

**Pure ingredients.  
Genuine effect.**



MADE IN AUSTRIA

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# Six Good Reasons

TO CHOOSE RINGANA



## LIKE NATURE

Here at RINGANA, we follow a straight line: pure ingredients. Genuine effect. In so doing, we consistently concentrate on natural and renewable raw ingredients. You will not find artificial preservatives or genetically modified or chemical-synthetic substances in our products.



## GENUINE EFFECT

Being demanding and thinking ecologically is in no way a noble end in and of itself. Our ingredients are obtained in specially developed processes that make the yield of vital substances possible without damage or a loss in accompanying substances. That makes it possible for us to obtain the most effective essence of all – the essence of nature.



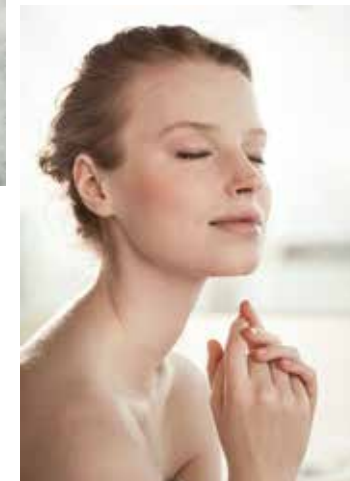
## ABSOLUTE FRESHNESS

We draw our knowledge from modern scientific findings and traditional teachings about the effective power of nature. The quintessence is always the same though: not using any preservatives. For that reason, our products also have an expiry and we're proud of that. Because it is proof of absolute freshness.



## NO ANIMAL TESTING AND THOUGHTFULLY PACKAGED

The conservation of resources and the protection of an environment worth living in are the top priority at RINGANA. Nature is in any case the starting point for all of our conviction and work. We always act in an environmentally-friendly manner and according to ethical values. That begins with the purchase of raw ingredients and continues through production without animal testing up to a package recycling concept.





## RESEARCH & PRODUCTION

RINGANA guarantees the highest quality and absolute freshness. That is possible because with us, everything takes place at a single location. From initial development to the shipping of the product. That is how we are able to guarantee the best goods for the entire value chain, offer first-class service, and deliver our unique products directly to our customers' homes.



## MULTIPLE CERTIFICATIONS

At RINGANA, we are proud of our team and our work. And we are even more pleased when our work is appreciated by others. Our "So green" CSR project, for example, was recognised with the Austrian Climate Protection Award 2015. We are also proud of the GREEN BRANDS Austria seal of approval, which confirms the high quality of RINGANA's ecologically sustainable products.







# So me

FRESH  
COSMETICS

Above all else, fresh cosmetics mean natural beauty. Therefore, our ingredients come exclusively from nature. With the correct extraction, processing and combination, they release their full effects. The recipe: absolute freshness, specialised knowledge, and plenty of love.

## FRESH COSMETICS

It is only if the plant-based raw materials are processed immediately that the precious ingredients are retained in their pure form. This freshness is something you can sense. Because every iota of our ingredients has an important task to fulfil. And specifically to do good to every facet of your body. Your largest organ is your skin, so you should pay particular attention to it. With RINGANA FRESH COSMETICS, it receives the moisture it needs and effective active substances. The result is a velvety-soft complexion and a radiant look. RINGANA FRESH COSMETICS join together the knowledge from Ayurveda and traditional Chinese

medicine with the most modern science. You will be delighted with our new active cell emulsion technology, for example: the smallest particles literally get under your skin and release their full effect there. The microcell emulsion technology unites protection and care in an exemplary way. These are completely new dimensions in high-tech FRESH COSMETICS.

But RINGANA also supports the environment, for example with its packaging return concept. When you send back ten empty glass cosmetics bottles, you will receive one cosmetic product from us as a gift!



SIMPLY  
BENEFICIAL



CLEVER  
RECYCLING  
SYSTEM



INCLUDING  
THE RINGANA  
TOWEL



# Freshness Test

## DO YOU KNOW YOUR SKIN TYPE?

For that ideal fresh feeling during and after body care, one thing is imperative: to know which product suits you best. That's why the question of skin type is only superficial at first glance. But the answer makes a fundamental difference. Skin is not just skin – and RINGANA has created and subdivided its products precisely for the varying needs. Simply answer the following questions, add up your points – and discover your skin type!



**1. I am:**  
 younger than 25 ..... 0  
 between 25 and 35 ..... 1  
 between 36 and 45 ..... 2  
 between 46 and 55 ..... 4  
 over 55 ..... 7

**2. I am:**  
 normal weight ..... 2  
 underweight ..... 5  
 overweight ..... 0

**3. I sunbathe or go to the tanning salon:**  
 often ..... 3  
 occasionally ..... 1  
 never ..... 0

**4. I live in a city:**  
 yes ..... 1  
 no ..... 0

**5. I practice my profession in enclosed spaces:**  
 yes ..... 1  
 no ..... 0

**6. I spend several hours a day in air-conditioned rooms:**  
 yes ..... 1  
 no ..... 0

**7. I drink alcohol:**  
 never ..... 0  
 occasionally ..... 1  
 regularly ..... 2

**8. I watch what I eat carefully (fruits, vegetables, whole-grain products):**  
 true ..... 0  
 sometimes ..... 1  
 not true ..... 2

**9. I smoke:**  
 never ..... 0  
 up to 10 cigarettes daily ..... 1  
 more than 10 cigarettes daily ..... 3

**10. My skin tends to have impurities:**  
 yes ..... 0  
 no ..... 2

**11. My skin has large pores:**  
 yes ..... 0  
 no ..... 2

**12. My skin tends to form wrinkles:**  
 yes ..... 3  
 no ..... 0

**13. My skin tends to redden and is easily irritated:**  
 yes ..... 2  
 no ..... 0

**14. I get exercise during the week:**  
 less than 30 minutes ..... 2  
 between 30 and 60 minutes ..... 1  
 more than one hour ..... 0

**15. My preferred feeling for my skin surface:**  
 a noticeable, protective cream film ..... 2  
 feeling no cream on the skin surface ..... 1  
 a quickly absorbed cream, not very greasy .. 0

## Skin Type

### 1 OILY SKIN

**Less than 11 points**  
 Greasy shine on the face, large pores, frequent impurities and inflammations.

### 2 NORMAL SKIN, MIXED SKIN

**11 to 20 points**  
 Shiny areas on the chin, nose, and forehead. Slight tendency toward large pores.

### 3 SKIN TENDING TOWARD DRYNESS

**21 to 28 points**  
 Dry skin lacking in moisture, often feels tight after cleansing. Small pores. Fine, delicate and flaky skin. Tendency to wrinkle prematurely.

### 4 EXTREMELY DRY SKIN

**Over 28 points**  
 Dryness already permanent. Skin feels very tight, especially after cleansing. More pronounced flaking. Wrinkles from dryness, especially around the mouth, the eyes, and the neck.

# Freshness Facts

## The Steps for Care

In order to best pamper your skin, you should carry out the following steps for care:

1. **Cleansing:** frees the skin of everyday dirt and makeup.
2. **Toning:** the fresh kick for the pores. Invigorates and cleanses the skin deep into the pores.
3. **Intense and special care:** repairs and nurtures deep skin cells.
4. **Basic Care / Fluids:**  
A concluding optimal protection for the skin against environmental influences.

1



CLEANSING MILK

2



FACIAL TONER

3



CURE CONCENTRATE\_\_PRO



HYDROSERUM OR  
ANTI-WRINKLE SERUM

4



CREAM CONCENTRATES  
AND TINTING FLUID /  
FLUID FOR MEN



#### SMART TIP

Moisten a cotton wool ball, squeeze it out well and put a dab of Cleansing Milk on it. This way you can perfectly remove even stubborn eye make-up. Applied to dry skin, the Cleansing Milk leaves an ultra rich skin feel.

#### SELECTED ACTIVE INGREDIENTS

Sesame Oil, Almond Kernel Oil, Grapeseed Oil, Rosemary Extract

#### SKIN TYPES

Suitable for all skin types.

#### CARE STEP

# Cleansing

## Cleansing Milk

Nurtures while it cleanses.

The first step to beautiful skin is the right cleansing. RINGANA's mild and soothing Cleansing Milk removes dirt and make-up gently and thoroughly. High-quality plant oils nurture and hydrate. Suitable for all skin types.

#### RINGANA KNOW HOW:

Sesame oil has long been used for skin care, for example, in Ayurveda, and it contains many natural antioxidants. RINGANA uses a special plant complex of sweet clover, jojoba and ginkgo that nourishes and helps to preserve your skin's natural acid protection barrier.

#### CORRECT USE:

Apply the Cleansing Milk mornings and nights to damp face, neck and cleavage and massage in. Then rinse off with warm water and use facial toner as usual.



# CARE STEP

## Toning



### Facial Toner S

Refreshes and refines the skin.

