



PARAPHARM

CREATED BY NATURE,
PACKED FOR YOU!

www.secret-dolgolet.ru



Dear friends

We are glad to present to you a unique product that combines the power of nature and modern innovative developments. Our products are designed to help you protect your health and provide with an active and long life.

We understand that the human body is a complex system. In modern life, our body constantly undergoes negative influences and stress, while the treatment of some organs often leads to negative consequences for others. That is the main reason why the company "Parapharm" has created a series of products that are aimed at the body recovery, rather than treating individual diseases.

Since the establishment of Parapharm company in 1995 in the city of Penza, it has developed and tested a wide range of products, thanks to which the company has repeatedly become the winner of regional, Russia-wide, international competitions and many others. The company's products were awarded the medal of Russian President Vladimir Putin in 2014 for great contribution to the preparation and holding of the XXII Olympic winter games, and the XI Paralympic Winter Games in Sochi.

The combination of practice and science, provided by high-tech production, allows you to create innovative products and make world discoveries. Today, the company holds more than 320 Russian and foreign patents, including patents from Australia, Eurasia, Europe, Israel, Indonesia, Canada, China, Mexico, New Zealand, the United States, Ukraine, Japan, and others. Seven of them received the status of Successful inventions of Russia, and two patents were included in the list of "100 best inventions of Russia" ("Osteo-med" and "Eromax").

The company's mission is to maintain health and increase the quality of life.

Our specialization is a high-tech production of medical and health-promoting products from raw materials of natural origin, and medicinal plant raw materials particularly.

Parapharm today is a specialized group of companies that provide a complete production cycle of innovative dietary supplements.

CREATED BY NATURE, PACKED FOR YOU!

The company consists of its own farm for growing varietal medicinal plants, production equipped with high-tech lines for processing medicinal raw materials, compression process and packaging of the finished product. Parapharm, being followed the principles of sustainability and innovation, introduced a solar-powered medicinal plant dryer into the production process.

OOO Parapharm grows varietal medicinal plants with a high content of biologically active substances, the effectiveness of which is based on the advanced cryo-processing technology (cold treatment).

Parapharm uses environmentally friendly raw materials delivered from its own land and production bases in Central Russia to manufacture its own products. This allows the company to control the entire production process and ensure a sufficient balance of quality and price of products.

Our products are for those who understand that disease is easier to prevent than to treat, for those who are not ready to live with diseases and senility, for those who agree that nature is a great doctor, who has many ideas for happy and long life. We hope that you will appreciate the benefits of our products, and they will become part of your regular diet, which is important for maintaining health and youth.

Dmitry Elistratov, General Director of OOO
Parapharm



Advantages of Parapharm products

ECOHERBS
FROM THE
VOLGA REGION

- Each tablet of the company's products is a unique complex of vitamins and trace elements given by nature itself. Our products are produced mainly from raw materials grown in the ecologically clean Volga region.

CRYO-
PROCESSING

- We do not produce extracts. The production is made from whole varietal medicinal plant raw materials. The cryosurgery technology is used in processing, which allows us to save all the useful qualities of the plant, increase the effectiveness of products.

ORGANIC
COMPLEX
HDBA

- The unique organic components found in some of our products are protected by patents and are effective in the rehabilitation process.

WHOLE
COMPONENTS

- The suggested doses are optimal and have been developed by expert-herbalist taking into account safety requirements. Dosages are selected so to compensate for the lack of useful substances in the body and minimize the collateral damage of other products as part of complex therapy.

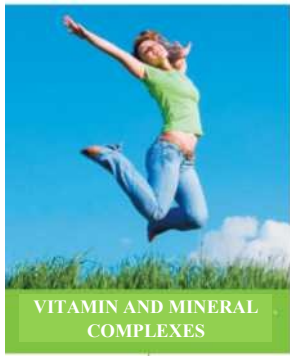


Bashkirian red-stemmed buckwheat in the fields of the company Parapharm

Content

The company's product range includes more than 100 items of solid-form products (tablets, pills, combination of herbal medicinal products) for various purposes. We are constantly working to expand the range and improve the quality of products.

Production is certified according to GOST R ISO 22000-2007 (ISO 22000:2005), GOST R ISO 9001-2015 (ISO 9001:2015)



page 6

Vitamins to stay healthy

page 20

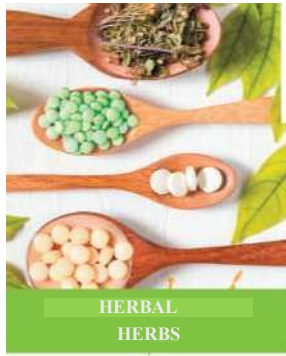
Osteoprotectors page

page 24

Vitamins to maintain tonicity

page 31

Vitamins to increase sleep quality



page 35

Roborant

page 36

Sedative

page 38

Combined effect



page 44

Kuliasova&Mamadysch

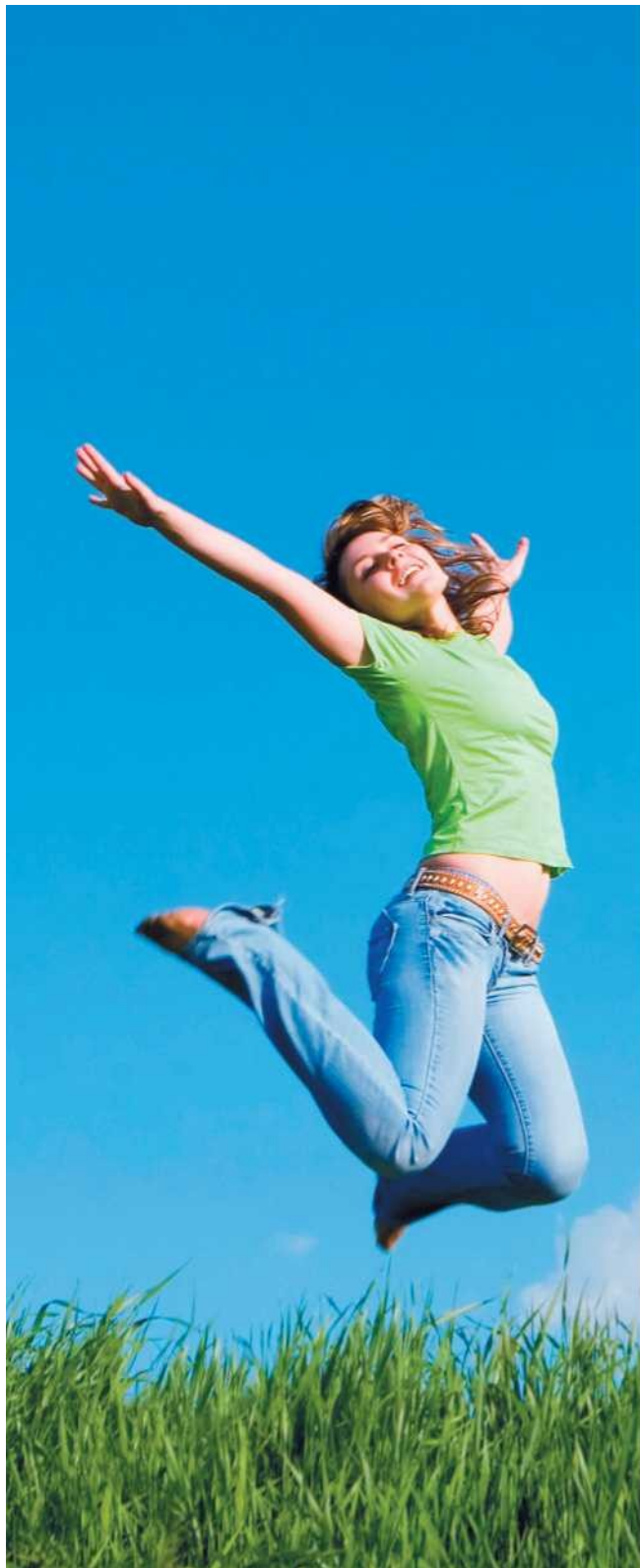
page 51

Wild herbs

PROGRAMAS ABRANGENTES DE APOIO DA SAÚDE

page 59

- Active longevity
- Secret of men's health
- Cancer Control
- The healthy heart and blood vessels
- Improve Digestion
- A Strong Immune System All Year Round
- Energy Boost For Every Day
- Strong Nerves, Healthy Sleep
- Blood Purification And Cholesterol Control
- Power. Endurance.Speed. Program For Athletes In Pre-competition Training



**Vitamin-
& Mineral
Complexes**

Vitamin & Mineral Complexes

Parapharm company has developed a series of products oriented to health maintenance and active longevity.

They are based on plant and organic components that contain the entire complex of vitamins, macro and microelements, and amino acids necessary for a person in a biologically digestible form.

HDBA organic complex is the mineral complex of which the complex is manufactured on the basis of the production of drone homogenate by Parapharm, which allows to preserve all the useful qualities of this natural product.

The composition of HDBA organic complex is unique:

- proteins (up to 41 %);
- amino acids (up to 37 %);
- organic acids (up to 38 %);
- vitamins A, D, E and B;
- enzymes (lipase, protease, phosphatase, urease, dehydrogenase, amylase, etc.);
- carbohydrates (fructose, glucose, sucrose);
- a complex of substances of the lipid fraction, including phospholipids (1,1-1,5 %);

main component of most vitamin and mineral complexes of Parapharm company. HDBA organic complex is the basis of the patented technology of production of drone homogenate by Parapharm, which allows to preserve all the useful qualities of this natural product.

- macro and microelements (magnesium, iodine, phosphorus, calcium, potassium, iron, etc.);
- hormones of bees (testosterone, estradiol, prolactin, progesterone), necessary for the construction of human hormones without the effect of hormone replacement therapy (their use is approved by WADA).

Vitamins to stay healthy

Vitamin & mineral complexes to stay healthy are a series of products which effect is focused on maintaining the health and efficiency of the basic organ systems — cardi-ovascular, endocrine, digestive, nervous, and genitourinary. Recommended for the prevention of diseases and during rehabilitation.

D I E T A R Y S U P P L E M E N T

Cardiotone®

CARDIOTONE IS THE NATURAL CARDIOPROTECTOR FOR STRENGTHENING THE CARDIOVASCULAR SYSTEM

How to properly care for your
heart and blood vessels Find
the answer on page 63

- Provides effective protection of the cardiovascular system;
- strengthens the heart muscle by improving its oxygen supply;
- stops inflammation in the myocardium;
- accelerates the regeneration of specific heart tissue with efficient stimulation of the scarring process;
- has an antiarrhythmic, cardiotonic, coronary vasodilating, hypotensive effect.

Fruits and flowers of redhaw hawthorn have a cardiotonic effect, improving the work of the myocardium, preventing its fatigue.

The mix of fruits

and flowers of hawthorn increases the cardiac-enhancing

and antiarrhythmic effect of this plant by

ten times more compared to only hawthorn fruits. Rosa

Majalis Vitamin is distinct

in a high content of vitamins C,

B2, K, P, E, provitamin A and fatty oil, the

natural formulas of which are digested better than synthetic ones.

Organic vitamin C are represented by seven forms of ascorbic acid, which are synergistic with each other.

For that reason it has more

effective results than synthetic equivalents with isolated forms. Rosa Majalis boosts

the immune system strengthens connective tissue, protects the walls of blood vessels, lowering cholesterol in the blood and is a powerful anti-sclerotic agent.

Royal jelly is rich in vitamins, enzymes, and trace elements. The component has proved itself well in rehabilitation after myocardial infarction. Decenic acids of Royal jelly saturate cardiomyocytes with nutrients and increase their viability in ischemic heart disease. In addition, Royal jelly stimulates blood formation.

Recommended:

- ■ for the prevention of cardiovascular disorders;
- ■ during the period of rehabilitation after heart surgery;
- ■ during high physical activity;
- in case of heart murmurs.

Composition:

redhaw hawthorn fruit — cryopowder — 75 mg, redhaw hawthorn flowers, and leaves (cryopowder) — 75 mg, Rosa Majalis fruit (cryopowder) — 75 mg, Royal jelly adsorbed — 30 mg. The composition of Cardiotone is patented.

Recommended dosage:

adults take 2 tablets 3 times a day with food. The best delivery method is under the tongue. Take it for 1 month. The product has a cyclical application (1 week of break). Preventive course — 2 packages. Therapeutic course — 4 packages. Cardiotone is compliant with products prescribed for CHD and hypertension treatment, and increases treatment effect.

Form release: 60 tablets in one package.



Dihydroquercetin Plus

DIHYDROQUERCETIN PLUS IS A REFERENCE BIOCOMPLEX. A BOOSTER OF ANTIOXIDANTS

It has powerful anti-inflammatory and anti-allergic qualities; strengthens blood vessels; improves blood microcirculation, prevents the development of blood clots; helps to lower your cholesterol; prevents the cancer diseases development.

Dihydroquercetin is an antioxidant. The unique substance is extracted from Siberian larch wood. As for its effect, it's rather stronger than other antioxidants by almost 11 times. The drug is enhanced with vitamins C and E, which neutralize the effects of free radicals, suppress the influence of negative environmental factors and boost elimination of toxins.



Recommended:

- to slow down the aging process;
- if you suffer from chronic coronary heart disease, angina, heart failure, heart rhythm disorders;
- during the period of rehabilitation after an ischemic stroke or heart attacks;
- in case of severe headaches, migraines, neurosis associated with spasms;
- in case of inflammatory, sclerotic, and dystrophies of eyes;
- in case of toxic substances affecting, radiation, - active and passive smoking;
- to increase the effectiveness of physical therapy and neutralize its side effects.

Composition:

dihydroquercetin-25 mg, vitamin C-10 mg, vitamin E-4 mg.

Recommended dosage:

1 tablet 2 times a day. It is better to take it in the morning.

Form release: 100 tablets in one package.

Dihydroquercetin Plus = dihydroquercetin + vitamin C + vitamin E.

Such a combination provide you with the components strengthen and prolong the action of each other without suppressing the body's own antioxidant defense and without the withdrawal state.



Thyreo-Vit®



THYREO-VIT IS A NATURAL VITAMIN-MINERAL COMPLEX, REGULATING THE THYROID GLAND AND ENDOCRINE SYSTEM

- Restores and maintains normal levels of T3 and T4 hormones;
- it has additional positive effects (boosts the immune system, prevent a number of diseases).

White cinquefoil is the only known plant that keeps the thyroid gland in balance. The white cinquefoil has roots and rootstalk which contains iodine compounds and selenium. Iodine is helpful to the T4 hormone production, and selenium is helpful to the T3 hormone formation. The latter plays ten times more important role in the human body than the T4 hormone.

