

**Dr. Böhm®**

---

**Naturally  
for my  
health**

---

The No. 1 from the pharmacy. \*







**Nature in its diversity  
offers us everything we need.  
Let's use what it provides  
and combine its best active  
ingredients in sensible and  
effective formulations —  
because this is the way to  
better health.**

---

Dr. Friedrich Böhm







# Quality for over 50 years — you can rely on it

---

“What if each and every one of us could find better health thanks to natural agents?” This question was asked by our founder, the Graz-based doctor and pharmacist Dr. Friedrich Böhm, already 50 years ago. This vision gave rise to the Dr. Böhm® brand.

Today it is synonymous with well-tolerated and effective phytotherapeutics for a wide range of applications. From joint problems, bladder and heart health to mental performance and daily mineral supply.

What counts for us is that you as a consumer benefit from our products at all levels. We have always been committed to the values of quality, effectiveness and safety. We combine traditional healing knowledge with the latest scientific findings.

The feedback from our satisfied customers proves us right:

There is now a Dr. Böhm® product in every Austrian household on average.

This product catalogue offers you a complete overview of our product portfolio. You too can find the right solution for your health!

Yours sincerely,



Ruth Fischer,  
Company Manager

# A brand with character

---

Behind Dr. Böhm® is not an international pharmaceutical company, but a person: the physician and pharmacist Mag. Dr. Friedrich Böhm. Over 50 years ago, he laid the foundations for a philosophy that we still live by today: Natural and highly effective preparations of the highest quality.

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.

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 Dr. Böhm® brand today stands for highest quality and is a leader in the non-prescription segment.



---

## Dr. Friedrich Böhm

1927–2013

The physician and pharmacist  
Mag. 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.



---

The renowned sanatorium  
Privatklinikum Hansa was founded  
by his grandparents and has been  
family-owned for more than 100 years.

[www.privatklinikum-hansa.at](http://www.privatklinikum-hansa.at)



# Our 5-pillar quality principle

---

At Dr. Böhm® we have always followed an principle of excellent quality in the development of our products. From our point of view, five pillars in particular are crucial for reliably helping users to achieve better health with herbal or natural preparations:

## 1. Outstanding raw material quality

As with all raw materials, there are big differences in quality, especially with plants. Our selected plant extracts must therefore comply with the strict regulations of the European Pharmacopoeia.

Particular emphasis is placed on their origin, precise testing and active ingredient content. These controls go far beyond the requirements of conventional organic and quality seals.

## 2. Reasonable or correct dosages

Our products are neither underdosed nor overdosed. With every product development, we pay close attention to ensuring that the dosage of the active ingredients corresponds to the so-called dose/effect principle – i.e. the efficacy of the respective dosage must be clearly proven by a corresponding study.





### 3. Synergistic combinations

All active ingredients in a Dr. Böhm® product target the desired indication and also complement each other in their effects.

Compared to many synthetic drugs, our preparations treat certain symptoms holistically or on several levels.

### 4. Ideal galenics

Galenics refers to the production and mixing of active ingredients and excipients. Our goal is always to guarantee optimal bioavailability and tolerability of our products.

In addition, the stability of the product, i.e. the shelf life, is guaranteed by the right galenics.

### 5. Manufacture exclusively according to GMP

Our principle is that not only our medicinal products (mandatory), but also our food supplements (voluntary) are produced in accordance with the strictest GMP criteria – exclusively in Austria, Germany and Switzerland.

This *Good Manufacturing Practice* stipulates that all raw materials are checked in the laboratory before production begins and that important product parameters are continuously monitored during production.



# Table of contents

---

<b>Basic knowledge "Phytotherapy"</b>	12
---	----

<b>Novelties from Dr. Böhm®</b>	22
-------------------------------------	----

<b>Heart and Vessels</b>	24
------------------------------	----

Omega 3 complex	27
Omega 3 forte	27
Omega 3 vegan	28
Resveratrol	28
Blutdruckformel	29
Coenzym Q10	29
Knoblauch nur 1 x täglich	31
Knoblauch 50 plus	31

<b>Stress and sleep problems</b>	32
--------------------------------------	----

Ein- und Durchschlaf akut	36
Ein- und Durchschlaf akut Spray	36
Ein- und Durchschlaf	37
Passionsblume	38
Johanniskraut	38
Mutterkraut forte	39

<b>Joints and back</b>	40
----------------------------	----

Gelenks complex	42
Gelenks complex <i>intensiv</i>	42
Curcuma	43
Teufelskralle	43

<b>Skin, hair, nails</b>	46
--------------------------	----

Haut Haare Nägel	48
Hyaluron complex + serum	48
SonnenCarotin	49

<b>Digestion and metabolism</b>	50
-------------------------------------	----

Artischocke	52
Basen plus	52
Darm aktiv	53
Mariendistel	53

<b>Forgetfulness and concentration</b>	54
--	----

Gedächtnis aktiv	56
Omega 3 Junior Direkt Sticks	57
Ginseng plus	57



<b>Bladder and prostate</b>	58
Kürbis nur 1 x täglich	60
Kürbis für die Frau	60
Cranberry akut	61
Cranberry complex	61

<b>Change, Menstruation, PMS</b>	64
Isoflavon	68
Isoflavon + Salbei	68
Traubensilberkerze	69
Mönchspfeffer	69

<b>Immune system and colds</b>	70
Immun Elixier	72
Immun complex	72
Infekt grippal	73

<b>Vitamins and minerals</b>	74
Magnesium nur 1 x täglich	76
Magnesium 50 plus	76
Magnesium complex	77
Vitamin C complex	78
Vitamin D3	78
Zink plus	79

<b>Performance and sport</b>	80
Magnesium Sport®	83
Magnesium Sport® + Aminosäuren	85
Leistungselixier	85

<b>Tiredness and exhaustion</b>	86
Leistungselixier	88
Energie complex	88

<b>Sexual desire and potency</b>	90
Kürbis superplus	92
Damiana	92

<b>Lasepton®</b>	94
------------------	----

<b>Luuf®</b>	96
--------------	----

<b>Apozema®</b>	98
-----------------	----

<b>Pasta Cool®</b>	100
--------------------	-----

<b>Insecticum®</b>	101
--------------------	-----



# Basic knowledge "Phytotherapy"

---



by Dr. Albert Kompek  
Head of Research & Development

## How to find your way through the jungle of food supplements and herbal medicines today!

The term "phytotherapy" describes the use of medicinal plants (or other natural active ingredients) to improve well-being in everyday life.

In order to benefit as a consumer from the highest possible **quality**, **safety** and above all **efficacy** of the preparations, you should pay particular attention to certain aspects. We have summarised the 10 most important ones for you on the following pages.





## Herbal extracts

A sufficiently high dosage of its active ingredients is particularly important for the effectiveness of a herbal preparation. It is usually not enough for the product to simply contain a dried powder of the respective plant. Instead, a high-quality plant extract is needed. In a pharmaceutical process, the necessary active ingredients (without superfluous accompanying substances) are “extracted” from the plant and concentrated. Such an extract can then achieve the desired effect even in small quantities.

At Dr. Böhm® we use plant extracts whenever possible. They meet the highest quality standards and are carefully checked for their active ingredient content and safety. The high concentration of active ingredients also helps to keep the daily intake as low as possible for you as a consumer.



## Standardisation

In addition to its high concentration of active ingredients, the so-called standardisation is also characteristic of a plant extract.

This guarantees that the active ingredient content remains constant and does not vary from tablet to tablet. This is so important because the amount of active ingredients varies from plant to plant (depending on the growing conditions).

All herbal extracts from Dr. Böhm® are standardised according to this principle. The strict specifications of the European Pharmacopoeia are applied.



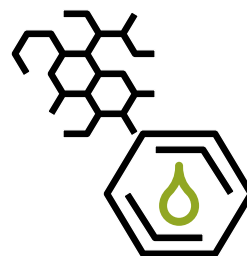
# 3

## Complex effect

Individual active ingredients or nutrients rarely show their full effect. As a rule, only the ideal interplay of several substances produces the ideal effect. This is referred to as a complex effect or a complex preparation.

We develop our products in such a way that you as a consumer can always expect the greatest possible effect. The individual active substances and ingredients complement each other and often act on several levels in the body at the same time. This increases the chance of reaching the desired destination more quickly.





# 4

## Bioavailability

Bioavailability indicates how well a particular ingredient can be absorbed and processed by the body. To achieve ideal results, an additional excipient or a specific dosage form (see page 17) is often necessary.

To ensure that your body can make the best possible use of our preparations, we, at Dr. Böhm®, use our in-depth knowledge of galenics (= preparation and manufacture of medicinal products) to your benefit. For example, the enteric coatings of our tablets ensure that they are only metabolised in the small intestine, where the body can utilise them particularly well.

## 5 Tolerance



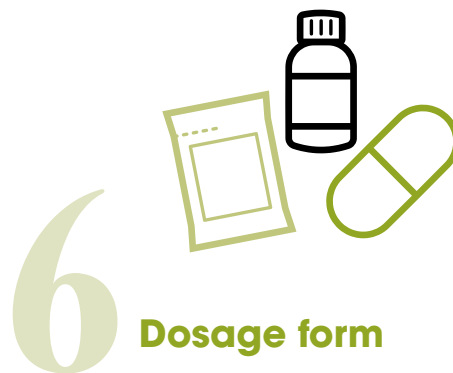
Just as important as good bioavailability is good tolerability of phytotherapeutics. This includes consciously avoiding allergens, artificial preservatives and other unnecessary additives as well as preventing stomach irritation.

Whenever possible, Dr. Böhm® products are free from lactose, yeast and gluten and contain no unnecessary additives. As the ingredients are only released in the small intestine, the stomach is not burdened.

Good to know:

This means that even ingredients such as garlic, fish oil or valerian do not cause any unpleasant odour, taste or belching.

## 6 Dosage form



The term dosage form describes the difference between tablets, capsules, etc. In pharmacy and medicine, tablets are considered the "premier class" of dosage forms.

Although they are more complex and expensive to produce than capsules, they have numerous advantages for the user, such as:

- ✔ Higher active ingredient content
- ✔ Protection from external influences (humidity/microbial load)
- ✔ Easy swallowability

Whenever it makes sense and is possible from a pharmaceutical point of view, we produce our preparations as film-coated tablets or coated tablets (tablets with a smooth coating for even better swallowability and tolerability).



## 7 Excipients with additional benefits

So-called excipients are required for the production of the pharmaceutical grade tablet dosage form (see page 17).

It is important to know here:

In contrast to unnecessary artificial additives, these are completely harmless and natural. These include herbal celluloses and magnesium stearate, silicon dioxide from quartz or purely natural colourants to make it easier to distinguish between different preparations.

At Dr. Böhm® we use natural excipients for tablet production. They often even have additional benefits such as promoting intestinal health (dietary fibre) or acting as sources of minerals.

## 8 Compliance

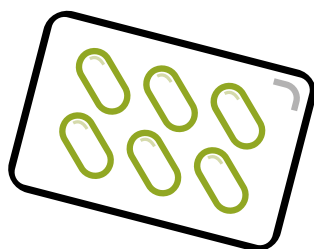
In phytotherapy, long-term use is decisive for the success of treatment. It is particularly important for you as a consumer that you take your preparations consistently. The easiest way to do this is to make it easy to swallow and to take as little as possible per day.

Our extensive range also offers you different intake options for different symptoms – such as drinking powders or sprays instead of tablets or capsules. Due to the high concentration of active ingredients in our products, it is usually sufficient to take them 1–2 times a day.





# 9



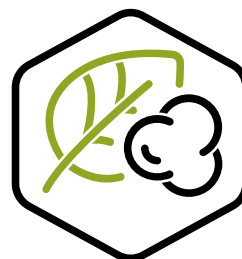
## Safe packaging

The quality of preparations can be impaired by external influences such as moisture. This can adversely affect the ingredients and promote contamination through germ formation.

The packaging of choice to counteract this is hygienically sealed "blisters". Due to the good protection of the ingredients, they offer the advantage that shelf life can be guaranteed until the expiry date.

All our dragées, film-coated tablets, tablets and capsules are hygienically blister-packed – for optimum protection and longest possible shelf life.

# 10



## Special case: Food supplements

What many people don't know: There is an important difference between herbal medicines and dietary supplements. While many of the quality aspects mentioned on the previous pages are mandatory for herbal medicinal products anyway, this is not the case for dietary supplements. These are hardly regulated by law in terms of quality and safety. It is therefore particularly important with food supplements that you can trust your supplier 100%.

