

APOMEDICA
PHARMACEUTICAL PRODUCTS

FOR A HEALTHY TOMORROW

LUUF®


Dr. Böhm®

Lasepton®

Insecticum®

APOZEMA®

PASTA COOL

Quality from
Austria. 

THE BEST FROM NATURE FOR YOU



Mag. Ruth Fischer
Management

For 50 years health and well-being have been the focus of our attention. Based on current scientific knowledge and traditional knowledge of healing, we have been manufacturing over-the-counter herbal medicines and food supplements since 1968.

As one of only a few Austrian pharmaceutical companies with a pharmaceutical licence, very strict criteria apply to us. All our products always represent quality, effectiveness and safety. Every product that leaves our factory is manufactured and tested according to the strict regulations of Austrian pharmaceutical law. Millions of Austrians have been convinced of their efficacy for decades.

At our headquarters in Graz, our in-house research team works every day to develop new innovative products with help from nature's treasure trove.

On the following pages we present our diverse portfolio.

I am sure there is a suitable solution for you inside it.

Best regards, Ruth Fischer



COMPANY PROFILE	4
Dr. Böhm® Philosophy	5
Historical	6

Dr. Böhm®

MOBILITY	8
Gelenks complex intensiv	8
Gelenks complex	9
Magnesium complex	9
Teufelskralle	9

HEART & BLOOD VESSELS	10
Knoblauch nur 1 x täglich	11
Knoblauch superplus	11
Resveratrol	11
Omega 3 forte	12
Omega 3 complex	12

VITAMINS & MINERALS	14
Vitamin C complex	15
Vitamin D ₃	15
Curcuma	15
Immun complex	16
Immun Elixier	16
Folsäure plus	16
Magnesium nur 1 x täglich	17
Magnesium 50 plus	17
Zink plus	17

STRESS & SLEEP PROBLEMS	18
Ein- und Durchschlaf akut	18
Ein- und Durchschlaf	19
Passionsblume	19
Johanniskraut	19

DIGESTION & METABOLISM	20
Artischocke	20
Basen plus	21
Mariendistel	21
Reizdarmkapseln	21

BLADDER & PROSTATE	22
Cranberry akut	22
Cranberry complex	23
Kürbis nur 1 x täglich	23
Kürbis für die Frau	23

MENSTRUATION & MENOPAUSE	24
Mönchspfeffer	25
Traubensilberkerze	25
Isoflavon	25

BEAUTY FROM WITHIN	26
Haut Haare Nägel	27
Hyaluron complex + Serum	27
SonnenCarotin	27

PERFORMANCE & SPORT	28
Leistungselixier	30
Magnesium Sport®	30

MENTAL FITNESS	32
Gedächtnis aktiv	32
Omega 3 Direkt Sticks	33
Ginseng plus	33
Energie complex	33

WOMAN & MAN	34
Kürbis superplus	35
Damiana	35

DRY AND IRRITATED EYES	36
optico	36

MIGRAINES	37
Mutterkraut	37

LUUF®

ADULTS	
LUUF® Halspastillen mit	
Isländisch Moos & Eibisch	39
LUUF® ätherische Öle Balsam	39
LUUF® Naphazolin compositum Nasenspray	39

CHILDREN	
Kinder LUUF® Balsam	40
LUUF® Mare Nasenspray	40

BABY	
Baby LUUF® ätherische Öle Balsam	41
Baby LUUF® Mare Nasenspray	41

Lasepton®

BABY CARE	
7-Öl Naturrein	43
Bad & Shampoo	43
Wind- & Wetter-Creme	43
Bioaktiv Schutz-Creme	44
Schutz-Creme	44

INTENSIVE CARE	
Pflege Lotion	45
Schutz-Creme	45

CARE	
Dusche & Shampoo	46
Fuss-Creme	47
Hydro Lotion	47
Körper-Lotion Lipid	47
Puder	48
Regenerations-Creme	48

PASTA COOL	49
-------------------	-----------

Insecticum®	50
--------------------	-----------

APOZEMA®	51
-----------------	-----------

WHAT MAKES US SO SPECIAL



Quality from
Austria.



WHY DR. BÖHM®?

Medicines are always produced according to the highest pharmaceutical standards. But did you know that, in contrast to this, there are only very loose regulations for food supplements and that these “only” have to comply with food standards?

So in order to be sure of the highest possible quality in every case, you should pay attention to additional standards such as Good Manufacturing Practice (GMP), which is mandatory for pharmaceuticals. At Dr. Böhm, we decided right from the start to voluntarily produce all of our nutritional supplements according to these high standards – so that you can always be sure that you are holding a high-quality product in your hands.

Our quality assurance and control monitors each production step and ensures that purity and safety are guaranteed at all times down to the smallest detail. Production takes place exclusively with certified specialists in German-speaking countries. Every single ingredient of our products can be traced throughout the entire production process.

Even for our sales channel, we rely on the highest quality:
All our products are available exclusively in pharmacies.

KNOWLEDGE

The needs of the people have adapted to modern times. That is why we always develop our products in cooperation with doctors and pharmacists and, in addition to our knowledge of the healing powers of nature, also incorporate the latest findings from pharmaceutical research.



EFFECTIVENESS

At the end of the day, with every single Dr. Böhm® product, you should be able to say: “That really helps me!” Therefore, we always pay attention to the optimal combination and dosage of active ingredients. The resulting high effectiveness is proven today by numerous studies and satisfied customers.

QUALITY

Every brand today claims the concept of quality for itself. But what does “real” quality actually mean for you as a consumer? We ask ourselves this question day after day and, in addition to the tested raw materials and high-quality packaging, also rely on the pleasant consumption and optimal compatibility of our products.

EFFECTIVE, SAFE AND PLEASANT

Our goal is clear: Every Dr. Böhm® product should be effective, safe and pleasant to use. This is exactly where the smallest details make the biggest difference:



Dosages that make sense and work:

In our range you will only find products with a proven effect, whose ingredients are compiled and dosed in such a way that they can be optimally absorbed and utilised by the body.



Honesty from the ingredients to the packaging:

We do away with hidden fillers and auxiliary materials and only ever use them if they are essential for the optimal bioavailability of our products.



Tablets as a delivery form:

Whenever possible, we produce our products in tablet form. This best protects the sensitive ingredients and storage in a single blister pack is also extremely hygienic. This also significantly improves the swallowability.



Native healing power:

We use ingredients from traditional European medicine whose efficacy has been scientifically proven and which we trust. This way we are sure that we can keep the promise of health benefits that we give you.



Gentle but effective:

Without losing any of their effectiveness, our products are gentle, well-tolerated and ideally suited for allergy sufferers and sensitive people. If possible, they are also free from lactose, fructose, yeast and gluten.



HIS NAME STANDS FOR QUALITY



Dr. Friedrich Böhm 1927–2013

The physician and pharmacist Dr. Friedrich Böhm came from a respected medical family in Graz. He developed classics like Dr. Böhm®, LUUF® and Apozema®, which are the unchallenged number 1 in pharmacies in several categories.

Dr. Böhm® is well-known – one knows the brand from radio or newspaper advertisements and of course also from visiting the pharmacy. But what many do not know, is that behind the brand which has been successful for 50 years there is a person: The physician and pharmacist Dr. Friedrich Böhm.

Friedrich Böhm lived and worked in Graz. His father ran the renowned private clinic Hansa there, where he came into contact with medicine at an early age. He got to know the valuable effects of medicinal plants and experienced daily that the recovery of patients could be significantly improved by herbal medicinal products. A fascination arose which would stay with him later on.

At the age of 23, Friedrich Böhm completed his medical studies as one of the youngest of his contemporaries and later successfully completed a degree in pharmacology.

As a provider of ideas and a visionary for the brand Dr. Böhm®, Friedrich Böhm was always convinced of the power of nature. The brand's success proves him right to this day. With proven and innovative products the brand Dr. Böhm® today stands for highest quality and is a leader in the non-prescription segment.



The renowned sanatorium private clinic "Privatklinikum Hansa" was founded by his grandparents and has been family-owned for more than 100 years.
www.privatklinikum-hansa.at

Dr. Böhm®

NATURALLY FOR MY HEALTH

The No. 1 pharmacy brand.*



Quality from
Austria.

* Pharmacy turnover according to IQVIA Austria OTC Offtake since 2012

MOBILITY

What to do against back and neck pain?

Long periods of sitting down in the office in front of the PC, lack of exercise and frequent use of mobile phones mean that more and more people suffer from back pain and a stiff neck. But what can be done? Those who do not want to resort to chemical painkillers will find natural relief from devil's claw. Like many plant substances, it is characterised by gentle build-up of effectiveness and is suitable for long-term use due to its good tolerability.

In order for the joints to play along, it is necessary to ensure a supply of the correct nutrients for joints. Unlike ointments for external use, these support cartilage and joints from the inside. Only then can the joints remain flexible and the ligaments elastic.



Cartilage and bones



Age, obesity, lack of exercise or incorrect and excessive strain cause problems for the joints. Cartilage and bones therefore need intensive support from within.

Indications

Supply of the cartilage, bones and intervertebral discs with joint-specific vitamins (vitamin C, D and manganese) and trace elements as well as five joint components + calcium.

- ✓ Mobility
- ✓ Normal cartilage function

Advantages

- ✓ Drink only once a day
- ✓ When dissolved in water, the body absorbs the nutrients faster
- ✓ With a fresh mango taste

Tip for use


The ideal alternative for anyone who does not want to swallow pills. Just dissolve a sachet in a glass of water (~0.2–0.5l) in the morning or in the evening and drink it with or after a meal.

1 sachet contains		(NRV*)
800mg	Glucosamine hydrochloride	
500mg	Chondroitin sulphate	
300mg	Collagen complex nat. from:	
180mg	Collagen type II	
90mg	Mucopolysaccharides	
30mg	Hyaluronic acid	
200mg	Vitamin C	(250%)
100mg	MSM	
55µg	Selenium	(100%)
2,0mg	Manganese	(100%)
20mg	Vitamin E	(167%)
20µg	Vitamin D3	(400%)
	equivalent to 800 IU	
20mg	Grapeseed extract with OPC	
150mg	Calcium	(19%)

*NRV = Nutrient Reference Values in %

Food supplement
1 sachet contains 0.2 BE

Content	PZN	Art.no.
30 pcs.	5298010	865

 Free from lactose, yeast, gluten and gelatin.

Joints, cartilage and bones



Around 1.4 million Austrians suffer from joint problems, which also affect cartilage, ligaments and inter-vertebral discs. Sooner or later these appear in almost everyone. This is where Dr. Böhm® joint complex supports mobility from within.

Indications

Supplying bones, cartilage, ligaments and intervertebral discs with valuable joint and cartilage components for the

- ✓ Mobility of joints
- ✓ Elasticity of ligaments

Advantages

- ✓ Unique 5-fold combination made of the most important joint components glucosamine, chondroitin, collagen, hyaluronic acid and sulfur (MSM)
- ✓ Manganese for the normal formation of connective tissue
- ✓ Vitamin D supports the preservation of healthy bones

Tip for use

It is best to take it early on when the joint starts creaking and squeaking.

1 film-coated tablet contains (NRV*)

350mg	Glucosamine hydrochloride	
200mg	Chondroitin sulphate	
100mg	Collagen complex nat. from:	
60mg	Collagen type II	
30mg	Mucopolysaccharides	
10mg	Hyaluronic acid	
80mg	Vitamin C	(100%)
25mg	MSM	
50µg	Selenium	(91%)
1.0mg	Manganese	(50%)
10mg	Vitamin E	(83%)
5.0µg	Vitamin D3	(100%)

*NRV = Nutrient Reference Values in %

Food supplement
1 tablet contains 0.03 BE

Content	PZN	Art.no.
60 pcs.	4846047	860
120 pcs.	4846053	861



Free from lactose, yeast, gluten, purine and iodine.

Relaxed muscles – even at night



Suddenly you wake up, the night's sleep is harshly interrupted by a contraction of the calf muscles. Physical exertion, sweating or pregnancy can lead to an imbalance in the magnesium-potassium balance which controls the muscles. Dr. Böhm® Magnesium complex is proven to replenish the body's magnesium and potassium deposits.

Indication

- ✓ Supports normal muscle function (regulates contracting and relaxing of the muscle), for example in the calf

Advantages

- ✓ Comprehensive supply of the body with magnesium, potassium, OPC and L-carnitine
- ✓ Fast absorption thanks to effervescent form
- ✓ Especially suitable for the elderly and athletes

Tip for use

Dissolve the contents of one sachet in cold or hot water (0.2–0.5l).

1 sachet contains (NRV*)

250mg	Magnesium	(67%)
300mg	Potassium	(15%)
200mg	L-Carnitine	
20mg	Grapeseed extract with OPC	

*NRV = Nutrient Reference Values in %

Food supplement
1 sachet contains 0.02 BE

Content	PZN	Art.no.
28 pcs.	4846099	802



Free from lactose, yeast and gluten.



Suitable for vegetarians.

Back, neck and muscle pain



What to do if rheumatic conditions, muscle and tendon pain or morning stiffness cloud your desire to exercise? Musculoskeletal pain is common and reduces quality of life. Natural relief is offered by devil's claw.

Indications

As supporting treatment for

- ✓ Back, neck and muscle pain
- ✓ Morning stiffness, tendon and joint pain
- ✓ Rheumatic conditions

Advantages

- ✓ Pure herbal alternative to conventional pain relief medication
- ✓ High dosage of 600mg high quality extracts
- ✓ Very good tolerance
- ✓ Suitable for long-term use

Tip for use

The effect builds up over time, therefore, a longer-term application over several months is possible.

