

RINGANA

WE'RE  
MAKING  
THE GOOD  
EVEN  
BETTER

RINGANA – always  
a step ahead!

So  
fresh

Fresh Skin Care & Supplements

—

**04**

ALWAYS UP TO DATE

State-of-the-art fresh skin care

—

**11**

EVERY DAY IS A NEW START!

Interview with Andreas Wilfinger

—

**12**

SO THAT'S A GREAT WINTER!

Care tips for cold days

—

**16**

EAT YOURSELF YOUNGER

Sirtfood – the new nutrition trend

—

**20**

RINGANA FOR YOU

The best solutions for your needs

—

**22**

CRYSTAL-CLEAR SOLUTIONS

Our innovative glass bottles

—

**24**

RECYCLING

RINGANA rewards sustainability

—

**26**

SESAME HARVEST

Tracking things down in Uganda

—

**30**

CHI\_\_X3

Energy drink to the power of three



# PROGRESS, WITHOUT STANDSTILL

RINGANA manufactures the world's  
freshest skin care products and supplements.

AND WE NEVER STOP RESEARCHING.

The beauty industry is a quick-fix industry. Every year, manufacturers launch a multitude of new products onto the market that follow the latest trends, with the aim of arousing customers' interest again and again. Once these trends fade, those products also disappear again quickly from the market. At RINGANA, we have gone in a different direction right from the start. We don't follow trends, we create them. Our basis is our freshness concept. So that we can do it justice, we deliberately keep our range limited. That means we can produce exactly the products that you really need – fresh every day. And in doing so, we concentrate on the contents. We constantly adjust our products. As soon as active substances and techniques are found that might improve our products, we research and verify them, and then deploy them for even better performance. Read on to find out exactly how we do this. Immerse yourself in our exciting world of research!

WE HOPE YOU ENJOY READING OUR  
FRESHLY-PRINTED RINGANA MAGAZINE.

ANDREAS WILFINGER &  
ULLA WANNEMACHER



A L W A Y S

U P

T O

D A T E

STANDSTILL MEANS A BACKWARD STEP.  
THAT'S WHY RINGANA CONSTANTLY STRIVES  
TO MAKE THE GOOD EVEN BETTER.

ONGOING REFORMULATION  
ENSURES MAXIMUM PERFORMANCE  
FOR RINGANA PRODUCTS.

Marianne Hruby, Head of Research & Development, and her team are constantly on the hunt for “fresh talent” – in other words, for new active substances that can make the existing RINGANA products even better. The reason why they do this: the discovery and development of active substances for skin care products and food supplements are advancing at an incredible speed.

New botanical treasures are constantly being discovered all over the world; one innovation follows hot on the heels of the next. Today there are substances in the commodities market that were unknown five years ago. And methods for producing raw materials are constantly improving too. By regularly adjusting or completely rethinking our formulations, we guarantee that RINGANA products always offer maximum performance and are state-of-the-art scientifically.





CONCENTRATED POWER COMBINATION  
FROM NATURE.

1

### 1\ Standardised

When it comes to active substances from plants, there are great differences in quality. The weather, the soil, growth and harvesting conditions all have an effect on quality. As a result, products such as, say, asparagus or frankincense powder can contain completely different levels of active substances, depending on the supplier of that commodity. In these cases, RINGANA uses standardised substances. This means that the main active substance contained in a raw material must be of a specified level as standard.

## THE RINGANA QUALITY CRITERIA

4

### 4\ Dermatologically tested

Apart from maximum efficacy, RINGANA is also extremely keen to ensure certified skin-friendliness. That is why RINGANA fresh skin care products are dermatologically tested by an independent institute.

### 2\ Bioavailability

The bioavailability of an active ingredient lets us know what proportion of it actually reaches the body and can start working. That is why, when selecting its raw materials, RINGANA sets great store by uniquely high bioavailability.

2

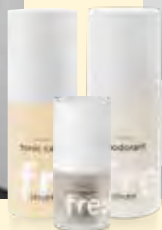
3

### 3\ Using synergies

RINGANA research meticulously ensures that active ingredients mutually complement and strengthen each other. The result: products with maximum effect.

ARE YOU ALREADY FAMILIAR WITH  
RINGANA'S TOP 3 NEW PRODUCTS?

# We're the new ones



## FRESH EYE SERUM

### Goodbye dark circles!

RINGANA's new eye care product is based on a natural complex of avocado, grape seed, hemp and macadamia nut oil. Caffeine, extracts from cypress, witch hazel, red wine leaf, ruscus and Atlas cedar stimulate microcirculation, helping to reduce dark circles and swelling. Paracress, astragalus and natural peptides have a firming effect, smoothing out dryness wrinkles.

## FRESH TONIC CALM

**FRESH tonic calm** contains entirely new active ingredients from probiotic lactic acid bacteria. These have a nourishing and strengthening effect on the skin. The microbiome (our skin's natural protective barrier) is strengthened and sensitive skin is brought back into balance. Importantly for vegans: lactic acid bacteria are not obtained from milk. They only have this name because they were first discovered in milk.

## FRESH DEODORANT

**Our new FRESH deodorant** goes in a completely new direction in terms of its application. Because RINGANA's Research Department really wanted to integrate antioxidant substances and plant oils into the formula, the new **FRESH deodorant** is a creamy emulsion. Apart from deodorising substances, it also contains diatoms (microalgae) that easily absorb sweat. Frankincense extract nourishes and soothes sensitive underarm skin. **So cool: Also available in handy trial size from December.**

## EVERY DAY IS A NEW START!

Together with a team of experts, Andreas Wilfinger founded RINGANA in 1996. Since then, the products have been continuously developed.

**Existing products are constantly revised at RINGANA.**

### Why is that?

Every day is a new start – a way of reinventing ourselves. We use every single day to test our limits and to make our products even more effective. To put it plainly, that means we are always looking for new raw materials, and for formulations and packaging solutions that boost the performance of our products. What is important to me when it comes to the formulations, is that I always have my finger on the pulse. When we find something that can make the good even better, we use it.

### What do RINGANA customers think about these product relaunhes?

Humans are "creatures of habit". So sometimes it's initially difficult to see the countless benefits of changing a formulation. However, our customers can be sure of one thing: our sole objective is to offer them absolutely top-class products – again and again.

### What is particularly important to you with regard to new formulations?

At RINGANA, our connection with nature is always central. There are countless thousands of different plants. So far, only 28,000 of them have been proved to have a positive effect on the human body. But new plants are being found every day. We have meanwhile become real specialists in examining plant substances. To this end, we also upgraded our Research Department at the new RINGANA Fresh Factory last year.

### What makes RINGANA products so special?

It's the interaction of precision, high-tech and nature. Our products are truly special and, indeed, very specialised. Our **PACKS**, for example, taste only of what is in them because we consistently reject artificial flavourings. And that also makes our products all the more honest and authentic. We don't fake anything!

### The secret of your success?

Keeping our eyes and ears open so that we know about our customers' future needs, and dedicated employees are the secret of our research & development success at RINGANA.

CEO ANDREAS WILFINGER



# So that's a great winter!

WHEN  
TEMPERATURES  
FALL, THE  
RIGHT SKIN  
CARE IS  
ESSENTIAL.

We often have more problems with our skin when it starts getting chilly. RINGANA gives you the best skin care tips for autumn & winter.

## Why does my skin change in winter?

When it's cold, our skin produces less skin fat. Without this protective lipid layer, moisture evaporates faster from the surface of the skin. Heating air accelerates this process. The skin becomes drier. The best counter-strategy is a rich water-in-oil cream such as RINGANA's **FRESH cream rich**, and **FRESH lipids** for intensive care. They form a thin protective layer on the skin, preventing it from drying out.

