



# LUXURY CARE for mature, demanding skin



MADE IN GERMANY

**"Made in Germany"**  
is our quality promise,  
which you can count  
on 100 %.

## YOU SAVE WITH SETS

### Beauty Diamonds Set 28300

Day Cream · 50 ml  
Night Cream · 50 ml  
Eye Cream · 30 ml



### Beauty Diamonds Night Cream

- Anti-wrinkle night cream
- With precious oils and special anti-wrinkle active ingredients
- Helps reducing appearance of wrinkles\*

28304 | 50 ml

### Beauty Diamonds Eye Cream

- Softly-melting eye care
- Supports the reduction of dark shadows and bags under the eyes
- Reduces the appearance of wrinkles\*

28306 | 30 ml

### Beauty Diamonds Facial Toner

- Refreshing and moisturising facial toner
- Also suitable for combination skin
- Cleanses and revitalises the skin

28302 | 125 ml

### Beauty Diamonds Day Cream

- Velvety-soft day cream
- Reduces the appearance of wrinkles\* and reinforces the feeling of firm skin
- The anti-aging active ingredient Detoxiquin prevents premature skin aging and supports cell regeneration
- Innovative Hexapeptide helps protect the skin from free radicals

28303 | 50 ml

### Beauty Diamonds Rich Intensive Cream

- Extra-rich intensive cream
- Provides intensive care and pampers skin
- Combination of ceramides and Hyaluronic Filling Spheres® significantly reduces the appearance of wrinkles
- Precious oils ensure a velvety-soft skin feeling

28307 | 30 ml



# IN-DEPTH ANTI-AGE CARE

## for a youthful appearance

With a rich combination of 6 naturally derived oils and selected vitamins, the skin oil regenerates dry, chapped and faint skin and provides a youthful glow.

**BEAUTY  
DIAMONDS**  
DAILY CARE



MADE IN GERMANY

"Made in Germany" is our quality promise, which you can count on 100 %.



### Beauty Diamonds Radiant Youth Oil:

- Nourishes and regenerates your skin with vitamins A, E and F
- Protects against moisture loss with valuable oils
- Imparts a radiant, youthful complexion thanks to a combination of rich oils

### 1 FACE OIL - 3 POSSIBLE APPLICATIONS

#### Anti-Age Oil

The ideal basic care for a radiant complexion

- After cleansing, apply 3-5 drops morning/evening to the face.
- Continue with day or night care

#### Anti-Age Oil Boost

Rich extra care for supple, soft skin

- Simply add a few drops to your day or night care cream.
- Mix in the palm of your hand to obtain a rich facial care and apply to face

#### Anti-Age Oil Mask

Intensive, rich regenerative care for smooth, firm skin

- Apply approx. 10 drops generously to your face, neck and décolleté.
- Allow to take effect for 10 minutes, massage in or remove the remaining texture.



## Simply ideal for men!

When it comes to facial care for men, choosing the right products is essential. Because with the right products, you provide your skin with a boost of freshness and strengthen the protection against the challenges of everyday life.

- Intensive and targeted care
- Easy to use
- Efficient



# Special care for MEN'S SKIN

Modern men attach great importance to a perfect appearance. The cream formula with the innovative Platinum active ingredient combination specially developed for men's skin is quickly absorbed, intensively moisturises the skin, softens wrinkles and makes the skin appear younger.



MADE IN GERMANY

"Made in Germany"  
is our quality promise,  
which you can count  
on 100 %.

**PLATI  
NUM**  
DAILY CARE



## Platinum Express Eye Cooler

- Light, quickly absorbing cream especially for the eye area
- Moisturising and refreshing
- Helps reduce bags and minor wrinkles
- With Lumin-Eye®, green coffee extract and hyaluronic acid

28443 | 30 ml

## Platinum Anti-Aging Cream

- Light, quickly absorbing facial cream
- Moisturising and refreshing
- Supports skin elasticity and helps prevent signs of aging
- With encapsulated glacier water, cactus extract, hyaluronic acid and vitamin E

28440 | 50 ml

YOU SAVE WITH **SETS**

**Platinum men's care set 28469**  
Anti-Aging Cream · 50 ml  
Express Eye Cooler · 30 ml



# UNIQUE COMBINATIONS OF ACTIVE INGREDIENTS for targeted results

The exclusive and effective LR ZEITGARD Serox special products counteract the undesirable signs of aging. Serox Instant Skin Perfector uses an innovative effect technology with a double anti-aging effect to ensure both immediate and lasting perfection of the skin. The perfectly balanced combination of active ingredients of the complementing Serox special products achieves lastingly younger-looking skin: fewer expression lines in the eye, forehead and nose area as well as significantly more volume and elasticity. The Serox Lip Optimizer also visibly increases lip volume and reduces wrinkles.\*

## YOU SAVE WITH SETS

### Serox by LR Complete-Set 28238

Intensive Result Cream · 50 ml  
Instant Result Serum · 30 ml  
Wrinkle Care · 15 ml  
Professional Eye Pads · 4 x 2 Pads



"Made in Germany"  
is our quality promise,  
which you can count  
on 100 %.



### Serox Professional Eye Pads

- Professional eye pads in beauty salon quality
- Provide the sensitive area around the eyes with intensive moisture
- Made of freeze-dried pure collagen which is moistened with the activating fluid
- Activating fluid consisting of Argireline®, Gatuline Expression® and hyaluronic acid which help reduce the depth of wrinkles in a targeted manner

28235 | 4 x 2 Pads



### Serox Wrinkle Care

- Intensive concentrate for targeted application on expression lines
- Particularly for minor wrinkles around the mouth, eyes and on the forehead
- With highly-effective ingredients such as Argireline®, Gatuline Expression®, Dynalift® and hyaluronic acid that help reduce the depth of wrinkles in a targeted manner
- Is absorbed quickly and already shows a positive development after 30 minutes

28236 | 15 ml



### Serox Lip Optimizer

- Up to 15% more lip volume\*
- Visible reduction of lip wrinkles\*
- Firmer and more beautiful lip contours\*
- Rich and very efficient texture – easy to apply
- With vitamin E

28240 | 15 ml



### Serox Intensive Result Cream

- Innovative anti-aging cream composition
- Highly effective ingredients such as Argireline®, Ameliox®, UltraFilling Spheres™, for a more supple, smoother and fres
- Active ingredient complex with anti-wrinkle effect reduces minor and deep wrinkles and provides long-term moisture
- Ideal in combination with Serox Instant Result Serum

28231 | 50 ml



### Serox Instant Result Serum

- Intensive anti-aging-formula in silky serum texture
- With highly-effective ingredients such as Argireline®, Ameliox® and Polylift® to reduce the depth of wrinkles
- With relaxing and moisturising effects to smoothen and refine the skin structure
- Ideal in combination with Serox Intensive Result Cream

28230 | 30 ml

# DOUBLE EFFECT TECHNOLOGY: instant and long-lasting results

LR ZEITGARD Serox Instant Skin Perfector enhances the complexion of the facial skin. With its innovative double effect technology, it ensures an instantly visible result and long-lasting regeneration of the skin, day in and day out.

**SEROX**  
SPECIAL CARE

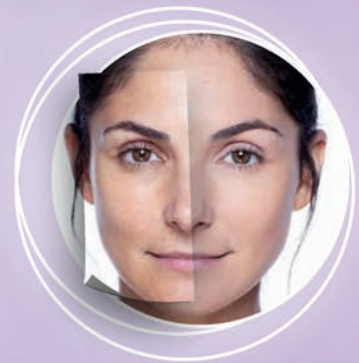


## Serox Instant Skin Perfector

- Instantly younger looking skin
- Sustainable regeneration of the skin structure
- Velvety-soft, concealing Perfector formula with subtle colour pigments
- Apply after your day cream. Make-up can be applied as usual.

28250 | 30 ml

## SEROX INSTANT SKIN PERFECTOR



### EFFECT TECHNOLOGY WITH DOUBLE ANTI-AGING EFFECT

- 1 INSTANT PERFECTION**  
Younger looking skin within seconds. The velvety-soft, concealing Perfector formula with subtle colour pigments makes your skin appear transformed: pores, skin imperfections and wrinkles are minimized, shiny skin areas are given a matte finish.
- 2 LONG-LASTING PERFECTION**  
Long-lasting perfection of the skin structure day after day. The anti-aging active ingredients Gatuline® In-Tense and Ultra Filling Spheres™ penetrate deep into the skin to strengthen firmness and elasticity in the long-term: the skin appears smoother and firmer.



# INTENSIVE BOOST OF FRESHNESS

## for men & women

The light facial care provides particularly stressed skin with a perfect boost of freshness – also for in-between! The combination of Reductine®, hyaluronic acid, algae extract and a mix of seven herbs ensures perfect hydration of the skin. More vitality and elasticity the whole day through!