Prepares it perfectly for the application of care products.

This high quality plant tonic cleanses thoroughly and purifies oily and mixed skin. After use your skin feels pleasantly clean and refreshed.

#### RINGANA KNOW HOW:

Sage extract, pansy and witch hazel extract refine the pores and perfectly balance your skin's flora. Green tea has a soothing effect. Facial Toner S is also an ideal aftershave.

#### CORRECT USE:

Moisten a cotton wool pad with Facial Tonic and then stroke it gently over your face, neck and cleavage. Avoid eye and mouth areas.



#### SMART TIP

Facial toners are the kind of beauty products whose effects are often underestimated. They deliver clean skin, soothe redness and can even protect against skin aging.

#### SELECTED ACTIVE INGREDIENTS

Sage, Pansy, Witch Hazel, Sorbitol, Aloe Vera, Green Tea, and many others.

#### SKIN TYPES

- 1 Oily skin
- 2 Normal skin, mixed skin as well as for impure skin



#### SMART TIP

Facial Toner L promotes the skin's perfect pH balance. The active ingredients of care products applied afterwards are better absorbed.

#### SELECTED ACTIVE INGREDIENTS

Citrus Aurantium Dulcis (Orange) Fruit Extract, Pyrus Malus (Apple) Fruit Extract, Sweet Clover, Calendula, Ginkgo, Jojoba and many others

#### SKIN TYPES

- 2 Normal skin, mixed skin
- 3 Skin tending toward dryness
- 4 Extremely dry skin



### Facial Tonic L

Calms and soothes the skin.

Prepares the skin perfectly for absorbing care products.

A gently relaxing plant tonic for sensitive and dry skin. The pump dispenser releases the plant tonic as a fine-pored nurturing foam.

#### RINGANA KNOW HOW:

A special complex of active ingredients including Citrus Aurantium Dulcis (Orange) and Purus Malus (Apple) Fruit Extracts hydrates and soothes the skin and gives it a relaxed feel.

#### CORRECT USE:

Spray a little RINGANA Facial Toner S into the palms of your hands. The liquid will quickly form a mousse and can then be splashed directly onto your face.

CARE STEP

# Intensive care



## Cure Concentrate\_\_pro

Firms, smooths, tightens and plumps up the skin.

Cure Concentrate\_\_pro is one of RINGANA's star products. Modern high-tech care with exceptionally effective plant-based anti-aging active ingredients. Skin is regenerated from the inside and regains its youthfully firm and refreshed look.

### RINGANA KNOW HOW:

Extracts from the sausage tree (*Kigelia africana*) are used in Africa to heal skin diseases. Science has proved why this works. The tree with the funny name contains active substances that intensely stimulate skin regeneration. They also have a remarkable anti-aging effect, and they iron away small wrinkles, firm the skin and plump it up. RINGANA combines these powerful substances with *Lavandula stoechas* (French lavender) that relaxes the facial muscles, as well as precious hibiscus seed oil and many other ingredients.

### CORRECT USE:

Apply the Cure Concentrate\_\_pro on top of the Serum.



### SMART TIP

Cure Concentrate\_\_pro not only firms the skin but also the bust, and is therefore ideal as intensive care for the cleavage area.

### SELECTED ACTIVE INGREDIENTS

*Kigelia Africana* Extract,  
*Gardenia*, *Ectoin*, *Sea Fennel Oil*

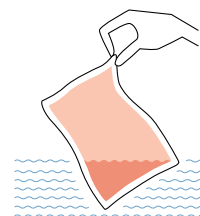
### SKIN TYPES

Suitable for all skin types.

## OPTIMAL CARE FOR THE SKIN

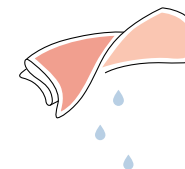
What especially helps: a warm compress on the face and décolletage allows the skin to more easily absorb the subsequent cocktail of active substances. Gently pat the Cure concentrate\_\_pro with the finger tips onto the face, neck, and décolletage.

### SOAK



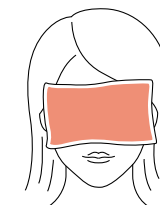
Soak the RINGANA  
towel in  
warm water.

### PREPARE



Squeeze out  
the cloth.

### APPLY



Place on the cleansed  
face for approximately  
three minutes.

### NURTURE



Nurture with the  
Cure Concentrate\_\_pro and  
the Cream Concentrate.

CARE STEP

# Intensive care



## Hydroserum

Intensive hydration.

Water keeps our 300 million skin cells full of life and boosts skin metabolism. However, harmful environmental influences and increasing age cause skin to lose its ability to bind moisture; it becomes dry and tight. RINGANA Hydroserum floods the skin with hydrating active ingredients and strengthens the skin barrier. This prevents the loss of moisture. In no time at all, your skin is once again plump, fresh and radiant.

### RINGANA KNOW HOW:

Ectoin is an amino acid that has been ensuring for millions of years that microorganisms can survive even under the most extreme conditions, e.g. in the desert. This substance acts like a water reservoir, protecting cells from drying out. In RINGANA Hydroserum, ectoin improves the skin's moisture balance and protects it from skin stress. Special plant bud extracts provide additional cell protection – because the flower bud contains the concentrated power of the plant.

### CORRECT USE:

Apply Hydroserum after cleansing. This highly concentrated formulation boosts the effect of subsequent care products used, such as Cream Concentrate.



### SMART TIP

The Hydroserum is a great care solution for men as well.

### SELECTED ACTIVE INGREDIENTS

Totara Tree Extract, Ectoin, Nigella Oil, Cherry Bud Extract

### SKIN TYPES

- 1 Oily skin
- 2 Normal skin, mixed skin
- 3 Skin tending toward dryness



### SMART TIP

The signs of age are not only visible in our faces. We therefore recommend that, after cleansing, you spread the Anti-Wrinkle Serum onto your face, neck and cleavage with your fingertips. Your skin will be softer, firmer and more elastic.

### SELECTED ACTIVE INGREDIENTS

Carnosine, Ceramide 3, Hyaluronic Acid, Totarol

### SKIN TYPES

- 3 Skin tending toward dryness
- 4 Extremely dry skin



## Anti-Wrinkle Serum

Corrects and smooths small wrinkles and circles.

Visibly younger skin day by day.

A smart serum with multiple effect: this highly concentrated Anti-Wrinkle Serum boosts the skin with powerful high-tech substances. These are packed in tiny lipid globules that can penetrate deep into the skin where they develop their beneficial long-term effect.

### RINGANA KNOW HOW:

The Anti-Wrinkle Serum works in three phases: immediately after application, hyaluronic acids rehydrate the skin. After only a few days, the effect of ectoin becomes visible – your skin plumps up. The Anti-Wrinkle Serum's greatest strength is its long-term effect. Tocotrienols, tocopherols, carnosine, Coenzyme Q10 and Vitamin E neutralise cell-damaging free radicals. Skin becomes visibly younger, day by day. Carnosine, for instance, works as a cell-booster. Skin is visibly smoother and younger looking, day for day. Totarol has an antioxidant effect, while ceramide 3 strengthens the skin barrier.

### CORRECT USE:

Apply the Anti-Wrinkle Serum after cleansing. The highly concentrated formulation boosts the effect of care products used subsequently, such as the Cream Concentrate.



## CARE STEP Basic Care

Basic care is your skin's daily bread. RINGANA delivers this important care step in ultra concentrated form in a hygienic pump dispenser. You have a choice of four different formulations to suit your skin type and its condition.



1

### SELECTED ACTIVE INGREDIENTS

Evening Primrose Oil, Olive Leaf  
Extract, Macadamia Nut Oil,  
Beech Bud Extract

### SKIN TYPES

1 Oily skin



2

### SELECTED ACTIVE INGREDIENTS

Tomato Skin Extract, Walnut  
Extract, Raspberry Seed Oil, Chia  
Seed Oil

### SKIN TYPES

2 Normal skin, mixed skin

## Cream Concentrate 1

Refreshes and purifies the skin.

## Cream Concentrate 2

Has a balancing effect and preserves the skin's  
natural equilibrium.

### RINGANA KNOW HOW:

Cream Concentrates 1 + 2 are microcell emulsions. This means that they combine the advantages of oil-in-water emulsions (light on the skin, quick absorption) with the hydrating and nurturing effect of tried-and-trusted RINGANA water-in-oil emulsion. A new dimension of high-tech natural cosmetics has been opened up here.

### CORRECT USE:

As a final care step mornings and nights, apply a small quantity to face, neck and cleavage and massage in gently until the skin has absorbed the Cream Concentrate.