## Dry patches on my face. What to do?

Sensitive skin lacking moisture and fat is particularly vulnerable when it's cold. It becomes irritated and may even develop red, scaly patches. RINGANA is familiar with this problem and, in response, it has developed its lipid-rich additional care product, **FRESH lipids**. These are applied to the problem areas and work like a protective winter coat. When smoothing scaly patches, exfoliating with **FRESH scrub** is a great idea.

## What can I do about chapped hands?

Cold, wind and wet weather can be very tough on hands in winter. Washing our hands is an important precaution during the flu season – but it removes further skin fat. If your hands feel even drier after you've put cream on them, then you should switch your hand cream and use one without perfumes – such as

**FRESH hand balm** with macadamia nut oil and antioxidant chia seed oil.

**TIP:** Use as a pack for your hands, combined with **FRESH lipids** – apply generously.

## I always have chapped lips in winter. What can I do?

Don't moisten your lips with your tongue or nibble off flakes of skin with your teeth. That will make the problem worse. The best thing to do: make regular use of **FRESH tooth oil**. The sesame oil it contains has a nurturing effect and promotes skin regeneration. Then apply a generous layer of **FRESH lip balm** to your lips. The delicate skin of the lips is nourished by the plant substance dragon's blood extract and selected berry waxes.

## Rough, scaly skin.

### What can I do about it?

When you shower and moisturise, go for ultra mild products that restore lipids.

**TIP:** **FRESH body wash** cleanses with mild sugar tensides. Our rich **FRESH body milk** with high-quality lipid-restoring plant oils such as avocado oil or shea butter ensure that your skin doesn't dry out again.

### Do I need sun protection cream in winter as well?

Definitely. You should use **FRESH sunscreen** (particularly at high altitudes) which protects the skin with natural, physical sun protection factors. A white blanket of snow reflects the light and boosts the intensity of the sun's rays. But that doesn't mean you should do without regular winter walks either. Our **CAPS protect** contain copper which protects our cells against free radicals, acting kind of like "internal sunglasses".

### What should I bear in mind if I'm not getting enough sunlight?

Almost one in two of us suffers from a Vitamin D deficiency in those months when there is little light. In recent years, research debates in the world of science have centred around the "sunshine vitamin". In short: it is now agreed that this fat-soluble vitamin makes a major contribution to maintaining health. Unlike other vitamins, Vitamin D is synthesised by the body itself with the help of UVB sun rays.

**CAPS omega 3 vegiplus** are an ideal source of Vitamin D because the lichen extract they contain ensures an adequate supply of Vitamin D3.

### In winter, can we also nourish our skin from within?

Fresh fruit and vegetables supply important vitamins and plant-derived protective substances that the skin also likes the taste of. Secondary plant substances such as carotenoids, polyphenols, flavonoids and vitamins are good. These bioactive substances are plentiful in our **PACKS a, b** and **c**. Perfect for every day when enjoyed as a trio.

» With RINGANA  
you can give  
winter the  
cold shoulder. «

### I'm always cold. How can I heat up?

Going to the sauna regularly (once a week) boosts the body's ability to store heat because with the constant switching between heating up and cooling down, the blood vessels learn how to close off from the outside faster through the pores. RINGANA's special tip: **RINGANachi**— warms you wonderfully from the inside – mixed with hot water – while ginger provides gently spicy heat.

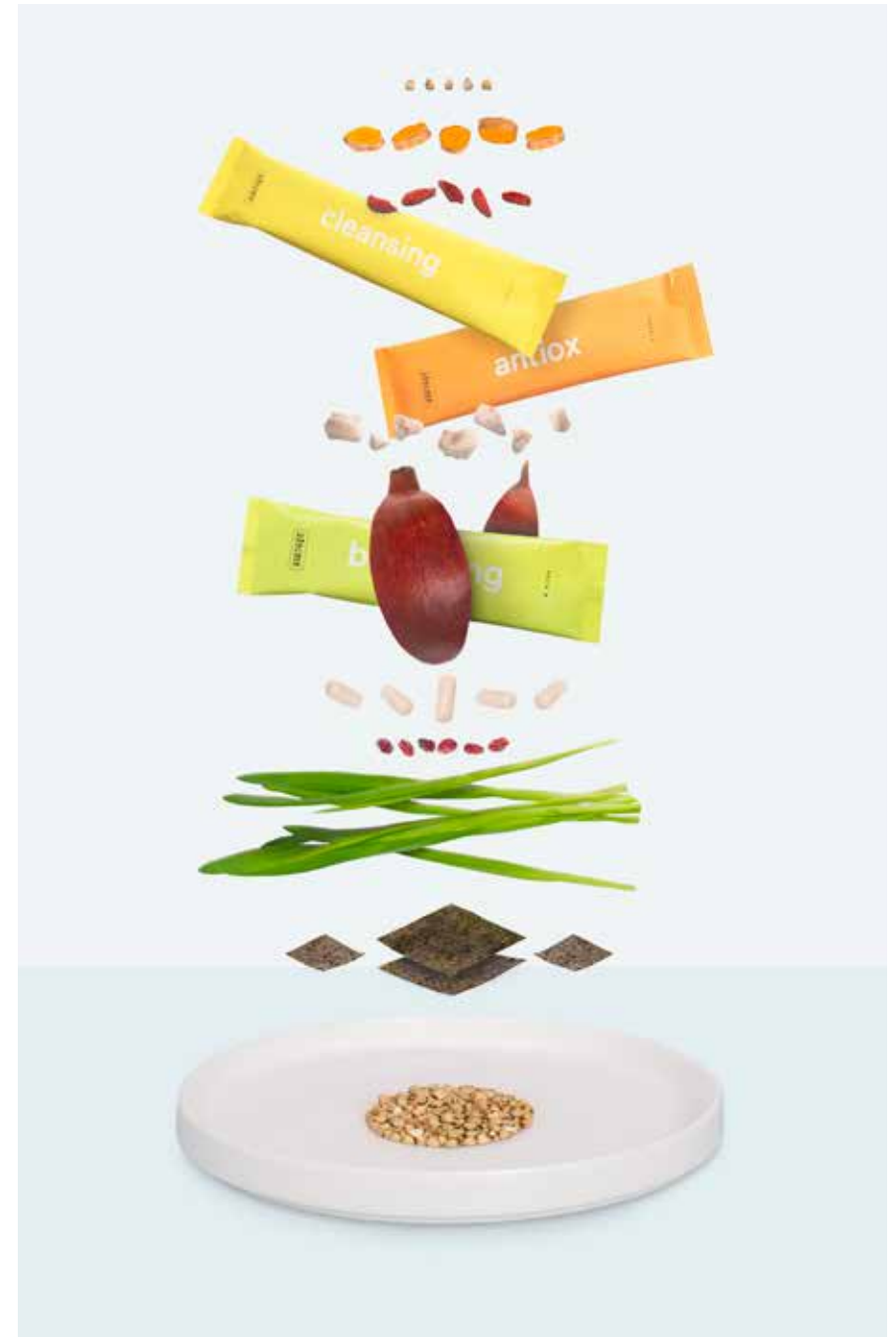


NATURALLY WELL-GROOMED –  
EVEN IN WINTER.

SIRTFOOD:

# EAT YOURSELF YOUNGER

Sirtfood is not a diet but rather a very special nutritional trend. It's about foods that activate certain enzymes in the body. These are supposed to keep the cells fit and thus even delay aging.



Do you enjoy eating tomatoes with rucola? Or do you often snack on berries and nuts? Then you should **feel younger** than you are. **Sirtfood** is a huge topic at anti-aging conventions. Some nutrition scientists are even talking about a **revolution**.



