HEALTH & BEAUTY

2026 COLLECTION



MORE QUALITY FOR YOUR LIFE

LR 5IN1



FEEL THE FORMULA. LOVE THE RESULT.



WELCOME TO LR!

OUR GOAL: **MORE QUALITY FOR YOUR LIFE.**

Dear Partners,
„More quality for your life" – that is our promise to you!
For more than 40 years, we have been your trusted partner when it comes to improving quality of life. Through our high-quality product solutions and attractive business model, we give people the opportunity to build their own business and create a fulfilling future as independent sales partners. A healthy, long and fulfilling life is something we all aspire to. LR accompanies you on this journey and supports you with premium-quality food supplements and cosmetic products designed to enhance your wellbeing.

We are particularly proud of our core expertise: aloe vera. For more than 20 years, we have been manufacturing aloe vera products at our headquarters in Ahlen, Germany. Why aloe vera? Aloe vera is a true life elixir. With over 200 vital nutrients, it is not only a powerful plant but also the foundation of many of our product solutions. Discover our LR Aloe Vera Drinking Gels or nourish your skin with the rich creams from our LR ALOE VIA skincare range.

Supporting your wellbeing for life: the LR HEALTH MISSION offers an optimally coordinated combination of products to support the gut, liver and cellular metabolism[1], creating the foundation for long-term wellbeing and a healthy lifestyle – for health and quality of life that lasts.

In everyday life, maintaining a conscious and balanced diet can be a real challenge. With the LR BODY MISSION, you can get the very best out of yourself. It is the perfect companion on your journey to your feel-good weight[2], featuring delicious meal solutions, smart products to support muscle development[3] and acid-base balance[4], as well as digital coaching for a healthier lifestyle. Bridging the gap between health and beauty are our LR 5in1 Shots. The LR 5in1 Beauty Elixir and LR 5in1 Men's Shot combine five key benefits in one convenient daily solution. While the LR 5in1 Beauty Elixir supports youthful beauty through its highly concentrated ingredient complex, the LR 5in1 Men's Shot supports natural masculinity and a confident presence. As you can see, we offer the ideal product solutions to help you improve your quality of life while achieving success with LR. Our products are perfectly aligned with the LR business model: they are easy to explain, simple to understand and straightforward to use.

Choose your favourite products and start your journey with us today!



Jörg Körfer | CEO

[1] The choline contained in Liver Support contributes to the maintenance of normal liver function. The aloe vera contained in our LR Aloe Vera Drinking Gels helps support normal bowel function. The vitamin C contained in our LR Aloe Vera Drinking Gels contributes to normal energy-yielding metabolism. [2]Weight management: Replacing two daily main meals with a meal replacement as part of an energy-restricted diet contributes to weight loss. To achieve the stated effect, two main meals should be replaced each day. Weight maintenance: Replacing one daily main meal with a meal replacement as part of an energy-restricted diet contributes to maintaining weight after weight loss. To achieve the stated effect, one main meal should be replaced each day. [3] Protein contributes to the maintenance and growth of muscle mass. [4] The magnesium contained in Pro Balance contributes to normal energy-yielding metabolism and electrolyte balance. Δ Designed with the support of AI.

MORE QUALITY FOR YOUR LIFE

More quality for your life: Following this principle, we offer many high-quality, natural products – developed from the power of nature and based on the latest scientific research. However, 'More Quality' goes far beyond our product quality. For us, it means taking sustainable responsibility – for our employees, our partners and our suppliers.



LR IS MORE ...

RECOMMENDED BY EXPERTS



"Alongside needs-based products, LR also provides scientifically sound expert advice on nutrition, exercise and lifestyle," says **Dr Sven Werchan,** independent nutrition expert.



Dr Werner Voss, Founder and Managing Director of Dermatest GmbH, confirms: "The LR skincare range offers the ideal daily care for every skin need, using ingredients of the highest quality combined with state-of-the-art formulations."

QUALITY

MADE IN GERMANY

Quality of the highest standard

'Made in Germany' stands for the very highest quality worldwide – and recognises the high standards we set for our products. Our customers can rely and trust in this! In order to offer 100% transparency, we have labelled all our products that are manufactured directly in Germany with our 'Made in Germany' logo.

PRODUCTION

State-of-the-art manufacturing

With our state-of-the-art Aloe Vera production facility, we reinforce our commitment to "Made in Ahlen" and set new standards across Europe with an innovative high-tech manufacturing operation. This approach also reduces transport distances, streamlines production processes and enables us to consistently guarantee the highest quality.

CERTIFIED

dermatest
RESEARCH INSTITUTE FOR RELIABLE RESULTS
Taking your success personally

INSTITUT FRESENIUS Quality Control

CERTIFIED

WWW.SGS-QUALITAETSSIEGEL.DE/EN

Certified quality

We set very high quality standards for our products. In addition to our continuous internal testing, we have adherence to these standards strictly monitored and certified by independent, recognised institutes. The SGS INSTITUT FRESENIUS, for example, can confirm the consistently high quality of the Aloe Vera Drinking Gel.

NATURE LOVE

Love for nature & animals

Environmentally friendly methods are very important to us. For example, the aloe vera for our drinking gels is grown entirely without artificial soil fertilisers or pesticides. We also avoid animal testing in the development of our health and beauty products

INGREDIENTS

Selected ingredients

We always select the ingredients of our products based on the latest research and only the best quality. For example, we do not use microplastics, parabens and mineral oils in our beauty and care range

SOCIAL

Independent entrepreneurship

LR offers everyone the opportunity to work independently as an entrepreneur and thus the chance to organise their own life. For more financial freedom and a better quality of life, full-time or part-time, whatever best suits your individual work-life balance

SUSTAINABLE

FSC
www.fsc.org
FSC® N003255

Environmentally conscious & climate-friendly

For maximum transparency, LR publishes a comprehensive Sustainability Report (ESG Report) every year. Using 100% renewable electricity at our production site in Germany is standard practice at LR. More than 84% of all paper and cardboard used, including shipping cartons and folding boxes, comes from FSC-certified or recycled materials. In the area of plastic packaging, we have already converted 68% of our tubes from PET to plant-based materials and switched our bestseller, 5in1, from PET to recycled PET (rPET).

LR GLOBAL KIDS FUND

LR GLOBAL KIDS FUND

Opportunities for children

Supporting disadvantaged children and young people and giving them educational opportunities for a better future is important to us. With the LRGKF, LR has been supporting local initiatives in 18 European countries and in South Korea since 2009. More information at www.lrgkf.com

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EXCLUSIVE PERFUMERY CRAFTSMANSHIP-
OFFERING FRAGRANCE DIVERSITY FOR THE HIGHEST STANDARDS

Two unique fragrance collections:
The LR Mood Infusion –
18 Eau de Parfums that transport you into multifaceted worlds of mood, and LR Iconic Elixirs –
4 luxurious high-end perfumes crafted with the finest ingredients.

LR Mood Infusion 96
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[1] The choline contained in Liver Support contributes to the maintenance of normal liver function. The aloe vera contained in our Aloe Vera Drinking Gels contributes to the maintenance of normal gut function. The vitamin C contained in our Aloe Vera Drinking Gels contributes to a normal energy-yielding metabolism.

MADE IN GERMANY

LR HEALTH MISSION

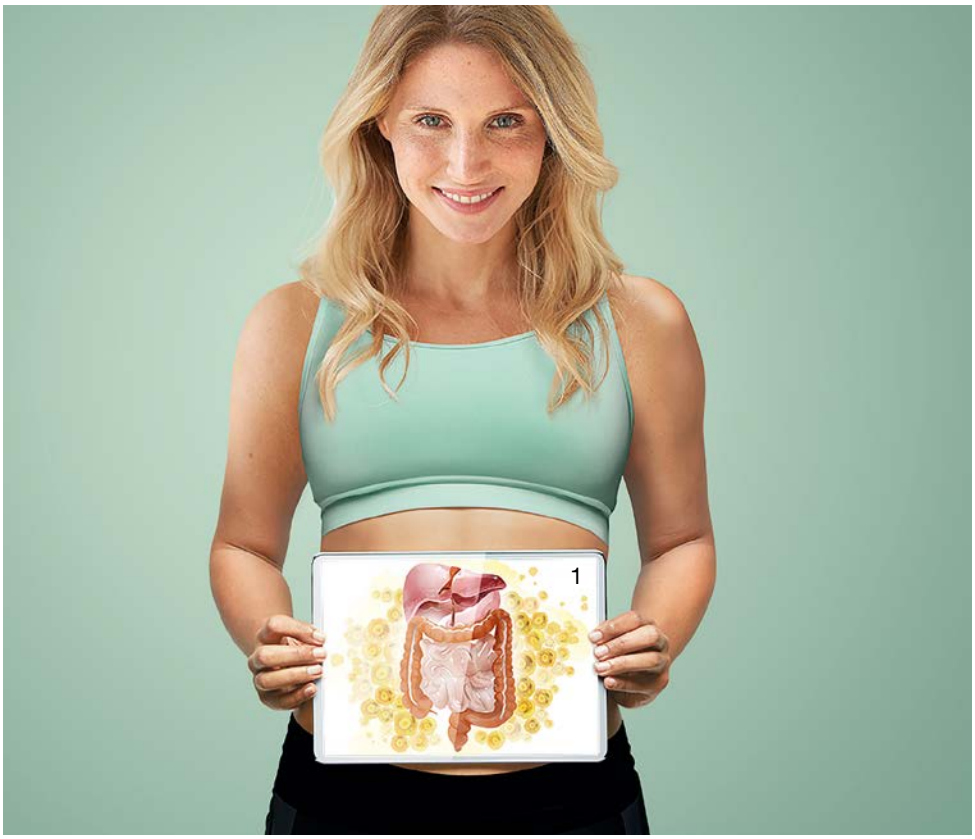
DEINE DARMSTOFFWECHSELKUR[1]

Are health and quality of life important to you?

Turn health into your personal lifestyle!

YOUR HEALTH – **YOUR HEALTH MISSION**

Health – we often simply take it for granted. But health is an attitude, a conscious decision to look after yourself and your body. The best thing is that it's in your own hands. You can consciously support your body – with the LR HEALTH MISSION.



LR HEALTH MISSION

THE BOOST FOR **YOUR WELL-BEING**

The aim of the LR Health Mission is to provide support for the strains and challenges of everyday life. After all, health and quality of life are heavily dependent on the metabolic organs – gut, liver and cells[1] – being well supplied, protected and fully functional. Support your body effectively with the LR Health Mission so that you can master the challenges of everyday life with confidence. Because an active metabolism is the basis of everything – health, energy and vitality. Turn health into your personal lifestyle!

[1] The choline contained in Liver Support contributes to the maintenance of normal liver function. The aloe vera contained in our Aloe Vera Drinking Gel contributes to the maintenance of normal intestinal function. The vitamin C contained in our Aloe Vera Drinking Gel contributes to normal energy metabolism. [2] The choline contained in Liver Support contributes to the maintenance of normal liver function. [3] Manganese helps to protect cells from oxidative stress.

LR HEALTH MISSION – YOUR GUT METABOLISM PROGRAMME[1]



LR HEALTH MISSION
The well thought-out gut metabolism programme[1] as a balanced solution to support your health.

LR HEALTH MISSION is the well thought-out gut metabolism programme[1] for gut, liver and cell metabolism. Perfectly harmonised products with established and innovative active ingredients from nature and science support your body in maintaining its natural health

LR HEALTH MISSION, the perfect solution for your balanced health support.

Well-being begins in the gut:
Pro 12+ with its Triple-action TripleBIOTIC formulation formulation of prebiotics, bacteria and the patented postbiotic ingredient Polac-T™ together with natural colostrum from pure cow colostrum ensures your well-being.

Balanced support for the liver[7]:
Liver Support[7] promotes liver metabolism with its triple action for liver care, detoxification and protection.[4,7,8]

Cell Metabolism Support[5]:
The Aloe Vera Drinking Gels effectively support cell metabolism[5] by ensuring that nutrients reach the cells. Pro Balance supports a pH value[6] that is necessary for optimal cell function and forms the basis for the body's metabolic processes.

LR HEALTH MISSION*

9 x Aloe Vera Drinking Gel (Free Choice*)
6 x Colostrum Liquid
3 x Pro Balance[6] Tablets*
3 x Pro 12+ Capsules*
3 x Liver Support[7],* Capsules

LR HEALTH MISSION
3 Months

Start your LR HEALTH MISSION now!
Contact your LR partner for more information!

[4] Molybdenum contributes to normal sulphur and amino acid metabolism. [5] The vitamin C contained in the Aloe Vera Drinking Gel contributes to normal energy metabolism. [6] The magnesium in Pro Balance contributes to normal energy metabolism and electrolyte balance. [7] Choline contributes to the maintenance of normal liver function. [8] Manganese contributes to the protection of cells from oxidative stress. * Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

YOUR METABOLISM –
THE FOUNDATION OF YOUR HEALTH

The basis of our health lies in the unique ability of our metabolism to absorb valuable nutrients and utilise them for our body. Intact metabolic processes are important for energy production.

At the same time, harmful influences are eliminated, thereby maintaining balance in the body. The three essential pillars of our health are:

1. Gut Metabolism – the gut absorbs nutrients and protects the organism from harmful environmental influences. The gut is also essential for the removal of harmful degradation products from the body.

2. Liver Metabolism – The liver is a true multi tasker: it regulates, converts and stores nutrients and also ensures excretion and thus liver.

3. Cell Metabolism – nutrients are transported from the liver to all cells via the blood and the intercellular space. The supply of nutrients enables the cells to produce energy, build structures, transmit signals and regenerate. At the same time, harmful substances are removed via the intercellular space.

In: everything our body needs

SUPPLY



Gut Metabolism **Liver Metabolism** **Cell Metabolism**

DISPOSAL

Out: everything that harms our body



LR HEALTH MISSION – YOUR GUT METABOLISM PROGRAMME[1]

You can actively promote your metabolism – for greater well-being by supporting the body's own intestinal, liver and cell metabolism processes

These are essential for absorbing nutrients from food, converting them for energy, growth and repair, detoxifying waste products and regulating the entire body's metabolism

[1] The choline contained in Liver Support contributes to the maintenance of normal liver function. The aloe vera contained in our Aloe Vera Drinking Gel contributes to the maintenance of normal intestinal function. The vitamin C contained in our Aloe Vera Drinking Gel contributes to normal energy metabolism

NUTRITIONAL RECOMMENDATION FOR YOUR **GUT METABOLISM PROGRAMME[1]**

The LR HEALTH MISSION is perfect for supporting the body and your metabolism. Established and innovative active ingredients from nature combined with the latest scientific findings work together to create synergy effects and thus support the natural health maintenance of the body. As a companion after your gut metabolism programme[1], we recommend the cell metabolism combination 5 of Aloe Vera Drinking Gel and Pro Balance[7].

TIPS FOR YOUR PROGRAMME:

1. Slowly acclimatise your body to the concentrated power of nutrients – start with 5 ml of Aloe Vera Drinking Gel per serving and increase by 5 ml (per consumption) every 3 days until you reach the normal dosage (30 ml per consumption).
2. Reduce your sugar intake and eat fresh fruit and vegetables.
3. Drink enough and exercise at least 20 minutes a day.
4. In addition to the consumption of food supplements*, an alkaline diet and a healthy, active lifestyle are recommended**.

MORNING — **AFTERNOON** — **EVENING**



8 ml
in the morning

1 Capsule
in the evening



GUT: YOUR COMBINATION FOR MORE WELL-BEING

1 Capsule
in the evening



LIVER: TO NOURISH, DETOXIFY[2] & PROTECT[3] YOUR LIVER

30 ml before main meals



4 tablets after the meal

30 ml before main meals



4 tablets after the meal

30 ml before main meals



4 tablets after the meal

CELL METABOLISM: ENERGY SUPPLIER[4], IMMUNE PROTECTOR[5] & REGENERATOR[6]

FOR SUPPORT AFTER THE PROGRAMME: WE RECOMMEND THE PRODUCT COMBINATION OF ALOE VERA AND PRO BALANCE[7] FOR YOUR CELL MATERIAL CHANGE[4]



[2] Choline contributes to the maintenance of normal liver function. [3] Manganese helps to protect the cells from oxidative stress. [4] The vitamin C contained in Aloe Vera Drinking Gel contributes to normal energy metabolism. The vitamin C contained in Aloe Vera Drinking Gel contributes to the reduction of tiredness and fatigue. [5] The vitamin C contained in Aloe Vera Drinking Gel contributes to the normal function of the immune system. [6]The vitamin C contained in Aloe Vera Drinking Gel contributes to the reduction of tiredness and fatigue. The vitamin C contained in Aloe Vera Drinking Gel contributes to the regeneration of the reduced form of vitamin E. [7] The magnesium in Pro Balance contributes to normal energy metabolism and electrolyte balance.
* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.** The products can also be used at other times. The products can also be taken at the same time. The recommended daily intake must not be exceeded.



