THE DECOCTIONS
GOOD AND HEALTHY

100% NATURAL
AND GUARANTEED BY CENTRO MESSÉGUÉ
FOR THE WELL-BEING OF BODY AND MIND

MARCH 2017
THE CENTRO MESSÉGUÉ DECOCTIONS

The decoctions are concentrations from 100% Natural plants to be diluted in water and drunk as a tea, guaranteed by the Centro Mességué brand, which for generations has been synonymous natural well-being. They contain only medicinal herbs without alcohol and sugars, and therefore can be associated with any kind of diet.

The Centro Mességué Decoctions are useful for the body's well-being, plus they have a great flavour. They can be effectively used to prevent imbalances, deficiencies, excesses and general indispositions, before they turn into real pathologies.

The dosage and concentration of the active ingredients and plants contained in the Centro Mességué Decoctions are perfectly balanced, and make them practically free from undesired effects and appropriate for everyone, but should not be taken by pregnant and breastfeeding women, and those with coeliac disease.
PURIFIED AND CLEAN INSIDE,
TO IMPROVE THE EXTERNAL APPEARANCE AS WELL.

The Centro Mességué Decoctions are concentrations of 100% natural plants to be diluted in hot or cold water, according to the liking, and drunk during the day. Signed and guaranteed by the Centro Mességué brand, which for generations has been synonymous with natural well-being and herbal science.

ONLY “NATURE” TO DRINK!

They contain only medicinal herbs without alcohol, sugars and preservatives, and therefore can be associated with any kind of diet. The Centro Mességué Decoctions are useful for the body's well-being, plus they have a great flavour.

THERE IS EVEN LOVE INSIDE...

The love for nature of the Centro Mességué products shows above all in the special attention and respect with which the plants are processed or indeed any part of the single plant. In fact, to get the maximum of the active ingredients, and thus efficacy, we choose a different type of extraction for leaves, petals, buds, roots or bark using decoctions, infusion or maceration. A long and expensive work, but the results are concentrated and precious Decoctions that make us proud.
DECOCTO DEPURATIVO 2
CONCENTRATO DI ERBE PER FAVOURIRE LA DEPURAZIONE E LA DIGESTIONE
100% NATURALE

DECOCTION PURIFYING
HERBAL CONCENTRATE WHICH HELPS WITH PURIFICATION AND DIGESTION
100% NATURAL

CENTRO MESSÉGUE
DECOTIONS

DECOCTO KAL CONTROL 28
FAVORISCE L'EQUILIBRIO DEL PESO CORPOREO E LA REGOLARITÀ DEL TRANSITO INTESTINALE
100% NATURALE

DECOCTION KAL CONTROL
HELP WITH BODY WEIGHT BALANCE AND BOWEL TRANSIT REGULARITY
100% NATURAL

CENTRO MESSÉGUE
DECOTIONS
**DECOCTION PURIFYING 2**

**Ingredients:**
- Water, Artichoke (Cynara scolymus L.) leaves 2%, Rose (Rosa damascena Miller) leaves 2%, Cardo Marianus (Stachys marianae Gaertn) fruit 2%, Ortipelago (Origanum vulgare L.) leaves 2%, Dandelion (Taraxacum officinale Webn) root 2%, Driedmilk (Lactuca saliva DC) leaf 1%, Liquorice (Glycyrrhiza glabra L.) root 1%, Rhus (Rhus officinalis L.) root 1%, Allor bukthamom (Rhamno frangula DC) cortex 1%, Sage (Salvia officinalis L.) leaves 1%, Balm (Melissa officinalis L.) leaf 1%, Mint (Mentha x piperita L.) leaf 1%, Yellow gentian (Gentiana lutea L.) root 1%, Star anise (Illicium verum Hooker) fruits (seeds) 0.5%, Black rush (Raphanus sativus var. nigra Miller) root 0.5%, Apricot (Amyris exaltata L.) leaf 0.5%, Sweet orange (Citrus sinensis L. var. dulcis) peel 0.5%,

**Colourant:** rough caramel.
**Flavouring:** licorice.
**Acidity regulator:** citric acid.

**Caution:** Keep away from children under 3 years old. Do not exceed the recommended daily intake. Do not take during pregnancy or breastfeeding. Intolerances cannot replace a varied diet and should be used along with a healthy lifestyle. The product is filtered, any suspensions or sediments are natural characteristics of the product and do not affect the quality. Do not use past the expiry date.