**"Sirt" is an abbreviation of "sirtuins"** – other valuable power substances. They are a group of proteins which are said to protect the body from stress. Their advocates are led by the discoverer of **sirtfood**, David Sinclair, Professor of Genetics at Harvard University. He already discovered 15 years ago that with a calorie-restricted diet such as fasting, the body's own sirtuins, that repair our cells, are activated. And this is precisely what is essential so that we stay young. To put it very simply, we can imagine it like the body's own spring-cleaning. If we have nothing to do, we are more likely to clean the windows or wipe the shelves.

And if the body is not constantly busy with digestion, it pays more attention to cellular cleansing. Other research in this area has shown that, apart from fasting, certain active substances in foods can activate sirtuins. These include secondary plant substances that are present in many different types of fruit and vegetables. Secondary plant substances are substances that a plant produces for its own protection but which can also have positive effects on the human cell metabolism.

RINGANA already recognised the positive properties of these bioactive substances a long time ago and also puts this knowledge to use in many of its products such as lycopene from tomatoes, epigallocatechin gallate from green tea or curcumin from turmeric. The list of recommended foods in the **sirt diet** is a long one, ranging from quinoa, ginger and chia seeds to cranberries and goji berries, and also includes green tea and red wine.

# That's good for me.

The **PACKS a, b and c** are the perfect source of secondary plant substances, minerals and vitamins. The new formulations make our **power trio** even more effective.

## PACK antiox

ANTIOXIDANT, FOR  
OPTIMUM CELL PROTECTION

Stress, negative environmental impacts, bad diet or too little sleep mean that we have a greater exposure to free radicals which damage our cells. **PACK antiox** with water-soluble antioxidants such as OPC, resveratrol and anthocyanins from red grape seed and skin extract protect against cell damage – important for anybody who wants to mobilise their body's defences and effectively boost their performance and wellbeing. The revised formulation now contains folate (a bioavailable folic acid) and other valuable and powerful substances.



## PACK balancing

ACID-ALKALI  
BALANCE

Sweets, a fatty diet and fast food can literally make us "sour" – because too much sugar, meat, coffee and alcohol can lead to overacidification in the body. **PACK balancing** makes a contribution to restoring the balance. Zinc from buckwheat powder supports natural acid-alkali balance. Vitamins B1, B2, B6 and B12 work with manganese, copper and biotin to promote energy metabolism. Black pepper supports liver function.

## PACK cleansing

SUPPORTS  
DIGESTION

Is your digestion running a bit slow? Do you feel out of sorts and tired? **PACK cleansing** promotes healthy intestinal activity and regulates digestion in a natural way?

What's new is the mix of fibre from linseed, psyllium, apple and enzymatically fermented guar kernel fibre which works like a substrate for the intestinal microbiome. A very special element of the formulation is baobab fruit pulp powder. Baobab, the fruit of the African tree of the same name, is traditionally used in Africa as a household remedy because the calcium it contains promotes the function of the digestive enzymes.

# RINGANA for you

Each of us is unique. Every body has its individual characteristics that are constantly being influenced by lifestyle and environmental factors. The new RINGANA for you online test offers a comprehensive analysis and customised solutions. The first building block – The Essentials – provides basic care. Depending on your given life situation and the resulting needs, you can combine the Essentials with suitable add-on products – the Specialists. In ultra-challenging situations, the third building block comes into play – the SOS Products. You decide for yourself how detailed you want your care programme to be.

TAKE THE ONLINE TEST AT  
[www.ringana.com/ringanaforyou](http://www.ringana.com/ringanaforyou)



0 1

## ESSENTIALS

Selected nurturing and vital substances  
for daily all-round care.

0 2

## SPECIALISTS

Complementary performance products  
for your individual needs.

0 3

## SOS

Fast help  
for special challenges.



# Crystal clear

## SOLUTIONS



RINGANA's new **glass bottles** are not only beautiful to look at: the ingenious airless system **protects the natural, fresh high-performance substances** they contain, and allow us to further expand the skin care industry's first returns system.

RINGANA sets the highest standards of freshness, efficacy and sustainability. That is why RINGANA products contain no artificial preservatives and have only a short shelf life. It is precisely for that reason that we can use highly efficient substances and antioxidants which set completely new standards for skin care. However, because the most effective substances are highly perishable, we need special packaging solutions. With its newly designed glass bottles, RINGANA has perfected the bag-in-bottle system. The glass bottle contains a flexible inner bag. The valuable contents are dispensed with a pump so that they don't come into contact with air. The flexible bag contracts so that you get every last bit of the valuable care product out. The result: even fresher and thus more effective products.

**Small difference, big effect.** What is crucial with these new glass bottles is that the inner container is separated from the glass. With classic airless bottles this is not the case. It's a small difference but it has a big effect because this is the only way to achieve an extremely high recycling rate without ecologically harmful cleaning. RINGANA has already registered a patent for this unique system.

READ ON TO FIND  
OUT MORE ABOUT THE  
RINGANA RECYCLING CONCEPT

## INTRODUCING...

the unique RINGANA  
recycling concept – a  
groundbreaking innovation  
in the skin care industry

Pamper  
skin with  
RINGANA products.

1.

2.  
Collect  
10 skin care  
glass bottles.



3.

Return  
the bottles  
to RINGANA.

You'll receive  
a voucher code  
by e-mail.

4.

ONE  
**free**  
PRODUCT



of your choice, redeemable at **any time!**

FOR DETAILED INFORMATION ABOUT THE  
RINGANA RECYCLING CONCEPT, PLEASE GO TO  
[WWW.RINGANA.COM/RECYCLING](http://WWW.RINGANA.COM/RECYCLING)



# Sesame

H A R V E S T

We were  
tracking things  
down in Uganda.

**T**hanks to its moderate tropical climate, Uganda is one of the most fertile countries in Africa. Tons of sesame are cultivated here every year. The bulk of the sesame harvested is used by the small farmers themselves. By selling their surplus, the producers can boost their living standard, which includes improving their children's education. Organic sesame oil is an important element of the famous **FRESH tooth oil**. Company officer Michael Wannemacher and Christoph Dorn, Head of Purchasing & Logistics, travelled to Africa to meet the local producers for themselves.

The first surprise: instead of huge fields, the two discovered lots of little gardens attached to houses, and mini-farms. This is due to the small-farmer structures. Families jointly cultivate a plot of land, growing chia, chillis, corn and sesame for their own use, and then sell the surplus to what are known as "primary stores" who handle onward sale and export in exchange for a pro rata commission. Around 3,000 contract farmers and their families are thus involved in harvesting

sesame for RINGANA. Since a family in Uganda comprises ten to fifteen individuals, this regional value creation benefits more than 30,000 people. "We were particularly pleased that **FRESH tooth oil** is offering so many people an existence," says Michael Wannemacher.

"We visited several farmers and their villages in the north of Uganda, in the region around the town of Arua," says Christoph Dorn. "They proudly presented their harvest, let us sample their products, and told us how happy they were that, thanks to the organic sesame project, they are able to farm sustainably and are not forced to go to the city to look for work."

» We were particularly  
pleased that  
**FRESH tooth oil** is  
offering so many people  
an existence. «

Sesame thrives in warm, moderately wet regions like Uganda. Since it doesn't demand much of the soil, and no fertiliser is required, it is ideal for organic cultivation. Sesame is a herbaceous plant that quickly reaches a height of up to 2 metres. Pods

» **FRESH tooth oil**  
not only delights its  
users but also supports  
organic sesame  
cultivation in Uganda.«

in which the sesame seeds ripen, grow out of the white, violet or pink bell-shaped flowers. It takes only four months from sowing for the seeds to ripen. However, with special cultures, the pods do not open straight away, but only after the plant has been harvested and dried. The dried plant is shaken intensively to release the sesame seeds, and they are then roughly ground by the villagers in wooden gourds. The harvesting itself is done manually in Uganda. The RINGANA visitors were also able to try out the traditional tools used in the villages.