MIRACLE OF THE **CELL**

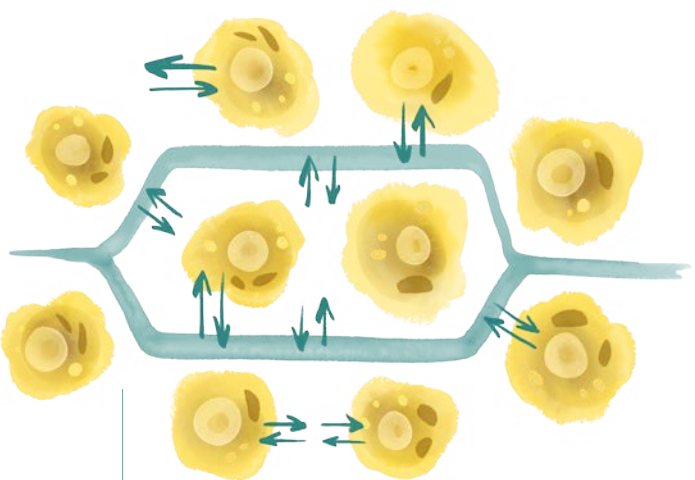
Cells are the smallest building blocks of our body and form the basis of all organs. They must be supplied with a stable and continuous supply of nutrients in order to fulfil their many tasks properly. They are:

ENERGY SUPPLIERS
Cells are responsible for producing energy for our body.

PRODUCERS
Cells produce all the substances, hormones and active components we need to live.

PROTECTORS
Immune cells form our defence system. Harmful and unnecessary substances from the environment are recognised and neutralised.

DISPOSER
Cells ensure cleansing, elimination and detoxification and processes that help keep our internal environment in balance.



GOOD TO KNOW

The space in which the cells live is called the basic substance. Changes in the basic substance, such as hyperacidity or ‘slagging’, hinder the cell supply and thus impair the metabolism. The basic substance significantly regulates our health and vitality.

ALOE VERA DRINKING GEL – YOUR ELIXIR FOR CELL METABOLISM[1]

Aloe vera drinking gels from LR have a wide range of effects:
They nourish, protect, regenerate and support your body for your well-being. They effectively support cell metabolism[1] by ensuring that nutrients reach the cells.

UNIQUE

Only LR Aloe Vera Drinking Gels have been awarded the SGS Institut Fresenius and the IASC seal for:

- High product quality: from the aloe vera leaf extract
- Gentle processing
- High production standards

WWW.IASC.ORG

WWW.SGS-QUALITAETSSIEGEL.DE/EN

Quality is our top priority.
From the processing of the raw material to the end product – everything at LR is subject to strict controls. This is confirmed by the **SGS Institut Fresenius** and the **IASC certificates.**

WWW.KOELNERLISTE.COM

The Aloe Vera Drinking Gels from LR LIFETAKT are on the **Cologne List®.** The **Cologne List®** publishes products with a minimised doping risk.



YEARS OF EXPERTISE

- Aloe vera expert for over 20 years – ‘Made in Germany’
- One of the most modern aloe vera production facilities in Germany
- Standardised internal quality controls
- Cooperation with renowned experts

MADE IN GERMANY

‘Made in Germany’ is our promise of quality, that you can rely on 100 %.

[1] The vitamin C contained in the Aloe Vera Drinking Gel contributes to normal energy metabolism.

WWW.SGS-QUALITAETSSIEGEL.DE/EN WWW.IASC.ORG WWW.KOELNERLISTE.COM MADE IN GERMANY

THE RIGHT **CELL METABOLISM BOOSTER** FOR EVERYONE



TRADITIONAL HONEY

The specialist for your health

1. **SUPPLY:** Provides important nutrients and supports the utilisation of nutrients[1]
2. **DEFENCE:** Supports the immune system[2]
3. **METABOLISM:** Supports the energy metabolism[3]

- With a natural, pleasant honey flavour

90 % aloe vera leaf fillet, honey and vitamin C

Aloe Vera Drinking Gel Traditional with Honey*
80700 | 1000 ml
£ 39.99

Aloe Vera Drinking Gel Traditional with Honey* 3 Pack
80743 | 3 x 1000 ml
£ 110.99

Serving:
· Daily: 3 x 30 ml before meals



IMMUNE PLUS [4]

The specialist for your immune system

1. **SUPPORT:** Supports existing immune cells[4]
2. **STIMULATION:** Supports the immune system[4, 5]
3. **PROTECTION:** Supports the functioning of the immune system[4]

- With natural light ginger flavour

85 % aloe vera leaf fillet, ginger, lemon and honey as well as vitamin C, zinc and selenium

Aloe Vera Drinking Gel Immune Plus[4,]*
81000 | 1000 ml
£ 44.89

Aloe Vera Drinking Gel Immune Plus[4,]* 3 Pack
81003 | 3 x 1000 ml
£ 123.59

Serving:
· Daily: 3 x 30 ml before meals

[1] Vitamin C increases the absorption of iron. [2] Vitamin C contributes to the normal function of the immune system. [3] Vitamin C contributes to normal energy metabolism. [4] Vitamin C, zinc and selenium contribute to the normal function of the immune system. [5] Zinc has a function in cell division. *Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.



PEACH FLAVOUR

The specialist for your body awareness

1. **LIGHT:** Sugar-free[3], perfect for the physique and healthy[1, 2]
2. **SUPPORTIVE:** Supports the energy metabolism[2]
3. **RELIEVING:** Supports energy metabolism[2]

• With fruity peach flavour

98 % aloe vera leaf fillet, vitamin C

Aloe Vera Drinking Gel Peach flavour*
80750 | 1000 ml
£ 39.99

Aloe Vera Drinking Gel Peach flavour* 3 Pack
80783 | 3 x 1000 ml
£ 110.99

Serving:
· Daily: 3 x 30 ml before meals



ACTIVE FREEDOM

The specialist for your musculoskeletal system

1. **MOVEMENT:** Supports normal cartilage function[5]
2. **STABILITY:** Supports normal bone function[6]
3. **ENERGY:** Supports energy metabolism and reduces fatigue[4, 7]

• With natural orange flavour

88 % aloe vera leaf fillet, collagen, glucosamine sulphate, chondroitin sulphate and vitamins C, E

Aloe Vera Drinking Gel Active Freedom*
80850 | 1000 ml
£ 44.89

Aloe Vera Drinking Gel Active Freedom* 3 Pack
80883 | 3 x 1000 ml
£ 123.59

Serving:
· Daily: 3 x 30 ml before meals

[1] Vitamin C contributes to the normal function of the immune system. [2] Vitamin C contributes to normal energy metabolism. [3] Aloe vera naturally contains sugar. [4] Vitamin C contributes to normal energy metabolism. [5] Vitamin C contributes to normal collagen formation for normal cartilage function. [6] Vitamin C contributes to normal collagen formation for normal bone function. [7] Vitamin C contributes to the reduction of tiredness and fatigue. * Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

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Aloe Vera Drinking Gel Intense Sivera*
80800 | 1000 ml
£ 44.89

Aloe Vera Drinking Gel Intense Sivera*
3-Set
80823 | 3 x 1000 ml
£ 123.59

INTENSE SIVERA

The specialist for your vitality

1. **STABILISED:** Supports the normal function of blood vessels[1]
2. **SUPPLIES:** Supplies vitamin C and supports the absorption of iron[2]
3. **PROTECTS:** Protects the cells from oxidative stress[3]

• With a natural nettle flavour

90 % aloe vera leaf fillet, nettle extract and vitamin C

Serving:
· Daily: 3 x 30 ml before meals

[1] Vitamin C contributes to normal collagen formation for normal blood vessel function. [2] Vitamin C increases the absorption of iron. [3] Vitamin C contributes to the protection of cells from oxidative stress.* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

SUPPORT FOR THE **CELLS**[4]



PRO BALANCE[5]

For a balanced acid-base balance

- Helps support the body's acid-base balance[5], which is important for optimal cellular function
- Provides a carefully balanced combination of minerals and trace elements, including magnesium, calcium, copper and chromium, along with a valuable blend of citrates and carbonates

LAKTOSEFREI VEGAN

Pro Balance[5] Tablets*
80102 | 360 Tablets / 252 g
£ 40.49

Serving:
· Daily 3 x 4 tablets after the meals



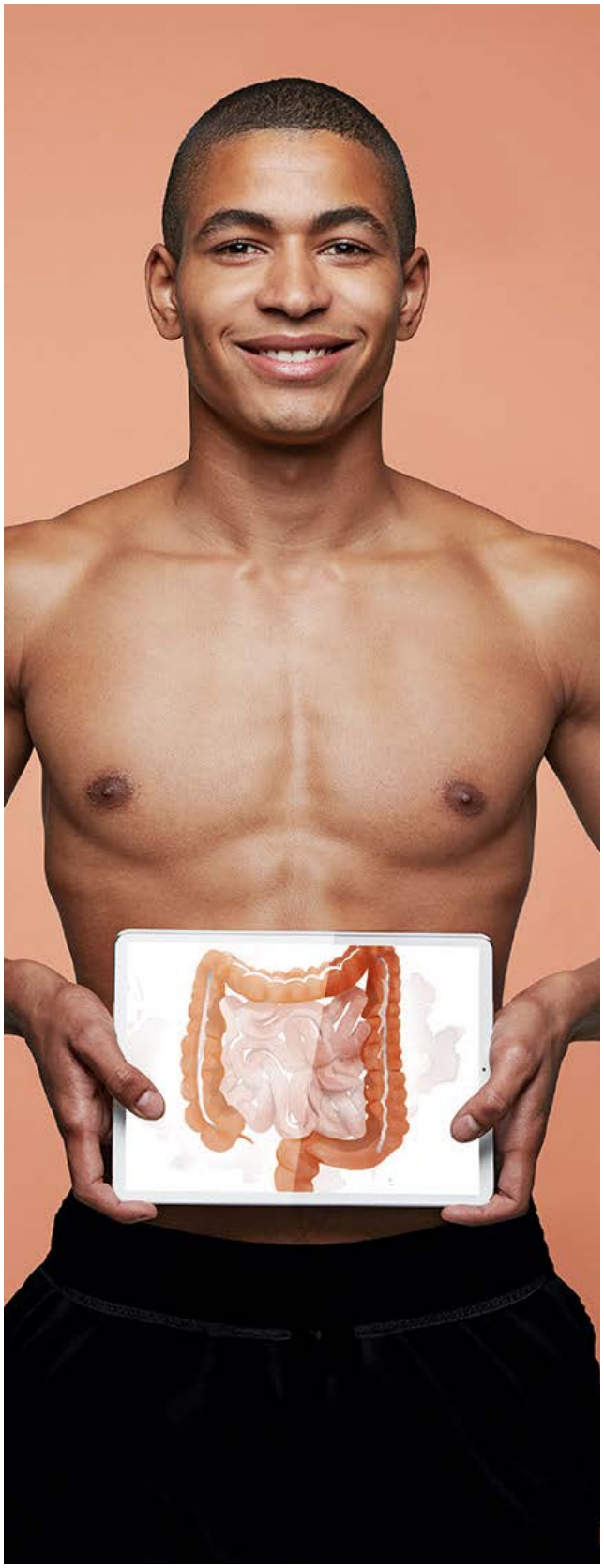
Acid-base balance – it all depends on the balance

An unbalanced diet, stress and lack of exercise can cause our acid-base balance to become unbalanced. This leads to acidification of the body and a feeling of discomfort. A varied diet with lots of alkaline nutrients and a balanced lifestyle keep the acid-base balance in equilibrium.

Ideal ratio of acids and bases:

Meat	Green salads
Sausage	Peppers
Fish	Tomatoes
Cheese	Apples
Dairy Products	Bananas
Bread	Potatoes
Pasta	Spinach
Chocolate	Berries
20% ACIDS	**80%** BASES

[4] Vitamin C contributes to normal energy metabolism. Zinc contributes to normal vitamin A metabolism. Magnesium contributes to electrolyte balance. [5] The magnesium in Pro Balance contributes to normal energy metabolism and electrolyte balance.
* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.



THE GUT – WELL-BEING STARTS HERE

Covering around 200 square metres, our gut is our largest and most important contact area with the outside world. A balanced and healthy intestinal flora is the basis for numerous important processes in the intestine.

EFFICIENT NUTRIENT ABSORPTION
The intestinal flora is important for efficient nutrient absorption and plays a key role in the breakdown and conversion of food.

DETOXIFICATION
The intestinal flora is essential for the removal of degradation products from the liver and thus contributes significantly to the detoxification of the body.

PROTECTION
The intestinal flora forms a functional barrier that protects the intestine from the penetration of harmful substances and bacteria.

IMMUNE POWER
The intestinal flora is an important part of the immune system and therefore fundamental for a strong immune defence.



GOOD TO KNOW
The surface area of the intestine is about 100 times the size of your body's skin.

POWER-DUO FOR MORE WELL-BEING



PRO 12+

General well-being

- *Triple***BIOTIC**-Complex:
  1. Prebiotics: Dietary fibres ensure that the beneficial bacteria in our intestines feel at home. They serve as food for the good bacteria.
  2. Bacteria: 1 billion bacteria per capsule from 12 different bacterial strains.
  3. Postbiotics: Patented postbiotic nutrient Prolac-T™ can support detoxification processes.
- With innovative double encapsulation so that the *Triple***BIOTIC** complex reaches the intestine intact and can take effect there

*Triple***BIOTIC-Complex** Double encapsulation

Pro 12+ Capsules*
81180 | 30 Capsules/17 g
£ 58.49

Serving:
· Daily 1 capsule in the evening



COLOSTRUM LIQUID

Natural well-being

- For general well-being
- Easy to drink: for quick, direct consumption
- High quality: defatted, decaseinated, unpasteurised
- Produced on the basis of colostrum
- Made from colostrum from the first hours
- From European cows
- Preservation of ingredients through cold production process

FROM RAW MATERIAL TO PREMIUM PRODUCT

1. Best resources
2. Processing
3. Product quality
4. Independent test purchases are carried out in Germany and are subject to strict controls

MADE IN GERMANY

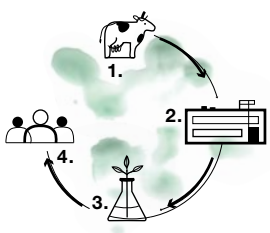
WWW.SGS-QUALITAETSSIEGEL.DE/EN

FREE FROM ARTIFICIAL COLOURS

FREE FROM PRESERVATIVES

Colostrum Liquid
80361 | 125 ml
£ 49.99

Serving:
· Daily 8 ml in the morning



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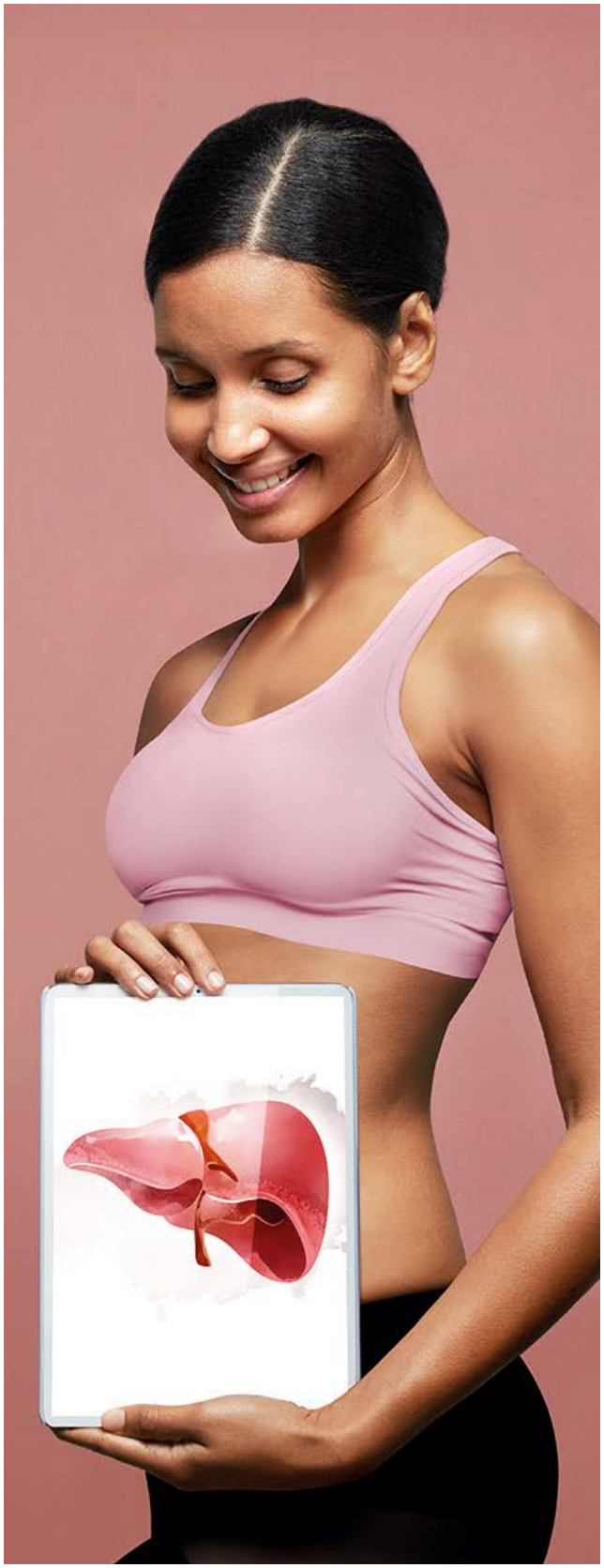


THE KEY ORGAN – **THE LIVER**

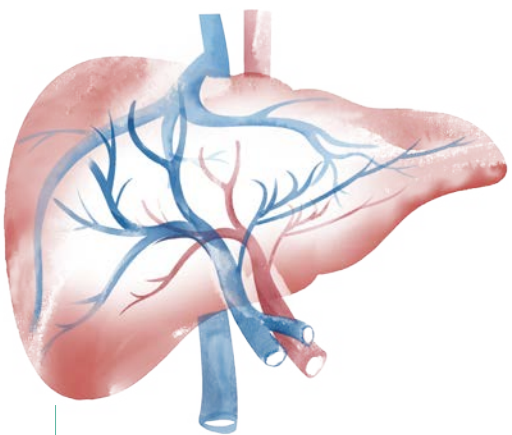
The liver is a real all-rounder and plays a central role in the body as the largest metabolic and detoxification organ.