Saccharina latissima is a universal source of vital micro and macronutrients. Consuming saccharina latissima, the body gets all iodine, selenium, zinc, and manganese it needs. without the risk of overdose.

Echinacea purpurea due to its unique chemical composition is a powerful antioxidant, which helps to shield our body and renew cell structures

Thanks to the natural herbal composition, "Thyro-Vit" has a mild physiological effect on the thyroid gland functioning and the entire endocrine system.

Recommended:

- for the prevention of thyroid disorders (thyrotoxicosis, hyperthyroidism, hyperplasia, hypothyroidism);
- in case of mental and physical fatigue, attention disorders, memory disorders, asthenia, stress, depression, sleep disorders;
- in case of sclerotic changes;
- for prevention and as part of complex therapy of cardiovascular diseases;
- when planning pregnancy, to reduce the probability of having children with intellectual disabilities.

Composition:

roots of White cinquefoil (cryopowder) - 50 mg, Saccharina latissima (cryopowder) - 10 mg, Echinacea purpurea (cryopowder) - 10 mg.

Recommended dosage:

3 tablets 3 times a day 20 minutes before meals or 30 minutes following meals. The duration of the therapeutic course is 6-9 months. In the case of emission pollution which has influence over the thyroid gland, it is recommended to take 2 tablets at night.

Form release: 100 tablets in one package.

TU 9197-049-41395157-10 with ed. No.1.2
SGR № RU.77.99.88.003.E. 004813. 03. 15 from 17.03.2015
Patent for invention of the Russian Federation No. 2446815



Nervovit®

NERVOVIT-COMBINED NATURAL SEDATION MEDICATION

- Reduces psychoemotional tension, aggression and conflict;
- improves social adaptation and mood;
- helps to fall asleep and normalizes sleep;
- slows down and control the rate of the heart-beat;
- has an antioxidant effect;
- has a positive effect on carbohydrate and fat - metabolism;
- reduces the level of glucose, cholesterol, lactic and pyruvic acids;
- boosts the immune system, slow down the development of atherosclerosis, protects against aging;
- cleanses the liver and detoxifies blood;
- doesn't build up a tolerance, as it does not accumulate in the body;
- does not prevent the production of androgens, does not lead to impotency;;
- during the long-term use, there was no withdrawal state and deterioration of cognitive functions.

Recommended:

- in case of increased nervous irritability and a sense of fear;
- in case of sleep disorders;
- in case of asthenia (chronic fatigue syndrome);
- in case of experiencing the chronic stress;
- when suffering from neurosis and cardioneurosis, hysteria, lack of energy, vegetative-vascular dystonia, epilepsy;
- when suffering from arrhythmia, angina, cardiosclerosis;
- for prevention of cerebral crisis and heart attack;
- in case of suffering from diseases of the liver and bile ducts ;
- to eliminate the psychological causes of impotency;
- to relieve premenstrual syndrome and normalize the psychoemotional state;
- when suffering from menopausal disorders;
- when smoking cessation or alcohol addiction.

Composition:

rootstalk with roots of Valerian (cryopowder) - 25 mg, rootstalk with roots of Greek-valerian polemonium (cryopowder) — 10 mg, motherwort extract — 10 mg, Melissa extract — 10 mg, vitamin C-8 mg.

Recommended dosage:

adults take 2-3 tablets 3 times a day. with food. Course of treatment — 14 days.
Form release: 100 tablets in one package.

TU 9361-016-41395157-07 with ed. # 1, 2
SGR № RU.77 99.88.003.E004941. 03. 15 from 20.03.2015
Patent for invention of the Russian Federation No. 2452507

10 VITAMIN & MINERAL COMPLEXES

DIETARY SUPPLEMENT

Leonurus cardiaca, provides a quick sedative effect. **Leonurus cardiaca** of Samara variety is considered to be of high-value, so it is used for the production of Nervovit.

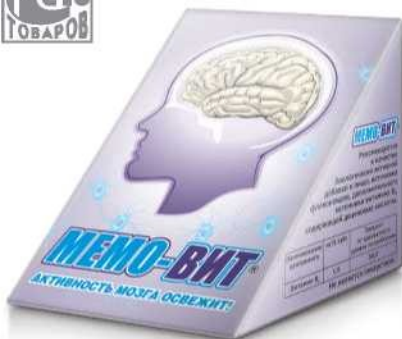
Melissa has sedative qualities and an antiphobic effect, as well as is a natural phyto-tranquilizer.

Greek-valerian polemonium is approximately 10 times more sedative than medicinal Valerian. Greek-valerian polemonium grown on Parapharm's own plantations is used for Nervovit production. Valerian medicinal of highly effective varieties e.g. Cardiol and Maun is responsible for the sedative effect of Nervovit.

The balanced composition of Nervovit provides a comprehensive approach to cure disorders of the nervous system, the consequences of stress, and maintain the beauty and youth of the patient.

Medicinal herbs are in the Nervovit composition and they complement and enhance the effects of each other. In addition, the seductive effect of medicinal herbs is enhanced by vitamin C, which neutralizes the destructive activity of free radicals formed due to stress.





Memovit®

MEMOVIT IS A NATURAL VITAMIN-MINERAL COMPLEX FOR REVITALIZING THE BRAIN

- Revitalize intellectual functioning;
- Stimulates cerebral blood circulation and provides cerebral autoregulation;
- Restores the myelin sheaths of neurolemma;
- Provides cells nourishing of the brain;
- prevents severe cerebrovascular disorders;
- has an energy-stimulating, healing and anti-age effect on the whole body;
- prevents headaches and reduces their intensity.

- **Fagopyrum esculentum**, which was gathered during the flowering period, is a source of useful flavonoids. It is especially rich in rutin, it's a substance that is extremely necessary for improving the condition of blood vessels and preventing cerebral crisis.

HDBA organic complex is a donor of entomological hormones and prohormones of testosteroids, progesterone, estradiol, as well as a source of free amino acids. It helps to restore the myelin sheath of nerve fibers and intensify intellectual functioning. It contains all the necessary nutrients for brain cells.

Rosa Majalis fruit powder source of vitamins C, B2, K, P, E, provitamin A.

Recommended:

- in case of high mental work load;
- when suffering from memory and attention problems;
- In case of age-related sclerotic changes in the brain vessels;
- for prevention and complex therapy of cardiovascular diseases, vegetative-vascular dystonia;
- when suffering from headaches, pressure spikes, mood swings;
- for weather-sensitive people;
- for strengthen and reduce penetrance of vessels walls.

Composition:

red-stemmed buckwheat plants (cryopowder) — 100 mg, Rosa Majalis fruit (cryopowder) - 100 mg, drone homogenate with vitamin B6, or HDBA organic complex-50 mg.

Recommended dosage: adults take 2 tablets 3 times a day with food. The course of treatment is 1 month. Children (3+) - depends on doctor's decision, the dose is calculated individually. The best delivery method is under the tongue. **Form release:** 60 tablets in one package.

TU 9197-049-41395157-10 with ed. No.1.
SGR № RU.77.99.88.003.E004941. 03. 15 from 20.03.2015
Patent for invention of the Russian Federation No. 2415610



Mezivit® Plus

MEZIVIT PLUS IS A NATURAL VITAMIN COMPLEX FOR THE DIGESTIVE SYSTEM RECOVERY AND METABOLIC REBALANCING.

boosts to product digestive enzymes;
has anti-inflammatory, wound-healing, bile-forming,
and choleretic effects

The roots and rootstalks of *Inula* have a significant amount (up to 44 %) of inulin and inulinin, which improve the metabolism of carbohydrates and fats, reduces the level of glucose. Inulin belongs to the group of dietary fibers, is a prebiotic. A special essential oil, which is contained only in this plant (up to 4 %), has a bactericidal effect, suppresses inflammation in the intestines.

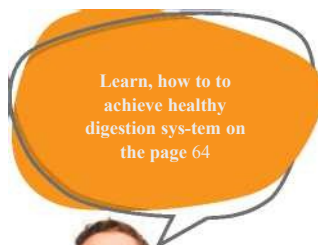


Mezivit Plus is one of the best regulators of the intestinal tract due to its unique composition and a complex of vitamins C and B6

Recommended:

to prevent and carry out the complex therapy of gastritis, pancreatitis, cholecystitis, gastric and duodenal ulcer and other diseases of the gastrointestinal tract;

when eating disorders occur;
to improve digestion processes.



Composition:

rootstalk with roots of *Inula* high (cryopowder) — 80 mg, vitamin C — 6 mg, vitamin B6-70 mcg.

Recommended dosage:

adults take 2-3 tablets 3 times a day with food. Course of treatment is 1 month.

Form release: 100 tablets in one package.



Prostaton® P

PROSTOTON P IS A PRODUCT OF NATURAL COMBINATION FOR THE PREVENTION AND COMPLEX TREATMENT OF PROSTATITIS AND BENIGN PROSTATIC HYPERPLASIA (BPH)

- It has anti-inflammatory, analgetic, and diuretic effects and restoring sexual function;
- improve normal men reproductive system functioning;
- boosts the male sex glands.

The roots of *Glycyrrhiza glabr* have mainly anti-inflammatory, antibacterial, and immunomodulatory qualities. The use of *Glycyrrhiza glabr* root helps reduce cell swelling. The herb improves the muscle tone of blood vessels and improve blood circulation. *Glycyrrhiza glabr* has a significant damaging effect on the shell of viruses.

It is a stimulant of the central mechanisms androgen receptors, which increases physical efficiency. Components of HDBA organic complex have a stimulating effect on sperm cells, provide the body with all the necessary vitamins, enzymes, amino acids.

Vitamin B₆ regulates hormonal balance, boosts immunity, improves heart function, and restores the prostate cells functioning. Effective in the treatment of infertility. It plays an important role in the energy processes occurring in sperm cells, is highly necessary in case of their decreased motility. Vitamin B₆ increases the elasticity of blood vessels, promotes better absorption of components.

HDBA organic complex restores the metabolism and nutrition of tissues, improves accelerated regeneration of bio-chemical qualities of testes and prostatic gland.

Recommended:

- for the prevention and complex therapy of prostatitis and adenoma, to restore the function of the prostatic gland;
- to increase the testosterone level.

Composition:

Glycyrrhiza glabr roots (cryopowder) - 250 mg, drone homogenate with vitamin B₆, or HDBA organic complex-100 mg, vitamin B₆-0.45 mg.

Recommended dosage:

adults take 1 tablet daily with food.

Take it for 1 month.

Form release: 60 tablets in one package.

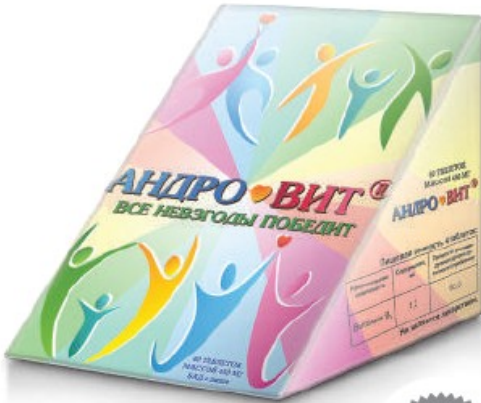
TU 9197-069-41395157-15

SGR NO. RU77. 99. 88. 003.E007621. 07. 15 from 14.07.2015 Patent for invention of the Russian Federation No. 2423142

Androvit

ANDROVIT IS A VITAMIN AND MINERAL COMPLEX THAT HELPS TO INCREASE FERTILITY

- Helps to increase the level of androgens;
- has a positive effect on the biological age of women as well as men;
- restores the endocrine profile and sexual activity.



HDBA organic complex is a unique component that helps restore the metabolism and nutrition of tissues, accelerated recovery of the biochemical and dimension qualities of the testes and prostatic gland. It is a stimulant of the central mechanisms androgen receptors, and increases physical efficiency.

The amino acids included in its composition improve normal men reproductive system functioning, improving the quality of sperm cells and their efficiency.

Vitamin B₆(pyridoxine hydrochloride)

regulates hormonal balance, boosts immunity, improves heart function, and restores the prostate cells functioning. It is necessary in case of decreased motility of sperm cells.

Recommended:

- when planning a pregnancy for both partners;
- in case of erectile dysfunction;
- in case of an age-related decrease in testosterone levels;
- for the prevention of pathological processes that reduce the level of testosterone and lead to erectile dysfunction;
- in the menopausal period (with weakness, rapid fatigue, reduced physical activity and libido).

Composition:

drone-brood homogenate with vitamin B₆, or HDBA organic complex-400 mg, vitamin B₆-0.3 mg.

Recommended dosage:

adults take 2 tablets 2 times a day with food. Take it for 1 month. The best delivery method is under the tongue.

Form release: 60 tablets in one package.

TU 9197-073-41395157-15

CGY № RU.77.99.88.003.E.008000.07.15 from 22.07.2015 Patent for invention of the Russian Federation No. 2577225



Erektion

ERECTON IS A VITAMIN AND MINERAL COMPLEX THAT IMPROVES THE MALE SEXUAL FUNCTION, LONGED ACTING

- It helps to improve erectile function, increase the testosterone level and control the hormonal balance;
- keep the work of the male reproductive system in balance by stimulating the sexual glands;
- helps to improve the quality and increase the amount of sperm, the fertilizing capacity and reduce symptoms of prostatic enlargement;
- restores sexual activity.

Flower pollen (bee pollen) is a natural component consisting of proteins, all essential amino acids, carbohydrates, lipids, macro and microelements (potassium, calcium, phosphorus, iron, magnesium, manganese, chromium, zinc, iodine, etc.), vitamins C, D, E, K, P (flavonoids), of B-group, provitamin A (carotenoids). It helps to strengthen male potency and reduce symptoms of prostatic enlargement. **Rosa Majalis fruit** is a source of vitamins C, B2, K, P, E, and provitamin A. The fruits of Rosa Majalis improve redox processes, increase the body's resistance to harmful environmental influences, infections and other adverse factors.

Magnesium carbonate improves energy production, has a positive effect on the anabolic hormonal status, and is necessary to maintain high testosterone levels in men.

HDBA organic complex (drone homogenate) improves the metabolism and nourishes tissues, contributes to safe

increasing the level of endogenous testosterone, accelerated recovery of the biochemical of tissues, accelerated recovery of the biochemical and dimension qualities of the testes and prostatic gland, stimulating the central mechanisms of androgen receptors. Helps in restoring sexual function.

Vitamin C (ascorbic acid) is involved in the testosterone synthesis of , contributes to the production of healthy sperm, and increases resistance to diseases.

