

# OEMINE

Your Natural Health

- Heart & Circulatory 3
- Mood Health & Nervous Balance 6
- Joint & Bone Support 7
- Thyroid 10
- Immune Defense 12
- Psoriasis & Dry Skin 13
- Digestive Health & Liver 14
- Women Health & General Comfort 20
- Healthy Hair & Nails 26



Products	Page	Composition	Health Concern
Oemine AC	20	Beta carotene, vitamin C	General health, tonus, antioxidant
Oemine Alkyl	12	Chimaera liver oil	Immunity
Oemine Arter	4	Garlic, red vine, olives	Blood pressure, cardiovascular balance
Oemine Bionagre	21	Organic oenothera biennis seed oil	Dry skin, female balance, menopause disorder, premenstrual syndrome
Oemine Calcium Marin	8	Algae, oyster shells	Growth, osteoporosis, demineralization
Oemine Cap	26	Sesame, wheat, watercress, zinc oxide, cystine	Healthy hair and nails
Oemine Chrome-Pissenlit	14	Dandelion, quack grass, red vine, chromium	Overweigh, cholesterol
Oemine Citro-Betaine	16	Beetroot, lemon	Liver problem, digestion
Oemine D2	9	Natural vegetal vitamin D	Bone structure and muscles
Oemine Fer	25	Natural iron, yeast and spirulina	Anemia, deficiency in iron
Oemine Gastric	18	Ginger, gentian	Acid reflux, stomach bloating
Oemine Gyne	22	Chaste tree, linen, soy	Irregular periods, menopause: hot flashes, nervousness, sadness
Oemine Hepatic	17	Milk thistle, wild fumitory, wild pansy	Liver problems
Oemine Iode-Algue	10	Algae	Thyroid, cold intolerance
Oemine Krill NKO	3	Natural Antarctic Krill oil NKO	Wellness, vitality, joint comfort, help thin blood, benefit "good" cholesterol
Oemine Probiotic	19	Probiotic organisms	Intestinal disorders
Oemine Psoriacalm	13	Fish oil rich in lecithin	Psoriasis, dry skin
Oemine Q10	5	Broccoli, ubiquinone of natural origin	Athlete's muscular strength, heart and muscles oxygenation
Oemine Silicium Marin	7	Organic vegetable silicon of marine origin	Arthritis, healthy joints
Oemine Souffre-Radis Noir	15	Black radish, horseradish, garden cress	Digestion, liver functions
Oemine Stress	6	Griffonia simplicifolia	Anxiety, stress, sleep disorders, depressive state
Oemine Veine	24	Red vine, strawberries, horse chestnut	Veins, heavy legs, swollen ankles To preserve venous capital
Oemine Vision	23	Lutein, beta carotene, xanthin	Prevent AMD, regenerates retinal pigments
Oemine Zinc Krill	11	Shrimps, rice proteins hydrolysate, zinc oxide	Immunity disorder, for good functions of endocrine glands

exist in.

30 Capsules

60 Capsules

80 Capsules

# OEMINE KRILL NKO 500 mg

30 Capsules

Innovating nutritional supplement intended to complement the diet with fatty acids Omega 3, 6 and 9.



## OEMINE KRILL NKO 500 mg

Innovating nutritional supplement intended to complement the diet with fatty acids Omega 3, 6 and 9. Natural Antarctic Krill oil NKO is one of the strongest marine antioxidants. It is a new generation of Omega 3 EPA/DHA.

### Indication:

This oil has a remarkable antioxidant power, mainly because it contains phospholipids that make omega 3 better absorbed. It improves your general health condition.

*Ingredients: Pure Krill oil NKO, fish gelatin capsule.*

### Composition per 1 capsule:

Krill oil NKO	500 mg.
Oméga 3	150 mg
EPA /DHA	75mg / 45mg
Oméga 6	10 mg
Oméga 9	42,5 mg
phospholipides	200 mg
Astaxanthine	0,75 mg
choline	37 mg

### Food allergy.

This nutritional supplement is not recommended to people allergic to fish or shrimps.