**POWER  
LIFT**  
SPECIAL CARE



MADE IN GERMANY

"Made in Germany" is our quality promise, which you can count on 100 %.



### PowerLIFT

- Light facial cream emulsion
- Moisturises, revitalises and firms up the skin for more vitality, energy and elasticity
- With Oat-peptides, hyaluronic acid, algae extract and a mix of seven herbs for a moisturising and smoothing anti-wrinkle-effect
- Also suited for men's skin

OUR STAR FOR  
THE DAY –  
ALSO FOR  
MEN'S SKIN





# REGENERATION OVERNIGHT: Increased resilience and elasticity

The rich mask with its highly concentrated active ingredient complex of UltraFilling Spheres™, jojoba oil and Shizandra berries provides for extra care and regeneration. Especially during the night, the skin can relax and the valuable active ingredients can penetrate the skin in an optimum manner. The skin feels silky soft in the morning and appears smooth and fresh.

**SLEEPING  
MASK**  
SPECIAL CARE



MADE IN GERMANY

"Made in Germany" is  
our quality promise,  
which you can count on  
100 %.



## Sleeping Mask

- nurtures and regenerates the skin overnight
- with jojoba oil for optimum moisture supply
- with ultra filling spheres for an anti-age effect
- with Shizandra berries for skin regeneration
- The mask is not washed off and should be applied twice a week for optimum results

OUR STAR FOR  
THE NIGHT –  
ALSO FOR  
MEN'S SKIN





Functional care for antibacterial protection



MICROSILVER PLUS is the antibacterial special care with a combination of Microsilver BG™, dexpanthenol and zinc compounds for teeth, mouth, hair and stressed skin areas such as face, body, hands and feet.

The LR combination of active ingredients works threefold\*:

- ✚ antibacterial
- ✚ regulates
- ✚ stabilises

**LR MICROSILVER PLUS FACE:**

Antibacterial wash cream and facial cream for pore-deep clean skin. Confirmed effectiveness against skin impurities\*.

**LR MICROSILVER PLUS TOOTH:**

Antibacterial toothpaste and dental chewing gum. For beautiful teeth, healthy gums and a fresh mouthfeel.

**LR MICROSILVER PLUS BODY:**

Antibacterial anti-dandruff shampoo, hand gel and deodorant roll-on. For a fresh, clean body feeling.

\* scientifically accredited through several studies (et al. Fresenius)



# LR MICROSILVER PLUS FACE

Antibacterial facial care for pure skin.



Thanks to its special combination of active ingredients, MICROSILVER PLUS offers antibacterial care and protection for demanding skin areas, especially on the face. For irritated, impure, oily skin and enlarged pores, the regular application of MICROSILVER PLUS wash cream refines the skin's texture.



## YOU SAVE WITH SETS

**Face Set** 25004  
Face Wash · 150 ml  
Face Cream · 50 ml

### Face Wash

Use both mornings and evenings to clean the face with the anti-bacterial face wash.

- ✚ mild and deep cleansing of pores
- ✚ Soothes the skin and promotes skin regeneration
- ✚ **Salicylic acid** opens pores

25000 | 150 ml



### Face Cream

Apply the Face Cream following cleansing with the Wash Cream.

- ✚ Helps reduce impurities
- ✚ Skin appears more refined
- ✚ Protects and supports the natural skin barrier
- ✚ **Defensil** has an anti-inflammatory effect

25001 | 50 ml





# LR MICROSILVER PLUS TOOTH

Professional dental care at home and on the go



The human oral cavity is a perfect habitat for a large number of bacteria (micro-organisms). They settle on teeth, tongue and oral cavity and can cause caries, bad breath and periodontitis. The active agent MICROSILVER is the natural and gentle solution for reducing these bacteria. With the toothpaste and the dental care chewing gum, LR offers a perfectly harmonised all-round protection programme for healthy teeth and gums.

## VERIFIED

Effectiveness verified by Dermatest:

### Tooth paste:

90 % certified that their gums were more settled<sup>1</sup>

### Dental care chewing gum:

Eliminates 83 % of bacteria<sup>2</sup>

<sup>1</sup> antibacterial toothpaste was tested on 10 males and females in the age group from 18 to 72 years of age through the Dermatest GmbH over a 4 week period in April 2006.

<sup>2</sup> based on the bacterium Streptococcus. Dental care chewing gum tested in a user trial by 20 persons aged 26-54 by Dermatest GmbH for a period of 2 days in February 2010.



## Dental care chewing gum

Chew at least for 5 minutes after every meal. With slightly minty flavour. To supplement daily dental hygiene.

- +
- +
- +
- +
- +

## Toothpaste

Brush teeth thoroughly for at least 2 minutes in the morning and evening or as necessary.

- +
- +
- +
- +



MICROSILVER dental care – chewing gum\* and toothpaste\*\* are patent pending.

\* Patent No.: DE 10 2010 030 546 A1

\*\* Patent No.: DE 10 2010 063 720.3-43

25091 | 10 x 1,4 g



25090 | 75 ml



# LR MICROSILVER PLUS BODY

Antibacterial protection & care for the body



Thanks to its special combination of ingredients, MICROSILVER PLUS nourishes and protects stressed and demanding skin areas. Mild antibacterial hair care, hand hygiene even without water and reliable deodorant protection for daily use.



## Hand Gel

A particularly convenient quick cleanser for on the go – no need for water. No dehydration of the hands, no sticky feeling after application.

- ✚ Hygiene without water
- ✚ A refreshing feeling
- ✚ Nurtures the skin without dehydrating it
- ✚ **The zinc provides** a protective film for the hands

25051 | 75 ml



## Anti-Dandruff Shampoo

Mild anti-dandruff shampoo. Apply daily or as needed.

- ✚ Mild Cleanser
- ✚ Eliminates dandruff\*
- ✚ Acts as an anti-bacterial
- ✚ **Octopirox** helps regulate the scalp

25070 | 150 ml



## Deo Roll on

Apply mornings and after showering. Without aluminium salts.

- ✚ Effective against perspiration odour – 24 hrs
- ✚ No alcohol: gently for your skin
- ✚ Without aluminium salts: does not block the perspiratory glands
- ✚ Regulates and protects the natural skin flora
- ✚ **Talcum** absorbs perspiration

25022 | 50 ml



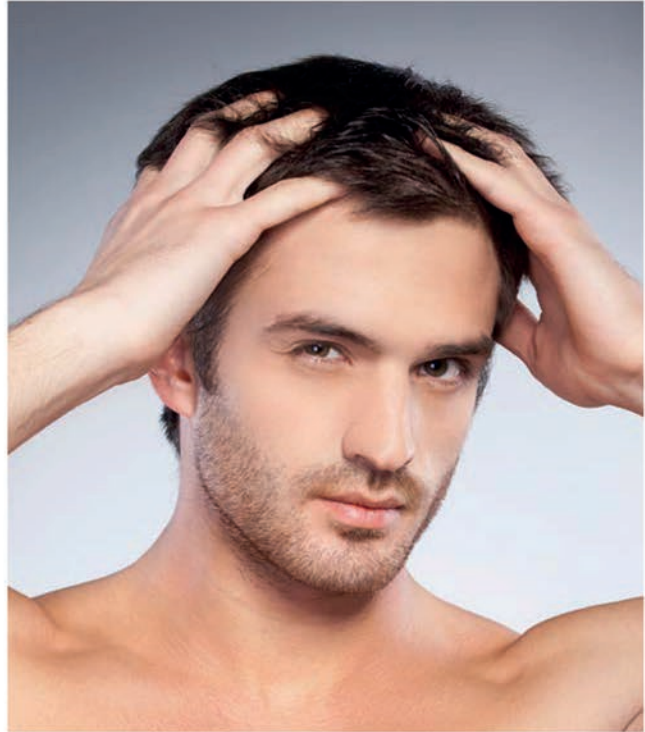
\*\*\* Study carried out on 10 persons by Derma Consult GmbH in 2008

# Hair problems?

## CAUSE

### What are the causes for premature hair loss?

- **Hormone**  
Dihydrotestosterone (DHT) is an indirect cause of the degeneration of the hair root
- **Lack of nutrition at the hair roots.**  
Insufficient blood circulation in the scalp which reduces the nutrition of hair roots.
- **Poor strength in the hair structure** can also be a factor in the health of the hair root with the possibility of hair loss resulting.