**Storage:** Store in a cool and dry place, protected from direct sunlight. Once opened, store inside the fridge and consume within one month.

**RECOMMENDATION:**
For proper use, an intake between 1% and 60 ml of product (the equivalent of 1-4 measuring cups) is recommended per day, diluted in 1.5 litres of water, or 1 cup diluted in a glass of water twice a day. Shake before use. It can be diluted both in cold and hot water as desired, like herbal tea.

**AVERAGE VALUE OF SPECIFIC VEGETABLE INGREDIENTS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichoke (Cynara scolymus L.)</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Rose (Rosa damascena Miller)</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Cardo Marianus (Stachys marianae Gaertn)</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Ortipelago (Origanum vulgare L.)</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Dandelion (Taraxacum officinale Webn)</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Driedmilk (Lactuca saliva DC)</td>
<td>0.8 grams</td>
</tr>
<tr>
<td>Liquorice (Glycyrrhiza glabra L.)</td>
<td>0.8 grams</td>
</tr>
<tr>
<td>Rhus (Rhus officinalis L.)</td>
<td>0.8 grams</td>
</tr>
<tr>
<td>Allor bukthamomom (Rhamno frangula DC)</td>
<td>0.8 grams</td>
</tr>
<tr>
<td>Sage (Salvia officinalis L.)</td>
<td>0.8 grams</td>
</tr>
<tr>
<td>Balm (Melissa officinalis L.)</td>
<td>0.8 grams</td>
</tr>
<tr>
<td>Mint (Mentha x piperita L.)</td>
<td>0.8 grams</td>
</tr>
<tr>
<td>Yellow gentian (Gentiana lutea L.)</td>
<td>0.8 grams</td>
</tr>
<tr>
<td>Star anise (Illicium verum Hooker)</td>
<td>0.8 grams</td>
</tr>
<tr>
<td>Black rush (Raphanus sativus var. nigra Miller)</td>
<td>0.8 grams</td>
</tr>
<tr>
<td>Apricot (Amyris exaltata L.)</td>
<td>0.8 grams</td>
</tr>
<tr>
<td>Sweet orange (Citrus sinensis L. var. dulcis)</td>
<td>0.8 grams</td>
</tr>
</tbody>
</table>

*Net weight 1 bottle 500 ml

**DECOCATION KAL CONTROL 28**

**Ingredients:**
- Water, Asparagus (Asparagus officinalis L.) root 4%, Puzzlegrass (Equisetum arvense L.) herb 3%, Rhubarb (Rheum officinale Baill) root 2%, Ortipelago (Origanum vulgare L.) leaves 2%, Couch grass (Agropyrum repens P. de Rev) root 2%, Fucus (Fucus vesiculosus L.) thallus 2%, Birch (Betula pendula Roth) leaves 2%, Ash (Fraxinus excelsior L.) leaves 2%, Uplift pellitory (Parietaria officinalis L.) herb 1%

**Colourant:** caramel.
**Flavouring:** peach.
**Acidity regulator:** citric acid.

**Caution:** Keep away from children under 3 years old. Do not exceed the recommended daily intake. Do not take during pregnancy or breastfeeding. Intolerances cannot replace a varied diet and should be used along with a healthy lifestyle. The product is filtered, any suspensions or sediments are natural characteristics of the product and do not affect the quality. Do not use past the expiry date.

**Storage:** Store in a cool and dry place, protected from direct sunlight. Once opened, store inside the fridge and consume within one month.