Oemine KRILL is guaranteed without colorant or preservative or any synthetic product added. Oemine KRILL is manufactured according to strict norms. Its dosage of vitamin corresponds to Recommended Daily Intake (RDI) and must be used according to the indicated dose. Oemine KRILL can't substitute any medicine prescribed by your doctor or a balanced diet. It must be kept out of reach of children. It is not recommended in case of **coagulation disorders**.

### Recommended combinations :



Oemine MER Fort Pc  
DHA Omega 3



OEMINE  
COLESTROL



OEMINE B

# OEMINE ARTER

60 Capsules

A nutritional supplement for arterial comfort.



## OEMINE ARTER

This natural product is intended to maintain arteries. It contains some ingredients of the Cretan diet: garlic, red vine and olives.

### Directions:

2 capsules every morning and evening with a glass of water. 20 days a month, for several months.

*Ingredients: garlic, red vine, olives. Composition of a capsule: polysaccharides of plant origin (pullulan).*

### Recommended combinations :



OEMINE Q10



Oemine MER Fort Pc  
DHA Omega 3

## OEMINE Q10

180 Capsules

It helps reinforce muscular activity comprising heart muscles.



## OEMINE Q10

It is a natural nutritional supplement intended to complement the diet with coenzyme Q-10.

It helps reinforce muscular activity comprising heart muscles.

### Indications:

Coenzyme Q-10 is a coenzyme presented in your mitochondria ("cellular power plants"). This nutritional supplement is beneficial for athletes to compensate Coenzyme Q-10 deficiency.

### Directions:

2 capsules every morning with a glass of water.

Composition of 2 capsules:  
ubiquinone (coenzyme Q-10) - 100 mg

*Ingredients : broccoli, ubiquinone of natural origin. Vegetable capsule: polysaccharides.*

### Recommended combinations :



OEMINE Energy



OEMINE KRILL NKO  
500 mg

# OEMINE STRESS

60 Capsules

Nutritional supplement containing Griffonia rich in 5-HTP that is known as antidepressant and sleep aid.



## OEMINE STRESS



Nutritional supplement containing Griffonia rich in 5-HTP that is known as antidepressant and sleep aid.

### Indication:

This nutritional supplement is beneficial for stressed people waking up at night. It is based on Griffonia titrated with 5-Hydroxytryptophan (5-HTP), a precursor of serotonin, which is consumed during stress, and melatonin, the hormone of the pineal gland.

*Ingredients: Griffonia simplicifolia. Composition of a vegetable capsule: polysaccharides.*

Composition per 1 capsule:  
natural 5-HTP - 100 mg.

### Directions:

2 capsules with a glass of water before going to bed for 20 days a month for 3 months with a break of 10 days between the months.

### Recommended combinations :



OEMINE SOMNI



OEMINE Magnésium  
Huîtres

# OEMINE Marine Silicon

180 Capsules

Nutritional supplement intended to complement the diet with silicon.



#### Composition of 6 capsules:

Chondroitin sulfate - 270 mg

Glucosamine - 90 mg

Vegetable Silicon - 20 mg

Proteins of natural collagen - 1200 mg

Marine Calcium - 428 mg (53% of RDI)

Phosphor - 195 mg (28% of RDI)

**Ingredients:** ray cartilage, shark cartilage, diatom algae, capsule of marine gelatin.

## OEMINE Marine Silicon



It is a supply of organic vegetable silicon of marine origin to maintain supporting connective tissue and cartilage.

#### Properties:

The active ingredients of this supplement contribute to maintain suppleness of connective tissue, particularly, bone and cartilage matrix. Orthosilicic acid of diatoms combined with ray and shark cartilage is a good organic supply to help reconstruct a normal cartilage.