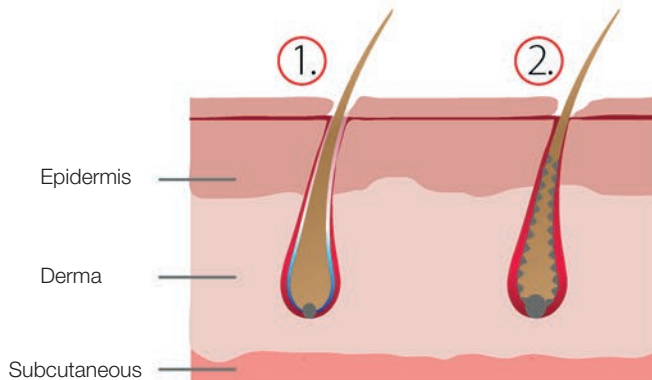


## ACTION

### How is L-Recapin effective against the cause of premature hair loss?

The innovative and specialized complex active ingredient Procapil® works three fold:

- **Oleanol acid** from the olive tree leaves helps to reduce the degeneration of the hair root
- **Apigenin** from the citrus fruits helps promote and stimulate the blood circulation of the root of the hair (see page 1)
- **Biotinyl-GHK** (a protein vitamin) helps to promote the strength of the root of the hair! (see page 2)



## EFFECT

### Is the effectiveness of L-Recapin tested in any studies?

Yes. A study with an period of application over 4 months carried out\*.

#### The results:

- L-Recapin helps to reduce premature hair loss
- With the application of L-Recapin the hair stays in the growth phase longer
- L-Recapin contributes to the essential binding of the hair root and can help to reduce premature hair loss
- Through the L-Recapin complex active ingredients the hair root is protected, strengthened and regenerated

## \*Study Tonic

### Certified Effectiveness

- **76%** of those who participated in the study claimed that they noticed **better hair volume** and that their hair remained in the natural growth phases longer
- **76% confirmed the effectiveness** of the product.

(Tonic was tested on 20 men and 5 women in the age group 21 to 60 years of age through the DermaTronnier over a period of 4 months in 2005)





MADE IN GERMANY

"Made in Germany" is our quality promise, which you can count on 100%.

# L-Recapin

## Powerful duo for full, thick hair

Hereditary hair loss? L-Recapin is the solution for men: The innovative active complex stops hereditary hair loss and has been shown to improve hair volume.



### RECOMMENDATION FOR FULL HAIR:

Only long-term and regular application of L-Recapin will enable the optimum result. The recommended 4-pack provides a four month supply.

The L-Recapin Tonic and the Shampoo are exactly the perfect combination with the best outcomes.

### YOU SAVE WITH **SETS**

**L-Recapin Set 1+1** 27004  
 L-Recapin Shampoo · 200 ml  
 L-Recapin Tonic · 200 ml



### L-Recapin Shampoo

The dermatological tested complex ingredients gently and mildly cleans the hair. Use routinely before applying the L-Recapin Tonic to optimally prepare the hair and scalp.

27003 | 200 ml

### L-Recapin Tonicum

L-Recapin Tonicum counteracts hereditary hair loss\*. Apply the tonic after washing onto damp hair. Massage in circular movements.

27001 | 200 ml



**BRUCE  
WILLIS**  
PERSONAL EDITION  
eau de parfum

**PURE**  
BY GUIDO MARIA KRETSCHMER

# PERFUMES

## FASCINATING FRAGRANCE WORLDS

Fragrances lend moments an unforgettable magic power. **LR offers a wide variety of high-quality fragrances** – from glamorous star fragrances to lifestyle fragrances to the timeless LR Classics.

Numerous superstars place their trust in LR's fragrance expertise as a worldwide competence partner. The result of these cooperations **are individual fragrance compositions with international star appeal** – fragrances with an individual character and the unmistakable signature of the celebrities.

**High proportions of perfume oil with a long adhesion period**, far above the market average, are the hallmark of LR fragrances. Based on decades of fragrance expertise, LR creates fragrances **“Made in Germany” in cooperation with renowned international perfumers!**





*Be real. Be natural. Just  
be yourself.*

# PURE

BY GUIDO MARIA KRETSCHMER



Be real. Be natural. Just be yourself – that is the message of Guido Maria Kretschmer!

The likeable designer sets an example and inspires people with his positive energy and joie de vivre. That is why Guido has created a true feel-good fragrance that accompanies you in every moment of your everyday life and inspires you to simply be yourself.

PURE by Guido Maria Kretschmer for women is refreshing in the top note, soulful in the heart and sensually warm in the base note.

#### Fresh-flowery-inspiring

A fragrance composition of peach, jasmine and cedar wood.

**PURE**  
by Guido Maria  
Kretschmer

Eau de Parfum for women  
30530 | 50 ml



MADE IN GERMANY





# “Haute Parfum” by Guido Maria Kretschmer

For years, the international fashion designer Guido Maria Kretschmer has been creating fashion that is completely oriented towards the people who wear it. Of course, a perfect look also calls for a fragrance that underlines the personality: **The HAUTE PARFUM perfume collection.**

You don't just want to smell the fragrance on your skin? Get it now for your home, too. Inspired by the perfume collection, Guido created scented candles in a sophisticated design – **HAUTE PARFUM FOR YOUR HOME.** As always, these fragrances by Guido Maria Kretschmer also bear a very personal signature: sensually elegant and fascinatingly charismatic.



## YOU SAVE WITH SETS

**Haute Parfum for your Home  
by Guido Maria Kretschmer  
Scented candles set 40169**  
Sensual Elegance  
Charismatic Fascination

**HAUTE PARFUM  
FOR YOUR HOME**  
by Guido Maria Kretschmer  
Sensual Elegance

A fragrance bouquet of **mandarin,  
rose, jasmine and vanilla.**

40166 | 310 g

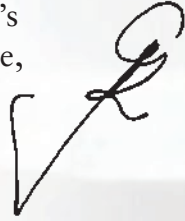
**HAUTE PARFUM  
FOR YOUR HOME**  
by Guido Maria Kretschmer  
Charismatic Fascination

A refined interplay of **bergamot,  
pepper and leather.**

40167 | 310 g



“You have to like people, put yourself in their position and touch them with your fashion. And this also holds true for a good perfume. I want to touch people’s hearts with my perfume, not seduce them.”




YOU SAVE WITH **SETS**

**Guido Maria Kretschmer  
Fragrance Set** 30230

Eau de Perfume for Women,  
Eau de Perfume for Men

The men's fragrance by Guido Maria Kretschmer can be found on page 137.

In an elegant design box

**HAUTE PARFUM**  
by Guido Maria Kretschmer

Eau de Perfume for Woman

Delicate seduction meets timeless elegance – an unmistakable composition of **mandarin, rose** and **vanilla**.

30200 | 50 ml





# Lightning Collection

## The essences of life

The new Lightning Collection with Swarovski® crystals – presented by Emma Heming-Willis – brings out the sparkling essences of life in three emotional fragrance compositions. The exceptionally alluring magic of the fragrances is highlighted by the unlimited radiance of Swarovski® crystals



### YOU SAVE WITH SETS

**Lightning Fragrance Set** 30334  
 Essence of marine, Eau de Perfume  
 Essence of rose, Eau de Perfume  
 Essence of amber, Eau de Perfume

#### Essence of Amber

Revitalising sparks of boundless zest for life.

oriental · powdery · alluring

**Eau de Perfume**  
 30330-3 | 50 ml



#### Essence of Marine

Enlightening sparks of magical clarity.

aquatic · flowery · inspiring

**Eau de Perfume**  
 30330-1 | 50 ml



#### Essence of Rose

Sensual sparks of romance.

flowery · fruity · sensual

**Eau de Perfume**  
 30330-2 | 50 ml





# Pledge of Love from Bruce Willis

“Inspired by my love for Emma”



It is a very personal story of a world-star who was inspired by his wife Emma Heming-Willis to bestow a fragrance. As a sign of his love, Lovingly was developed, a fragrance so full of passion just like this unique declaration of love. With a bouquet of **white blossoms** and a hint of **fresh citrus** fruits this scent encases a lustful aura of charm and love. **Sandalwood** and **musk** lend a warm and romantic feel. This is true love!

Introduced by: Emma Heming-Willis



Lovingly by  
Bruce Willis  
Eau de Parfum  
3630 | 50 ml







## Your World Your Catwalk

With this look and this fragrance you will capture the world. A "must-have" in your handbag. A mix of fresh-fruity **mandarin**, romantic **roses**, seductive **jasmine** and **musk**.

### Beautyqueen

Eau de Parfum  
30134 | 50 ml



## Full of grace and sensuality

An interpretation of modern femininity – elegant grace, delicate lightness and mysterious sensuality. Sensual Grace is a fascinating fragrance composed of **rose**, **vanilla**, sensual **amberggris** and a precious aromatic and sweet **gourmand note**. An indulging perfume which invites you to dream and elegantly highlights the sensual, feminine aura.