1 film-coated tablet contains

600mg	Dry extract from devil's claw root	
	drug extract ratio	1.5–2.5 : 1
	Extracting agent:	Water

Traditional herbal medicinal product

(Obligatory text see p. 51)

Active ingredient: Dry extract from devil's claw root
1 tablet contains 0.02 BE

Content	PZN	Art.no.
60 pcs.	3903412	415



Free from yeast, gluten and gelatin.



Suitable for vegetarians.



HEART AND BLOOD VESSELS

Knockout for increased blood lipid levels

This is a fight against an invisible opponent, because often the effects of elevated blood lipid levels only become apparent when it's already too late. With this you can leave the ring in time as the winner.

High blood lipid levels can lead to deposits in the blood vessels – thus they are a true knockout criterion for health. However, it is so easy to regulate blood lipid levels through completely natural support: Omega-3 fatty acids, which are contained in high-quality wild fish, have been shown to have a positive effect on blood pressure and blood lipid levels, as well as on the health of heart and brain.

Those who want to optimally provide the body with it, however, would have to eat high-fat fish three times a week. It's easier with the high-quality **Omega-3 food supplements by Dr. Böhm®**, which contain these healthy fatty acids in optimal dosage.

Tip:

Garlic is a real all-rounder for health – it is characterised by its supportive effect on cholesterol, heart, blood pressure and vessels.

Normal cholesterol levels



With age, many worry about vascular calcification and heart health. Garlic has been valued for centuries for its supportive impact on the cardiovascular system. Its contribution to a normal cholesterol level is particularly characteristic.

Indications

- ✓ Normal cholesterol levels
- ✓ Supports circulation and thus the health of the heart, vessel and circulation

Advantages

- ✓ No unpleasant smell from the breath and taste-free
- ✓ Excellent digestibility thanks to dragees which are resistant to gastric juices
- ✓ Highly concentrated: 1 dragee is equivalent to 2–3 fresh garlic cloves
- ✓ Made from the fresh plant using a special process

1 dragee contains

400mg Dry extract from garlic standardised to a content of alliin

Food supplement
1 dragee contains 0.04 BE

Content	PZN	Art.no.
30 pcs.	1520316	423
90 pcs.	2552442	424

Free from lactose, yeast, gluten and gelatin.

Suitable for vegetarians.

Physical and mental vitality



Loss of mental and physical vitality causes headaches for many as they get older. Dr. Böhm® Knoblauch superplus provides you with a special combination of high dosage garlic extract and valuable nutrients for physical strengthening and an alert mind.

Indications

- ✓ Physical strengthening, mental vitality
- ✓ Normal cholesterol levels
- ✓ Protection of cells from free radicals (oxidative stress)

Advantages

- ✓ Extract from fresh garlic
- ✓ No unpleasant smell from breath and taste-free
- ✓ Ginseng with strengthening and revitalising properties
- ✓ Coenzyme Q10 is essential for the energy supply of cells
- ✓ Vitamin E and selenium contribute to the protection of cells from free radicals
- ✓ Added plant-based antioxidants from green tea and tomatoes

1 dragee contains (NRV*)

350mg	Dry extract from garlic standardised to a content of alliin	
20mg	Dry extract from white ginseng root	
100mg	Dry extract from green tea leaves	
100µg	Selenium	(182%)
20mg	nat. Vitamin E	±30 IU (167%)
1mg	Lycopene (from tomatoes)	
10mg	Coenzyme Q10	

*NRV = Nutrient Reference Values in %

Food supplement
1 dragee contains 0.05 BE

Content	PZN	Art.no.
30 pcs.	2287388	210

Free from lactose, yeast, gluten and gelatin.

Suitable for vegetarians.

Signs of ageing of blood vessels



Resveratrol, which occurs mainly in red wine, is an important component of the so-called Mediterranean diet, which is considered particularly beneficial to health. Dr. Böhm® Resveratrol anti-ageing dragees contain, in addition to natural resveratrol, valuable plant-based antioxidants as well as vitamin C.

Indication

- ✓ Protection of blood vessels and somatic cells from free radicals (oxidative stress)

Advantages

- ✓ Resveratrol supports a healthy cardiovascular system
- ✓ Vitamin C contributes to normal collagen formation for the normal function of the blood vessels and additionally supports the protection of cells from oxidative stress
- ✓ With mediterranean plant substances from grape seeds (OPC), citrus fruits, olives and tomatoes

1 dragee contains (NRV*)

2mg	Resveratrol	
100mg	Red wine polyphenol extract	
	contains 50mg OPC	
80mg	Olive polyphenol extract	
	contains 20mg Polyphenols and 5mg Hydroxytyrosol	
60mg	Tomatoe extract	
	contains 3mg Lycopene	
100mg	Vitamin C	(125%)
30mg	Citrus bioflavonoids	

*NRV = Nutrient Reference Values in %

Food supplement
1 dragee contains 0.03 BE

Content	PZN	Art.no.
30 pcs.	2979695	370

Free from lactose, yeast, gluten and gelatin.

Suitable for vegetarians.

Healthy heart and brain, eyesight



Omega-3 fatty acids are essential. Since the body can not form them itself, it is dependent on an external supply. Dr. Böhm® Omega 3 forte contains an optimal amount of the omega-3 fatty acids EPA and DHA. One capsule daily contributes to healthy heart function.

Indication

- ✓ Daily basic supply of omega-3 for healthy heart and brain function

Advantages

- ✓ Odourless and tasteless, no fishy regurgitation
- ✓ Tested for pollutants, highly purified cold-water fish oil with 80% omega-3 content
- ✓ Plus valuable omega-3 from linseed oil, omega-9 from olive oil and vitamin E

Tip for use


Also suitable as part of a diet low in iodine.

1 capsule contains		(NRV*)
470mg	Cold water fish oil	
123mg	Linseed oil	
28mg	Olive oil, virgin	
	corresponds to	
490mg	Omega-3	
245mg	of which EPA	
127mg	of which DHA	
69mg	of which α-linolenic acid	
40mg	Omega-9	
6.0mg	Vitamin E	(50%)

*NRV = Nutrient Reference Values in %

Food supplement
1 capsule contains 0.008 BE

Content	PZN	Art.no.
60 pcs.	3039505	325

 Free from lactose, yeast, gluten and porcine gelatin.

High blood lipid levels & blood pressure



High levels of blood lipids (such as cholesterol and triglycerides) lead to deposits and constrictions of the vessels as well as the heart and brain. Often this also leads to high blood pressure. If this is detected too late, it can lead to other illnesses of the cardiovascular system.

Indication

- ✓ Daily contribution to normal blood lipid levels and blood pressure

Advantages

- ✓ Highest dosage of omega-3 on the market plus 30mg Coenzyme Q10
- ✓ Pollutant-tested cold-water fish oil with 80% omega-3 content
- ✓ Innovative “torpedo shape” of the capsule for optimal ease of swallowing
- ✓ Odourless and tasteless, no fishy regurgitation

Tip for use


Ideal supplement to taking cholesterol-lowering drugs (statins). Also suitable as part of an iodine-reduced diet.

1 capsule contains		(NRV*)
960mg	Cold water fish oil	
	equivalent to	
860mg	Omega-3	
500mg	of which EPA	
260mg	of which DHA	
5µg	Vitamin D ₃	(100%)
	equivalent to 200 IU	
6mg	Vitamin E	(50%)
30mg	Coenzyme Q10	

*NRV = Nutrient Reference Values in %

Food supplement
1 capsule contains 0.01 BE

Content	PZN	Art.no.
30 pcs.	4162047	328
60 pcs.	4733573	329

 Free from lactose, yeast, gluten and porcine gelatin.

EXPERT TIP



Univ. Prof. Dr. Günter Steurer

FOR HEALTHY BLOOD LIPID LEVELS.

Omega-3 contributes to normal blood lipid levels. This is particularly advantageous for people who already have to take cholesterol-lowering drugs, so-called statins.

Also important: Coenzyme Q10. Every cell in the body requires coenzyme Q10 for energy, but it decreases with age. Statins also slow down its production in the body.

QUALITY MATTERS...

There are plenty of omega-3 capsules. But: When choosing the right product, it is worthwhile to take a closer look. It is not the amount of fish oil concentrate per capsule that is crucial, but the **content of EPA and DHA**.

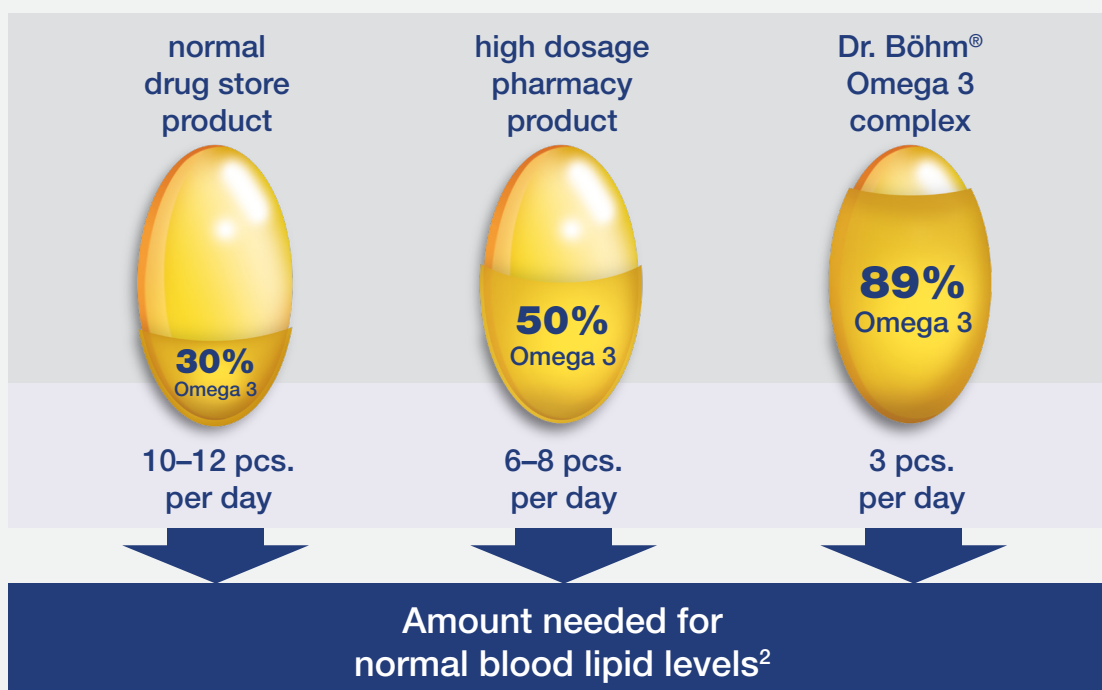
For normal blood lipid levels, a daily intake of 2,000mg of these two important omega-3 fatty acids is necessary. Only products with a high content of omega-3 fatty acids offer the advantage of achieving the desired effect with **just a few capsules per day**.

For the most common omega-3 products available in drug stores or pharmacies, 6–12 capsules per day would need to be taken per day to contribute to normal blood lipid levels.

Not with Dr. Böhm® Omega 3 complex capsules:

- ✓ With only 1 capsule per day, they contribute to **heart and brain health**^{1,2}
- ✓ 3 capsules per day for **normal blood lipid levels** (triglyceride levels)³

Due to the 89% omega-3 content, the capsules are also suitable for people who want to normalise their blood pressure (4 capsules).⁴



¹ The positive effect as a contribution to normal cardiac function is achieved with a daily intake of 250mg DHA and EPA.

² The preservation of normal brain function sets in with a daily intake of 250mg DHA.

³ A positive effect on maintaining normal triglyceride levels can be observed with a daily intake of 2g EPA and DHA.

⁴ The positive effect on a normal blood pressure is achieved with a daily intake of 3g EPA and DHA.

A close-up photograph of a young woman with long, wavy blonde hair, smiling broadly. She is holding a large, thick slice of watermelon in front of her face, partially obscuring it. She is wearing a red and white striped shirt. The background is a solid light yellow color.

VITAMINS & MINERALS

A balanced, healthy diet is a must, but not always feasible in everyday life. Food supplements help to provide the body with an optimal supply.

Nothing is possible without vitamins, trace elements and minerals. They ensure strong defences, protect the cells, support muscle function and are indispensable for healthy bones and teeth. Often, however, it is not possible to absorb the most important micronutrients in sufficient quantities through diet alone. This is exactly where **vitamin and mineral products by Dr. Böhm®** come into play. They deliver optimal dosages of ingredients such as magnesium, vitamin D or the trace element zinc, which are true health all-rounders.

When are food supplements useful?

- ✔ For high physical stress (Sport, physical labour, etc.)
- ✔ During psychologically demanding times (high stress level)
- ✔ When there is an increased burden on the immune system (for example when having a cold)

Healthy immune system



Particularly during autumn and winter, care should be taken to ensure an adequate supply of vitamin C, D and zinc – they make up the protective barrier of a healthy immune system.

Indications

- ✓ When there is an increased burden on the immune system, for healthy defences
- ✓ Vitamin C and zinc to protect cells from free radicals (oxidative stress)

Advantages

- ✓ Stomach-friendly, buffered vitamin C
- ✓ Triple complex of vitamin C, D, and zinc
- ✓ With precious ingredients from elderberries

Tip for use

In case of increased requirements, we recommend you take 1 dragée twice a day.

1 dragée contains		(NRV*)
350mg	Vitamin C (buffered)**	(438%)
10µg	Vitamin D3	(200%)
	equivalent to 400 IU	
6.0mg	Zinc	(60%)
50mg	Elderberry extract	

*NRV = Nutrient Reference Values in %

** equivalent to 436mg calcium ascorbate

Food supplement
1 dragée contains 0.02 BE

Content	PZN	Art.no.
60 pcs.	3818155	487



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

Vitamin D – optimal supply



Our body can only produce vitamin D with the help of sunlight. During the darker months, supplemental intake of vitamin D is recommended.