#### Directions:

3 capsules every morning and evening for 20 days a month for the treatment of 6 months or according to your doctor's recommendations.

#### Recommended combinations :



OEMINE Arthro



Vitamin D2 of yeast origin



OEMINE SILI DERM Cream



# OEMINE Calcium Marin

60 Capsules

Nutritional supplement intended to complement the diet with natural calcium.



## OEMINE Calcium Marin

OEMINE MARINE CALCIUM is beneficial for optimal mineralization of bones during growth but also during all life. This alkaline calcium is a calcium carbonate antacid.

### Indication:

For good mineralization. It is necessary for children, pregnant women and elderly people to prevent demineralization. It is also good to strengthen periodontium especially for teenagers. It is alkaline calcium extracted from algae *Lithothamnion* and oyster shells that supply together dietary minerals for bones and teeth. It is particularly well-absorbed and fixed in body. *Lithothamnion* (*Lithothamnium calcareum*) is a calcareous algae that concentrates calcium carbonate, which is a natural antacid.

### Directions:

2 capsules during two meals with a glass of water for the treatment of 3 months. For children: 2 capsules during a meal for 20 days a month.

Composition of 4 capsules:  
calcium - 800 mg (100% of RDI)

Ingredients: *Lithothamnion*, oyster shells, capsule of marine gelatin.

### Health claim:

This calcium is beneficial for nerve conduction, maintenance of skeleton and teeth, good blood coagulation and energetic metabolism.

### Recommended combinations :



OEMINE AD



OEMINE Marine  
Silicon



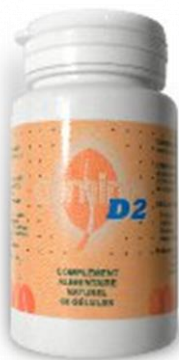
Vitamin D2 of yeast  
origin



## Vitamin D2 of yeast origin

180 Capsules

Natural Vitamin D2



## Vitamin D2 of yeast origin

OEMINE D2 is good for children, adolescents and older people to maintain their bone structure and muscles.

### Indication:

Natural vitamin D can be an alternative to the synthetic form of this vitamin. It is extracted from yeast that is specially cultivated to be rich in vitamin D. It is recommended for those who are not exposed enough to the sun and who have insufficient levels of vitamin D or vitamin D deficiency.

### Directions:

Dosage and duration of administration depend on your age, the degree of vitamin D deficiency and your doctor's recommendations.

#### Composition of 1 capsule:

Natural vitamin D2: 5 µg (100% of DRI)

*Ingredients: Beer yeast naturally rich in vitamin D. Composition of a hard gelatin capsule: plant-based polysaccharides (pullulan).*

### Health claim:

(According to the health claims authorized by Regulation (EU) No. 412/2012)

Vitamin D contributes to :

- \* the normal functioning of the immune system and muscles
- \* the maintenance of normal dentition
- \* calcium and phosphor absorption and utilization, and normal calcemia

Vitamin D also plays an important role in the process of cell division.

### Recommended combinations :



OEMINE Calcium  
Marin



OEMINE Marine  
Silicon

# OEMINE Iodine Algae

60 Capsules

It's a nutritional supplement intended to complement the diet with iodine.



## Health claim:

Iodine is recommended for thyroid function, normal synthesis of the thyroid hormones, a good energetic metabolism and for healthy skin.

## Precautions:

This nutritional supplement is not recommended to people allergic to iodine, algae or sea food.

# OEMINE Iodine Algae

It's a supply of organic iodine of marine algae titrated with iodine.

## Indication:

Iodine deficiency is much more frequent than we think. Studies have shown that nearly everyone misses a little bit of iodine. According to WHO it's enough to dose urine iodine to screen for this deficiency. Iodine is indispensable for the thyroid hormones. Thanks to iodine the thyroid gland can regulate energy levels and helps adapt to stress. Such little signs as cold intolerance, fatigue and constipation can warn of iodine deficiency. So iodine is necessary to improve tonus, to better adapt to stress, for cold intolerance and for iodine deficiency especially during pregnancy.