As a medical-pharmaceutical company, we have always decided to voluntarily manufacture all our food supplements according to the same quality standards (GMP) as our herbal medicines. So you can be sure of the highest quality with every Dr. Böhm® product without exception.





# Novelties from Dr. Böhm®

## High-dose joint nutrients to drink



### Now also in a fruity raspberry flavour

Dr. Böhm® Gelenks complex intensiv is the best-selling product for joint problems.\* Now the high-dose joint nutrients for drinking are also available in a fruity raspberry flavour. Dissolved in water, the ingredients penetrate deep into the joint via the synovial fluid and thus directly to the joint cartilage, where they are needed.

- ✓ High-dose nutrient combination of glucosamine, chondroitin, MSM, hyaluronic acid and collagen type II
- ✓ Plus vitamin C for the cartilage and vitamin D for the bones
- ✓ Ideal as an alternative to tablets (e.g. for swallowing problems)
- ✓ To be taken only once (1x) a day

## The ideal complement to cholesterol-lowering drugs



### For healthy heart function and against fatigue

Coenzyme Q10 is an essential component of every cell in the body. However, when taking cholesterol-lowering drugs (statins) or with increasing age, the body produces less and less of it. In these cases, Dr. Böhm® Coenzym Q10 is the ideal supplement.

- ✓ Highly dosed – only 1x daily
- ✓ For healthy heart function (thiamine)
- ✓ Reduces tiredness (vitamin B12)





# Heart and blood vessels

---



**There are many factors that can impair our heart health — these especially include blood lipid levels and blood pressure.**

Highly concentrated extracts of fish or algae oil, olive leaves or garlic have been proven to provide natural support.

Particularly important for all of these active ingredients: enteric-coated capsules or dragées, which means that the active ingredients are better absorbed by the body and that there is no unpleasant taste or smell.



# Quality makes the difference...

There are plenty of omega-3 capsules. But: It is worth taking a closer look when choosing the right preparation. It is not the amount of fish oil concentrate per capsule that is important, but rather its **EPA and DHA content**.

A daily intake of 2,000mg of these two important omega-3 fatty acids is necessary for normal blood lipid levels. 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**.

With the most common omega-3 products in the drugstore or pharmacy, 6–12 capsules per day should be taken for normal blood lipid levels.

## Different with Dr. Böhm® Omega 3 complex capsules:

- ✓ With just 1 capsule per day they contribute to **heart and brain health**<sup>1,2</sup>
- ✓ With 3 capsules per day they contribute to **normal blood lipid levels** (triglyceride levels).<sup>3</sup>

Thanks to the 89% omega-3 content, the capsules are also suitable for normal blood pressure (4 capsules).<sup>4</sup>

## Good to know:

The required amount of EPA and DHA can hardly be covered by your daily diet. The Austrian nutrition report clearly shows that the fish consumption required for this is far below.



Watch  
info video



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

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

<sup>3</sup> The positive effect for maintaining normal triglyceride levels is achieved with a daily intake of 2g EPA and DHA.

<sup>4</sup> The positive effect of contributing to normal blood pressure occurs with a daily intake of 3g EPA and DHA.

# High blood lipid levels



Dietary supplement

Excessively high blood lipid levels (cholesterol & triglycerides) lead to narrowing of the blood vessels in the heart and brain. Dr. Böhm® Omega 3 complex with its high-dose omega-3 fatty acids (EPA & DHA) helps to restore normal values (triglycerides).

### Indication

- ✓ Daily contribution to normal blood lipid levels

### Advantages

- ✓ Highest dosage of Omega 3 on the market plus 30mg Coenzyme Q10
- ✓ Cold-water fish oil tested for harmful substances with 89% omega-3 content
- ✓ Innovative "torpedo shape" of the capsule for optimal swallowability
- ✓ Odourless and tasteless, no fishy burping

### Tip for use

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

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

1 capsule contains 0.01 BE

Content: 30 pieces | PRN: 4162047  
60 pieces | PRN: 4733573



Free from lactose, yeast and pork gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %

# Healthy heart and brain, eye-sight



Dietary supplement

Your basic supply of Omega 3: Dr. Böhm® Omega 3 forte covers the need for essential omega-3 fatty acids for healthy heart and brain function with just one capsule a day.

### Indication

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

### Advantages

- ✓ Odourless and tasteless, no fishy burping
- ✓ Tested for harmful substances, highly purified cold water fish oil with 85% 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 an iodine-reduced diet.

Composition per capsule		(NRV*)
Cold water fish oil	470mg	
Linseed oil	123mg	
Olive oil virgin	28mg	
including:		
Total omega-3	490mg	
thereof EPA	245mg	
thereof DHA	127mg	
thereof α-linolenic acid	69mg	
Omega-9 total	40mg	
Vitamin E	6mg	(50%)

1 capsule contains 0.008 BE

Content: 60 pieces | PRN: 3039505



Free from lactose, yeast and pork gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %

# Omega 3 with vegetable diet



Dietary supplement

Optimally supplied even with a plant-based life-style: Dr. Böhm® Omega 3 vegan has a significantly higher EPA and DHA content than other vegan alternatives (e.g. hemp or linseed oil) with 50% omega-3 content. Plus astaxanthin for additional cell protection.

### Indications:

- ✓ Ideal Omega-3 supply when avoiding animal foods

### Advantages:

- ✓ Patented algae oil with >50% mg EPA and DHA
- ✓ Plus astaxanthin as a natural antioxidant (6,000 times stronger than vitamin C)
- ✓ 1x daily, small capsule

### Composition per capsule

Algae oil	500mg
equivalent to Omega 3	285mg
thereof EPA	87.5mg
thereof DHA	175mg
Astaxanthin (AstaFit®)	1000µg

1 capsule contains 0.015 BE

Content: 30 pieces | PRN: 5711013



Free of lactose, yeast and gelatine. Gluten free.



# Signs of ageing of the vessels



Only once daily

Dietary supplement

The plant substance resveratrol is an important component of the Mediterranean diet, which is considered to be particularly beneficial to health. Dr. Böhm® Resveratrol Anti-Aging also contains herbal antioxidants and thus contributes to the protection of cells and a healthy cardiovascular system.

### Indication

- ✓ Protection of blood vessels and body cells against free radicals (oxidative stress)

### Advantages

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

### Composition per tablet

(NRV\*)

Resveratrol	2mg
Red wine grape extract	100mg
contains OPC	50mg
Olive extract	80mg
contains polyphenols	20mg
containing hydroxytyrosol	5mg
Tomato extract	60mg
contains lycopene	3mg
Vitamin C	100mg (125%)
Citrus bioflavonoids	30mg

1 tablet contains 0.02 BE

Content: 30 pieces | PRN: 2979695



Free of lactose, yeast and gelatine. Gluten free.



\* NRV = Nutrient Reference Values in %

## The herbal option for normal blood pressure



Dietary supplement

The Dr. Böhm® Blutdruckformel contains a highly concentrated extract of olive leaves, which has been proven to have a positive effect on blood pressure. So-called olive polyphenols (e.g. oleuropein), which are particularly concentrated in the extract, are responsible for this.

### Indications

- ✓ Support for normal blood pressure
- ✓ Do NOT take with low blood pressure
- ✓ Also supplementary (not as an alternative) to an existing medication

### Advantages

- ✓ Due to the good tolerability suitable for long-term use
- ✓ Plus potassium

### Tip for use

In the first two months, take one tablet twice a day (morning and evening) without chewing with a little liquid, preferably with or after a meal. After two months, 1–2 tablets can be taken daily as required for long-term use.

Composition per tablet		(NRV*)
Olive leaf extract	500mg	
equivalent to oleuropein	100mg	
Potassium	150mg	(7.5%)

1 film-coated tablet contains 0.01 BE.

Content: 60 pieces | PRN: 5607965



Free of lactose, yeast and gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %

## The ideal complement to cholesterol-lowering drugs



Dietary supplement

Coenzyme Q10 is an essential component of every body cell – it is particularly highly concentrated in the heart and muscles. However, when taking cholesterol-lowering drugs (statins) or with increasing age, the body produces less and less of it. In these cases, Dr. Böhm® Coenzym Q10 is the ideal supplement.

### Indications

- ✓ While taking cholesterol-lowering medications (statins)
- ✓ For coenzyme Q10 supplementation from the age of 50

### Advantages

- ✓ Highly dosed – only 1x daily
- ✓ For healthy heart function (thiamine)
- ✓ Reduces tiredness (vitamin B12)

Composition per capsule		(NRV*)
Coenzyme Q10 (ubiquinone)	100mg	
Thiamine	2.2mg	(200%)
Vitamin B12	5µg	(200%)
Native olive oil <sup>1</sup>	308mg	
equivalent to omega-9	216mg	

<sup>1</sup>Relative fatty acid composition: Oleic acid 70%

1 capsule contains 0.013 BE

Content: 30 pieces | PRN: 5824119



Free of lactose, yeast and gelatine. Gluten free.



\* NRV = Nutrient Reference Values in %



# Plant knowledge:

# The white tuber for heart & vessels

---

Elevated cholesterol levels can lead to deposits in the blood vessels. The result is often increased blood pressure, which can pose a serious long-term health risk. In order to prevent this, it is important to keep cholesterol levels within the normal range as much as possible.

## **What happens in the body?**

Arteries are blood vessels that transport blood from the heart to our organs and muscles. Blood lipids such as cholesterol are also transported in the blood. If there is an excess of these (usually due to an unhealthy diet, but often also due to genetic factors), these blood lipids are deposited in the blood vessel walls. These deposits are also known as plaques.

You can think of it like the pipes in a house: The water flows through the pipes to the tap and is used there. Over time, however, deposits build up in the pipes and less water comes in – but at a higher pressure. The situation is similar in the body: Blood pressure rises.

## **Garlic as a contribution to a normal cholesterol level**

A natural way to achieve a normal cholesterol levels is garlic. Why is that? A special active ingredient in the white tuber allicin. It is this active ingredient that gives garlic its characteristic smell, but also has a positive effect on cholesterol levels. To absorb enough allicin for this, we would have to eat two to three cloves of garlic a day.

But don't worry: For all those who are not fans of the admittedly special taste of garlic, there are the high-dose and tasteless garlic tablets from Dr. Böhm®.



Watch  
info video



# Normal cholesterol levels



Dietary supplement

With increasing age, vascular calcification becomes more and more of an issue. Support is provided by garlic, which has been used for centuries to support the cardiovascular system and especially the cholesterol level.

### Indications

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

### Advantages

- ✓ No odour nuisance via the breath and tasteless
- ✓ Excellent digestibility thanks to dragées which are resistant to gastric juices
- ✓ Highly concentrated: 1 coated tablet is equivalent to 2–3 fresh garlic cloves
- ✓ Made from the fresh plant using a special process

### Composition per dragée

Garlic extract	400mg
equivalent to 5 to 7g of fresh garlic;	
standardised to the ingredient alliin	

1 dragée contains 0.04 BE

Content: 30 pieces | PRN: 1520316  
90 pieces | PRN: 2552442



Free of lactose, yeast and gelatine. Gluten free.

# Physical and mental vitality



Dietary supplement

In addition to high-dose garlic extract for the heart and cholesterol levels, Dr. Böhm® Knoblauch 50 plus also contains other valuable nutrients for maintaining mental and physical vitality from the age of 50.

### Indications

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

### Advantages

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

### Composition per dragée

Garlic extract	350mg	(NRV*)
equivalent to 4 to 6g of fresh garlic;		
standardised to the ingredient alliin		
Ginseng extract	20mg	
Green tea extract	100mg	
Selenium	100µg	(182%)
Vitamin E	20mg	(167%)
Lycopene from tomatoes	1mg	
Coenzyme Q10	10mg	

1 dragée contains 0.05 BE

Content: 30 pieces | PRN: 5781284



Free of lactose, yeast and gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %





# Stress and sleeping problems

---



**Constant time pressure,  
to-do lists and everyone wants  
something from you at the same time —  
both professionally and privately.**

The consequences of increased stress levels become apparent during the day and at night. You are nervous, restless and your thoughts are racing. It is becoming increasingly difficult to keep a clear head and consciously calm down.