## CARE STEP Basic Care



3

### SELECTED ACTIVE INGREDIENTS

Macadamia Nut Oil, Baobab  
Oil, Sea Buckthorn Fruit Pulp  
Oil, Rosemary Extract

### SKIN TYPES

3 Skin tending toward dryness

### SMART TIP:

Before applying RINGANA Cream Concentrate, allow the previous moisturising care product used to be fully absorbed – this allows the oils they contain to achieve the best effect.



4

### SELECTED ACTIVE INGREDIENTS

Shea Butter, Evening  
Primrose Oil, Chia Seed Oil,  
Coenzyme Q10

### SKIN TYPES

4 Extremely dry skin

## Cream Concentrate 3

Rich and skin-soothing.

## Cream Concentrate 4

Intensively nourishing and nurturing.

### RINGANA KNOW HOW:

Cream Concentrates 3 + 4 are rich water-in-oil emulsions that nourish and strengthen dry skin. The benefit of these emulsions is that they support the care effect provided by the oils, and are water-resistant, with a high ratio of oils that are good for the skin. They remain on the skin throughout the day, preventing the evaporation of the skin's own moisture.

### CORRECT USE:

As a final care step mornings and nights, apply a small quantity to face, neck and cleavage and massage in gently until the skin has absorbed the Cream Concentrate.

CONCEALING

# Toners



## Tinted Fluid

Tints and nourishes the skin; suits every skin tone.

RINGANA Tinted Fluid evens out imperfections giving you an exceptionally even and radiant complexion. Thanks to its innovative texture and natural ingredients, it magically produces not only the perfect complexion but also pampers the skin with intensely nurturing care.

### RINGANA KNOW HOW:

Natural pigments that suit every skin tone provide a delicate tint. The nourishing properties of this RINGANA product are delivered by high quality coconut oil, powerful seed oils and bud extracts. Birch sugar has an exceptionally hydrating effect.

### CORRECT USE:

Use Tinted Fluid instead of or after applying RINGANA Cream Concentrate. If after, ensure that the Cream Concentrate is fully absorbed first. Apply the product to the face drop by drop and smooth it in to the skin working from the centre outwards.



### SMART TIP

Coverage is improved if you gently tap further small quantities of the Tinted Fluid onto your skin. This allows even enlarged pores and impurities to be concealed perfectly.

### SELECTED ACTIVE INGREDIENTS

Coconut Oil, Birch Sugar Complex, Amaranth Seed Oil, Borage Oil

### SKIN TYPES

Suitable for all skin types.



### SMART TIP

RINGANA Fluid for Men is good for ladies too – because it's the perfect foundation for make-up.

Apart from that, it's a great unisex care product for easily irritated oily or mixed skin.

### SELECTED ACTIVE INGREDIENTS

Elderberry Extract, Ectoin, Beech Bud Extract, Coenzyme Q10

### SKIN TYPES

Suitable for all skin types.

# Men

## Fluid for Men

Energising care for men; vitalises and firms the skin.

RINGANA Fluid for Men is the perfect care solution for stressed male skin. The fluid nurtures tired skin, lending it new freshness and firmness.

### RINGANA KNOW HOW:

This pleasantly light and easily absorbed fluid contains a complex that has an exceptionally improving effect on the skin. Invisible light-diffusing pigments instantly give the skin a smoother, more dynamic look, while the Fluid lastingly moisturises. Beech bud and elderberry extracts reduce skin stress; caffeine and ginger combine to energise and stimulate.

### CORRECT USE:

Apply Fluid for Men to face and neck after shaving.



# Special

CARE



## Structural Lipids

Soothe extremely dry skin with high quality plant lipids.

Rich extra care for skin that is low on lipids. RINGANA Structural Lipids make exceptionally dry skin smooth and silky again. They are also a great care first-aid product in winter when our skins can become irritated by frequently switching between indoor and outdoor temperatures.

### RINGANA KNOW HOW:

The gamma lineolic acids contained in borage seed oil help the skin feel richly moisturised. They are often used by dermatologists to treat irritated skin. In addition, RINGANA has added tamanu oil to this formulation. This nutty oil extracted from the seeds of the tamanu tree is seen as the gold standard for skin regeneration and has long been used in traditional medicine to treat skin diseases. This rare oil has antioxidant, antimicrobial and anti-inflammatory properties.

### CORRECT USE:

RINGANA Structural Lipids are a complementary care product. Apply as required to exceptionally dry and flaky skin areas, after using Cream Concentrate.



### SMART TIP

RINGANA Structural Lipids are the perfect lip care and are also ideal as intensive care for dry hands. Also good for regenerating dry patches of skin on the neck.

### SELECTED ACTIVE INGREDIENTS

Avocado Oil, Borage Oil, Elderberry Extract, Tamanu Oil

### SKIN TYPES

- 3 Skin tending toward dryness
- 4 Extremely dry skin



# Special

## CARE



### Exfoliating scrub

Gently removes dead skin cells to improve the complexion.

Our skin renews itself every day: new cells are formed deep within and move up to the surface of the skin. The outermost, flaky skin cells are shed. With increasing age, this process slows down, so the complexion often has a scaly, grey and wan look. The RINGANA Exfoliating Scrub supports the skin renewal process. Small exfoliating grains of bamboo and pomegranate seeds remove dead skin flakes gently but thoroughly, stimulating the skin's cell regeneration. Pores are purified, so your complexion looks fresh and refined again.

#### RINGANA KNOW HOW:

Matcha green tea and rosemary deliver energy. Dirt particles are bound, the skin is deeply cleansed. At the same time, almond seed oil and olive squalene give your skin a smooth, silky soft feel.

#### CORRECT USE:

Apply the exfoliator generously to damp skin and massage it in for one minute. Leave it on skin for 5–10 minutes and then rinse off with warm water. Apply toner.



#### SMART TIP

The exfoliator is also ideal for general body care. Simply apply in the shower and massage in. Leave on briefly and then rinse off. The result: velvety, strokable skin from top to toe.

#### SELECTED ACTIVE INGREDIENTS

Matcha Green Tea, Exfoliating Grains of Bamboo, Pomegranate Seeds and Loofah

#### SKIN TYPES

- 1 Oily skin
- 2 Normal skin, mixed skin
- 3 Skin tending toward dryness



#### SMART TIP

Eye Serum also has a cooling, soothing effect on couperose-prone skin when the characteristic red patches appear.

#### SELECTED ACTIVE INGREDIENTS

Ectoin, Algae Extracts, Caffeine, Horse Chestnut

#### SKIN TYPES

Suitable for all skin types.



### Eye Serum

Refreshing eye care; reduces swelling and dark circles.

The skin around our eyes is particularly thin and sensitive. Every time we smile, and each of the around 10,000 times a day we blink, it puts pressure on the extremely delicate eye zone. Swelling and dark circles often appear as signs of stress and tiredness. RINGANA Eye Serum instantly drains, refreshes and decongests.

#### RINGANA KNOW HOW:

Escin and substances from horse chestnut strengthen sensitive blood vessels and promote the drainage of lymphatic fluid. Coenzyme Q10 and ectoin are cell-boosters, providing new, youthful freshness. For immediately visible results, Ringana has included titanium oxide in the formulation: it has a kind of soft-focus effect, concealing dark circles, and lending the eyes instant radiance.

#### CORRECT USE:

Before using Cream Concentrate, apply a small quantity of Eye Serum to the cleansed eye area, morning and night. Gently tap the Eye Serum into your skin with your fingertips.

# Body

## CARE



### Foot Balm

Care and wellbeing for stressed, dry feet.

There are not many sebaceous glands in our feet. This means that our feet quickly become rough and dry. RINGANA Foot Balm delivers intensive hydration, restoring moisture to dry feet and cracked heels. Skin becomes noticeably smoother and softer.

#### RINGANA KNOW HOW:

Rich oils such as sesame, grapeseed and macadamia nut oils have an intensively nourishing effect. Menthol and camphor stimulate tired feet, while tea tree oil has antimicrobial properties.

#### CORRECT USE:

Massage the Foot Balm into your feet from the toes to the ankle.



#### SMART TIP

Do an overnight treatment for an extra-nourishing effect. Apply a generous layer of RINGANA Foot Balm, put on cotton socks, and leave to work overnight.

#### SELECTED ACTIVE INGREDIENTS

Horse Chestnut Extract, Eucalyptus Oil, Tea Tree Oil, Camphor, Menthol.



#### SMART TIP

Smoother your hands in Hand & Nail Balm as intensive care: apply a generous layer of RINGANA Hand & Nail Balm, pull on thin cotton gloves, and leave to work for at least 30 minutes.

#### SELECTED ACTIVE INGREDIENTS

Daisy Extract, Cranberry Seed Oil, Chia Seed Oil, Raspberry Seed Oil



### Hand & Nail Balm

Nourishes and protects hands & nails.

RINGANA's intensively nourishing Hand & Nail Balm provides protection and care. It soothes and regenerates the skin and restores elasticity. Hard-working hands are lastingly supplied with nutrients, making the skin velvety smooth and soft again.