### Beautyqueen

Eau de Parfum  
30150 | 50 ml





## Irresistibly oriental

The irresistible charm of the Orient. Harem arises from the captivating composition of fruity **mandarin** and exquisitely sweet **chocolate and caramel**. Enchanting **jasmine** and strong **patchouli** finish off a rounded gourmet creation. The seductive classic for sensually fragrant moments of happiness!

### Harem

Eau de Perfume  
30404 | 50 ml



## Classic seduction

The elegant, powdery fragrance presents itself as classic and timeless. An extraordinary fragrance composition with **orange blossoms, ylang-ylang, vanilla** and precious **Tonka Absolute**. A fascinating, attractive perfume for women with character and style.

### Femme Noblesse

Eau de Perfume  
30372 | 50 ml







## Breathtakingly refreshing

Heart & Soul is the symbol of confidence and femininity. Inspirational and passionate. A fruity seductive fragrant cocktail of **cassis, red plum, rose** and **vanilla** highlights every woman's special aura. Sparkling, feminine, exciting!

### Heart & Soul

Eau de Perfume  
3650 | 50 ml



## Simply glamorous

Bold, inspiring, natural, romantic – the explosive fragrance composition of fruity **bergamot, orange blossom, jasmine** and enticing **patchouli** captures the modern, female spirit and rounds it off, making for a uniquely exciting glamour appearance.

### Brilliant Look

Eau de Perfume  
30095 | 50 ml







## Inspiring and Fresh

Your lust for life opens many doors. This fragrance is enticing in an unconventional refreshing way. The unique creation is bursting with energy of revitalising **citrus fruits** together with sensual romantic **roses**, precious **Ylang-Ylang** and warm **cedarwood**. A multi-faceted fragrance composition for life's adventures!

### Rockin' Romance

Eau de Perfume  
3250 | 50 ml



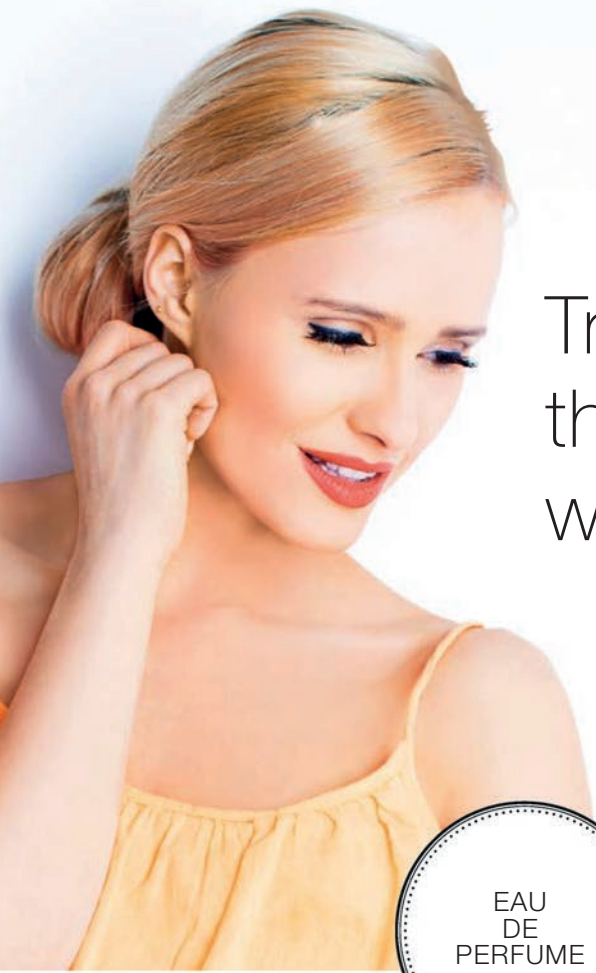
## Simple yet sensuous

Charming and shy metamorphosed into self confidence and sensuality. Pseudonym enchants through the mysterious feminine composition of **peaches**, transparent **water lilies** and captivating **violets** and **sandalwood**.

### Pseudonym

Eau de Perfume  
30386 | 50 ml





# Travel through the world of fragrances with the LR Classics!

**Welcome to perfume paradise!** Our exclusive LR Classics Eau de Perfumes take you to the most beautiful places in the world. From shopping in luxurious Marbella on to the Walk of fame in Los Angeles and then surfing in Hawaii at the weekend? Change your fragrance depending on the season, mood and occasion. Let yourself be inspired and experience a new, exciting fragrance journey every day!



**"Made in Germany" is our quality promise, which you can count on 100%.**

## 01 LR Classics HAWAII

The memory of a summer flirt. An exotic fragrant mix of **cinnamon, heliotrop, vanilla** and **tonka beans**.

Eau de Perfume  
3295-106 | 50 ml

## 03 LR Classics ANTIGUA

Just like a passionate kiss on white sands. A bloom infusion of **roses, irises, violets** and **jasmine**.

Eau de Perfume  
3295-223 | 50 ml

## 05 LR Classics VALENCIA

La Dolce Vita! Mediterranean flair for your skin. Inspired with **citrus fruits, blossoming notes** and infatuating **musk**.

Eau de Perfume  
3295-126 | 50 ml

## 02 LR Classics SANTORINI

Just like a sunset – alluring the senses. Pure enchantment with **freesias, jasmine** and **musk**.

Eau de Perfume  
3295-220 | 50 ml

## 04 LR Classics MARBELLA

For the charming, seductive and those who appreciate pure luxury. **Oranges, roses** and **jasmine** caressed with precious **patchouli**.

Eau de Perfume  
3295-124 | 50 ml

## 06 LR Classics LOS ANGELES

Glamorous, vibrant, full of life. An invigorating and sparkling fragrance composed of **cassis, lily of the valley, vanilla** and a touch of **pink pepper** to top it off.

Eau de Perfume  
3295-127 | 50 ml









*Be real. Be natural. Just  
be yourself.*

# PURE

BY GUIDO MARIA KRETSCHMER



Be real. Be natural. Just be yourself – that is the message of Guido Maria Kretschmer!

The likeable designer sets an example and inspires people with his positive energy and joie de vivre. That is why Guido has created a true feel-good fragrance that accompanies you in every moment of your everyday life and inspires you to simply be yourself.

PURE by Guido Maria Kretschmer for men is charismatic in the top note, multifaceted in the heart and spicy in the base note.

#### Woody-spicy-charismatic

A fragrance composition of saffron, Guajak wood and amber.

**PURE**  
by Guido Maria  
Kretschmer

Eau de Parfum for men  
30540 | 50 ml





“I want to touch people’s  
hearts, not seduce them.”





# “Haute Parfum” for Men by Guido Maria Kretschmer

Just like the women's scent, the men's fragrance bears the signature of the designer: elegant, sophisticated, timeless and authentic. Little by little, the elegant, spicy and fresh essences unfold their exciting facets on the skin.



Elegant packaging with loving attention to detail: stylish design box with elegant satin and a quote from the designer himself.

## HAUTE PARFUM FOR YOUR HOME by Guido Maria Kretschmer



Now also for your home: Inspired by his perfume collection, scented candles in a sophisticated design are now available – **HAUTE PARFUM FOR YOUR HOME.**

For further information, see page 125.

## YOU SAVE WITH **SETS**

**Guido Maria Kretschmer  
Fragrance Set** 30230  
Eau de Perfume for Women,  
Eau de Perfume for Men

The women's fragrance by Guido Maria Kretschmer can be found on page 125.