## Directions:

1 capsule every morning and evening with a glass of water for 3 months.

Composition of 2 capsules:  
Iodine - 150 mcg (100% of RDI).

**Ingredients:** Brittany algae – sea lettuce, Irish moss, Lithothamnium, capsule of marine gelatin.

## Recommended combinations :



OEMINE Zinc Krill



OEMINE Magnésium  
Huîtres

## OEMINE Zinc Krill

60 Capsules

Nutritional supplement intended to complement the diet with zinc.



## OEMINE Zinc Krill

This supplement consists of zinc combined with shrimps rich in amino acids and astaxanthin.

### Properties:

Zinc is a dietary mineral indispensable for good functions of endocrine glands. It is necessary to combine it with natural vitamin A (astaxanthin). This supplement is beneficial for teenagers during puberty and athletes.

### Directions:

2 capsules a day with a glass of water.

#### Composition of 2 capsules:

Zinc - 15 mg (150 % of RDI)

Astaxanthin - 0,5 mg (10 % of RDI)

**Ingredients:** Shrimps, rice proteins hydrolysate, zinc oxide, capsule of marine gelatin.

### Health claim:

Zinc is good to preserve a good immune system, vision, vitamin A metabolism, fertility, cellular division, DNA synthesis, acid-base metabolism of essential fatty acids and proteins and lipid oxidation.

### Recommended combinations :



OEMINE KRILL NKO  
500 mg



OEMINE A

# OEMINE Alkyl

60 Capsules box

Nutritional supplement intended to complement the diet with alkylglycerols



## OEMINE Alkyl

### Properties:

chimera oil is naturally rich in alkylglycerols. These fatty acids, presented in liver, spleen and bone marrow, take part in natural immune defense.

*Ingredients: Chimaera liver oil, fish gelatin capsule.*

### Directions:

2-4 capsules a day.

Composition per 1 capsule :  
Chimaera liver oil - 500 mg  
monoalkoxyglycerols - 150 mg  
unsaponifiable matter - 150 mg

### Recommended combinations :



Vitamin D2 of yeast  
origin



OEMINE C



OEMINE Biocitrus

## OEMINE Psoriacalm – Marine lecithin

180 Capsules

Concentrate of marine lecithin for dry skin.



Oemine PSORIACALM is guaranteed without colorant, preservative or any synthetic product added. Oemine PSORIACALM is manufactured according to strict norms. Its dosage of vitamin corresponds to Recommended Daily Intake (RDI) and must be used according to the indicated dose. Oemine PSORIACALM can't substitute a balanced diet and must be kept out of reach of children.

## OEMINE Psoriacalm – Marine lecithin

Concentrate of marine lecithin for dry skin.

### Indication:

Marine lecithin regenerates the epidermis and strengthens its essential fatty acids. Phospholipids of marine lecithin are the closest to those of our body. They are the most important components of cellular membranes.

### Directions:

3 capsules 3 times a day for 2 months and 4 capsules every morning and evening regularly at least 6 -8 months.

### Composition of 1 capsule:

phospholipids - 76 mg  
omega 3 - 26 mg  
choline - 19 mg

**Ingredients:** fish oil rich in lecithin, corn maltodextrin, gum Arabic, magnesium stearate, marine gelatin capsule.

### Recommended combinations :



OEMINE  
PSORIACALM  
CREAM



OEMINE  
PSORIACALM  
MOISTURIZER



OEMINE  
PSORIACALM  
SHAMPOO

13

This product is not intended to treat, cure, or prevent any disease

# OEMINE Chromium Dandelion

60 Capsule

Chromium combined with plants that complement its beneficial effect on body.



## OEMINE Chromium Dandelion



OEMINE Chromium Dandelion is beneficial for overweight caused by the diet too much rich in sugar.