#### RINGANA KNOW HOW:

The care formulation contains valuable chia, raspberry and amaranth seed oils, as well as high quality bud extracts with exceptional anti-aging properties. A special substance from daisies slightly lightens the appearance of liver spots.

#### CORRECT USE:

Every time you wash your hands, massage in Hand & Nail Balm from fingertips to wrist.



# Body

CARE



## Vein Spray

Revives tired, heavy legs.

A refreshing treat. Reviving RINGANA Vein Spray instantly gives a sense of relief – and not only for tired legs and feet. On hot days you can also use it as a refreshing, cooling spray for neck, wrists and the back of your knees.

### RINGANA KNOW HOW:

Mint and ginger give you an instant blast of freshness. Horse chestnut extracts are soothing and activating thanks to the active substance, escin, which is known for its vein-strengthening properties.

### CORRECT USE:

Shake the pump diffuser before use and spray the product onto the legs several times a day. The Vein Spray can also be sprayed over socks and tights.



### SMART TIP

RINGANA Vein Spray is also a refreshing tonic for tense neck and shoulder areas. Please note: this product may leave marks on light-coloured clothing.

### SELECTED ACTIVE INGREDIENTS

Menthol Mint Oil, Red Algae (Porphyridium Cruentum), Lemon-Scented Tea Tree Oil, Red Wine Polyphenols



### SMART TIP

You can also use RINGANA Deodorant as a reviving and deodorising all-over body spray on hot days. The refreshing lemony scent works like a natural perfume.

### SELECTED ACTIVE INGREDIENTS

Lemon Verbena, Lemongrass Oil, Sage, Grapeseed Extract



## Deodorant

Natural protection against body odour.

RINGANA Deodorant is ultra skin-friendly, reliable, and works naturally without aluminium. Odour-binding amino acids provide sensitive underarm skin with intensive hydration. Thanks to its crisp lemony scent, the deodorant refreshes and gives you a sense of security all day.

### RINGANA KNOW HOW:

RINGANA has developed a special complex of ingredients, with plant substances and clay, that binds odours. Special enzymes also prevent the formation of odour-forming bacteria in the armpit.

### CORRECT USE:

Spray washed armpits with the Deodorant as required.

# Body

CARE



## Body Milk

Cares for dry skin.

RINGANA Body Milk is a rich care product specially developed for the needs of dry skin. It nourishes and soothes dry skin with high quality plant oils and delivers intensive wellbeing and suppleness.

### RINGANA KNOW HOW:

High quality avocado oil, macadamia nut oil and shea butter lastingly strengthen the skin barrier. This means that the skin retains more moisture, becoming more elastic and supple. Bisabolol has a soothing effect on irritation and tightness.

### CORRECT USE:

Apply Body Milk thoroughly to skin.



### SMART TIP

RINGANA Body Milk is extremely mild and well-tolerated, so it's the perfect all-round care product.

### SELECTED ACTIVE INGREDIENTS

Avocado Oil, Macadamia Nut Oil, Shea Butter, Bisabolol



### SMART TIP

Apply Body Toning\_\_pro daily as a curative treatment before the bikini season starts.

### SELECTED ACTIVE INGREDIENTS

Indian Pennywort, Snow Alga Extract, Sacha Inchi Oil, Ectoin

## Body Toning\_\_pro

Firms and smooths.

The intensive, firming care provided by Body Toning\_\_pro improves the condition of your skin. A high quality complex of ingredients has a firming and smoothing effect. The body serum is quickly absorbed into the skin, providing it with lasting hydration and new elasticity.

### RINGANA KNOW HOW:

A special complex of active ingredients including Glycoin® promotes the body's own collagen production, thus firming up the skin. Snow alga extracts have cell-activating properties, improving skin density, while ectoin provides intensive hydration.

### CORRECT USE:

Massage the emulsion into the skin with circular movements.



# Body

CARE



## Soap

Gentle cleansing from top to toe.

Made, cut and stamped by hand: the new RINGANA Soap is purely crafted by hand. It is ultra mild and gentle, and is also ideal for sensitive skin. Thanks to natural plant extracts and high quality, nourishing oils, it is perfect for daily use. Your skin is lastingly nurtured.

### RINGANA KNOW HOW:

The formulation is packed with valuable oils such as almond oil, nigella oil, coconut oil and olive oil. The soap forms an ultra-nourishing lather.

### CORRECT USE:

RINGANA Soap is so mild that it can be used from top to toe – from gentle face cleansing to all-over body washing in the bath or shower.



### SMART TIP

A soap dish that allows water to run off will extend the soap's life.

### SELECTED ACTIVE INGREDIENTS

Borage Oil, Almond Oil, Nigella Oil, Olive Oil, Coconut Oil



### SMART TIP

Apply the Body Wash with a bath sponge – this will produce a lovely, delicate lather.

### SELECTED ACTIVE INGREDIENTS

Cleomilk®, Sugar Beet Betaine, Argan and Almond Tensides



## Body Wash

Relaxing cleansing for everyday use.

RINGANA Body Wash offers you an exceptionally high-quality care experience. Argan and almond tensides cleanse the skin mildly and gently. High quality oils and plant extracts nourish and provide hydration. The skin is gently cleansed and given new elasticity and suppleness.

### RINGANA KNOW HOW:

RINGANA Body Wash contains Cleomilk®, a pure plant-based milk made of nigella oil, sesame oil and aloe vera. Cleomilk® replenishes lipids and speeds up the regeneration of the skin barrier.

### CORRECT USE:

In the shower, apply Body Wash to damp skin. Leave on briefly and then rinse off. Or use it as a bath additive.

# Hair

## CARE



### Shampoo

Gentle cleaning for scalp and hair.

RINGANA Shampoo cares for stressed hair and sensitive scalps with efficacious plant extracts and high quality oils. The result: natural shine and visibly improved hair structure.

#### RINGANA KNOW HOW:

An exceptionally mild tenside mix on the basis of coconut oil and dextrose cleans gently but thoroughly. Wheat proteins penetrate deep into the hair, repairing and rebuilding it from the inside. Aloe vera soothes the scalp and hydrates.

#### CORRECT USE:

RINGANA Shampoo is highly concentrated. Dilute it in the palm of your hand or a small container (e.g. an empty Chi bottle): one part shampoo to three parts water. Massage into hair. Leave in briefly and then rinse thoroughly.



#### SMART TIP

RINGANA Shampoo cleans gently and, because of the mild tensides, produces less lather than conventional shampoos. This does not reduce its cleaning power in any way.

#### SELECTED ACTIVE INGREDIENTS

Rose Water, Inulin, Wheat Protein, Sugar Tensides



#### SMART TIP

For an even more intensive result you can also use RINGANA Hair Milk for a rich hair mask. Apply Hair Milk to damp hair, and wrap your hair in a towel. Leave for as long as you like, and then wash hair as usual.

#### SELECTED ACTIVE INGREDIENTS

Apple Vinegar, Sweet Clover Extract, Wheat Protein, Ginkgo.



### Hair Milk

Nourishes and strengthens scalp and hair.

RINGANA Hair Milk provides additional care for naturally shiny, silky hair. It gives the scalp lasting hydration and nourishes, strengthens and vitalises the hair without weighing it down.

#### RINGANA KNOW HOW:

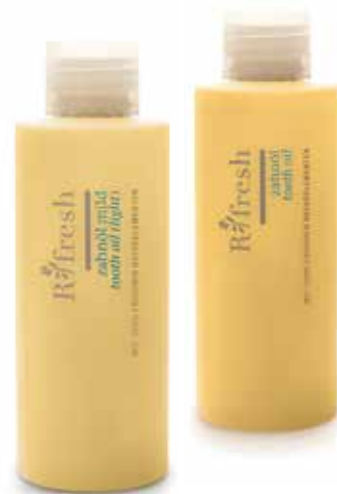
RINGANA's special care complex of sweet clover, calendula and ginkgo soothes and protects the hair and scalp. Apple vinegar regulates the scalp's pH-balance and gives your hair natural shine. Wheat proteins and borage oil repair structural damage to the hair.

#### CORRECT USE:

Apply the Hair Milk to scalp and hair and leave to work for five to ten minutes. Then rinse thoroughly.

# Tooth

## CARE



### SMART TIP

Spray a little Tooth Oil into your mouth to keep your breath fresh when you're out and about.

### SELECTED ACTIVE INGREDIENTS

Javanese Turmeric,  
Star Anise Oil, Mint Oil,  
Eucalyptus Oil

## Tooth Oil & Tooth Oil Mild

Effective dental care on the basis of oil.

RINGANA Tooth Oil was created out of the tradition of oil-pulling whereby a little oil is moved around the mouth and then spat out. The idea behind doing this is that oil binds bacteria in the oral cavity. RINGANA goes one step further with a tooth oil that replaces toothpaste. Mild cleaning particles gently clean while high-quality plant extracts protect against tooth decay, gum disease and bad breath.