**RECOMMENDATION:**
For proper use, an intake between 1% and 60 ml of product (the equivalent of 1-4 measuring cups) is recommended per day, diluted in 1.5 litres of water, or 1 cup diluted in a glass of water twice a day. Shake before use. It can be diluted both in cold and hot water as desired, like herbal tea.

**AVERAGE VALUE OF SPECIFIC VEGETABLE INGREDIENTS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus (Asparagus officinalis L.)</td>
<td>2.4 grams</td>
</tr>
<tr>
<td>Puzzlegrass (Equisetum arvense L.)</td>
<td>1.8 grams</td>
</tr>
<tr>
<td>Rhubarb (Rheum officinale Baill)</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Ortipelago (Origanum vulgare L.)</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Couch grass (Agropyrum repens P. de Rev)</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Fucus (Fucus vesiculosus L.)</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Birch (Betula pendula Roth)</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Ash (Fraxinus excelsior L.)</td>
<td>1.2 grams</td>
</tr>
<tr>
<td>Uplift pellitory (Parietaria officinalis L.)</td>
<td>0.6 grams</td>
</tr>
</tbody>
</table>

*For maximum daily intake equal to 60 ml (approx., 60 g of product)
DECOCTION
PURIFYING 2

DECOCTION
KAL CONTROL 28
DECOCTION
LONG YOUTH ELIXIR 3

DECOCTION
SLIM BEAUTY ELIXIR 9
Active Ingredients and Benefits of the Decoction:

Artichoke leaves, thistle fruits and dandelion root favour the body’s purifying functions. Rhubarb rhizome, alder buckthorn bark, sage leaves, mint and melissa are useful for the digestive function.

Indicated in cases of fatigue, sensation of swelling or slow digestion. Also recommended for smokers, during the changing of seasons and diets.

Recommended dose

It is recommended to take 2 measuring cups in ½ glass of water after the meals to begin any treatment, or diluted in 1.5 litres of water to drink during the day.

Ingredients:

Water, Artichoke (Cynara scolymus L.) leaves 2%, Boldo (Peumus boldus Molina) leaves 2%, Milk Thistle (Silybum marianum Gaetner) fruit 2%, Orthosiphon (Orthosiphon aristatus Miq) leaves 2%, Dandelion (Taraxacum officinale Weber) root 2%, Desmodium (Desmodium adscendens DC) leaf 1%, Licorice (Glycyrrhiza glabra L.) root 1%, Rhubarb (Rheum officinale Baill.) rhizome 1%, Alder Buckthorn (Rhamnus frangula DC.) bark 1%, Sage (Salvia officinalis L.) leaves 1%, Melissa (Melissa officinalis L.) leaf 1%, Mint (Mentha x piperita L.) leaf 1%, Gentian (Gentiana lutea L.) root 1%, Star anise (Illicium verum Hooker) fruits (seeds) 0.5%, Black radish (Raphanus sativus var. niger Miller) root 0.5%, Agrimony (Agrimonia eupatoria L.) top 0.5%, Sweet orange (Citrus sinensis L. var. dulcis) pericarp 0.5%.

Dye: caramel.

Aroma: licorice.

Acidity regulator: citric acid.
ACTIVE INGREDIENTS AND BENEFITS OF THE DECOCTION:

DANDELION AND TURMERIC ROOTS SUPPORT THE DIGESTIVE and hepatic functions. THE FRUITS OF POMEGRANATE AND GOJI HAVE ANTIOXIDANT PROPERTIES. REISHI MUSHROOMS AND THE PULP OF THE MANGOSTEEN FRUIT FAVOUR THE BODY’S DEFENCES.

Indicated for all ages to strengthen the body and counteract all the oxidative phenomena that are the main cause of ageing. Appropriate in the periods of intense labour, psychophysical stress or general debility.

Recommended dose:
It is recommended to take 20 ml of product is recommended (equal to 1 measuring cups), diluted in 1.5 litres of water.