### Properties:

Chromium balances carbohydrate metabolism. Quackgrass and dandelion are refreshing fluxes.

### Directions:

2 capsules three times a day before meals with a glass of water.

#### Composition of 6 capsules:

Chromium 25 µg (62% of RDI).

**Ingredients:** dandelion, quackgrass, red vine, hydrolysate of rice proteins, chromium chloride, capsule of marine gelatin.

**Precautions:** This nutritional supplement mustn't be taken during pregnancy or breastfeeding. It doesn't substitute the diet or treatment of metabolism disorder (diabetes or hyperlipidemia).

### Recommended combinations :



OEMINE Svelte



OEMINE BIO LIN



OEMINE Soufre  
Radis Noir

14

This product is not intended to treat, cure, or prevent any disease



## OEMINE Soufre Radis Noir

60 pills

Nutritional supplement intended to complement the diet with sulfur amino acids and Black Radish.



## OEMINE Soufre Radis Noir

This supplement is based on sulfur amino acids that are naturally present in crucifers. This natural organic sulfur takes part in digestion and contributes to liver functions.

*Ingredients: black radish, horseradish, garden cress, capsule of marine gelatin.*

### Directions:

2 capsules with a glass of water two times a day before meals.

### Recommended combinations :



OEMINE B



OEMINE Citro-Bétaïne



## OEMINE Citro-Bétaïne

60 Capsules

Good for liver comfort and blood regeneration, and to avoid fatty deposits.



## OEMINE Citro-Bétaïne

A nutritional supplement intended to complement the diet with natural betaine.

This supplement is good for liver comfort, blood regeneration and to avoid fatty deposits.

### Indication:

This nutritional supplement helps digest in case of overeating. It is intended to complement the diet with natural betaine and citrate. Beetroot has been known as blood "cleaner and regenerator" since a long time. Associated with lemon it is good for the liver, to maintain its purifying function, and the intestine. OEMINE Citro-Bétaïne is a source of alkaline potassium to fight against intestinal and blood acidity. It also contains a lot of essential dietary minerals.

*Ingredients: beetroot, lemon, fish gelatin capsule.*

### Directions:

2 capsules with a glass of water every morning and evening or 3 capsules before going to bed.

### Recommended combinations :



OEMINE Soufre  
Radis Noir



OEMINE HEPATIC

## OEMINE HEPATIC

60 Capsules

Nutritional supplement beneficial for the liver.



## OEMINE HEPATIC

It contributes to the balance of liver function

### Indication:

This supplement normalizes liver functions in case of slight disorders.

*Ingredients: milk thistle, wild fumitory, wild pansy. Composition of a vegetable capsule: plant polysaccharides.*

### Directions:

2 capsules with a glass of water every morning and evening before meals for 20 days a month.

### Recommended combination :



OEMINE Citro-  
Bétaïne

Bétaïne  
OEMINE CITO-

## OEMINE Gastric

60 Capsules

Nutritional supplement intended to favour digestion.



## OEMINE Gastric

This supplement is recommended during meals to avoid gas formation in the stomach which provokes acid reflux.

*Ingredients: ginger, gentian. Composition of a vegetable capsule: plant polysaccharides.*

Directions: 2 capsules at the beginning of meals 2 times a day with a glass of water.

### Recommended combinations :



OEMINE Digest



OEMINE E

OEMINE Digest

OEMINE E

# OEMINE PROBIOTIC

60 Capsule

Nutritional supplement intended to balance gut flora.



## OEMINE PROBIOTIC

OEMINE PROBIOTIC contains probiotic organisms which have beneficial effects on intestinal transit. There are about 5 billions of gastro-resistant bacilli in one capsule.

### Indication:

It is recommended for those who suffer from intestinal disorders or after antibiotic administration.

### Directions:

Two capsules in the morning and in the evening before or after meals.