The harvested sesame seeds are then brought to a special plant close to Mukono for cleaning and fine sieving. After quality control and packing in containers, the seeds start their journey to Europe. The RINGANA sesame is then further processed at an organic oil mill in Germany. "We already took a look at this step of production last year," Christoph Dorn explains. "Now, by visiting Uganda, we have familiarised ourselves with the entire production chain."

"Next year, RINGANA will source 70 tons of sesame oil from sustainable farming in Uganda," Christoph Dorn says. Michael Wannemacher adds: "It is fantastic that our cult product not only delights its users but also supports organic sesame cultivation in Uganda, so it is enriching the lives of so many people."



O P E N  
S E S A M E !

The magic words from the fairy story open a door in the rock into a cave full of precious treasures. The wealth of vital substances in sesame seeds is just as valuable. Sesame oil consists of 87 per cent of unsaturated fatty acids, contains lots of valuable antioxidants, and is rich in Vitamin E. Sesame oil has long been used in Ayurvedic medicine, for example for oil-pulling. Our famous **FRESH tooth oil** – which also replaces conventional toothpaste – is based on that tradition.



**RINGANAchi\_\_\_**,  
our first natural  
**energy shot**, is the  
top-selling item in our range  
of RINGANA fresh drinks.

Now you can get our popular energy drink in a pack of three – handy for when you're out and about, or to give as a gift. **RINGANAchi\_\_\_ x3** comes in a stylish bag made of natural cotton. The **RINGANAchi\_\_\_** bottles nestle in it like batteries in a charger. It's an image that really does make sense because the three ginger-and-pineapple shots recharge our empty batteries with highly effective, purely plant-based substances. In addition, this smart drink tastes delicious. Ginger gives it a gentle touch of heat, while pineapple adds an exotic, fruity note. Even better, once you've drunk all of the **RINGANAchi\_\_\_ x3**, the bottles can be reused – for example as a travel make-up bag, as a pen case, or to store other small items. So sustainable. So green.



The fiery, fruity  
energy shot contains  
**ginger, ginseng**  
and **maca root**.

#### GOOD TO KNOW

Artificial energy drinks boost energy levels in the short term with lots of sugar and caffeine, but then the energy curve rapidly declines again. **RINGANAchi\_\_\_** contains lots of different types of sugar that enter the bloodstream at different times. L-Theanine and caffeine complement each other perfectly. **RINGANAchi\_\_\_** contains bioactive plant substances such as ginger and maca root that stimulate, making it the ideal alternative to coffee for getting through the afternoon slump.

**TIP:** there are different ways in which to enjoy **RINGANAchi\_\_\_**: either pure as a concentrated energy shot, or diluted with water as a refreshing drink.

## News

Hello,  
Katharina

Regional beauty – a description that also applies to the new RINGANA model, Katharina Holler.

Because the resident of Burgenland, who has already had an impressive international modelling career, originally comes from Oberwart. And that is just a few kilometres from Hartberg, where RINGANA products are manufactured.

REFRESHINGLY  
SUCCESSFUL

Success Talk  
with Fresh Partner  
Barbara Thormählen.



**What makes RINGANA so special in your opinion?**

As a RINGANA Partner, it's really important to me to raise awareness of the fact that we can take responsibility for both ourselves and for our planet.

## Hooray!

OUR NEW WEBSITE  
HAS GONE LIVE!



RINGANA has given its website a complete makeover and now has a fresh, clear design. All of our existing pages (RINGANA SPORT, Blog, FRESH ADDS and BIZ) are now contained on one website. The sport blog has become a Lifestyle Blog with loads of new and exciting articles about beauty, health and food. The enhanced search function makes it even easier for users to navigate the website and find what they're looking for.

**What are your favourite products and why?**

The **FRESH hydro serum** provides my skin with valuable hydration. In the area of food supplements, **RINGANAdea** is my companion throughout the day.

**Do you have any particularly nice stories to tell about your role as a consultant?**

At the beginning, I didn't like receiving a commission for recommending a product. At the time a customer said to me: "Barbara, I love these fantastic products. I treat myself to them and I'm happy that you get something out of it too." That was a key moment for me.

## @ringana

FOLLOW US ON INSTAGRAM

GET FRESH INSPIRATION FROM EVERY PART OF THE RINGANA PRODUCT WORLD AT @RINGANA.

But we don't only post ourselves, because we love scrolling through our followers' comments as well. There are already more than 35,000 pictures with the #ringana hashtag on Instagram. Why not become part of the @ringana community too and share your #ringana moment with us?



@miss.fit.bunny



@nathalie.it



@berriesandpassion



@from.louie.and.denise



@czarnarukola



## So new

RINGANA SPORT  
BLENDERBOTTLE®

A water bottle and shaker rolled into one! Our new stainless steel drinking bottle for sport and leisure holds up to 820 ml. With its patented BlenderBall®, that spins around the bottle, it's perfect for mixing your **RINGANA SPORT boost**.



@lisamariatrauer

# So



THE RINGANA  
PRODUCT WORLD

# me

## FRESH cleanser

CLEANSING MILK

The first step to beautiful skin is the right cleansing. FRESH cleanser removes dirt and make-up gently and thoroughly. Your skin is already being cared for and hydrated while you cleanse it.

**Natural talents:**  
Sesame oil, sweet clover, ginkgo leaf extract, almond kernel oil, grape seed oil, marigold flower extract, rosemary extract

€ 21<sup>70</sup>  
£ 19<sup>53</sup>

1 2 5 M L  
€ 17.36 / £ 15.62  
for 100 ml



## FRESH tonic pure

REFRESHING FACIAL TONIC

This high quality tonic clarifies oily skin that tends to impurities, and provides hydration. It regulates sebum production, thus preventing undesirable shine. Valuable plant extracts have an antioxidant, toning effect.

**Natural talents:**  
Chinese mulberry tree, Zinc PCA, maritime pine, thyme, cypress, St. John's wort, field horsetail, witch hazel, lemon verbena hydrosol, aloe vera fresh plant juice, alcohol

€ 21<sup>20</sup>  
£ 19<sup>08</sup>

1 2 5 M L  
€ 16.96 / £ 15.26  
for 100 ml



## FRESH tonic calm

SOOTHING FACIAL TONIC

This mild plant tonic has a harmonising effect and is particularly suitable for sensitive skin that tends to redness and irritation. It promotes the skin's natural pH balance and stimulates the hydration process.

**Natural talents:**  
Active substances from lactic acid bacteria, aniseed myrtle, mountain pepper, hibiscus flower extract, betaine from sugar beet

€ 21<sup>20</sup>  
£ 19<sup>08</sup>

1 2 5 M L  
€ 16.96 / £ 15.26  
for 100 ml



New  
formulation

## Fresh skin care and Supplements



VEGAN &  
GREEN



FRESHLY  
MANUFACTURED



NATURAL  
HIGH-TECH

## FRESH hydro serum

MOISTURISING SERUM

This thirst quencher for dry skin provides maximum hydration. The skin barrier is strengthened, dryness lines are visibly reduced, and the skin looks plump and radiant again.

**Natural talents:**  
Ectoin, nigella oil, and extracts of cherry, beech, grape and peach bud

€ 48<sup>30</sup>  
£ 43<sup>47</sup>

3 0 M L  
€ 161.00 / £ 144.90  
for 100 ml



## FRESH anti wrinkle serum

ANTIWRINKLE SERUM

This highly concentrated serum gives the skin a boost, correcting and smoothing wrinkles. The special RINGANA formulation causes the skin cells to mimic the behaviour of young cells.