RINGANA Tooth Oil is available in two formulations: RINGANA Tooth Oil and RINGANA Tooth Oil Light.

### RINGANA KNOW HOW:

RINGANA Tooth Oil is one of the brand's cult products. Here's the back story: the company was set up because Andreas Wilfinger was dissatisfied with conventional and chemically dubious toothpastes. With its Tooth Oil, RINGANA has created a natural dental care product which is entirely unique in the market.

### CORRECT USE:

Shake the bottle and rinse your mouth with a teaspoonful of oil. Spread the Tooth Oil around your mouth with your tongue, "drawing" it through the gaps between your teeth. Then gently clean your teeth and tongue with a damp toothbrush. Spit out excess oil and rinse your mouth out with water.

# Sun

## CARE



### Tanning Activator

For a deeper tan.

Enjoy a real holiday feel with a healthy summer tan. The newly formulated RINGANA Tan Activator is an intelligent after-sun care product with special ingredients that deepen your tan. It has a delicate coconut fragrance, is quickly absorbed, and feels pleasant on the skin. It provides ideal care after sunbathing and maximises your tan. St. John's wort extract, aloe vera and anti-inflammatory liquorice root soothe and care for sun-stressed skin.

#### RINGANA KNOW HOW:

RINGANA Tanning Activator is the ideal, year-round body care product for people who want a fast-absorbed, non-greasy, delicately tanning body milk with high aloe vera content. Unlike tanning in the sun or tanning studio, neither wrinkles nor skin cancer are a risk here.

#### CORRECT USE:

Apply the Tanning Activator evenly after sunbathing. The non-streaky and gentle tan is visible after around 4 days, remains for a couple of days and then fades in the course of the natural skin regeneration cycle, if the product is not reapplied.



#### SMART TIP

The tan achieved with the Tanning Activator does not protect against UV rays. When sunbathing you should always also apply RINGANA Sun Protection Balm.

#### SELECTED ACTIVE INGREDIENTS

Erythrulose, St. John's Wort Extract, Liquorice Root Extract, Sea Buckthorn Fruit Oil





# Sun

CARE



## Sun Protection Balm SPF 20

Protects and cares for the skin in the sun.

Waterproof and nano-free RINGANA SPF 20 Sun Protection Balsam relies on natural mineral sun protection filters, so it's perfect for anybody who wants to avoid synthetic UV filters. The richly nourishing balm delivers an even, healthy tan. At the same time, the product intensively combats the signs of sun-related skin aging.

### RINGANA KNOW HOW:

Milk thistle and karanja oil support sun protection in a natural way. Coenzyme Q10 and curcuma extract regenerate the skin and protect against free radicals. The East African oil, *Crambe abyssinica*, with its high eruca acid content delivers easy, non-greasy application. A polymer made of rapeseed and tung tree oil fixes the active ingredients to the skin, so the balm can't just rub off easily.

### CORRECT USE:

Apply the Balm evenly and generously to face and body and massage it in thoroughly. Don't forget to reapply regularly for constant protection. Never sit in direct sun for too long.

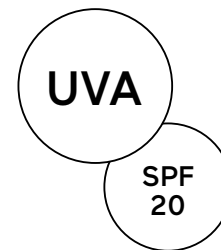


### SMART TIP

Apply the Balm before you leave the house – if you're not properly protected, you may get burnt even before you start sunbathing.

### SELECTED ACTIVE INGREDIENTS

Karanja Oil, Milk Thistle, Rapeseed and Tung Tree Oil, Mineral Sun Protection Pigments (as Light Protection Filters).



## Sun Protection Elements

### PLANTEC

The oil from East African *Crambe abyssinica* is very spreadable and is quickly absorbed into the skin.

### LIPOLAMI® Milk Thistle

An ideal, natural substitute for silicone – for a velvety soft skin feeling that is not sticky.

### ORGANIC CAFFEINE

Caffeine has an activating and antioxidant effect upon the body and skin.

### COENZYME Q10

Contributes to energy production, supports the breaking down of harmful radicals. Wrinkles are smoothed out.

### BISABOLOL

A natural component of chamomile with an anti-inflammatory effect.

### EWOCream®

An innovative, liquid emulsifier free of palm oil and polyethylene glycol with the moisturising properties of linseed oil. Increases the sun protection factor.

### IMPORTANT NOTES

1. Shake Sun Protection Balsam well before using.
2. After opening the product will be good for at least ten weeks.
2. It is normal for the product to get darker.



# So easy

FRESH  
DRINKS

Natural beverages that not only taste good, but also positively influence both body and spirit – is there anything better than that? The pure nature that we absorb has an invigorating and enlivening effect. And you won't want to miss out on it in future either.

#### FRESH DRINKS

The most natural way to absorb liquid is simply to drink. We created our RINGANA DRINKS for fast and effective refreshment between meals. The active substances quickly flow through the entire body, and every cell can take advantage of the power of the ingredients. Our DRINKS are compositions of exquisite natural substances that we have carefully selected.

Whether it is maca, ginseng, ginger, yerba mate, prickly pear, or mulberry fruit – every ingredient has a good reason for having been included in our DRINKS.

Our DRINKS provide support in a variety of ways. They refresh and inspire, they assist with your diet, or they gently cheer you up.



CAN BE DILUTED  
WITH WATER



TO BE ENJOYED  
DAILY

# Energy

## BOOST



### SMART TIP

RINGANAchi\_\_ is also a fabulous way to add some zip to smoothies; or you can mix it with water or juice for a hot or cold drink.

### SELECTED ACTIVE INGREDIENTS

Maca Root Extract, Ginger Root Extract, Caffeine from Coffee Beans

## RINGANAchi\_\_

Energy, Concentration.

This natural shot-size energy drink (30 ml) will get you in top shape in a flash. Pure plant ingredients have a pleasantly stimulating and invigorating effect. This boosts your concentration, and you'll feel wide awake and active. And this smart drink tastes fantastic too! Ginger gives it some gentle heat, pineapple lends it an exotic fruity note.

### RINGANA KNOW HOW:

Concentrated energy instead of nervous fidgetiness.

Ginger, matcha, ginseng and natural caffeine help to boost performance, wake you up and invigorate you in a purely natural way.

### CORRECT USE:

We recommend max. 1 RINGANAchi\_\_ per day, as required.

### LEGAL NOTICE:

Do not exceed the recommended daily dose.

Food supplements are not a substitute for a balanced, varied diet and a healthy lifestyle. Keep the product out of the reach of children. High caffeine content. Not recommended for children or women who may be pregnant or nursing (83 mg caffeine per 30 ml). Not to be mixed with alcohol.

## GREEN

# Kick



### SMART TIP

Matcha is great mixed into smoothies or fruit juice drinks as well. Or you can blend it with hot milk, nut, grain or soya milk to create a trendy matcha latte.

## RINGANA matcha tea

Invigorates and relaxes, with antioxidant effect.

RINGANA only sells 100% organic Japanese matcha green tea. Superbly healthy and stimulating. Matcha is not only a trendy drink – this finely-ground green tea which is a popular basis for smoothies and matcha latte will wake you up in a very special way too – because the mix of stimulating caffeine and calming amino acids ensure a balanced mood. So the matcha tea drinker feels wide awake but never jumpy.

### RINGANA KNOW HOW:

RINGANA only sells 100% organic Japanese matcha green tea of the finest quality. Unlike with normal tea, the finely-ground tea leaf is consumed whole. This allows the positive substances in green tea to be fully taken in as well.

### CORRECT PREPARATION:

Put half a teaspoon of matcha into the RINGANA Shaker. Pour on 80–100 ml of water heated to approx. 80°C and give the drink a good shake. Add milk, sugar or natural sweetener (e.g. maple syrup, honey) to taste.

100%

# Live Lighter



## RINGANAdea\_\_

Supports diets and detoxing.

RINGANAdea\_\_ is the perfect helper with diets and detoxing. These highly effective shots contain eleven natural ingredients which, when combined into an infusion, can help you to lose weight. Taken in conjunction with a balanced diet and sport, fat burning is promoted.

### RINGANA KNOW HOW:

OB-X® mulberry, lemon balm and mugwort leaf extract specifically target that hard to shift belly fat which is the cause of many lifestyle diseases. Tulsi, the green superfood (also known as Indian or holy basil), works with green tea and mate to help with weight control and delivers important nutrients and vital substances.

### CORRECT PREPARATION:

Per day add 1 bottle (30 ml) to 0.75 l of water and drink over the course of the day. Shake before use.

### LEGAL NOTICE:

Do not exceed the recommended daily dose. Food supplements are not a substitute for a balanced, varied diet and a healthy lifestyle. Keep the product out of the reach of children. Contains caffeine. Not recommended for children or women who may be pregnant or nursing (25 mg caffeine per 30 ml). Not to be mixed with alcohol.