SUPPLY
The liver ensures that the cells are supplied with important nutrients by converting nutrients from food into usable substances and storing them.

DETOXIFICATION
The liver helps to break down toxins and harmful substances.

PROTECTION
The metabolic and detoxification processes that take place in the liver generate oxidative stress. Antioxidants taken in with food protect the liver.

ENERGY SUPPLIER
The liver is crucial for energy metabolism, protein synthesis, regulation of cholesterol and blood sugar levels and the production of hormones.



GOOD TO KNOW

For its central function, all of our blood flows through the liver once every three to five minutes.

COMPLETE SUPPORT THE LIVER[1]



LIVER SUPPORT[1,*]

Concentrated nutritional power for the liver [1]

- Supports the liver[1] with a unique 3-fold effect:
  1: Supply & Metabolism[1]:
  2: Detoxification[1]: Assists in the disposal[1], decomposition, concentration and excretion of waste products
  3: Protection: Protects the liver from oxidative stress[3] through metabolic processes and detoxification and supports cysteine synthesis[4,5]
- With artemisia, milk thistle, chlorella, choline, vitamin B6, manganese and molybdenum

MADE IN GERMANY · LACTOSE FREE · GLUTEN FREE · VEGAN

Liver Support Capsules[1,*]
81330 | 30 Capsules/ 15 g
£ 40.99

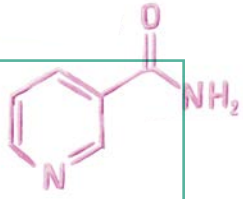
Serving:
· Daily 1 capsule in the evening

CHLORELLA

Chlorella is a freshwater algae and is known for its variety of nutrients such as proteins, vitamins, minerals, fibre and secondary plant substances.



CYSTEINE



Cysteine is an amino acid that has many important functions. A sufficient level of cysteine or one of its precursors is relevant for various aspects of body metabolism, liver function and other organs. Therefore, the liver's ability to synthesise cysteine is important for maintaining a healthy metabolism and an adequate detoxification function.

MILK THISTLE

Silybum marianum[2] is a plant whose main ingredient is silymarin, a group of bioactive compounds found in the seeds of the plant. It is known for its positive properties in connection with the liver.



ARTEMISIA

Artemisia, commonly known as wormwood, naturally contains antioxidants such as polyphenols, flavonoids and terpenes.



[1] Choline contributes to the maintenance of normal liver function. [2] Silibum Marianum supports the maintenance of normal liver function and contributes to liver protection and regeneration. [3] Manganese contributes to the protection of cells from oxidative stress. [4] Vitamin B6 contributes to normal cysteine synthesis. [5] Molybdenum contributes to normal sulphur and amino acid metabolism. * Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

MADE IN GERMANY

LR LIFETAKT

CUSTOMISED SOLUTIONS FOR EVERY NEED

Do you need support with your personal challenges?

LR LIFETAKT offers you customised solutions!

Our hectic, turbulent everyday lives challenge us and our bodies every day. No matter what your lifestyle is like, the diversity of our Health Specialists offers you numerous product solutions tailored to your individual needs to support your health and performance.

HEALTH SPECIALISTS



NUTRIENTS – THE FOUNDATION FOR **HEALTH**

Health begins with the right nutrients. They are the fuel for our cells and keep them vital and efficient – and therefore us too. If the cells are sufficiently supplied with all the important nutrients, they can produce energy, fulfil their specific functions and form new cells. Harmful substances can be bound and excreted. This ensures constant regeneration and renewal of the body.

[1] Thiamine and vitamin B12 contribute to normal energy metabolism and normal mental function. Thiamine contributes to the normal function of the nervous system and to normal heart function. Vitamin D and vitamin B6 contribute to the normal function of the immune system. [2] PA and DHA contribute to normal heart function. This requires the intake of at least 250 mg EPA and DHA per day. [3] Vitamin C contributes to normal collagen formation for normal cartilage function.

BRING OUT THE BEST IN YOURSELF – **WITH THE BEST FROM LR**

Our nutrition products support overall wellbeing.



NUTRIENT SUPPLY
Essential nutrients form the foundation of our health[1]



PERFORMANCE & ENERGY
Performance[6] & Energy throughout the day



HEART & CIRCULATION
Support for heart health[2]



IMMUNE SYSTEM
Support for the body's natural defences[7]



BONES, JOINTS & MUSCLES
Special support for the musculoskeletal system[3, 4]



SUPPORT
For a healthy gut feeling



BEAUTY FROM WITHIN
Premium shots with high-quality nutrient complexes for youthful beauty and "natural" masculinity

[4] Vitamin C contributes to normal collagen formation for the normal function of bones. [5] Calcium contributes to a normal energy-yielding metabolism and to normal signal transmission between nerve cells. [6] Vitamin B12 contributes to a normal energy-yielding metabolism, the normal function of the nervous system and the reduction of tiredness and fatigue. [7] Vitamin C contributes to the normal function of the immune system.

MADE IN GERMANY

ESSENTIAL **BASIS** FOR HEALTH

OMEGA-3 FATTY ACIDS
are good, vital fats that the body needs. They cannot be produced by the body itself and must therefore be supplied in the form of food. To cover the recommended requirement, an adult would have to eat fatty fish such as salmon about 3-4 times a week.



From sustainable fishing

Super Omega Capsules*
80338 | 60 Capsules/ 100 g
£ 46.99

Serving:
· Take 3 x 1 capsule daily with the main meals

SUPER OMEGA

The expert for heart health

- Supports heart[1] and brain function[2] and the maintenance of normal vision[3]
- Valuable blend of omega-3 fatty acids EPA and DHA with beta-glucan and evening primrose oil
- With a total of 1260 mg omega-3 fatty acids – including 630 mg EPA and 420 mg DHA

[1] EPA and DHA contribute to normal heart function. This requires the intake of at least 250 mg EPA and DHA per day. [2] DHA contributes to the maintenance of normal brain function. [3] DHA contributes to the maintenance of normal vision. [4] Biotin contributes to the normal metabolism of macronutrients. [5] Vitamin B1[2] and vitamin D have a function in cell division. [6] Vitamin B12, thiamine, riboflavin, niacin and pantothenic acid contribute to normal energy metabolism. Thiamine and vitamin B1[2] contribute to normal energy metabolism and normal mental function. * Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.



A daily supply of essential nutrients forms the basis for health and well-being. According to the principle 'Colourful is healthy', different types of fruit and vegetables should be eaten regularly.



Green: Vitamins, minerals
Red: Calcium, potassium, magnesium
Yellow/Orange: Vitamin C
Blue/Purple: Antioxidants

FREE FROM ARTIFICIAL COLOURS

VITA ACTIVE[4,5,6]

Your vitamin supply

- Valuable mixture of vitamins and plant substances
- 10 vitamins in just one teaspoon: B1, B2, B3, B5, B6, B7, B9, B12, D, E
- Made from 21 natural fruit and vegetable concentrates
- Positive effects for body and health[7]

Vita Active[4,5,6] Red Fruits*
80301 | 150 ml
£ 27.59

Serving:
· 1 x 5 ml (one teaspoon) daily



An unbalanced diet, stress and lack of exercise can cause our acid-base balance to become unbalanced, resulting in hyperacidity.

LACTOSE FREE VEGAN

PRO BALANCE[8]

For an acid-base balance

- Has a stabilising effect on the acid-base metabolism[8]
- Harmonised minerals and trace elements, such as magnesium, calcium, copper, chromium, etc.
- With a valuable mix of citrates and carbonates

Pro Balance[8] Tablets*
80102 | 360 Tablets / 252 g
£ 40.49

Serving:
· 3 x 4 tablets daily after the main meals

[7] Thiamine and vitamin B12 contribute to normal energy metabolism and normal mental function. Thiamine contributes to the normal function of the nervous system and to normal heart function. Vitamin D and vitamin B6 contribute to the normal function of the immune system. [8] The magnesium in Pro Balance contributes to normal energy metabolism and electrolyte balance.* Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

MADE IN GERMANY

WITH POWER[1,3,4] AND VITALITY **THROUGHOUT THE DAY**



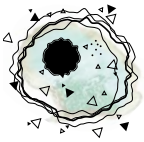
GRAPES

Grapes contain many valuable antioxidants, such as resveratrol, and provide a refreshing, fruity taste.

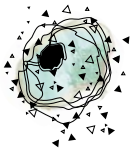
Protection against oxidative stress
The illustrations show an example of oxidative stress, illustrated using a cell



Normal cell



Free radicals attack the cell



Cell under oxidative stress

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WWW.IASC.ORG

WWW.KOELNERLISTE.COM

PATENT ERTEILT**

MIND MASTER RED

Your companion for energy, power and performance [1, 3, 4]

- Protects your body from oxidative stress with valuable antioxidants[2]
- Supplies you with high-quality energy nutrients[1,4] and supports you during periods of tiredness and exhaustion[1]
- With green tea extract, grape juice and aloe vera
- With a complex of high-quality vitamins and trace elements
- With L-carnitine and coenzyme Q10

36 % aloe vera leaf fillet + L-carnitine and coenzyme Q10, as well as grape juice from grape juice concentrate and green tea extract

Formula Red*
80950 | 500 ml
£ 20.59

Mind Master 5 Pack
80935 | 5 x 500 ml
£ 94.99

Serving:
· Daily 1 x 80 ml

[1] Vitamin B12 contributes to a normal energy-yielding metabolism and to the normal function of the nervous system. Vitamin B12 also contributes to the reduction of tiredness and fatigue. [2] Selenium and vitamin E contribute to the protection of cells from oxidative stress. [3] Thiamine and vitamin B12 contribute to normal psychological function. [4] Iron contributes to a normal energy-yielding metabolism and to the reduction of tiredness and fatigue.
* Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. ** European patent: EP 2 976 091

THROUGH THE DAY
WITH POWER[1,3,4] AND VITALITY



DAILY DRINK WITH A HAPPINESS FORMULA

The fruity-fresh flavour explosion of blood orange, honeydew melon and lemon immediately puts you in a good mood!

Mind Master Formula Gold helps you to cope better with the challenges of everyday life.

VEGAN

PATENT PENDING***

MIND MASTER GOLD

Positive energy for everyday life and challenging phases of life[2, 3, 4, 5]

- Protects the body from oxidative stress with valuable antioxidants[2, 3, 4]
- Enriched with turmeric, valuable white tea extract and aloe vera
- With a complex of high-quality vitamins and trace elements
- Provides valuable nutrients for your psyche and mental well-being[5]

+ With Vitamin D and K, with Q10 and L-carnitine

Mind Master Formula Gold*
80940 | 500 ml
£ 26.49

Mind Master Formula Gold 5 Pack
80945 | 5 x 500 ml
£ 120.99

Serving:
· Daily 1 x 80 ml

[1] Selenium and vitamin E contribute to the protection of cells from oxidative stress. [2] Vitamin B12 contributes to normal energy-yielding metabolism, normal functioning of the nervous system and the reduction of tiredness and fatigue. [3] Iron contributes to normal cognitive function and normal oxygen transport in the body. [4] Vitamin D contributes to the maintenance of normal bones and normal muscle function. [5] Vitamin B12 contributes to normal psychological function and the normal functioning of the nervous system. Iron contributes to normal cognitive function.
* Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. ** Patent application filed in Germany. Patent No. 10 2023 123 064.6.

ONLY THE BEST FOR THE **HEART**[4]



NETTLE

Nettles contain important ingredients such as the minerals calcium, magnesium and potassium. It also contains vitamins A and C – twice as much as an orange.

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WWW.IASC.ORG

Aloe Vera Drinking Gel Intense Sivera*
80800 | 1000 ml
£ 44.89

Aloe Vera Drinking Gel Intense Sivera*
3 Pack
80823 | 3 x 1000 ml
£ 123.59

Serving:
· Daily: 3 x 30 ml before the main meals

INTENSE SIVERA

The specialist for your vitality

1. **STABILISED:** Supports the normal function of blood vessels[1]
2. **SUPPLIES:** Supplies vitamin C and supports the absorption of iron[2]
3. **PROTECTS:** Protects the cells from oxidative stress[3]

- With a natural nettle flavour

90 % aloe vera leaf fillet,
nettle extract and vitamin C

[1] Vitamin C contributes to normal collagen formation for normal blood vessel function. [2] Vitamin C increases the absorption of iron. [3] Vitamin C contributes to the protection of cells from oxidative stress. * Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.



Omega-3 fatty acids – important essential fats

EPA & DHA contribute to normal heart function[4]

DHA contributes to the maintenance of normal vision[6]

DHA contributes to the maintenance of normal brain function[5]

Aus nachhaltigem Fischfang

SUPER OMEGA

The expert in heart health

- Supports heart[4] and brain function[5] and the maintenance of normal vision[6]
- Valuable blend of omega-3 fatty acids EPA and DHA as well as beta-glucan and evening primrose oil
- With a total of 1260 mg omega-3 fatty acids – including 630 mg EPA and 420 mg DHA

Super Omega Capsules*
80338 | 60 Capsules/ 100 g
£ 46.99

Serving:
· 3 x 1 capsule daily with the main meals



REISHI

Reishi – the mushroom of long life. Hardly any other mushroom is used in so many different ways. It naturally contains various bioactive compounds, including polysaccharides and triterpenes.

VEGAN

REISHI PLUS

‘Mushroom of long life’

- Supports the function of blood vessels by contributing to normal collagen formation[7]
- Supports energy metabolism[8] and protects cells from oxidative stress[9]

Reishi Plus Capsules*
80331 | 30 Capsules/ 15,6 g
£ 53.19

Serving:
· 1 x 1 capsule daily in the evening

[4] EPA and DHA contribute to normal heart function. This requires the intake of at least 250 mg EPA and DHA per day. [5] DHA contributes to the maintenance of normal brain function. [6] DHA contributes to the maintenance of normal vision. [7] Vitamin C contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, skin and teeth. [8] Vitamin C contributes to normal energy metabolism. [9] Vitamin C contributes to the protection of cells from oxidative stress.

SUPPORT IN EVERY SEASON



GINGER, LEMON & HONEY
The light, natural ginger spiciness in combination with refreshing lemon and sweet honey is a special flavour experience.

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WWW.IASC.ORG

IMMUNE PLUS

The specialist for your immune system

1. **SUPPORT:** Supports existing immune cells[1]
2. **STIMULATION:** Supports the immune system[1,2]
3. **PROTECTION:** Supports the functioning of the immune system[1]

- With a naturally light ginger flavour

85 % aloe vera leaf fillet,
Ginger, lemon and honey as well as vitamin C, zinc and selenium

Aloe Vera Drinking Gel Immune Plus[1,*]
81000 | 1000 ml
£ 44.89

Aloe Vera Drinking Gel Immune Plus[1,*]
3 Pack
81003 | 3 x 1000 ml
£ 123.59

Serving:
· Daily: 3 x 30 ml before the main meals

[1] Vitamin C, zinc and selenium contribute to the normal function of the immune system. [2] Zinc has a function in cell division. * Dietary supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.



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FREE FROM PRESERVATIVES

COLOSTRUM CAPSULES

Natural for well-being

- For general well-being with continuous consumption
- Made from pure cow colostrum
- High quality: defatted, gently processed
- 800 mg colostrum powder per daily ration

Colostrum Capsules
80360 |
60 Capsules/ 30,9 g
£ 67.39

Serving:
· 2 x 1 capsule daily, morning and evening



COLOSTRUM LIQUID

Natural for well-being

- For general well-being
- Easy to drink: for quick, direct consumption
- High quality: defatted, decaseinated, unpasteurised
- Produced on the basis of colostrum
- Made from colostrum from the first hours
- From European cows
- Preservation of ingredients through cold production process

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FREE FROM ARTIFICIAL COLOURS

FREE FROM PRESERVATIVES

Colostrum Liquid
80361 | 125 ml
£ 49.99

Serving:
· 8 ml daily in the morning



POLYPHENOLS
Polyphenols are powerful antioxidants. Cistus naturally contains polyphenols.