Vitamin E (a-tocopherol acetate) improves sexual function, has a positive effect on the endocrine profile, prevents damage of sperm cells, accelerates the healing of damaged cell structures, increases the motility and viability of sperm cells.

Vitamin B₉ (folic acid) is involved in the formation of the sperm structure, controls their motility and functionality, increases the volume of efficient sperm cells and the chances of impregnation.

Recommended:

- in case of erectile dysfunction;
- in case of asthenia (fatigue, exhaustion);
- in the complex therapy of sexual disorders;
- to prevent problems with the reproductive system and improve the quality of sexual relations;
- in adulthood with reduced sexual activity;
- when suffering from impotence due to stress.

TU 9197-054-41395157-11 with ed. No.1.

SGR № RU.77.99.88.003.E.004934.03.15 from 20.03.2015

Patent for invention of the Russian Federation No. 2414229

Composition:

flower pollen, or bee pollen-100 mg, Rosa Majalis fruit-70 mg, magnesium carbonate-70 mg, drone-brood homogenate with vitamin B6, or HDBA organic complex-50 mg, vitamin C-25 mg, vitamin E-5 mg, vitamin B₉-0.08 mg.

Recommended dosage:

adults take 1 tablet 3 times a day with food. The course of treatment is 1 month. If necessary, repeat the course of treatment. The best delivery method is under the tongue.

Form release: 60 tablets in one package.

16 VITAMIN & MINERAL COMPLEXES



Comprehensive approach to men's health preserving follow the page 61

Eromax

EROMAX-NATURAL VITAMIN AND MINERAL COMPLEX— FOR IMPROVING THE QUALITY OF SEXUAL LIFE

- It helps to improve erectile function, restore the endocrine profile (increase the testos-terone level);
- increases libido in men and women,
- increasing overall satisfaction with sexual relations;
- takes a positive effect on the biological age of women and men;
- it helps to convert fat into testosterone.

Recommended:

- in case of suffering from erectile dysfunction of various origins;
- ■ in case of a decreasing or loss of libido— (sexual desire) and low sexual activity
- ■ in case of an age-related decrease in testos-terone levels—;
- ■ for the prevention of pathological processes that reduce the level of testos-terone and lead to erec-tile dysfunction;
- ■ in case of vegetative vascular disorders;
- ■ in the menopausal period (with weakness, rapid fatigue, reduced physical ac-tivity and libido).
- when planning a pregnancy for both partners;

Composition:

L-arginine-150 mg, drone homogenate with vitamin B 6, or HDBA organic complex-50 mg, flower pollen, or bee pollen-50 mg, Epimedium leaf and stem extract-50 mg, —ginseng roots (cryopowder) - 45 mg, rhizomes with leuzeae roots (cryopowder) — 25 mg, zinc citrate — 4.5 mg, vitamin— B 6-0.3 mg.

Recommended dosage: adults take 3 tablets 2 times a day in the morning with food. The course of treatment— is 2-3 weeks. If necessary, you can repeat the course—.

Form release: 60 tablets in one package.

28-day course of Ero max showed a significant increase of testosterone by 45 %, —increasing of erection by 31 %, increase in libido, 43 %, and stabilization of vascular system, increase endurance and strength, improving emotional state by reducing anxie-ty syndrome,— reducing —body fat waist by 3 cm. Such results are impossible when taking other medications*.

TU 9197-058-41395157-12 with ed. No.1.
SGR NO. RU777.9932.003E.004460.03:15 from 04.03.2015
Patent for invention of the Russian Federation No. 2496491, No.

E. Petrova. V.Vakina, T. N., Burmistrova L. A. Sexual dysfunc-tions in anxiety and depressive disorders // Attending doctor. 2014. No. 5. pages. 108-111.

L-arginine has a stimulating effect on the sexual system: increases the formation of seminal fluid, as well as the strength and blood filling to the genitals, stimulates potency and sexual activity.

HDDBA organic complex improves the metabolism and nutrition of tissues, helps to restore sexual function of men and increase sexual desire of women.

Flower pollen (bees' pollen) is the male germ cells of plants processed with bee enzymes. They improve male potency and reduce symptoms of prostatic enlargement.

Epimedium extract acts as a testosterone increases sexual desire and endurance.

Ginseng root has a biostimulating and the toning effect.

Low doses of ginseng are not toxic and improves the estrogens production, which increase the sensitivity of cells to testosterone. Active substances of ginseng improve prostate function and sexual activity.

Leuzea root has a tonic and stimulating effect, improves the blood rheological properties (blood becomes less viscous).

Zinc citrate has a significant immune-enhancing effect, is a building material for testosterone, increases the activity of sperm cells, contributes to the proper functioning of the male sex glands, and reduces the risk of prostatic hyperplasia (BPH).

Vitamin B6 regulates hormonal balance, boosts immunity, improves heart function, and restores the prostate cells functioning. Effective in the treatment of infertility. It plays an important role in the energy processes occurring in sperm cells, is highly necessary in case of their decreased motility.



Femoklim®

FEMOKLIM IS A NATURAL NON HORMONAL REMEDY FOR RELIEVING MENOPAUSAL SYMPTOMS

- Helps to deal with the hot flash;
- helps to compensate for estrogen and testosterone deficiency;
- helps to reduce the increased fatigue in menopause;
- supports the psychoemotional state;
- reduces the risk of rapid weight gain.

of menopausal disorders

The roots of Glycyrrhiza glabr regulate water-salt metabolism, improve metabolism, improve the cardiovascular system, reduce the level of cholesterol in the blood, regulate the hormonal balance, increasing the level of estrogens.

Salvia officinalis leaves regulate the level of estrogens, have a temperature-controlled effect, treat hyperhidrosis and hot flashes. Saponins as an agent of the herb regulate blood circulation, reducing dizziness, carotene, and strengthen the blood vessels walls.

Pyridoxine hydrochloride (vitamin B6) takes part in the synthesis of female sex hormones, helps to absorb the magnesium from the gastrointestinal tract, and transport it to cells, prevents the violation of calcium metabolism, helps to retain calcium in newly formed bone cells, which is important during menopause.

β-alanine is an amino acid that regulates the menopausal symptoms of vegetative character. Protects proteins and cells from degradation and aging. Reduces the frequency of hot flashes, undue fatigability.

The adsorbed drone homogenate (HDBA organic complex) provides the woman body with useful substances, keeps the normal level of androgens and estrogens, which is extremely important for maintaining the hormonal balance during menopause.

Glycine is an essential amino acid that maintains a normal psychoemotional state, improves metabolic processes in brain tissues, and has a sedative and antidepressant effect.

Red clover herb is used in non-hormonal therapy of metabolic syndrome, women menopausal disorders. Phytoestrogens as a part of composition reduce the risk of malignant tumors.

Red clover isoflavones reduce the significance

Recommended:

- to relieve the symptoms of menopause;
- to reduce the frequency and strength of hot flashes
- to improve the quality of life during menopause.

Composition:

β-alanine-170 mg, The adsorbed drone homogenate, or HDBA organic complex-100 mg, glycine-90 mg, red clover herb (cryopowder) - 25 mg, the roots of glycyrrhiza glabr (cryopowder) — 25 mg, salvia officinalis leaves (cryopowder) — 25 mg, vitamin B₆-0.2 mg.

Recommended dosage: take 2 tablets 2 times a day with food. Take it for 1 month. If necessary, you can repeat the course.

Form release: packaging of 60 and 120 tablets.

TU 10.89.19-089-41395157-2018
SRCNo. KZ.16.01.98.003.E. 000651. 07. 19 from 31.07.2019
Patent for invention of the Russian Federation No. 2577225

VITAMIN & MINERAL COMPLEXES 19

Osteoprotectors of new generation

VITAMIN AND MINERAL COMPLEXES FOR MAINTAINING BONE HEALTH

Human bone tissue is subject to stress throughout life. And the special support and protection is necessary. The most common diseases of the bone and joint system are arthritis, arthrosis, osteochondrosis, and osteoporosis. At the same time, in terms of mortality from the consequences of pathology, osteoporosis has been ranked 4th in the world after cardiovascular diseases, cancer and diabetes.

The effect of our products for the osteoporosis treatment is aimed either at suppressing resorption or at stimulating of bone formation. Their use is complicated by side effects: there is a high risk of hypercalcemia developing (kidney stones, vascular calcification) and cancer. Parapharm offers a safe alternative.

The effect of Parapharm osteoprotectors is based on the following approaches:

- the body does not need to be saturated with calcium, but it needs to be absorbed by the bone tissue;
- the body need for additional calcium is individual and depends on the physiological characteristics of the body and its environment;
- the hormone balance plays an important role in the absorption of calcium by the bone and increasing the density of bone tissue; testosterone is especially important in the formation of new bone cells.

The products line Osteomed has a unique composition, which is based on HDBA organic complex—a source of vitamins, minerals, proteins, amino acids and prohormones necessary for the formation of new bone cells and regulation of calcium-phosphorus metabolism.

As additional components there can be:

- Calcium citrate is the most bioavailable and safe form of the mineral, which is absorbed by 44 %. Calcium carbonate has 2.5 times absorption less. In addition, when taking calcium citrate, the risk of gastrointestinal disorders is reduced, and unlike other forms of calcium, it does not lower the level of acidity. The criteria of safety and maximum assimilation by the body, was the main criteria to select the dosage of calcium citrate in Parapharma osteoprotectors. Therefore, the risk of hypercalcemia, heart attack, the cerebral crisis is reduced as well as when taking widely known high-dose calcium medications developing other diseases.
- Vitamin D₃ contributes to the absorption and retention of calcium in the bones and slows its excretion in the urine; helps maintain bone strength.
- Vitamin B₆ is necessary for the collagen production ; it prevents the violation of calcium metabolism and helps to retain calcium in the bone tissue; it prevents stone formation in the kidney pelvis, takes part in the synthesis of female sex hormones.

[Learn more at osteomed.su](http://osteomed.su)

Osteomed®

"OSTEOMED" IS A VITAMIN AND MINERAL COMPLEX FOR RESTORING AND PRESERVING THE BEAUTY AND YOUTH OF THE SKIN, HAIR, NAILS, TEETH, AND IT MAINTAINES THE HEALTH OF THE BONE SYSTEM

- It is an additional source of calcium;
- strengthens the structure of hair and nails, accelerates their growth;
- promotes the dental health;
- promotes the production of collagen, improving the condition of the skin and prevents the first wrinkles appearance
- helps maintain healthy bone tissue.

Osteomed was included in the register of the Federal State Budgetary Institution Federal Institute of Industrial Property (FIPS), 100 Best Inventions Of Russia, highly appreciated by SKOLKOVO international experts. The Parapharm company is a prize-winner of Golden Jack, Golden Mercury, medals and diplomas of the Russian President For Its Great contribution to the preparation and holding of the XXII Olympic winter games, and the XI Paralympic Winter Games in Sochi, also has got a mark of excellent quality in the all-Russian program which is called 100 Best Goods Of Russia.

Recommended:

- when loss of elasticity and brittle hair and nails, when the symptoms of baldness are observed;
- for the prevention and correction of osteopenia and related diseases (e.g. arthritis, arthrosis, osteochondrosis, periodontal disease).

Composition:

calcium citrate-200 mg, drone-in-brood homogenate with vitamin B₆, or HDBA organic complex-100 mg.

Recommended dosage:

adults take 2 tablets 3 times a day or 1 tablet in the morning, 2 in the afternoon and 3 in the evening with food.

Course treatment is at least 1 month. If it is necessary, repeat the course with a break of 5-10 days (a pause is required for full assimilation of the components). The best delivery method is under the tongue.

Form release: 60 tablets in one package.

TU 9197-051-41395157-10 with ed. No.1.

SGR NO. RURU/7 99.32.003.1:000749.01.15 from 22.01.2015

Patent for invention of the Russian Federation No. 2412616, No. 2549461

No. 2585111

Osteomed®Forte

OSTEOMED FORTE IS AN INNOVATIVE VITAMIN AND MINERAL COMPLEX THAT HELPS RESTORE AND RECRUIT BONE TISSUE

- Improves the regulation of calcium-phosphorus metabolism, which has a positive effect on the state of the bone system;
- promotes safe regulation of the endocrine profile (especially important during menopause and postmenopause), which is necessary to restore the structure of bone tissue, increase its density;
- suppresses the destruction of bone cells, promotes bone formation;
- promotes the production of collagen.

Osteomed Forte was included in the register of successful inventions made by the Federal State Budgetary Institution Federal Institute of Industrial Property (FIPS), 100 Best Inventions Of Russia, highly rated by international experts of SKOLKOVO. The Parapharm company is a prize-winner of Golden Jack, Golden Mercury, medals and diplomas of the Russian President For Its Great Contribution To The Preparation And Holding Of The XXII Olympic winter games, and the XI Paralympic Winter Games in Sochi, also has got a mark of excellent quality in the all-Russian program which is called 100 Best Goods Of Russia.



Recommended:

- as an additional source of calcium, vitamins D3 and B₆;
- for prevention of osteopenia and osteoporosis ;
- in the complex therapy of osteoporosis and related diseases (arthritis, arthrosis, osteochondrosis, periodontitis);
- for accelerating of fracture healing during the recovery period;
- in case of postmenopausal to maintain hormonal balance;
- to strengthen muscle tissue.

Composition:

calcium citrate-250 mg, vitamin B₆-0.5 mg, vitamin D3-150 IU, drone homogenate with vitamin B₆, or HDBA organic complex-50 mg.

Recommended dosage: adults take 2 tablets 2 times a day. As preventive measures: 2 tablets in the evening. The course of treatment-6 months (with a 5-10-day break after each month of treatment for full assimilation of all components of the remedy). The best delivery method is under the tongue.

Form release: packaging of 60 and 120 tablets.

TU 9197-060-41395157-12 with ed. No.1.

CGY № RU.77.99.32.003E.000748.01.15 from on 22.01.2015

Patent for invention of the Russian Federation No. 2498811

22 VITAMIN & MINERAL COMPLEXES



Osteovit was given the high rate by SKOLKOVO international experts and was awarded a gold medal at the Peterfood 2018 International exhibition as a vitamin for the bone system with an immunomodulatory effect in the category Innovative Component. The Parapharm company is a prize-winner of Golden Jack, Golden Mercury, medals and diplomas of the Russian President For Its Great Contribution To The Preparation And Holding Of the XXII Olympic winter games, and the XI Paralympic Winter Games in Sochi, also has got a mark of excellent quality in the all-Russian program which is called 100 Best Goods Of Russia.