Ingredients:
Water, titrated Acai (Euterpe oleracea Mart.) fruit D/E 4:1, titrated Dandelion (Taraxacum officinale Weber) root 2% in inulin, titrated Goji (Lycium barbarum L.) fruit to 40% in polysaccharides, titrated Reishi (Ganoderma lucidum P. Karst.) mushroom 10% in polysaccharides, Manna, titrated Pomegranate (Punica granatum L.) fruit to 40% in ellagic acid, Aloe (aloe vera L.) gel concentrated 200:1, Turmeric (Curcumalonga L.) rhizome titrated to 10% in curcumin, Mangosteen (Garcinia mangostana L.) fruit titrated to 10% in mangosteen.

Aroma: lime.
Acidity regulator: citric acid.
Preservative: potassium sorbate.
Sweetener: sucralose.
**ACTIVE INGREDIENTS AND BENEFITS OF THE DECOCTION:**

THE TOP OF WOODRUFF AND THE FLOWERY HERB OF THE PASSIONFLOWER FAVOUR RELAXATION.
ELDER FLOWERS ENCOURAGE THE BODY’S NATURAL DEFENCES.

Recommended for blemishes caused by hormonal imbalances such as acne or oily skin, excessive loss of hair, cellulite. Also indicated in the cases of irritability or mood alterations (during the menstrual cycle or menopause).

**Recommended dose:**
Is recommended 60 ml of product (equal to 1 - 4 measuring cups) for day, diluted in 1.5 litres of water, or 1 measuring cup diluted in a glass of water twice a day.

**Ingredients:**
Water, Achillea (Achillea millefolium L.) flowering herb 2.5%, Passionflower (Passiflora incarnata L.) flowering herb 2.5%, Scent woodruff (Galium odoratum Scop.) top 2.5%, Marigold (Calendula officinalis L.) blossom 2.5%, Artemisia (Artemisia absinthium L.) flowering herb 2%, Schisandra (Schisandra chinensis Baillon) fruit 1.5%, Licorice (Glycyrrhiza glabra L.) root 1%, Bursa-pastoris (Capsella borsa-pastoris Medikus) herb 1%, Horsetail (Equisetum arvense L.) herb 1%, Elder (Sambucus nigra L.) flowers 1%, Bilberry (Vaccinium myrtillus L.) fruit 1%.

Dye: caramel.
Aroma: licorice.
Acidity regulator: citric acid.
ACTIVE INGREDIENTS AND BENEFITS OF THE DECOCTION:
CASCARA AND ALDER BUCKTHORN BARKS, DANDELION ROOT, RHUBARB RHIZOME, LINSEEDS, MAUVE LEAVES AND FLOWERS, AND SENNA LEAVES AIDS THE REGULARITY OF BOWEL MOVEMENTS.

It provides help for stress and intestinal difficulties resulting from the modern life and poor diet.

Recommended dose:
It is recommended to dilute 3 to 4 measuring cups a day into 1.5 litres of water; in persistent cases it is recommended to dilute 3-4 measuring cups in a cup with hot water to drink in the evening and in the morning on an empty stomach.

Water, Licorice (Glycyrhiza glabra L.) root 2%, Alder Buckthorn (Rhamnus frangula L.) bark 2%, Cascara (Rhamnus purshiana DC.) bark 2%, Senna (Cassia senna L.) leaves 2%, Rhubarb (Rheum officinale Baill.) rhizome 2%, Mauve (Malva sylvestris L.) flowers and leaves 2%, Linseeds (Linum usitatissimum L.) 1%, Fennel (Foeniculum vulgare Mill.) fruits 1%, Chamomile (Matricaria chamomilla L.) flowers 1%, Dandelion (Taraxacum officinale Weber) root 1%, Mint (Mentha x piperita L.) leaves 1%, Gentian (Gentiana lutea L.) root 1%, Juniper (Juniperus communis L.) fruits 1%, Star anise (Illicium verum Hooker) fruits 1%.