#### Composition:

Lactobacillus rhamnosus R 11  
Lactobacillus acidophilus R 52  
Bifidobacterium longum R 175

#### Ingredients :

Potato starch, lyophilisate of live *Lactobacillus acidophilus* R 52, *Bifidobacterium longum* R 175, *Lactobacillus rhamnosus* R 11, magnesium stearate, ascorbic acid, hard gelatin capsule of plant origin.

### Recommended combinations :



OEMINE B



OEMINE Digest

## OEMINE AC

60 Capsule

A nutritional supplement intended to complement the diet with vitamins A and C.



### Nutritional claim:

Vitamin C protects cellular DNA, proteins and lipids of oxidation. It improves immunity and repairs collagen of connective tissue. It interferes in the functions of nervous system. It is important during and after physical exercises and for a healthy energetic metabolism. After all, it's important for iron absorption.

Vitamin A is beneficial for healthy vision, skin and mucous membranes.

**Shouldn't be used during pregnancy without doctor's recommendation.**

## OEMINE AC

Oemine AC is beneficial for a good skin condition, mucous membranes and general health condition.

### Indication:

For general tonus and good vitality both in summer and winter. It's a supplement of natural, vegetable vitamin C in alkali substrate without extractive overdose of vitamin C or acids. For healthy skin, mucous membranes and eyes.

### Directions :

from 1 to 2 capsules a day with a glass of water.

### Composition of 1 capsule:

beta carotene: 2,4 mg (50 % of RDI),

vitamin C: 30 mg (37 % of RDI)

**Ingredients :** safflower oil, acerola, rose hips, carrot oil macerate, coating agent (marine gelatin), thickening agent (yellow bee wax), natural beta-carotene, emulsifier (soy lecithin).

### Recommended combinations :



OEMINE E



OEMINE DERM  
organic cream



OEMINE COLD  
CREAM

## OEMINE BIONAGRE

180 Capsules 180 Capsules

First cold pressed organic *Oenothera biennis* seed (evening primrose) oil.



## OEMINE BIONAGRE

This nutritional supplement is based on organic *Oenothera biennis* seed oil which is guaranteed to be first cold pressed oil. The capsules are filled with seasonal *Oenothera biennis* seed oil. It is filtered and enriched by natural vitamin E to protect it from the oxidation. The capsules are made of starch. Organic *Oenothera biennis* seed oil is Kosher and Halal certified.

### Beneficial properties of *Oenothera biennis* seed oil:

These seeds are rich in Omega 6. This vitamin is essential for a number of physiological functions, particularly for female balance. And it has been successfully used for a long time for the problems of dry skin. You can pierce the capsules and apply the oil directly on the dry or mucous skin areas.

### Directions:

2 capsules every morning.

Composition of 2 capsules:  
Oenothera biennis seed oil - 1000 mg  
GLA (omega 6) - 80 mg  
tocopherols - 4 mg (32% of RDI)

**Ingredients:** organic *Oenothera biennis* seed oil, manioc starch capsule.

### Recommended combinations :



OEMINE PROBIOTIC



OEMINE OMEGA 3

OEMINE PROBIOTIC

OEMINE OMEGA 3

# OEMINE GYNE

60 Capsule

Nutritional supplement for female comfort.



## OEMINE GYNE

### Indication:

This supplement is intended to rebalance the conditions associated with menopause such as hot flashes, nervousness and sadness.

*Ingredients: chaste tree, linen, soy, yam, hop. Composition of a vegetable capsule: polysaccharides.*

### Directions:

2 capsules every morning and evening, then lower the dose until 2 capsules at night before going to bed for 20 days a month.

### Recommended combinations :



OEMINE VITEX Gel



OEMINE BIONAGRE



OEMINE STRESS



# OEMINE Vision and for retina

60 Capsules

Nutritional supplement based on natural pigments beneficial for the retina.



## OEMINE Vision and for retina

Nutritional supplement based on natural pigments beneficial for the retina. Lutein, carotenoids and vegetable xanthin.