Recommended:

- in complex therapy and for the prevention of conditions associated with vitamin D3 and B6 deficiency;
- in complex therapy and for the prevention of flue and ARB infections;
- for people taking antibiotics to restore bone tissue;
- for women taking birth control pills to strengthen their bones;
- to reduce the effects of corticosteroids;
- in case of suffering from skin diseases (psoriasis, eczema);
- to maintain the health of the bones of people who lack sunlight, including those who living in Northern latitudes;

TU 9197-059-41395157-12 with ed. No.1.

SGR NO. RU7799.TI.003.E000866.01.15 from 23.01.2015

Patent for the invention of the Russian Federation No. 2497533, No. 2564111

Osteovit® D₃

OSTEOVIT D₃ IS A NEW GENERATION OF VITAMINS FOR STRENGTHENING BONES AND INCREASING IMMUNITY IN CASES OF LACK OF SUN AND DURING INFLUENZA AND ARVI EPIDEMICS. IT IS AN ADDITIONAL SOURCE OF VITAMINS D₃ AND B₆.

- Promotes the absorption of calcium from calcium-containing remedies and products;
- helps strength bone tissue during growth and heavy physical activity;
- helps accelerate of fracture healing after fractures and other injuries;
- provides immune support during periods influenza and ARVI infections and lack of sunlight;
- reduces the risk of hypercalcemia (a danger from the high level of calcium in the blood), promotes the removal of calcium from blood vessels and soft tissues;
- increases the body's resistance to viruses and infections.
- Learn how to keep your mus-culoskeletal system healthy for years to come,
- on the page 60

- when there is a lack of sex hormones (post-menopause, elderly age, etc.);
- for the prevention of rickets and during active growth (children over 3 years old).

Composition:

drone-brood homogenate with vitamin B₆, or HDBA organic complex-100 mg, vitamin D3-300 IU, vitamin B6-0.8 mg. **Recommended dosage:**

adults take 1 tablet 2 times a day (morning and evening). Course treatment is at least 1 month. If it is necessary, repeat the course with a break of 5-10 days (a pause is obligatory). Children (3+) - depends on doctor's decision, the dose is calculated individually. The best delivery method is under the tongue.

Form release: 60 tablets in one package.

Vitamins to maintain tonicity

VITAMIN & MINERAL COMPLEXES BASED ON HERBS AND ORGANIC INGREDIENTS TO RESTORE AND IMPROVE THE EFFICIENCY OF THE BODY

The fast pace of modern life requires a lot of energy, and quite often we don't have it. How can you manage to do everything? Where can you find the energy for your family, work, and outdoor activities? The Parafarm company produces a series of products, which is aimed at maintaining and raising the vitality. They are made of natural components taking into account the needs of athletes and people living in the fast changing modern world.

The efficiency of Elton P and Leveton P has been confirmed by the all-Russian Research Institute For Physical Culture And Sports (Moscow). These products are successfully used for training athletes of the Russian Olympic team who are engaged in track and field and heavy athletics such as runners, swimmers, putters, etc. The research has been conducting over 10 years on elite athletes engaged in cyclic and speed and strength sports. The results have shown that these products **increased performance efficiency and** .

fast body recovering after exercises, which significantly improved the body's adaptation to physical activity, and boosted the immune system.

According to research, these products have an immunomodulatory effect, impact on metabolic processes, and increase the adaptive capabilities of the human body in extreme situations. Recommended for use in sports and military medicine, with extreme and increased physical activity.

[Learn more at leveton.su](http://leveton.su)



Leveton P is a choice of the Olympic team it is protected by Eurasian and European patents, patents of the USA, China, and Ukraine.

Parapharm company is the winner of the Golden Jack in the Business Success and Golden Mercury contests in The Best Innovative Enterprise of the Penza region nomination awarded by Chamber of Commerce and Industry of the Russian Federation; a medal winner and a presidential certificate holder For its Great contribution to the preparation and holding of the XXII Olympic winter games, and the XI Paralympic Winter Games in Sochi, the holder of the Excellent Quality Seal of the all-Russian program 100 Best Goods Of Russia.

Leveton P®

LEVETON P IS A NATURAL VITAMIN AND MINERAL COMPLEX THAT HELPS THE BODY ADAPT TO INCREASED PHYSICAL AND MENTAL STRESS

- Tones the central nervous system;
- regulate the functions of the endocrine system;
- increases the stress-resistance;
- supports the immune system;
- eliminates erectile dysfunction caused by overworked and overtrained;
- it helps to burn fat deposits during active physical activity (from 1 to 3 cm of the waist size per month) and gain muscle mass (from 1 to 3 kg per month);
- it is used as an additional source of ecdysterone, inulin, vitamins, minerals, proteins, and amino acids;
- helps to increase the level of testosterone and strength index along with physical activity;
- increases the effectiveness of BCAA, creatine, protein by intensifying the processes of protein synthesis in the muscles by the co-use.

Leveton P eliminates erectile dysfunction - caused by overworking and overtraining conditions, according to research by the Institute of Psychiatry, Ministry of Health of Russia Russian Federation. Department of Sexopathology.

Recommended:

- in a period of intense physical activity and regular exercise;
- in case of immunity and efficiency reduced, as well as a feeling of constant fatigue;
- in case of fatigue, frequent headaches and stress;
- when seasonal vitamin deficiency and the limitation of nutrient materials.

Composition:

the roots of Rhaponticum carthamoides (cryopowder) - 50 mg, flower pollen, or bee pollen-100 mg, vitamin C-30 mg, vitamin E-3 mg.

Recommended dosage:

adults take 1 tablet 2 times a day with meals in the morning. The course of treatment is 3-4 weeks. The best delivery method is under the tongue.

Form release: packaging of 60 and 300 tablets. (Black package is possible.)

Rhaponticum carthamoides has a general tonic effect, increases the body's resistance to adverse factors and physical activity. Improves sexual function and metabolism, stimulates the production of the hormones.

Bees pollen includes 20 essential and non-essential amino acids, 28 macro and microelements, and contains a lot of potassium, iron, copper, cobalt, calcium, phosphorus, chlorine, magnesium, zinc, chromium, vanadium, manganese and selenium. Helps to recover after physical activity. slows down the aging process.

Vitamin C is involved in the production of most hormones (e.g. epinephrine, serotonin, testosterone, and estrogens), strengthens the body's defense system, and promotes the production of collagen.

Vitamin E helps to cleanse and rejuvenate the body, reduces blood clotting, thereby preventing clogging of blood vessels, improves blood circulation in tissues and organs, tones the muscles, eliminates spasms, accelerates muscle regeneration.



Elton P®

ELTON P IS A NATURAL VITAMIN AND MINERAL COMPLEX

OF AN ADJUSTED EFFECT

- Helps the body to adapt to physical and mental stress;
- increases the functional activity of the reproductive system;
- improves the regulation of redox processes in the body;
- improves visual acuity and hearing;
- has a tonic and stimulating effect;
- helps to increase the speed of reactions;
- increases the body's resistance to infections and aggressive factors of the environment (temperature change, radiation, intoxication);

. Helps to recover after physical activity.

. Slows down the aging process.

Vitamin C is involved in the production of most hormones

(e.g. epinephrine, serotonin, testosterone and estrogens), strengthens the body's protective system, and improves the production of collagen.

Vitamin E helps to cleanse and rejuvenate the body, reduces blood clotting, in doing so prevents clogging of blood vessels, improves blood circulation in tissues and organs, tones the muscles, eliminates spasms, accelerates muscle regeneration.

Eleutherococcus root contains lignan glycosides (eleutherosides A, B, C, D, E), essential oils, flavonoids, resins, and the alkaloid aralin. Activates the central nervous system, increases motor activity. It stimulates mental working ability, visual acuity, adaptive capabilities of the body in extreme situations, and helps with stress.

Bees pollen includes 20 essential and non-essential amino acids, 28 macro and microelements, and contains a lot of potassium, iron, copper, cobalt, calcium, phosphorus, chlorine, magnesium, zinc, chromium, vanadium, manganese and selenium.

Recommended:

- in case of asthenia (chronic fatigue syndrome);
- for such types of work activity that require long-term concentration;
- with arterial hypotension;
- during periods of rehabilitation after severe and long-term diseases;
- for erectile dysfunction and decreased libido as a result of overstress and overtraining;
- during training activities that require endurance and the ability to develop high speed;
- for recovery after intense physical activity;

TU 9197-017-41395157-06 with ed. No.1.2

SGR № RU.77.99.88.003.E.004942.03.15 from 20.03.2015

- in case of hypovitaminosis;
- to speed up wound healing after surgery.

Composition:

the roots of *Eleutherococcus senticosus* (cryopowder) - 50 mg, flower pollen, or bee pollen-100 mg, vitamin C-30 mg, vitamin E-3 mg.

Recommended dosage: adults take 1 tablets 2 times a day in the morning with food. The course of treatment is 3-4 weeks. The best delivery method is under the tongue. **Form release:** packaging of 60 and 300 tablets. (Black cans are possible.)



Leveton Forte

LEVETON FORTE IS NATURAL VITAMINS TO INCREASE ENDURANCE AND PERFORMANCE, EFFICIENCY AND IS A SOURCE OF ENERGY, HEALTHY AND POWER

Leveton Forte operates has three specific effects:

- 1) the anabolic effect, such components as rhaponticum carthamoides, and bee pollen are responsible for it;
- 2) androgen action, that is, an increase of the testosterone level, due to the unique HDBA organic complex, which is part of the product;

3) anti-catabolic effect, that is, the suppression of protein destruction processes, thanks to vitamins C and E.

Due to the natural composition, Leveton Forte does not have the side effects that are typical for anabolic steroids (impotence, severe changes in the Central nervous system).

At the moment, Leveton Forte is the best anti-doping agent in the world due to its anabolizing effect and maintaining the testosterone level in the body. Anti-doping certificate No. S047S of the Russian Anti-Doping Center.

Recommended:

- those who are actively engaged in sports;
- people who prefer a physically active lifestyle.

Composition:

rhizomes with the roots of Rhaponticum carthamoides (cryopowder) - 50 mg, drone homogenate with vitamin B6, or HDBA organic complex-50 mg, flower pollen, or bee pollen-100 mg, vitamin C-30 mg, vitamin E-3 mg.

Recommended dosage:

- for athletes: 2 tablets 3 times a day half an hour before meals;
- for people with an active lifestyle: 1 tablets 3 times a day half an hour before meals;

The best delivery method is under the tongue. Course of treatment — 20 days. After a half-month break, you can resume the treatment.

Form release: packaging of 60 tablets. (Black cans are possible.)

TU 9197-050-41395157-10 with ed. No.1.
CGY № RU.77 99.29.003E.003287.02.15 from 13.02.2015 g
Patent for invention of the Russian Federation No. 2390270

Elton Forte

ELTON FORTE IS THE NATURAL VITAMIN COMPLEX FOR INCREASING PHYSICAL ENDURANCE AND IMPROVING SPORTS RESULTS

- It has a stimulating effect on the nervous system;
- increases the adaptive capabilities of the body;
- it is a source of natural carbohydrates, which are necessary for energy restoration, and a source of amino acids, which are structural components of proteins that ensure muscle growth.

Due to the natural components, Elton Forte does not have the side effects that are typical for anabolic steroids (e.g. impotence, severe changes in the entral nervous system).

Recommended:

- for people who prefer a physically active lifestyle.
- for professional athletes aimed at improving sports results, increasing endurance and speed factors

Composition:

rootstalk with roots of Eleutherococcus senticosus (cryopowder) - 50 mg, vitamin C-30 mg, vitamin E-3 mg, L-carnosine-70 mg, Royal jelly-50 mg, pollen flower, or bee pollen-100 mg.

Recommended dosage:

2 tablets 3 times a day with food. The last take of the product should be no later than 18.00. The best delivery method is under the tongue. Course treatment — 1 month, after a 30-day break, the treatment can be repeated.

Form release: packaging of 60 tablets. (Black cans are possible.)

TU 9197-041-41395157-09 with ed. No.1.2
SGR № RU.77.99.88.003.E.004934.03.15 from 20.03.2015
Patent for invention of the Russian Federation No. 2376888



Apitone® P

APITONE P IS NATURAL VITAMIN AND MINERAL COMPLEX WITH ANTIOXIDANT ACTION

- It has a complex healing effect;
- contains essential vitamins and minerals in a bioavailable form;
- boosts immunity.
-
-
- How to get the maximum result
- in the pre-contest
- period?
- Follow the page 69

Recommended:

- with increased mental and physical activity;
- to improve memory, attention, perception, and body tone;
- in asthenic, immune deficiency, anemia and hypovitaminosis;
- for preventing chronic fatigue syndrome;
- to reduce the possible ischemic stroke, heart attack, and angina;
- in case of sexual disorders in men, for the prevention of prostate adenoma.

Composition:

flower pollen, or bee pollen-200 mg, vitamin C-30 mg, dihydroquercetin-10 mg, vitamin E-5 mg, Royal jelly-1 mg.

Recommended dosage:

adults take 1-3 tablets 2 times a day in the morning with food. The number of tablets varies depending on the reason for taking them. Course of treatment: 3-4 weeks. If necessary, you can repeat the course. Preventive course — 2 packages. Curative course — 4 packages. The best delivery method is under the tongue.

Form release: 60 tablets in one package.

TU 9197-024-41395157-08 with ed. No. 1, 2
SGR № RU.77.99.88.003.E.004318.03.15 from 02.03.2015
Patent for invention of the Russian Federation No. 2414231



Vitamins to increase sleep quality

Evening series of products

Life in modern metropolitan city is full of stress. Many citizens complain of anxiety, irritability, and unreasonable fears. Failure to relax leads to insomnia. Prolonged stress can cause the chronic insomnia, and this is already dangerous for health! Psychotherapists recommend herbal medicine, because it has gentle effects and efficient results. Natural remedies improve the asleep onset and make it deeper.

Evening series products are based on valerian, the effects of which are enhanced by other medicinal herbs, have a prolonged mild sedative effect for increased nervous excitability and sleep disorders.

The use of whole medicinal herbs in production that have been cryogenically processed, makes the products more effective compared to their analogues and reduces the risk of addiction.

Recommended:

- in case of increased nervous excitability;
- in case of suffering from insomnia;
- for cardiac neuroses;
- for hypertension;
- to eliminate violations of circadian rhythms;
- as a part of complex therapy and for the prevention of diseases of the thyroid gland, gastrointestinal tract, hypertension, strokes, etc.

[Learn more at secret-dolgolet.ru](http://secret-dolgolet.ru)



Evening Valerian + Hops + Mint

Composition:

rootstalks with roots of Valerian medicinal (cryopoder) — 35 mg, hop (cryopowder) — 6 mg, mint leaves (cryopowder) - 6 mg.

Recommended dosage:

adults take 4 tablets 3 times a day with food. The duration of treatment is 4 weeks.