Dye: caramel.
Aroma: licorice.
Acidity regulator: citric acid.
ACTIVE INGREDIENTS AND BENEFITS OF THE DECOCTION:
GRIFFONIA SEEDS AND GYMNEMA LEAVES HELP CONTROLLING UNGER PANGS. RHODIOLA ROOT HAS A TONIC POWER IN CASE OF PHYSICAL AND MENTAL FATIGUE. GREEN COFFEE AND COCOA CARRY OUT A TONIC ACTION AND SUPPORT METABOLISM.

Indicated in all cases of cellulite, localized fat accumulation, poor response to diets, and moderate overweight.

Recommended dose:
A daily intake of 40 ml of product (equal to 2 measuring cups) is recommended, diluted in 1.5 litres of water, or 1 measuring cup diluted in a glass of water twice a day.

Anti-cellulite.
It improves the metabolism of sugars and lipids.

**Ingredients:**
- Water, Cocoa (Theobroma cacao L.) seeds, Rhodiola (Rhodiola rosea L.) root, Griffonia (Griffonia simplicifolia DC. Baill) seeds, Gymnema (Gymnema sylvestris R. Brown) leaves, Passionflower (Passiflora incarnata L.) flowering herb, titrated green coffee (Coffea arabica L.) seeds to 45% in chlorogenic acid.
- Dye: caramel.
- Aroma: bitter herbs.
- Acidity regulator: citric acid.
ACTIVE INGREDIENTS AND BENEFITS OF THE DECOCTION:
RED VINE LEAVES HELP WITH THE FUNCTIONALITY OF MICROCIRCULATION. MAUVE LEAVES AND FLOWERS, LINSEEDS AND ALTHEA ROOT HAVE A SOOTHING ACTION.

It is recommended in case of cellulite, heavy and swollen legs and ankles, visible capillaries, and couperose. Also appropriate to facilitate the drainage of excess fluids, and to counter tingling in the limbs.

Recommended dose:
A daily intake of 15 to 60 ml of product (equal to 1 - 4 measuring cups) is recommended, diluted in 1.5 litres of water, or 1 measuring cup diluted in a glass of water twice a day.

Ingredients:
Water, Mauve (Malva sylvestris L.) flowers and leaves 4%, Linseeds (Linum usitatissimum L.) 4%, Althea (Althaea officinalis L.) root 3%, Achillea (Achillea millefolium L.) flowering herb 2%, Artichoke (Cynara scolymus L.) leaves 2%, Red vine (Vitis vinifera L.) leaves 1%, Witch Hazel (Hamamelis virginiana L.) leaves 1%, Horsetail (Equisetum arvense L.) herb 1%, Bursa-pastoris (Capsella bursa-pastoris Medikus) herb 1%, Star anise (Illicium verum Hooker) fruits 1%.

Dye: caramel.
Aroma: licorice.
Acidity regulator: citric acid.
ACTIVE INGREDIENTS AND BENEFITS OF THE DECOCTION:
HORSETAIL HERB, BIRCH LEAVES, BEARBERRY, ORTHOSIPHON, NETTLE, AND CURRANT, ASPARAGUS ROOT, WEED RHIZOME, CORN STIGMAS, FENNEL FRUITS AND HIBISCUS FLOWERS CILITATE THE DRAINAGE OF BODY FLUIDS.

It is recommended in case of cellulite, subcutaneous swelling, difficulty in disposing of toxins, and eye bags.

Recommended dose:
A daily intake between 15 and 60 ml of product (equal to 1 - 4 measuring cups) is recommended, diluted in 1.5 litres of water, or 1 measuring cup diluted in a glass of water twice a day.