CISTUS INCANUS

Support for the body's own defences

- Support for the immune system[1]
- With the power of cistus
- 69 % cistus incanus extract
- Enriched with vitamin C and zinc

VEGAN

Cistus Incanus Capsules*
80325 | 60 Capsules/ 34,4 g
£ 46.99

Serving:
· 2 x 1 capsule daily

[1] The vitamin C in Cistus Incanus capsules contributes to the normal function of the immune system. * Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

MADE IN GERMANY

MOBILITY MADE EASY



COLLAGEN
Collagen is the most abundant protein in the human body and forms the foundation for many tissue structures. It occurs in various forms and is a main component of skin, bones, muscles, tendons, ligaments and connective tissue.

WWW.KOELNERLISTE.COM

WWW.SGS-QUALITAETSSIEGEL.DE/EN

WWW.IASC.ORG

ACTIVE FREEDOM

The specialist for your musculoskeletal system

1. **MOVEMENT:** Supports normal cartilage function[5]
2. **STABILITY:** Supports normal bone function[6]
3. **ENERGY:** Supports energy metabolism and reduces fatigue[4, 7]

• With natural orange flavour

88 % aloe vera leaf fillet,
Collagen glucosamine sulphate, chondroitin sulphate and vitamins C, E

Aloe Vera Drinking Gel Active Freedom*
80850 | 1000 ml
£ 44.89

Aloe Vera Drinking Gel Active Freedom* 3 Pack
80883 | 3 x 1000 ml
£ 123.59

Serving:
· Daily: 3 x 30 ml before the main meal

[1] Vitamin C contributes to normal collagen formation for normal cartilage function. [2] The vitamin C in Aloe Vera Drinking Gel Active Freedom contributes to normal collagen formation for normal bone function. [3] Vitamin C contributes to normal energy metabolism and to the reduction of tiredness and fatigue. * Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

GLUCOSAMINE & CHONDROITIN

Glucosamine and chondroitin are natural substances that are mainly found in cartilage tissue. Together with collagen, chondroitin is one of the main components of human cartilage tissue.



ACTIVE FREEDOM CAPSULES

Support for the musculoskeletal system

- Provides antioxidants as a protective mechanism against free radicals [4]
- Maintains normal bone structure and connective tissue formation[5, 6]
- Supports muscle function[7]
- Contains glucosamine sulphate and chondroitin sulphate, the basic building blocks of cartilage and joint tissue

LACTOSE FREE GLUTEN FREE

Active Freedom Capsules*
80190 | 60 Capsules/ 37,4 g
£ 37.39

Serving:
· 2 x 1 capsule daily

PROTEINS

Proteins are important building blocks in the building and structural metabolism of muscles, bones and connective tissue.



PROTEIN POWER

For an optimal protein supply

- Supports bone maintenance[9]
- Provides targeted support for muscle building[8]
- Additional protein supply as you age[10]
- 80 % pure protein from 5 different protein components
- With magnesium and vitamin B6

WWW.KOELNERLISTE.COM

Protein Power Powdered Vanilla Drink
80550 | 375 g
£ 53.19

Serving:
· Mix one scoop of powder (12.5 g) in 100 ml of water or 125 ml of low-fat milk daily

[4] Manganese and vitamin E help to protect cells from oxidative stress. [5] Manganese and vitamin D contribute to the maintenance of normal bones. [6] Manganese contributes to normal connective tissue formation. [7] Vitamin D contributes to the maintenance of normal muscle function. [8] Proteins contribute to the maintenance and growth of muscle mass. [9] Proteins contribute to the maintenance of normal bones. [10] itamin B6 contributes to normal protein and glycogen metabolism.

FOR A GOOD **GUT FEELING**



PRO 12+

General well-being

- *Triple***BIOTIC**-Complex:
  1. Prebiotics: Dietary fibers ensure that the beneficial bacteria in our intestines feel comfortable. They serve as food for the good bacteria.
  2. Bacteria: 1 billion bacteria per capsule from 12 different bacterial strains.
  3. Postbiotics: Patented postbiotic nutrient Prolac-T™ can support detoxification processes.
- With innovative double encapsulation so that the *Triple***BIOTIC** complex reaches the intestine intact and can take effect there

*Triple***BIOTIC-Complex** Double encapsulation

Pro 12+ Capsules*
81180 | 30 Capsules/ 17 g
£ 58.49

Serving:
· 1 capsule daily in the evening

[1] Chromium contributes to a normal metabolism of macronutrients and to the maintenance of normal blood sugar levels.
* Food supplements are not a substitute for a varied diet and a balanced healthy lifestyle. ** EU patent granted. Patent No.: EP 2 228 067.



FSC
www.fsc.org
FSC® N003255

VEGAN

MADE IN GERMANY

HERBAL FASTING TEA

Easily digestible and soothing tea

- Low-calorie combination of valuable herbs
- With green tea, mate leaves, nettle leaves, rooibos tea, lemongrass, licorice root
- Provides daily hydration, especially as part of a diet
- An ideal alternative to water

Herbal Fasting Tea
80205 | 250 g
£ 27.59

Serving:
· 3-4 cups daily

MADE IN GERMANY



CONFIDENCE, PRESENCE, **BEAUTY**

Many women know this moment – when looking in the mirror is not about searching for perfection, but for the potential within: more radiance, more vitality, more glow. Beauty is not an ideal, but an expression of self-confidence and the desire to reveal the very best version of oneself. A fresh-looking complexion with fewer wrinkles, healthy connective tissue, strong hair and well-groomed nails are often the first signs of this journey beginning.

The LR 5in1 Beauty Elixir was developed for women who are ready to unlock their full potential and experience a lasting WOW effect. LR 5in1 Beauty Elixir – one shot a day that turns your inner beauty into something you can see and feel, through its unique dual complex combining the best of science and nature.

Youthful
Appearance[1,6]
- Reduces wrinkles[1,6]

Healthy
Skin[1]
- Protects against environmental influences[13]
- Supports skin function and pigmentation[1]

Healthy
Connective tissue[2,12]
- Supports healthy connective tissue[2,12]

Strong
Hair[3]
- Supports hair maintenance[3]
- Supports normal hair pigmentation[3]

Strong
Nails[4,8]
- Promotes the maintenance of healthy nails[4,8]



FREE FROM ARTIFICIAL SWEETENER · FREE FROM ARTIFICIAL COLOURINGS · LACTOSE-FREE · GLUTEN FREE · SUSTAINABLE PACKAGING**

LR 5IN1 BEAUTY ELIXIR

Youthful beauty with just one shot a day:

1. Youthful appearance with fewer wrinkles[1,6]
2. Beautiful, healthy-looking skin[1]
3. Healthy connective tissue[2,12]
4. Strong, shiny hair[3]
5. Strong, healthy nails[4,8]

LR 5in1 Beauty Elixir***
81140 | 30 x 25 ml
£ 169.79

Serving:
· Drink 1 x 1 Shot daily

LR 5IN1 BEAUTY ELIXIR

FEEL THE FORMULA. LOVE THE RESULT.



IMPROVED FORMULA

2,5 G COLLAGEN PEPTIDES AND A WIDE RANGE OF VITAMINS AND MINERALS
Wrinkle reduction[1,6], a beautiful complexion[1,12] and strong nails[4,8].

140 % MORE HYALURONIC ACID****
Low-molecular-weight hyaluronic acid has a particularly fine molecular structure and can be especially well absorbed by the body.

233 % MORE ZINC****
Zinc is an essential beauty ingredient that can contribute to beautiful skin, healthy hair and strong nails.[1,3,4]



TENFOLD INCREASE**: BLOOD-ORANGE-COMPLEX**

TENFOLD INCREASE**: BLUEBERRY EXTRACT**
Blueberries naturally contain antioxidants.

SUSTAINABLE PACKAGING**

ACTIVE COMPLEX

The Active Complex activates beauty processes and helps combat signs of ageing[1-5]. It combines the most well-known and essential beauty ingredients in perfectly balanced concentrations:

- 2,5 g collagen peptides
- 120 mg hyaluronic acid
- Valuable copper and effective zinc
- 9 highly concentrated vitamins: 100% vitamin E, C, biotin (B7), B6, thiamine (B1), riboflavin (B2), niacin (B3) and B12 per daily serving*, plus 75% vitamin A per daily serving*

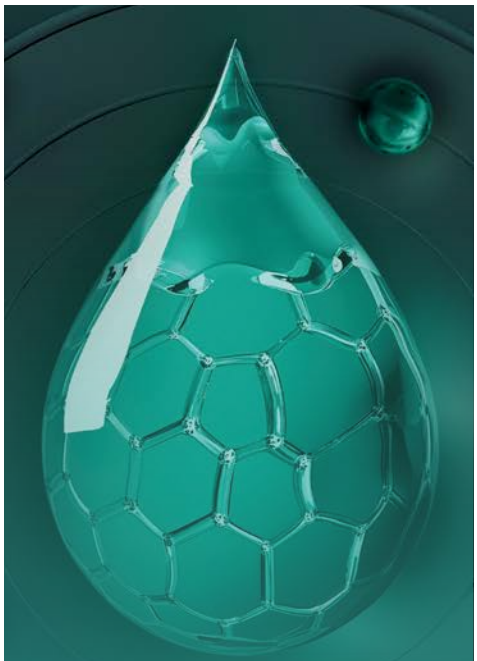
PREVENTIVE COMPLEX

The Preventive Complex provides protection from within against environmental influences and helps prevent signs of ageing. It combines key ingredients with the power of nature:

- 20 % Aloe Vera-Gel
- Blood-Orange-Complex
- Blueberry extract
- Rhodiola rosea extract

[1] Biotin, zinc, vitamin A, riboflavin and niacin contribute to the maintenance of normal skin. Copper contributes to the maintenance of normal skin pigmentation. Vitamin C contributes to normal collagen formation for the normal function of the skin. [2] Copper contributes to the maintenance of normal connective tissue. [3] Biotin and zinc contribute to the maintenance of normal hair. Copper contributes to the maintenance of normal hair pigmentation. [4] Zinc contributes to the maintenance of normal nails. [5] Vitamin E contributes to the protection of cells from oxidative stress. Thiamine contributes to a normal energy-yielding metabolism. Vitamins B6 and B12 contribute to the reduction of tiredness and fatigue. [6] Proksch et al., 2013, Skin Pharmacology and Physiology. Significant wrinkle reduction of 20.1% and 65% more collagen after 8 weeks of use, measured in 40 women aged between 45 and 65 years. [7] Proksch et al., 2014, Skin Pharmacology and Physiology; 27:47–55. Up to 15% increase in skin elasticity after 4 weeks of use, measured in 69 women aged between 35 and 55 years. [8] Hexsel et al., 2017, Journal of Cosmetic Dermatology; 1–7. Significant reduction in nail damage and increase in nail growth after 6 months of use, measured in 25 women aged between 18 and 50 years. [9] Cimino F. et al., BioFactors. 2007; 30:129–138. [10] Cardile V. et al., Phytotherapy Research. 2010; 24:414–418. [11] Puglia C. et al., Journal of Cosmetic Dermatology. 2014; 13(2):151–157. [12] Schunck et al., 2015, Journal of Medicinal Food; 18(12):1340–1348. Significant reduction in cellulite after just 3 months and a significant increase in skin density after 6 months of use, measured in 105 women aged between 25 and 50 years. [13] Vitamin E, riboflavin, vitamin C, zinc and copper contribute to the protection of cells and skin from oxidative stress. *Reference intake for daily consumption. **Bottle body made from 98% recycled PET and folding carton made from FSC-certified paper. ***Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. **** Compared to the previous product.

MADE IN GERMANY



PERFORMANCE, ATTRACTIVENESS, **MASCULINITY**

For many men, looking in the mirror is not about striving for perfection, but about recognising their own potential: making vitality and presence even more visible and expressing pure masculinity. A well-groomed appearance, full hair, healthy skin, an athletic physique and stable sexual health are expressions of strength, performance and the ambition to live as the best version of oneself.

A key factor in this is testosterone. It influences physical strength, sexual health, energy levels, mood and a man's mental performance. As men age, natural testosterone production gradually declines.

The LR 5in1 Men's Shot was developed for men who want to fully unlock their potential. LR 5in1 Men's Shot – one shot a day makes your masculinity and energy[4] visible and tangible, thanks to its unique dual complex combining the best of science and nature.

Stable
Testosterone levels[1]
- Supports testosterone production and sperm formation[1]

Healthy
Skin[2]
- Protects against environmental influence[8]
- Supports skin structure[2]

Strong
Hair & Beard[3]
- Supports hair and beard growth[3]

More
Energy[4]
- Supports energy metabolism[4]

Attractive
Muscles[7]
- Supports protein synthesis and muscle function[7]



FREE FROM ARTIFICIAL SWEETENERS | FREE FROM ARTIFICIAL COLOURINGS | LACTOSE FREE | GLUTEN FREE | SUSTAINABLE PACKAGING**

LR 5IN1 MEN'S SHOT

PPure masculinity in just one shot a day:

1. Stable testosterone[1]
2. Healthy-looking skin[2]
3. Strong hair and beard[3]
4. More energy[4]
5. Attractive muscles[7]

LR 5in1 Men's Shot***
81170 | 30 x 25 ml
£ 169.79

Serving:
· Drink 1 x 1 Shot daily

LR 5IN1 BEAUTY SHOT

FEEL THE FORMULA. LOVE THE RESULT.



IMPROVED FORMULA

GINSENG EXTRACT, ZINC, SELENIUM
- Ginseng, known from traditional Far Eastern knowledge, naturally contains bioactive compound groups such as ginsenosides, polyphenols and polysaccharides
- Zinc and selenium support masculinity[1]

DELICIOUS WITH A SWEET, TROPICAL FRUIT FLAVOUR

NATURAL SWEETNESS FROM AGAVE SYRUP



WITH ALOE VERA GEL

BCAAS
are metabolised directly in the muscle[5]

POMEGRANATE
Pomegranate is rich in polyphenols, antioxidants and secondary plant compounds[6]

SUSTAINABLE PACKAGING**

ACTIVE COMPLEX

The Active Complex supports the building processes of pure masculinity and actively helps combat signs of ageing[1-7]. It brings together the most well-known and essential performance and beauty ingredients in perfectly balanced concentrations:

- 2,5 g collagen peptides
- BCAAs as targeted building specialists
- 5 effective mineral boosters: zinc, copper, magnesium, manganese and selenium
- 10 concentrated vitamins: 100% vitamin E, vitamin D, vitamin C, biotin, vitamin B6, thiamine, riboflavin, niacin, vitamin B12 and vitamin A per daily serving*

PREVENTIVE COMPLEX

The Preventive Complex provides protection from within against environmental influences and has a preventive effect through an effective combination of natural ingredients:

- 167 mg Ginseng extract
- 20 % Aloe Vera Gel
- Pomegranate
- Blackcurrant

[1] Zinc contributes to the maintenance of normal testosterone levels in the blood. Selenium contributes to normal sperm production. Zinc contributes to normal fertility and reproduction [2] Biotin, zinc, vitamin A, riboflavin and niacin contribute to the maintenance of normal skin. Copper contributes to the maintenance of normal skin pigmentation. Vitamin C contributes to normal collagen formation for the normal function of the skin. [3] Biotin and zinc contribute to the maintenance of normal hair. Copper contributes to the maintenance of normal hair pigmentation. [4] Vitamin E contributes to the protection of cells from oxidative stress. Thiamine contributes to a normal energy-yielding metabolism. Vitamins B6 and B12 contribute to the reduction of tiredness and fatigue. [5] Holeček M., Branched-chain amino acids in health and disease (2018): "While complete oxidation of most individual amino acids occurs in the liver, the initial site of BCAA catabolism is skeletal muscle." [6] Effect of pomegranate juice on vascular adhesion factors: A systematic review and meta-analysis – PubMed. [7] Magnesium contributes to normal muscle function. Vitamin D contributes to the maintenance of normal muscle function. Zinc contributes to normal protein synthesis. [8] Vitamin E, riboflavin, vitamin C, zinc and copper contribute to the protection of cells and skin from oxidative stress. *Reference intake for daily consumption. ** Bottle body made from 98% recycled PET and folding carton made from FSC-certified paper. *** Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

MADE IN GERMANY

LR BODY MISSION

YOUR MISSION: **YOUR IDEAL WEIGHT**

You simply want to eat smart?

LR BODY MISSION – your companion for smart nutrition.

Our everyday life can sometimes be quite challenging – especially for our diet. It's nice to have someone by your side to help you along the way.