During the day, this has an impact on your own productivity, and in the evening you have problems falling asleep and staying asleep. If you want to take the first step towards gentle support, you can find it in nature.



# Natural sleep aids & sedatives

---

At Dr. Böhm®, we use the power of the following medicinal plants to treat stress symptoms, sleep problems or emotional upsets:

## Hops

Hops and especially its ingredient xanthohumol have a calming effect and help you switch off better in the evening or at night. Interesting to know: When hops used to be harvested by hand, the workers complained of being very tired and always had to go to bed early.



## Valerian

Valerian has been known for its balancing and sleep-promoting effects since the 18th century. Today we also know that valerian root extracts have a positive effect on sleep quality.





### Passion flower

Passion flower has also been used successfully in medicine for centuries – especially for inner restlessness due to stress or overwork. Your big advantage: Passion flower does not make you sleepy – so it can be taken not only in the evening but also during the day to calm you down.



### Lemon balm

Lemon balm is one of the oldest medicinal plants in the world and is used for calming, sleeping disorders and nervousness. It is particularly helpful when it comes to filtering out too much stimuli and external influences and clearing your head.



### St John's wort

St John's wort has a positive effect on serotonin levels and is the ideal herbal option for depressive mood states (often accompanied by sleep disorders). Medical guidelines recommend St John's wort extract even for mild to moderate depression.

# For acute sleep problems



Dietary supplement

Over a third of Austrians regularly struggle with problems falling asleep – more than half are even unable to sleep through the night. Effective support is provided by Dr. Böhm® Ein- und Durchschlaf akut: Just one dragée before going to bed shortens the time it takes to fall asleep and helps you sleep through the night.

## Indication

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

## Advantages

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

## Tip 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 longer-term use, the purely herbal Dr. Böhm® Ein- und Durchschlaf Dragees (see p. 37) are available.

### Composition per dragée

Xanthohumol	at least 125µg
equivalent to hop extract	250mg
Melatonin	1mg
Valerian root extract	250mg

1 dragée contains 0.03 BE

Content: 30 pieces | PRN: 4995623



Free of lactose, yeast and gelatine. Gluten free.



# The spray for a good night's sleep



Dietary supplement

Dr. Böhm® Ein- und Durchschlaf akut Spray is the ideal support for waking up at night. It combines calming hops and melatonin to help you fall asleep (again) quickly. Thanks to its simple application, it is particularly easy to use at night.

## Indication

- ✓ Acute problems with falling asleep and sleeping through the night – especially waking up at night

## Advantages

- ✓ Quick and easy to use
- ✓ No added sugar or sweeteners – therefore also suitable for use after brushing your teeth
- ✓ Peppermint flavour

## Tip for use

Just before going to bed or when waking up at night, spray 2 puffs (=1mg melatonin) under the tongue or into the throat.

### Composition per 1 spray puff

Melatonin	0.5mg
Xanthohumol from hops	62.5µg

2 spray puffs contain 1mg melatonin and less than 0.001 BE.

Contents: 17.5ml | PRN: 5630131  
2-month pack (120 spray puffs)



Free from lactose, yeast, gelatine and sweeteners. Gluten free.



## Pure herbal sleeping pills



Traditional herbal medicinal product\*

The purely herbal sleeping aid: Dr. Böhm® Ein- und Durchschlaf combines the calming medicinal plants passionflower and lemon balm with sleep-promoting valerian. Especially recommended for sleep problems due to inner restlessness or stress.

### Indication

- ✓ Nervous-related problems of falling asleep and sleeping through the night

### Advantages

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

### Tip for use

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

### Composition:

1 dragée contains:  
125mg dry extract of valerian root (drug-extract ratio 3–6:1, extractant ethanol 70%, V/V),  
80mg dry extract of passion flower herb (drug-extract ratio 5–7:1, extractant ethanol 50%, V/V),  
112.5mg dry extract of lemon balm leaves (drug-extract ratio 4–6:1, extractant methanol 30%, V/V).

Other ingredients:

Glucose and sucrose are equivalent to 0.035 bread units

\* (Obligatory text see p. 103)

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

Content: 60 pieces | PRN: 4203272



Free of lactose, yeast and gelatine. Gluten free.



Vegetarian



## Our natural sleeping aid and tranquilisers...

- ✓ helps to deal better with pressure
- ✓ excellent digestibility
- ✓ do not cause addiction
- ✓ can be used for a longer period



Watch  
info video





## Stress, nervousness, restlessness



There are phases when everyone wants something from us at the same time. One can quickly feel stressed and overloaded. Passionflower helps to relieve nervous tension and restore calm – can be used during the day and in the evening.

### Indications

- ✓ Nervous restlessness
- ✓ Tension and stress
- ✓ Anxiety such as fear of flying or exams
- ✓ Suitable from 12 years of age

### Advantages

- ✓ Without known dependency or habituation effects
- ✓ With a high-dosage of passion flower extract
- ✓ Rapid effect

### Tip for use

Take 2–3 coated tablets throughout the day for nervous restlessness. For the treatment of nervous sleep disorders: 1–2 dragées ½ hour before going to bed.

### Composition:

1 dragée contains: 425mg dry extract of passion flower herb, drug ratio: Extract 5–7:1; extracting agent ethanol 50 vol. %.

Other ingredients: 5.1 mg glucose and 188mg sucrose are equivalent to 0.02 BE

\* (Obligatory text see p. 103)

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

Content: 30 pieces | PRN: 3516141  
60 pieces | PRN: 3528322



Free of lactose, yeast and gelatine. Gluten free.

## For depressive mood disorders



Almost 1 million people in Austria suffer from depression. In addition to antidepressants, St John's wort has become established as a herbal and effective option. It increases the serotonin level (happiness messenger) and thus brightens the mood in the long term.

### Indications

- ✓ Mood disorders
- ✓ Loss of interest
- ✓ Depressed mood
- ✓ Listlessness

### Advantages

- ✓ In two dosages – depending on individual requirements (for light or moderate mood disorders)
- ✓ Can be taken over a longer period without known dependency and habituation effects
- ✓ Optimum dosage with just 1 tablet/capsule daily

### Composition 425mg capsules:

1 capsule contains: 425mg dry extract of St John's wort.  
(Drug-extract ratio: 3.5–6.0 : 1),  
Extracting agent: Ethanol 60% (m/m)

Other component: Lactose monohydrate

### Composition 600mg film-coated tablet:

1 film-coated tablet contains: 600mg dry extract of St John's wort  
(Drug-extract ratio 3.5–6.0 : 1)  
Extracting agent: Ethanol 60% (m/m).

Other component: Lactose monohydrate

\* (Obligatory text see p. 103)

Active ingredient: Dry extract from St John's wort

425mg capsules:

Content: 30 pieces | PRN: 2426832  
60 pieces | PRN: 2426849

600mg film tablets:

Content: 30 pieces | PRN: 4201190



Free from yeast.  
Gluten free.



Vegetarian

(tablets only)

## Plant knowledge: Feverfew

Feverfew (*Tanacetum parthenium*) has traditionally been used in herbal medicine for many centuries.

Feverfew has been used as a fever remedy in England since the 18th century and has been known as "feverfew" ever since. In addition to fever, it was subsequently used more and more frequently for headaches and toothache. This is how it got the nickname "Aspirin of the English".

Today, feverfew is mainly used for the long-term prevention of migraines: It helps to reduce the frequency of migraine attacks and their accompanying symptoms (nausea, dizziness, etc.).

Due to its preventive effect, it can also help to reduce the need to take painkillers. If taken frequently, these can lead to chronic ("painkiller-induced") headaches. Feverfew thus helps to break out of this vicious circle.



Watch  
info video

## Prevention of migraine headache



Traditional herbal medicinal product\*

A helpful  
migraine calendar can be found here:  
[dr-boehm.at/migraenekalender](http://dr-boehm.at/migraenekalender)

Instead of constantly treating migraine headaches acutely, they should be prevented before they even occur. This is exactly where Dr. Böhm® Mutterkraut forte comes in. It effectively reduces the frequency of migraine attacks in the long term.

### Indication

- ✓ Prevention of migraine-type headaches

### Advantages

- ✓ For long-term prevention
- ✓ No familiarisation effects
- ✓ Pure herbal
- ✓ Also ideal for users of painkillers or triptans to reduce the frequency of acute medication

### Tip for use

At the beginning of therapy, it is recommended to start with one film-coated tablet. If optimum results have not been achieved after 2 months of use, the dosage can be increased to 2–3 film-coated tablets. The daily dose of 600mg must not be exceeded.

### Composition:

1 film-coated tablet contains: 200mg feverfew  
(*Tanacetum parthenii* herba)

\* (Obligatory text see p. 103)

Active ingredient: Feverfew

Content: 60 pieces | PRN: 5521488



Free from lactose, yeast  
and gelatine. Gluten free.









# Joints and back

---



**Whether knees, fingers,  
hips or back —  
when the joints and  
bones start to give in,  
even everyday activities often  
become a challenge.**

If you don't want to resort to chemical painkillers straight away and instead want to strengthen your joints in the long term and in a natural way, you can use

high doses of joint nutrients (substances that already occur naturally in the joint) or medicinal plants that relieve inflammation and pain.



# The classic for the joints



Dietary supplement

When the joints start to cause problems, even everyday activities become a challenge. Users have been relying on Dr. Böhm® Gelenks complex for years. The tablets provide the joints with exactly the nutrients they need.

### Indications

Supplies cartilage and bones with joint-specific vitamins and other important nutrients:

- ✓ Vitamin C for normal cartilage function
- ✓ Vitamin D to maintain normal bones
- ✓ Plus glucosamine, chondroitin, MSM, collagen and hyaluronic acid

### Advantages

- ✓ Easy to swallow tablets
- ✓ Ideal for long-term care

### Tip for use

It is best to take it at an early stage if there is crunching and cracking in the joint.

Composition per film-coated tablet		(NRV*)
Glucosamine hydrochloride	350mg	
Chondroitin sulphate	200mg	
Collagen complex nat. from:	100mg	
Collagen type II	60mg	
Mucopolysaccharides	30mg	
Hyaluronic acid	10mg	
Vitamin C	80mg	(100%)
MSM	25mg	
Selenium	50µg	(91%)
Manganese	1mg	(50%)
Vitamin E	10mg	(83%)
Vitamin D3	5µg	(100%)

1 film-coated tablet contains 0.03 BE

Contents: 60 pieces | PRN: 4846047  
Content: 120 pieces | PRN: 4846053



Free from lactose, yeast, purine and iodine. Gluten free.

\* NRV = Nutrient Reference Values in %



# High-dose joint nutrients to drink



Dietary supplement

Dr. Böhm® Gelenks complex *intensiv* combines the most important joint nutrients in an extra-strongly dosed drinking solution with a fresh mango or fruity raspberry flavour. As they dissolve in liquid, they are particularly well absorbed by the body.

### Indications

Supplies cartilage and bones with joint-specific vitamins plus calcium and other important nutrients:

- ✓ Vitamin C for normal cartilage function
- ✓ Vitamin D to maintain normal bones
- ✓ Plus glucosamine, chondroitin, MSM, collagen and hyaluronic acid

### Advantages

- ✓ Effervescent drink with fresh mango or fruity raspberry flavour
- ✓ Dissolved in water, the body absorbs the nutrients even faster
- ✓ Only once a day

### Tip for use

The 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.

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

1 sachet contains 0.2 BE

Content: 30 pieces | Mango-PRN: 5298010  
Raspberry PRN: 5814457



Free of lactose, yeast and gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %



## The power of the golden root



Dietary supplement

The great health benefits of curcuma have long been proven by numerous studies. Dr. Böhm® Curcuma provides the body with the best possible supply of the valuable active ingredients of "turmeric". A natural lecithin coating significantly increases bioavailability compared to curcuma powder or other preparations.

### 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 (sulphur) and olive extract

Composition per capsule		(NRV*)
Curcuma extract (Longvida®)	400mg	
equivalent to curcuminoids	92mg	
equivalent to lecithin	50mg	
Vitamin D	20µg	(400%)
equivalent to	800 IU	
MSM	60mg	
Olive extract	20mg	
equivalent to olive polyphenols	5mg	

1 capsule contains 0.03 BE

Content: 30 pieces | PRN: 5298004



Free from lactose, yeast and pork gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %

## Back, neck and muscle pain



Traditional herbal medicinal product\*



Rheumatic complaints, muscle and tendon pain or morning stiffness can dampen the desire to exercise. Devil's claw, which has both an anti-inflammatory and pain-relieving effect, is a natural option for pain in the musculoskeletal system.