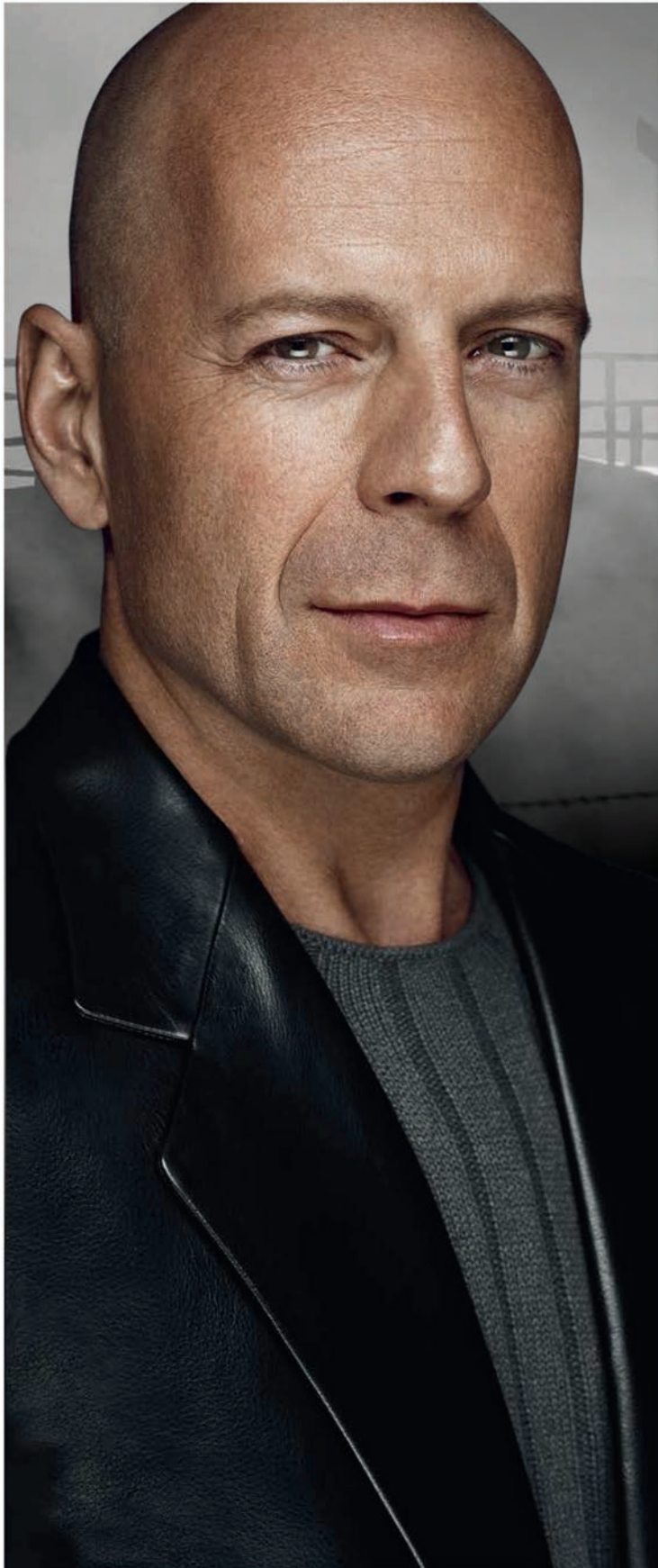


## HAUTE PARFUM by Guido Maria Kretschmer

Eau de Perfume for Men  
Unique, refined interplay of masculine, fresh aromatic notes of **bergamot, pepper** and **leather.**

30220 | 50 ml





## A breath of immortality

**Smart Guys live forever** – just like Bruce Willis. Straight down the line, masculine and unconventional. The fragrance of action heroes: strong **sandalwood** and spicy **pepper** mixed together with earthy **vetiver** and revitalising **grapefruit**. Bruce Willis' first fragrance – now a legend.

**Bruce Willis**

Eau de Perfume  
3505 | 50 ml





Absolutely  
private



**Citrus fruits** and **black peppers** provide for a stimulating contact and with aromatic notes and a fine **hint of tobacco** creating an unmistakably masculine and elegant impression. The strong base of sensuous **leather accords** and **precious oud** wood give this fragrance its own unique signature and private reflections from Bruce Willis.

**Bruce Willis  
Personal Edition**

Eau de Parfum  
2950 | 50 ml







## 3,2,1 – Action!

The perfect combination of sport, elegance and masculinity. **Tangy citrus fruit,** dynamic sharpness of ginger **and** aromatic **cardamom** combined with sensuous elegant **wood and musk notes** – a perfect fit for the casual easy-going lifestyle

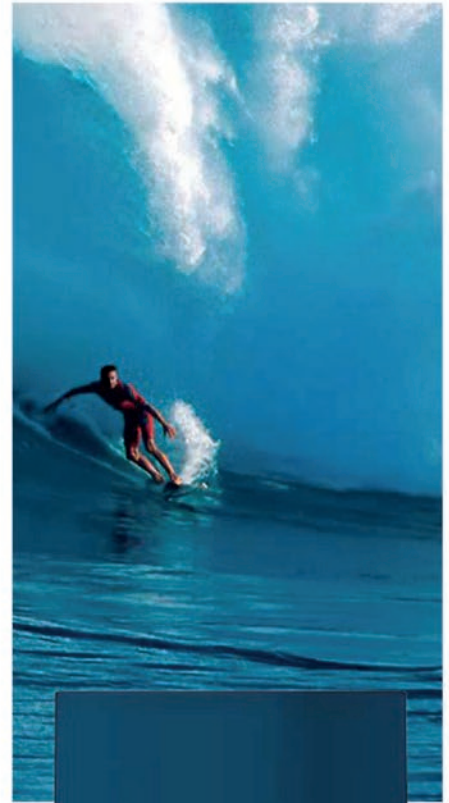
**Just Sport**  
Eau de Perfume  
30000 | 50 ml



## Adrenalin Kick

A thrilling, dynamic fragrance for men who love a challenge and are constantly redefining the definition of success! The fragrance convincingly **delivers the** zest of orange, spice **of cardamon,** seduction of **jasmine and the strength of cedarwood.**

**Racing**  
Eau de Perfume  
30027 | 50 ml



## Hero of the Ocean

The waves rumble. Adrenalin in the veins. The beach in view. The fragrance promises a maritime freshness with a mix of **mandarin, melon, eucalyptus** and **patchouli.** Immerse yourself in a world of lightness and coolness. A hint of summer – all year round!

**Ocean'Sky**  
Eau de Perfume  
1580 | 50 ml

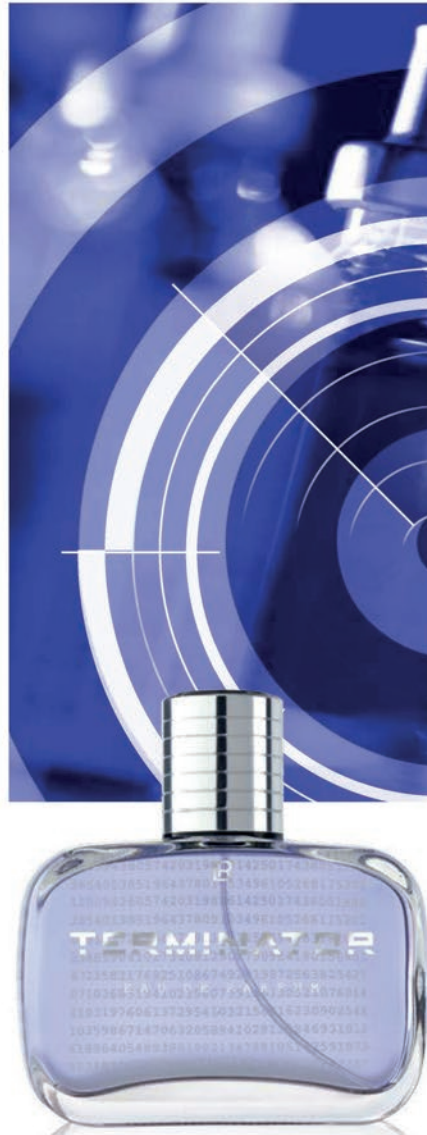




## For the man of the world

New York, London, Paris, Milan, Tokyo – the man of today is at home all over the world. This is also reflected by his perfume: elegant, casual, sensual, cool. The perfect combination of **citric bergamot, chocolate, Szechuan pepper** and elegantly masculine **vetiver**.

**Metropolitan Man**  
Eau de Perfume  
30190 | 50 ml



## The future is always your time

Striking, mysterious and uncompromising. The powerful men's fragrance impresses with its especially masculine character and a classic, timeless note. An intensive mixture of **citric bergamot, fresh lemon** and **charismatic amber**.

**Terminator**  
Eau de Perfume  
30414 | 50 ml

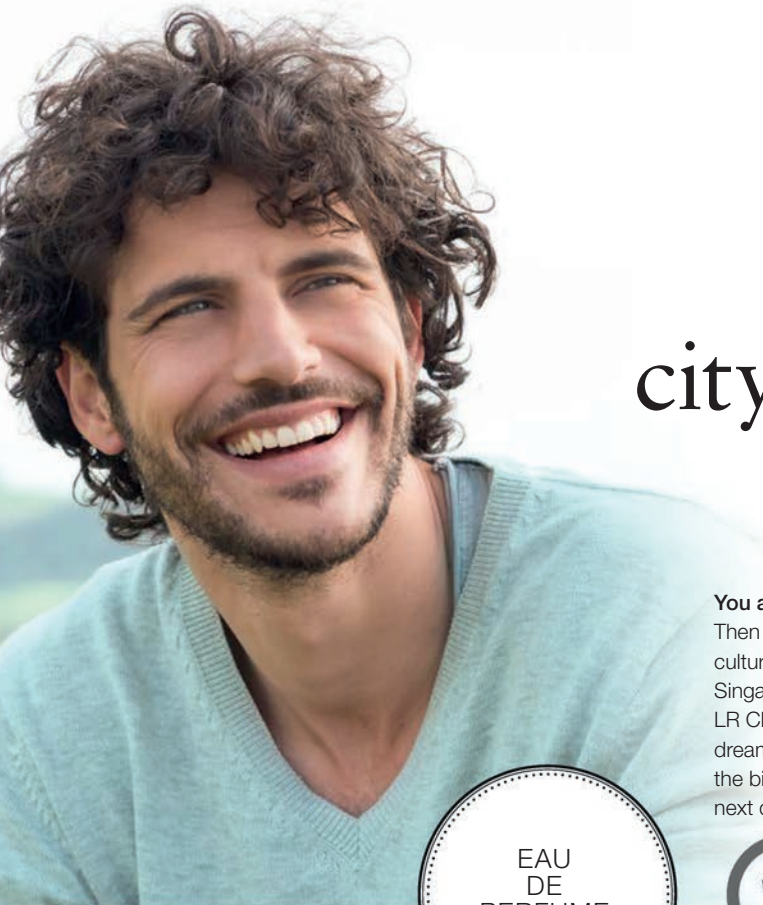


## The freedom of the Adventurer

A wild, independent life. Every day is a new adventure. The fragrance captivates a mix of **lavender, green mint** and oriental **tonka beans**.