Ingredients:
Water, Birch (Betula pendula Roth.) leaves 3%, Orthosiphon (Orthosiphon aristatus Miq.) leaves 3%, Weed (Agropyrum P. repens de Beauvois) rhizome 2%, Horsetail (Equisetum arvense L.) herb 2%, Corn (Zea mays L.) stigmas 1%, Red vine (Vitis vinifera L.) leaves 1%, Bearberry (Arctostaphylos uva-ursi Sprengel) leaves 1%, Nettle (Urtica dioica L.) leaves 1%, Black currant (Ribes nigrum L.) leaves 1%, Asparagus (Asparagus officinalis L.) root 1%, Hibiscus tea (Hibiscus sabdariffa L.) flowers 1%, Fennel (Foeniculum vulgare Miller) fruits 1%, Angelica (Angelica archangelica L.) root 1%, Parietaria (Parietaria officinalis L.) herb 1%.

Dye: caramel.
Aroma: peach.
Acidity regulator: citric acid.
Useful in case of physical and mental fatigue

**ACTIVE INGREDIENTS AND BENEFITS OF THE DECOCTION:**

DAMIANA LEAVES, GINSENG ROOT, TMUIRA PUAMA ROOT BARK AND SAGE LEAVES ARE BENEFICIAL IN CASE OF PHYSICAL AND MENTAL FATIGUE.

Indicated in cases of fatigue, muscle and tissue relaxation, difficulty in restarting the morning, and listlessness. Very appropriate also in the changes of season, in the periods of intense activity, both physical and mental, for athletes who want to rehydrate with a beverage containing very few calories.

**Recommended dose:**

A daily intake between 15 and 60 ml of product (equal to 1 - 4 measuring cups) is recommended, diluted in 1.5 litres of water, or 1 measuring cup diluted in a glass of water twice a day.

**Ingredients:**

Water, Damiana (Turnera diffusa Wild et Schult.) leaves 3%, Savory (Satureja hortensis L.) top 3%, Ginseng (Panax ginseng C.A. Meyer) root 2%, Siberian ginseng (Eleutherococcus senticosus Maxim.) root 2%, Muira puama (Ptychopetalum olacoides Bentham) root's bark 1%, Greek hay (Trigonella foenum-graecum L.) seeds 1%, Sage (Salvia officinalis L.) leaves 1%, Parsley (Petroselinum crispum A.W.Hil.) root 1%, Angelica (Angelica archangelica L.) root 1%, Fragrant verbena (Lippia citriodora Kunth) leaves 1%, Sweet orange (Citrus sinensis L. var. dulcis L.) pericarp 1%, Black radish (Raphanus sativus L. var. niger Miller) root 1%, Artichoke (Cynara scolymus L.) leaves 1%.

Dye: caramel.
Aroma: licorice.
Acidity regulator: citric acid.
**ACTIVE INGREDIENTS AND BENEFITS OF THE DECOCTION:**

CHAMOMILLE FLOWERS, CUMIN FRUITS AND THYME TOP AID THE GASTRO-INTESTINAL MOTILITY. THE LEAVES OF BIRCH, THE HERB OF HORSETAIL, BIRCH LEAVES, HORSETAIL HERB, JUNIPER FRUITS AND ELDER FLOWERS HELP WITH THE DRAINAGE OF BODY FLUIDS.

Indicated in cases of intestinal and abdominal swelling, especially after meals. Also appropriate in cases of water retention with heaviness in the legs.

**Recommended dose:**

A daily intake between 15 and 60 ml of product (equal to 1 - 4 measuring cups) is recommended, diluted in 1.5 litres of water, or 1 measuring cup diluted in a glass of water twice a day.