### Indication:

This nutritional supplement regenerates retinal pigments thanks to carotenoids which are extracted from the algae *Dunaliella salina*, rich in beta-Carotene, and tagetes, rich in lutein and xanthin.

### Composition per 1 capsule:

lutein - 8 mg

beta-Carotene - 2,4 mg

(50% of RDI)

zeaxanthin - 90 mcg.

*Ingredients: organic corn germ oil, coating agent (fish gelatin), natural lutein, thickening agent (yellow bee wax), tagetes extract, natural carotene and iron oxide.*

### Directions:

1 capsules every morning for 5 days a week.

### Recommended combinations :



OEMINE A



OEMINE KRILL NKO  
500 mg

# OEMINE VEINE

60 Capsules

To complement the diet with oligomers (OPS)\*, a variety of bioflavonoids beneficial for vein walls.



## OEMINE VEINE

It is a natural nutritional supplement intended to complement the diet with oligomers (OPS)\*, a variety of bioflavonoids, beneficial for vein walls.

It is based on strawberries and red vine to preserve venous capital.

### Indications:

A nutritional supplement intended to preserve venous capital.

### Directions:

2 capsules every morning with a glass of water.

#### Composition of a capsule:

OPC - 100 mg

Aescin - 10 mg

*Ingredients: red vine, strawberries, horse chestnut. Composition of a vegetable capsule: polysaccharides, yeast.*

\*The symptoms of OPS deficiency are heavy legs, swollen ankles and necessity to urinate at night.

### Recommended combinations :



OEMINE C2  
-Cranberry  
Blackberry-



OEMINE K  
BROCCOLI (K1+K2  
vitamin )



OEMINE A

## OEMINE Iron

60 Capsules

It's a nutritional supplement intended to complement the diet with iron.



## OEMINE Iron

This nutritional supplement is a natural iron well-tolerated and well-absorbed by body thanks to its original combination with yeast and spirulina.

### Indication:

To compensate for the deficiency in iron. Yeast favours for a good absorption of iron and limits digestive problems that might be caused by this dietary mineral. Spirulina is a microscopic algae containing amino acids and iron. Iron deficiency often appears in the period of growth, pregnancy, breastfeeding and menstruations. It is also beneficial for athletes in case of iron deficiency.

### Directions:

1 capsule a day for 3 months. This dose can be varied according to your doctor's view and the degree of anemia.

#### Composition of 1 capsule:

iron - 14 mg (100% of RDI).

*Ingredients: safflower oil, beer yeast, thickening agent (yellow bee wax), ferrous fumarate, spirulina, emulsifier (soy lecithin), capsule of marine gelatin.*

### Recommended combinations :



OEMINE Manganese  
Blackcurrant



OEMINE C

# OEMINE CAP

60 Capsule

Nutritional supplement with zinc, natural cystine and methionine to strengthen your hair.



## OEMINE CAP

It's a nutritional supplement intended to complement the diet with zinc, cystine and natural methionine associated with plants rich in minerals to strengthen your hair.

### Properties:

This natural supplement strengthens your hair and nails thanks to mineral salts and sulfur amino acids, of which cystine is one of principal components of keratin.

### Directions:

2 capsules every morning with a glass of water.

*Ingredients: sesame, wheat, watercress, nettle, spirulina, rice protein hydrolysate, zinc oxide.*

*Composition of a vegetable capsule: polysaccharides.*

Composition of 1 capsule:  
zinc - 3,5 mg (35% of RDI)  
methionine - 20 mg  
cystine - 8 mg

### Recommended combinations :



OEMINE CAP  
LOTION

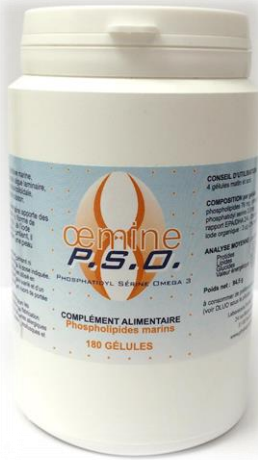


OEMINE CAP  
SHAMPOO

# OEMINE P.S.O. Marine lecithin

180 Capsules

Concentrated marine lecithin for skin care.