Form release:

packaging of 50, 60, 100, 120 pills.

TU 9197-054-41395157-11 with ed. No.1.
SGR № RU.77.99.32.003.E.000930.01.15 from 26.01.2015



Evening Plus Valerian + Motherwort

Composition:

rootstalk with roots of Valerian medicinal (cryopowder) - 25 mg, cardiac motherwort herbs (cryopowder) - 25 mg.

Recommended dosage:

adults take 4 tablets 3 times a day with food. Duration of treatment is 4 weeks.

Form release:

packaging of 50, 60, 100, 120 pills.

TU 9197-057-41395157-11 with ed. No.1.
SGR № RU.77.99.32.003.E.001032.01.15 from 26.01.2015



Evening Forte

Composition:

rootstalks with roots of Valerian medicinal (cryopowder) - 55 mg, hop (cryopowder) — 5 mg, mint leaves (cryopowder) — 5 mg, grass of Melissa medicinal (cryopowder) - 5 mg.

Recommended dosage:

adults take 2 tablets 3 times a day with food. Duration of treatment is 2 weeks.

Form release:

60 tablets in one package.

TU 9197-031-41395157-2009 with ed. No.1.2
SGR № RU.77.99.88.003.E.004925.03.15 from 20.03.2015



Tableted Herbals

Tableted herbs Secrets Of Longevity®

Each plant is a unique set of useful qualities that are determined by its habitat, growing conditions, harvesting and storage. The healing effects of herbs have been known since ancient times. And modern medicine actively addresses them due to the low risk of intoxication and the gentle effect.

Unfortunately, most remedies are based on extracts, i.e. extracts from medicinal herbs. Such remedies have only selectively useful qualities of the herb, which significantly reduces the effect. Brew with herbs are not always convenient to use and also do not preserve all bioactive substances.

Cryosurgery is breakthrough technology of cold processing of medicinal herbs.

It allows us to use a whole plant without losing its useful properties in a convenient tablet form. The cryosurgery technology adopted by Parapharm makes possible to preserve the properties of medicinal herbs that were not used previously due to technological inaccessibility. The whole plant provides a complex effect on the body and does not have the toxic effects which is common for many extracts.

Calendula of Kalta varieties in the fields of the Parafarm company

TONIC TABLETED HERBS

How to get energy for every day and keep up with every-thing?

Answer on page 66

Eleutherococcus P

ELEUTEROCOCCUS P IS A NATURAL TONIC AND IMMUNOSTIMULATING REMEDY

It is recommended for improving mental and physical performance efficiency, boosts the immune system, promotes acclimatization when traveling, prevents from colds, rehabilitation in the postoperative period.

Composition:
rootstalk with roots of Eleutherococcus (cryopowder) - 70 mg, vitamin C-10 mg.

Recommended dosage:

adults take 1- 2 tablets 2 times a day with food. The course of treatment is 2-3 weeks. Adults take 2 tablets 2 times a day with food. Duration of treatment is 4 weeks.

Form release: 100 tablets in one package (without sugar), 50 pills in one package (contain sugar).

Rhaponticum P

RHAPONTICUM P IS A NATURAL DRUG THAT INCREASES MENTAL AND PHYSICAL PERFORMANCE EFFICIENCY

It is recommended to boost the immune system, recover the body and adapt it to physical activity. The product together with physical activity helps to gain muscle mass.

Composition:

rootstalk with roots of Eleutherococcus (cryopowder) - 70 mg, vitamin C-10 mg.

Recommended dosage:

adults take 2-3 tablets 3 times a day with food. The course of treatment is 2-3 weeks. Form release: 100 tablets in one package.

TU 9197-011-41395157-05 with ed. No.1.2
SGR № RU.77.99.88.003.E.004927.03.15 from 20.03.2015

TU 9197-012-41395157-06 with ed. No.1.2
SGR № RU.77.99.88.003.E.004787.03.15 from 17.03.2015

Sedative tableted herbs

Valerian P

Valerian P PLANT-BASED SEDATIVE AND SLEEP REMEDY

Valerian P is made from high-value varieties of Cardiol and Valerian.

Unlike other Valerian remedies, Valerian P contains vitamin C, which recovers the body from stress, neutralizes free radicals reactions. It is recommended for nervous excitement, insomnia, asthma, rapid heartbeat, neurosis, cardioneurosis, high blood pressure.

Composition:
rootstalk with roots of Valerian (cryopowder) - 56 mg, vitamin C-10 mg.

Recommended dosage:
adults take 2-3 tablets (pills) 3 times a day with food.
Duration of treatment is 2 weeks.
Form release: 100 or 200 tablets in one package, 50 pills in one package.

TU 9361-009-41395157-05 with ed. No.1.2
SGR № RU.77.99.88.003.E.004786.03.15 from 17.03.2015

Motherwort P

MOTHERWORT P IS A NATURAL SEDATIVE REMEDY WITHOUT A SLEEPING EFFECT

It is recommended for nervous excitement, asthma, heartbeats, neurosis, in particular for neurosis during menopause and cardioneurosis, neurasthenia, depression, vegetative-vascular dystonia, high blood pressure, rapid heart rate, and spasms.

It is made from the Samara variety with a high content of useful substances, which determines the effectiveness and vast effect of the product.

Composition:
motherwort cordial herb (cryopowder) - 56 mg, vitamin C-9.45 mg.

Recommended dosage:
adults take 2 tablets (pills) 3 times a day with food.
Duration of treatment is 2 weeks.
Form release: 100 tablets in one package (without sugar), 50 pills in one package (contain sugar).

TU 9361-019-41395157-06 with ed. No.1.2
SGR № RU.77.99.88.003.E.004932.03.15 from 20.03.2015



Hypericum P

HYPERICUM P IS A NATURAL PRODUCT THAT HAS AN AN-TIDEPRESSANT EFFECT

It is recommended as an independent remedy, and in the complex therapy of psychovegetative disorders (accompanied by a depressed mood, apathy, etc.), neurotic reactions, depressive states of various severity.

Composition:

Hypericum perforatum herb (cryopowder) - 70 mg, vitamin C-9 mg.

Recommended dosage:

adults take 2-3 tablets 3 times a day with food. The duration of treatment — 1 month (no longer, long-term use of hypericum can cause chemical castration!). Do not take this product from May to September.

Form release: 100 tablets in one package.

TU 9197-043-41395157-09 with ed. No.1.2

SGR № RU.77.99.88.003.E.004923.03.15 from 20.03.2015

Hypericum is gathered near the villages of Kulyasovo and Mamadysh in the Penza region

Tableted herbs with complex effect

CONVENIENT TAKING AT WORK AND ON THE GO

Chamaenerion P

CHAMAENERION P IS A NATURAL PRODUCT - FOR THE PREVENTION AND COMPLEX TREATMENT OF PROSTATITIS AND BENIGN PROSTATIC HYPERPLASIA (BPH)

It is recommended as an anti-inflammatory agent for diseases of the urinary tract, severe and chronic prostatitis, inflammation of the ureters, chronic inflammation of the bladder, cystitis, gastrointestinal diseases, anemia. The use of chamaenerion blocks the development of prostate adenoma.

Composition:

leaves of chamaenerion angustifolium (cryopowder) — 57 mg, vitamin C-10 mg.

Recommended dosage:

adults take 2 tablets 3 times a day with food. Course of treatment 2-3 weeks. Preventive course is 3 packages. Curative course is 6 packages. Form release: 100 tablets in one package.

TU 9197-023-41395157-07 with ed. No. 1, 2
SGR № RU.77.99.88.003.B.004309.03.2015 from 02.03.2015

Calendula P

CALENDULA P IS A NATURAL PRODUCT FOR THE PREVENTION AND COMPLEX THERAPY OF INFECTIOUS DISEASES OF THE UPPER RESPIRATORY TRACT, STOMACH AND DUODENAL ULCER, GASTRITIS, LIVER AND GALL BLADDER DISEASES, AS WELL AS FOR THE RELIEF OF MIGRAINE ATTACKS

It has a sterilize, antiseptic, anti-inflammatory, wound healing, antispasmodic, choleretic, diuretic effect.

It is made from a variety of medicinal calendula, the flower of which reaches 8 cm in diameter. This variety is highly valued for its high content of biologically active substances: flavonoids in terms of quercetin-0.68 % (in other varieties up to 0.6 %), carotenoids in terms of b - carotene-0.07 % (in other varieties up to 0.065%).

Composition: calendula flowers (cryopowder) - 60 mg, vitamin C-10 mg.

Recommended dosage: adults take 2 tablet 3-4 times a day with food. The duration of treatment is 4-6 weeks.

Form release: 100 tablets in one package.

TU 9197-014-41395157-06 with ed. No.1.2
SGR № RU..77.99.88.003.B.004815.03.15 from 17.03.2015



Echinacea P

ECHINACEA P IS A NATURAL PRODUCT FOR BOOSTING THE IMMUNE SYSTEM

It is recommended for the prevention and complex therapy of infectious and cold-related diseases. Activates the body's protective functions, has anti-inflammatory, antibacterial, antiviral, and antifungal effects. It helps to cleanse the body, has anti-allergic, diuretic qualities, improves metabolism.

Echinacea P, unlike extracts of Echinacea, does not disrupt the immune system of children, does not increase their sensibilization.

Composition:

Echinacea purpurea herb (cryopowder) - 50 mg, vitamin C-10 mg.

Recommended dosage:

adults take 2-3 tablets 3 times a day with food with enough water.

The course of treatment is 2-3 weeks.

Form release: 100 tablets in one package.

TU 9197-015-41395157-06 with ed. No.1.2

SGR № RU.77.99.88.003.E.004812.03.15 from 17.03.2015



Inula P

INULA P IS A NATURAL PRODUCT THAT HAS A SIGNIFICANT ANTIBACTERIAL, EXPECTORATE, ANTI-INFLAMMATORY, ANALGESIC, ANTISPASMODIC, DIAPHORETIC, BILE-FORMING AND CHOLERETIC EFFECT

It is recommended for colds and infectious diseases of the respiratory tract (flu, ARVI, etc.), inflammatory diseases of the gastrointestinal tract, liver and gall bladder, kidneys.

Composition:

rootstalk with roots of Inula (cryopowder) - 76 mg, vitamin C-10 mg.

Recommended dosage:

adults take 2-3 tablets 3 times a day with food. Take it for 1 month.

Form release: 100 tablets in one package.

TU 9197-010-41395157-05 with ed. No.1.2

SGR № RU.77.99.88.003.E.004308.03.15 from 02.03.2015



Sennae-D

SENNAE-D IS A NATURAL PRODUCT THAT HAS A MILD LAXATIVE EFFECT

It is recommended for the removal of toxins, chronic atonic constipation, dysbacteriosis, irritable colon syndrome, to get rid of overweight, in the prevention and complex therapy of skin diseases. It has a complex effect on the symptoms and causes of constipation, regulates the gastrointestinal tract.

Unlike other laxatives, it acts on the cause of constipation!

Composition:

Sennae leaves (cryopowder) - 200 mg, rootstalks with roots of high Inula (cryopowder) — 35 mg, microcrystalline cellulose (MCC) - 100 mg.

Recommended dosage:

adults take 1-3 tablets a day (morning or evening) with food, with enough water. The course of treatment is 2-3 weeks.

Form release: 30 tablets in one package.

TU 9362-013-41395157-06 with ed. No.1.2

SGR № RU.77.99.88.003.E.004311.03.15 from 02.03.2015

Liquorice P

LIQUORICE P IS A COMBINED HERBAL PRODUCT THAT HAS AN EXPECTORANT, ANTI-INFLAMMATORY, ANTIVIRAL, TONIC EFFECT

It is recommended for severe infectious diseases of the respiratory tract as an expectorant and anti-inflammatory agent, for stomach and duodenal ulcer, skin allergic diseases, rheumatic diseases, fatigue, in the complex therapy of joint diseases.

Composition:

the roots of Liquorice (cryopowder) - 60 mg, the fruit of Rosa Majalis (cryopowder) - 15 mg.

Recommended dosage:

adults take 2 tablets 2 times a day with food. Take it for 1 month.

Form release: 100 tablets in one package.

TU 9197-033-41395157-10 with ed. No.1.2

SGR № RU.77.99.88.003.E.004814.03.15 from 17.03.2015





Salvia P

SALVIA P IN PILLS IS A NATURAL PRODUCT, HAS AN ANTI-INFLAMMATORY, ANTIMICROBIAL, ANTISEPTIC, ASTRINGENT EFFECT.

It is recommended for inflammatory diseases of the respiratory tract (angina, laryngitis, pharyngitis, bronchitis), stomatitis, improves digestion, relieves intestinal spasms, eliminates bloating, improves memory, is a donor of phytoestrogens.

It is made from the Kubanets variety with a high content of useful substances. Salvia leaves contain about 3 % essential oil, more than 4 % tanning materials and 5-6 % bitter substances. They also contain flavonoids and triterpenic acids. Thanks to this chemical composition, the plant has a multi-sided effect and is able to heal from a variety of diseases. Salvia P differs from other manufacturers of salvia productions in the content of a cryopowder, Parapharm product is rich in phytoestrogens that help to prolong youth. Phytoestrogens are destroyed during the production of extracts.

Composition: medicinal salvia leaves (cryopowder) - 50 mg, vitamin C-12 mg.

Recommended dosage: adults take 1- 2 tablets 3 times a day with food.(dissolve in the mouth) The duration of treatment is 7-10 days.

Form release: 15 and 60 pills in one package.

TU 9197-020-41395157-07 with ed. No. 1, 2
SGR № RU.77.99.88.003.E.004924.03.15 from 20.03.2015



Nettle P

NETTLE P IS A NATURAL PRODUCT WITH HEMOSTATIC EFFECT

It has a hemostatic, choleretic, diuretic effect, reduces cholesterol, has anti-inflammatory qualities, regulates carbohydrate metabolism.

It is recommended for uterine, hemorrhoid, other bleeding, and for gastrointestinal hemorrhage, it also regulates the menstrual cycle, strengthen the blood vessels, atherosclerosis, rheumatic diseases, vitamin deficiency disease, iron deficiency anemia.

Composition: leaves of stinging nettle (cryopowder) - 70 mg, vitamin C-10 mg.

Recommended dosage: adults take 2 tablets 2 times a day with food. Take it for 1 month.

Form release: 100 tablets in one package.