The LR BODY MISSION is your companion for smart nutrition and a lifestyle that brings out the best – for you, for your nutrition, for your feel-good body

LR BODY MISSION



THE **BODY MISSION** IS SO MUCH MORE!

More success
Effective: Delicious meals, smart companion products and healthy lifestyle tips for maximum succes.

More quality
High quality: Developed by experts and based on scientific findings.

More naturalness
Exceptional: With carefully selected natural ingredients.

More enjoyment
Free Choice: A wide variety of flavours across LR **FIGU**ACTIVE shakes, soups, flakes and bowls.

More for you
Individual: LR BODY MISSION fits your life and helps you achieve your personal goals.

Your life.
Your choice.
Your LR BODY MISSION.

[1] Weight control: Replacing two of the daily main meals as part of a calorie-reduced diet with a meal replacement (LR **FIGU**ACTIVE shakes, soups, flakes and bowls) contributes to weight loss. To achieve the stated effect, two main meals should be replaced daily. Weight maintenance: Replacing one of the daily main meals as part of a calorie-reduced diet with a meal replacement (LR **FIGU**ACTIVE shakes, soups, flakes and bowls) contributes to the maintenance of weight after weight loss. To achieve the stated effect, one main meal should be replaced daily.



LR BODY MISSION supports you on your journey for an entire month.

Choose 5 LR **FIGU**ACTIVE products from a wide selection of delicious flavours. If you would like to replace two meals a day for one month, for example, choose:

2 xLR **FIGU**ACTIVE **Shakes from the following flavours:**
Smooth Cocoa, Fruity Strawberry, Soft Vanilla, Lovely Coffee, Tasty Caramel

2 xLR **FIGU**ACTIVE **Soups from the following flavours:**
Spicy Curry, Yummy Veggie, Sweet Potato

1 xLR **FIGU**ACTIVE **Flakes Crusty Raspberry**

1 x LR **FIGU**ACTIVE **Berry Dream Bowl**

In addition, you will receive smart companions
1 x Pro Balance[2] Tablets*
1 x Herbal Fasting tea
1 x Protein Power Vanilla Drink Powder
1 x LR Shaker

LR BODY MISSION
1 Month – free choice*
81285 + 81286
£ 306.49

Smart meals:
With LR **FIGU**ACTIVE products, you can easily save calories by replacing two of your three daily meals with a shake, a soup, flakes or a bowl.[1]

Smart Companions:
Whether you're looking to support muscle development[3], maintain your body's acid-base balance[2] or enjoy smart nutritional drinks, these clever companions are the perfect addition to your healthy lifestyle.

Smart Support:
A healthy lifestyle with plenty of exercise, a balanced diet and plenty of fluids is the basic prerequisite for your successful LR BODY MISSION. Benefit from practical weekly plans, delicious recipes and tips and tricks for everyday life – for even more motivation and success.

[2] Magnesium in Pro Balance contributes to a normal energy-yielding metabolism and to electrolyte balance. [3] Protein contributes to the maintenance and growth of muscle mass.
* Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. ** To replace two meals a day for one month, for example, choose 2 × shakes, 1 × soup, 1 × flakes and 1 × bowl.

MADE IN GERMANY

DELICIOUS SHAKES
TO FALL IN LOVE WITH

Enjoy your life the smart way with the LR **FIGU**ACTIVE shakes in 5 different flavours! Our shakes are irresistibly delicious, replace a full meal and are packed full of beneficial natural ingredients.

VEGAN

LOW IN SUGAR

HIGH FIBRE CONTENT

HIGH PROTEIN CONTENT*

NATURAL FLAVOURS

FREE FROM PALMOIL

FREE FROM FLAVOUR ENHANCERS

FREE FROM ARTIFICIAL COLOURS

FRUITY STRAWBERRY SHAKE

Strawberry season all year round!

- For fruity-sweet moments of happiness
- With fibre from psyllium husks and vegan proteins from peas, field beans and soya
- With sweetness from the stevia plant
- Gluten- and lactose-free

LR FIGUACTIVE
Fruity Strawberry Shake
81241 | 496 g
£ 43.99

Serving:
Simply prepare 3 tablespoons with 300 ml unsweetened soya drink in a shaker.





SERVING TASTY CARAMEL SHAKE

Creamy toffee flavour for connoisseurs!

- With a natural caramel flavour
- With fibre from psyllium husks and vegan proteins from peas, cherry peas and field beans, among others
- With sweetness from the stevia plant
- Gluten- and lactose-free

LR FIGUACTIVE
Tasty Caramel Shake
81250 | 496 g
£ 43.99

Serving:
Simply prepare 3 tablespoons with 300 ml unsweetened soya drink in a shaker.



LOVELY COFFEE SHAKE

Pure indulgence for coffee lovers!

- Fine, tangy coffee flavour for the perfect start to the day
- With fibre from psyllium husks and vegan proteins from peas, chickpeas and field beans, among others
- With sweetness from the stevia plant
- Gluten- and lactose-free

LR FIGUACTIVE
Lovely Coffee Shake
81242 | 496 g
£ 43.99

Serving:
Simply prepare 3 tablespoons with 300 ml unsweetened soya drink in a shaker.



SOFT VANILLA SHAKE

Light dream of vanilla to sweeten your day!

- With real, flavoured vanilla pods
- With fibre from psyllium husks and vegan proteins from peas, field beans and soya, among others
- With sweetness from the stevia plant
- Gluten- and lactose-free

LR FIGUACTIVE
Soft Vanilla Shake
81240 | 496 g
£ 43.99

Serving:
Simply prepare 3 tablespoons with 300 ml unsweetened soya drink in a shaker.



SMOOTH COCOA SHAKE

Creamy chocolate flavour for sweet tooths!

- The full flavour of fresh cocoa beans
- With fibre from psyllium husks and vegan proteins from peas, chickpeas and field beans, among others
- With sweetness from the stevia plant
- Gluten- and lactose-free

LR FIGUACTIVE
Smooth Cocoa Shake
81243 | 496 g
£ 43.99

Serving:
Simply prepare 3 tablespoons with 300 ml unsweetened soya drink in a shaker.

*Proteins contribute to the maintenance and increase of muscle mass

MADE IN GERMANY

DELICIOUS SOUPS
FOR GOURMETS

The savoury LR **FIGU**ACTIVE soups bring the power of veggies into your everyday life! They replace a full meal and provide a balanced nutrient programme - and are 100% vegan. Full-bodied, creamy enjoyment and lots of nutritious, natural ingredients make our soups a wonderful flavour experience.

VEGAN

LOW IN SUGAR

HIGH FIBRE CONTENT

HIGH PROTEIN CONTENT*

NATURAL FLAVOURS

FREE FROM PALMOIL

FREE FROM FLAVOUR ENHANCERS

FREE FROM ARTIFICIAL COLOURS

YUMMY VEGGIE SOUP

Full on Veggie-Power!

- Wonderfully creamy vegetable soup with broccoli, potatoes and leek
- With fibre from psyllium husks and vegan proteins from peas, field beans and soya
- Gluten and lactose-free

LR FIGUACTIVE
Yummy Veggie Soup
81246 | 488 g
£ 43.99

Serving:
Simply stir 7 tablespoons into 350 ml hot water with a whisk.







SPICY CURRY SOUP

It's getting spicy!

- Hearty, spicy curry flavour with a hint of ginger
- With fibre from psyllium husks and vegan proteins from peas, field beans and soya
- Gluten and lactose-free

LR FIGUACTIVE
Spicy Curry Soup
81245 | 488 g
£ 43.99

Serving:
Simply stir 7 tablespoons into 350 ml hot water with a whisk.



SWEET POTATO SOUP

Simply delicious!

- Sweet potato, pumpkin, onions, leek, parsley and black pepper combine to create a unique flavour experience
- With vegan proteins from soya and peas
- Free from flavour enhancers, palm oil and artificial colourings
- Gluten and lactose-free

LR FIGUACTIVE
Sweet Potato Soup
81251 | 488 g
£ 43.99

Serving:
Simply stir 7 tablespoons into 350 ml hot water with a whisk.



*Proteins contribute to the maintenance and increase of muscle mass

MADE IN GERMANY

DELICIOUSLY CREAMY
BERRY DREAM

The LR **FIGU**ACTIVE Berry Dream Bowl is a delicious alternative for anyone who enjoys fruity flavours and, as a complete meal, ideally supports your weight management. Enjoy this 100% vegan delight with berries, oats and plant-based proteins for a healthy start to your day – or, depending on your preference, at lunchtime or in the evening. Thanks to its natural sweetness from dates and stevia, this fruity, creamy bowl becomes a truly special taste experience.

VEGAN

27 % FRUIT CONTENT

LOW IN SUGAR

HIGH FIBRE CONTENT

WITH PEA PROTEIN

NATURAL FLAVOURS

FREE FROM PALM OIL

FREE FROM ARTIFICIAL COLOURS

BERRY DREAM BOWL

Fruity and crunchy bowl

- With berries, apples and oats
- With valuable dietary fibre, including psyllium husk and oats
- With vegan pea protein
- With natural sweetness from dates, fruit and stevia

LR **FIGU**ACTIVE
Berry Dream Bowl

81255 | 450 g
£ 43.99

Serving:
imply mix 7 level tablespoons with 120 ml of unsweetened soya drink – ready to enjoy!



* Proteins contribute to the maintenance and growth of muscle mass.

BERRY **CRUSTY FLAKES**

With LR **FIGU**ACTIVE Crusty Raspberry Flakes, your breakfast becomes a smart taste experience. A deliciously crunchy treat with raspberries, nuts and chocolate pieces. One portion of flakes replaces a full meal.



VEGAN

NATURAL FLAVOURS

LOW IN SUGAR

FREE FROM PALMOIL

HIGH FIBRE CONTENT

FREE FROM FLAVOUR ENHANCERS

FREE FROM ARTIFICIAL COLOURS

HIGH PROTEIN CONTENT*

CRUSTY RASPBERRY FLAKES

Crunchy breakfast cereal

- With fruity raspberries, nuts and delicate chocolate chips
- With fibre from psyllium husks and vegan proteins from peas, field beans and soya
- With sweetness from the stevia plant
- Lactose-free

LR FIGUACTIVE
Crusty Raspberry Flakes
81247 | 420 g
£ 43.99

Serving:
Simply stir in 6 tablespoons with 300 ml unsweetened soya drink.

[1] Proteins contribute to the maintenance and increase of muscle mass. * If prepared as recommended.

MADE IN GERMANY

SMART SUPPORT
FOR A SMART LIFESTYLE

Smart companions make life easier! Our LR BODY MISSION Supporters complement your daily diet and provide you with the basis for a smart lifestyle that brings you closer to your goals step by step. Whether it's muscle building[2], support for metabolism and acid-base metabolism[1]or smart drinks – the clever companions are the smart plus for your LR BODY MISSION.

PROTEIN POWER

Support your muscle development[2]

Provide your body with sufficient protein during the LR BODY MISSION to support your muscle building.[2]

Protein Power Powdered Vanilla Drink

80550 | 375 g

£ 53.19



PRO BALANCE[1]

Support your acid-base metabolism[1]

A carefully selected combination of alkaline minerals supports a balanced acid-base metabolism and the electrolyte balance of your body[1].

Pro Balance[1] Tablets*

80102 |

360 Tablets | 252 g

£ 40.49



HERBAL FASTING

Keep your fluid levels up

A selected mixture of valuable herbs ensures a balanced fluid balance and warms body and soul from the inside.

Herbal Fasting Tea
80205 | 250 g
£ 27.59



PEACH FLAVOUR

Support your metabolism[3]

Das LR LIFETAKT Aloe Vera Drinking Gel with peach flavour is your perfect LR BODY MISSION companion – without any added sugar**.

Aloe Vera Drinking Gel Peach Flavour*
80750 | 1000 ml
£ 39.99

[1]Magnesium in Pro Balance contributes to normal energy-yielding metabolism and electrolyte balance. [2] Protein contributes to the maintenance and growth of muscle mass.[3] Vitamin C contributes to normal energy-yielding metabolism. * Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. ** Contains naturally occurring sugars.

ALOE·VIA

aloe vera

MADE IN GERMANY

NATURALLY **BEAUTIFUL SKIN**

Do you want perfectly nourished skin from head to to?

LR Aloe Vera Care offers you the highest quality and expertise with the best of nature.

With the nourishing and regenerative power of aloe vera on the way to naturally beautiful and healthy skin – that's what LR ALOE VIA stands for. Whether young or old, everyone will find the right product in our range. The perfect care from head to toe with the best of aloe vera for you and your loved ones.



ALOE VERA CARE

ALOE VERA – FOR THE WHOLE FAMILY

LR ALOE VIA utilises the full power of aloe vera – as a gel or in fermented form – combined with valuable organic extracts tailored to the respective skin care needs. In its pure form, aloe vera gel has a variety of effects: it regenerates, moisturises, soothes and protects.

The fermentation of the aloe vera gel unleashes further undreamt-of potential. Cleverly combined, products are created that fulfil the most diverse needs.

Find your way to naturally beautiful, well-groomed skin with LR ALOE VIA!



THE RIGHT CARE **FOR EVERY NEED**



LR ALOE VIA intensively moisturises, soothes and protects the skin.

- **LR ALOE VIA SPECIAL CARE**
- **LR ALOE VIA FACIAL CLEANSING AND CARE**
- **LR ALOE VIA BODY CLEANSING AND CARE**
- **LR ALOE VIA ORAL, DENTAL, HAIR CARE**
- **LR ALOE VIA MEN'S CARE**

QUALITY AND **EXPERTISE**

High aloe vera content for particularly mild, intensive care and regeneration – also ideal for sensitive skin.

The seal of the International Aloe Science Council (IASC) certifies that our aloe vera gel is of the highest quality and purity – from cultivation to processing.

+ FERMENTED ALOE GEL

Fermented aloe vera gel complements selected products in order to utilise the full spectrum of aloe vera's effectiveness and to meet the respective skin care needs in the best possible way.

The skin compatibility of all aloe vera products is verified by the renowned, independent institutes Dermatest and Derma Consult.

Enriched with nourishing organic extracts – specially tailored to the respective care needs.

10 LR Aloe Via products are patent-pending thanks to their unique combination of active ingredients

ALOE NEXT LEVEL:
THE MAGIC POWER DUO!

With the Magic Power Duo, LR unleashes even more powerful efficacy. We combine our aloe vera gel – which works primarily in the upper layers of the skin – with fermented aloe vera gel, which gains a smaller molecular structure through fermentation:

+ ALOE FERMENTED POWER

PATENT PENDING zum PATENT angemeldet

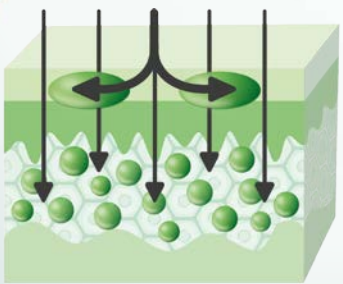
1. penetrates **deeper into the skin**

2. allows the skin to **absorb nutrients more quickly**

3. accelerates skin regeneration

4. provides **deep-acting hydration**

5. acts as a natural **anti-ageing solution**



Fascinating test results confirm this:

+139% Immediate hydration effect within 20 minutes.*

+176% Long-lasting hydration effect after 4 weeks.*

90% Test subjects confirm improved skin sensation* and faster regeneration and soothing of irritated skin.*

95% Test subjects report a smooth and supple skin feel.*

+53% Enhanced overall skin appearance.*

Experience the magic of the Power Duo – with LR Aloe Fermented Power!
MORE EFFECTIVENESS. MORE SKIN POWER. MORE ALOE POWER.

*Confirmed through application tests with regular use of the Instant Emergency Cream Gel over 4 weeks, followed by dermatological assessment in October 2024.

FERMENTATION?
HOW EXACTLY DOES IT WORK?

Fermented aloe vera gel is created by fermenting aloe vera gel with yeasts and enzymes in an oxygen-free environment at controlled temperatures. During fermentation, the yeasts and enzymes convert inactive sugar components and break them down. This process unlocks the untapped potential of aloe vera.

IN SHORT:
ORGANIC ALOE VERA-GEL +
ENZYMES +
YEAST –
OXYGEN =
FERMENTED ALOE VERA-GEL



REPAIRING STRETCHMARK LOTION

Study confirms visible improvement:

- **-18%** Volume*
- **-18%** Pigmentation*
- **-13%** Reduction in overall appearance*

9 out of 10 participants confirm:
Soft, supple skin*

INSTANT EMERGENCY CREAM GEL

Study confirms the effectiveness:
9 out of 10 participants report:
- Faster regeneration of stressed skin***
- Soothing of irritated skin***

Moisture boost:
More than 2x improved skin hydration after 20 minutes and over 3x after 4 weeks.