**Ingredients:**

Water, Birch (Betula pendula Roth.) leaves 2.5%, Centaury (Centaurea erythraea Rafinesque) top 2%, Horsetail (Equisetum arvense L.) herb 2%, Achillea (Achillea millefolium L.) flowering herb 1%, Licorice (Glycyrrhiza glabra L.) root 1%, Fennel (Foeniculum vulgare Mill.) fruits 1%, Chamomile (Matricaria chamomilla L.) flowers 1%, Artichoke (Cynara scolymus L.) leaves 1%, Elder (Sambucus nigra L.) flowers 1%, Angelica (Angelica officinalis L.) root 1%, Wild thyme (Thymus serpyllum LSL) top 1%, Asparagus (Asparagus officinalis L.) root 1%, Marigold (Calendula officinalis L.) flowers (blossom) 1%, Bilberry (Vaccinium myrtillus L.) fruit 1%, Cumin (cumin L.) seeds 0.5%, Star Anise (Illicium verum Liliaceae) fruit 0.5%, Juniper (Juniperus communis L.) fruit 0.5%, Siberian ginseng (Eleutherococcus senticosus Maxim) root 0.5%, Red China (Cinchona succirubra Pavon) bark 0.5%.

Dye: caramel.
Aroma: licorice.
Acidity regulator: citric acid.
ACTIVE INGREDIENTS AND BENEFITS OF THE DECOCTION:
FUCUS SPROUT FAVOURS THE BALANCE OF BODY WEIGHT. BIRCH AND ASHEN LEAVES, PILOSELLA HERB, DANDELION ROOTS AND FENNEL FRUITS FAVOUR THE DRAINAGE OF BODY FLUIDS.

Indicated as adjuvant to keep the ideal weight, during and after a diet. Favours the drainage of fluids. It is recommended in association with Decoction No. 28.

Recommended dose:
An intake of 2 measuring cups in a glass of water 20-30 minutes before the main meals is recommended.

Ingredients:
Water, Fucus (Fucus vesiculosus L.) sprout 2.5%, Gymnema sylvestre (Gymnema sylvestre R. Brown) leaves 2.5%, Birch (Betula pendula Roth.) leaves 2.5%, Fennel (Foeniculum vulgare Mill.) fruits 1%, Pilosella (Hieracium pilosella L.) herb 2%, Ashen (Fraxinus excelsior L.) leaves 2%, Dandelion (Taraxacum officinale Weber) root 1%, Alder Buckthorn (Rhamnus frangula L.) bark 1%, Star anise (Illicium verum Hooker) fruit 1%, Sweet orange (Citrus sinensis L. var. dulcis L.) pericarp, Lemon (Citrus limon Burm.f.) pericarp 1%.

Dye: caramel.
Aroma: apple.
Acidity regulator: citric acid.
**ACTIVE INGREDIENTS AND BENEFITS OF THE DECOCTION:**
FUCUS SPROUT FAVOURS THE BALANCE OF BODY WEIGHT. BIRCH AND ASHEN LEAVES, PILOSELLA HERB, DANDELION ROOTS AND FENNEL FRUITS FAVOUR THE DRAINAGE OF BODY FLUIDS.

Indicated as adjuvant to keep the ideal weight, during and after a diet. Favours the drainage of fluids. It is recommended in association with Decoction Nº 28.

**Recommended dose:**
An intake of 2 measuring cups in a glass of water 20-30 minutes before the main meals is recommended.

**Ingredients:**
Water, Fucus (Fucus vesiculosus L.) sprout 2%, Gymnema sylvestre (Gymnema sylvestre R. Brown) leaves 2%, Birch (Betula pendula Roth.) leaves 1%, Fennel (Foeniculum vulgare Mill.) fruits 1%, Pilosella (Hieracium pilosella L.) herb 1%, Alder Buckthorn (Rhamnus frangula L.) bark 1%, Star Anise (Illicium verum Hooker) fruit 1%, Ashen (Fraxinus excelsior L.) leaves 1%, Dandelion (Taraxacum officinale Weber) root 1%, Althea (Althaea officinalis L.) leaves 1%, Pineapple (Ananas comosus (L.) Merr.) stem 1%, Horsetail (Equisetum arvense L.) herb 1%, Sweet orange (Citrus sinensis L. var. dulcis L.) pericarp, Nettle (Urtica dioica L.) root 1%, Lemon (Citrus limon Burm. F.) pericarp 1%, Chamomile (Matricaria Chamomilla L.) flowers 1%, Hibiscus tea (Hibiscus sabdariffa L.) flowers 0.5%, Damiana (Turnera diffusa Willdenow) leaves 0.5%, Siberian ginseng (Eleutherococcus senticosus Maxim) root 0.5%, Muira puama (Psychotria olacoides Bentham) root 0.5%.