TU 9197-042-41395157-09 with ed. No. 1, 2
SGR № RU.77.99.88.003.E.004940.03.15 from 20.03.2015



Dandelion P

DANDELION P IS A NATURAL CARTILAGE PROTECTOR

Helps to regenerate the cartilaginous tissue of joints. It is recommended for the prevention and complex therapy of arthrosis, arthritis and other degenerative and rheumatic diseases of the joints, with increased load on the joints. Strengthens the blood vessels, providing a boosting action. Reduces blood viscosity. Reduces the risk of developing cancer.

It is recommended to take together with Osteomed products.

Composition:

dandelion roots (cryopowder) - 80 mg, vitamin C-7 mg.

Recommended dosage:

adults take 2 tablets 3 times a day with food. Course of treatment—1 month, a break of 2 weeks. Preventive course — 2 packages.

Therapeutic course — 4 packages.

Form release: 100 tablets in one package.

TU 9197-053-41395157-11 with ed. No.1.

SGR NO. RU 7 99.32.003E.004459.03.15on 04.03.2015 g.



Medicinal Herbs

Kulyasova & Mamadysh Series

Kulyasovo & Mamadysh series are medicinal plants cultivated by Parapharm in an ecologically clean area of the Penza region near the villages of Kulyasovo and Mamadysh (Kameshkirsky district). There are growing varietal herbs in the fields of 1500 hectares which are used mainly for medicinal purposes, such as Valerian, chamomile, calendula, salvia, etc. Fields are located far from industrial centers in the climate most favorable for cultivation. Parapharm does not use pesticides or herbicides when growing plants. We use modern technologies for the preparation (drying and processing) of herbal medicinal raw materials, to preserve its useful qualities.



Bashkirian red-stemmed buckwheat

Red-stemmed buckwheat herbs helps to strengthen the blood vessels, improve blood composition and brain function. It has a positive effect on the skin, hair and nails, dilutes phlegm and is a mild expectorant.

Recommended:

- for prevention of atherosclerosis;
- to prevent hemorrhages;
- when coughing as an expectorant.

Method of preparation:

Brew. 1 tablespoon of buckwheat herbs pour out with 2 cups of boiling water. Infuse for 15 minutes in a hot water bath. Leave it to cool. Filter it through a cheesecloth or sieve. Take 1/2 Cup of brew 2-3 times a day before meals.

Tea with buckwheat. 2 teaspoons of buckwheat herbs pour with a glass of boiling water. Boil for a minute, remove from the stove and infuse leave it under the top for about 15 minutes. Take 2-3 times a day as tea (instead of tea). The course of treatment is from 4 to 8 weeks.

Form release: in bulk of 60 g.

TU 9197-065-41395157-12 with ed. No.1.
CGY № RU.77.99.11.003.E000867.01.15 from 23.01.2015



The root of the high Inula

Rootstalks with roots of hig Inula have antiseptic, expectorant, anti-inflammatory, diuretic, choleric and sedative effects.

Recommended:

- for the prevention of cold-related diseases;
- when coughing as an expectorant remedy.
- in case of digestive disorders (gastritis, colitis, stomach and duodenal ulcer), regulates the gastrointestinal tract;
- as a choleric and bile-forming remedy;
- in case of nervous disorders (asthenic neurosis, neurotic anorexia);
- for skin diseases (dermatitis, trophic ulcers);
- in cass of suffering from various helminthiasis.

Method of preparation:

Brew. 1 tablespoon of dry Inula roots and rootstalks pour with boiling water and leave on a low heat for 15 minutes. Drink two large spoons every hour during the day.

Infusion. Chop the Inula roots, pour with vodka (1 : 2), infuse in the dark and cool place for 14 days. The order treatment is dependes on the disease.

Form release: in bulk of 50 g.

TU 9197-034-41395157-11 with ed. No.1.
SGR № RU.RU.77.99.88.003.E.004788.03.15 from 17.03.2015



Calendula flowers of Kalta variety

Calendula is a natural antiseptic, has a significant anti-inflammatory, bactericidal and wound-healing effect, increases the immune system, reduces cholesterol and improves the metabolic regulation.

Flowers of the Kalta variety reach 8 cm in diameter.

Recommended:

- in case of diseases of the throat and nasopharynx (angina, tonsillitis, pharyngitis);
- when suffering from diseases of the oral cavity (stomatitis, gingivitis, etc.);
- in case of the gastrointestinal tract diseases (gastritis, colitis, enterocolitis, gastric and duodenal ulcer);
- in case of the kidneys and urinary tract diseases (cystitis, etc.);
- for burns and wounds.

Method of preparation:

1 teaspoon (1.5 g) of chopped herbs pour with 1 cup of boiling water (200 ml), infuse for 15 minutes, strain. Or 1 filter bag (1.5 g) pour with 1 cup of boiling water (200 ml), infuse for 15 minutes. Adults take 1- 2 tablets 2 times a day with food. Take it for 1 month.

Form release: in bulk of 50 g.

TU 9197-035-41395157-10 with ed. No.1.2

SGR NO. RU77.99.32.003E.002409.02/15 from 09.02.2015



Dandelion root

Dandelion improves the regeneration of new cartilage cells-chondrocytes, improves venous blood flow, prevents the formation of blood clots, strengthens the blood vessels, producing a venotonic effect, has a choleric, diuretic, hepatoprotective and laxative effect. It helps to lower the cholesterol in the blood and prevents cancer. **Recommended:**

- It is recommended for the prevention and complex therapy of arthrosis, arthritis and other degenerative and rheumatic diseases of the joints;
- in case of increased loads on the joints;
- in case of metabolic disorders;
- to improve your appetite;
- for digestive disorders, as a laxative;
- in diseases of the liver and gall bladder (as part of complex therapy);
- for prevention of atherosclerosis;

Method of preparation:

1 teaspoon (3 g) of chopped herbs pour with 1 cup of boiling water (200 ml), infuse for 15 minutes, strain. Or 2 filter bags 1.5 g (3 g) pour with 1 cup of boiling water (200 ml), infuse for 15 minutes. Adults take 1- 2 tablets 2 times a day with food. Take it for 1 month. Form release: in bulk of 50 g.

TU 9197-037-41395157-11 with ed. No.1.

CGY № RU.77.99.29.003.E.003286.02.15 from 13.02.2015 g



White cinquefoil roots

White cinquefoil regulates the function of the thyroid gland, stimulates the central nervous system, helps to regulate the endocrine profile, and has a positive effect on the liver, heart, and blood vessels.

Parapharm company has created a plantation of this rare medicinal plant for the first time.

Recommended:

- when the thyroid gland functions are impaired;
- when endocrine profile are impaired;
- for the prevention of liver diseases;
- for the prevention of heart and vascular diseases.

Method of preparation:

Infusion. pour 50 grams of white cinquefoil roots with 500 ml of vodka. Infuse at room temperature in a dark place for one month, then strain. Take 30 drops three times a day before meals. The duration of treatment is selected individually, and depends on the severity of the disease.

Brew. 10 grams of chopped root pour with 0.5 liters of water, bring to a boil, cook for 10 minutes on low heat, infuse for 1 hour, and sieve it. Take 2 tablespoons 3-4 times a day, before meals. Take it for 1 month.

Form release: in bulk of 60 g.

TU 9197-066-41395157-12 with ed. No.1.
SGR no. RU/77.99.11.003.E.000852.01.15 of 23.01.2015

Salvia medicinal leaves of Kubanets variety



Salvia has antiseptic, anti-inflammatory qualities, increases the secretory activity of the gastrointestinal tract, has a slight antispasmodic effect, accelerates wound healing.

Recommended:

- for rinsing in severe angina and chronic tonsillitis, severe respiratory diseases, stomatitis, gingivitis, pulpitis;
- in case of suffering from inflammation of hemorrhoids;
- together with therapeutic measures for joint rheumatism, chronic inflammatory and metabolic dystrophic diseases of the joints, arthropathy deformans, radiculitis, osteochondrosis;
- for gastritis, colitis.

Method of preparation:

1 teaspoon of placer (1.5 g) pour 1 cup (200 ml) of boiling water, infuse for 15 minutes, strain, squeeze, bring the volume of the infusion with boiled water to 200 ml. Adults take 1/2cup 2 times a day with food. The course of treatment is 2-3 weeks.

Form release: in bulk of 50 g.

TU 9197-063-41395157-12 with ed. No.1.
SGR № RU..7799.32.003.E.000931.01.15 from 26.01.2015



Flax seeds of VNIIMK variety 620

The flax of the VNIIMK 620 variety is characterized by the highest content of omega-3 and omega-6 fatty acids in the lipids of seeds that are useful for the body, the proportion of which reaches 58.6 % and 14.2 %, as applicable, and the lowest content of omega-9 fatty acids. The latter are not so valuable because of the lower need of the body for them and their high content in sunflower oil. Varietal flax is grown without the use of herbicides and pesticides.

Useful substances of the plant have a mild laxative effect, have an enveloping effect, reduce cholesterol, have an analgesic, anti-inflammatory effect, low blood pressure.

Recommended:

- for the prevention and complex therapy of gastric and duodenal ulcer, constipation;
- for prevention and complex therapy of esophageal reflux;
- when suffering from heart and blood vessels diseases;
- for prevention of atherosclerosis;
- to prevent the development of cancer;
- to improve the health of the skin, hair and nails.

Method of preparation:

Pour 1 Cup (200 ml) of boiling water over whole or ground flax seeds and leave for 30 minutes. Drink together with the seeds. You can add seeds to ready meals (porridge, salad, etc.). Take it for 1 month.

Form release: in bulk of 50 g.

TU 9197-064-41395157-12 with ed. No.1.

SGR № RU.77.99.32.003.E.000932.01.15 from 26.01.2015

Cardiac motherwort herbs of Samara variety



Motherwort has a sedative effect, lowers blood pressure, slows down the heart rate, has a positive effect on the digestive system, improves fat and carbohydrate metabolism, reduces the level of glucose, lactic and pyruvic acids, reduces "bad" cholesterol, regulates protein metabolism. Parapharm uses a highly effective variety of Samara causes an overall effect of motherwort. **Recommended:**

- in case of increased nervous excitability;
- for cardiovascular neurosis;
- for hypertension;
- for coronary heart disease;
- for myocarditis;
- in some diseases of the thyroid gland (thyrotoxicosis);
- in case of suffering from insomnia;
- in neurasthenia and psychasthenia, psychosis;
- for the correction of gynecological diseases: for menstrual disorders, dysmenorrhea, and painful bleeding.

Method of preparation:

1 teaspoon (3 g) of chopped herbs pour 1 cup of boiling water (200 ml), infuse for 15 minutes, strain. Adults take 1 cup daily with food.

Form release: in bulk of 50 g.

TU 9197-036-41395157-10 with ed. No.1.2

SGR № RU.77.99.32.003.E.002411.02.15 from 09.02.2015



Common yarrow herbs of Vasyurinskiy variety

Yarrow has a hemostatic, anti-inflammatory, regenerating, astringent, diaphoretic, diuretic and choleric effect, slows the heart rate, increases appetite, strengthens the secretory function of the digestive system and reduces bloating.

The Vasyurinsky yarrow variety is characterized by a high concentration of flavonoids and saponins, especially a lot of quercetin, rutin, and hyperoside. This variety is also rich in tannins and essential oils. In wild yarrow, the concentration of these substances is unstable, often lower than in varietal plants.

Recommended:

- for peptic ulcer of the stomach and duodenum;
- for ulcerative colitis;
- in case of severe and chronic dysentery;
- for hepatitis and cholecystitis;
- for angiocholitis;
- when suffering from bloating;
- for uterine bleeding;
- for nosebleeds;
- for hemorrhoids (as enemas).

Method of preparation:

1 teaspoon (1.5 g) of chopped herbs pour with 1 cup of boiling water (200 ml), infuse for 15 minutes, strain. Or 1 filter bag (1.5 g) pour 1 cup of boiling water (200 ml), infuse for 15 minutes. Adults take 1/2 of a cup 2 times a day with food. Take it for 1 month.

Form release: in bulk of 50 g.

TU 9197-038-41395157-11 with ed. No.1.

SGR № RU.77.99.32.003.E.002412.02.15 from 09.02.2015



Rosehip fruit of the Vitamin variety

Rosehip Vitamin refers to high-yielding varieties. Its fruits are characterized by a high concentration of useful active substances, particularly, in vitamin C and vitamin R.

OOO Parapharm cultivates the rosehip in its own area of 3 hectares.

Recommended:

- for colds, gastro-intestinal diseases;
- for kidney stones;
- when suffering from hepatic disorder;
- for rheumatism, vitamin deficiency, neurasthenia, tuberculosis, burns, dermatitis;
- when suffering from anemia.

Method of preparation:

1 teaspoon of chopped fruit (2.5 g) pour 1 cup (200 ml) of boiling water. Infuse for 15 minutes, strain, squeeze, pour 200 ml of boiled water. Take half a glass (100 ml) 1 time a day with food. The ready-made infusion should be stored in the refrigerator. The course of treatment is 2-3 weeks.

Form release: chopped 50 g in bulk.

TU 10.89.19-075-41395157-16

CGY № RU..77.99.32.003E.003942.09.16 from on 12.09.2016



Camomile medicinal flowers of Podmoskovnaya variety.

If chamomile brought from the pharmacy does not have a bitter taste at all — is it good or bad? High-quality useful chamomile should have a bitter taste! If the chamomile brought from the pharmacy doesn't have a bitter taste when brewing, it is possible that it's not chamomile, but a collection of herbs or tea with chamomile. Parapharm company produces chamomile without admixtures of other herbs, and the bitterness when it is brewed is not just the norm, but an indicator that it is properly grown, properly gathered and was packaged in the bag without any impurities.

Camomile from the pharmacy of Moscow variety is characterized by a high content of the most important component as chamazulene oil. Due to this, its flowers have a significant sterilize, anti-inflammatory, choleric, analgesic, astringent, soothing, wound healing, diaphoretic, anticonvulsant, antispasmodic, hemostatic and anti-allergic effect.

Recommended:

- in case of suffering from the gastrointestinal tract diseases, the biliary tract, and hepatic disorders, bloating, diarrhea, stomach spasms;
- for gastritis, colitis and enteritis;
- for painful menstruation, postpartum and other uterine bleeding;
- for malaria, scrofula (exudative diathesis / external tuberculosis), respiratory infections;
- for overwork, to increase appetite;
- with increased excitability, insomnia, neuralgic pain;
- for rinsing for sore throat, stomatitis, gum inflammation, gingivitis, periodontitis, toothache;
- for skin diseases: ulcers, boils, eczema, neurodermatitis, wet and difficult-to-heal skin rashes, wounds, frostbite, burns (make lotions and compresses);
- use as enemas for hemorrhoids and colitis;
- when inflammation of the mucous membranes;
- when limbs sweating;
- for pink acne (it is recommended to wash your face with a brew).