Significant improvement in overall appearance by more than 50% in dermatological assessment.***

EXPRESS SKIN BALANCE SERUM

Study confirms restorationof skin balance:**

Visible and noticeable improvement in skin appearance:
- Positive skin feel (90%)
- Fresh, smooth, and relaxed skin appearance (70%)
- Intense hydration (75%)
- Reduced skin concerns (60%)
- Significant reduction in skin redness by 18% (after 28 days)

*Confirmed through application tests over 8 weeks with 20 participants, followed by dermatological assessment, 3D skin analysis, and corneometry in October 2024.
** Confirmed through application tests over 4 weeks, followed by 3D skin analysis with 20 participants with couperose/rosacea or dry skin in October 2024.
*** Confirmed through application tests over 4 weeks with 20 participants, followed by dermatological assessment in October 2024.

MADE IN GERMANY

SOS CARE
FOR ALL EMERGENCIES

LR ALOE VIA special care – particularly soothing and regenerating for stressed skin and skin irritations. The LR ALOE VIA SOS products for all situations act like a protective film on irritated skin, providing cooling, soothing and promoting regeneration. The skin is supported by special active complexes and soothing herbal essences.

SKIN SPECIALISTS

Aloe Vera Special Care Set with fermented aloe

- Perfect for travelling & testing!
- Quick emergency spray | 150 ml (only included in the special care bag as a practical travel size)
- Moisturising gel concentrate | 100 ml
- Protective propolis cream | 100 ml
- Emergency cream gel | 30 ml

Aloe Vera Special Care Set

20905

£ 78.99





EMERGENCY SPRAY

Light spray for the entire body

- With 83% aloe vera, fermented aloe vera gel, 11 traditional herbal essences and the bee resin propolis
- Lays on the skin like a protective film, soothes and cools
- Ideal for extensive application
- Supports the skin's natural regeneration processes
- Made without the addition of perfume oils

Aloe Vera Quick Emergency Spray

20600 | 400 ml
£ 28.79

+ FERMENTED ALOE GEL



EMERGENCY CREAM GEL

Light, soothing SOS-Cream gel

- With 15% aloe vera, fermented aloe vera gel, microalgae extract, fermented reishi & cherimoya extract
- Accelerates skin regeneration
- Cools, soothes & reduces the signs of irritated skin*
- Ideal for supporting scar care*
- Balances the skin*
- Provides a strong protective skin barrier*
- Ideal for travelling, fragrance-free, mild

Aloe Vera Quick SOS-Cream Gel

20915 | 30 ml
£ 27.29

+ FERMENTED ALOE GEL



ORIGINAL dermatest 10 SEHR GUT 2024 ★★★★★ 5-sterne-garantie.de KLINISCH GETESTET

CONCENTRATED GEL

Refreshing gel for dry, irritated skin

- With a particularly high aloe vera gel content of 90 % and fermented aloe vera gel
- Provides the skin with intensive moisture
- Cools, soothes and refreshes
- Made without the addition of perfume oils

Aloe Vera Moisturising Gel concentrate

20601 | 100 ml
£ 22.69

+ FERMENTED ALOE GEL



PROPOLIS CREAM

Rich cream for skin in need of care

- With 79% aloe vera, fermented aloe vera gel and the bee resin extract propolis
- Intensively nourishes the skin and strengthens its natural barrier function
- Ensures velvety suppleness and a pleasant skin feel

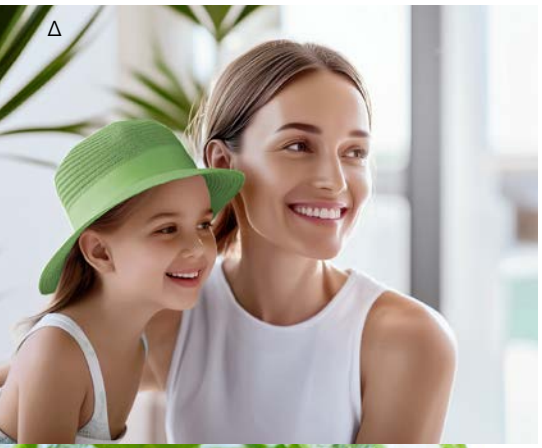
Aloe Vera Protective Propolis Cream

20602 | 100 ml
£ 28.79

+ FERMENTED ALOE GEL



*Study by the renowned Dermatest GmbH institute in 2024



SPECIAL CARE
WITH ALOE VERA

If the skin is particularly stressed, it is time for very intensive care. Whether skin roughness, redness or scaling or simply tension: the skin is relaxed and regenerated with the special care experts.



THERMO LOTION

Warming Lotion for the muscles

- With 45 % aloe vera gel and natural essential oils
- With a long-lasting warming effect to relax tense muscles
- Supports blood circulation in the skin and keeps it supple
- Particularly effective in combination with an intensive massage

Aloe Vera Soothing Thermo Lotion

20603 | 100 ml

£ 19.49





MSM BODY GEL

Quickly absorbed, cooling gel cream for stressed muscles and joints

- 60% aloe vera gel, a special MSM sulphur compound, bearberry leaves and willow bark extract
- Gives the skin elasticity and resilience



Aloe Vera Multifunctional MSM Body Gel

20604 | 200 ml

£ 31.49

MADE IN GERMANY



FACIAL CLEANSING
WITH ALOE VERA

A radiantly beautiful face not only needs sufficient care – the basis of every care routine is facial cleansing with LR ALOE VIA. In the morning and evening! From time to time, your skin needs a deep cleanse. The ideal candidates for this: the naturally gentle Aloe Vera Skin Refining Facial Scrub and the Aloe Vera Magic Bubble Mask with its magically tingling detox effect. The result: clean, intensely revitalised facial skin.







FACE SCRUB

Gentle gel texture for the face with plant-based exfoliating beads

- 50 % aloe vera gel, organic wild rose extract and plant-based exfoliating grains
- Gently removes skin flakes and stimulates circulation
- Refines the skin texture without affecting the skin's natural balance
- Leaves the skin feeling soft and the complexion radiant

Aloe Vera Skin Refining Face Scrub

20673 | 75 ml

£ 15.29



MADE IN GERMANY



FACE CARE
WITH ALOE VERA

LR ALOE VIA facial care – with aloe vera for a very special moisturising boost and pure refreshment. Together with high-quality ingredients such as organic olive extract and in unique formulations, it ensures the right balance for facial skin every day. Nothing beats the good feeling of beautiful and healthy skin.





GEL CREAM

Light velvety texture for the face

- 50 % aloe vera gel and organic olive extract
- Provides intensive moisturisation with an extra boost of freshness
- Revitalises the complexion
- Leaves the skin looking refreshed and the complexion radiant

Aloe Vera Refrshing Gel Cream

20679 | 50 ml

£ 25.19



FACE MASK

Refreshing Face Mask

- 50 % aloe vera gel, organic wild rose extract and an active ingredient combination of Aquaxyl and Aquapront™
- Moisturises the skin up to 95% more in just 3 minutes*
- Improves skin elasticity and moisture balance
- Leaves the skin looking refreshed and the complexion radiant

Aloe Vera Express Moisturising Face Mask

20689 | 75 ml

£ 20.59

*Proven on the basis of a corneometer measurement on 20 test subjects by the Dermatest Institute in January 2017 **Study by the renowned Dermatest GmbH Institute in 2024



50% Aloe Vera
+ FERMENTED ALOE GEL



DAY CREAM

Light indulgent texture for the day

- With 50% aloe vera, fermented aloe vera gel, organic olive extract & grape seed oil
- Provides intensive moisture and preserves the natural moisture balance
- Protects the skin from external environmental pollution
- Leaves the skin smooth and the complexion radiant

Aloe Vera Multi-Active Day Cream

20674 | 50 ml

£ 28.79



SKIN SERUM

Fast-acting serum for balanced facial skin

- With 15% aloe vera gel, fermented aloe vera gel, extracts of red algae, organic mandarin peel & cherimoya fruit
- Soothes irritated skin, reduces redness and hydrates intensively**
- Fragrance-free, mild and refreshingly cooling

Aloe Vera Express Skin Balance Serum

20910 | 30 ml

£ 28.29

ORIGINAL 10 SEHR GUT 2024 dermatest ★★★★★ 5-sterne-garantie.de KLINISCH GETESTET



BODY CARE
WITH ALOE VERA

LR ALOE VIA Körperpflege – die intensive Pflege mit dem Besten der Aloe Vera. Sie spendet der Haut viel Feuchtigkeit und pflegt sie dank der Kombination mit Bio-Magnolien-Extrakt samtweich und geschmeidig. Gleich zwei Pflege-Spezialisten sorgen für ein straffes Hautgefühl und ein ebenmäßiges Hautbild. Die Aloe Vera in Verbindung mit verschiedenen Extrakten und hochleistungsfähigen Wirkstoffkomplexen hilft dir dabei, dich in deiner Haut absolut wohlzufühlen.



SKIN CREAM

Reichhaltige, nicht fettende Creme für Gesicht und Körper

- Mit 35% Aloe Vera, fermentiertem Aloe Vera-Gel, und Bio-Magnolien-Extrakt
- Spendet intensive Feuchtigkeit
- Die Haut ist streichelzart und spürbar weich
- Zieht schnell ein

Aloe Vera Zarte Hautcreme
20631 | 100 ml
£ 14.29



+ FERMENTED ALOE GEL



STRETCH MARK LOTION

Nourishing lotion to prevent and reduce stretch marks

- With 15% aloe vera, fermented aloe vera gel, Regestril™ and CICA
- Effect proven by study*: **-18%** volume* **-18%** pigmentation* **-13%** reduction in overall appearance*
- Moisturises and leaves the skin soft and smooth
- Fragrance-free, mild

Aloe Vera Repairing Stretch Mark Care

20920 | 150 ml

£ 44.29



MADE IN GERMANY



BODY CARE
WITH ALOE VERA

Revitalising full-body refreshment and maximum hygiene with the best of aloe vera for the whole family. Not only does this include thorough cleansing, but also a lasting feeling of freshness and extra moisture. The aloe vera hand care products, pamper and soothe stressed hands – day after day. Effective compositions of aloe vera and organic calendula extract contribute to skin regeneration. Aloe vera also moisturises. Even rough, stressed hands are left soft and supple again.



HAND SOAP

Nourishing creamy hand soap

- With 38% aloe vera gel and organic calendula extract
- Gentle cleansing that moisturises and nourishes

Aloe Vera Gentle Cleansing Hand Soap

20611 | 250 ml
£ 10.49







HAND CREAM

Fast-absorbing cream for the hands

- With 35 % aloe vera gel and organic calendula extract
- Nourishes and moisturises
- Leaves hands moisturised, soft and smooth

Aloe Vera Smooth Hand Cream

20610 | 75 ml
£ 11.79



DEO ROLL-ON

Gentle roll-on deodorant without alcohol

- With 15 % aloe vera gel and organic cotton extract
- Reliable protection against body odour and underarm wetness
- Leaves a pleasant feeling of freshness
- Good skin compatibility, even for sensitive skin
- Especially mild after shaving

Aloe Vera Protective Deo Roll-on

20643 | 50 ml
£ 7.69



MADE IN GERMANY



Δ

MEN'S CARE
WITH ALOE VERA

LR ALOE VIA men's skin care is specially tailored to the needs of men's skin during and after shaving with plenty of moisturising aloe vera. Men's skin not only has a different texture to women's skin – daily shaving also puts it under stress. The combination of aloe vera and skin-soothing organic white tea extract or nourishing organic baobab extract relaxes stressed male skin and gives it freshness. Five basic products focusing on the essentials – for the daily care of skin, hair and beard.

AFTER SHAVE BALM

Light after-shave balm

- With 50 % aloe vera gel and organic white tea extract
- Reduces skin irritation and soothes
- Hydrates and nourishes

Aloe Vera
After-Shave Balm

20421 | 100 ml
£ 13.39





FACE CREAM

Light, refreshing face cream

- With 50 % aloe vera gel and organic white tea extract
- A freshness boost for stressed male skin
- Hydrates and revitalises

Aloe Vera
Anti-Stress Cream

20422 | 100 ml
£ 20.59





BODY,FACE, HAIR & BEARD WASH



All-round cleanser for the whole body

- With 15 % aloe vera and organic baobab extract
- Gently and effectively cleanses skin, hair and beard
- Removes residues from environmental pollution and odours
- Provides skin & hair with moisture

Aloe Vera 4in1 Body, Face, Hair & Beard Wash

20436 | 250 ml

£ 17.29

SHAVING GEL



Ultra precise shave

- 50 % aloe vera, hyaluronic acid and provitamin B5 moisturise and regenerate
- Soothes and protects against skin irritation with organic white tea extract and Defensil™
- Light transparent gel coat on the skin enables close, smooth gliding of the razor
- Suitable for different skin areas, ideal for shaving beards

Aloe Vera clear and precise Shaving gel

20446 | 150 ml

£ 14.99

MADE IN GERMANY

LR ZEITGARD
FOR TIMELESS BEAUTY

TIMELESS BEAUTIFUL SKIN

Want to optimise the beauty of your skin?

LR ZEITGARD offers you professional cosmetic treatments just like in a beauty salon.

Do you want to feel comfortable in your own skin? Do you want skincare that is dedicated to the special requirements of your skin? Provide your skin with targeted support so that it stays radiantly fresh as you age and you reflect just that. LR ZEITGARD combines high-quality ingredients with innovative technology for your daily skincare routine.



ANTI AGING CARE

PROFESSIONAL **COSMETICS INSTITUTE** FOR HOME

- Recommended by experts
- Innovative, high-tech
- Professional cosmetics institute
- Highly effective care formulas

Enjoy the luxury of professional institute treatments in your own home: an innovative, patent-pending* high-tech device with four different application options for effective cleansing and care of the face and body – tailored to age-related and individual skin concerns. LR ZEITGARD is the unique, technological cosmetic system that emphasises the beauty of your skin at any age.

*Cosmetic device for home use with interchangeable attachments, patent pending in Germany. Patent no.: 10 2023 101 043.3.



ANTI AGEING CARE
Cutting-edge technologies and highly effective formulas for your daily skincare routine



CLEANSING
Gentle yet deep pore cleansing. Two highly effective products complement professional cleansing with the new Zeitgard Pro Cosmetic Device. For skin as clean as if it had just come out of the beauty salon.

FACE & BODY CARE
Daily and Special Care for face and body with highly effective skincare formulas for age-related and individual skin concerns. In combination with the professional tools of the Zeitgard Pro Cosmetic Device, the effect of the premium cosmetics is noticeably intensified.

MAKE-UP
LR ZEITGARD Signature is the innovative premium cosmetic with nourishing ingredients. Developed by beauty experts and make-up artists, it offers you everything you need for your unique make-up.

ZEITGARD PRO COSMETIC DEVICE
The centrepiece of LR ZEITGARD: a patent-pending* device that intelligently combines cutting-edge technologies and four beauty tools. Whether face or body, cleansing or care – a real all-rounder at the highest technological level.



ORIGINAL 10 SEHR GUT 2022 dermatest*
5-sterne-garantie.de
KLINISCH GETESTET

PATENT PENDING
zum PATENT angemeldet*

GERMAN DESIGN AWARD SPECIAL 2023

GERMAN INNOVATION AWARD '23 SPECIAL

NEW SMART TECHNOLOGY:
1 DEVICE & 4 BEAUTY-TOOLS



2-time winner, one patent pending

* Cosmetic device for home use with interchangeable attachments, patent pending in Germany. Patent no.: 10 2023 101 043.3.

PERFECT SYMBIOSIS:
HIGHTECH MEETS BEAUTY

Discover a new level for your daily beauty routine:
The patent-pending* Zeitgard Pro Cosmetic Device of the new generation is apparative cosmetics at the highest level for timeless beauty. An outstanding high-tech device that combines advanced technologies such as ultrasound and oscillation with four different beauty tools in professional institute quality. When changing the attachment, the smart Zeitgard Pro Cosmetic Device recognises which technology is being used.





COMPLETE SET

- Cosmetic Device with charging station
- Face Cleansing Tool (incl. adapter)
- Face Peeling Tool
- Face Smoothing Tool
- Body Skincare Tool
- Cleansing Cream
- Facial Toner
- Body Cream

ZEITGARD PRO Complete-Set

70111

£ 590.59

GOOD TO KNOW

It is believed that anti-ageing active ingredients are transported significantly faster and deeper into the skin tissue by ultrasonic vibrations. They act like a micro-massage and stimulate the formation of new collagen. The result: facial and body contours appear firmer

CLEANSING ROUTINE FOR **RADIANT SKIN**

Effective cleansing is the basis for timelessly beautiful skin. The modern oscillation technology of the Zeitgard Pro Cosmetic Device enables gentle facial cleansing that is up to 10 times more effective. The complexion is improved and the skin texture smoothed. Suitable for daily use and all skin types.

2--time winner, one patent pending

PROFESSIONAL CLEANING TOOL

APPLICATION:
FACE

The Face Cleansing Tool impresses with its unique hygiene concept. The soft brush filaments of the cleansing brush are infused with antibacterial Microsilver BG™***.

STEP 1: Apply cleansing cream to damp facial skin. Switch on the device and treat the left and right sides of the face as well as the forehead with the brush in circular movements for 20 seconds each.

STEP 2: Clarify the facial skin after cleansing with the toner.