### Indications

As supporting treatment for

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

### Advantages

- ✓ Pure plant-based alternative to conventional pain relief medication
- ✓ High dosage with 600mg quality extract
- ✓ 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.

### Composition

1 film-coated tablet contains: 600mg dry extract from Devil's claw root (drug-extract ratio 1.5–2.5 : 1), extracting agent: Water

\* (Obligatory text see p. 103)

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

Content: 60 pieces | PRN: 3903412



Free from yeast and gelatine. Gluten free.



Vegetarian

# Good to know:

# What happens with osteoarthritis

---

Joint pain caused by osteoarthritis occurs due to wear and tear of the affected joints. Due to (sometimes excessive) stress, the cartilage layer is lost, the so-called synovial fluid decreases, the bones begin to rub against each other and are often exposed to extreme stress.

This reduces the mobility of the joint and causes discomfort. Typical of osteoarthritis is that it builds up slowly, often only one or a few joints are affected at a time and the pain partially subsides in resting positions.

**But be careful:** However, excessive rest is counterproductive. Instead, orthopaedists recommend gentle exercise such as Nordic walking for the knees or hand exercises for the fingers. Natural joint components as well as vitamin C for the cartilage and manganese for the bones can also help with the problems in high dosages.

Watch  
info video



## Checklist: Osteoarthritis or arthritis?

Although osteoarthritis and arthritis are similar in name, they are otherwise completely different clinical pictures.

### Osteoarthritis

- ✔ Sign of wear and tear
- ✔ Pain builds up slowly
- ✔ Often only one or a few joints are affected
- ✔ Pain eases with gentle posture

### Arthritis

- ✔ Joint inflammation
- ✔ Constant pain
- ✔ Often many joints affected at the same time
- ✔ Partial swelling or general feeling of illness



### Topic morning stiffness:

One problem associated with joint complaints is so-called morning stiffness. It often occurs in conjunction with inflammation and back or muscle pain.

Devil's claw provides effective help from the world of medicinal plants. Their pain-relieving effect builds up slowly and shows positive results after just a few weeks of treatment – even for morning stiffness.



Watch  
info video





# Skin, hair, nails

---



**Full hair, strong nails and radiant skin are now regarded as basic building blocks of a well-groomed appearance.**

However, despite intensive and costly maintenance measures, there are often no truly visible results. This is because the problem is often “deeper” in the truest sense of the word.

Because even the best care is not enough if there is an imbalance of nutrients inside our body.

# Beautiful skin, firm nails and full hair



Dietary supplement

If your nails become brittle or your hair thin, there is usually an imbalance in the nutrient balance behind it. Dr. Böhm® Haut Haare Nägel supplies the hair and nail roots with the most important nutrients for full hair and strong nails.

### Indications

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

### Advantages

- ✔ Contains valuable silica for strong nails
- ✔ Golden millet and pure natural sulfur for hair volume
- ✔ Selenium contributes to healthy nails with
- ✔ biotin and zinc to contribute to cell renewal

### Tip for use

Ideally, it should be used over a period of at least 3 months.

Composition per tablet	(NRV*)	
Golden millet extract	70mg	
Silica	360mg	
equivalent to silicon	160mg	
Biotin	75µg	(150%)
Pantothenic acid	2mg	(33%)
Zinc	4mg	(40%)
Copper	0.5mg	(50%)
Iron	3mg	(21%)
Selenium	30µg	(54%)
MSM	15mg	

1 tablet contains 0.02 BE

Content: 60 pieces | PRN: 2696394

Also available as a 3-month pack (beauty treatment) at a special price!

Content: 180 pieces | PRN: 5052154



Free of lactose, yeast and gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %

# Firm skin and firm connective tissue



Food supplement/cosmetic product

When the body produces less hyaluronic acid (only half as much from the age of 40), wrinkles form more frequently. Dr. Böhm® Hyaluron complex compensates for this with an additional supply of hyaluronic acid and provides more elasticity and resilience from the inside and outside.

### Indication

- ✔ First signs of skin 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 the skin is immediately smoother
- ✔ The tablets supply deeper skin layers with important structural elements for elasticity and resilience

Composition per tablet	(NRV*)	
Hyaluronic acid	70mg	
Collagen	60mg	
Proteoglycans	30mg	
Resveratrol	1mg	
Biotin	150µg	(300%)
Riboflavin (B2)	5.5mg	(390%)
Vitamin C	120mg	(150%)
Copper	0.8mg	(80%)
Manganese	2mg	(100%)
Zinc	6mg	(60%)

1 tablet contains 0.01 BE

Contents: 30 tablets | 15ml serum  
PRN: 4835552



Free from lactose and yeast. Gluten free.

\* NRV = Nutrient Reference Values in %



## Natural skin protection from the inside



Dietary supplement

Increased UV radiation can form more "free radicals" in the skin all year round and causes it to age prematurely. Dr. Böhm® SonnenCarotin with a combination of natural radical scavengers helps to protect the skin. Also suitable for light dermatoses ("sun allergies").

### Indication

- ✓ In case of increased UV exposure or sun sensitivity
- ✓ With a tendency to light dermatoses ("sun allergies")

### Advantages

- ✓ Optimal preparation of the skin for increased sun exposure
- ✓ Cell protection complex: Vitamin C, vitamin E and selenium contribute to the protection of cells from oxidative stress with
- ✓ With the plant carotenoids Beta-carotene, astaxanthin, lycopene, lutein and zeaxanthin

### Tip for use

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

### Composition per dragée

		(NRV*)	
Carotenoid complex:		Biotin	100µg (200%)
Beta-carotene	9mg	Vitamin C	100mg (125%)
Astaxanthin (AstaFit®)	500µg	Vitamin E	20mg (167%)
Lycopene from tomatoes	200µg	Selenium	100µg (182%)
Lutein	200µg		
Zeaxanthin	24µg		

1 dragée contains 0.02 BE

Content: 60 pieces | PRN: 2866235



Free of lactose, yeast and gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %

## Tackle the problem at the root!

Skin, hair and nails not only need sufficient superficial care, but above all the right nutrients from the inside.

A well-groomed appearance begins on the inside of the body – in the roots of the hair and nails and the deeper layers of the skin. You can think of these zones as a factory that is constantly producing new hair, nails and skin cells. Like a real factory, however, it is also dependent on the raw materials that are made available to it. This is where the nutrient supply comes into play. The following natural substances have proven their worth for beautiful skin, hair and nails:

### Silicon

Silicon – especially that from natural sources such as golden millet or silica – acts like a moisture reservoir in our body. It makes skin, hair and nails more elastic and gives them more resilience.



Watch  
info video

### MSM

High-purity MSM (bioactive sulphur) is a component of collagen, elastin and keratin – the most important structural elements of skin, hair and nails.

### Low molecular weight hyaluronic acid:

While high-molecular hyaluronic acid applied externally quickly moisturises and smoothens the skin, low-molecular hyaluronic acid (taken as tablets) ensures long-lasting suppleness within the skin's surface.







# Digestion and Metabolism

---



**Our modern lifestyle often means that we put too much strain on our liver, stomach or intestines.**

Now it's time to detoxify the body and get the metabolism going again.

This not only alleviates complaints such as tiredness, lack of energy, bloating or flatulence, but can also make an important contribution to healthy weight loss.

# Indigestion/ elevated cholesterol



Traditional herbal medicinal product\*

Unfortunately, a delicious meal is often followed by an unpleasant feeling in the stomach. The ancient Romans already had a solution for this: The artichoke counteracts bloating and flatulence by having a positive effect on fat digestion.

### Indications

- ✓ Digestive complaints:  
Bloating, belching and flatulence
- ✓ Elevated cholesterol levels: promotes excretion of cholesterol and reduces new formation
- ✓ Stimulation of bile function

### Advantages

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

### Tip for use

Take before meals. Ideal as a support for a low-fat diet.

### Composition:

1 dragée contains: 450mg dry extract from fresh artichoke leaves (drug-extract ratio 25–35 : 1).

Other ingredients: Glucose and sucrose

\* (Obligatory text see p. 103)

Active ingredient: Dry extract from fresh artichoke leaves  
1 dragée contains 0.035 BE

Content: 30 pieces | PRN: 3516135



Free of lactose, yeast and gelatine. Gluten free.



Vegetarian

# Detoxifying



New design –  
proven quality

Dietary supplement

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 cure, a diet and when slimming down

### Advantages

- ✓ Taste-neutral tablets
- ✓ Optimum absorption due to special tablet form – prevents unpleasant belching and flatulence
- ✓ With OPC from grape seeds, bioflavonoids, selenium, and zinc
- ✓ With basic mineral salts

### Tip for use

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

Composition per 2 tablets		(NRV*)
Magnesium citrate	355mg	
Magnesium oxide	181mg	
equivalent to magnesium	150mg	(40%)
Potassium hydrogen carbonate	358mg	
Potassium citrate	287mg	
equivalent to potassium	250mg	(12%)
Calcium carbonate	416mg	
Calcium hydrogen phosphate	157mg	
equivalent to calcium	200mg	(25%)
Zinc gluconate	44mg	
equivalent to zinc	6mg	(60%)
Citrus bioflavonoids	20mg	
Grape seed extract (OPC)	10mg	
Selenium	50µg	(90%)

1 tablet contains 0.001 BE

Content: 60 pieces | PRN: 2635197



Free of lactose, yeast and gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %

## Constipation/hard stools



Dietary supplement

Do you always have constipation or hard stools? Dr. Böhm® Darm aktiv is the gentle alternative to laxatives: With its innovative 5-fold combination of plant fibres, it gently stimulates intestinal activity and restores normal bowel movements\*.

### Indications

- ✓ To stimulate intestinal activity in case of irregular digestion or hard stools

### Advantages

- ✓ Pleasantly soft stools thanks to \*flea seeds
- ✓ Easy and regular bowel movements
- ✓ Has a gentle and natural effect
- ✓ Without familiarisation effects – can also be taken long-term if required effect
- ✓ Practical individual sachets – Protection against moisture and ideally dosed

### Tip for use

Also tastes excellent in fruit juices (e.g. apple or orange).

Composition per sachet	(NRV*)
Psyllium husk powder	2000mg
Barley grass powder	200mg
Plum powder	200mg
Yacon root powder	200mg
Apple pectin	400mg
equivalent to total dietary fibre	2110mg
Caraway extract	300mg
Magnesium sulphate	929mg
equivalent to magnesium	188mg (50%)
Biotin	75µg (150%)

1 sachet contains 0.21 BE

1 sachet contains 8.11kcal/34.06kJ

Content: 20 pieces | PRN: 5787795



Free from lactose, yeast and gelatine. Gluten free.



\* NRV = Nutrient Reference Values in %

## Liver problems



Herbal medicinal product\*

One in four Austrians suffers from a fatty liver or elevated liver values. A detoxification cure with Dr. Böhm® Mariendistel offers help. The purely herbal medicine helps damaged liver cells to regenerate and at the same time blocks further harmful substances from the outside.

### Indications

- ✓ Elevated liver 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

### Tip for use

As a detoxification cure for several weeks. Suitable for long-term use (e.g. to support chronic liver complaints such as fatty liver).

### Composition:

1 hard capsule contains 177.4–240.4mg dry extract of milk thistle fruits (*Silybi mariani extractum siccum raffinaturn et normatum*), DEV 21-45:1, extractant acetone 95% V/V, equivalent to 140mg silymarin (UV-VIS) or 108.2mg silymarin (HPLC, calculated as silibinin).

\* (Obligatory text see p. 103)

Active ingredient: Dry extract from milk thistle fruit

Content: 30 pieces | PRN: 3910464

60 pieces | PRN: 3922378



Free from lactose, yeast and pork gelatine. Gluten free.





# Forgetfulness and concentration

---



**Forgetfulness is nothing,  
to be ashamed of —  
rather, it is a natural  
sign of ageing (such as  
wear and tear of joints).**

Our memory capacity begins to slowly decline from the age of 30. The reason for this are deposits (so-called plaques) that gradually form in the brain.

It is therefore not unusual for us to become more forgetful in everyday life or to feel that we can no longer concentrate as well as we used to. Nature offers support: For example, highly concentrated curcuma extract for an active memory well into old age or ginseng or omega-3 fatty acids for the ability to concentrate – the latter from school age onwards.