Method of preparation:

Infusion. 4 tablespoons of 200 ml of boiling water, infuse in a thermos for 3 hours, then strain. Drink in several doses throughout the day.

Brew. Place 4 tablespoons of raw material in an enameled dish, pour 300 ml of boiling water, close the top and keep for half an hour in a boiling water bath. Then cool for 10 minutes at room temperature, strain and squeeze. Bring the volume of the brew to the original. Store the prepared brew in the refrigerator for no more than 2 days. Drink preferably with honey, 2-3 times a day for half a glass after meals.

Tea (carminative, sedative tea). Mix 3 parts of chamomile flowers, 5 parts of cumin fruit and 2 parts of Valerian root. 2 tablespoons of the mixture pour 2 cups of boiling water, infuse for 20 minutes and strain. Use 2 times a day, in the morning and in the evening for half a glass. Take it for 1 month.

Form release: 20 f / p for 1.5 g and 50 g in bulk.

TU 10.89.19-075-41395157-16

SGR № RU.77.99.88.003.E.003850.08.16 from 31.08.2016

Wild Herbs

Wild Herbs is a series of products that include medicinal plants that grow in an ecologically clean area of the Penza region, near the villages of Kulyasovo and Mamadysh Kameshkirsky district.

The leaves of the silver birch

Birch leaves have an anti-inflammatory, diuretic, diaphoretic, sedative, immune-enhancing effect, choleretic and tonic effect.

Recommended:

- for edema;
- when suffering from inflammatory diseases of the kidneys;
- in case of suffering from liver diseases and bile ducts ;
- for bronchitis and tracheitis as an expectorant remedy;
- for anemia and vitamin deficiency.

Method of preparation:

Brew. 2 tablespoons of birch leaves pour 1/2 liter of water, boil on low heat for 20 minutes.

Take the brew in small sips during the day.

Infusion. 2 tablespoons of silver birch leaves pour 1/2 liter of boiling water, cover with a top.

Infuse for 1 hour. The infusion is taken 1/2 Cup 4 times a day before meals.

The course of treatment is 2-3 weeks.

Leaves of stinging nettle

Nettle leaves have a hemostatic, choleretic, diuretic and tonic effect, increase the level of hemoglobin, lower the level of glucose and cholesterol, as well as improve the nutrition of hair, preserves and increase their beauty.

Recommended:

- for uterine, hemorrhoid and gastrointestinal bleeding;
- for anemia, to increase hemoglobin;
- for eczema, dermatitis, suppurating wounds, ulcers, boils (use baths and lotions from the infusion of nettle leaves);
- for joint diseases and radiculitis.

Method of preparation:

1 tablespoon of nettle leaves pour 1 Cup (200 ml) of boiling water, insist for 15 minutes, strain.

Add 2-3 tablespoons of the prepared infusion to 1 cup of green or black tea.



Mint leaves

They have a sedative, antispasmodic, antiseptic, anti-inflammatory and mild analgesic effect.

The main component of mint essential oil is menthol, which helps to relieve the symptoms of sickness, heartburn, spasms of the coronary vessels, and is effective in the case of a running nose.

Recommended:

- for sickness, spastic pain in the gastrointestinal tract;
- for neuralgia, insomnia;
- for inflammatory diseases of the respiratory tract;
- to improve blood circulation in the vessels of the brain and heart.

Method of preparation:

Infusion. 5 grams of mint leaves brew with a glass of boiling water. Infuse for 1 hour, strain. Drink 1 tablespoon 5 times a day.

Brew. 2-3 teaspoons of mint leaves pour a glass of boiling water.

Heat in a closed container in a water bath for 10-15 minutes. leave it cool down a little.

Drink warm 1 glass 2 times a day, morning and evening.

Take it for 1 month.



Fruits of redhaw hawthorn

The fruits of redhaw hawthorn are well known for their medicinal properties.

Hawthorn lowers blood pressure, increases blood circulation in the blood vessels of the heart and brain, and strengthens and supports the heart of elderly people.

Recommended:

- for prevention and as part of complex therapy of cardiovascular diseases; tachycardia, arrhythmia, heart failure, myocardia;
- with vegetative-vascular dystonia.

Method of preparation:

1 tablespoon of fruits of redhaw hawthorn pour 1 Cup (200 ml) of boiling water, infuse for 15 minutes, strain.

Add 2-3 tablespoons of the prepared infusion to 1 cup of green or black tea.



Rosehip fruit

Rosehip fruits have a significantly high concentration of vitamin than other herbs!

Rosehip has long been known as a plant that has tonic, regenerating and choleretic effect.

Rosehip fruits increase the resistance of the organism to infectious diseases, slow down the development of atherosclerosis, have a tonic effect.

Recommended:

- for cold-related diseases and infections, gastrointestinal diseases;
- for kidney stones;
- for liver diseases;
- for rheumatism, vitamin deficiency, neurasthenia, tuberculosis, burns, dermatitis;
- when suffering from anemia.

Method of preparation:

1 tablespoon of rosehip fruits pour 1 cup (200 ml) of boiling water, insist for 15 minutes, strain.

Add 2-3 tablespoons of the prepared infusion to 1 cup of green or black



Pine buds

They have an anti-inflammatory, expectorant, antiseptic, antiviral, antibacterial, diuretic, choleretic, hemostatic, tonic effect.

Recommended:

- for inhalation and rinsing when severe angina, chronic tonsillitis, and other respiratory diseases, severe respiratory infections;
- in case of the gallbladder and liver diseases;
- for urolithiasis.

Method of preparation:

1 tablespoon of pine buds pour 1 cup (200 ml) of boiling water, insist for 15 minutes, strain. Add 2-3 tablespoons of the prepared infusion to 1 cup of green or black tea. Duration of treatment is 2 weeks.

Form release: in bulk of 35 g.

TU 9185-040-41395157-09

SS No. ROSS RU.PSCH01.N07010 from 06.09.2016

Oregano herb



Oregano has a sedative, choleretic, analgesic, relaxing, expectorant, anthelmintic, diuretic, anti-allergic and wound-healing effect.

Recommended:

- for gastritis caused by low acidity of gastric juice;
- for intestinal inflammation and bloating;
- for bronchitis and cold-related diseases as an expectorant and diaphoretic remedy;
- for insomnia, nervous excitement and menopausal disorders.

Method of preparation:

1 tablespoon of oregano herb pour 1 cup (200 ml) of boiling water, insist for 15 minutes, strain.

Add 2-3 tablespoons of the prepared infusion to 1 cup of green or black tea.

Duration of treatment is 2 weeks.

Form release: in bulk of 35 g.

TU 9185-040-41395157-09

SS No. ROSS RU.PSCH01.N07010 from 06.09.2016

Rosebay willowherb



It boosts the immune system, is used for the prevention and complex therapy of prostatitis and prostate adenoma, regulates the work of the digestive and endocrine systems, increases hemoglobin, promotes wound healing, has a hemostatic, antipyretic, diuretic, diaphoretic, sedative, hypotensive effect, removes slags and toxins.

Recommended:

- for the regulation of metabolism;
- for headaches, gastritis, diarrhea, dysentery, colitis, and ulcers;
- when an abnormal increase in heart rate (tachycardia);
- for severe and chronic diseases of the genitourinary system (cystitis, inflammation of the urinary tract);
- for diseases of the prostate, prostate adenoma;
- for rinsing when sore throat and for oral use in case of cold-related disease.

Method of preparation:

1 tablespoon of rosebay willowherb pour 1 cup (200 ml) of boiling water, insist for 15 minutes, strain.

Add 2-3 tablespoons of the prepared infusion to 1 cup of green or black tea.

Take it for 1 month.

Form release: in bulk of 35 g.

TU 10.89.19-086-41395157-2017

TR TS: EEU N RU D-RU.MG11.V. 15034 from 10.11.2017



Flowers of *Helichrysum arenarium* (immortelle)

Immortelle has a choleretic, bile-forming, antimicrobial, antiseptic, anti-inflammatory, relaxing effect. Boosts the immune system.

Recommended:

- in inflammatory diseases of the gastrointestinal tract (gastritis, colitis, pancreatitis);
- for inflammatory gynecological diseases (for irrigation);
- in inflammatory diseases of the liver and gall bladder.

Method of preparation:

1 tablespoon of Immortelle flowers pour 1 cup (200 ml) of boiling water, insist for 15 minutes, strain. Add 2-3 tablespoons of the prepared infusion to 1 cup of green or black tea. Take it for 1 month.

Form release: in bulk of 35 g.

TU 9185-040-41395157-09

SS No. ROSS RU.PSCH01.N07010 from 06.09.2016

The flowers of the red clover



Red clover has a number of useful properties, so it is widely used for medicinal purposes around the world. It has a full complex of vitamins B, ascorbic acid, retinol, and tocopherol (vitamin E). Its leaves and flowers consist of essential oils that relieve pain and inflammation. Clover flavonoids and glycosides have a positive effect on blood vessels and heart muscle function. Red clover has been found beneficial in cleansing the body of harmful substances, toxins, and slags. In addition, clover consists of tannins, salicylic acid, alkaloids, amino acids, fiber, and a small amount of resins. Due to the natural phytoestrogens, red clover helps women during menopause to feel better, relieve discomfort during menopause.

Recommended:

- for prevention of atherosclerosis;
- when suffering from menopausal disorders;
- for bronchitis;
- for cold related and infectious diseases;
- for vitamin deficiency;
- for headaches, migraines;
- for joint pain.

Method of preparation:

2 tablespoons of red clover flowers pour a glass of boiling water (200 ml). Cover with a top and leave it for 1.5-2 hours. Take 2 tablespoons of the infusion before meals 2-3 times a day. Duration of treatment is 20 days.

Form release: in bulk of 35 g.

TU 9185-040-41395157-09

SS No. ROSS RU.PSCH01.N07010 from 06.09.2016

The herb of melissa officinalis



Melissa is rich in vitamin C, macro- and microelements (magnesium, zinc, potassium, molybdenum, selenium, manganese, copper). Its leaves contain a lot of essential oil and organic acids. It has a complex healing effect: smooth down, normalizes sleep, reduces the risk of developing neurosis and fights signs of depression, as well as suppresses the development of inflammation, helps to eliminate convulsions and allergic skin irritations (rash, eczema, boils), normalizes the hormonal balance of the female body (with PMS, menopause, pregnancy, puerperal period).

Recommended:

- in case of suffering from insomnia;
- for neurosis;
- when arterial hypertension (in mild form);
- in mild forms of tachyarrhythmia and coronary heart disease;
- in inflammatory diseases of the respiratory system;
- in diseases of the gastrointestinal tract (dyskinesia, enzyme defect, flatulence);
- when dysbacteriosis;
- when suffering from menopausal disorders;
- for trophic ulcers and eczema (externally).

Method of preparation:

1 tablespoon of Melissa herb (2-3 g) pour a glass of boiling water (200 ml). Close the top and heat in a boiling water bath for 15 minutes. leave it for 40 minutes, strain, and squeeze. Take it warm, 2-3 times a day for 1/2 Cup, an hour after meals. The course of treatment is 3-4 weeks.

Form release: in bulk of 35 g.

TU 10.89.19-086-41395157-2017

TR TS: EEU N RU D-RU.MG11.V. 15034 from 10.11.2017

Tanacetum herb



Tanacetum herb has astringent, choleric, antispasmodic, anti-inflammatory, bactericidal, diuretic and anthelmintic effects. Tanacetin agent is included in herb's composition, it increases secretion of the gastrointestinal tract and increases peristalsis. Due to the high concentration of essential oils in tanacetum, it has antimicrobial and anthelmintic effects.

Recommended:

- for helminthiasis (ascariasis, pinworms);
- when giardiasis;
- for cholelithiasis;
- in case of suffering from bloating;
- for enterocolitis.

Method of preparation:

5 grams of flowers and herbs pour a glass of boiling water (200 ml) and leave it to infuse. Take 1 tablespoon 3 times a day. Duration of treatment is 3 weeks.

Form release: in bulk of 35 g.

TU 10.89.19-086-41395157-2017

TR TS: EEU N RU D-RU.MG11.V. 15034 from 10.11.2017

Roots of greek-valerian



The rootstalk and roots of greek-valerian contain triterpenoid saponin, essential and fatty oils, resins, organic acids, lipids, starch, and it is considered to be a source of magnesium, copper, and manganese. Greek-valerian has a 10 times more powerful sedative effect than Valerian. Therefore, since ancient times, it has been used for increased nervous excitability, epilepsy, sleep disorders, and severe fright.

Recommended:

- for insomnia and neurasthenia;
- when epilepsy;
- as a sterilize and hemostatic agent;
- for arrhythmia, angina, cardiosclerosis, to prevent stroke and heart attack, to increase blood clotting.

Method of preparation:

1 teaspoon of roots pour a glass of water at room temperature and heat in a water bath for 30 minutes, then cool the brew for 10 minutes, strain and add hot water to the original volume. The brew can be stored in the refrigerator for 3-4 days. Take after meals no more than 5 times a day. The course of treatment is 2-3 weeks.

Form release: in bulk of 35 g.

TU 10.89.19-086-41395157-2017

TR TS: EEU N RU D-RU.MG11.V. 15034 from 10.11.2017

MEDICINAL HERBS 57



Echinacea purpurea herb

It has antimicrobial, antifungal, and antiviral properties. It helps to boost the immune system and cope with inflammation. The herb has essential oils, vitamins, polysaccharides, as well as flavonoids, enzymes, inulin, phosphates, fiber, saponins, and phytosterols. The phenolic acids and polyenes of Echinacea destroy different types of fungal infections.

It helps to boost immune system and increase the body's resistance to adverse factors when taking a course therapy. In addition, Echinacea effectively deals with mental disorders, depression, and fatigue. Often used for cold related diseases.

Recommended:

- for cold related diseases and viral infections;
- to boost the immune system;
- for headaches, migraines;
- when depression;
- when suffering from hepatic disorder;
- when prostatitis and urological diseases in men (vesiculitis, prostate adenoma);
- in case of infectious and inflammatory diseases of the kidneys;
- for intestinal disorders, inflammation of the stomach.

Method of preparation:

2 teaspoons of Echinacea herb pour with boiling water (600 ml). Infuse for 40 minutes, strain through a sieve. Drink 1 glass 3 times a day. Duration of treatment is 10 days.

Form release: in bulk of 35 g.

TU 10.89.19-086-41395157-2017

TR TS: EEU N RU D-RU.MG11.V. 15034 from 10.11.2017



Agrimony herb

it consists of such components as essential oils, tannins, flavonoids, acids, sugars and minerals. Due to its composition, agrimony has anti-inflammatory, diuretic, diaphoretic, choleric, sedative, antihistamine, as-tringent, expectorant and relaxing effects. Moreover, agrimony is able to stop bleeding and purify the blood. It is used to lower blood pressure, boost the immune system. Agrimony has a restorative and tonic effect on the whole body.