CLEANSING CREAM

Gently but thoroughly cleanses the facial skin in combination with the Face Cleansing Tool. The delicate cream with harungana extract supports the regeneration of the skin and improves its appearance. The result: a revitalised, gently mattified complexion.

Cleansing Cream

28000 | 125 ml
£ 22.29

CLEANSING SET



- Cosmetic Device with charging station
- Face Cleansing Tool (incl. Adapter)
- Cleansing Cream

ZEITGARD PRO Cleansing Set

70106
£ 342.89

CLEANSING TOOL**



Facial cleansing brush with antibacterial Microsilver BG™*** for use with the cleansing cream

Face Cleansing Tool**

70107
£ 31.49

CLEANSING TOOL + ADAPTER



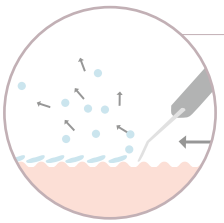
Facial cleansing brush with antibacterial Microsilver BG™*** and adapter

Face Cleansing Tool + Adapter

70105
£ 84.29

* Cosmetic device for home use with interchangeable attachments, patent pending in Germany. Patent no.: 10 2023 101 043.3 ** Scientific study by the renowned Dermatest GmbH institute in 2022. Application period: 4 weeks, number of test subjects: 20 *** The individual brush filaments remain hygienically flawless for up to 3 months thanks to the antibacterial mode of action of the LR active ingredient MICROSILVER BG™. MICROSILVER BG™ consists of pure silver powder with a highly porous microstructure. What makes it special: MICROSILVER BG™ sustainably regulates the formation of new bacteria.

INTENSIVE CLEANSING
WITH PEELING EFFECT



PORE-DEEP CLEAN

The special ultrasound frequency vaporises the water molecules on the skin – a series of tiny micro-implosions. The energy released dissolves dirt and flakes of skin, even deep in the pores.

INTENSIVE PEELING-TOOL

APPLICATION:
FACE

Precise removal of dead skin cells and impurities thanks to innovative ultrasound technology. For a visibly smoother, fresher complexion.

STEP 1: Apply cleansing cream by hand to damp facial skin, rinse with water and do not dry the face.

STEP 2: Switch on the device and gently slide the metal spatula at a 45° angle over the damp face for a maximum of 3 minutes. Always proceed from the inner areas outwards and from bottom to top.

STEP 3: Apply toner with a cleansing pad. It soothes and strengthens the skin barrier after the peeling treatment.



FACIAL TONER

Clarifies and soothes the skin after treatment with the cleansing brush or cavitation peeling. It strengthens the skin's natural protective function with zinc PCA, allantoin and panthenol and has a revitalising effect thanks to harungana extract. The alcohol-free formula is suitable for all skin types and restores the skin's natural pH value.

Premium Toner

28001 | 200 ml

£ 22.29

FACE PEELING TOOL **

Cavitation peeling attachment for use with water

Face Peeling Tool**

70104

£ 84.29

ANTI-AGEING-ROUTINE
FOR THE FACE

2-time winner, one patent pending

EFFECTIVE ANTI-AGEING-TOOL

APPLICATION:
FACE

Provides visibly more elasticity and can reduce signs of ageing. The ultrasound technology of the Face Smoothing Tool stimulates the skin's cell metabolism and collagen synthesis and ensures that the active ingredients in the skincare products penetrate deeper into the skin. It becomes firmer and gains more elasticity and resilience. Wrinkles are significantly reduced. For daily use, morning and evening.

STEP 1: Cleanse your facial skin with the Face Cleansing Tool or the Face Peeling Tool.

STEP 2: Apply one of the compatible LR ZEITGARD skincare products. Apply small spots of cream to your face and massage them in using the smoothing Face Smoothing Tool. Treat the left and right sides of the face as well as the forehead for 30 seconds each. Make sure you use circular movements from the inner area outwards and from bottom to top.



SMOOTHING TOOL + ADAPTER



Smoothing anti-ageing attachment to use with LR ZEITGARD care products

Face Smoothing Tool

70102

£ 84.29

ACTIVE INGREDIENT TRANSPORTSYSTEM

Works like an anti-ageing booster. Together with the Face Smoothing Tool, it increases the cosmetic effectiveness of the ingredients many times over by transporting them directly into the skin cell. The active ingredients are only released inside the cell once the wearer has docked on, where they unfold their full power. This makes it possible to slow down skin ageing through targeted nutrient supply.

*Cosmetic device for home use with interchangeable attachments, patent pending in Germany. Patent no.: 10 2023 101 043.3 ** Scientific study by the renowned institute Dermatest GmbH in 2022. Application period: 4 weeks, number of test persons: 20.

CARE ROUTINE FOR **FIRM BODY SKIN**

Active Ingredient Transport System:
Encapsulated active ingredient firms the skin and reduces skin roughness

BODY CREAM

The firming body cream rebuilds the skin's natural collagen structure, moisturises and binds it in the skin. Panthenol and vitamin E strengthen its barrier function, while hyaluronic acid visibly plumps it up. The skin is given more elasticity and resilience and feels silky and smooth.

Activating Body Cream

28002 | 200 ml
£ 38.99



FIRMING BODY MASSAGE TOOL

APPLICATION:
BODY

The ultrasound massage with the Body Skincare Tool gives your body a firmer and more even complexion. Used daily, it ensures firmer connective tissue and less orange peel skin.

STEP 1: Apply the body cream once or twice a day. Massage the cream into the individual areas of the body using the Body Skincare Tool for approx. 2 minutes at a time. Move the tool in a gentle circular motion in the direction of the lymph nodes: On the legs towards the groin, on the stomach towards the groin, on the bottom towards the hollow of the knee and on the arms towards the armpit.

BODY SKINCARE TOOL



Skin tightening attachment to use with LR ZEITGARD body cream

Body Skincare Tool

70103
£ 84.29

GOOD TO KNOW
Ultrasonic vibrations can help to liquify fat in the skin cells. The vibrating massage effect of the body skincare tool can mould the liquified fat more evenly and the skin appears smoother and firmer. In addition, the active ingredients in the body cream can penetrate the skin deeper and faster using ultrasound. With regular use, a depot of active ingredients builds up in the deep layers of the skin.

MADE IN GERMANY

SMOOTHING CARE RANGE
TO COMBAT PREMATURE SKIN AGEING

The premium products with gold particles and silk for skin up to the age of 40 visibly reduce wrinkles – for a radiantly beautiful complexion. Gold particles based on a collagen booster improve the skin's elasticity. Silk proteins make the skin feel noticeably soft and protect it from harmful substances.

New care formula

Active ingredient transport system: Encapsulated active ingredient reduces expression lines

USE WITH FACE SMOOTHING TOOL





EYE CREAM & MASK

- Smoothing, firming eye care
- Soya and rice peptides visibly reduce dark circles and puffiness
- The eye area appears plumper and smoother – for a fresh, awake look

Nanogold 2in1
Eye Cream & Mask

28194 | 30 ml

£ 41.99



DAY CREAM

- Velvety soft cream for plump and smooth skin
- Counteracts signs of UV-induced skin ageing
- Apricot kernel oil and proteins from soya beans, among other things, stimulate skin regeneration

Nanogold
Day Cream

28192 | 50 ml

£ 41.99



NIGHT CREAM

- Rich care combats the signs of tired skin overnight
- Micro-algae extract supports skin regeneration and improves skin structure

Nanogold
Night Cream

28193 | 50 ml

£ 47.49

MADE IN GERMANY

FIRMING PREMIUM CARE
FOR CHALLENGING SKIN

The firming anti-ageing skincare range Beauty Diamonds strengthens the skin from the age of 40 and visibly reduces wrinkles. Based on the properties of diamonds in combination with proteins, it ensures that the skin ageing process is slowed down and the cell protection mechanism is strengthened.

New care formula

Active ingredient transport system: Encapsulated active ingredient reduces expression lines

USE WITH FACE SMOOTHING TOOL



EYE CREAM & MASK

- Tightening eye cream with ‘eye firming effect’
- Strengthens the eye contours with hawthorn and Arabian jasmine and reduces drooping eyelids
- The eye area appears tighter

Beauty Diamonds
2in1 Eye Cream & Mask

28319 | 30 ml

£ 47.49

DAY CREAM

- Firming, plumping care formula intensively nourishes and strengthens the skin
- Reduces wrinkles and wrinkle depth and provides defined facial contours with sea buckthorn extract
- Increases elastin and collagen synthesis

Beauty Diamonds
Day Cream

28317 | 50 ml

£ 47.49

NIGHT CREAM

- Firming, nourishing care formula with pistachio and grape seed oil defines facial contours overnight
- Builds up skin density and volume
- Stimulates cell protection mechanisms for firm, smooth skin

Beauty Diamonds
Night Cream

28318 | 50 ml

£ 52.59

FRESHNESS AND ENERGY
FOR NOURISHED MALE SKIN

A wrinkle-reducing, energising anti-ageing cream especially for the needs of male skin – that's Platinum! The highly effective gel cream is quickly absorbed and provides a revitalising energy boost thanks to its moisturising effect. The skin appears plumped up, wrinkles appear reduced and the skin becomes more resilient and vitalised.

New care formula

Active ingredient transport system: Encapsulated active ingredient reduces expression lines

USE WITH FACE SMOOTHING TOOL

TIP

To protect against digital ageing, you can apply the Blue Light Defender Serum directly after cleansing, before the anti-ageing cream.



ANTI-AGEING CREAM

- Invigorating energy kick moisturises men's skin and gives an energised complexion
- Boosts hyaluronic acid synthesis and plumps up the skin from within
- Increases collagen synthesis and reduces wrinkle depth
- Vitamin E smoothes the skin's texture, jojoba oil gives the skin more elasticity and resilience
- Protects the cells and reduces oxidative stress

Platinum Anti-Ageing-Cream

28449 | 50 ml

£ 47.49

DAILY CARE

STEP 1: Cleanse your face thoroughly with the Face Cleansing Tool and the Cleansing Cream.

STEP 2: Revitalise your skin after cleansing with the clarifying toner..

STEP 3: Apply the Platinum Anti- Ageing Cream to the skin of your face using the Face Smoothing Tool.

LR ZEITGARD Signature

Are you looking for nourishing make-up without a mask effect that highlights your natural beauty?

All you need is Signature!

ALL YOU NEED IS **SIGNATURE**

LR ZEITGARD Signature offers you everything you need for your unique make-up. Under the motto ‘All you need is Signature’, beauty experts and make-up artists have created a perfect selection of products in high-end quality. The result: the ultimate make-up essentials for different looks.



MAKE-UP

GLOWY. GLAMOROUS. GORGEOUS. **WHAT’S YOURS?**

- Developed with professional Make-up-Artists
- Combines performance and skincare
- High-End Premium Make-up

Natural, radiant and glamorous – glam up your look with the LR ZEITGARD Signature Essentials! Innovative highlight: Nourishing ingredients emphasise your natural beauty. LR ZEITGARD Signature stands for an unmistakable signature that accentuates your uniqueness. Discover the possibilities of a multitude of looks.

ENDLESS LOOKS – **ONE BEAUTY BAG**

Discover our complete Signature range



Exclusive premium cosmetics that enhance the natural beauty of women of all ages.





SHADE SET SKIN TONE 1

Each product 1 X:
Radiant Light FOUNDATION (Free choice)
Natural Luminous CONCEALER (Free choice)
Contouring LIQUID BRONZER
Silky LIQUID BLUSH
Glowy LIQUID HIGHLIGHTER
Flawless FIXING POWDER
Perfect EYESHADOW COLLECTION
Intense Effect MASCARA
Shaping EYEBROW GEL (Free choice)
Activating LASH SERUM
Silky Matte LIPSTICK (Free choice)
Soft LIP LINER (Free choice)
Maximising LIP GLOSS

Shade Set Skin Tone 1
29068
£ 409.99

SHADE SET SKIN TONE 2

Each product 1 X:
Covering Matte FOUNDATION (Free choice)
Natural Luminous CONCEALER (Free choice)
Glowy LIQUID HIGHLIGHTER
Multi FINISH DUO
Flawless FIXING POWDER
Perfect EYESHADOW COLLECTION
Intense Effect MASCARA
Shaping EYEBROW GEL (Free choice)
Activating LASH SERUM
Silky Matte LIPSTICK (Free choice)
Soft LIP LINER (Free choice)
Maximising LIP GLOSS

Shade Set Skin Tone 2
29070
£ 384.89



Everything you need for your perfect make-up: create endless looks to suit your mood with the carefully selected Signature products for complexion, eyes and lips – reduced to the essentials and perfectly coordinated in the highest-quality textures and colours. Effortless to apply, for professional results just like those of a make-up artist.

SIGNATURE COMPLEXION **ESSENTIALS**

The LR ZEITGARD Signature Complexion products make your beauty shine and provide your skin with an extra portion of care on top.

Discover the ultimate essentials for your unique make-up look.

LET YOUR SKIN GLOW!





FOUNDATION

- Perfects the complexion without a mask effect
- Natural glowy finish for a fresh complexion
- Moisturises and soothes the skin
- SPF 20

Radiant Light Foundation

29022-1 Fair | 32 ml
29022-2 Light | 32 ml
29022-3 Neutral | 32 ml
£ 56.59

FOUNDATION

- Perfects the complexion without a mask effect
- Moisturises and soothes the skin
- Mattifying finish with high coverage for an even complexion

Covering Matte Foundation

29035-4 Medium | 32 ml
29035-5 Tanned | 32 ml
29035-6 Deep | 32 ml
£ 56.59



POWDER

- Long-lasting and lightly matt finish
- Silky-soft skin feel
- Maintains the skin's respiratory activity

Flawless Fixing Powder

29023-1 Light-Medium | 9 g
29023-2 Medium-Deep | 9 g
£ 43.29





BRONZER & BLUSH

- Gives a vibrant complexion with defined contours
- Buildable coverage and intensity – ideal for darker skin tones
- Silky-soft skin feel
- Lightly mattifying finish

Multi Finish Duo

29036 Warm Peach & Warm Brown | 9,5 g

£ 32.49



BLUSH

- Provides a fresh and vibrant complexion
- Leaves the skin looking revitalised
- Velvety-soft skin feel
- Buildable coverage

Silky Liquid Blush

29026 Light Pink | 10 ml

£ 32.49



HIGHLIGHTER

- Naturally radiant pearlescent effect
- Lightweight feel
- Multifunctional application

Glowy Liquid Highlighter

29024 Rose Gold | 10 ml

£ 32.49



BRONZER

- Perfect definition of facial contours
- Leaves the skin revitalised
- Velvety-soft skin feel
- Buildable coverage

Contouring Liquid Bronzer

29025 Light-Medium | 10 ml

£ 32.49



SIGNATURE EYES
ESSENTIALS

The LR Zeitgard Signature Eyes Essentials highlight your eyes and create a breathtaking look. With six versatile eyeshadow shades, the LR Zeitgard Signature Palette offers you both delicate and intense nuances for every mood and every occasion. Perfectly styled eyebrows and thick black lashes round off your eye make-up – for a confident look with a wow effect.



EYESHADOW

- Medium to high coverage
- Creamy-soft textures with even colour application
- Reliable durability without slipping into fine lines

Perfect Eyeshadow Collection

29028 | 6,5 g
£ 53.99





EYEBROW GEL

- Perfect shape & definition
- Natural, long-lasting result
- Precise and easy application, without clumping
- Filled and defined eyebrows

Shaping Eyebrow Gel

29030-1 Light | 3,5 ml
29030-2 Medium | 3,5 ml
29030-3 Dark | 3,5 ml
£ 21.79



LASH SERUM

- Stimulates eyelash growth
- Reduces eyelash loss
- Strengthens the eyelashes
- Hormone-free

Activating Lash Serum

29027 | 5,5 ml
£ 41.29



MASCARA

- Long-lasting & waterproof for up to 24 hours
- Precise and easy application without clumping
- Nourishes and strengthens the lashes

Intense Effect Mascara

29029 Deep Black | 8 ml
£ 30.39



SIGNATURE LIPS ESSENTIALS

The LR Zeitgard Signature Lips Essentials ensure expressive lips. With the Soft Lip Liner and the Silky Matte Lipstick in four great colors, you can conjure up defined and full lips in no time at all. For an ultra glossy finish with a plumping effect, use the Maximizing Lip Gloss on top – a real self-confidence booster!



LIP LINER

- Ensures precise and defined lip contours
- Rich colors with high coverage
- Weightless feel

Soft Lip Liner

29031-1 Pure Red | 0,2 g
29031-2 Rosy Nude | 0,2 g
29031-3 Berry Rose | 0,2 g
29031-4 Deep Brown | 0,2 g
£ 27.19



LIP GLOSS

- Plumping effect for more lip volume with immediate and long-term effect
- Ultra-glossy Finish
- Stimulates collagen production*
- Moisturises and nourishes to combat dry and chapped areas

Maximising Lip Gloss

29033-1 Soft Rose | 5 ml
29033-2 Peachy Brown | 5 ml
£ 32.49



LIPSTICK

- Silky-matt finish
- Intense colour application
- Nourishes the lips
- Weightless feel

Silky Matte Lipstick

29032-1 Pure Red | 4 g
29032-2 Rosy Nude | 4 g
29032-3 Berry Rose | 4 g
29032-4 Ruby Red | 4 g
£ 43.29

*Use 3 times a day for at least 28 days

MADE IN GERMANY

MICRO SILVER PLUS

SPECIAL CARE
FOR CHALLENGING SKIN

Do you have problems with irritated skin, flaky hair or periodontitis?