Indications

Vitamin D:

- ✓ For an intact immune system – especially in the cold season
- ✓ Healthy bones and teeth
- ✓ For normal muscle function

Advantages

- ✓ One capsule taken every 2 days already satisfies the daily vitamin D requirement
- ✓ With virgin olive oil for better absorption of fat-soluble vitamin D
- ✓ Small capsules, easy to swallow

1 capsule contains		(NRV*)
40µg	Vitamin D3	(800%)
	equivalent to 1600 IU	
238mg	Olive oil, virgin**	
	equivalent to	
167mg	Omega-9	
6.0mg	Vitamin E	(50%)

*NRV = Nutrient Reference Values in %

** Relative fatty acid composition:
Oleic acid 70%

Food supplement
1 capsule contains 0.004 BE

Content	PZN	Art.no.
60 pcs.	4902001	781



Free from lactose, yeast, gluten and porcine gelatin.

The power of the golden root



The health benefits of curcuma are undisputed and have now been confirmed by many studies. The problem, however, is that curcuma is usually difficult for the body to absorb. This problem has been solved thanks to a special technology. The bioavailability is significantly improved by means of a natural lecithin coating. This means that as much curcuma as possible can be provided to the body throughout the day.

Indication

- ✓ For your health and wellbeing*

Advantages

- ✓ Only 1 capsule per day: 400mg patented curcuma extract (Longvida®)
- ✓ High bioavailability and well tolerated
- ✓ Optimally combined with vitamin D For your immune system*, MSM (Sulfur) and olive extract

1 capsule contains		(NRV*)
400mg	Curcuma extract (Longvida®)	
92mg	correspond to curcuminoids	
50mg	contains lecithin	
20µg	Vitamin D ₃	
	equivalent to 800 IU	
60mg	MSM	
20mg	Olive extract	
5mg	correspond to Olive polyphenols	

*NRV = Nutrient Reference Values in %

Food supplement
1 capsule contains 0.03 BE

Content	PZN	Art.no.
30 pcs.	5298004	240



Free from lactose, yeast, gluten and porcine gelatin.

Immune system



The plants most frequently used during the cold season have been combined in the latest innovation from Dr. Böhm®. Dr. Böhm® Immun Elixier for drinking contains a powerful mix of sea buckthorn, elderberry, echinacea, star anise and lemon balm. Supplemented by the immune-specific micronutrients zinc, selenium, vitamin D, vitamin C and high-dose lysine, an optimally dosed mix of vital substances is created to support the immune system.

Indication

- ✓ To support the immune system

Advantages

- ✓ Unique combination of herbal ingredients
- ✓ Supplemented by immunospecific micronutrients
- ✓ Rapid absorption through liquid form
- ✓ Dosage only 1 x day

1 capsule contains (NRV*)

300mg	Elderberry juice powder	
200mg	Sea buckthorn fruit juice powder	
200mg	Echinacea fresh plant juice powder	
100mg	Lemon balm leaf extract	
125mg	Star anise extract	
500mg	correspond to star anise	
500mg	Lysin	
55µg	Selenium	(100%)
15mg	Zinc	(150%)
20µg	Vitamin D ₃	(400%)
	equivalent to 800 IU	
500mg	Vitamin C	(625%)
100mg	Magnesium	(27%)

*NRV = Nutrient Reference Values in %

Food supplement
1 sachet contains 0.09 BE

Content	PZN	Art.no.
30 pcs.	5377011	235

Free from lactose, yeast, gluten and gelatin.

Suitable for vegetarians.

Daily multivitamin



Only 1 tablet daily helps you with an optimally dosed mix of vitamins, minerals, carotenoids, Mediterranean plant extracts and coenzyme Q10. The extra plant power is provided by an innovative concentrate made from cantaloupe melon, as the primary antioxidant from the plant.

Indications

- ✓ Year-round support of the immune system (for example, vitamin C, D, iron, selenium, and zinc)
- ✓ During increased oxidative stress such as during physical exertion, stress and lack of sleep

Advantages

- ✓ 28 vitamins and minerals
- ✓ Plus 5 mediterranean plant extracts (rich in natural antioxidants) from citrus fruits, red grapes, pomegranate and olives
- ✓ Innovative concentrate from cantaloupe melon with high SOD content

1 film-coated tablet contains (NRV*)

100mg	Magnesium	(27%)
18mg	Iron	(129%)
6.0mg	Zinc	(60%)
55µg	Selenium	(100%)
1.0mg	Copper	(100%)
2.0mg	Manganese	(100%)
50µg	Chromium	(125%)
50µg	Molybdenum	(100%)
1.1mg	Fluoride	(31%)
6.0mg	Silicon	
5.0mg	MSM	
2.1mg	Thiamine (B1)	(191%)
2.4mg	Riboflavin (B2)	(171%)
3.0mg	Vitamin B6	(214%)
3.0µg	Vitamin B12	(120%)
18mg	Niacin	(113%)
150µg	Biotin	(300%)
300µg	Folic acid	(150%)
6.0mg	Pantothenic acid	(100%)
200mg	Vitamin C	(250%)
20mg	Vitamin E	(167%)
10µg	Vitamin D3	(200%)
600µg	Vitamin A	(75 %)
1.6mg	Beta carotene	
0.5mg	Lycopene	
0.5mg	Lutein	
50µg	Zeaxanthin	
5.0mg	Coenzyme Q10	
10mg	Citrus bioflavonoids	
20mg	Olive extract	
25mg	Red grape extract	
25mg	Pomegranate extract	
10mg	Melon concentrate (EXTRAMEL®) equivalent to 140 IU SOD	

*NRV = Nutrient Reference Values in %

Food supplement
1 tablet contains 0.005 BE

Content	PZN	Art.no.
30 pcs.	3847607	230

Free from lactose, yeast, gluten and gelatin.

Suitable for vegetarians.

Conceiving and pregnancy



Folic acid can not be produced by the body itself. According to the latest nutrition report, intake of folic acid is below the recommended levels across all age groups. Especially women trying to conceive and pregnant women are often recommended to take an additional 400µg of folic acid.

Indications

- ✓ Trying to conceive and during pregnancy
- ✓ Plays a role in the formation of blood (iron)
- ✓ Contributes to normal homocysteine level (vitamin B6, B12 and folic acid)

Advantage

- ✓ Folic acid supports cell division and blood formation as well as growth of maternal tissue during pregnancy

Tips for use

When trying to conceive: Begin use no later than 4 weeks before the start of the pregnancy. Folic acid plus can be taken throughout the entire duration of the pregnancy.

1 film-coated tablet contains (NRV*)

400µg	Folic acid	(200%)
1.6mg	Vitamin B6	(114%)
3.0µg	Vitamin B12	(120%)
12mg	Zinc	(120%)
10mg	Iron	(71%)

*NRV = Nutrient Reference Values in %

Food supplement
1 tablet contains 0.0002 BE

Content	PZN	Art.no.
30 pcs.	2317416	155

Free from lactose, yeast, gluten and gelatin.

Suitable for vegetarians.

Daily Magnesium supply



A poor supply of Magnesium occurs in large parts of the population. The Austrian Society for Nutrition recommends a daily magnesium intake of about 300mg for an adult, which is already covered with just one tablet of this product.

Indication

- ✓ To replenish the magnesium stores in the case of a diet low in magnesium, physical exertion, heavy sweating, stress or weight loss diets

Advantages

- ✓ High dosage of 300mg
- ✓ Excellent digestibility thanks to through stomach-friendly dragées
- ✓ Contributes to the reduction of tiredness and fatigue

Tip for use

For the long-term preservation of an ideal magnesium level. Also good for diabetics, who often have increased magnesium requirements.

1 dragée contains	(NRV*)
84mg Magnesium citrate	
493mg Magnesium oxide	
equivalent to 300mg of pure Magnesium	(80%)

*NRV = Nutrient Reference Values in %

Food supplement
1 dragée contains 0.03 BE

Content	PZN	Art.no.
30 pcs.	1854738	291
90 pcs.	2576075	292



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

Healthy nerves and muscles over 50



People over 50 years old suffer particularly often from a magnesium deficiency. The precious ingredients such as selenium, vitamin E and garlic contained in Dr. Böhm® Magnesium 50 plus ideally supplement the daily magnesium intake. The perfect combination for those who want to stay productive and active.

Indications

- ✓ Special combination for requirements for over 50s
- ✓ Contributes to the normal function of muscles, nerves and energy metabolism (magnesium)
- ✓ Garlic supports heart, blood vessels and the circulation
- ✓ Supports healthy bones and teeth (magnesium)

Advantages

- ✓ Excellent tolerability thanks to dragées which are resistant to gastric juices (Avoids a laxative effect)
- ✓ Plus odourless garlic extract
- ✓ Small dragées, easy to swallow

1 dragée contains	(NRV*)
42mg Magnesium citrate	
247mg Magnesium oxide	
equivalent to 150mg of pure Magnesium	(40%)
50µg Selenium	(91%)
10mg Vitamin E	(83.5%)
125mg Garlic extract	
equivalent to 1.5 to 2g of fresh garlic	

*NRV = Nutrient Reference Values in %

Food supplement
1 dragée contains 0.02 BE

Content	PZN	Art.no.
60 pcs.	4607213	288



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

High dosage of zinc for your immune system



The all-rounder zinc aids important processes of our immune system as an essential trace element.

For a well-functioning immune system, it is therefore important, especially during the cold season, to optimally supply your body with zinc.

Indications

- ✓ For increased zinc requirements due to diet low in minerals or sport
- ✓ To support the immune system and metabolism (vitamin C and zinc)
- ✓ During the cold season
- ✓ Vitamin C, selenium and zinc to protect cells from oxidative stress

Advantages

- ✓ High dosage of 30mg zinc
- ✓ Three different zinc salts for optimal absorption and utilisation of zinc in the body
- ✓ Plus selenium, vitamin C, B6 and precious natural herbal antioxidants
- ✓ Added 100mg grapeseed extract (OPC)

1 dragée contains	(NRV*)
30mg Zinc	(300%)
as Zinc gluconate, Zinc sulphate and Zinc citrate	
55µg Selenium	(100%)
150mg Vitamin C	(188%)
3.0mg Vitamin B6	(214%)
1.0mg Lycopene	
100mg Grapeseed extract (OPC)**	
10mg Citrus bioflavonoids	

*NRV = Nutrient Reference Values in %

** standardised to at least
95% Polyphenols,
80% Proanthocyanidins

Food supplement
1 dragée contains 0.02 BE

Content	PZN	Art.no.
30 pcs.	4600116	475



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

STRESS AND SLEEPING PROBLEMS

Pressure to perform increases constantly, mental state suffers – to claim back inner peace and balance, effective and gentle relief from nature exists.

Everything becomes too much, the hamster wheel turns faster and faster, at some point nothing works any more: Exhaustion, panic attacks, burnout and sleep disorders define everyday life for many people. But it does not have to be like this! To be completely relaxed and full of vitality – with herbal ingredients that gently support mental well-being.

Herbal emotional treat:

- ✓ Helps to deal better with pressure
- ✓ Excellent digestibility
- ✓ Do not cause addiction
- ✓ Can be used for a longer period of time

Herbal medicinal products by Dr. Böhm® accompany you with balancing and soothing herbal extracts on the journey to a lasting relaxed lifestyle.

For acute problems falling asleep and sleeping through the night



Stress and constant pressure to perform – the strains of everyday life are also noticeable for many people at night. If sleep is disturbed, this has an impact on well-being: One feels exhausted and irritable, performance drops. A negative cycle can arise that has to be broken.

Indication

- ✓ Acute problems with falling asleep and sleeping through the night

Advantages

- ✓ Relaxing thanks to hops extract (xanthohumol)
- ✓ Shortens the time until falling asleep thanks to melatonin
- ✓ Improves sleeping through the night thanks to valerian extract

Tips for use

Only 1 dragée a day – just before going to bed (30 min). It is recommended to limit intake to a maximum of 3 months. For long-term use, Dr. Böhm® Falling asleep and sleeping through the night dragées are available.

1 dragée contains

min. 125µg	Xanthohumol
250mg	equivalent to hops extract
1mg	Melatonin
250mg	Valerian root extract

Food supplement
1 dragée contains 0.03 BE

Content	PZN	Art.no.
30 pcs.	4995623	153



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.



Falling asleep and sleeping through the night



In industrialised countries about 15–35% of the population suffer from mild to severe insomnia. The unique 3-fold herbal combination of passion flower, melissa and valerian provides gentle relief when you are not sleeping well.

Indications

For the treatment of nervous sleep disorders

- ✓ Calms and promotes sleep
- ✓ Improves sleep quality
- ✓ Facilitates sleeping through the night

Advantages

- ✓ Hormone-free, purely herbal
- ✓ No fatigue the next day, no addictive effect

Tips for use

Take 2 dragées ½–1 hour before bedtime. If necessary, you can take additional 2 dragées earlier during the evening.

1 dragée contains

125.0mg	Dry extract from valerian root
	drug extract ratio 3–6 : 1
	Extracting agent: 70% ethanol
80.0mg	Dry extract from passion flower herb
	drug extract ratio 5–7 : 1
	Extracting agent: 50% ethanol
112.5mg	Dry extract from melissa leaves
	drug extract ratio 4–6 : 1
	Extracting agent: 30% methanol

Traditional herbal medicinal product

(Obligatory text see p. 51)

Active ingredient: Dry extracts of valerian root, passion flower herb and melissa leaves
1 dragée contains 0.035 BE

Content	PZN	Art.no.
60 pcs.	4203272	152



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

Stress, nervousness, restlessness



Stress at work, pressure, or thinking about family demand a lot from us every day. The result is nervousness, inner restlessness and danger of burnout. This is where the plant extract of passion flower is used.