### SMART TIP

Try RINGANAdea\_\_ as an infusion with hot water and lemon.

### SELECTED ACTIVE INGREDIENTS

Green Tea Leaf Extract, Mate Leaf Extract, Green Coffee Bean Extract, Tulsi Leaf Extract





# So fresh

FRESH  
PACKS



Out of what nature has given us, we have selected only the very best, and with it, we have brought our RINGANA Fresh PACKS to life. What will be most pleased are your immune system, your metabolism, your happiness hormones, and above all else your sense of well-being. We've thought of everything.

#### FRESH PACKS

We are incessantly searching for new and even better ingredients. We keep our eyes open throughout the world for them. For example, we use rare quinoa sprouts from the plateaus of the Andes. These are particularly effective because they have an increased vitamin B complex. An important representative from Africa is the baobab tree. Its fruit contains six times more Vitamin C than oranges, twice as much calcium as milk, and at the same time hardly any fat. Brazilian

açaí berries and Tibetan goji berries provide, among other things, unrestrained vitality in RINGANA PACKS. Because RINGANA PACKS contain countless plant-based antioxidants, amino acids, and phospholipids. But you should just keep on reading and allow yourself to be inspired by the tempting array of RINGANA PACKS. Every one of our formulas is a masterpiece in and of itself. Because we have selected and combined for you only the best of the best.



OPEN THE  
PACKS



DILUTE  
WITH WATER



SHAKE IN  
THE RINGANA  
SHAKER

# Antioxidants

A A S I N

FOOD SUPPLEMENT WITH VITAMIN C  
FROM ACEROLA, PLANT TOCOPHEROLS,  
AND B VITAMINS FROM QUINOA SPROUTS.



## SMART TIP

RINGANA PACK antiox can be taken any time of day and also tastes good with diluted fruit juice drinks or as a smoothie.

## SELECTED ACTIVE INGREDIENTS

Acerola, Acai, Goji Berries,  
Pomegranate, Plant Tocopherols

## PACK antiox

Mobilises the body's own defences.

RINGANA PACK antiox is the ideal all-round protection for the body and strengthens its natural self-defence system with the power of extraordinary antioxidants. They capture cell-damaging free radicals which would otherwise weaken the immune system. Buckwheat sprout powder also increases the bioavailability of selected trace elements. Bioavailability is a measure of how well a nutrient can be absorbed by the body and used for the metabolism. This is important so that metabolic processes can run harmoniously and organs can work smoothly.

## RINGANA KNOW HOW:

PACK A's new formulation contains even more antioxidant raw ingredients including curcuma extract, melon extract, S-Acetyl-L-Glutathione and an apple extract. Acai berries, goji and acerola all have high antioxidant properties as well. And then there are B vitamins, minerals and trace elements. Ideal for mobilising your body's own defences and increasing resistance.

## CORRECT PREPARATION:

Once a day, dilute the contents of one sachet with water to taste, and drink. Ideally use the RINGANA Shaker.

## IMPORTANT NOTES:

Suitable for diabetics. Not intended for children.  
100 per cent vegan.

Remarks on the product advertising text **PACK antiox** in accordance with the European Health Claims Regulation: Vitamin C, vitamin E, and zinc contribute to protecting cells against oxidizing stress. Vitamin C, vitamin B6, and vitamin B12 contribute to a normal functioning of the immune system.

# PACK Balancing

For acid-alkali balance.

Normally, the human body's acids and bases are in equilibrium. But the wrong lifestyle can throw them out of balance. A diet with too much sugar, white flour, meat, coffee and alcohol leads to over-acidification. This can lead to health problems in the long term. RINGANA PACK balancing helps to restore the body's acid-base balance.

## RINGANA KNOW HOW:

Algae, quinoa, nettle, barley grass, Kamut®/Khorasan wheat and ramson as well as selected minerals and trace elements form bases, neutralise any metabolic toxins, and help to restore your body's acid-base balance.

## CORRECT PREPARATION:

Once a day, dilute the contents of one sachet with water to taste, and drink. Ideally use the RINGANA Shaker.

# Base

FOOD SUPPLEMENT WITH CALCIUM AND MAGNESIUM  
FROM LITHOTHAMNIUM CALCAREUM ALGAE, PLANT  
TOCOPHEROLS, AND VITAMIN C FROM ACEROLA.



## IMPORTANT NOTES:

Suitable for diabetics. Not intended for children.  
100 per cent vegan.

Remarks on the product advertising text **PACK balancing** in accordance with the European Health Claims Regulation: Zinc contributes to a normal acid-base metabolism.



## SMART TIP

Spreads, bread and butter, soups and salad sauces can all be naturally refined with PACK balancing.

## SELECTED ACTIVE INGREDIENTS

Algae, Quinoa, Nettle, Barley Grass, Kamut® /Khorasan Wheat, Ramson

# C AS IN Cleansing

FOOD SUPPLEMENT WITH ROUGHAGE FROM OATS,  
ACACIA, CITRUS FRUIT, AND KONJAC ROOT.



## SMART TIP

For the first couple of days, take only half a sachet so that your body can get used to the extra roughage. If your diet is exceptionally low in fibre and/or you have problems with your digestion, you can take two sachets over the course of a day.

## SELECTED ACTIVE INGREDIENTS

Fig, Baobab, Beetroot, Acerola,  
Oat Bran, Acacia Fibre

## PACK Cleansing

Gets your digestion going.

Stress and a diet low in fibre inhibit digestion. We end up feeling out of sorts and tired. RINGANA PACK Cleansing gives the body exactly what it needs: carefully balanced doses of roughage and activating substances that get the intestines working again and regulate digestion in a natural way.

## RINGANA KNOW HOW:

Healthy roughage such as lemon fibre, konjac root, oats and acacia work with baobab to regulate digestion. The fruit of the African baobab tree contains at least 44 % fibre, half of which is insoluble, making it the ideal nutritional supplement for intestinal health. Baobab promotes healthy intestinal flora.

## CORRECT PREPARATION:

Once a day, dilute the contents of one sachet with water to taste, and drink before a meal. Ideally use the RINGANA Shaker. Then drink a further glass of water.

## IMPORTANT NOTES:

Suitable for diabetics. Not intended for children.  
100 per cent vegan.

Remarks on the product advertising text **PACK cleansing** in accordance with the European Health Claims Regulation: Zinc contributes to a normal metabolism of macronutrients. Riboflavin, niacin, and biotin contribute to maintaining normal mucous membranes.

# D AS IN Diet

FOOD SUPPLEMENT WITH GLUCOMANNAN  
FROM KONJAC ROOT AND BAOBAB.



#### SMART TIP

RINGANA PACK d-etary can also be stirred into fruit juice, yoghurt, milk, and/or soya, nut or grain milk, as desired.

#### SELECTED ACTIVE INGREDIENTS

Pineapple, Baobab, Konjac Root, Quinoa, Enoki Mushroom, Saffron, Chili

## PACK d-etary

For the figure-conscious, a dietary aid.

PACK d-etary helps you on your way to the weight that's just right for you. Carefully chosen substances activate fat burning with no loss of muscle mass. Natural roughage helps you to feel full faster. Your blood sugar level is regulated which prevents sudden food cravings. As a result, your body stores less fat.

#### RINGANA KNOW HOW:

East Asian konjac root and African baobab fruit are extremely high in fibre. They swell up in the stomach, so that you feel pleasantly full. Enoki mushrooms – also known as Flammulina – contain the fat-binding amino sugar, chitosan. Your metabolism is supported by enzymes in pineapple that promote digestion, thus gently stimulating energy conversion in the body.

#### CORRECT PREPARATION:

Twice a day, dilute the contents of one sachet with water to taste, and drink 30 minutes before a meal. Ideally use the RINGANA Shaker.

#### IMPORTANT NOTES:

Suitable for diabetics. Not intended for children.  
100 per cent vegetarian. Contains lactose and soya.

Remarks on the product advertising text **PACK d-etary** in accordance with the European Health Claims Regulation: Calcium, magnesium, vitamin C, and biotin contribute to normal energy metabolism. Zinc contributes to a normal carbohydrate metabolism. Calcium contributes to normal functioning of the digestive enzymes.

# PACK energy

Vegan proteins after physical activity.

When we are physically active, our bodies need more high quality carbohydrates, proteins, vitamins and minerals. RINGANA PACK energy contains dextrose, which is responsible for quickly replenishing carbohydrate storage. Vegan pea proteins and cranberry seed extract work as protein building blocks for muscle building. Antioxidants such as black elderberry extract work as a protective shield and capture free radicals. Vegetable fuels such as rehydrated coconut water help our bodies to regenerate after sport.