LR MICROSILVER PLUS offers you functional care for antibacterial protection from head to toe!

LR MICROSILVER PLUS is the special antibacterial care for stressed skin areas such as the face, body, hands, scalp and feet, but also for teeth and the entire mouth area.



FUNCTIONAL CARE

THE FOUNDATION OF **HEALTHY SKIN**

Problems with irritated skin, flaky hair or periodontitis often have a deeper cause: our natural protective barrier, the microbiome, is out of balance. Germs have spread.
LR MICROSILVER PLUS offers effective solutions for the special requirements of different parts of the body. The secret of the functional care range is the antibacterial and antiviral active ingredient MICROSILVER BG™.
With each product, the range offers an additional plus: an effective combination of active ingredients that specifically treats the need and regenerates and stabilises the skin and its natural protective barrier – for a healthy skin microbiome.

CLEANSING & CARE FOR THE **BODY**

All LR MICROSILVER PLUS products contain antibacterial, antiviral MICROSILVER BG™

dermatest®
RESEARCH INSTITUTE FOR RELIABLE RESULTS
Taking your success personally



HAND GEL

The LR MICROSILVER PLUS hand gel with MICROSILVER BGTM removes up to 99.87% of all germs such as bacteria and viruses for up to 12 hours.

THE SPECIAL BENEFIT
- ZIN'CÎTE™ and dexpanthenol form a nourishing protective film
- The mineral complex ZIN'CÎTETM also protects the skin from UVA/UVB rays

Hygienically cleansing hand gel

25074 | 75 ml

£ 19.49

*Antibacterial face cream, tested on 30 acne patients aged 13 to 25 years with once daily application of the face cream over a period of 6 weeks in November 2010 by Dermatest GmbH.

MADE IN GERMANY

THE WORLD OF
LR FRAGRANCES

Discover two unique fragrance collections: The **LR MOOD INFUSION** – 18 Eau de Parfums that transport you to a variety of mood worlds, and the **LR ICONIC ELIXIRS** – 4 luxurious high-end perfumes with the finest ingredients.

Embark on a sensual journey with LR through moods, facets, and luxurious fragrance worlds!



PERFUME

LR fragrances are more than just perfumes – LR fragrances are the expression of our DNA!

Since 1985, our expertise in fragrance has convinced perfume lovers worldwide. Our trademark: the highest perfume oil content, excellent scent longevity, and production in Germany. This is quality you can trust!

Exclusive perfumery craftsmanship offers variety for the highest demands – from everyday wear to extravagant. A fine perfume mist when spraying and a sensually soft click when closing the bottle create perfect fragrance moments.

Dive into fascinating fragrance worlds and find the perfect match that best suits your personality!





MOOD INFUSION

LR

ICONIC ELIXIRS

MADE IN GERMANY

THE LR MOOD INFUSION – A MOSAIC OF EMOTIONS

Some days need lightness, others clarity. Sometimes you want to shine, other times you simply want to be yourself. The **LR MOOD INFUSION** is much more than just a fragrance collection – it is a sensual experience that invites you on an emotional journey to yourself. Each scent embodies a unique vibe that surrounds you like a gentle breeze, accompanying you throughout the day.
Do you want to embrace the world with a smile today? Feel strong and unstoppable? Or gently bring your seductive side to light?

LR MOOD INFUSION



FEELINGS IN A BOTTLE – MOODS TO SPRAY ON!

Discover 18 fascinating fragrance worlds – inspired by the many facets of your personality. Scientifically inspired, emotionally perfected: Each fragrance is a crafted masterpiece, developed in collaboration with leading perfumers. Design that speaks: The bottle combines minimalist elegance with refined details. A fine perfume mist when spraying and a sensually soft click when closing the bottle create perfect fragrance moments. Dive into the world of emotions!

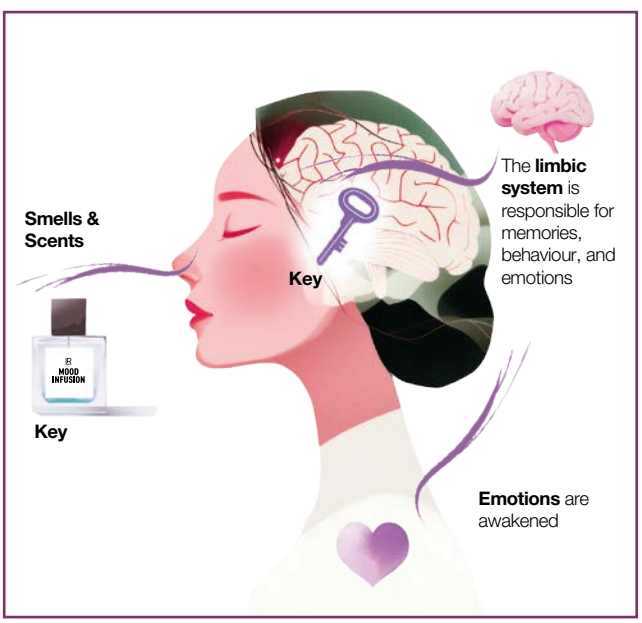
WHAT'S YOUR MOOD TODAY?
FRAGRANCES THAT EVOKE EMOTIONS



SCIENCE & PERFUMERY CRAFTSMANSHIP

The **LR MOOD INFUSION** offers you a completely new fragrance experience – as it is scientifically proven that our scents, through the composition of perfume oils, can influence your mood.
A globally unique neuroscience study* proves: Our 18 innovative creations evoke special emotions – each fragrance has its own scientifically backed emotional signature. The **LR MOOD INFUSION** acts like fragrance doping for your mood! This is a true revolution in the perfume industry, created from the synergy of years of fragrance expertise and cutting-edge research findings.

How does **LR MOOD INFUSION** work? It has been researched that our sense of smell is directly connected to our emotions and memories. When you spray the scents from the **LR MOOD INFUSION** collection, you dive deeply into the world of emotions through the perfume oils. This allows you to always choose the fragrance that connects you to your desired emotion. You're not just wearing a fragrance – you feel it!



* Scientific study conducted by the renowned perfume manufacturer Robertet in 2024 with 35 participants. The innovative scientific methodology used for this study was developed in collaboration with the Université Côte D'Azur and the prestigious institutes CNRS and ANRT.

MADE IN GERMANY



WHAT'S YOUR MOOD TODAY?
STRIKING & CONFIDENT!

You want to impress with a stunning aura?
IMPRESS ME, FEEL GORGEOUS, and **FEEL SHINY** are your scents when you want to feel confident and radiant.



IMPRESS ME

FLORAL-ORIENTAL

Discover the heroine within you – with a fragrance that radiates confidence and inspires admiration.

Fragrance notes Bergamot, Orange Blossom, Vanilla, Ylang Ylang

IMPRESS ME

Eau de Parfum for women
30706 | 50 ml
£ 61.99

FEEL GORGEOUS

FRUITY-INSPIRING

Enjoy feeling beautiful – with a fragrance that expresses your self-worth.

Fragrance notes Blood Orange, Black Currant, Peony, White Cedarwood

FEEL GORGEOUS

Eau de Parfum for women
30709 | 50 ml
£ 61.99

FEEL SHINY

FLORAL-MUSKY

Feel full of power and self-love – with a fragrance that carries your inner glow outward.

Fragrance notes Peach, Jasmine, Violet, Musk

FEEL SHINY

Eau de Parfum for women
30708 | 50 ml
£ 61.99



WHAT'S YOUR MOOD TODAY?
WILD & VIBRANT!

Want to start your day full of power?
AMAZE ME, FEEL SAVAGE and **THINK BIG** radiate unstoppable zest for life and invigorate your senses.



AMAZE ME

FLORAL-GREEN

Dive into life, radiate magic – with a fragrance that makes every moment unforgettable.

Fragrance notes Mandarin, Clove, Tuberose, Vanilla

AMAZE ME
Eau de Parfum for women
30710 | 50 ml
£ 61.99

FEEL SAVAGE

FRESH-FLORAL-ENERGETIC

Unleash your wild side – with a fragrance full of untamed spirit and limitless freedom.

Fragrance notes Lemon, Tea, Rose, Musk

FEEL SAVAGE
Eau de Parfum for women
30704 | 50 ml
£ 61.99

THINK BIG

CHYPRE-FLORAL

Higher, further, faster, everything is possible – with the fragrance that makes dreams come true.

Fragrance notes Orange, Lily of the Valley, Green Notes, Patchouli

THINK BIG
Eau de Parfum for women
30701 | 50 ml
£ 61.99

MADE IN GERMANY



WHAT'S YOUR MOOD TODAY?
SENSUAL & SEDUCTIVE!

Longing for a bit more romance and sex appeal?
Then choose **BE MAGICAL** and **BE FLIRTY** for seductive and sensual moments. These fragrances enchant the soul, body, and mind.

BE MAGICAL

ORIENTAL-SEDUCTIVE

Seductive, sensual, sophisticated – accentuate your mood with a fragrance that tempts.

Fragrance notes Bergamot, Passion Fruit, Cotton Candy, Cedarwood

BE MAGICAL
Eau de Parfum for women
30707 | 50 ml
£ 61.99





BE FLIRTY

FLORAL-FRUITY-ELEGANT

A subtle flirt, a play with fire? Ignite your passion with a fragrance full of desire.

Fragrance notes Blood Orange, Rose, Lily of the Valley, Vetiver

BE FLIRTY
Eau de Parfum for women
30714 | 50 ml
£ 61.99



WHAT'S YOUR MOOD TODAY?
HAPPY & CAREFREE!

Do you wish for inner balance?
With **STAY CALM** and **FEEL COMFY,** you'll feel pleasantly relaxed all day long. **BE CHEERFUL** is a true mood booster for inspiring feelings of happiness.

FEEL COMFY

FLORAL-FRUITY-FRESH

Enjoy your life completely relaxed – with a fragrance full of comfort.

Fragrance notes Bergamot, Freesia, Powdery Notes, Musk

FEEL COMFY

Eau de Parfum for women
30713 | 50 ml
£ 61.99



STAY CALM

FRUITY-FLORAL

Experience pure harmony and balance – with a fragrance that strengthens your inner equilibrium.

Fragrance notes Solar Notes, Mandarin, Iris, Sandalwood

STAY CALM

Eau de Parfum for women
30705 | 50 ml
£ 61.99



BE CHEERFUL

FLORIENTAL-SPICY

Enjoy life with full joy – with a fragrance that evokes feelings of happiness.

Fragrance notes Bergamot, Geranium, Vanilla, Balsamic Notes

BE CHEERFUL

Eau de Parfum for women
30700 | 50 ml
£ 61.99

MADE IN GERMANY



WHAT'S YOUR MOOD TODAY?
CLEAR & FOCUSED!

Craving more intensity in everyday life?
With **IN FOCUS, NO BOUNDS,** and **BE BACK,** you'll experience every moment with power, focus, and determination.



IN FOCUS

FOUGÈRE-AROMATIC-FRESH

Start strong. Every day. With a fragrance that refreshes and revitalises you instantly.

Fragrance notes Musk, Lime, Lavender, Fresh Notes

IN FOCUS
Eau de Parfum for men
30702 | 50 ml
£ 61.99

NO BOUNDS

WOODY-CITRUS

Radiate with strength, courage, and character with the fragrance for true fighters.

Fragrance notes Grapefruit, Bergamot, Cedarwood, Patchouli

NO BOUNDS
Eau de Parfum for men
30716 | 50 ml
£ 61.99

BE BACK

WOODY-AMBRY

Inspire the world with the fragrance for determined visionaries.

Fragrance notes Lemon, Pink Pepper, Dry Woods, Tonka Bean

BE BACK
Eau de Parfum for men
30712 | 50 ml
£ 61.99



WHAT'S YOUR MOOD TODAY?
BRAVE & ADVENTUROUS!

Ready for an adventure? Time for inspiring fragrances that exude wild masculinity: **THINK WILD** and **INTO JUNGLE.**

THINK WILD

FRUITY-WOODY

Live untamed and passionate with a fragrance that accentuates your wild side

Fragrance notes Apple, Musk, Amber, Sandalwood

THINK WILD
Eau de Parfum for men
30703 | 50 ml
£ 61.99



INTO JUNGLE

CLASSIC-INTENSE-ORIENTAL

Every day an adventure – write your personal story with an exciting, energetic fragrance.

Fragrance notes Mint, Lavender, Musk, Sandalwood

INTO JUNGLE
Eau de Parfum for men
30711 | 50 ml
£ 61.99



CHARISMATIC & SEDUCTIVE!

Sexy, sensual, absolutely irresistible?
FEEL SEXY and **GET ADDICTED** are pure seduction

FEEL SEXY

SPICY-WOODY

Wirke leidenschaftlich und anziehend – mit einem Duft, der dir einzigartiges Charisma verleiht.

Fragrance notes Bergamot, Pepper, Cedarwood, Amber

FEEL SEXY
Eau de Parfum for men
30715 | 50 ml
£ 61.99



GET ADDICTED

SPICY-LEATHERY

Feel not just good, but irresistible – with a fragrance that radiates the sensual confidence of a gentleman.

Fragrance notes Lime, Leather, Patchouli, Sandalwood

GET ADDICTED
Eau de Parfum for men
30717 | 50 ml
£ 61.99

MADE IN GERMANY

LR ICONIC ELIXIRS



Pure luxury: Noble shimmering bottles and perfume boxes in iconic design.





LR ICONIC ELIXIRS

PURE LUXURY IN A BOTTLE

The **LR ICONIC ELIXIRS** embody pure luxury – they envelop your senses like liquid gold, granting you a glowing aura of glamour, prestige, power, and sensuality. Make a statement with premium perfumes that impressively celebrate your uniqueness! A fine perfume mist and a sensually soft click when closing the bottle create perfect fragrance moments.

“Bottled Luxury” – noble high-end perfumes, intense and unforgettable!

GLORIOUS ELIXIR

FLORAL-FRUITY-GOURMAND

The noble Egyptian Jasmine captivates the senses at the heart of the fragrance. Its precious flowers are hand-picked only at dawn – it takes around 800 kilos of flowers to produce just 1 kilo of jasmine extract. A magical elixir of incomparable luxury.

Fragrance notes **Jasmine Absolu,** Pink Pepper, White Tea, Vanilla

GLORIOUS ELIXIR

Eau de Parfum for women

31010 | 100 ml

£ 154.99

GLORIOUS ELIXIR & FAMOUS ELIXIR – ICONIC LUXURY & GLAMOUR

For our exquisite **LR ICONIC ELIXIRS**, only rare, precious fragrance essences from around the world are crafted with masterful craftsmanship: Egyptian Jasmine, Virginia Cedarwood, Haitian Vetiver, and Brazilian Tonka Bean, for example, are among the most valuable ingredients in perfume making and transform the **LR ICONIC ELIXIRS** into true luxury elixirs.

Each spray is a fragrance explosion – a true feast for the senses!







GLORIOUS ELIXIR

WOODY-SPICY-AMBERY

The rare Virginia Cedarwood at the heart of the fragrance exudes clarity and strength. 1 kilo of extract is obtained from 55 kilos of exquisite wood powder. Majestic and timeless, it gives the fragrance an aura of eternity.

Fragrance notes **Virginia Cedarwood** Plum, Fig Tree Wood, Amber

GLORIOUS ELIXIR
Eau de Parfum for men
31011 | 100 ml
£ 154.99

FAMOUS ELIXIR

FLORAL-WHITE FLORAL-AMBERY

The Tonka Bean from Brazil dominates this sensual fragrance. From one tonne of the precious bean, 1 kilo of the smoky, warm extract is obtained – a fermented treasure that redefines the sweet-spicy vanilla bouquet and exudes pure exclusivity.

Fragrance notes **Brazilian Tonka Bean,** Almond, Tuberose, Musk

FAMOUS ELIXIR
Eau de Parfum for women
31012 | 100 ml
£ 154.99

FAMOUS ELIXIR

WOODY-AROMATIC-SPICY

The exceptional Vetiver from Haiti refines this aromatic fragrance with earthy depth and rare sophistication. 1 kilo of extract is obtained through one of the most elaborate processes in perfumery, using over 150 kilos of grass.

Fragrance notes **Haiti Vetiver,** Ginger, Lavender, Patchouli

FAMOUS ELIXIR
Eau de Parfum for men
31013 | 100 ml
£ 154.99

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initiated by LR Health & Beauty

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ICONIC ELIXIRS



PURE LUXURY IN A FLACON

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