**Natural talents:**  
Vitamin A derivative, bakuchiol, cell-rejuvenating carnosine, firming extract from the African sausage tree, hyaluronic acid

€ 62<sup>60</sup>  
£ 56<sup>34</sup>

3 0 M L  
€ 208.67 / £ 187.80  
for 100 ml



## FRESH cream

BASIS FACIAL CREAM

**/1 FRESH cream light**  
This light moisturiser has been specially created for skin that tends to shine and to impurities. It clarifies the complexion and evens it out.

**Natural talents:**  
Aloe vera fresh plant juice, extracts from black elderberry, beech bud extract, cherry bud extract

/1 € 40<sup>30</sup>  
£ 36<sup>27</sup>

€ 80.60 / £ 72.54  
for 100 ml

**/2 FRESH cream medium**  
The smart formulation strengthens the skin's natural functions. The skin becomes more resilient and beautifully balanced.

**Natural talents:**  
Hyaluronic acid, orange fruit water, grape skin extract, peach bud extract, raspberry seed oil, macadamia nut oil

/2 € 44<sup>30</sup>  
£ 39<sup>87</sup>

€ 88.60 / £ 79.74  
for 100 ml

**/3 FRESH cream rich**  
The rich, skin-soothing texture nourishes and strengthens dry skin and provides it with an intensive supply of plant oils. Tightness and irritation are relieved.

**Natural talents:**  
Macadamia nut oil, coconut oil, grape seed oil, tamanu oil, elderberry extract, sea buckthorn fruit pulp oil, rosemary extract

/3 € 49<sup>60</sup>  
£ 44<sup>64</sup>

€ 99.20 / £ 89.28  
for 100 ml

5 0 M L  
E A C H



Tailor-made care: the Serum of your choice is mixed with a suitable  
FRESH ADDS depending on your skin's needs at that moment.



## FRESH ADDS glow



Air pollution, stress, too little sleep – all of these things affect our skin. FRESH ADDS glow is the smart beauty booster for anybody who leads a modern lifestyle. A natural anti-pollution complex protects against external environment influences.

BEAUTY BOOSTER  
WITH ANTIPOLLUTION EFFECT

**Natural talents:**  
Vitamin B3, white horehound, Vitamin C, lotus water, rice bran extract, witch hazel extract

€ 40<sup>20</sup>  
£ 36<sup>18</sup>

15 M L  
€ 268.00 / £ 241.20  
for 100 ml

## FRESH ADDS effect



The SOS product for advancing skin aging. Smooths skin when it is stressed, e.g. when you're tired or life is putting you under pressure.

CARE BOOSTER  
FOR FIRM SKIN

**Natural talents:**  
Anti-wrinkle copper peptide, paracress with intensive firming effect, high-performance wrinkle-smoothing micro-algae, apple water

€ 50<sup>50</sup>  
£ 45<sup>45</sup>

15 M L  
€ 336.67 / £ 303.00  
for 100 ml

## FRESH ADDS repair



Lack of movement, unhealthy diet and hormonal fluctuations – if the skin goes out of kilter, this results in skin impurities and redness. FRESH ADDS repair contains special substances that have a balancing effect and regulate the skin's own sebum production.

BEAUTY BOOSTER  
WITH ANTIPOLLUTION EFFECT

**Natural talents:**  
Bioflavonoid, pore-deepening Vitamin B6, anti-inflammatory frankincense, special Vitamin C derivative to combat skin impurities, magnolia extract, orange water

€ 40<sup>20</sup>  
£ 36<sup>18</sup>

15 M L  
€ 268.00 / £ 241.20  
for 100 ml

## FRESH tinted moisturiser

TINTED  
MOISTURISING CARE

€ 40<sup>10</sup>  
£ 36<sup>09</sup>

30 M L  
€ 133.67 / £ 120.30  
for 100 ml

Gives the skin an ultra-even and radiant look. The delicate tint is provided by natural pigments that adapt perfectly to your skin tone. It not only gives you the perfect complexion but also provides your skin with intensive, nourishing care.

**Natural talents:**  
Cranberry seed oil, bud extracts, birch sugar, coconut oil, hyaluronic acid and coenzyme Q10



## FRESH moisturiser for men

MOISTURISING CARE  
FOR MEN

€ 40<sup>10</sup>  
£ 36<sup>09</sup>

50 M L  
€ 80.20 / £ 72.18  
for 100 ml

The perfect grooming solution for stressed male skin. FRESH moisturiser for men revitalises tired skin and restores its freshness and elasticity. With a pleasantly light texture, it is easily absorbed.

**Natural talents:**  
Ectoin, elderberry extract, beech bud extract, Coenzyme Q10



## FRESH eye serum

EYE SERUM

€ 39<sup>10</sup>  
£ 35<sup>19</sup>

15 M L  
€ 260.67 / £ 234.60  
for 100 ml

The skin around our eyes is particularly thin and sensitive. Swellings and dark circles often appear as signs of stress and tiredness. FRESH eye serum has an instant refreshing, firming effect and helps reduce swelling.

**Natural talents:**  
Cypress, witch hazel, red wine leaves, ruscus, Atlas cedar, extract from the fruit of blueberries, paracress and natural peptides



New  
formulation

## FRESH scrub

EXFOLIANT

€ 39<sup>80</sup>  
£ 35<sup>82</sup>

125 M L  
€ 31.84 / £ 28.66  
for 100 ml

FRESH scrub frees the skin of dead cells, thus accelerating cell renewal. Natural exfoliating grains stimulate the skin's circulation and restore its radiant, rosy look. 100 % microplastic free.

**Natural talents:**  
Exfoliating grains from loofah, bamboo, pomegranate seeds, matcha green tea, rosemary, almond kernel oil, baobab oil



## FRESH lipids



Ultra-dry patches of skin become soft and smooth again with FRESH lipids. It's also a big help in winter when our skin can become irritated by frequent indoor and outdoor temperature fluctuations.

### RICH INTENSIVE SKIN CARE

**Natural talents:**  
Tamanu oil, olive oil, schisandra berry extract, evening primrose oil, macadamia nut oil, borage oil, rose oil

€ 36<sup>40</sup>  
£ 32<sup>76</sup>  
1 5 M L  
€ 242.67 / £ 218.40  
for 100 ml

## FRESH deodorant

€ 22<sup>40</sup>  
£ 20<sup>16</sup>

1 2 5 M L  
€ 17.92 / £ 16.13  
for 100 ml

Our brand-new FRESH deodorant is a highly effective, creamy white and nurturing water-in-oil emulsion. It protects against body odour entirely without questionable aluminium salts, and promotes the skin's natural sweat-regulating function.

### CREAM DEODORANT

**Natural talents:**  
Lemon verbena, orange fruit water, sodium bicarbonate, zinc oxide, walnut extract, silica, plant oils

New formulation



## FRESH foot balm



Our quickly absorbed balm will make your feet soft and smooth. Intensive care and lots of hydration make dry feet and cracked heels noticeably smoother and softer again.

### FOOT BALM

**Natural talents:**  
Sesame seed, grape seed and macadamia nut oil, menthol, camphor, eucalyptus oil, tea tree oil

€ 21<sup>00</sup>  
£ 18<sup>90</sup>  
1 2 5 M L  
€ 16.80 / £ 15.12  
for 100 ml

## FRESH body milk

€ 31<sup>60</sup>  
£ 28<sup>44</sup>

2 0 0 M L  
€ 15.80 / £ 14.22  
for 100 ml

Our FRESH body milk is a rich care product that has been specially designed for dry skin. It nourishes and soothes dry skin with high-quality plant oils, creating a sense of intensive wellbeing and suppleness.

### BODY MILK

**Natural talents:**  
Avocado oil, macadamia nut oil, aloe vera fresh plant juice, bisabolol, magnolia bark extract



## FRESH hand balm



Our intensively nurturing FRESH hand balm cares for and protects hands and nails. It soothes and regenerates the skin and restores elasticity. Dry hands feel soft and supple again.