Indications

- ✓ Nervous restlessness
- ✓ Tension and stress
- ✓ Anxiety, e.g. before a flight or an exam (from 12 years of age)

Advantages

- ✓ Without known dependency or habituation effects
- ✓ With a high dosage of passion flower extract
- ✓ Effective within a few hours without causing fatigue

Tips for use

For nervous restlessness, take 2–3 dragées throughout the day. For the treatment of nervous sleep disorders: 1–2 dragées ½ an hour before going to bed.

1 dragée contains

425mg	Dry extract from passion flower herb
	drug extract ratio 5–7 : 1
	Extracting agent: 50% ethanol

Traditional herbal medicinal product

(Obligatory text see p. 51)

Active ingredient: Dry extract from passion flower herb
1 dragée contains 0.02 BE

Content	PZN	Art.no.
30 pcs.	3516141	335
60 pcs.	3528322	334



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

During emotional unrest



In European countries, about 10% of the population suffer from depression. In addition to antidepressants, St John's wort has become established as a herbal and effective option. It brightens the mood and promotes mental balance.

Indications

- ✓ During emotional unrest
- ✓ Loss of interest
- ✓ Depressed mood
- ✓ Listlessness

Advantages

- ✓ In two dosages – depending on individual requirements (for light or medium emotional unrest)
- ✓ Can be taken for a longer period of time without known addictive and familiarisation effect
- ✓ Optimally intake with only 1 tablet / capsule daily

1 film-coated tablet contains

600mg	Dry extract from St John's wort
	drug extract ratio 3.5–6.0 : 1
	Extracting agent: 60% ethanol

1 capsule contains

425mg	Dry extract from St John's wort
	drug extract ratio 3.5–6.0 : 1
	Extracting agent: 60% ethanol

Herbal medicinal product

(Obligatory text see p. 51)

Active ingredient: Dry extract from St John's wort

Content	PZN	Art.no.
425mg capsules:		
30 pcs.	2426832	197
60 pcs.	2426849	198
600mg film tablets:		
30 pcs.	4201190	670



Free from yeast, gluten and porcine gelatin.



Suitable for vegetarians (tablets only).

DIGESTION AND METABOLISM

**Eaten too much again?
This is how you can return to
feeling light!**

A sprawling barbecue, a rich festive meal, plus a glass or two of alcohol and the digestive system starts to defend itself with flatulence, bloating or nausea. Even long term, the effects are noticeable, namely, when lavish meals, sweets and alcohol are consumed again and again. Because that means pure stress for liver & co.

To get your gut to feel right again, there is a trick, namely reaching into nature's treasure chest: With herbal ingredients, digestive problems can be gently treated and the important detoxification processes of the body gently supported.

Did you know?

Since the Middle Ages artichoke and milk thistle have been regarded as important medicinal plants for indigestion.

Indigestion/ elevated cholesterol



Who has not experienced this – have you eaten too much or something too greasy? This is often followed by an unpleasant sensation in the stomach. The special extract of fresh artichoke leaves counteracts bloating and flatulence after heavy eating. It promotes the digestion of fat and positively influences cholesterol levels.

Indications

- ✓ Indigestion: Feeling of fullness, regurgitation, and flatulence
- ✓ Cholesterol levels: promotes excretion of cholesterol and diminishes new formation
- ✓ Promotes gall bladder function

Advantages

- ✓ High-quality special extract from fresh artichoke leaves
- ✓ Purely herbal medicinal product – excellent digestibility

Tips for use

Take before meals. Ideal to support a low-fat diet.

1 dragée contains

450mg Dry extract from fresh artichoke leaves
drug extract ratio
25–35 : 1
Extracting agent: Water

Traditional herbal medicinal product

(Obligatory text see p. 51)

Active ingredient: Dry extract from fresh artichoke leaves

1 dragée contains 0.035 BE

Content	PZN	Art.no.
30 pcs.	3516135	102



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

Detoxifying



For hyperacidity, diets or for detoxification, it is important to maintain the acid-base balance. Dr. Böhm® Basen Tabletten Plus support this.

Indications

- ✓ For a targeted supply of bases
- ✓ As a supplement during a detox treatment, a diet and while detoxifying

Advantages

- ✓ Taste-neutral tablets
- ✓ Optimal absorption through special tablet form – prevents unpleasant regurgitation and flatulence
- ✓ With OPC from grape seeds, bioflavonoids, selenium and zinc
- ✓ With basic mineral salts

Tip for use

Drink a large glass of water with the tablets – this supports their positive effect.

1 tablet contains (NRV*)

185mg	Magnesium citrate	
90mg	Magnesium oxide	
	equivalent to	
75mg	of Magnesium	(20%)
180mg	Potassium hydrogen carbonate	
150mg	Potassium citrate	
	equivalent to	
125mg	of Potassium	(6%)
204mg	Calcium carbonate	
70mg	Calcium hydrogen phosphate	
	equivalent to	
100mg	of Calcium	(12.5%)
22mg	Zinc gluconate	
	equivalent to	
3.0mg	of Zinc	(30%)
10mg	Citrus bioflavonoids	
5.0mg	Grapeseed extract (OPC)	
25µg	Selenium	(45%)

*NRV = Nutrient Reference Values in %

Food supplement
1 tablet contains 0.001 BE

Content	PZN	Art.no.
60 pcs.	2635197	138



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

Liver problems



Too much fat, alcohol and sweets? The liver is a high-performance organ and is attacked from many sides. Here it receives effective support from nature. Milk thistle protects, detoxifies and regenerates the liver. It helps liver cells to recover.

Indications

- ✓ Bad liver test values
- ✓ Detoxification/decontamination of the liver
- ✓ Improvement of liver function

Advantages

- ✓ Very good tolerability and no known drug interactions
- ✓ Improves liver function, Normalises liver values and prevents absorption of liver-damaging substances

Tips for use

As a relief treatment over several weeks (for example: to detoxify after the holidays). Suitable for long-term use (e.g.: supporting chronic liver issues such as fatty liver).

1 hard capsule contains

177.4–240.4mg	Dry extract from milk thistle fruit
	Extracting agent: 95% acetone

Herbal medicinal product

(Obligatory text see p. 51)

Active ingredient: Dry extract from milk thistle fruit

Content	PZN	Art.no.
30 pcs.	3910464	297
60 pcs.	3922378	298



Free from lactose, yeast, gluten and porcine gelatin.

For irritable bowel syndrome



Symptoms such as constant or recurring abdominal pain, constipation, but also diarrhoea, painful intestinal cramps and flatulence are typical of irritable bowel syndrome. Whereby one speaks of an irritable bowel only after 3 months. Dr. Böhm® irritable bowel capsules act acutely and should be used until the symptoms have completely subsided.

Indication

- ✓ Relieves abdominal pain and slight cramps and flatulence in patients with irritable bowel syndrome

Advantages

- ✓ 100% natural active substance: Peppermint oil
- ✓ Efficacy in irritable bowel syndrome has been confirmed in clinical studies
- ✓ Well tolerated (capsules which are resistant to gastric juices)

1 soft gastro-resistant capsule contains (NRV*)

182mg Peppermint oil (Mentha piperitae aetheroleum).
Other ingredients:
essentially sodium-free.

Herbal medicinal product

(Obligatory text see p. 51)

Active ingredient: Peppermint oil

Content	PZN	Art.no.
15 pcs.	4974437	350
60 pcs.	4974443	351



Free from lactose, yeast, gluten and porcine gelatin.

For urinary tract and
bladder in acute cases



BLADDER & PROSTATE

**If the bladder
is irritated, quality
of life deteriorates.**

A constant urge to urinate, difficulty urinating, involuntary loss of urine – bladder and prostate complaints can quickly govern everyday life. The good news: Herbal support is available to help with doing one's smaller bathroom deeds.

Strong for bladder and prostate:

- ✓ Cranberry & Co – for healthy urinary tract and bladder
- ✓ Pumpkin extracts – for weak bladder and prostate function

Recommendation:

The European Federation of Phytotherapy Society (ESCOP) recommends 10g of pumpkin seeds daily for bladder and prostate.

Dr. Böhm® Cranberry akut was developed to support the health of urinary tract, bladder and mucous membranes in acute cases. Particularly then sufficient fluid intake is very important, because it will help to rinse the urinary tract. This is very easy with Dr. Böhm® Cranberry akut, thanks to its tasty composition.

Indication

- ✓ For a healthy urinary tract and bladder

Advantages

- ✓ Uniquely combines herbal ingredients from cranberry and horseradish extract with D-mannose and vitamins
- ✓ Birch leaf extract to rinse the urinary tract
- ✓ With biotin for the maintenance of normal mucous membranes, as well as the bladder mucosa

Tip for use

Drink enough (at least 1.5 to 2 litres per day).

1 sachet contains (NRV*)

3000mg	D-mannose	
100mg	Dry extract from cranberries	
	standard of 67mg	
	Proanthocyanidins (PAC)	
150mg	Birch leaf extract	
75 mg	Horseradish extract	
104mg	Magnesium	(28%)
160mg	Vitamin C	(200%)
75µg	Biotin	(150%)
10µg	Vitamin D3	(200%)
	equivalent to 400 IU	

*NRV = Nutrient Reference Values in %

Food supplement

1 sachet of effervescent powder contains
0.31 BE

Content	PZN	Art.no.
10 pcs.	4830187	141



Free from lactose, yeast, gluten
and gelatin.



Suitable for vegetarians.

Healthy bladder – suitable for long term use



Hardly any other organ worries women as much as the bladder, because it is, like the female urinary tract, particularly sensitive. Especially when there are large temperature fluctuations, when wearing wet swimwear or having an active sexual life, the bladder can become an issue. The high-dose cranberry extract by Dr. Böhm® is proven to provide relief.

Indication

- ✓ For a healthy bladder, especially for longer-term use

Advantages

- ✓ Unique combination: Canadian cranberry extract, topped with watercress and horseradish
- ✓ Contains birch leaf extract to flush out the urinary tract
- ✓ With biotin and vitamin B2 which contribute to a healthy mucous membrane

Tips for use

Up to 2 tablets can be taken daily if the bladder often causes problems. Thanks to the good digestibility, there are no issues with longer-term intake.

1 tablet contains (NRV*)

100mg	Dry extract from cranberries standard of 67mg Proanthocyanidins (PAC)	
50mg	Birch leaf extract	
150mg	Dry extract from watercress	
75mg	Dry extract from horseradish	
100mg	Vitamin C	(125%)
10µg	Vitamin D3	≈ 400 IU (200%)
2.8mg	Vitamin B2	(200%)
75µg	Biotin	(150%)

*NRV = Nutrient Reference Values in %

Food supplement
1 tablet contains 0.007 BE

Content	PZN	Art.no.
30 pcs.	4846030	843



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

Bladder & Prostate



Constant urination especially during the night, poor urine flow and unpleasant dribbling are a common problem for men over 40. Dr. Böhm® Kürbis is the answer to an annoying need to urinate thanks to 20-fold concentrated extract of Styrian pumpkin seeds.

Indications

- ✓ Bladder and prostate health for men over 40
- ✓ Supports normal urine flow
- ✓ Preservation of prostate function

Advantages

- ✓ High dosage of extract of Styrian pumpkin seeds
- ✓ Just one tablet contains ingredients of 10g Styrian pumpkin seeds (equivalent to about 50 seeds)

Tip for use

Ideally take before sleep.

1 tablet contains

500mg Dry extract from Styrian pumpkin seeds
(Extr. sem. Cucurbitae peponis styriacae sicc.)
Drug extract ratio 20 : 1
≈ 10g pumpkin seeds per tablet

Food supplement
1 tablet contains 0.03 BE

Content	PZN	Art.no.
30 pcs.	1609022	427
90 pcs.	2552459	433



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

Weak bladder and constant urge to urinate



Almost every fourth woman suffers from a weak bladder. The causes are usually hormonal or age-related changes of the pelvic floor. Gynaecologists recommend "pumpkin for women." An extract of Styrian pumpkin seeds to support the bladder and pelvic floor

Indication

- ✓ For bladder weakness and involuntary loss of urine, e.g. while laughing, coughing, sneezing or during physical exertion

Advantages

- ✓ High dose of special extract of Styrian pumpkin seeds
- ✓ Combined with valuable isoflavones from non-GMO soy
- ✓ Not only suitable for long-term use, but recommended for it

Tip for use

Suitable for use after birth – ideal for supporting the weakened pelvic floor

1 tablet contains

400mg Dry extract from Styrian pumpkin seeds
(Extr. sem. Cucurbitae peponis styriacae sicc.)
Drug extract ratio 20 : 1
≈ 8g pumpkin seeds per tablet
30mg Dry extract from soya
≈ 12mg isoflavones

Food supplement
1 tablet contains 0.02 BE

Content	PZN	Art.no.
30 pcs.	4846076	835
60 pcs.	4846082	836



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

A woman wearing a white V-neck sweater and white shorts is holding a purple, ribbed hot water bottle against her lower abdomen. Her hands are resting on the bottle, and she appears to be in a relaxed, seated position. The background is a solid light pink color.

MENSTRUATION & MENOPAUSE

Enjoy being a woman

The first menstruation, menopause, or the “period before your period” – hormones have a big impact on “being a woman”. Especially when well-being is suffering. Regardless of age and life situation, many women wish for natural support to compensate for hormonal fluctuations and to treat associated complaints.

Luckily there is a series of products by Dr. Böhm® for **natural women's health**.

Well-tried herbal ingredients, of which the benefits and safety have been scientifically very well researched, bring balance to the hormonal ups and downs.

Did you know?

All menstruation and menopause products are guaranteed hormone-free, have a very good digestibility and are optimally suited for long-term use.

Premenstrual Syndrome (PMS)



For a better period: Many women are plagued by menstrual problems month after month. Monk's pepper naturally contributes to relieving monthly recurring symptoms.