Dye: caramel.
Aroma: licorice.
Acidity regulator: citric acid.
ACTIVE INGREDIENTS AND BENEFITS OF THE DECOCTION:

THE SPROUT OF FUCUS FAVOURS THE BALANCE OF THE BODY WEIGHT. BIRCH, ASHEN, BEARBERRY AND ORTOSIPHON LEAVES, PARIETARIA AND HORSETAIL ROOT, ASPARAGUS ROOT AND WEED RHIZOME FAVOUR THE DRAINAGE OF BODY FLUIDS AND THE REGULARITY OF BOWEL MOVEMENTS.

Indicated for the maintenance of body weight during and after the diet, it works better if in association with the Decoction Nº 21. Appropriate for the digestive phase after generous meals.

Recommended dose:
An intake of 2 measuring cups in a glass of water after the main meals is recommended.

Ingredients:
Water, Asparagus (Asparagus officinalis L.) root 4%, Horsetail (Equisetum arvense L.) herb 2%, Bearberry (Arctostaphylus uva-ursi Sprengel) leaves 2%, Orthosiphon (Orthosiphon aristatus Miq.) leaves 2%, Weed (Agropyrum P. repens de Beauvois) rhizome 2%, Fucus (Fucus vesiculosus L.) tallo 2%, birch (Betula pendula Roth.) leaves 2%, ash (Fraxinus excelsior L.) leaves 2%, Parietaria (Parietaria officinal L.) grass 1%.

Dye: caramel.
Aroma: peach.
Acidity regulator: citric acid.
Anti-cellulite
Suitable for all types of cellulite, cases of strong water retention, problems in loading the circulation.

Dilute in 1.5 litres of natural water and drink throughout the day:

- 15 ml. of Decoction 12 Acquadren
- 15 ml. of Decoction 6 Ormo Balance
- 15 ml. of Decoction 11 Ormo Balance
- 15 ml. of Decoction 9 Beautiful Slender Elixir.

Toning
Lack of toning and sagging skin, stretch marks.

Dilute in 1.5 litres of natural water and drink throughout the day:

- 15 ml. of Decoction 2 Acquadren
- 15 ml. of Decoction 6 Ormo Balance
- 15 ml. of Decoction 13
- 15 ml. of Decoction 9 Beautiful Slender Elixir.
Slimming - Weight loss
Cellulite with adipe, overweight.

Dilute in 1.5 litres of natural water and drink throughout the day:

- 25 ml. of Decoction 9 Beautiful Slender Elixir.
- 50 ml. of Decoction 21 Slimming for Women or Slimming for Men
- 25 ml. of Decoction 28 Kal Control.

This decoction can be diluted with Decoction 9 and decoction 21, or it can be taken diluted in 1 glass of water after the main meals.

Lose Weight

Dilute in 1/2 measuring cups of Decoction:

- 3 measuring cups of Decoction 21 Slimming for Women or Slimming for Men and take before meals (lunch and dinner)
- 3 measuring cups of Decoction 28 Kal Control and take them before the meals (lunch and dinner)
Purification of the feet
Acne, sebum, black points, grapelle.

Dilute in 1.5 litres of natural water and drink throughout the day:
25 ml. of Decoction 2 Acquadren
25 ml. of Decoction 6 Ormo Balance

Circulation and Swelling
Heavy legs and/or swollen, capillaries in evidence, tingling, capillary fragility, venous and arterial circulation.

Dilute in 1.5 litres of natural water and drink throughout the day:
25 ml. of Decoction 2 Acquadren
25 ml. of Decoction 6 Ormo Balance
25 ml. of Decoction 11 Ormo Balance