**Jungle Man**  
Eau de Perfume  
3430 | 50 ml





# LR Classics – city trip or world tour?

**You are an adventurer and love the world’s metropolises?**  
Then these fragrances are just right for you! Whether it is a cultural trip to trendy Stockholm, a business meeting in exotic Singapore or networking in exclusive Monaco... With the LR Classics you can go on your own private trips of your dreams. The modern Eau de Perfumes radiate the fragrance of the big wide world and will gladly accompany you to your next destination.



**”Made in Germany” is our quality promise, which you can count on 100 %.**

## 01 LR Classics SINGAPORE

Seductive and mysterious. Full of contrast and always exciting. **Oriental and spicy accords** blended together with **cedarwood** and **vanilla**.

Eau de Perfume  
3295-151 | 50 ml

## 03 LR Classics STOCKHOLM

The stylish Scandinavians: Design, fashion and pulsating parties. A light woody fragrance of **cedarwood, amber** and **bergamote**.

Eau de Perfume  
3295-260 | 50 ml

## 05 LR Classics BOSTON

For the high spirited: effortless, diverse and multicultural. A fresh and fruity combination of **apples** and **oranges** mixed together with **cedarwood** and **amber**.

Eau de Perfume  
3295-162 | 50 ml

## 02 LR Classics MONACO

Luxury and exclusivity, the fascination of the metropolis. A mix of spicy **ginger, tangy orange blooms,** opulent **amber** and **tobacco leaves**.

Eau de Perfume  
3295-259 | 50 ml

## 04 LR Classics NIAGARA

A powerful waterfall, the strength of **nature. Likewise the fragrance: marine notes, lavender** and **cedarwood**.

Eau de Perfume  
3295-261 | 50 ml





STOCKHOLM



MONACO



BOSTON



NIAGARA



SINGAPORE



# MA

# KE

## PERFECT MAKE-UP, **PERFECT LOOK**

# U

# P

Enchanting make-up looks for every occasion: The cosmetic products by LR offer individual variety – from a subtle natural day make-up to stylish modern elegance through to trendy party glamour.

With the **LR DELUXE** premium cosmetics in studio quality, a professional make-up can be created that meets the highest demands. High-quality textures and shimmering nuances ensure glamorous moments that make an impression.

**LR COLOURS** is a colourful make-up range for trend-setters. Whether eye shadow, blusher, lipstick or nail polish – the innovative highlights of LR COLOURS ensure fun and joie de vivre.



Deluxe



11131-1



11131-2



11131-3



11131-4



11131-5



11131-8

02

# Lips in the spotlight



01

## 01 High Impact Lipstick

- Creamy, delicate texture full of intensive colour pigments for a pure colour experience
- The innovative texture provides a luxurious finish and seductive colour depth
- Uniform application, long-lasting hold and silky skin sensation

3,5 g

- 1 | 11130-1 Signature Red
- 2 | 11130-2 Camney Red
- 3 | 11130-3 Peppy Tomato
- 4 | 11130-4 Sensual Rosewood
- 5 | 11130-5 Soft Beige
- 6 | 11130-6 Light Chocolate

## 02 Brilliant Lipgloss

- Shimmering, glossy, vivid
- 3-D effect: fuller-looking lips
- With nurturing ingredients

4 ml

- 11131-1 Dramatic Rosewood
- 11131-2 Pink Brilliance
- 11131-3 Nude Shine
- 11131-4 Berry Glam
- 11131-5 Orange Flash
- 11131-8 Rose Temptation

The model is wearing  
High-Impact Lipstick  
11130-1;  
Signature Red



**LR** by *da Vinci*

HANDMADE IN GERMANY

**01 | Foundation Brush**

- For liquid and creamy make-up

40062

**05 | Blender**

- Perfect for blending powder eyeshadow in the lid crease

40064

**02 | Powder Brush**

- For even application of loose and compressed powder

40060

**06 | Brow and Lash Brush**

- For perfectly shaped brows
- For separating the lashes

40067

**03 | Rouge Brush**

- For precise application of powder rouge

40061

**07 | Eyebrow and Eyeliner Brush**

- For eyebrow powder and liquid eyeliners

40065

**04 | Eyeshadow Brush**

- For even application of powder eyeshadows

40063

**04 | Eyeshadow Brush**

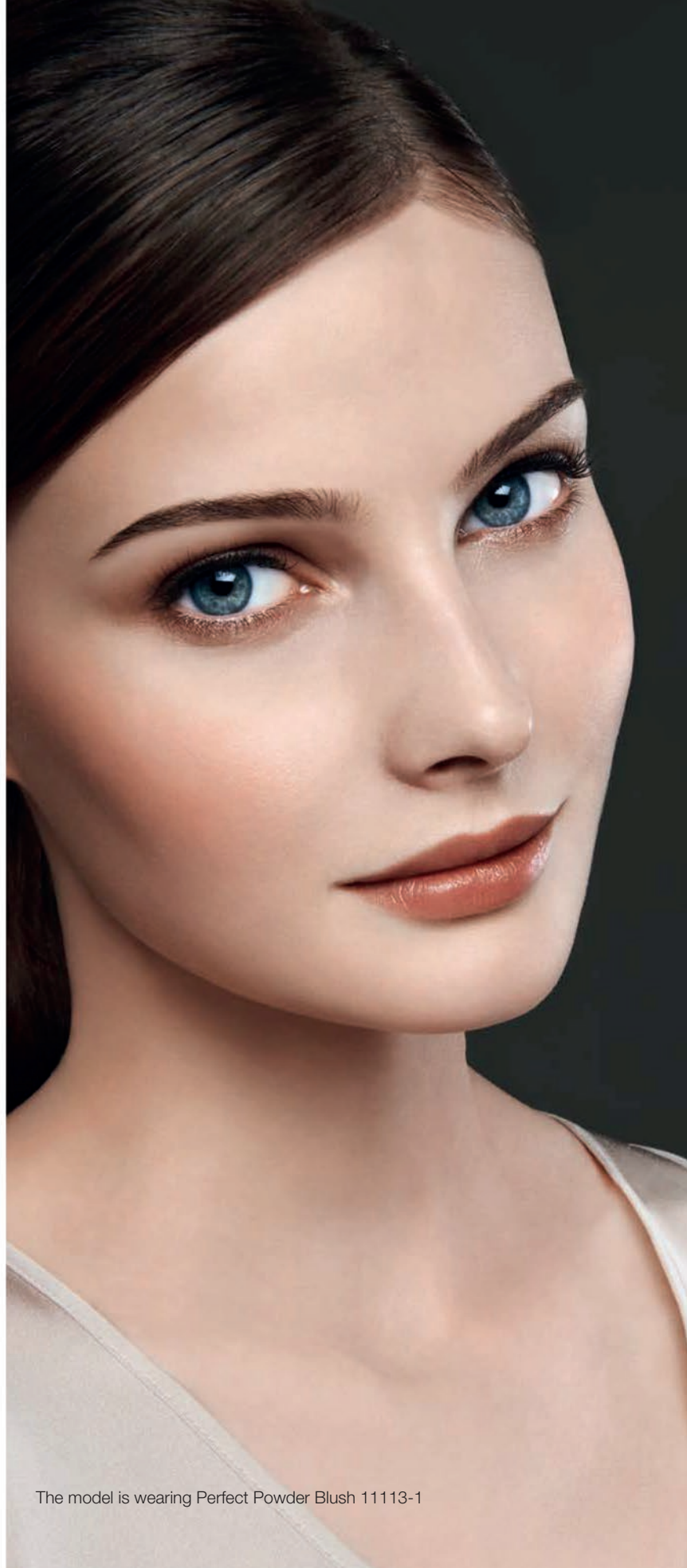
- For even application of powder eyeshadows

40066

YOU SAVE WITH **SETS**

Set with all brushes

40068



The model is wearing Perfect Powder Blush 11113-1





TOP  
SELLER



### 01 Fantastic Mascara

- Even thicker, longer and more defined: ingenious, ultra-black 3-D lashes
  - Intelligent 3-fold film texture: more colour, volume and definition with every stroke
  - Special brush structure: wave-like fibres for a perfect result up to the tips
  - Creates a „false-lash effect“
- 11188 | 10 ml



TOP  
SELLER



### 02 Activating Lash Serum

- Skin-friendly lash serum with a complex of growth stimulating active substances
  - For visibly longer and thicker lashes\*\*
  - Up to 35% longer lashes after only 6 weeks\*
  - Reduces lash loss and maximises lash volume
- 11127 | 5,5 ml



\* Maximum measured lash length after 6 weeks: up to 35% longer lashes.