## RINGANA KNOW HOW:

Maca root was already used by the Incas to increase stamina and performance. Pea proteins deliver important protein building blocks. Buckwheat and chromium picolinate improve the bioavailability of trace elements. The B vitamins contained in quinoa seeds, creatine and ribose, promote the body's regeneration after sport.

## CORRECT PREPARATION:

After physical activity, shake the contents of one sachet with at least ¼ litre of water, and drink. Ideally use the RINGANA Shaker.

## IMPORTANT NOTES:

Suitable for diabetics. Not intended for children.  
100 per cent vegetarian.

Remarks on the product advertising text **PACK energy** in accordance with the European Health Claims Regulation: Proteins contribute to an increase in muscle mass. Vitamin C and riboflavin contribute to reducing tiredness and fatigue. Vitamin B6, vitamin B12, niacin, manganese, and biotin contribute to a normal energy metabolism. Vitamin E , selenium, and riboflavin contribute to protecting cells against oxidizing stress.

# EASIN Energy

FOOD SUPPLEMENT WITH B VITAMINS  
FROM QUINOA SPROUTS, VITAMIN C  
FROM ACEROLA, AND PLANT TOCOPHEROLS.



## SMART TIP

RINGANA PACK energy exclusively contains plant proteins, e.g. from peas, and is therefore ideal for athletes who consume only vegan-based proteins.

## SELECTED ACTIVE INGREDIENTS

Pea Protein, Coconut Water, Cranberry Seed Extract, Quinoa, Acerola, Maca, Vanilla



# So good

FRESH  
CAPS

The modern person has many challenges to master. The needs of the body are complex, and the demands are high. RINGANA research has scrutinised the facets of modern life. With the goal of making it easier.

#### FRESH CAPS

Our RINGANA CAPS are genuine bundles of energy. Precious, natural essences from the four corners of the earth: Siberian spadeleaf, Indian ginseng, Chinese reishi, and numerous other extracts are carefully selected and combined. Many ingredients sound familiar, while others have an exotic ring to them and are only common primarily in science or in Ayurveda. They are combined in our CAPS along with vitamin complexes, trace elements, and other precious active substances.

While RINGANA PACKS gently provide vitamins and vital substances, RINGANA CAPS are targeted at special needs of the body. They are tuned to specific requirements and thus have precisely the effect that you desire. Our small CAPS have a big effect and bring you more energy in life, increased well-being, and unlimited vitality. Every person can put together his or her own completely individual combination of RINGANA CAPS – it has simply never been easier to do yourself some good.



TAKE  
DAILY



SAVE WITH  
THE 3-PACK



FITS IN  
ANY BAG



# Skin

HAIR CONNECTIVE TISSUES



## RECOMMENDED DOSAGE

3 capsules daily. For best tolerance, the capsules should ideally be taken at mealtimes with a little (non-sparkling) water.

## SELECTED ACTIVE INGREDIENTS

L-Carnosine, Saw Palmetto Extract, Hyaluronic Acid, Nettle Leaf Extract, Lingonberry Extract

## CAPS beauty&hair

Strengthens skin & hair.

Plumped up skin and shiny hair signal health and youthfulness. But environmental influences, stress and an unhealthy lifestyle often cause skin and hair to age prematurely. This is where natural vital substances come into play: they help to regenerate the cells, and strengthen connective tissue, nails and hair from within.

## RINGANA KNOW HOW:

RINGANA CAPS beauty & hair contain L-Carnosine which is considered to be the most important modern anti-aging food supplement. L-Carnosine is a powerful natural anti-oxidant and can extend cell longevity. The trace element zinc contributes to the synthesis of keratin which is the main component of hair and nails.

## IMPORTANT NOTES:

Suitable for diabetics. Not intended for children. 100 per cent vegan.

Remarks on the product advertising text **CAPS beauty&hair** in accordance with the European Health Claims Regulation: Zinc contribute to maintaining normal skin, hair, and nails.

## CAPS fem

Benefit from the gentle power of plants during the menopause.

Look and feel better in the menopause. When the menopause starts and the female hormone balance starts changing, many women suffer from disturbed sleep, hot flushes or mood swings. The skin changes as well, and can become drier and more sensitive. RINGANA CAPS fem gently restore physical and mental balance. For natural femininity in the best possible shape.

## RINGANA KNOW HOW:

An optimum supply of micronutrients is essential for health, wellbeing and looking good – particularly for women over 40. Shatavari and yam root extracts help the body to defend itself against cell-damaging free radicals. Phyto-oestrogens from the European spruce have a positive effect on the changing hormone balance. Mineralised red algae provide the body with natural calcium.

## IMPORTANT NOTES:

Suitable for diabetics. Not intended for children. 100 per cent vegan.

Remarks on the product advertising text **CAPS fem** in accordance with the European Health Claims Regulation: Calcium is necessary for maintaining normal bones. Vitamin D contributes to a normal calcium level in the blood.

SPECIFICALLY FOR

# Women



## RECOMMENDED DOSAGE

3 capsules daily. For best tolerance, capsules should be taken at mealtimes with a little (non-sparkling) water.

## SELECTED ACTIVE INGREDIENTS

Shatavari Root Extract, Yam Root Extract, European Spruce Lignan Extract, Mushroom Powder

# Motion

JOINTS



## RECOMMENDED DOSAGE

6 capsules daily. For best tolerance, capsules should be taken at mealtimes with a little (non-sparkling) water.

## SELECTED ACTIVE INGREDIENTS

Frankincense,  
Methylsulfonylmethane, Avocado  
& Soya Extract, Papaya Extract,  
Lithothamnium Calcareum  
Algae

## CAPS move

For more mobility.

Greater freedom of movement thanks to strong bones and flexible joints. The joints of the human body work like hinges – they have to be oiled and protected to prevent rust. Daily pressure on our joints can lead to stiffness or unpleasant inflammations. The raw ingredients in CAPS move counteract inflammation and strengthen bone formation. So your joints stay mobile and resilient for longer.

## RINGANA KNOW HOW:

Calcium from mineralised red algae helps to preserve strong bones and healthy muscle function. The Boswellic acids contained in frankincense are said to modulate inflammatory responses triggered by the immune system's defences. Methylsulfonylmethane not only has anti-inflammatory properties, but also has a positive effect on joint pain and stiffness.

## IMPORTANT NOTES:

Suitable for diabetics. Not intended for children.  
100 per cent vegan.

Remarks on the product advertising text **CAPS move** in accordance with the European Health Claims Regulation: Calcium is necessary for maintaining normal bones and contributes to normal muscle function.



# Heart

CIRCULATION BLOOD VESSELS



## RECOMMENDED DOSAGE

3 capsules daily. For best tolerance, capsules should be taken with meals with a little (non-sparkling) water.

## SELECTED ACTIVE INGREDIENTS

Grapeseed Extract, Coenzyme Q10, Sugar Cane Wax Extract

## CAPS pump

For heart and arteries.

CAPS pump are the ideal supplement for anyone who cares about a healthy heart. The selected micronutrients can have a positive effect on reducing blood cholesterol levels, thus preventing hardening of the arteries.

## RINGANA KNOW HOW:

OPCs (oligomeric proanthocyanidins) from grapeseed are regarded as highly effective antioxidants. OPCs can help to slow down aging processes because they combat the oxidative damage to cells caused by free radicals. Coenzyme Q10 strengthens the functions of the cardiac system. Mineralised algae powder delivers calcium to strengthen the arteries.

## IMPORTANT NOTES:

Suitable for diabetics. Not intended for children.  
100 per cent vegan.

Remarks on the product advertising text **CAPS pump** in accordance with the European Health Claims Regulation: Calcium contributes to normal blood coagulation and to normal energy metabolism and muscle function. Vitamin C contributes to the normal formation of collagen and a normal functioning of the blood vessels.

## CAPS immu

Strengthen the immune system and the body's defences.

Our body's defences are often under attack in modern daily life. Professional and private pressures, an unbalanced diet, a stressful lifestyle and environmental toxins can all weaken the immune system that protects our health. Selected vitamins, trace elements and secondary plant substances promote the formation of new immune cells and help to boost your body's defences.

## RINGANA KNOW HOW:

RINGANA CAPS immu rely on a special combination of Asian medicinal mushrooms. These have been used in traditional Chinese medicine for over 1,000 years. The mushrooms contain important vitamins, mineral substances, trace elements, and secondary plant substances such as terpene or, most notably, polysaccharides, which are said to have a positive impact on the immune system. In addition, they are said to boost performance and can thus help the body to cope better with stress situations.

## IMPORTANT NOTES:

Suitable for diabetics. Not intended for children.  
100 per cent vegan.

Remarks on the product advertising text **CAPS immu** in accordance with the European Health Claims Regulation: Vitamin C contributes to a normal functioning of the immune system.

# Immune System

THE BODY'S DEFENSES



## RECOMMENDED DOSAGE

3 capsules daily. For best tolerance, capsules should be taken at mealtimes with a little (non-sparkling) water.