Indications

Premenstrual Syndrome (PMS)

- ✔ Tension and swelling of the breasts
- ✔ Mood swings
- ✔ Weight gain due to accumulation of fluid in the tissue

Advantages

- ✔ Also suitable for younger girls (from 12 years of age)
- ✔ Small film-coated tablet, easy to swallow
- ✔ Gentle build-up of effectiveness over a longer period of time

Tips for use

For best results, take the tablet at the same time each day.

1 film-coated tablet contains

- 4mg Dry extract from monk's pepper fruit
Drug extract ratio 7-13 : 1
Extracting agent: 60% ethanol

Traditional herbal medicinal product

(Obligatory text see p. 51)

Active ingredient: Dry extract from monk's pepper fruit

1 film-coated tablet contains 0.016 BE

Content	PZN	Art.no.
60 pcs.	3524376	310



Free from yeast, gluten and gelatin.



Suitable for vegetarians.

Hot flashes, sweats



Making it through menopause without hot flashes. Hot flashes, sweating, listlessness – most menopausal women know these unpleasant side effects of the climacteric period. For more than 100 years, black cohosh has been used in gynaecology.

Indications

- ✔ For the relief of climacteric symptoms (menopause)
- ✔ Climacteric syndrome such as hot flashes, sweating, insomnia, moodiness and irritability

Advantages

- ✔ Ideally dosed extract from black cohosh
- ✔ Effect is already noticeable after approx. 2–4 weeks
- ✔ Hormone free

Tips for use

Combination with Dr. Böhm® Isoflavon is possible.

1 film-coated tablet contains

- 6.5mg Dry extract from black cohosh rootstalk
drug extract ratio 4.5–8.5 : 1
Extracting agent: 60% ethanol

Herbal medicinal product

(Obligatory text see p. 51)

Active ingredient: Dry extract from black cohosh rootstalk

1 film-coated tablet contains 0.01 BE

Content	PZN	Art.no.
60 pcs.	3524353	148



Free from yeast, gluten and gelatin.



Suitable for vegetarians.

Feeling good during menopause



The hormonal balance changes, your body is changing. Hot flashes, sweating and sleepless nights are unpleasant side effects. Dr. Böhm® Isoflavone the No. 1 during menopause¹, supports you during this new phase of life.

Indications

- ✔ Hormonal balance for women over 40
- ✔ Griffonia for mental well-being during menopause

Advantages

- ✔ Purely herbal and guaranteed free from hormones
- ✔ Also available with griffonia: Griffonia, African black bean, is a true remedy for your nerves
- ✔ Unique combination of isoflavones from domestic red clover and non-GMO soya
- ✔ With vitamin B6 to regulate hormonal activity
- ✔ Ideal for long term use

1 dragée 45mg contains (NRV*)

- 50mg Dry extract from red clover
≥ 20mg isoflavones
62mg Dry extract from soya
≥ 25mg isoflavones
166mg Dry extract from griffonia
≥ 50mg 5-hydroxytryptophan
2.8mg Vitamin B6 (200%)

1 dragée 90mg contains (NRV*)

- 100mg Dry extract from red clover
≥ 40mg isoflavones
125mg Dry extract from soya
≥ 50mg isoflavones
90mg Evening primrose oil
2.8mg Vitamin B6 (200%)

*NRV = Nutrient Reference Values in %

Food supplement

Content	PZN	Art.no.
45mg with griffonia:		
30 pcs.	4356604	785
60 pcs.	4356610	786
1 dragée contains 0.04 BE		
90mg forte:		
30 pcs.	2774467	187
60 pcs.	3046824	184
1 dragée contains 0.03 BE		



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

¹ IQVIA OTC Offtake MAT12/2020, 12D4C Quantity



BEAUTY FROM WITHIN

Beauty does not have to mean pain!

A lift here, an injection there – beauty treatments are booming. But true beauty comes from within with the help of nature.

Radiant appearance, youthful skin, full hair and firm nails. All this is possible without any painful beauty procedures, but with natural ingredients that optimally take care of skin, hair and nails. All that is needed is a bit of patience, because in contrast to a quick surgical lift every now and then, nature needs a little time to develop its full potential. But this will have a lasting effect and leave a lasting impression.

Do you know the beauty thieves?

Stress, UV light, alcohol and nicotine accelerate the skin ageing progress. This leaves marks in the form of wrinkles and dryness.

Beautiful skin, firm nails and full hair



Stress, hormonal fluctuations or an unbalanced diet leave their mark. In addition to external care, bio-active micronutrients support beauty from within. The proven formula of Dr. Böhm® Haut Haare Nägel shows visible results within a few weeks.

Indications

- ✔ Weak, brittle nails
- ✔ Sparse, thin, dull hair
- ✔ Pale skin, lack of elasticity

Advantages

- ✔ Contains valuable silica for normal, firm nails
- ✔ Golden millet and pure natural sulfur for hair volume
- ✔ Selenium contributes to healthy nails
- ✔ Biotin and zinc to contribute to cell renewal

Tip for use

Application over a period of at least 3 months is ideal.

1 film-coated tablet contains (NRV*)

70mg	Golden millet extract	
360mg	Silica	
	equivalent to 160mg silicon	
75µg	Biotin	(150%)
2.0mg	Pantothenic acid	(33%)
4.0mg	Zinc	(40%)
0.5mg	Copper	(50%)
3.0mg	Iron	(21%)
30µg	Selenium	(54%)
15mg	MSM	

*NRV = Nutrient Reference Values in %

Food supplement
1 tablet contains 0.02 BE

Content	PZN	Art.no.
60 pcs.	2696394	177

Also available as a 3-month pack (beauty treatment) at a special price!
180 pcs. 5052154 174



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

Tight skin and firm connective tissue



From the age of 40, only half of the amount of hyaluronic acid produced by the body is available. As a result, the skin becomes drier and more visible wrinkles appear. In order to smooth the skin, a direct supply of hyaluronic acid from outside and inside is important. For more elasticity and resilience, the skin also needs the structural elements collagen and proteoglycans.

Indication

- ✔ First signs of ageing such as fine lines and wrinkles

Advantages

- ✔ Effective care system from the outside and inside
- ✔ Serum with immediate effect – thanks to high- and low-molecular weight hyaluronic acid, skin is immediately smoother
- ✔ Innovative multi-layer tablet for effective and rapid release of the special skin nutrients – for smooth skin and firm connective tissue

Tip for use

Best results are achieved with an application for at least 3 months.

1 film-coated tablet contains (NRV*)

70mg	Hyaluronic acid	
60mg	Collagen	
30mg	Proteoglycans	
1.0mg	Resveratrol	
150µg	Biotin	(300%)
5.5mg	Riboflavin (B2)	(390%)
120mg	Vitamin C	(150%)
0.8mg	Copper	(80%)
2.0mg	Manganese	(100%)
6.0mg	Zinc	(60%)

*NRV = Nutrient Reference Values in %

Food supplement/cosmetic product
1 tablet contains 0.01 BE

Content:	30 tablets 15ml serum
PZN	Art.no.
4835552	750



Free from lactose, yeast and gluten.



Skin protection for a healthy tan



UV radiation can increasingly cause "free radicals" to form in the skin and cause the skin to age prematurely. This results in wrinkles, dry skin and pigment disorders. Dr. Böhm® SonnenCarotin helps to protect cells from free radicals (oxidative stress) from intensive exposure to sunlight.

Indication

- ✔ Increased exposure to sunlight or visits to the tanning salon

Advantages

- ✔ Optimal preparation of the skin for increased sun exposure and a natural, healthy tan
- ✔ Vitamin C, vitamin E and selenium contribute to the protection of cells from free radicals (oxidative stress)
- ✔ With herbal carotene complex

Tip for use

Longer-term use of Dr. Böhm® SonnenCarotin, preferably already 2–4 weeks before the start of increased UV exposure, is recommended.

1 dragée contains (NRV*)

9mg	equivalent to Beta carotene of which 5.0mg from Dunaliella salina extract	
200µg	Lycopene from tomatoes	
200µg	Lutein	
24µg	Zeaxanthin	
100µg	Biotin	(200%)
100mg	Vitamin C	(125%)
20mg	Vitamin E	(167%)
100µg	Selenium	(182%)
40mg	Evening primrose oil	

*NRV = Nutrient Reference Values in %

Food supplement
1 dragée contains 0.02 BE

Content	PZN	Art.no.
60 pcs.	2866235	405



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.



PERFORMANCE AND SPORT

What athletes really need ...

In order to be able to maximize your performance during sport, the body needs minerals – ideally in optimum dosage and immediately digestible.

During strenuous exercise you not only lose up to three litres of sweat per hour, but also large quantities of valuable minerals. Magnesium and Potassium are especially important so that performance does not suffer. These two minerals are not only essential for the muscles, they are also very important to recharge one's batteries.

In combination with "branched-chain" amino acids (BCAAs), they are very important for performance and regeneration. These amino acids enter the muscles directly and are available as a rapid source of energy. They can not be produced by the body itself and must be deliberately supplied.

The timing of consumption matters:

- ✓ **Before and during sport:**
For muscle power and endurance
- ✓ **After sport:**
For quick regeneration of muscles

WELL LOOKED AFTER DURING SPORTS.

MAGNESIUM *SPORT*®

TO INCREASE
PERFORMANCE
BEFORE SPORT

IF NECESSARY
TAKE DURING
ATHLETIC PER-
FORMANCE

REPLENISH
FLUID
RESERVES

REGENERATION



FOR DAILY BASIC IMMUNISATION

Austria's top athletes
trust Dr. Böhm®
Magnesium Sport®

OFFICIAL
PARTNER
AUSTRIA SKI TEAM

Performance and concentration



Stress, exams, pressure to perform and no time for breaks. With Dr. Böhm® Leistungselixier you can get more out of yourself. The refreshing, sugar-free effervescent drink helps you to fully exploit your physical and mental performance potential. Activates quickly and is long lasting.

Indications

- ✓ Stress in the office and exam preparations
- ✓ Tiredness and fatigue e.g. long car journeys, jetlag
- ✓ Performance during sport

Advantages

- ✓ Stimulating combination of B-vitamins and magnesium to reduce exhaustion and fatigue
- ✓ Pure, stomach-friendly caffeine
- ✓ Supports mental performance (pantothenic acid), intellectual capacity (zinc) & concentration (ginseng)
- ✓ Precious bioactive vital agents (L-arginine, taurine, choline and OPC)

1 sachet contains (NRV*)

500mg	L-Arginin aspartate	
500mg	Taurine	
80mg	Caffeine	
50mg	Ginseng extract	
20mg	Grapeseed extract (OPC)	
100mg	Choline	
150mg	Magnesium	(40%)
6.0mg	Zinc	(60%)
50mg	Vitamin C	(63%)
0.55mg	Thiamine	(50%)
0.35mg	Riboflavin	(25%)
7.5mg	Niacin	(47%)
0.8mg	Vitamin B6	(57%)
150µg	Folic acid	(75%)
1.5µg	Vitamin B12	(60%)
2.5mg	Pantothenic acid	(42%)
5.0mg	Vitamin E	(42%)

*NRV = Nutrient Reference Values in %



Contains caffeine. Not recommended for pregnant women.
Food supplement
1 sachet contains 0.003 BE

Content	PZN	Art.no.
14 pcs.	2590425	162
28 pcs.	4555315	164

Free from lactose, yeast and gluten.

Suitable for vegetarians.

Magnesium for on the go



In order to deliver top performance during sports, your body should be optimally supplied with minerals. Magnesium and potassium are especially important because every single muscle needs these two power minerals in order to work optimally. The stick is handy for out of home – can be taken without liquid.

Indications

- ✓ Sports, training and competition
- ✓ Other physical exertion
- ✓ Healthy muscle function (magnesium, potassium)
- ✓ Reduction of fatigue during and after sport (magnesium)

Advantages

- ✓ With 150mg magnesium – excellent digestibility
- ✓ Combines magnesium with potassium – particularly suitable for athletes
- ✓ Protects cells from oxidative stress (vitamin C)

1 stick contains	(NRV*)
150mg Magnesium	(40%)
100mg Potassium	(5%)
50mg Vitamin C	(62.5%)

*NRV = Nutrient Reference Values in %



Food supplement
1 stick contains 0.05 BE

Content	PZN	Art.no.
20 pcs.	3979504	315
40 pcs.	4726627	314

Free from lactose, yeast and gluten.

Suitable for vegetarians.

To compensate for loss of electrolytes



For best performance and endurance during sport your body should be optimally supplied with the minerals magnesium and potassium. The Magnesium Sport® effervescent drink is deliciously fresh, quickly absorbed by the body and compensates for loss of electrolytes during or after sport.

Indications

- ✓ Sports, training and competition
- ✓ Other physical exertion
- ✓ Healthy muscle function (magnesium, potassium)
- ✓ Reduction of exhaustion and fatigue during and after types of endurance sports (magnesium)

Advantages

- ✓ With 150mg magnesium – excellent digestibility
- ✓ Combines magnesium with potassium – particularly suitable for athletes
- ✓ Protects cells from oxidative stress (vitamin C)

1 effervescent tablet contains	(NRV*)
150mg Magnesium	(40%)
250mg Potassium	(12.5%)
50mg Vitamin C	(62.5%)

*NRV = Nutrient Reference Values in %



Food supplement
1 effervescent tablet contains 0.004 BE

Content	PZN	Art.no.
40 pcs.	2745709	301

Free from lactose, yeast and gluten.

Suitable for vegetarians.

Sustainably replenish Magnesium stores



Magnesium Sport® tablets are ideal for permanently replenishing magnesium and potassium stores. Every single muscle needs these two minerals in order to work optimally. Good magnesium levels in the blood lead to less fatigue and shorter recovery times during sport.