### HAND BALM

**Natural talents:**  
Seed oils from chia, cranberry, raspberry and amaranth, marigold flower extract, aloe vera, daisy

€ 20<sup>30</sup>  
£ 18<sup>27</sup>  
1 2 5 M L  
€ 16.24 / £ 14.62  
for 100 ml

## FRESH body firming

€ 69<sup>60</sup>  
£ 62<sup>64</sup>

1 2 5 M L  
€ 55.68 / £ 50.11  
for 100 ml

Powerful intensive care for better skin condition. High-quality, natural substances and plant extracts smooth and firm. Quickly absorbed by the skin, the serum hydrates, increasing firmness and elasticity.

### BODY FIRMING

**Natural talents:**  
Indian pennywort, glycoin, poppy extract, Arabica coffee bean extract, cell-regenerating inchi oil, wheat ceramides, narcissus extract, cuckoo flower oil



## FRESH cooling spray



Deliciously refreshing! Our stimulating FRESH cooling spray instantly relieves tired legs and feet. Also cools and refreshes on hot days when applied to the back of the neck, wrists and the backs of the knees.

### COOLING SPRAY

**Natural talents:**  
Mint, ginger, horse chestnut extracts, escin, porphyrinidum cruentum red alga, lemon-scented tea tree oil, red wine polyphenols

€ 23<sup>70</sup>  
£ 21<sup>33</sup>  
1 2 5 M L  
€ 18.96 / £ 17.06  
for 100 ml

## FRESH after sun

€ 23<sup>50</sup>  
£ 21<sup>15</sup>

1 2 5 M L  
€ 18.80 / £ 16.92  
for 100 ml

FRESH after sun is a soothing moisturiser after sunbathing that also boosts the tan. The cream has a delicate coconut fragrance and is quickly absorbed, giving the skin a pleasant feel.

### TANNING CARE

**Natural talents:**  
St. John's wort extract, aloe vera, liquorice root extract, ectoin, erythrolase, sea buckthorn oil



## FRESH sunscreen SPF 20

SUNSCREEN BALM

The waterproof, nano-free SPF 20 formulation is based on natural mineral sunlight filters. Perfect for anyone who wants to cut out synthetic UV filters and combat the signs of sun-related skin aging.

**Natural talents:**  
Milk thistle oil, turmeric extract, krambe seed oil, eruca acid, bisabolol, coenzyme Q10, karanja oil, tung tree oil

€ 37<sup>80</sup>  
£ 34<sup>02</sup>

1 2 5 M L  
€ 30.24 / £ 27.22  
for 100 ml

## FRESH body wash

SHOWER WASH

FRESH body wash cleanses the body thoroughly, moistures and refreshes. The innovative foam dispenser transforms the 2-phase shower cream into a delicate, creamy foam. This is done with air alone – no propellants are used.

**Natural talents:**  
Sugar tensides, organic almond oil, coenzyme Q10, essential fatty acids (Omega-3 and Omega-6) from thistle oil

€ 16<sup>20</sup>  
£ 14<sup>58</sup>

2 0 0 M L  
€ 8.10 / £ 7.29  
for 100 ml

## FRESH shampoo

HAIR CARE

Cleans the hair gently and gives it a beautiful natural sheen. Carefully chosen ingredients give the hair natural suppleness and elasticity. The eco-friendly pump dispenser transforms the mild formulation into a delicate, creamy foam.

**Natural talents:**  
Wash-active substance from olive oil, rose water, nurturing substance from sugar molecules, volume-boosting betaine

€ 16<sup>80</sup>  
£ 15<sup>12</sup>

2 0 0 M L  
€ 8.40 / £ 7.56  
for 100 ml

## FRESH lip balm

LIP CARE

Intensively nourishes delicate lips and leaves them feeling pleasantly soft and silky, but not greasy. Dryness lines are reduced and chapped lips are smoothed.

**Natural talents:**  
Dragon's blood extract, berry wax, ginger, hyaluronic acid, ingredient complex DPHP, glyceryl glucoside, castor oil, almond oil

€ 10<sup>10</sup>  
£ 9<sup>09</sup>

5 M L  
€ 202.00 / £ 181.80  
for 100 ml

## FRESH conditioner

HAIR BALM

Offers additional care after shampooing. It delivers rich nourishment and untangles the hair. Naturally active substances replenish the lipids in damaged hair and also have an anti-static effect.

**Natural talents:**  
Almond kernel oil, shea butter, extract of milk thistle oil, natural hair-active substances such as the sugar molecule inulin, betaine

€ 14<sup>90</sup>  
£ 13<sup>41</sup>

1 2 5 M L  
€ 11.92 / £ 10.73  
for 100 ml

## FRESH tooth oil

TEETH AND GUMS

Effective oil-based tooth care: our FRESH tooth oil derives from the tradition of oil-drawing. This involves moving some oil around in the mouth and then spitting it out. The point of doing this is that the tooth oil binds bacteria in the oral cavity. RINGANA goes one step further, offering a tooth oil that replaces toothpaste.

**Natural talents:**  
Sesame oil, myrrh oil, mint oil, star anise oil, cinnamon oil, eucalyptus oil

€ 12<sup>60</sup>  
£ 11<sup>34</sup>

1 2 5 M L  
€ 10.08 / £ 9.07  
for 100 ml

## FRESH soap

SOAP

Hand-scooped, hand-cut, hand-stamped – and handily packaged in a hand towel. It produces a very cleansing foam with a delicate scent. Thanks to the mild formulation it is also ideal for frequent use.

**Natural talents:**  
Almond oil, nigella oil, saponified coconut oil, saponified olive oil, borage oil

€ 8<sup>80</sup>  
£ 7<sup>92</sup>

1 0 0 G  
€ 8.80 / £ 7.92  
for 100 g

ALL-ROUND  
CARE  
MADE EASY

Discover our exclusive special offers on sets and benefit from fantastic savings.

[www.ringana.com](http://www.ringana.com)





## RINGANA SPORT go

MUSCLE RELAXATION

Ideal for regenerating\* tired muscles after sport. Combined with a massage, RINGANA SPORT go can effectively relax muscle tension\*\*.

### Natural talents:

\*Frankincense, arnica blossom extract, wintergreen oil, lemongrass oil  
\*\*Clove blossom oil, caffeine from coffee beans

€ 22<sup>20</sup>  
£ 19<sup>98</sup>

1 2 5 M L

€ 17,76 / £ 15,98  
for 100 ml

€ 43<sup>10</sup>  
£ 38<sup>79</sup>

2 6 0 G

€ 165,77 / £ 149,19  
for 1000 g

€ 117<sup>50</sup>  
£ 105<sup>75</sup>

3 - P A C K

## PACK balancing

ACID-ALKALI BALANCE

PACK balancing makes a valuable contribution to balanced acid-alkali levels\* and our energy metabolism\*\* and restores their equilibrium.

### Natural talents:

\*Zinc from buckwheat germ powder  
\*\*Vitamins B1, B2, B6 and B12, manganese, copper, biotin



New formulation

## RINGANA SPORT push

MOTIVATION BOOST

RINGANA SPORT push with natural caffeine is essential before sport. The unique formulation promotes the microcirculation of the blood\* while protecting the organism against free radicals\*\*.

### Natural talents:

\*French pine bark extract  
\*\*natural OPC from grape seed extract

**Other selected active substances:** SOD activity from melon, L-Carnitine, ATP, NADH

€ 56<sup>70</sup>  
£ 51<sup>03</sup>

9 0 C A P S U L E S

€ 0,63 / £ 0,57  
for 1 capsule

€ 151<sup>90</sup>  
£ 136<sup>71</sup>

3 - P A C K

€ 60<sup>70</sup>  
£ 54<sup>63</sup>

5 2 0 G

€ 116,73 / £ 105,06  
for 1000 g

€ 165<sup>30</sup>  
£ 148<sup>77</sup>

3 - P A C K

## PACK cleansing

DIGESTION

PACK cleansing with fresh fibre and calcium promotes healthy intestinal activity\* and regulates digestion\*\* in a natural way.