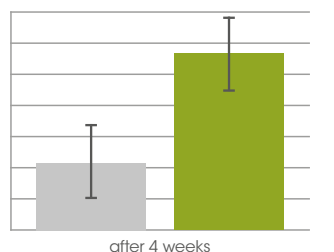


## Study proves – better memory performance thanks to curcuma extract

Studies have shown that the curcuma extract contained in Dr. Böhm® Gedächtnis aktiv has significant effects on memory and healthy brain ageing:

- ✓ Rapidly improved memory performance within just 4 weeks<sup>1</sup>
- ✓ Reduction of those proteins (beta-amyloids) in the blood that can form deposits in the brain.<sup>2</sup>

### Rapidly improved thinking performance



■ Placebo  
■ Longvida® Curcumin-Extrakt



Watch  
info video

<sup>1</sup> Cox KH et al. J Psychopharmacol. 2015 May;29(5):642–51.  
<sup>2</sup> DiSilvestro RA. Nutr J. 2012 Sep 26;11:79.

## Forgetfulness



Increasing forgetfulness is a natural symptom of old age that no one should be ashamed of. Support is provided by Dr. Böhm® Gedächtnis aktiv: With its special curcuma extract with natural lecithin, it has been proven to improve memory performance and retention.

### Indications

- ✓ When memory is failing and forgetfulness
- ✓ Supporting the mental performance
- ✓ Healthy brain ageing

### Advantages

- ✓ Acute effect: rapidly improved mental performance, for example in arithmetic tasks<sup>1</sup>
- ✓ Improvement of mental performance after ingestion for at least 4 weeks<sup>1</sup>
- ✓ Permanent contribution to healthy brain ageing<sup>2</sup>

<sup>1</sup> Cox KH et al. J Psychopharmacol. 2015 May; 29(5):642–51;  
<sup>2</sup> DiSilvestro RA. Nutr J. 2012 Sep 26;11:79

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

1 capsule contains 0.03 BE

Content: 30 pieces | PRN: 4997881  
60 pieces | PRN: 5564948



Free from lactose, yeast and pork gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %

# Learning and thinking ability



Dietary supplement

Even schoolchildren's brains are constantly challenged. It needs valuable omega-3 fatty acids so that it can deliver the necessary mental performance for top grades. Dr. Böhm® Omega 3 Junior with its fruity-fresh taste makes daily intake easier.

### Indication

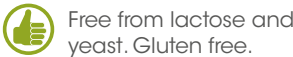
- ✔ Supporting the learning and thinking ability of school children, young people and adults

### 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

Composition per 3 sticks (adults)		(NRV*)
Omega-3 (DHA)	300mg	
Vitamin C	240mg	(300%)
Vitamin D	22.5µg	(450%)
equivalent to	900 IU	
Magnesium	56.4mg	(15%)

1 stick contains 0.08 BE  
Content: 30 pieces | PRN: 4143357



\* NRV = Nutrient Reference Values in %

# Concentration and vitality



Dietary supplement

Overstimulation and everyday stress – in today's world, external influences can quickly affect concentration and mental performance. Ginseng has proved particularly effective here – the traditional medicinal plant supports performance and general vitality.

### Indications

- ✔ Physical vitality and performance
- ✔ Promoting 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

Composition per tablet		(NRV*)
Ginseng extract	100mg	
standardised from the white ginseng root		
Panax ginseng C.A. Meyer		
Magnesium	250mg	(67%)
Vitamin D3	5µg	(100%)
Vitamin E	20mg	(167%)
Caffeine	80mg	
Taurine	50mg	

Contains caffeine. Not recommended for children and pregnant women.

1 tablet contains 0.01 BE  
Content: 30 pieces | PRN: 2159710



\* NRV = Nutrient Reference Values in %





# Bladder and prostate

---



**If the bladder causes problems,  
the quality of life falls.  
Constant urge to urinate, difficulties  
urinating or involuntary  
loss of urine — complaints like  
these can quickly become  
part of everyday life.**

In phytotherapy, two medicinal plants, pumpkin and cranberry, have proven particularly effective.

Their effect has been proven in numerous studies – as high-quality food supplements, they make an important contribution to a strong and healthy bladder.

## Bladder & Prostate



Dietary supplement

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 annoying urinary urgency thanks to highly concentrated extract from Styrian pumpkin seeds.

### Indications

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

### Advantages

- ✓ High-dose extract from pumpkin seeds
- ✓ Just one tablet contains the recommended amount of pumpkin seed extract (500mg)

### Tip for use

Best taken before bedtime.

### Composition per tablet

Extract from the seeds of the Styrian oil pumpkin 500 mg

Extr. sem. *Cucurbitae peponis styriacae* sicc. 20:1, equivalent to approx. 50 (10g) pumpkin seeds per tablet

1 tablet contains 0.03 BE

Content: 30 pieces | PRN: 1609022  
90 pieces | PRN: 2552459



Free of lactose, yeast and gelatine. Gluten free.

## Bladder weakness and frequent urge to urinate



Dietary supplement

Almost every fourth woman suffers from a weak bladder. The causes are usually hormonal or age-related changes of the pelvic floor. The intake of high-dose pumpkin seed extracts is also recommended here. Gynaecologists recommend Dr. Böhm® Kürbis für die Frau.

### Indication

- ✓ For bladder weakness and involuntary urination, e.g. while laughing, coughing, sneezing or during physical exertion
- ✓ For frequent, nocturnal urge to urinate

### Advantages

- ✓ High-dose extract from pumpkin seeds
- ✓ Combined with valuable isoflavones from GMO-free soya
- ✓ Longer-term use recommended

### Tip for use

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

### Composition per tablet

Extract from the seeds of the Styrian oilpumpkin<sup>1</sup> 400mg  
Soy extract<sup>2</sup> 30mg

<sup>1</sup> Extr. sem. *Cucurbitae peponis styriacae* sicc. 20:1, equivalent to approx. 40 (8g) pumpkin seeds per tablet

<sup>2</sup> standardised to at least 12mg isoflavones per tablet; free from genetic engineering

1 tablet contains 0.02 BE

Content: 30 pieces | PRN: 4846076  
60 pieces | PRN: 4846082



Free of lactose, yeast and gelatine. Gluten free.



## For urinary tract and bladder - in acute cases



Dietary supplement

Dr. Böhm® Cranberry akut was developed to support the health of urinary tract, bladder and mucous membranes in acute cases. In addition, by dissolving in water and thanks to its tasty composition, it contributes to a sufficient fluid intake.

### Indication

- ✓ For a healthy urinary tract and bladder

### Advantages

- ✓ Uniquely combines herbal ingredients from cranberry and horseradish extract with D-mannose and vitamins
- ✓ With birch leaf extract to flush out the urinary tract
- ✓ With biotin to maintain normal mucous membranes, as well as the bladder mucosa

### Tip for use

It is important for bladder health to drink enough (at least 1.5 to 2 litres of water per day).

Composition per sachet		(NRV*)
D-Mannose	3000mg	
Canadian cranberry extract <sup>1</sup>	100mg	
standard. Proanthocyanidins (PAC) <sup>2</sup>	67mg	
Birch leaf extract	150mg	
Horseradish extract	75mg	
Magnesium	104mg	(28%)
Vitamin C	160mg	(200%)
Biotin	75µg	(150%)
Vitamin D3	10µg	(200%)
equivalent to	400 IU	

<sup>1</sup> Extract from *Vaccinium macrocarpon*, multiple standardised by EP, HPLC, BL-DMAC method for proanthocyanidins (PAC) = bioactive ingredients.

<sup>2</sup> Average value (51–83mg) according to EP method.

1 sachet of effervescent powder contains 0.31 BE

Content: 10 pieces | PRN: 4830187



Free of lactose, yeast and gelatine. Gluten free.



Vegetarian

\* NRV = Nutrient Reference Values in %

## Healthy bladder – for longer-term use



Dietary supplement

If the bladder regularly becomes a burning issue, effective prevention is recommended: Dr. Böhm® Cranberry complex provides lasting, long-term support for the bladder and urinary tract.

### Indication

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

### Advantages

- ✓ Unique combination: Canadian cranberry extract, highest dosage with watercress and horseradish
- ✓ With birch leaf extract to flush out the urinary tract
- ✓ With biotin and vitamin B2 as a contribution to a healthy mucous membrane

### Tip 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.

Composition per tablet				(NRV*)
Canadian		Horseradish extract <sup>3</sup>	75mg	
Cranberry extract <sup>1</sup>	100mg	Vitamin C	100mg	(125%)
standard. Proantho-		Vitamin D3	10µg	(200%)
cyanidins (PAC) <sup>2</sup>	67mg	equivalent to	400 IU	
Birch leaf extract	50mg	Riboflavin (B2)	2.8mg	(200%)
Watercress extract <sup>3</sup>	150mg	Biotin	75µg	(150%)

<sup>1</sup> Extract from *Vaccinium macrocarpon*, standardised several times using EP, HPLC, BL-DMAC methods for proanthocyanidins (PAC) = bioactive active ingredients.

<sup>2</sup> Average value (51–83mg) according to EP method.

<sup>3</sup> Batch-specific standardised for mustard oil glycosides (glucosinolates) = bioactive ingredients.

1 tablet contains 0.007 BE

Content: 30 pieces | PRN: 4846030



Free of lactose, yeast and gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %



# Good to know:

# Cystitis or bladder weakness?

---

The bladder is not actually a complicated organ:  
It fills up all by itself and lets you know when it  
needs emptying. Nevertheless, many have problems  
with it. The two most common symptoms:  
Cystitis and bladder weakness.

## Bladder weakness: Frequent urge to urinate and involuntary loss of urine

In the case of bladder weakness, those affected feel a frequent urge to urinate – especially at night. The cause of this is usually a sensitive or irritated bladder wall in women (usually due to hormonal changes such as during menopause) and a benignly enlarged prostate in men, which constricts the urethra. Another form of urinary incontinence, which occurs predominantly in female patients, is involuntary loss of urine during physical exertion (e.g. lifting heavy objects or sneezing). This is often triggered by a weakened pelvic floor (after pregnancy or childbirth).



### Medicinal plant tip

In addition to pelvic floor exercises or avoiding diuretic beverages, the highly concentrated extract from the seeds of the Styrian medicinal pumpkin has proven particularly effective for bladder weakness. It supports the bladder and prostate in equal measure, reducing the urge to urinate at night and unwanted urine loss.



### Tip: Pelvic floor exercises

A comprehensive training programme to strengthen the pelvic floor can be found here:

[www.dr-boehm.at/beckenboden](http://www.dr-boehm.at/beckenboden)



## Burning topic: Cystitis

A bladder infection can be recognised by the fact that the unusually frequent urge to urinate (which can also occur with bladder weakness) is accompanied by a burning sensation when urinating and pain in the lower abdomen. This is triggered by bacteria that enter the urethra and migrate from there into the bladder. Women in particular are often affected, as their urethra is significantly shorter than that of men. Preventive measures include changing wet swimwear quickly, not sitting on a cold surface for too long and generally drinking plenty of fluids.

### Medicinal plant tip

To support bladder health in the long term and in acute cases, rinsing agents such as those from berries, goldenrod or birch leaves are suitable for uncomplicated bladder infections. The pungent substances from horseradish plants can also provide useful support. In the event of fever or blood in the urine, one should always consult a doctor.





# Menopause, menstruation, PMS

---



**The first menstruation,  
the menopause or the  
“Period before the period” —  
Hormones have a major  
influence on “being a woman”.  
Especially if your well-being  
suffers as a result.**

Regardless of age and life situation,  
many women wish for natural support  
to compensate for hormonal fluctuations and  
to treat associated complaints.



# Plants for women

---

At Dr. Böhm® we offer you a wide range of natural, hormone-free preparations for women's health. They bring balance to hormonal ups and downs with tried and tested herbal ingredients whose benefits and safety have been scientifically well researched.

## Red clover & soya

Red clover and soy contain so-called isoflavones, which are recommended by the Austrian Menopause Society, among others. The completely free from hormones and harmless plant substances naturally provide more balance in the menstrual cycle.



Watch  
info video



## Sage

Sage has proven particularly effective for hot flushes and night sweats. It has been used successfully since the Middle Ages to remove heat from the body and reduces the frequency, severity and duration of sweating.