Indications

- ✓ Sports, training and competition
- ✓ Other physical exertion
- ✓ Energy metabolism
- ✓ Healthy muscle function (magnesium, potassium)
- ✓ Long-term supply with magnesium, lasting replenishment

Advantages

- ✓ With 150mg magnesium – excellent digestibility
- ✓ Combines magnesium with potassium – particularly suitable for athletes
- ✓ Protects cells from oxidative stress (vitamin C)

Tip for use

The taste-neutral tablet is easy to swallow.

1 film-coated tablet contains (NRV*)	
150mg Magnesium	(40%)
250mg Potassium	(12.5%)
50mg Vitamin C	(62.5%)

*NRV = Nutrient Reference Values in %



Food supplement
1 tablet contains 0.00 BE

Content	PZN	Art.no.
60 pcs.	2682765	293



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

Muscle strength, endurance, and regeneration



Amino acids play an essential role in athletic performance – especially the essential "branched-chain" amino acids (also known as BCAAs). These amino acids enter the muscles directly and are available as a rapid source of energy.

Indications

- ✓ For full muscle power and endurance performance during sport
- ✓ Quick regeneration after sport

Advantages

- ✓ Effervescent drink with a balanced combination of amino acids, magnesium, potassium, vitamins and trace elements
- ✓ BCAA amino acids are available to the muscles as a fast source of energy
- ✓ Better endurance performance: stabilises energy and electrolyte balance of the athlete

1 sachet contains (NRV*)	
600mg Leucine	
300mg Isoleucine	
300mg Valine	
400mg Arginin aspartate	
200mg L-Carnitine	
200mg Taurine	
150mg Magnesium	(40%)
180mg Potassium	(9%)
50mg Vitamin C	(62%)
0.26mg Riboflavin	(18%)
8.0mg Niacin	(50%)
1.4mg Vitamin B6	(100%)
3.0µg Vitamin B12	(120%)
5.0mg Zinc	(50%)
25µg Selenium	(45%)
25mg Green tea extract	
2.0mg Resveratrol	

*NRV = Nutrient Reference Values in %



Food supplement
1 sachet of effervescent powder contains 0.02 BE

Content	PZN	Art.no.
14 pcs.	4774106	360



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

PROFESSIONAL ATHLETE TIP

"The increased magnesium requirement of athletes is difficult to meet with a balanced diet. A targeted intake of approx. 300mg magnesium per day is recommended in the sports season, preferably in two doses of 150mg each distributed over the day. This increases the absorption by the body and sensitive individuals avoid diarrhoea."

Magdalena Maria Adamer
Fitness trainer & nutrition expert



MENTAL FITNESS

Jump starts the brain

No matter whether you are a little thinker or a big one – we need the right mix of nutrients for our brain cells to produce great flashes of genius. Omega-3 fatty acids support the ability to learn and think from school age upwards, vital substances such as ginseng help us to stay focused during hectic everyday life. And if the brain's performance needs support as you grow older, Curcuma & co. will make sure you always keep track of all facts.



Forgetfulness



The older we get, the slower the brain stores and retrieves information. To support retentiveness and memory, there is now an innovative nutrient complex. Dr. Böhm® Gedächtnis aktiv with patented extract of curcuma Longvida® and unique lecithin coating has been specially developed for memory efficiency and healthy brain ageing.

Indications

- ✓ For diminishing memory and forgetfulness
- ✓ Supports mental performance
- ✓ Healthy brain ageing

Advantages

- ✓ Acute effect: quickly improves intellectual performance, for example when solving arithmetical problems¹
- ✓ Improved intellectual performance after taking the product for least 4 weeks¹
- ✓ Lasting contribution to healthy brain ageing²

1 capsule contains		(NRV*)
400mg	Curcuma extract (Longvida®)	
92mg	equivalent to curcuminoids	
50mg	equivalent to lecithin	
15mg	Phosphatidylserine	
18mg	Pantothenic acid	(300%)
2.2mg	Thiamine (B1)	(200%)
2.8mg	Vitamin B6	(200%)
10mg	Zinc	(100%)

*NRV = Nutrient Reference Values in %

Food supplement
1 capsule contains 0.03 BE

Content	PZN	Art.no.
30 pcs.	4997881	156



Free from lactose, yeast, gluten and porcine gelatine.

¹ Cox KH et al. J Psychopharmacol. 2015 May; 29(5):642-51;

² DiSilvestro RA. Nutr J. 2012 Sep 26;11:79

Learning and thinking ability



Even for school children, the brain is already in constant demand. It needs precious omega-3 fatty acids to deliver top marks in its mental performance. They are indispensable for normal brain function, but the body can not produce them by itself. We therefore have to actively supplement from outside.

Indication

- ✓ Support of learning and thinking ability of school children, adolescents, and adults

Advantages

- ✓ Innovative "direct sticks", easy to take without water
- ✓ Fruity, fresh taste
- ✓ Suitable for vegetarians (DHA from plant sources)
- ✓ Supplemented with vitamins C and D for a healthy immune system

1 stick contains	(NRV*)
100mg Omega-3 (DHA)	
80mg Vitamin C	(100%)
7.5µg Vitamin D ₃	(150%)
equivalent to 300 IU	
18.8mg Magnesium	(5%)

*NRV = Nutrient Reference Values in %

Food supplement
1 stick contains 0.08 BE

Content	PZN	Art.no.
30 pcs.	4143357	327



Free from lactose, yeast and gluten.



Suitable for vegetarians.

Concentration and vitality



Ginseng has been used since ancient times as an energy source for general strengthening as well as regeneration. Dr. Böhm® Ginseng plus tablets supply you with a high dosage of extract from real ginseng root: Carefully matured for several years to the highest quality standards and gently dried.

Indications

- ✓ Physical vitality and performance
- ✓ Promotes concentration
- ✓ Supports sexual health

Advantages

- ✓ High-quality extract from dried root of white (real) ginseng
- ✓ Combined with magnesium to reduce fatigue
- ✓ Plus pure stomach-friendly caffeine without roasting by-products

1 film-coated tablet contains	(NRV*)
100mg Dry extract from white ginseng root	
<i>Panax ginseng C.A. Meyer</i>	
250mg Magnesium	(67%)
5µg Vitamin D ₃ ± 200 IU	(100%)
20mg nat. Vitamin E ± 30 IU	(167 %)
80mg Caffeine	
50mg Taurine	

*NRV = Nutrient Reference Values in %

Contains caffeine. Not recommended for children and pregnant women.

Food supplement
1 tablet contains 0.01 BE

Content	PZN	Art.no.
30 pcs.	2159710	165



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

For exhaustion and fatigue



Fatigue and lack of energy are often caused by excessive mental and physical strain. Occupational and private stress situations, increased mental effort or physical stress are true "energy thieves". This is where Dr. Böhm® Energie complex is used and gives you a much-needed boost of energy.

Indications

- ✓ Stress situations at work and in private life
- ✓ Intensive study before exams
- ✓ Mental and physical exertion

Advantages

- ✓ Mate leaves have an energising effect, schisandra is balancing and helps the body to cope better with stress situations
- ✓ Coenzyme Q10 and pure stomach-friendly caffeine
- ✓ Vitamins and trace elements (e.g. B1, B6, B12, Cu) support energy metabolism, intellectual power (Fe, Zn) and reduce fatigue (B6, C)

1 dragée contains	(NRV*)
50mg Mate extract	
30mg Schisandra extract	
75mg Caffeine**	
20mg Coenzyme Q10	
1.05mg Thiamine (B1)	(95%)
1.5mg Vitamin B6	(107%)
1.5µg Vitamin B12	(60%)
150µg Folic acid	(75%)
40mg Vitamin C	(50%)
10mg Vitamin E	(83%)
2.5µg Vitamin D ₃	(50%)
5.0mg Iron	(36%)
5.0mg Zinc	(50%)
50µg Selenium	(91%)
75µg Chromium	(187%)
0.5mg Copper	(50%)
1.5mg Manganese	(75%)

*NRV = Nutrient Reference Values in %

**The caffeine content of one dragée is equivalent to about 2 cups of black tea or 1 cup of coffee.

Contains caffeine. Not recommended for children and pregnant women.

Food supplement
1 dragée contains 0.02 BE

Content	PZN	Art.no.
30 pcs.	3440165	150



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

A photograph of a middle-aged couple embracing on a sandy beach. The woman, with blonde hair in a ponytail, is wearing a white and beige striped short-sleeved shirt and light pink trousers. She is leaning over the man, smiling warmly. The man, with grey hair, is wearing a dark blue t-shirt and jeans, looking up at her with a smile. The background shows a bright, sunny beach with waves in the distance.

WOMAN & MAN

No passion in bed?

When sexual desire is lacking, it often only takes a gentle push to regain a feeling of desire.

Hustle and bustle as well as the challenges of everyday life, work, family and leisure – where is the time for sex and passion? Many women complain that they have little or no sexual desire. In particular, this listlessness occurs after menopause.

Often a small push is enough to rediscover desire. Damiana, the medicinal plant for the libido, has proven to be particularly effective here:

- ✓ Increases desire
- ✓ Provides a more intense sense of arousal
- ✓ Acts gently, relaxing and helping to let go more easily in the hustle and bustle of everyday life

Tip for use of damiana:

Damiana supports you in rediscovering intimate togetherness. Common hobbies and activities as well as discussions to air out possible conflicts are important steps to feeling butterflies in the stomach again.

Bladder, prostate and virility



With age, men often struggle with bladder and prostate problems, but also decreasing sperm production and declining potency are becoming more and more of an issue. Here Dr. Böhm® Kürbis superplus supports you in a natural way, thanks to the plant power of pumpkin and ginseng.

Indications

- ✓ Health of bladder & prostate
- ✓ Sperm formation
- ✓ Virility

Advantages

Unique combination of

- ✓ An extract from Styrian pumpkin seeds for bladder and prostate
- ✓ Ginseng – has a vitalising effect and supports sexual health
- ✓ Selenium for sperm formation

Tips for use

Especially suitable for combating the constant need to urinate, especially during the night, poor urine flow and unpleasant dribbling.

1 film-coated tablet contains (NRV*)

400mg	Dry extract from Styrian pumpkin seeds (<i>Extr. sem. Cucurbitae peponis styriacae sicc.</i>)
	Drug extract ratio 20 : 1
	≈ 8g pumpkin seeds per tablet
40mg	Dry extract from white ginseng root <i>Panax ginseng C.A. Meyer</i>
4mg	Lycopene (from tomatoes)
100µg	Selenium (181%)

*NRV = Nutrient Reference Values in %

Food supplement
1 tablet contains 0.03 BE

Content	PZN	Art.no.
30 pcs.	2287394	215



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

Low sexual desire



Sexual aversion should no longer be a taboo subject for those affected. In Austria alone, an estimated 300,000 women and 200,000 men are affected by sexual aversion.

This is where Damiana by Dr. Böhm® can help to increase desire. It increases sexual desire and can thus provide more intense arousal.

Indication

- ✓ For increasing desire when experiencing a decrease in sexual desire (aphrodisiac) in men and women

Advantages

- ✓ Herbal aphrodisiac, tried and tested for centuries
- ✓ No known drug interactions

Tips for use

Lack of desire does not appear suddenly and equally does not disappear again overnight. Continuous use for up to 12 weeks is possible.

1 film-coated tablet contains

225mg Dry extract from damiana leaves,
Drug extract ratio 5-7:1,
Extracting agent 90% ethanol

Traditional herbal medicinal product

(Obligatory text see p. 51)

Active ingredient: Dry extract from damiana leaves

From 18 years of age

Content	PZN	Art.no.
60 pcs.	4463205	145



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.

EXPERT TIP



Mag. pharm. Dr.
Albert Kompek

HOW TO REKINDLE THE SPARK!

Women between the ages of 30 and 39 are affected by lack of sexual desire as much as women between the ages of 60 and 69. If medical reasons are excluded as the cause of the lack of sexual desire, it is important to focus on everyday life: What can I do for myself? How can I shape my life so that I feel more joy?

Only those who are at peace with themselves can enjoy sexuality with pleasure. The same applies to the couple's relationship: Ensure your personal time together with your partner, break the routine of everyday life and consciously enjoy the hours as a couple positively. In most cases, these measures are already a very important step in breathing new life into one's love life.

DRY AND IRRITATED EYES

Working in front of a computer, long television sessions, air conditioners, contact lenses, fine dust or hormone fluctuations weaken the tear film. As a result, eyes are red, burn and itch. It often feels as if there is something in the eye, like a grain of sand. Dr. Böhm® optico moisturises with long-lasting effect and effectively soothes dry and irritated eyes.

Indication

- ✓ Long-term soothing of dry and irritated eyes

Advantages

- ✓ Intensive and long-term moisturising through a special, patented complex of highly concentrated hyaluronic acid, eyebright, and mannitol
- ✓ Free from preservatives, phosphates
- ✓ Optimum tolerability as its composition is based on that of tears
- ✓ Suitable for all types of contact lenses and long-term use

Tip for use

Handy for travelling in a hygienic single dispenser.

Composition

Sodium hyaluronate (0.25%), Euphrasia extract (0.1%), mannitol (0.1%), glucose, sodium chloride, sodium bicarbonate, water for injection purposes



Medical device: Information on effects and possible adverse effects is provided in the leaflet or by the doctor or pharmacist.

Content	PZN	Art.no.
20 pcs.	4609726	112



Free from preservatives and phosphates.

MIGRAINES

Do you long for a better quality of life and less headaches? Feverfew is an ancient medicinal herb native to the Mediterranean and has traditionally been used to treat migraines. It has a preventive effect on migraine headaches.

Indication

- ✔ Prevention of migraine-type headaches

Advantages

- ✔ No familiarisation effect
- ✔ No known drug interactions
- ✔ Only 1 capsule daily
- ✔ Regular intake over a longer period of time possible

Tips for use

Keeping a log in a migraine diary will tell you whether the attacks are less common when using feverfew. Fewer migraine attacks mean: less painkillers.