## SELECTED ACTIVE INGREDIENTS

Agaricus Blazei Powder, Caterpillar Fungus Powder, Reishi Powder, Black Elderberry Extract

# Memory

## CONCENTRATION



### RECOMMENDED DOSAGE

3 capsules daily. For best tolerance, capsules should be taken at mealtimes with a little (non-sparkling) water.

### SELECTED ACTIVE INGREDIENTS

Golden Root Extract, Ashwaghandha Root Extract, Turmeric Extract, Gotu Kola Extract

## CAPS cerebro

Boost memory and concentration.

Stress, too little sleep, poor diet and smoking can all impair memory. This results in poor concentration, increasing forgetfulness and gaps in our memory. Certain micronutrients help to preserve peak brain function, even under stress and with advancing age.

### RINGANA KNOW HOW:

Ginkgo contains valuable flavonoids and terpenes which promote mental performance. Ayurvedic medicine tells us that ashwaghandha root can help us to focus better. Alpine golden root has proved its efficacy in combatting memory weakness caused by work pressure. Gotu kola can help to improve mental performance.

### IMPORTANT NOTES:

Suitable for diabetics. Not intended for children.  
100 per cent vegan.

## CAPS mascu

Specially formulated for men.

With CAPS mascu RINGANA has developed a food supplement specially formulated for male needs. The micronutrients they contain are particularly effective on the prostate and bladder in men over 40. A positive effect on the male hormone balance is achieved, which can also have a favourable impact on the libido.

### RINGANA KNOW HOW:

Saw palmetto is said to be a highly effective plant with regard to benign prostate enlargement. The linseed extract in the capsules also promotes prostate health. As a natural potency enhancer, fenugreek seed extract can influence testosterone levels achieving not only a general improvement in performance, but also acting as a potency booster.

### IMPORTANT NOTES:

Suitable for diabetics. Not intended for children.  
100 per cent vegan.

## SPECIFICALLY FOR Men



### RECOMMENDED DOSAGE

3 capsules daily. For best tolerance capsules should be taken at mealtimes with a little (non-sparkling) water.

### SELECTED ACTIVE INGREDIENTS

Saw Palmetto Extract, Fenugreek Seed Extract, Oryza Sativa Concentrate, Linseed Extract

# Liver

STOMACH GALL BLADDER



## RECOMMENDED DOSAGE

3 capsules daily. For best tolerance, capsules should be taken at mealtimes with a little (non-sparkling) water.

## SELECTED ACTIVE INGREDIENTS

Artichoke Leaf Extract, Wasabi Rhizome Powder, Milk Thistle Fruit Extract, Turmeric Extract, Perilla Seed Extract

## CAPS d-tox

For improved digestion; support for liver, stomach and gall bladder.

If we eat fatty food, our digestive system has to work extra hard. In doing so, it relies on support from the liver and gall bladder. An unhealthy lifestyle, rich meals and too much alcohol put pressure on the entire digestive system. Special plant substances, vitamins and trace elements help these detoxing organs to do their work. Bloating, heartburn and flatulence are avoided. Our natural metabolism is gently brought back into balance.

## RINGANA KNOW HOW:

Milk thistle extracts help liver activity and stimulate the production of bile. The bitter substances in artichoke support the stomach, liver and gall bladder. Turmeric, also known as curcuma, assists with fat burning. This helps to prevent bloating, heartburn and flatulence.

## IMPORTANT NOTES:

Suitable for diabetics. Not intended for children.  
100 per cent vegan.

## CAPS sun

Antioxidant, specially for smokers and sun exposure.

Sun-worshippers and smokers have one problem in common: both UV rays and cigarette smoke increase the body's exposure to harmful free radicals. This can lead to premature cell and skin aging which impairs the health and appearance. Skin slackens prematurely, wrinkles form faster, the complexion loses elasticity. With CAPS sun, RINGANA has developed a food supplement with exceptionally effective free radical catchers, which can help to counteract both of these lifestyle sins.

## RINGANA KNOW HOW:

Tagetes blossom is a natural source of carotenoids. These are secondary plant substances that keep cells fit and healthy. Bamboo shoot extract delivers silica which strengthens connective tissue. An extract from the leaves of polypodium leucotomos – a fern that grows in Central and South America – contains substances that can protect the skin from sun damage from within.

## IMPORTANT NOTES:

Suitable for diabetics. Not intended for children.  
100 per cent vegan.

# Sun

SMOKERS



## RECOMMENDED DOSAGE

3 capsules daily. For best tolerance, capsules should be taken at mealtimes with a little (non-sparkling) water.

## SELECTED ACTIVE INGREDIENTS

L-Phenylalanine, Bamboo Shoot Extract, Polypodium Leucotomos Leaf Extract

# Anti-oxidants

ANTI-AGING



## CAPS omega 3 vegiplus

Antioxidant, anti aging.

Omega-3 fatty acids are essential fats that the body needs but which it cannot produce by itself. They serve as cell-building blocks for cell membranes and chemical messengers, particularly in the brain, and are said to play a role in protecting against cardiac and autoimmune diseases. RINGANA combines plant-based Omega-3 fatty acids with high quality protective plant substances and vitamins with an antioxidant effect.

### RINGANA KNOW HOW:

RINGANA CAPS omega 3 vegiplus exclusively contain long-chain Omega-3 fatty acids extracted from algae which means they are ideal for vegans. Grape and olive extracts support the body's defences against cell-damaging free radicals and work together with Vitamin E to prevent oxidative stress.

### IMPORTANT NOTES:

Suitable for diabetics. Not intended for children.  
100 per cent vegan.

Remarks on the product advertising text **CAPS omega 3 vegiplus** in accordance with the European Health Claims Regulation: Vitamin E contributes to protecting cells against oxidising stress. Vitamin D contributes to a normal functioning of the immune system. Vitamin K contributes to maintaining normal bones.

### RECOMMENDED DOSAGE

3 capsules daily. For best tolerance, capsules should be taken at mealtimes with a little (non-sparkling) water.

### SELECTED ACTIVE INGREDIENTS

Oil from Schizochytrium Microalgae, Red Grape Extract, Olive Extract, Coenzyme Q10



WITH THE POWER  
OF POSITIVE

# Energy



## RECOMMENDED DOSAGE

3 capsules daily. For best tolerance, capsules should be taken at mealtimes with a little (non-sparkling) water.

## SELECTED ACTIVE INGREDIENTS

Saffron Extract, Tulsi (Indian Basil Leaf) Extract, Schisandra Berry Extract

## CAPS moodoo

Mood-enhancing, nerve strengthening.

We all know the feeling... you're tired, exhausted, with no drive and mood swings. When your mental balance is slightly out of kilter, plant extracts are a good choice. RINGANA has developed a food supplement that enhances the mood in a natural way and can help restore inner calm and mental equilibrium.

## RINGANA KNOW HOW:

Ayurveda, an Indian system of medicine, says that Indian basil (also known as tulsi) has a calming effect on the nervous system and the mind. Schisandra is valued by alternative medicine as an adaptogen. This means that it helps the body to better adapt to stress situations. Saffron also helps to provide improved mental balance. It increases serotonin levels in the body so can have a mood-enhancing effect.

## IMPORTANT NOTES:

Suitable for diabetics. Not intended for children.  
100 per cent vegan.

Remarks on the product advertising text CAPS moodoo in accordance with the European Health Claims Regulation: Riboflavin, niacin and pantothenic acid contribute to reducing tiredness and fatigue. Vitamin C contributes to normal mental function. Thiamine and vitamins B6 and B12 contribute to the normal function of the nervous system. Calcium contributes to normal energy metabolism.

## CAPS hydro

Soothing effect on bladder and kidneys.

Constant pressure on your bladder and discomfort when urinating can greatly affect your wellbeing. The special formulation of CAPS hydro provides support for bladder function and kidneys.

## RINGANA KNOW HOW:

Cranberries contain anthocyanins that can have an anti-inflammatory effect. The substances in cranberries can prevent bacteria from settling in the walls of the bladder. Forskolin, a substance contained in Indian painted nettle, has a similar effect, preventing bacteria from becoming encapsulated in the bladder's mucous membrane. This is a trick that bacteria use to hide from antibiotics, frequently leading to chronic bladder inflammation. The sambubiose contained in hibiscus flowers also has a positive effect on bladder health.

## IMPORTANT NOTES:

Suitable for diabetics. Not intended for children.  
100 per cent vegan.

# Bladder

KIDNEYS



## RECOMMENDED DOSAGE

3 capsules daily. For best tolerance, capsules should be taken at mealtimes with a little (non-sparkling) water.

## SELECTED ACTIVE INGREDIENTS

Cranberry Extract, Painted Nettle Root Extract, Hibiscus Flower Extract



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