Recommended:

- for liver diseases (cirrhosis, hepatitis, etc.), gallstone disease;
- when suffering from hepatic disorder;
- for hemorrhoids and polyps in the intestines;
- when angina, boils, bleeding and poorly healing wounds.

Method of preparation:

Infusion. 1 tablespoon of herbs pour 2 cups of boiling water, insist 2-3 hours, strain and take half a Cup 4 times a day before meals.

Brew. 2 tablespoons of herbs pour 2 cups of boiling water, boil for 5-8 minutes on low heat, cool and strain. Take 4 times a day before meals.

Duration of treatment is 2 weeks.

Form release: in bulk of 35 g.

TU 10.89.19-086-41395157-2017

TR TS: EEU N RU D-RU.MG11.V. 15034 from 10.11.2017



COMPREHEN-
SIVE
HEALTH
SUPPORT

Active longevity

■ Osteomed
■ Osteomed
Forte | Osteovit D.

Osteomed 3 times a day, 30 minutes before meals. Follow the scheme:

1. tablet in the morning + 2. tablet at lunch + 3. tablet in the evening.

Or Osteomed Forte, 2 tablets in the morning + 2 tablets before bed.

Or Osteovit D3, 1 tablet in the morning and evening.

The best delivery method is under the tongue.

Dandelion P

For each take of Osteomed / Osteomed Forte / Osteovit D3 add also Dandelion P. Follow the scheme

2 tablets in the morning + 2 tablets at lunch + 3 tablet in the evening.

■ Dihydroquercetin Plus
■ Apitonus P

take Dihydroquercetin Plus/ Apitonus P with food. Follow the scheme: 1 tablet 3 times a day.

■ Liquorice P
■ Nettle P

In case of anemia and violation of blood microcirculation, take Liquorice P / Nettle P for 15 minutes before meals, 1 tablet 3 times a day.

The first course of treatment is 6 months
with a break of 2 to 5 days after each month of intake (for full assimilation).

Osteomed / Osteomed Forte / Osteovit D3

Dandelion P

Liquorice P / Nettle P

Dihydroquercetin Plus / Apitonus P

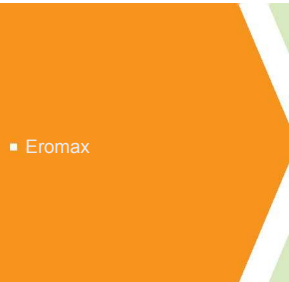
Secret of men's health

Chamaenerion P

2 tables 3 times a day, 15-30 minutes before meals.

Apitonus P

2 tables 3 times a day, in the morning, with food.



With food. Follow the scheme First 3 days: 1 tablet at lunch or in the afternoon with food. In 3 days: if there is an effect and the heart condition is normal, continue taking it further. Follow the scheme: If there is no noticeable effect and the heart condition is normal, take 2 tablets.: 1 tablet at lunch and 1 table in the afternoon. In 3 days: if there is an effect and the heart condition is normal, continue taking it further. Follow the scheme: If there is no noticeable effect, for the next 3 days take 3 tablets in the afternoon and further follow the scheme. The course of treatment is 1 month. Heart monitoring is mandatory!

■ Leveton P

■ Elton P

To boost your energy level, and increase the level of testosterone take 1 tablet of Leveton P/ Elton P, 2 times a day in the morning with food.

■ Memovit

■ Cardiotone

To improve blood microcirculation take Memovit + Cardioton. Both of them, 2 tablets each of them 3 times a day, after meals.

Chamaenerion P

Apitonus P

Eromax

Leveton P / Elton P

Memovit + Cardioton

Cancer Control

Dandelion P

Prevents the development of cancer due to the content of lectins. Take it according to the instructions.

Osteo-Vit D,

Prevents the development of cancer, as it contains vitamin D and drone homogenate. Take it according to the instructions.

Dihydroquercetin Plus

It is a significant prevention of geriatric and oncological diseases. Take it according to the instructions.

Dandelion P

Osteovit D,

Dihydroquercetin Plus

Gathering motherwort of Samara variety

The healthy heart and blood ves-

- Memovit
- Cardiotone

To improve blood microcirculation and reduce oxygen starvation, take Memovit + Cardioton. Both of them, 2 tablets each of them 3 times a day, with food.

- Dihydroquercetin Plus
- Apitonus P

Take Dihydroquercetin Plus/ Apitonus P with food. Follow the scheme: 1 tablet 3 times a day.

- Valerian P
- Motherwort P
- Nervovit
- Evening

In case of sleep disorders and to reduce pressure, take Valerian P / Motherwort P / Nervo-Vit / Evening 15 minutes before bedtime.

Memovit + Cardioton

Dihydroquercetin Plus / Apitonus P

Valerian P

Leonurus P

Nervovit

Evening

Improve Digestion

Mezivit Plus

take 2-3 tablets 3 times a day with food.

Calendula P

take 2 tablet 3-4 times a day with food (dissolve in the mouth). It is recommended to dissolve in case of heartburn.

Inula P

15 minutes before the meal, 2 tables. 3 times a day

Mezivit Plus

Calendula P

Inula P

Hand gathered the calendula of Kalta variety

A Strong Immune System All Year Round

Osteovit D₃

take 1 tablet 2 times a day (morning and evening).
The best delivery method is under the tongue. Course
treatment is at least 1 month. If it is necessary, repeat
the course with a break of 5-10 days (a pause is
obligatory).

Elton P

1 tablet 2 times a day, in the morning, with food.

Echinacea P

take 2-3 tablets 3 times a day with food, use enough
water. The course of treatment is 2-3 weeks.

Osteovit D3

Elton P

Echinacea P

Energy Boost For Every Day

Eromax

take 3 tablets 2 times a day, in the morning, with food.
The length of treatment is 2-3weeks.
If it's necessary, you can repeat the course.

■ Leveton P
■ Elton P

Take 1 tablet 2 times a day with food in the morning.
The course of treatment is 3-4 weeks.

Eleutherococcus P

Take 1-2 tablets 2 times a day with food. The course of treatment is 2-3 weeks.

Eromax

Leveton P / Elton P

Eleutherococcus P

1500 ha of Parafarm land near the villages of Kulyasovo and Mamadysh in the Penza region

Strong Nerves, Healthy Sleep

Valerian P



Take 2-3 tablets 3 times a day with food. Course of treatment — 14 days. If it was not effective, change it for Nervovit.

Nervovit



Take 2-3 tablets 3 times a day with food. Course of treatment — 14 days. It is recommended to take when you want to struggle with severe stress.

Valerian P

Nervovit

Blood Purification And Cholesterol Control

Calendula P

take 2 tablet 3-4 times a day with food (dissolve in the mouth).

Dandelion P

take 2 tablets 3 times a day with food. The course of treatment is 1 month, a break of 2 weeks. Preventive course — 2 packages. Therapeutic course — 4 packages.

Take 1 tablet 3 times a day with food .

Apitonus P

Calendula P

Dandelion P

Apitonus P

Parapharm company grows VNIIMK 620 flax with high oil content and high content of omega-3 and omega-6 fatty acids

1 week	2 week	3 week	4 week
2 tablets. 3 times a day.	1 tablet. 3 times a day.	2 tablets. 2 times a day.	2 tablets. 3 times a day.
1 tablet. 3 times a day.	2 tablets. 3 times a day.	2 tablets. 2 times a day.	1 tablet. 3 times a day.
Leveton P			
Elton P			

Leveton P

Elton P



Only long-termed use can help you to achieve the desired effect! Since Parapharm products consist mainly of natural raw materials, including medicinal herbs raw materials, the effect from number of products is not immediate, but it is possible in the case of a long-termed course, which can last from 2 weeks to 12 months.↪

All the tips on usage and dosage have advisory effect! Despite the fact that our products are safe and the risk of undesirable adverse reactions is reduced as much as possible, it is necessary to take into account the individual intolerance of individual components or the possible side effects from already used treatment schemes.↪ it is recommended to consult a doctor before use.

The presented medications and schemes do not cancel medical prescription according to accepted standards of treatment, but can be used as supportive therapy.↪ Our products are primarily recommended for prevention and help prevent various diseases, thanks to their beneficial natural substances.↪ Moreover, they can enhance the effect of prescribed standard treatment, reduce the side effects that occur from the use of the latter.↪ If the disease state and the dynamics of treatment with the use of a standard therapy scheme allow you to refuse synthetic remedies, then follow the gradual cessation.↪ Gradually reduce the dosage, replacing it with our products, but keep being under medical supervision and monitor your own state of health.↪



**Fitness & Life Natural
Products Line**

Fitness & Life ®

Natural Products Line

FOR ATHLETES AND PEOPLE WHO LEAD AN ACTIVE LIFESTYLE

Fitness & Life production consists of 23 products designed to solve various sports problems, prevent diseases, and help quickly and fully recover after physical activity and stress.

Fitness & Life product line combines:

- use of whole medicinal herbs;
- the inclusion of components of organic origin;
- the use of cryosurgery technology to preserve all the useful properties of the herb;
- prolonged effect achieved by the special production technology.

LEVETON XXL

It is a world invention of the increase in testosterone.

ELTON XXL

For maximum energy and endurance!

ECDISTON

For maximum work efficiency

ECDYSTERONB P

To increase overall vitality and build muscle mass

EROMAX

To increase libido and general sexual satisfaction. For him and for her...

MEZI-VIT+

To improve digestion and speed up metabolism

GOLD HEALER®

Promotes health improvement and liver cleansing, stimulates the regeneration of liver cells

BCAATON

For muscle growth

AZVERTON

Pre-training complex and a source of energy

AZVERTON AEROBIC

regeneration
As a source of energy with high aerobic loads

HONDRO-VIT

For ligament and cartilage

APITONUS

The complex of natural vitamins and antioxidants for increased mental and physical activity

OSTEOMED

To strengthen the bone tissue and accelerating of fracture healing

KARDIOTON

To protect and strengthen the heart in conditions of increased heart loads

TIREO-VIT

For keeping the thyroid gland healthy in mental and physical fatigue

IRON HERB®

To fill in iron deficiency

NERVO-VIT

To prevent and relieve stress with increased physical and mental loads

ANTI DEPRESSION

Natural antidepressant

STRONG IMMUNITY

To boost the immune system and to prevent influenza and ARVI

MEMO-VIT

To improve memory and speed up the response during physical activity

KILO LIGHT. MORNING

Promotes safe weight loss.
Provides maximum energy with a low calorie breakfast

KILO LIGHT. DAY

Promotes safe weight loss.
It gives energy and helps block the appetite

KILO LIGHT. EVENING

Promotes safe weight loss.
Promotes additional fat burning during sleep



HDBA
organic complex

Tonic

dietary Supplement "HDBA organic complex"®

the body needs a balanced complex of vitamins, minerals, and amino acids to maintain the level of activity and vigor. All of them are in HDBA organic complex. It is a natural supplement that can be as an independent product or be consumed with other food products. It can be a tonic supplement for a drink (e.g. chicory, coffee, cocoa, juice, milk.)

Important: HDBA organic complex is able to enrich any product with useful tonic substances without changing its taste.

HDBA organic complex is a natural complex of vitamins and minerals produced from organic components and the patented technology (patent RU 2523885). It has a positive effect on the human body:

- regulates the activity of the central nervous system, increases physical endurance, intellectual work capacity;
- it has a positive effect on the endocrine system and metabolic processes;
- improves the physical and mental state;
- improves memory, vision;
- improves appetite;
- normalizes the work of cardiovascular system;
- it boosts the immune system, which increases the body's resistance to infectious diseases;
- reduces the level of "bad" cholesterol, has a healing effect on the liver;
- significantly increases the level of testosterone.

HDBA ORGANIC COMPLEX PROMOTES HEALTH AND REJUVENATION OF THE BODY!

HDBA organic complex is dietary Supplement. It is produced on the drone homogenate basis, which is close to the ideal protein in the content of essential amino acids that are important for the human diet.

Drone homogenate is recognized as a valuable food for health in traditional cultures of many nations.

The homogenate contains 29 amino acids (the total content of amino acids is from 37.5 to 40.6 %, of which 40 % belongs to essential amino acids), 16 monobasic carboxylic acid, and 4 polyunsaturated fatty acids.

Phosphorus	P	199
Natrium	Na	38
Calcium	Ca	14
Zincum	Zn	5,5
Manganum	Mn	4.4
Ferrum	Fe	3.2
Magnesium	Mg	2
Cuprum	Cu	2
Kalium	K	0.5

Name Systematic name Supplementation

It also contains Chromium (Cr), Cobalt (Co), Nickel (Ni), Silver (Ag), and other trace elements.	It also contains Chromium (Cr), Cobalt (Co), Nickel (Ni), Silver (Ag), and other trace elements.	2,43 IU/g
Vitamin B2	Riboflavin, lactoflavin	0.74 mg%
The content of microelements in HDBA organic complex Vitamin D	cholecalciferol	0.43 IU
Vitamin B4	choline, cation (2-hydroxyethyl)trimethylammonium	442,8 mg%
Vitamin A	retinol, axerophthol, dehydroretinol, retinene, retinoic acid	0,54 IU/g
Vitamin B3	nicotinic acid, vitamin PP, Niacin	15,8 mg%
The pigment xanthophyll	lutein, zeaxanthin, astaxanthin	0,297 mg%

The name of the hormone The content in the dietary supplement nmol / 100 g

Testosterone	0,292-0,322
Progesterone	42,63-60,01
Prolactinum	344,6-475,4
The content of natural hormones in HDBA organic complex Estradiol	431,2- 847,0

The information was prepared according to the research of the Federal State Budgetary Institution of Science of Bee Research and Development Center in the Russian Federation. The product is approved by Institute of Nutrition RAMS Declaration of conformity is available.

Dietary Supplement HDBA organic complex®

- non-toxic, hypoallergenic, is appropriate for human body.
- a valuable protein product with a low-fat content and high calorie content (the protein content is equal to meat);
- it is perfectly combined with food products-milk, coffee, fruit and vegetable purees, cereals, muesli and other products;
- it is used in spices and sauces (in Japan, China, and several other countries).

The recommended average daily dosage as a food product for adults is 25 mg, for children-10 mg.

The therapeutic dose for adults is 50 mg, for children-25 mg.

Is not recommended: individual intolerance of components.

Patent for invention of the Russian Federation No. 2523885

DIETARY SUPPLEMENT

For Notes

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