## Griffonia

The "African black bean" Griffonia has a positive influence on the state of mind, which is particularly beneficial in the case of mental disorders or sleep disorders associated with the menopause.



## black cohosh

The active ingredients in black cohosh regulate the hormone balance in a natural way. It can be used on its own (e.g. in the case of soya intolerance) but also in combination with isoflavones.



## Monk's pepper

Monk's pepper alleviates symptoms before the onset of menstruation (= PMS). At a dosage of 4mg, it is already suitable for young women (from the age of 12).



Watch  
info video

# Feeling good during the menopause



Dietary supplement

The hormonal balance changes, your body is changing. Hot flushes and mood swings are unpleasant side effects. Dr. Böhm® Isoflavon (best-selling in the menopause!) supports you in the new phase of life completely hormone-free.

### Indications

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

### Advantages

- ✓ Purely plant-based and guaranteed free from hormones
- ✓ Also available with Griffonia: Griffonia, the African black bean, is a real balm for your nerves
- ✓ Unique combination of isoflavones from native red clover and GMO-free soya
- ✓ With Vitamin B6 to regulate hormonal activity
- ✓ Ideal for long term use

<sup>1</sup> Pharmacy sales menopause market 12D4 according to IQVIA Austria Offtake MAT11/2023

45mg with Griffonia:		90mg forte:	
Composition per dragée		Composition per dragée	
Red clover extract	50mg	Red clover extract	100mg
equivalent to isoflavones <sup>2</sup>	20mg	equivalent to isoflavones <sup>2</sup>	40mg
Soya extract	62mg	Soya extract	125mg
equivalent to isoflavones <sup>2</sup>	25mg	equivalent to isoflavones <sup>2</sup>	50mg
Griffonia 1.66mg		Vitamin B6	2.8mg (200%)
equivalent to 5-hydroxy-tryptophan	50mg	Astaxanthin (AstaFit®)	1000µg
Vitamin B6	2.8mg (200%)		

<sup>2</sup> calculated as bioactive isoflavone aglycans

1 dragée contains 0.04 BE  
Contents:  
60 pieces | PRN: 4356610

1 dragée contains 0.03 BE  
Contents:  
30 pieces | PRN: 2774467  
60 pieces | PRN: 3046824



\* NRV = Nutrient Reference Values in %

# Frequent sweating during menopause



Dietary supplement

Hormonal changes during the menopause are often accompanied by (night-time) sweats. This is exactly where Dr. Böhm® Isoflavon + Salbei comes in. In addition to hormonal balance, high-dose sage extract also reduces the frequency and severity of sweating.

### Indications

- ✓ For frequent (nocturnal) sweating and hot flushes
- ✓ To maintain hormonal balance

### Advantages

- ✓ High-dose sage extract to reduce the frequency and severity of sweating
- ✓ Isoflavones as the first recommendation from gynaecologists during the menopause
- ✓ Vitamin B6 for regulation hormonal activity
- ✓ Only 1 dragée per day free from hormones, purely herbal alternative

### Tip for use:

If you sweat at night, it is recommended to take it before going to bed.

<sup>1</sup>Sage was named "Medicinal Plant of the Year 2023" by the interdisciplinary study group for the history of the development of medicinal plants.

Composition per dragée		(NRV*)
Red clover extract	150mg	
equivalent to isoflavones <sup>1</sup>	60mg	
Soya extract	177mg	
equivalent to isoflavones <sup>1</sup>	65mg	
Sage extract <sup>2</sup>	150mg	
Vitamin B6	2.8mg	(200%)

<sup>1</sup> calculated as bioactive isoflavone aglycans

<sup>2</sup> standardised to at least 2.5% rosmarinic acid

1 dragée contains 0.03 BE  
Content: 30 pieces | PRN: 5724398  
60 pieces | PRN: 5741936



\* NRV = Nutrient Reference Values in %

## Hot flushes, sweating



Herbal medicinal product\*

Black cohosh has been used in gynaecology for 100 years to alleviate menopausal symptoms such as hot flushes, a feeling of listlessness or mood swings. Dr. Böhm® Traubensilberkerze contains the extract of the medicinal plant in an ideal dosage.

### Indications

- ✓ To relieve menopausal symptoms (menopause) symptoms
- ✓ Climacteric syndrome such as hot flashes, sweating, insomnia, moodiness and irritability

### Advantages

- ✓ Ideally dosed extract from the black cohosh
- ✓ Effect already sets in after approx. 2–4 weeks
- ✓ Free from hormones, purely herbal alternative

### Tip for use

Combination with Dr. Böhm® Isoflavon forte or Dr. Böhm® Isoflavon + Salbei is possible.

### Composition:

1 film-coated tablet contains 6.5mg dry extract of black cohosh rhizome; drug-extract ratio 4.5–8.5:1; extractant 60% ethanol by volume.

Other component: Lactose monohydrate

\* (Obligatory text see p. 103)

Active ingredient: Dry extract from black cohosh rootstalk

1 film-coated tablet contains 0.01 BE

Contents: 60 pieces | PRN: 3524353



Free from yeast and gelatine. Gluten free.



Vegetarian

## Menstrual complaints (PMS)



Traditional herbal medicinal product\*

Herbal help for menstrual cramps: Many women are plagued by cycle-related complaints month after month. Monk's pepper is considered a potent herbal treatment option and contributes naturally to relieving monthly recurring symptoms.

### Indications

For the treatment of premenstrual symptoms (PMS):

- ✓ Mood swings
- ✓ Weight gain due to fluid accumulations in the tissue
- ✓ Painful tension and feeling of swelling in the breasts

### Advantages

- ✓ Pure herbal therapy for PMS
- ✓ Curative application over several cycles possible
- ✓ Small and easy to swallow film-coated tablets
- ✓ In two dosages: 20mg and 4mg (already suitable for younger girls aged 12 and over)
- ✓ Best compliance – 1 tablet daily

### Tip for use

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

### Composition 4mg film-coated tablets:

1 film-coated tablet contains: 4mg dry extract of monk's pepper fruit (drug-extract ratio 7–13:1), extractant: ethanol 60% (m/m).

Other ingredients: Lactose monohydrate, glucose

### Composition 20mg film-coated tablet:

1 film-coated tablet contains: 20mg dry extract of monk's pepper fruit, (drug-extract ratio 7–13:1), extractant: ethanol 60% (m/m); other ingredients with known effects: Glucose

\* (Obligatory text see p. 103)

Active ingredient: Dry extract from monk's pepper fruit

Contents 4mg<sup>1</sup> film-coated tablets: 60 pieces | PRN: 3524376

Contents 20mg<sup>2</sup> film-coated tablets: 30 pieces | PRN: 5530079



<sup>1</sup>Free from yeast and gelatine. gluten-free.



<sup>2</sup>Free from lactose, yeast and gelatine.





# Immune system and colds

---



**Our body and therefore also our immune system are challenged every day. Especially here, powerful combinations from nature can provide effective support.**

The immune and cold products, which are unique in their powerful and natural composition, are tailored precisely to this by Dr. Böhm®.

They support the immune system all year round (Immun complex) or especially in the cold season (Immun Elixier) and provide first aid in the event of an acute cold (Infekt grippal).

# Immune system



Dietary supplement

Dr. Böhm® Immun Elixier for drinking contains a powerful mix of the medicinal plants most frequently used during the cold season: Sea buckthorn, elderberry, echinacea, star anise and lemon balm. Supplemented by immune-specific micronutrients, the result is an optimally dosed mix of vital substances that supports the body's defences.

## Indication

- ✓ To support the immune system

## Advantages

- ✓ Unique combination of herbal ingredients
- ✓ Supplemented immunospecific micronutrients
- ✓ Rapid absorption thanks to its liquid form
- ✓ Dosage only 1x daily

## Tip for use

Can also be drunk hot.



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

1 sachet contains 0.09 BE

Content: 30 pieces | PRN: 5377011



Free from lactose, yeast and gelatine. Gluten free.



Vegetarian

\* NRV = Nutrient Reference Values in %

# Daily multivitamin



Dietary supplement

Only 1 tablet daily helps you with an optimally dosed mix of vitamins, minerals, carotenoids, Mediterranean plant extracts and coenzyme Q10. The special plus: a concentrate from the cantaloupe melon as a particularly powerful antioxidant.

## Indications

- ✓ Year-round support for the immune system (e.g. vitamin C, D, iron, selenium and zinc)
- ✓ In the case of increased oxidative stress, e.g. with physical strain, stress and lack of sleep

## Advantages

- ✓ 27 vitamins and minerals
- ✓ Plus 4 Mediterranean plant extracts (rich in natural antioxidants) from citrus fruits, red grapes, pomegranate and olives
- ✓ Innovative concentrate from the cantaloupe melon with high SOD content

Composition per tablet		(NRV*)
Magnesium	100mg (27%)	Pantothenic acid 6mg (100%)
Iron	18mg (129%)	Vitamin C 200mg (250%)
Zinc	6mg (60%)	Vitamin E 20mg (167%)
Selenium	55µg (100%)	Vitamin D3 10µg (200%)
Copper	1mg (100%)	Vitamin A 600µg (75%)
Manganese	2mg (100%)	Beta-carotene 1.6mg
Chromium	50µg (125%)	Lycopene 0.5mg
Molybdenum	50µg (100%)	Lutein 0.5mg
Silicon	6mg	Zeaxanthin 50µg
MSM	5mg	Coenzyme Q10 5mg
Thiamine (B1)	2.1mg (191%)	Citrus flavonoids 10mg
Riboflavin (B2)	2.4mg (171%)	Olive extract 20mg
Vitamin B6	3mg (214%)	Red wine grape extract 25mg
Vitamin B12	3µg (120%)	Pomegranate extract 25mg
Niacin	18mg (113%)	Melon concentrate 10mg
Biotin	150µg (300%)	(EXTRAMEL®) equivalent to
Folic acid	300µg (150%)	140 IU SOD

1 tablet contains 0.005 BE

Content: 30 pieces | PRN: 3847607



Free from lactose, yeast and gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %

## First aid for colds



Traditional herbal medicinal product\*

Dr. Böhm® Infekt grippal mit Pelargonium is the herbal answer to colds – right from the first signs such as a runny nose or sore throat and aching limbs.

### Indication

- ✓ Intake at the first signs a cold

### Advantages

- ✓ First aid for coughs, colds and hoarseness
- ✓ Pure herbal
- ✓ Suitable for children aged 6 and over

### Composition:

1 film-coated tablet contains:  
20mg dry extract of Pelargonium reniforme/sidoides roots,  
(drug-extract ratio 4–7:1), extractant: ethanol 14% (V/V).

\* (Obligatory text see p. 103)

Active ingredient: Dry extract from  
Pelargonium reniforme/sidoides roots  
1 film-coated tablet contains 0 BE

Contents: 30 film-coated tablets | PRN: 4987888



Free of lactose, yeast and gelatine. Gluten free.



## 3 tips for a strong immune system



### Drink enough:

Fluid keeps our mucous membranes moistured. This makes it harder for bacteria to multiply and harder for them to penetrate our bodies.



### Fresh air and exercise

Just like a lack of fluid intake, the dry air in closed indoor spaces can also affect our mucous membranes. Ideally you combine a breath of fresh air with some exercise – this also strengthens the immune system.



### Immune boosting medicinal plants

Natural pharmacies have also been providing effective substances to strengthen the immune system for centuries. For example, the shikimic acid from star anise or the numerous antioxidants from echinacea (red coneflower).

For the best possible absorption of these substances, experts recommend taking highly concentrated herbal extracts.





# Vitamins and minerals

---



**Vitamins, trace elements and minerals ensure strong defences, protect the cells, support the function of the muscles and are important 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 the vitamin and mineral products from Dr. Böhm® come in. They provide optimally dosed ingredients such as magnesium, vitamin D or the trace element zinc as true all-rounders for health.

Particularly useful...

- ✓ For heavy physical exertion (Sport, physical labour, etc.)
- ✓ During psychologically demanding times (high stress level)
- ✓ When there is an increased burden on the immune system during the cold season

# Daily Magnesium supply



Large sections of the population consume too little magnesium. The Austrian Society for Nutrition recommends a daily intake of around 300mg. Dr. Böhm® Magnesium covers these needs with just one tablet a day.