\*\* Scientific study conducted by the renowned Institut Dermatest GmbH.

Result: April 2014. Participants: 20 women. Application: apply the serum twice a day to the upper lash line.

Period of application: 12 weeks (intermediate result after 6 weeks)



### 03 Lash Booster

- Can be applied under every kind of mascara
  - Intensive result and incredible lash volume
  - The fine fibres in the white texture make your lashes appear longer and more defined
- 11125 | 9 ml



### Eye Make-up Remover

- 2-phase-system: care component and remover mix
  - Removes waterproof make-up hassle-free and without residues
  - Does not leave an oily film
  - Nurturing active ingredients provide care for sensitive and dry skin around the eyes
  - Shake well before use
- 11190 | 125 ml






# Precious interplays of colour in the bat of an eye



## Full Colour Superliner

- Liquid eyeliner for easy application and expressive eyes
- Intensive full colour performance and long-lasting hold of up to 12 hours
- Fine felt point for precise, elegant contours in a single stroke
- Apply to oil and powder-free skin

1,1 ml


 11128 Deep Black



## Perfect Brow Styler

- Fluid that tints, styles and fixes the brows
- Long-lasting, natural finish
- Tints the hair, not the skin

6 ml

 11121-1 Bright Liquid

 11121-2 Dark Liquid



## Metallic Eyeliner


- Breathtakingly soft texture
- Extra long-lasting hold, water-resistant
- With removable sharpener and integrated smudger for blending

0,37 g

 11120-2 Velvet Violet

 11120-3 Moonlight Silver

 11120-6 Satin Brown

 11120-7 Gorgeous Grey



## Artistic Quattro Eyeshadow

- Perfectly harmonised nuances for a multitude of colour combinations
- 4 cambered, compressed eyeshadows
- Soft, satined interplays of colour from delicate to intense brilliance
- Extremely smooth and high-pigmented expert texture
- Wet & dry texture: can be applied either dry or wet with a moistened applicator

4 x 0,5 g

01 | 11150-1 Night Rock

02 | 11150-3 Velvet Vintage

03 | 11150-8 Secret Dawn

04 | 11150-10 Delighted Nude

05 | 11150-12 Sublime Marine

# Experience skin perfection

that knows  
no limits



## 01 Perfect Wear Foundation

- Silky texture with medium opacity that blends perfectly into the skin
- For a flawless and perfected complexion without mask effect
- Effective peptide complex for intense radiance and brilliancy
- Tested light protection factor LPF 30

30 ml

- 1 | 11116-1 Porcelain
- 2 | 11116-2 Light Beige
- 3 | 11116-3 Beige
- 4 | 11116-4 Dark Beige
- 5 | 11116-5 Beige Noisette
- 6 | 11116-6 Hazelnut

## 02 Perfect Smooth Compact Foundation

- Creamy compact foundation with medium opacity, perfect for on the go
- Conceals imperfections simply and quickly for a perfected complexion
- Tested light protection factor LPF 30

8,5 g

- 11117-101 Porcelain
- 11117-102 Light Beige
- 11117-103 Beige
- 11117-104 Dark Beige
- 11117-105 Beige Noisette
- 11117-106 Hazelnut

## Eye- & Lipbase

- Normalises the skin tone
- Makes lipstick and eyeshadow last longer
- Can be applied under lip and eye make-up



11108 | 2,2 g

## Radiant Skin Primer

- Corrects imperfections, makes make-up last longer and reduces the pore size
- Diamond-based effect pigments for enhanced radiance
- Peach-coloured texture freshens up the complexion
- Can be applied under make-up or alone



11115 | 30 ml

## Fast Wrinkle Filler

- Fills up wrinkles, imperfections and small scars from the outside
- Long-lasting texture for a smooth complexion
- Apply under make-up and let dry for a few seconds



11118 | 3,6 g

## Bright Highlighter

- Magical: reduces any signs of tiredness
- Rich cocktail of active ingredients including amaranth oil, bisabol oil, Australian myrtle oil and Optisoj™
- Apply under the eyes, to the upper lip line and where fine lines appear



- 11109-101 | 2,5 ml Porcelain
- 11109-102 | 2,5 ml Ginger





Perfect finish  
from natural  
to expressive



### 01 Perfect Powder Blush

- Velvety powder that stands out with excellent colour coverage and brilliance
- The harmonised matte colours add a fresh touch and highlight the cheekbones
- Duo colours, can be applied individually or in combination for a multitude of colour variants

### 02 Sun Dream Bronzer

- Feathery, pressed powder which can be evenly applied all over the face or to accentuate certain areas
- Perfect duo-colour combination for a smooth finish and natural freshness
- For a fresh summer complexion throughout the year

### 03 Hollywood Powder Multicolour

- Perfect for everyday use and every skin tone
- Yellow provides a radiant, fresh complexion
- Beige reduces irregularities in pigmentation
- Green conceals broken capillaries and pigmentation spots
- Fixes make-up, blurs out imperfections and ensures a smooth and radiant complexion

### 04 Hollywood Powder Duocolour

- Yellow imparts a healthy glow to your skin, blurs out shadows and imperfections and provides a radiant complexion
- Purple ensures a fresh and vital complexion, even at night – it reflects the light and livens up dull skin
- Fixes make-up, blurs out imperfections and ensures a smooth and radiant complexion

### 05 Velvet Touch Micro Powder

- High-grade multi-functional powder
- The airy and micro fine texture imparts a silky-transparent and smooth finish
- Reduces shine and normalises the skin tone

11113-1 | 11,8 g Ruddy Rose  
11113-2 | 11,1 g Petal Peach

11114 | 11 g

11111 | 12 g

11112 | 10 g

11110 | 10 g





Become an eye-catcher!



### Liquid Eyeliner

- For an intense, opaque result
- For precise, straight lines
- Quick-drying and long-lasting
- Shake well before use

2,5 ml

10005-1 Absolute Black

10005-2 Dark Brown



### Eyeshadow

- Dual colour power
- Brilliant colours full of radiance
- Powdery-soft texture with light-reflecting elements
- with pure minerals and Phycocoral®
- Talcum-free

2 x 1,25 g

01 | 10420-1 Mint 'n' Pine Green

02 | 10420-3 Sky 'n' Water

03 | 10420-4 Rose 'n' Grey

04 | 10420-6 Taupe 'n' Bronze

05 | 10420-7 Cashmere 'n' Copper

06 | 10420-8 Mauve 'n' Plum

07 | 10420-9 Gold 'n' Bronze

08 | 10420-10 Vintage Rose 'n' Grape



### Eyelid Highlighter

- 2 tips for day and night
- Delicate rose for the day
- Shimmering white-green for the night
- Makes the eyes look bigger
- Apply directly under the eye-brows

10004  
2 x 4,6 g



### Eyebrow Double Pencil

- Highlights the brows naturally and expressively
- Fine tip: for filling in gaps and defining the brows
- Broad tip: for adding colour and shaping the brows
- TIP: also ideal as eyeshadow!