1 capsule contains

100mg Powdered feverfew



Traditional herbal medicinal product
(Obligatory text see p. 51)
Active ingredient: Feverfew

Content	PZN	Art.no.
90 pcs.	4978955	321



Free from lactose, yeast, gluten and gelatin.



Suitable for vegetarians.



LUUF®

Immediate cold relief!



Medicinal product*



Medical device**



Medicinal product*

Quality from Austria.



The brand LUUF® stands for gentle healing and effective cold relief for all ages.

- Proven formulations
- Herbal ingredients and
- Natural essential oils

LUUF® – Cold specialist for more than 50 years.

www.luuf.at

*Information on effects and possible adverse effects is provided in the leaflet or by the doctor or pharmacist.
**Information on effects and possible adverse effects is provided in the leaflet or by the doctor or pharmacist.

Against hoarseness and tickly cough



LUUF® Halspastillen mit Isländisch Moos & Eibisch (throat pastilles with Icelandic moss and mallow) protect against hoarseness and tickly cough.

Indications

- ✔ For hoarseness and tickly cough
- ✔ For overused vocal cords
- ✔ Regeneration of the affected mucous membranes

Advantages

- ✔ Extra high dosage of herbal ingredients
- ✔ Double protection: Moisture and protective film protects against hoarseness and tickly cough and has a soothing effect on a sore throat

Ingredients

1 throat pastille contains:
350mg Icelandic moss equivalent to 100mg extractum lichen islandici spissum (drug extract ratio 3.5: 1)
90mg mallow root equivalent to 30mg extractum althaeae radices spissum (drug extract ratio 3: 1)

Further ingredients:
Maltitol, sorbitol, gum arabic, citric acid, elderberry flavour, acesulfame potassium, caramel colouring, low-viscosity paraffin, bleached wax, purified water

Medicinal device
Information on effects and possible adverse effects is provided in the leaflet or by the doctor or pharmacist.

Content	PZN	Art.No.
20 pcs.	3441615	270
40 pcs.	3863888	274

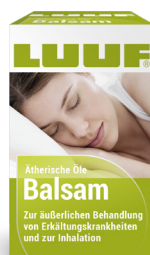


Free from fructose, lactose, gluten, artificial colours and preservatives.



Suitable for vegetarians.

Cough & cold



LUUF® ätherische Öle Balsam (essential oil balm) has a high content of natural essential oils such as eucalyptus oil, mountain pine, and pine needle oil. In addition it contains camphor and menthol in optimal dosages.

For adolescents from the age of 12, and adults.

Indication

- ✔ For colds with symptoms such as cough and pharyngitis

Advantages

- ✔ Has an anticonvulsant and antiseptic effect
- ✔ Thick mucus is liquefied and can be coughed up more easily
- ✔ It makes breathing easier and soothes throat irritation
- ✔ Can also be used for inhalation

Ingredients

The active ingredients in 1g of balm are:
100mg camphor, 27.5mg menthol, 50mg eucalyptus essential oil, 50mg rect. turpentine essential oil, 30mg mountain pine essential oil and 25mg pine essential oil, 2.5mg thymol

The other ingredients are:
white petroleum jelly, nutmeg oil, cedar leaf oil and hard paraffin

Medicinal product
Information on effects and possible adverse effects is provided in the leaflet or by the doctor or pharmacist.

Content	PZN	Art.No.
30g	0032649	250

Cold & allergies



LUUF® Nasenspray (Nasal Spray) clears blocked noses, stops colds and soothes the nasal mucous membranes.

Indications

- ✔ For colds and sneezing attacks
- ✔ For acute signs of hay fever

Advantages

- ✔ Proven active ingredients such as naphazoline ensure a rapid decline in excessive secretion
- ✔ Diphenhydramine has an anti-allergenic effect on mucous membranes
- ✔ With natural essential oils from eucalyptus leaf and nutmeg as well as camphor and menthol

Ingredients

The active ingredients are:
Naphazoline hydrochloride, diphenhydramine hydrochloride

1ml nasal spray contains:
1.0mg naphazoline hydrochloride, 1.0mg diphenhydramine hydrochloride and 0.1mg benzalkonium chloride (preservative)

The other ingredients are:
Benzalkonium chloride (preservative), polysorbate 80, sodium chloride, menthol, camphor, essential oil from eucalyptus leaf and nutmeg, sodium dihydrogen phosphate, disodium phosphate, purified water

Medicinal product
Information on effects and possible adverse effects is provided in the leaflet or by the doctor or pharmacist.

Content	PZN	Art.No.
15ml	1327045	281

LUUF® FOR CHILDREN



Age-appropriate dosages and child-friendly dosage forms characterise LUUF® children's products.

LUUF® Balm for children contains natural essential oils, which are specially designed for children from the age of two years.

LUUF® Mare Nasal Spray gently moisturises and cleanses nasal mucous membranes - also ideal for treating allergic rhinitis.

Cough & cold for children



Kinder LUUF® Balsam (balm for children) with natural essential oils is ideal for children from 2 to 12 years of age.

Indication

- ✓ For symptoms such as cough, cold, pharyngitis

Advantages

- ✓ Has an anticonvulsant and antiseptic effect
- ✓ Thick mucus is liquefied and can be coughed up more easily
- ✓ It makes breathing easier and soothes throat irritation
- ✓ Can also be used for inhalation

Ingredients

The active ingredients in 1g of balm are:
15mg of eucalyptus essential oil,
50mg of purified turpentine essential oil,
50mg camphor, 27.5mg menthol,
2.5mg thymol

The other ingredients are:
Nutmeg oil, cedar leaf oil,
white petroleum jelly and hard paraffin

Medical product
Information on effects and possible adverse effects is provided in the leaflet or by the doctor or pharmacist.

Content	PZN	Art.No.
30g	0029908	200

For dry nose



LUUF® Mare Nasenspray (Mare Nasal Spray) is an isotonic solution with high-quality iodised sea salt from the Atlantic Ocean in pure distilled water.

Indications

- ✓ For moisturising and cleaning the nasal mucous membranes
- ✓ To help with common cold and allergic rhinitis

Advantage

- ✓ With high-quality ionised sea salt from the Atlantic Ocean

Ingredients

Isotonic solution with high-quality, particularly mineral-rich sea salt from the Atlantic Ocean in pure distilled water

Medicinal device
Information on effects and possible adverse effects is provided in the leaflet or by the doctor or pharmacist.

Content	PZN	Art.No.
20ml	2340800	282



Free from propellants and preservatives.

Cough & cold in babies



Baby LUUF® ätherische Öle Balsam (essential oil balm) was specially developed for babies from 6 months old and infants up to the age of 2 years old and adapted to their needs.

Indication

- ✓ For cough, cold as well as pharyngitis

Advantages

- ✓ Antiseptic effect, anticonvulsant and mucolytic
- ✓ The essential oils are absorbed through the skin and by inhalation
- ✓ Free from camphor and menthol

Ingredients

The active ingredients in 1g of balm are: 40mg of purified turpentine essential oil, 15mg of eucalyptus essential oil and 10mg of thyme essential oil

The other ingredients are:

Cypress oil, marjoram oil, nutmeg oil, white petroleum jelly and hard paraffin

Traditional herbal medicinal product
Information on effects and possible adverse effects is provided in the leaflet or by the doctor or pharmacist. Use of these traditional herbal medicines in the mentioned areas of use is based exclusively on long-term use.

Content	PZN	Art.No.
30g	3543103	130



Free from camphor and menthol.

Nasal spray for babies



Baby LUUF® Mare Nasenspray (Mare Baby Nasal Spray) is a natural aid from the sea for a clogged baby nose. Specially designed for infants and toddlers up to 6 years of age.

Indications

- ✓ For cleaning and moistening the nasal mucous membranes
- ✓ Dissolves clumps
- ✓ Helps relieve a blocked baby nose

Advantages

- ✓ Natural relief from the sea
- ✓ Specially designed for infants and toddlers
- ✓ Gentle on a baby's nose with its special fine spray system

Ingredients

Isotonic solution with high-quality, especially mineral-rich sea salt from the Atlantic Ocean in pure distilled water

Medical device

Information on effects and possible adverse effects is provided in the leaflet or by the doctor or pharmacist.

Content	PZN	Art.No.
20ml	2375885	283



Free from preservatives and propellants.

LUUF® FOR BABIES



LUUF® baby products were specially developed for babies, as especially in the first months of life, children are particularly sensitive.

LUUF® Baby Balm is free from camphor and menthol and therefore very gentle on the skin and the respiratory tract.

For LUUF® Mare Baby Nasal Spray, we consciously do away with preservatives, and the fine spray system is particularly gentle on baby's nose.



Lasepton®

WHEN SKIN
NEEDS HELP

Specialised for medical care of delicate baby skin and problem skin of adults, the formulations of Lasepton® are specially tailored to the requirements of demanding skin types. The basis of the high-quality products are carefully selected and proven ingredients. Only active ingredients with proven effectiveness are used. Adhering to the highest pharmaceutical quality processes, unique formulations are developed which are tested by independent institutes for their tolerability and effectiveness.

The basis of every Lasepton® product is the CARE formula, which is made up of high-quality herbal extracts, oils and vitamins. The use of micro-plastics, nano-particles and aluminium compounds is out of the question for Lasepton® products.



CARE
FORMULA
PLANTS
VITAMINS
OILS

MEDICAL SKIN CARE FROM THE PHARMACY

Care, massage and cleansing



With 7-ÖL, skin stays baby-soft, does not dry out and the protective function of the skin is strengthened. Excellent also for cleaning the diaper area or suitable as supporting care for infantile eczema.

Indications

- ✓ Skin care and baby massage
- ✓ Cleaning the diaper area
- ✓ Gentle care for infantile eczema

Advantages:

- ✓ Combination of 7 different high quality natural oils
- ✓ Has a lipid balancing effect and protects from drying
- ✓ Comprehensive care

Ingredients

Omega-3 oil (wild rose seed oil, plum kernel oil), omega-6 oils (soybean oil, sunflower oil, wheat germ oil), omega-9 oil (olive oil), marigold oil

Medical skin care

Content	PZN	Art.No.
115ml	4197643	077



Free from dyes, paraffin and silicone oil, PEG derivatives.

Skin and hair cleansing



Mild BAD & SHAMPOO carefully cleanses delicate skin and gently cares for it. Precious almond oil gives a soft and supple feeling to the skin. The addition of marigold has a calming effect on sensitive skin. The mild formula protects against drying out and supports the skin's natural protective layer.

Indication

- ✓ Hair and skin care for babies and small children

Advantages:

- ✓ Cleans and cares for sensitive baby skin gentle with high quality herbs, vitamins and oils
- ✓ Has a lipid balancing effect and protects from drying
- ✓ Supple and light brushable hair

Ingredients

Omega-3 oil (wild rose seed oil), omega-6 oil (soybean oil), omega-9 oils (olive oil, almond oil), aloe vera, ceramides, dexpanthenol, marigold oil, vitamin E, wheat proteins

Medical skin care

Content	PZN	Art.No.
200ml	4197666	076



Free from silicone oil.

Outdoor protection for sensitive skin



When going outdoors in rain or snow, babies' and children's skin needs extra protection. Rich WIND- & WETTER-CREME reliably protects delicate facial skin and small hands against cold, wind and harsh weather. Pure beeswax forms a natural protective barrier without affecting skin respiration. Precious almond oil also makes dry, stressed skin feel smoother. Thus, WIND- & WETTER-CREME optimally protects your baby's skin against environmental influences.

Indications

- ✓ Protection against wind and cold
- ✓ Protection against dry air in heated rooms

Advantages:

- ✓ Protects baby skin and child skin against wind and cold
- ✓ Gently cares and prevents the skin from drying out due to heating in winter

Ingredients

Omega-3 oil (wild rose seed oil), omega-6 oil (sunflower oil), omega-9 oils (olive oil, almond oil), beeswax, bisabolol, dexpanthenol, vitamin E

Medical skin care

Content	PZN	Art.No.
50ml	4036874	080



Free from dyes and PEG derivatives.

Lasepton® BABY

While growing, the skin is particularly sensitive and needs special care products. Lasepton® BABY products are based on gentle and high-quality formulations for the care of growing delicate baby skin.

As with all our products, we use only selected, dermatologically tested ingredients of high purity and very low allergy potential. Lasepton® BABY products protect your child's skin from harmful environmental influences and support healthy balance of the skin.

They are based on 30 years of experience in the development of medical skin care products and the continuous development through research and use of the latest findings in dermatology.

Give your child's sensitive skin the suppleness and protection it deserves - with products from Lasepton® BABY.

Daily care of the diaper area



To prevent a sore bottom, we recommend using BIOAKTIV SCHUTZ-CREME. It helps irritated, sore and reddened baby skin to regain its balance.

Indications

- ✓ Skin protection in the diaper area during each diaper change
- ✓ Suitable for regular use

Advantages:

- ✓ Dexpanthenol and precious vegetable omega oils to optimally care for the skin of babies and small children
- ✓ Soothing and caring properties for irritated skin
- ✓ Regenerative effect for irritated skin

Ingredients

Omega-3 oils (cranberry seed oil, wild rose seed oil), omega-6 oil (evening primrose oil), omega-9 oils (olive oil, almond oil), 5% dexpanthenol, Herbal Defensil®

Irritated skin in the diaper area



Best protection for the sensitive diaper area – proven and tested over decades of baby care. The light texture from natural ingredients forms a moisture-repellent protective film on the skin, protects against soreness and soothes irritated skin.

Indication

- ✓ Care for irritated skin in the diaper area

Advantages:

- ✓ High quality and natural ingredients
- ✓ Protects against wetness and soreness
- ✓ Soothes reddened skin
- ✓ With dexpanthenol which cares for skin

Ingredients

Omega-3 oil (wild rose seed oil), omega-9 oil (olive oil), allantoin, aloe vera, dexpanthenol, zinc oxide

Tips for use:

Apply Lasepton® Schutz-Creme over a large area to sensitive or already reddened skin in the diaper area. The moisture-repellent protective film counteracts wetness and soreness.