### Indication

- ✔ To replenish magnesium stores with a low-magnesium diet and physical exertion, heavy sweating, stress or weight loss diets

### Advantages

- ✔ Highly dosed with 300mg
- ✔ Very good tolerance through stomach-friendly dragées (Avoids a laxative effect)
- ✔ Contributes to the reduction of tiredness and exhaustion

### Tip for use

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

Composition per dragée		(NRV*)
Magnesium citrate	84mg	
Magnesium oxide	493mg	
equivalent to pure magnesium	300mg	(80%)

1 dragée contains 0.03 BE  
 Content: 30 pieces | PRN: 1854738  
 90 pieces | PRN: 2576075



\* NRV = Nutrient Reference Values in %

# Healthy nerves and muscles from the age of 50



People over 50 years old suffer particularly often from a magnesium deficiency. Dr. Böhm® Magnesium 50 plus increases the daily intake of magnesium and supplements it with valuable ingredients such as selenium, vitamin E and garlic. Perfect 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

- ✔ Very good tolerance through stomach-friendly dragées (Avoids a laxative effect)
- ✔ Plus odourless garlic extract
- ✔ Small dragées, easy to swallow

Composition per dragée		(NRV*)
Magnesium citrate	42mg	
Magnesium oxide	247mg	
equivalent to magnesium	150mg	(40%)
Selenium	50µg	(91%)
Vitamin E	10mg	(83%)
Garlic extract	125mg <sup>1</sup>	

<sup>1</sup> equivalent to 1.5 to 2g fresh garlic

1 dragée contains 0.02 BE  
 Content: 60 pieces | PRN: 4607213



\* NRV = Nutrient Reference Values in %

## Relaxed muscles – also at night



Dietary supplement

Suddenly your calves start to bother you at night... Dr. Böhm® Magnesium complex quickly replenishes the magnesium and potassium depots that are responsible for muscle control.

### Indication

- ✔ Supports normal muscle function (regulates the contraction and relaxation of muscles), as well as in the calf

### Advantages

- ✔ Comprehensive combination with magnesium, potassium, OPC and L-carnitine
- ✔ Fast absorption thanks to effervescent form
- ✔ Particularly suitable for older people and athletes

### Tip for use

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

Composition per sachet		(NRV*)
Magnesium	250mg	(67%)
Potassium	300mg	(15%)
L-Carnitine	200mg	
Grape seed extract with OPC	20mg	

With sweeteners  
1 sachet contains 0.02 BE

Content: 28 pieces | PRN: 4846099



Free from lactose and yeast.  
Gluten free.



\* NRV = Nutrient Reference Values in %

## Why does magnesium only cost €3.99 in the supermarket?

Magnesium = magnesium, right?

Not quite true. Even though you can now find the important mineral in pharmacies as well as drugstores and supermarkets (sometimes at particularly low prices), these preparations can hardly be compared with one another.

### Quality has its value

The differences are not only in the price, but above all in the quality.

As a rule of thumb: Products sold exclusively in pharmacies are usually slightly more expensive, but undergo important quality tests such as incoming goods inspection or laboratory analyses. They also contain pharmaceutically tested raw materials instead of cheap raw materials of unknown origin.

So pay attention to the quality of magnesium preparations, but also all other dietary supplements. With Dr. Böhm® as a pharmacy-exclusive quality manufacturer, you are always on the safe side.

You can find out more about quality in this information video:





# Healthy defences



Dietary supplement

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

- ✓ With increased stress on the immune system, for a healthy immune system
- ✓ Vitamin C and zinc to protect the cells against free radicals (oxidative stress)

### Advantages

- ✓ Triple complex of Vitamin C, D, and Zinc
- ✓ Stomach-friendly, buffered Vitamin C
- ✓ With valuable ingredients from elderberries

### Tip for use

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

Composition per dragée		(NRV*)
Vitamin C (buffered) <sup>1</sup>	350mg	(438%)
Vitamin D3	10µg	(200%)
equivalent to	400 IU	
Zinc	6mg	(60%)
Elderberry extract	50mg	

<sup>1</sup> equivalent to 436mg calcium ascorbate

1 dragée contains 0.02 BE  
Content: 60 pieces | PRN: 3818155



Free of lactose, yeast and gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %

# Vitamin D – optimal supply



Dietary supplement

Our body can only produce vitamin D with the help of sunlight. In the low-light season, the additional 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

- ✓ Just one capsule taken every 2 days covers your daily Vitamin D requirement
- ✓ With virgin olive oil for better absorption of fat-soluble Vitamin D
- ✓ Small capsules, easy to swallow

Composition per capsule		(NRV*)
Vitamin D3	40µg	(800%)
equivalent to	1600 IU	
Native olive oil <sup>1</sup>	238mg	
equivalent to omega-9	167mg	
Vitamin E	6.0mg	(50%)

<sup>1</sup> Relative fatty acid composition: Oleic acid 70%

1 capsule contains 0.004 BE  
Content: 60 pieces | PRN: 4902001



Free from lactose, yeast and Pork gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %

## 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 a diet low in minerals or sport
- ✓ To support the immune system and the 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
- ✓ Plus 100mg grape seed extract (OPC)

Composition per dragée		(NRV*)
Zinc	30mg	(300%)
as zinc gluconate, zinc sulphate and zinc citrate		
Selenium	55µg	(100%)
Vitamin C	150mg	(188%)
Vitamin B6	3mg	(214%)
Lycopene	1mg	
Grape seed extract (OPC) <sup>1</sup>	100mg	
Citrus bioflavonoids	10mg	

<sup>1</sup> standardised to at least 95% polyphenols, Proanthocyanidins (OPC) > 30%

1 dragée contains 0.02 BE

Content: 30 pieces | PRN: 4600116



Free from lactose, yeast and gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %

## Not all vitamins are the same

Have you heard the advice to add a little bit of oil to carrot juice and have you ever wondered why that is?

Carrots contain vitamin A, which belongs to the group of **fat-soluble vitamins**. By adding oil, the body can absorb these types of vitamins better. By the way, fat-soluble vitamins are stored in fatty tissue and the liver for a longer period of time.

A deficiency only becomes apparent after a long time, so the intake of fat-soluble vitamins should not be neglected.

The second group are the **water-soluble vitamins**. They are distributed throughout the body, where water is contained – so in the blood or intercellular space.

Because the body is not able or only has limited ability to store them, with the exception of vitamin B12, they must be consumed regularly. A deficiency is evident within a few weeks.

### Overview

#### Fat-soluble vitamins:

A, D, E and K

#### Water-soluble vitamins:

Vitamin C as well as all B-vitamins including folic acid, biotin, and pantothenic acid



# Performance and sport

---



**In order to be able to achieve full performance during sport, the body needs minerals — preferably in optimal doses and immediately usable.**

Tiredness, exhaustion or muscle cramps are just as disruptive during sport as are long regeneration phases afterwards.

The good news:

With the right supply of minerals, in addition to regular training, you can do a lot to ensure that you always achieve optimal performance.

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





# What athletes really need...



During strenuous exercise you not only lose up to three litres of sweat per hour, but also large quantities of valuable minerals. To ensure that performance does not suffer, it is important to replenish the body's reserves in a timely manner. For example with...

## Potassium and magnesium:

Magnesium and potassium in particular are essential for each and every one of our muscles. Together they ensure their tension and relaxation. Too little potassium can lead to faster fatigue. Too little magnesium can promote muscle cramps. What many people don't know: The two need each other. For example, a good potassium level is not possible without an optimal magnesium level. A sufficient supply of both substances is particularly important because we sweat more during sport. This is because they are excreted together with the sweat.

If the depots are not replenished quickly enough, there is a risk of exhaustion, muscle cramps and slower regeneration.

## BCAAs:

What is really clever is a combination of the two minerals with so-called branched chain amino acids (in technical jargon BCAA), which make up a full third of our muscles. They are important for muscle structure – but decrease by almost one per cent every year after the age of 50. As they are used up particularly quickly by the body during exertion, you become tired more quickly, your stamina decreases and your muscles cannot build up optimally.

A recent study also showed that a combination of magnesium, potassium and BCAAs can lead to twice as fast recovery after exercise.<sup>1</sup>



## To compensate for electrolyte loss



Dietary supplement



Your body needs magnesium and potassium for ideal performance and endurance. The Magnesium Sport® effervescent drink is deliciously fresh, quickly absorbed by the body and compensates for loss of electrolytes during or after sport.

### Indications

- ✓ Sport, training and competition
- ✓ Other physical exertion
- ✓ Healthy muscle function (magnesium, potassium)
- ✓ Reduction of tiredness and fatigue for endurance sports (magnesium)

### Advantages

- ✓ With 150mg magnesium – well tolerated
- ✓ Combines magnesium with potassium – ideal especially for athletes
- ✓ Protects cells from oxidative stress (Vitamin C)

Composition per effervescent tablet		(NRV*)
Magnesium	150mg	(40%)
Potassium	250mg	(12%)
Vitamin C	50mg	(62%)

Magnesium and potassium are present in aqueous solutions as citrates.



1 effervescent tablet contains 0.004 BE  
Content: 40 pieces | PRN: 2745709



Free from lactose and yeast. Gluten free.



\* NRV = Nutrient Reference Values in %

## replenish magnesium stores sustainably



Dietary supplement



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

### Indications

- ✓ Sport, training and competition
- ✓ Other physical exertion
- ✓ Energy metabolism
- ✓ Healthy muscle function (magnesium, potassium)
- ✓ Long-term supply of magnesium, sustainable replenishment

### Advantages

- ✓ With 150mg magnesium – well tolerated
- ✓ Combines magnesium with potassium – ideal especially for athletes
- ✓ Protects the cells from oxidative stress (vitamin C)

### Tip for use

The tasteless tablet is particularly pleasant to ingest.

Composition per tablet		(NRV*)
Magnesium oxide	259mg	
Magnesium citrate	39mg	
equivalent to pure magnesium	150mg	(40%)
Potassium chloride	477mg	
equivalent to pure potassium	250mg	(12%)
Vitamin C	50mg	(62%)

1 tablet contains 0.00 BE  
Contents: 60 pieces | PRN: 2682765



Free from lactose, yeast and gelatine. Gluten free.



\* NRV = Nutrient Reference Values in %

Expert tip

"The increased magnesium needs of athletes are difficult to meet with a balanced diet.

A targeted intake of approx. 300mg of 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."



Univ. Prof. Dr. Dr.h.c. Sepp Porta  
President of the Austrian Magnesium  
and Electrolyte Research Association



Österreichische Magnesium- und  
Elektrolytforschungsgesellschaft

Magnesium  
for on the go



Dietary supplement



Magnesium Sport® Sticks ensure an optimal supply of magnesium and potassium even when you are on the move (or without additional liquids). Simply tear it open, let it melt in your mouth and your muscles are ideally nourished again.

Indications

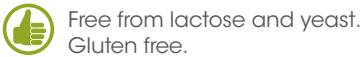
- ✓ Sport, training and competition
- ✓ Other physical exertion
- ✓ Healthy muscle function (magnesium, potassium)
- ✓ Reduction of tiredness and fatigue after sport (magnesium)

Advantages

- ✓ With 150mg magnesium – well tolerated
- ✓ Combines magnesium with potassium – ideal especially for athletes
- ✓ Protects cells from oxidative stress (Vitamin C)

Composition per stick		(NRV*)
Magnesium	150mg	(40%)
Potassium	100mg	(5%)
Vitamin C	50mg	(62%)

1 stick contains 0.05 BE  
Content: 20 pieces | PRN: 3979504  
40 pieces | PRN: 4726627



\* NRV = Nutrient Reference Values in %



## Muscle strength, endurance and regeneration



Amino acids play an essential role in athletic performance – especially the essential branched-chain amino acids (BCAAs). They reach the muscles directly via the bloodstream and are available there as a rapid source of energy.

### Indications

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

### Advantages

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

Composition per sachet		(NRV*)	
Leucine	600mg	Riboflavin	0.26mg (18%)
Isoleucine	300mg	Niacin	8mg (50%)
Valine	300mg	Vitamin B6	1.4mg (100%)
Arginine aspartate	400mg	Vitamin B12	3µg (120%)
L-Carnitine	200mg	Zinc	5mg (50%)
Taurine	200mg	Selenium	25µg (45%)
Magnesium	150mg (40%)	Green tea extract	25mg
Potassium	180mg (9%)	Resveratrol	2mg
Vitamin C	50mg (62%)		

1 sachet of effervescent powder contains 0.02 BE

Content: 14 pieces | PRN: 4774106



Free from lactose, yeast and gelatine. Gluten free.