### Natural talents:

\*Calcium from baobab fruit pulp powder, linseed meal  
\*\*psyllium husk powder



New formulation

## RINGANA SPORT boost

PEAK PERFORMANCE

RINGANA SPORT boost quickly and lastingly increases physical performance\*, combats fatigue\*\* and replenishes energy levels with carbohydrates and amino acids (e.g. BCCA).

### Natural talents:

\*Creatine, ashwagandha root and leaf extract

\*\* Carbohydrate-electrolytic solution with highly branched cyclic dextrin, isomaltulose, maltodextrin

€ 51<sup>00</sup>  
£ 45<sup>90</sup>

7 0 0 G

€ 72,86 / £ 65,57  
for 1000 g

€ 139<sup>00</sup>  
£ 125<sup>10</sup>

3 - P A C K

€ 85<sup>30</sup>  
£ 76<sup>77</sup>

5 2 0 G

€ 164,04 / £ 147,63  
for 1000 g

€ 232<sup>80</sup>  
£ 209<sup>52</sup>

3 - P A C K

## PACK d-etary

THE WEIGHT YOU'RE COMFORTABLE WITH

PACK d-etary's metabolically active micronutrients\* and minimum calories will help you on your way to reaching the weight you feel comfortable with.

### Natural talents:

\*Manganese, copper, Vitamin B complex, magnesium from baobab fruit, biotin from quinoa germ powder



## PACK antiox

CELL PROTECTION

PACK antiox with water-soluble antioxidants supports the body's own defences\* and protects cells against free radicals\*\*.

### Natural talents:

\*Vitamin C from acerola fruit juice powder, turmeric extract  
\*\*OPC, resveratrol and anthocyanins from red grape seed extract

€ 61<sup>90</sup>  
£ 55<sup>71</sup>

2 6 0 G

€ 238,08 / £ 214,27  
for 1000 g

€ 168<sup>70</sup>  
£ 151<sup>83</sup>

3 - P A C K

€ 61<sup>90</sup>  
£ 55<sup>71</sup>

6 5 0 G

€ 95,23 / £ 85,71  
for 1000 g

€ 168<sup>70</sup>  
£ 151<sup>83</sup>

3 - P A C K

## PACK energy

PROTEIN POWER

PACK energy's innovative formulation delivers valuable vegan proteins\* and bio-active micronutrients\*\* for optimal protein supply and active wellbeing.

### Natural talents:

\*With 18 amino acids from wholegrain rice, yellow peas and cranberry seed extract  
\*\*niacin, biotin, Vitamin B6 and B12 from quinoa germ powder





## RINGANAchi\_\_\_

ENERGY DRINK

The natural energy drink RINGANAchi\_\_\_ with its fruity and piquant flavour contains bioactive plant substances that wake us up\* – the perfect alternative to coffee, to perk us up during the afternoon slump, or for when we're partying.

### Natural talents:

\*Vitamin C from acerola fruit juice powder, ginger and maca root extract

**Other selected active substances:** ginseng root extract, caffeine from coffee beans, pineapple juice powder

€ 45<sup>80</sup>£ 41<sup>22</sup>

12 - PACK

€ 127,22 / £ 114,50  
for 1000 ml€ 87<sup>20</sup>£ 78<sup>48</sup>

24 - PACK



## RINGANAdesa\_\_\_

LIGHTWEIGHT

The innovative tea drink RINGANAdesa\_\_\_ combines purely natural ingredients in a single highly concentrated shot. The unique formulation makes this beauty shot the perfect companion for a figure-conscious\* lifestyle.

### Natural talents:

\*Mate leaf extract, rosemary extract, prickly pear fruit powder with betalains, mulberry leaf extract

€ 54<sup>50</sup>£ 49<sup>05</sup>

12 E R S E T

€ 151,39 / £ 136,25  
for 1000 ml€ 103<sup>70</sup>£ 93<sup>33</sup>

24 - PACK



## RINGANA matcha tea

BEAUTY DRINK

RINGANA matcha tea comes exclusively from organic farming and is obtained from the most valuable parts of the matcha leaf. A gentle companion, this green beauty drink helps us get closer to the rhythms of nature.

### Natural talents:

Antioxidants, amino acids, L-Theanine, caffeine, polyphenols, epigallocatechin gallate

€ 38<sup>40</sup>£ 34<sup>56</sup>

30 G

€ 128,00 / £ 115,20  
for 100 g€ 137<sup>90</sup>£ 124<sup>11</sup>

4 - PACK

## Fresh drinks

CAN BE DILUTED  
WITH WATERNATURALLY  
VEGANSHAKE BEFORE  
ENJOYING

RINGANA DRINKS stimulate and, thanks to the handy shaker, they're the perfect energy boost when you're out and about as well.

€ 47<sup>40</sup>£ 42<sup>66</sup>

90 CAPSULES

€ 0,53 / £ 0,47  
for 1 capsule€ 127<sup>00</sup>£ 114<sup>30</sup>

3 - PACK

## CAPS beauty & hair

SKIN, HAIR &amp; NAILS

With CAPS beauty & hair, natural vital substances come into play that help to strengthen connective tissue\*, nails and hair\*\* from within.

### Natural talents:

\*SOD from melon extract, hyaluronic acid, manganese and copper from buckwheat germ powder  
\*\*saw palmetto extract, zinc from buckwheat germ powder

€ 47<sup>40</sup>£ 42<sup>66</sup>

90 CAPSULES

€ 0,53 / £ 0,47  
for 1 capsule€ 127<sup>00</sup>£ 114<sup>30</sup>

3 - PACK

## CAPS cerebro

MEMORY &  
CONCENTRATION

Bioactive micronutrients in CAPS cerebro promote learning and memory performance\* and help maintain cognitive functions such as retentiveness\*\*.

### Natural talents:

\*ashwagandha root extract with withanolides, curcuma extract  
\*\*Indian pennywort extract with triterpenes, ginkgo leaf extract with flavonol glycosides

€ 43<sup>20</sup>£ 38<sup>88</sup>

90 CAPSULES

€ 0,48 / £ 0,43  
for 1 capsule€ 116<sup>40</sup>£ 104<sup>76</sup>

3 - PACK

## CAPS d-tox

LIVE LIGHTER

With CAPS d\_tox RINGANA has brought together special plant extracts\* that give our detoxing organs such as our liver and gall-bladder a little help.

### Natural talents:

\*Artichoke leaf and inflorescence extract with cynarine, milk thistle extract with silibinin, artichoke, curcuma extract

€ 47<sup>40</sup>£ 42<sup>66</sup>

90 CAPSULES

€ 0,53 / £ 0,47  
for 1 capsule€ 127<sup>00</sup>£ 114<sup>30</sup>

3 - PACK

## CAPS fem

FOR WOMEN

CAPS fem deliver valuable plant substances that restore balance\* to the body during every phase of life and help to alleviate possible and unpleasant symptoms\*\*.

### Natural talents:

\*Shatavari root extract with saponins, linseed extract with secoisolariciresinol diglucoside  
\*\*hop extract with flavonoids



## CAPS hydro

CAPS hydro with niacin from buckwheat germ powder help to maintain mucous membrane such as is found in the urinary tract. Vitamin D2 from mushroom powder supports the body's own immune system.