Medical skin care

Content	PZN	Art.No.
80ml	4174139	075



Free from PEG derivatives and dyes.

Medical skin care

Content	PZN	Art.No.
25ml	4036710	081
80ml	4036727	082
250ml	4036733	083



Free from perfume oils, PEG derivatives.

Itchy, irritated and very dry skin



Itchy, irritated or very dry skin such as neurodermatitis is always more common. For this, the INTENSIVE CARE LOTION from Lasepton® was specially developed. With its ideal combination of omega oils and plant extracts, it is lipid replenishing, moisturises and balances the skin.

Indications

- ✔ Very dry skin with desquamation
- ✔ Dry skin with severe itching
- ✔ For supportive care in neurodermatitis

Advantages:

- ✔ Keeps the skin soft and supple with valuable oils (lipid content > 20%)
- ✔ Special plant extracts soothe the itching
- ✔ Has a pH value of 5–6 for optimal preservation of the protective acid mantle
- ✔ Free from emulsifiers and perfume oils - with a delicate coconut scent

Ingredients

Omega-6 oil (5% borage seed oil with gamma linolenic acid), omega-9 oil (olive oil), Coconut oil, Liquorice root extract, vitamin E, frankincense extract



Medical skin care

Content	PZN	Art.No.
300ml	4315284	065



Free from emulsifiers, perfume oils, dyes, PEG derivatives.

Skin protection for the incontinence area



INTENSIV SCHUTZ-CREME was developed for intensive care in the incontinence area. The cream should be used when sensitive or already reddened skin needs protection from wetness and soreness and a regenerating effect is desired. Also very suitable as supportive care for decubitus prophylaxis.

Indications

- ✔ Skin protection in case of incontinence
- ✔ Supportive care for decubitus prophylaxis

Advantages:

- ✔ Moisture-repellent protective film on the skin
- ✔ Counteracts soreness
- ✔ Soothes and regenerates the skin

Ingredients

Omega-3 oil (wild rose seed oil), omega-9 oil (olive oil), allantoin, aloe vera, dexpanthenol, zinc oxide

Medical skin care

Content	PZN	Art.No.
80ml	4036756	086



Free from dyes, perfume oils, PEG derivatives.

Lasepton® INTENSIVE

Lasepton® INTENSIVE products have been specially developed for people with very dry and itchy skin. The highly effective formulations are also suitable for daily, complementary care for skin disorders such as atopic dermatitis or psoriasis.

Lasepton® INTENSIVE products combine science and research with the experience we have gained from over 30 years in the production of medical skin care products.

Thanks to the new Bi-Gel technology, they are rapidly absorbed and provide the skin with moisture and high-quality oils. Especially in the summer, the special texture and good spreadability of the products ensure a pleasant feeling on the skin and prevent heat accumulation.

Provide your skin with care and protection with Lasepton® INTENSIVE products. Because particularly stressed skin deserves special attention.

Lasepton®

Lasepton® products have the right properties to care for and protect sensitive and dry skin. Due to their special formulations and the selected, high-quality ingredients they restore the skin's healthy balance and make it supple and tender.

The active ingredients used are mostly of plant origin. Because our products should be as natural as possible, we refrain from using dyes, parabens, PEG derivatives and mineral oils, as well as any other substances that do not contribute to the efficacy of our medical skin care products wherever possible.

Lasepton® products stand for gentle, herbal formulations. They create healthy, supple skin, provide protection for stressed skin and promote the regeneration of damaged skin areas.

Sensitive and irritable skin



DUSCHE & SHAMPOO cares for sensitive, dry and irritable skin and scalp. It is moisturising, protects the skin from dehydration and promotes the maintenance of an intact skin barrier. Herbal ingredients support the regeneration of the skin and protect it from harmful environmental influences.

Indications

- ✓ For sensitive and irritable skin
- ✓ For dry and normal hair

Advantages:

- ✓ Gently cleanses with mild cleansing substances
- ✓ Regenerating, moisturising
- ✓ Protects from drying
- ✓ Gives the hair shine and suppleness
- ✓ pH skin neutral

Ingredients

Omega-3 oil (wild rose seed oil), omega-6 oil (soybean oil), omega-9 oils (olive oil, almond oil), aloe vera, ceramides (fat component of the skin), dexpanthenol, calendula oil, vitamin E, wheat proteins



Medical skin care

Content	PZN	Art.No.
300ml	4021140	050



Free from silicone oil.

Dry and rough skin on the feet



The unique care formula for soft and well-groomed feet provides intensive moisture with 12% urea – dry, chapped skin and calluses are a thing of the past. For a particularly pleasant feeling during use, the cream absorbs quickly and allows the skin to breathe.

Indication

- ✓ Dry, callused and rough skin on the feet

Advantages:

- ✓ Breathable
- ✓ Gently softens calluses
- ✓ Moisturises
- ✓ Calms
- ✓ Protects from drying and cornification
- ✓ Suitable for diabetics

Ingredients

Omega-6 oil (evening primrose oil), omega-9 oil (avocado oil, olive oil), allantoin, dexpanthenol, 12% urea, vitamin E

Medical skin care

Content	PZN	Art.No.
75ml	4036822	058



Free from dyes, mineral oils.

Dehydrated to dry skin



The skin plays an important role in daily body care. If you want to give it more elasticity, vitality and suppleness in the long term, it is best to provide it with sufficient moisture. The Hydro Lotion from Lasepton® with its unique bi-gel technology is ideal for daily moisturising. As a result, it can combine both the contained valuable oils and moisture in the form of water to form a special gel, which is absorbed by the skin very quickly and does not leave a greasy film.

Indications

- ✓ Suitable for normal to slightly dry skin
- ✓ For daily body care after a bath or shower
- ✓ As "after-sun" after extensive sunbathing

Advantages:

- ✓ Moisturises and cools
- ✓ Thanks to the bi-gel technology, it is absorbed quickly and deeply
- ✓ Smooths and firms the skin

Ingredients

Omega-3 oil (wild rose seed oil), omega-9 oil (olive oil), allantoin, aloe vera, hyaluronic acid, dexpanthenol, vitamin E

Medical skin care

Content	PZN	Art.No.
300ml	4036839	051



Free from emulsifiers, dyes and PEG derivatives.

Very dry skin



KÖRPER-LOTION LIPID provides very dry, stressed skin with precious lipids and moisture. The rich lipid care with vegetable oils strengthens the skin's own protective layer and counteracts skin irritations. It increases suppleness, elasticity and resilience of the skin long term.

Indications

- ✓ Very dry skin
- ✓ Heavily stressed skin (Environmental influences, chemical solvents, diseases)

Advantages:

- ✓ Strengthens the protective lipid layer of the skin
- ✓ Prevents dehydration
- ✓ Increases elasticity and resilience
- ✓ Counteracts skin irritation

Ingredients

Omega-3 oil (wild rose seed oil), omega-9 oil (olive oil), allantoin, aloe vera, dexpanthenol, lipids, vitamin E

Medical skin care

Content	PZN	Art.No.
450ml	4036868	071



Free from dyes, paraffin and silicone oil, PEG derivatives.

Care for irritated skin



The PUDER was developed to nourish irritated skin and bind excess moisture. The nourishing effect alleviates skin redness and itching. In addition, the powder has a pleasant cooling effect on the skin. It is also highly suitable for the diaper area in babies.

Indications

- ✓ Irritated skin patches (skin folds, navel area, diaper area)
- ✓ For itching and redness

Advantages:

- ✓ Binds excess moisture
- ✓ Cools and calms
- ✓ Relieves itching and redness
- ✓ Prevents irritation

Ingredients

Omega-3 oil (wild rose seed oil), omega-6 oils (soybean oil, sun flower oil), omega-9 oil (olive oil), allantoin, bisabolol, dexpanthenol, marigold oil, vitamin E, zinc oxide

Irritated skin patches



Sometimes your skin needs an extra dose of care. REGENERATION CREME helps to care for wounds or abrasions and soothes irritated skin patches. Innovative care with herbal Defensil® helps restore the balance of the skin and prevent irritation.

Indication

- ✓ Irritated skin patches (elbow, skin folds, bottom area, legs, knee pit, hip)

Advantages:

- ✓ Defensil® is a herbal complex of active ingredients that effectively soothes and intensively nourishes sensitive, irritated and reddened skin
- ✓ Protects irritated skin patches
- ✓ Very well suited for hand care in the medical field or everyday life

Ingredients

Omega-3 oils (cranberry seed oil, wild rose seed oil), omega-6 oil (evening primrose oil), omega-9 oils (olive oil, almond oil), 5% dexpanthenol, Herbal Defensil®



Medical skin care

Content	PZN	Art.No.
75g	3959708	057



Free from mineral oils, PEG derivatives.

Medical skin care

Content	PZN	Art.No.
80ml	4036779	054



Free from colours and preservatives, PEG derivatives.

SPRAINS BRUISES STRAINS

WILL BE GONE FASTER WITH



**For strains, bruises
and sprains**

PASTA COOL

Pasta Cool® is a detumescent, anti-inflammatory and pain relieving paste. The four highly effective ingredients work exactly where the pain is located.

Indications

- ✔ For strains, bruises and sprains
- ✔ For painful sports injuries: e.g. around the ankle or tennis elbow

Advantages

- ✔ Detumescent
- ✔ Anti-inflammatory
- ✔ Analgesic

Ingredients

The active ingredients are:
Heparin sodium, salicylic acid,
essential oils (rosemary oil,
mountain pine oil)

100g of paste contains:
5000I.E. heparin sodium,
1g salicylic acid
and 0.8g essential oils
(0.4g rosemary oil,
0.4g mountain pine oil)

The other ingredients are:
Indian melissa oil, methyl 4-
hydroxybenzoate, sorbic acid,
ethyl alcohol, silicic clay, glucose
syrup, glycerol, silicon dioxide, sodium
hydroxide, purified water

Medicinal product
Information on effects and possible adverse
effects is provided in the leaflet or by the
doctor or pharmacist.

Content	PZN	Art.No.
190g	4206678	333

www.pastacool.at

Quality from your pharmacy.

Information on effects and possible adverse effects is provided by the leaflet or by the doctor or pharmacist.

INSECT BITES? They don't bother us!



- ✓ Relieves pain and itching
- ✓ Detumescent
- ✓ Disinfecting

www.insecticum.at

Quality from your pharmacy!

Information on effects and possible adverse effects is provided by the leaflet or by the doctor or pharmacist.

Quick help
after a sting



Insecticum® Gel quickly relieves symptoms of insect bites.

Indications

- For pain, itching, swelling and redness after insect bites (Bees, wasps, mosquitoes)
- After contact with stinging nettles

Advantages

- Relieves pain and itching
- Detumescent
- Disinfecting and cooling

Ingredients

The active ingredients are:
Benzocaine and diphenhydramine hydrochloride

1g of gel contains:
50mg benzocaine and 20mg diphenhydramine hydrochloride

The other ingredients are:
Menthol, hydroxyethylcellulose, Ethyl alcohol-water mixture and purified water

For children (over 2 years old) and adults.

Medicinal product
Information on effects and possible adverse effects is provided in the leaflet or by the doctor or pharmacist.

Content	PZN	Art.No.
12g	3904216	121
25g	3904268	122

APOZEMA[®] homeopathic. natural. safe.



Apozema[®], the proven homeopathic brand for many years, combines traditional knowledge of nature with the latest medical knowledge and best manufacturing practices.

Gentle medicine for the whole family

You can find the whole range of products at www.apozema.at

Information on effects and possible adverse effects is provided in the leaflet or by the doctor or pharmacist.

OBLIGATORY TEXT

The following Dr. Böhm[®] products are herbal medicinal products: Dr. Böhm[®] Johanniskraut 425 mg Kapseln, Dr. Böhm[®] Johanniskraut 600 mg forte Filmtabletten, Dr. Böhm[®] Mariendistel 140 mg Kapseln, Dr. Böhm[®] Pfefferminzöl 182 mg Reizdarmkapseln, Dr. Böhm[®] Traubensilberkerze 6,5 mg Filmtabletten.

Information on effects and possible adverse effects is provided in the package leaflet, or may be obtained from a doctor or pharmacist.

The following Dr. Böhm[®] products are traditional herbal medicinal products: Dr. Böhm[®] Teufelskrallen 600 mg Filmtabletten, Dr. Böhm[®] Ein- und Durchschlaf Dragees, Dr. Böhm[®] Passionsblume 425 mg Dragees, Dr. Böhm[®] Artischocke 450 mg Dragees, Dr. Böhm[®] Mönchspfeffer 4 mg Filmtabletten, Dr. Böhm[®] Damiana 225 mg Filmtabletten, Dr. Böhm[®] Mutterkraut 100 mg Kapseln.

Information on effects and possible adverse effects is provided in the package leaflet, or may be obtained from a doctor or pharmacist.

Use of these traditional herbal medicines in the mentioned fields of use is based exclusively on long-term use.

IMPRINT

APOMEDICA Pharmazeutische Produkte GmbH

Roseggerkai 3, 8010 Graz, Austria

Tel.: +43 316 823533 | Fax: +43 316 823533-52; office@apomedica.com | www.apomedica.com

Errors and mistakes reserved. All rights, in particular those of duplication and translation, are reserved. No part of this catalogue may be copied, reproduced, transcribed or translated into any other language without the written permission of APOMEDICA Pharmazeutische Produkte GmbH.

3. Edition: February 2021.

APOMEDICA
PHARMAZEUTISCHE PRODUKTE

NATURALLY BEST QUALITY



**Dosages that make sense
and work**



**No hidden fillers
or additives**



**Developed in collaboration
with doctors and pharmacists**