\* NRV = Nutrient Reference Values in %

## Performance and activation during sport



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

- ✓ Performance during sport
- ✓ Fatigue and exhaustion e.g. long car journeys, jet lag
- ✓ Stress in the office and exam preparations

### Advantages

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

Composition per sachet		(NRV*)	
L-arginine aspartate	500mg	Thiamine	0.55mg (50%)
Taurine	500mg	Riboflavin	0.35mg (25%)
Caffeine	80mg	Niacin	7.5mg (47%)
Ginseng extract	50mg	Vitamin B6	0.8mg (57%)
Grape seed extract (OPC)	20mg	Folic acid	150µg (75%)
Choline	100mg	Vitamin B12	1.5µg (60%)
Magnesium	150mg (40%)	Pantothenic acid	2.5mg (42%)
Zinc	6mg (60%)	Vitamin E	5mg (42%)
Vitamin C	50mg (63%)		

Contains caffeine. Not recommended for children and pregnant women.

1 sachet contains 0.003 BE

Content: 14 pieces | PRN: 2590425  
28 pieces | PRN: 4555315



Free from lactose and yeast. Gluten free.



\* NRV = Nutrient Reference Values in %





# Exhaustion and fatigue

---



**We are required to perform at the highest level every day — whether at work, at home or within the family.**

During the day, it can often be observed that performance and concentration rapidly decline from midday onwards.

Our special nutrient combinations can help to get your energy metabolism back on track and noticeably increase your concentration and performance.

# Performance and concentration



Dietary supplement

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
- ✔ Fatigue and exhaustion  
e.g. long car journeys, jet lag
- ✔ Performance during sport

### Advantages

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

Composition per sachet		(NRV*)	
L-arginine aspartate	500mg	Thiamine	0.55mg (50%)
Taurine	500mg	Riboflavin	0.35mg (25%)
Caffeine	80mg	Niacin	7.5mg (47%)
Ginseng extract	50mg	Vitamin B6	0.8mg (57%)
Grape seed extract (OPC)	20mg	Folic acid	150µg (75%)
Choline	100mg	Vitamin B12	1.5µg (60%)
Magnesium	150mg (40%)	Pantothenic acid	2.5mg (42%)
Zinc	6mg (60%)	Vitamin E	5mg (42%)
Vitamin C	50mg (63%)		

Contains caffeine. Not recommended for children and pregnant women.

1 sachet contains 0.003 BE

Content: 14 pieces | PRN: 2590425  
28 pieces | PRN: 4555315



Free from lactose and yeast. Gluten free.



# For exhaustion and fatigue



Dietary supplement

Occupational and private stress situations, increased mental effort or physical stress are true "energy thieves". This is where Dr. Böhm® Energie complex comes in and gives you the boost of energy you need.

### Indications

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

### Advantages

- ✔ Mate tea 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, copper) support the energy metabolism, the ability to think (iron, zinc) and reduce fatigue (B6, C)

Composition per dragée		(NRV*)	
Mate extract	50mg	Vitamin E	10mg (83%)
Schisandra extract	30mg	Vitamin D3	2.5µg (50%)
Caffeine <sup>1</sup>	75mg	Iron	5mg (36%)
Coenzyme Q10	20mg	Zinc	5mg (50%)
Thiamine (B1)	1.05mg (95%)	Selenium	50µg (91%)
Vitamin B6	1.5mg (107%)	Chromium	75µg (187%)
Vitamin B12	1.5mg (60%)	Copper	0.5mg (50%)
Folic acid	150µg (75%)	Manganese	1.5mg (75%)
Vitamin C	40mg (50%)		

<sup>1</sup> 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.

1 dragée contains 0.02 BE

Content: 30 pieces | PRN: 3440165

Free from lactose, yeast and gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %

\* NRV = Nutrient Reference Values in %



## Nutrient quiz:

**Guess the 6 searched terms to find the solution word.  
With a bit of luck you can win 1 of 3 Dr. Böhm®  
trial packages worth at least €100 each!**



				4									
--	--	--	--	---	--	--	--	--	--	--	--	--	--

Fibre recommended to stimulate intestinal activity

			6
--	--	--	---

Particularly good source of omega 3

	2						
--	---	--	--	--	--	--	--

Medicinal plant used for migraines

						1					
--	--	--	--	--	--	---	--	--	--	--	--

## Medicinal plant for detoxifying the liver

									3
--	--	--	--	--	--	--	--	--	---

Also known as "African black bean"

		5						
--	--	---	--	--	--	--	--	--

Mineral – essential for the muscles alongside magnesium

**Solution word**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>

Send the **solution word by email** with the subject **"Competition 24"** **gewinnspiel@apomedica.com**. If you are a winner, you will be notified by us.  
**Closing date: 31/08/2024**

Your personal data (e-mail address or, in the case of a prize, name and address) will only be collected for participation in the competition and will be deleted after the competition has been completed. Further information on data processing can be found at [www.apomedica.com/datenschutz](http://www.apomedica.com/datenschutz).







# Sexual desire and potency

---



**Between job, household  
and family, couples often lack  
the peace and quiet for togetherness.  
Your head is full and you  
just “don’t really feel like it”.**

Loss of libido or potency problems are completely normal as you get older or in a long-term relationship and are nothing to be ashamed of.

It is important to know here: There is proven support from nature. For example, the relaxing and pleasure-increasing medicinal plant damiana (for men and women). Pumpkin for prostate problems and ginseng for promoting “virility” are also particularly suitable for men.

## Bladder, prostate and virility



Dietary supplement

With increasing age, bladder and prostate problems, declining sperm production and decreasing potency become an issue for many men. Dr. Böhm® Kürbis superplus provides natural support.

### Indications

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

### Advantages

Unique combination of

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

### Tip for use

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

Composition per tablet		(NRV*)
Extract from Styrian pumpkin seeds <sup>1</sup>	400mg	
Ginseng extract	40mg	
Lycopene from tomatoes	4mg	
Selenium	100µg	(182%)

<sup>1</sup> Extr. sem. *Cucurbitae peponis styriacae* sicc. 20:1, equivalent to approx. 8000mg pumpkin seeds per tablet

1 tablet contains 0.03 BE

Content: 30 pieces | PRN: 2287394



Free from lactose, yeast and gelatine. Gluten free.

\* NRV = Nutrient Reference Values in %

## Sexual aversion



Traditional herbal medicinal product\*

Taboo subject: sexual aversion. In Austria alone, around 300,000 women and 200,000 men are affected. Dr. Böhm® Damiana is a purely herbal remedy that increases sexual desire and can therefore also provide more intense arousal.

### Indication

- ✓ To increase pleasure when sexual desire decreases (aphrodisiac) for men and women

### Advantages

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

### Tip 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.

### Composition:

1 film-coated tablet contains: 225mg dry extract from Damiana leaves, drug-extract ratio 5–7:1, Extractant: Ethanol 90% V/V

\* (Obligatory text see p. 103)

Active ingredient: Dry extract from damiana leaves  
From 18 years of age

Contents: 60 pieces | PRN 4463205



Free from lactose, yeast and gelatine. Gluten free.



Vegetarian

# Tips for the libido

---

## What causes loss of libido?

When a certain routine creeps into a long-term relationship, it can happen that the eroticism becomes increasingly dormant. Causes include everyday stress, little time for conscious togetherness, worries or hormonal changes (e.g. during menopause).



Watch  
info video

Damiana positively influences the messenger substances that are responsible for sexual desire and can thus ensure stronger, more frequent desire.

At the same time, Damiana can contribute to a more intense feeling of sexual arousal.

As a first step, try to implement the following tips:

- ✓ Create conscious togetherness – for example with regular walks, a shared hobby or a cosy dinner.
- ✓ Rethink hormonal contraception: Hormonal contraceptives are the safest method to avoid pregnancy. But did you know that around one in seven women experience a loss of libido due to hormonal contraceptives? In this case, an alternative method of contraception can bring more impetus to your love life.

### ✓ **Damiana as a natural aphrodisiac:**

The traditional medicinal plant was already used by the Mayans as an aphrodisiac. It has a relaxing effect, increases sexual desire and ensures a more intense feeling of excitement.



In addition, Damiana has a relaxing effect and helps to let go more easily in the hectic pace of everyday life.



# Lasepton<sup>®</sup>

Care for sensitive skin



# Medical skin care

---

## Sensitive and stressed skin needs an appropriate high-quality care.

This is exactly what Lasepton® has stood for for decades. The wide range of products offer the skin protection and suppleness and promote the regeneration of stressed skin cells.

- with valuable plant extracts, oils and vitamins
- developed for sensitive and stressed skin
- free from colourants and emulsifiers



Click here to go to our  
product page:  
[www.lasepton.at/produkte/](http://www.lasepton.at/produkte/)



**LUUF®**





# The cold specialist

---

**LUUF® has stood for gentle healing and strong effects on colds for young and old for over 50 years.**

Proven formulas, herbal active ingredients and pure natural essential oils are combined in such a way that they optimally support the healing process.



Click here to go to our product page:  
[www.luuf.at/produkte/](http://www.luuf.at/produkte/)





# Apozema<sup>®</sup>

homeopathic. natural. safe.



# The gentle medicine for the whole family

---

**Apozema®**, the brand of homeopathic medicines that has been tried and tested for many years, combines traditional knowledge from nature with the most modern production methods.

The gentle medicines for the whole family are characterised by their ideally coordinated combinations of active ingredients.

This creates a tailor-made offer for the most diverse challenges in everyday life.



You can find the whole range of products at [www.apozema.at](http://www.apozema.at)





# ACUTE HELP WITH PAINS AND SWELLING

Whether you have shoulder or knee problems, a sprained ankle or the widespread tennis elbow – painful inflammation and swelling are best treated with PASTA COOL®.

The envelope paste has a 3-fold effect:

- ✓ Soothes the pain
- ✓ Reduces swelling
- ✓ Inhibits inflammation

**[www.pastacool.at](http://www.pastacool.at)**

Quality from your pharmacy!



from 2  
years of  
age



Medicinal product

# Immediate help for insect bites

**Insecticum® Gel** has a 3-fold effect  
insect bites (mosquitoes, bees, wasps...)

- ✓ Relieves itching
- ✓ Soothes the pain
- ✓ Has a detumescent effect







## Hotline for product inquiries

0800 44 30 54 (Mon—Thu: 9am to 5pm)



[produktfragen@apomedica.com](mailto:produktfragen@apomedica.com)

Our experts are at your disposal!

---

## APOMEDICA

PHARMAZEUTISCHE PRODUKTE

APOMEDICA Pharmazeutische Produkte GmbH | Roseggerkai 3, 8010 Graz, Austria  
Tel.: +43 316 823533 | Fax: +43 316 823533-52 | [office@apomedica.com](mailto:office@apomedica.com) | [www.apomedica.com](http://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. 20. Edition: March 2024.

---

**The following product is a medical product:** Baby LUUF® Mare nasal spray.

**Note:** Follow the instructions for use for this medical device carefully and, if necessary, seek the advice of a doctor or pharmacist.

**The following product is a medicine:** LUUF® Naphazolin compositum nasal spray.

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

**The following products are herbal medicinal products:** Dr. Böhm® Johanniskraut 425 mg capsules, Dr. Böhm® Johanniskraut 600 mg forte film-coated tablets, Dr. Böhm® Mariendistel 140 mg capsules, Dr. Böhm® Traubensilberkerze 6.5 mg film-coated tablets.

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

**The following products are traditional herbal medicinal products:** Dr. Böhm® Artischoke 450 mg dragées, Dr. Böhm® Damiana 225 mg film-coated tablets, Dr. Böhm® Ein- und Durchschlaf dragées, Dr. Böhm® Infekt grippal Pelargonium 20mg film-coated tablets, Dr. Böhm® Mönchspfeffer 4mg film-coated tablets, Dr. Böhm® Mönchspfeffer forte 20mg film-coated tablets, Dr. Böhm® Mutterkraut forte 200mg film-coated tablets, Dr. Böhm® Passionsblume 425mg dragées, Dr. Böhm® Teufelskralle 600mg film-coated tablets, Kinder LUUF® balsam.

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

**The use of this traditional herbal medicinal product in the areas of application mentioned is based exclusively on many years of use.**

---

---

# Naturally best quality

---