4,9 g & 1,3 g

10006-1 Cashmere Creme

10006-2 Cashmere Brown



COLOURS



**01 Volume & Curl Mascara**

- Conjures up extraordinary volume with perfectly separated eyelashes
- The slightly curved brush fans out the lashes and creates a fabulous curve



10002-5 Night Blue



10002-4 Dark Brown



10002-1 Absolute Black

10 ml

**02 Extreme Volume Mascara**

- Spectacularly full, intensive lashes with maximum volume effect
- A combination of carefully selected waxes keeps the lashes soft and supple and unfolds every lash
- Conical brush shape for a marvellous „big eyes effect“
- Easy application even at the corners of the eye and the lower lash line thanks to pointed brush



10386 Absolute Black

11 ml

**03 Length & Definition Mascara, waterproof**

- Perfectly defined, visibly lengthened lashes
- The high definition brush makes the lashes look longer and separates them to the last hair
- Waterproof, extra long-lasting texture



10266 Absolute Black

7 ml



**Kajal**

- Intensive, strong and supple lid line
- Easy application
- Ultra long-lasting hold
- Perfect for drawing contours and framing the eyes

1,1 g

- 10001-101 Soft Snow
- 10001- 2 Dark Coal
- 10001-104 Cold Blue
- 10001-105 Soft Ashes
- 10001- 6 Olive Green
- 10001-107 Dark Hazel







01

## BB Cream

- The all-rounder for a great complexion
- Daily 5-in-1 care
  1. Moisturises
  2. Conceals imperfections
  3. Normalises the skin tone
  4. Mattifies the complexion
  5. UV filter with LPF 15

30 ml

01 | 10229-101 Light

02 | 10229-102 Medium / Dark



02

## Cream Make-up

- Smooth and creamy make-up with high opacity
- 12-h-wear: extra-long matte effect up to 12 hours
- Increases the moisture content in the skin
- Light-reflecting micro-pigments normalise imperfections



TOP  
SELLER

10060-1 Light Sand

10060-2 Medium Sand

10060-3 Light Caramel

10060-4 Medium Caramel

10060-5 Dark Sand

10060-6 Dark Caramel

30 ml

10060-1

10060-2

10060-3

10061-207

10060-4

10061-202

10060-5

10061-203

10060-6



## Oilfree Make-up

- smooth and creamy make-up with medium opacity
- **Long-lasting:** ultra-fine powder pigments provide a long-lasting, matte finish
- with nMF-complex to normalise the moisture content in the skin
- light-reflecting micro-pigments normalise imperfections



TOP  
SELLER

10061-207 Light Sand

10061-202 Medium Sand

10061-203 Light Caramel

10061-204 Medium Caramel

10061-205 Dark Sand

10061-206 Dark Caramel

30 ml

10061-204

10061-205

10061-206



Skin Perfector

## Concealer Stick

- **Sun Shine** conceals eye rings
  - **Soft Moss** evens out red patches
  - Easy to blend, perfect opacity
  - For a natural look
  - With avocado oil
  - With moisturising aloe vera
- 10062-1 Sun Shine  
10062-2 Light Beige  
10062-3 Dark Beige  
10062-4 Soft Moss  
2,5 g



10062-1

10062-2

10062-3

10062-4







### Loose Powder

- Silky-weightless texture for a natural style
- Perfect fixation for beautiful, even skin
- Transparent, suited for all make-up shades
- With pure minerals

15 g  
10064



10441-1

10441-2

10441-4

### Blush

- Light texture for a vital, natural look
- With pure minerals and Phycocorail®
- With micro fine mattifying pigments

4 g

- 10441-1 Warm Peach
- 10441-2 Cold Berry
- 10441-4 Warm Berry
- 10441-5 Cold Apricot



10441-5



### Cleansing Foam

The rich foam gently cleans the skin and removes all make-up.  
150 ml  
10377



Add some colour!



10440-1



10440-2



10440-3

### Pressed Powder

- Perfectly mattified complexion – also on the go
- Smooth, light texture that conjures up a radiant look and lets the skin breathe
- with pure minerals and Phycocorail®

9 g

- 10440-2 Caramel
- 10440-3 Apricot



### Bronzing Pearls

- Bronzing powder in pearl form
- Adds a touch of summer tan to the complexion
- Also perfect for highlighting the cheeks and the décolleté

18 g  
10068



### Lipliner

- Ideal for contouring and correcting
- Perfectly matches the LR Colours Lipsticks

1,16 g

- 01 | 10032-1 Warm Rose
- 02 | 10032-2 Magic Mauve
- 03 | 10032-3 Juicy Rose
- 04 | 10032-4 Orange Toffee
- 05 | 10032-5 Midnight Plum
- 06 | 10032-7 Hot Chili
- 07 | 10032-8 Brown Rose



### Glossy Lipstick

- The perfect combination of lipstick and gloss
- Long-lasting and moisturising
- With a seductively fruity flavour

- 01 | 10031-1 Crystal Caramel
- 02 | 10031-2 Crystal Rose
- 03 | 10031-3 Crystal Peach
- 04 | 10031-4 Crystal Mauve
- 05 | 10031-5 Crystal Plum
- 06 | 10031-6 Crystal Berry



### Lipstick

- Colour and brilliance that cast a spell
- From seductive red to fairy-tale rose through to natural shades of brown
- Beautiful lips thanks to vitamin E

4,5 g



- 01 | 10431-101 Warm Rose
- 02 | 10431-102 Magic Mauve
- 03 | 10431-103 Juicy Rose
- 04 | 10431-104 Orange Toffee
- 05 | 10431-105 Midnight Plum
- 06 | 10431-107 Hot Chili
- 07 | 10431-108 Brown Rose



### Lipgloss

- Ultra-glossy colour for extra-long hold
  - Nurturing with vitamin E and rosemary extract
- 10 ml



- 01 | 10029-201 Smoothy Rose
- 02 | 10029-202 Smoothy Pink
- 03 | 10029-203 Smoothy Red



### Lipstick Care Balm

- Mild care for sensitive and chapped lips
- Protects and nourishes with Cupuaçu butter and vitamin E
- For a natural and perfect finish

10433



Always find  
the right tone





### True Colour Nail Polish

- Perfect opacity, brilliant high-gloss finish, vivid colours, long-lasting hold
  - Professional fan brush that follows the nail's contours for precise polish application in one stroke
- 5,5 ml

- 01 | 10400-1 Marshmallow White
- 02 | 10400-2 Frosty Vanilla
- 03 | 10400-3 Ballerina Rose
- 04 | 10400-4 Sandy Beige
- 05 | 10400-5 Toffee Cream
- 06 | 10400-6 Latte Macchiato
- 07 | 10400-7 Happy Coral
- 08 | 10400-8 Pink Flamenco
- 09 | 10400-9 Foxy Fuchsia
- 10 | 10400-10 Red Kiss
- 11 | 10400-11 Black Cherry
- 12 | 10400-12 Lady Lilac
- 13 | 10400-13 Brown Truffle
- 14 | 10400-14 Smoky Grey



### 01 Billionnails

- Intensive nail care polish
  - Complex with vitamin E, C & F, proteins and calcium to support nail growth
  - nourish, harden and reduce brittleness of the nails
- 10405 | 5,5 ml



### 02 Base Coat

- Smooths the nail surface and prepares the nails for the coloured polish
  - Protects from nail polish stains
  - Makes your nail polish last longer
- 10404 | 5,5 ml



### 03 Top Coat

- Seals your nail polish and makes it last longer
  - Protects the nail from chipping and scrapers
- 10403 | 5,5 ml



### 04 Nail Hardener

- Hardens and seals natural nails
  - Strengthens through special protective film
  - Protects against chipping
- 10402 | 5,5 ml



### 05 Nail Therapy

- Ideal for soft, brittle nails
  - Vitamin E and bamboo extracts improve nail elasticity and resilience
  - Keratin components repair the nails and support healthy growth
- 10401 | 5,5 ml



### Professional File

- for natural and artificial nails
  - Sand blade file for quick and precise filing
- 4526



### Nail Shine/Polisher

- for naturally shining nails
  - smoothing, filing, polishing
- 823

Nails need care!



### Nail Polish Remover-Box

- For super-quick and thorough polish removal
  - Natural apricot oil replenishes
  - Acetone-free
- 100 ml  
10094



### Nail Polish Remover

- Natural apricot oil replenishes
  - Also perfect for re-filling the Remover Box
  - Acetone-free
- 100 ml  
10095



### Hand & Nail Serum

- For velvety-soft hands
  - With grape seed, avocado and jojoba oils and vitamin E
  - Gentle care for sensitive skin
- 15 ml  
10303







LR GLOBAL KIDS FUND  
initiated by LR Health & Beauty

We open up chances  
for children

**PLEASE HELP US!**

All about our projects and on how you can  
make a direct contribution at

Donations account IBAN: DE30 4008 0040 0621 3431 00  
BIC: DRES DE FF 400





DISCOVER THE  
**MASK**  
EXPERIENCE  
FOR RADIANTLY  
BEAUTIFUL FACIAL SKIN!

IT'S  
**MAGIC!**

LR LIFETAKT

# 5 IN 1 BEAUTY ELIXIR

Fulfil your 5 beauty  
desires with  
just one elixir!



LR Health & Beauty Systems GmbH · 59227 Ahlen

Your LR-Partner:

LR Products may only be purchased  
from authorized LR-Partners.

LR Health & Beauty Systems reserves the right to make changes to products as  
required and will not be held liable for any printing errors.

Best. Nr.: 95055-506

EN