## OEMINE P.S.O. Marine lecithin (ex PSORIACALM)

Marine lecithin that is the basic ingredient of OEMINE P.S.O. (Phosphore Omega-3 Soluble Phosphatidylcholine Pc- DHA ) differs from that of plant origin because it is high in omega-3 fatty acids while soy lecithin, for example, contains only omega-6 fatty acids. It is composed of choline, phosphorus and fatty acids. Marine lecithin is the most important component of cellular membranes. This product also contains an alga rich in iodine which in its turn contributes to the maintenance of normal skin (if administered according to the indicated dosage).

### Directions:

3 capsules 3 times a day for 2 months and then, 4 capsules every morning and evening regularly at least for 6 -8 months.

Composition of 1 capsule:  
phospholipids: 76 mg  
omega 3: 26 mg EPA/DHA  
choline: 19 mg  
phosphatidylserine: 3,8 mg  
organic iodine: 3 µg (2% of DRI)

*Ingredients: marine lecithin, corn maltodextrin, laminaria alga, colloidal silica, gum Arabic, fish gelatin capsule.*

### Contraindication:

OEMINE P.S.O is not recommended to those who are allergic to sea food or fish.

### Recommended combinations :



OEMINE  
PSORIACALM  
CREAM



OEMINE  
PSORIACALM  
MOISTURIZER



OEMINE  
PSORIACALM  
SHAMPOO

27

*This product is not intended to treat, cure, or prevent any disease*

# OEMINE SOM

60 Capsules

Nutritional supplement based on calming and relaxing plants to help relax before falling asleep.



## OEMINE SOM

Nutritional supplement based on calming and relaxing plants to help relax before falling asleep.

*Ingredients: Valerian, passion flower, California poppy, St. John's wort. Composition of a vegetable capsule: polysaccharides.*

### Directions:

3 capsules with a glass of water before going to bed.

### Precautions:

This product contains a little bit of St. John's wort. It can be combined with 2 capsules of OEMINE PSY a day.



# OEMINE FEB

60 Capsule

Nutritional supplement for a slight cold.



## OEMINE FEB

### Properties:

This nutritional supplement is intended to fight against cold and tiredness. relief of airways with common cold

*Ingredients: chamomile and gentian. Composition of a vegetable capsule: polysaccharides.*

### Direction:

2 capsules 3 times a day.

### Recommended combinations :



OEMINE Copper  
Rose Hips



OEMINE C



# Oemine MER Fort Pc DHA Omega 3

60 Capsules

Dietary supplement of omega 3 EPA/DHA in the form of phospholipids.



## Oemine MER Fort Pc DHA Omega 3

Natural marine lecithin extracted from the caviar of wild fish.

### Indication:

Marine lecithin is a lipidic complex that balances body fats. It is a vector of omega-3 DHA in a soluble form. It cumulates the effects of lecithin emulsifying body lipids and omega-3. It is rich in Pc-DHA.

### Directions :

From 1 to 3 capsules a day during meals with a glass of water.

Composition of 1 capsule:  
phospholipids: 160 mg  
omega-3 fatty acids: 274 mg  
(These values are indicative and can vary  
from one batch to another.)

*Ingredients: fish oil, marine lecithin, fish gelatin capsule.*

### Health claims:

(According to authorized health claims. Official Journal: Commission Regulation (EU) No. 412/2012)

OEMINE MER FORT contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) that contribute to healthy heart functioning and normal vision. To have these beneficial effects it is recommended to take 250 mg of EPA and DHA daily, which corresponds to about 3 capsules a day.

### Recommended combinations :



OEMINE E



OEMINE B

30

*This product is not intended to treat, cure, or prevent any disease*