### BLADDER HEALTH

**Natural talents:**  
D-Mannose, forskolin from painted nettle root extract, proanthocyanidins from cranberry extract

€ 35<sup>20</sup>  
£ 31<sup>68</sup>  
90 CAPSULES  
€ 0.39 / £ 0.35  
for 1 capsule  
€ 94<sup>30</sup>  
£ 84<sup>87</sup>  
3 - PACK

## CAPS immu

The selected vitamins and herbal mushrooms in CAPS immu boost the functions of the body's defences\* and also give the immune system\*\* a little lift.

### IMMUNE SYSTEM & DEFENCES

**Natural talents:**  
\*Herbal mushroom Agaricus blazei, beta glucan, guduchi extract, reishi mushrooms  
\*\*Vitamin C from acerola juice powder

€ 47<sup>40</sup>  
£ 42<sup>66</sup>  
90 CAPSULES  
€ 0.53 / £ 0.47  
for 1 capsule  
€ 127<sup>00</sup>  
£ 114<sup>30</sup>  
3 - PACK

## CAPS mascu

With CAPS mascu RINGANA has developed a food supplement specially for male needs that promotes prostate health\* and maintains reproductive function.

### FOR MEN

**Natural talents:**  
\*Saw palmetto extract, secoisolariciresinol diglucoside from linseed extract

€ 47<sup>40</sup>  
£ 42<sup>66</sup>  
90 CAPSULES  
€ 0.53 / £ 0.47  
for 1 capsule  
€ 127<sup>00</sup>  
£ 114<sup>30</sup>  
3 - PACK

## CAPS moodoo

The natural ingredients in CAPS moodoo combat fatigue and tiredness\* and help to make you calmer\*\*, so things don't get to you so quickly.

### INNER BALANCE

**Natural talents:**  
\*Niacin and riboflavin and niacin from buckwheat germ powder  
\*\*Ashwagandha root extract

€ 50<sup>10</sup>  
£ 45<sup>09</sup>  
90 CAPSULES  
€ 0.56 / £ 0.50  
for 1 capsule  
€ 135<sup>00</sup>  
£ 121<sup>50</sup>  
3 - PACK

€ 37<sup>00</sup>  
£ 33<sup>30</sup>

90 CAPSULES

€ 0.41 / £ 0.37  
for 1 capsule

€ 99<sup>30</sup>  
£ 89<sup>37</sup>  
3 - PACK

## CAPS move

The special formulation of CAPS move helps to keep the joints\* supple and supports bone and muscle function\*\* for lightness in everyday life.

### FREEDOM OF MOVEMENT

**Natural talents:**  
\* Boswellic acids from frankincense extract  
\*\*calcium from alga powder

## CAPS omega 3 vegiplus

Our vegan CAPS omega 3 vegiplus with oil-soluble antioxidants\* combat the signs of aging with a smart strategy from nature and contribute to our supply of Omega 3 fatty acids and Vitamin D\*\*.

### FOUNTAIN OF YOUTH

**Natural talents:**  
\*Procyanidins (OPC) from grape seed extract, Vitamin E, astaxanthin, zeaxanthin, lutein  
\*\*EPA and DHA from microalga, Vitamin D3 from lichen extract

€ 81<sup>10</sup>  
£ 72<sup>99</sup>

60 CAPSULES

€ 1.35 / £ 1.22  
for 1 capsule

€ 218<sup>60</sup>  
£ 196<sup>74</sup>  
3 - PACK

## CAPS protect

CAPS protect are real all-rounders when it comes to protection against free radicals\* caused by UV rays, radiation from screens or tobacco smoke.

### PROTECTION FROM WITHIN

**Natural talents:**  
\*Copper, anthocyanins and hydroxycinnamic acids from blood orange extract, astaxanthin from Haematococcus pluvialis alga extract, lutein and zeaxanthin from tagetes extract

€ 56<sup>50</sup>  
£ 50<sup>85</sup>

90 CAPSULES

€ 0.63 / £ 0.57  
for 1 capsule

€ 152<sup>90</sup>  
£ 137<sup>61</sup>  
3 - PACK

## CAPS pump

In order to preserve physical vitality and maintain wellbeing, the heart needs to be supplied with nutrients. CAPS pump support our "engine of life" with an intelligent antioxidant mix of vitamins and minerals\*.

### CARDIOVASCULAR SYSTEM

**Natural talents:**  
\*Vitamin C from acerola fruit juice powder, calcium from alga powder, grape seed extract with OPC

€ 47<sup>40</sup>  
£ 42<sup>66</sup>

90 CAPSULES

€ 0.53 / £ 0.47  
for 1 capsule

€ 127<sup>00</sup>  
£ 114<sup>30</sup>  
3 - PACK

# Fresh home delivery

ORDERING WITH RINGANA  
IS FAST AND EASY.

You can reach us by phone Monday to Friday  
from 8:00 a.m. until 6:00 p.m. We'll be happy to take your order  
and give you expert advice.

Tel. +43 (0)3332/615 50

Or simply send us an e-mail telling us what you'd like:  
**backoffice@ringana.com**

Naturally, you can also see the wide range of  
RINGANA products in our web shop at  
**ringana.com**



## Get a little taste of freshness

SAMPLE OUR FRESH SKIN CARE  
FROM € 8.50 | £ 7.65

Those placing their first orders can  
avail of a one-time taster discount –  
for example, a **FRESH sample box** for  
only **€ 8.50 | £ 7.65**. Each further set  
may be ordered for the usual price  
of **€ 12.80 | £ 11.52**.



## Sustainable loyalty bonus

FOR RINGANA CUSTOMERS  
AND THE ENVIRONMENT

Collect 10 empty skin care glass bottles  
and return them with adequate postage  
to RINGANA GmbH, Schildbach 209,  
A-8230 Hartberg. **We'll give you a  
RINGANA skin care product of your  
choice, free of charge.**

# Fresh Vouchers

ARE YOU LOOKING FOR A LAST-MINUTE  
GIFT? WHAT ABOUT A FRESH GIFT VOUCHER  
FROM THE RINGANA ONLINE SHOP?  
IT'S SO EASY TO GET ONE:

1



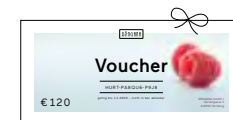
Choose the picture for your  
voucher at [www.ringana.com](http://www.ringana.com)

2

Fill out  
the voucher

Personalise it and  
enter the amount

3

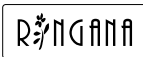


Print it and  
send it

HAVE FUN!

## IMPRINT

Responsible  
for content:  
RINGANA GmbH  
A-8230 Hartberg  
T: +43 (0)3332/61550  
E-mail: [office@ringana.com](mailto:office@ringana.com)  
Published and produced  
in: Hartberg  
Conceptualisation, design  
and photography:  
moodley brand identity  
Photos: Joeri Valckenier  
(p. 26 – 29)  
Editing: paperbirds  
Printed on eco-friendly paper.  
Purpose of publication:  
information for RINGANA  
customers and leads.  
Errors and omissions  
excepted.  
Prices and exchange  
rates subject to change.  
(As at October 2018)  
Our General Terms  
and Conditions (GT&C)  
are available at:  
[www.ringana.com](http://www.ringana.com)



YOUR PERSONAL  
RINGANA PARTNER

or: RINGANA GmbH, A-8230 Hartberg, Tel: +43 (0) 3332/615 50  
Direct dial fax: 15, [www.ringana.com](http://www.ringana.com), [office@ringana.com](mailto:office@ringana.com)



SOCIALLY RESPONSIBLE



ENVIRONMENTALLY FRIENDLY



GLASS RECYCLING



NATURAL & VEGAN



NO ANIMAL TESTING



AWARD FROM THE  
STATE OF STYRIA

Find out more about the RINGANA sustainability principle at: [www.ringana.com](http://www.ringana.com)

