



# Altai Legends for women

The recipe includes medicinal plants that have proven themselves in traditional medicine and popular healing practices as effective remedies for reducing the risk of the most common diseases of women's reproductive system.

Among the ingredients: Calendula Officinalis, Oregano, Yarrow, Rhodiola Quadrifida, Ortilia Secunda, Rose Hips, Natural Honey, and Lemon Juice. Helps reduce the risk of gynecological diseases.

Contents in 100 g: Proteins: 0 g, Fats: 0 g, Carbohydrates: 62 g Energy: 250 kcal.



# Chelated Magnesium, tablets

The first chelated magnesium in combination with amino acids, which provides maximum absorption of magnesium. Convenient to take: just 1 tablet a day. Recommended for adults and children from 14 years of age, as well as for pregnant and lactating women.

Promotes:

- stress resistance
- better function of the nervous system, muscles, and heart
- healthier sleep
- easing muscle spasms and cramps



# Ci-Clim Alanine

Each tablet contains 400 mg of amino acid beta-alanine, which regulates body surface temperature and thus blocks heat attacks, helping reduce the number and severity of hot flashes. Advantageous price!



# Ci-Clim drops

Medicinal product of herbal origin based on cimicifuga racemosa.

Ingredients: Liquid Extract of Cimicifuga Racemosa Rhizomes and Roots, Peppermint Leaves Oil.



# Ci-Clim vitamins for women 45+

A combination of vitamins and minerals for the menopause. The composition is enhanced with extracts of cimicifuga and motherwort, as well as L-carnitine. The phytoestrogens of cimicifuga contribute to maintaining the balance of female hormones. L-carnitine promotes the acceleration of metabolism and the breakdown of fats. The extract of motherwort and vitamins B are necessary for normal function of the nervous system.

Ingredients: L-Carnitine Tartrate, Magnesium Asparaginate, &#913;-Tocopherol Acetate, Ascorbic Acid, Rutin, Extracts of Cimicifuga and Motherwort, Calcium Pantothenate, Retinol Acetate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Folic Acid, Selexen.



# Femiwell Face and Body Creams with Phyto-Estrogens and Hyaluronic Acid

Stimulate the renewal of epidermal cells, increase the production of collagen and elastin, restore vitality and elasticity of the skin. 90% of women noted an increased effect when Femiwell tablets and cream were used together.

Face cream.

Ingredients: Lipoderm, Liposentol Multi, Extracts of Cimicifuga and Wild Yam, Hyaluronic Acid, D-Panthenol, Allantoin, Magnesium Orotate.

Body cream.

Ingredients: Lipoderm, Liposentol Multi, Extracts of Cimicifuga and Wild Yam, Hyaluronic Acid, D-Panthenol, Allantoin, Magnesium Orotate.



# Femiwell-menopause

Herbal non-hormonal remedy in two separate tablets, for the relief of the symptoms of menopause around the clock. The Day tablet helps reduce hot flashes, bringing calm and energy, while the Night tablet improves sleep.

Ingredients: Day Phytoformula (Extracts of Red Clover, Cimicifuga, Angelica), L-Theanine; Night Phytoformula (Extracts of Wild Yam, Motherwort, Sage, Vitex Agnus-Castus), Diosgenin, 5-Hydroxytryptophan (from Griffonia Extract)



# FitoEstrogens

Menopause is a natural part of a woman's life cycle, but it is often unpleasant. Symptoms of discomfort in menopause can begin as early as at 30 years of age and continue for many years after menopause. Siberian rhubarb root extract (*Rheum rhaponticum*) with a standardized content of active ingredients (rhaponticin 54-66% and deoxyrhaponticin 27-37%) helps to get rid of 11 symptoms of menopausal discomfort, such as hot flashes, night sweats, irritability, mood swings, sleep disturbances, low energy, vascular and muscle discomfort, vaginal dryness and sexual dysfunction, and urinary incontinence.

Siberian rhubarb (*R. rhaponticum*) has been used successfully in Germany to relieve the discomfort of menopause since the early 1990s. From the second decade of the 2000s, products based on Siberian rhubarb have become popular among women in the United States. The dietary supplement FitoEstrogens contains the extract of Siberian rhubarb root (*Rheum rhaponticum*) with the efficacy and safety proven by the manufacturer, for use in women in case of perimenopause and menopausal disorders.

The product helps alleviate menopause symptoms and improve the quality of life by:

- reducing the number and intensity of hot flashes;
- reducing excessive sweating, including at night;
- promoting better sleep and easier falling asleep;
- alleviating fatigue, irritability and anxiety;
- improving overall health and mood;
- contributing to normal functional condition of the urinary and reproductive system, improving the appearance, elasticity and hydration of the skin, reducing dryness and signs of aging (ANTI-AGE effect).

Ingredients: Microcrystalline cellulose (carrier), Capsule Components (food additives): Hydroxypropyl Methylcellulose (Thickener), Gellan Gum (Gelling Agent); Calcium Phosphate (Carrier), Siberian Rhubarb Extract, Magnesium Stearate, Amorphous Silicon Dioxide (Anti-Caking Agents).



## Folic acid with vitamins B12 and B6 40 tablets per 0,22 g

A vitamin complex to maintain female reproductive health and beauty. All over the world, including in Russia, 67 to 77 percent of women are facing the deficit of this vital substance. Folic acid is not produced by the body itself, and it is impossible to fill the need in it once and for all. Therefore, we need to replenish its stock on a regular basis. Considering the importance of folic acid and the conditions needed for its better assimilation, the specialists of the company EVALAR developed a dietary supplement, Folic acid with vitamins B12 and B6. The optimal dosage, high quality and affordable price will please every woman and help preserve women's health, which is more valuable than anything in the world!  
Ingredients: Folic Acid, Vitamin B6, Vitamin B12.



## Gynecol

Gynecol is a patented<sup>1</sup> biologically active food additive based on the extract of *ortilla secunda* herb, reinforced with a herbal complex. Gynecol acts gently. It is a multipurpose product, preparing the female body for future motherhood and contributing to the preservation of women's reproductive health.  
Ingredients: *Ortilia Secunda* Herb, *Ortilia Secunda* Herb Extract, Yarrow Herb Extract.



# Hair Expert Lotion

Awakens dormant hair bulbs, enhancing hair growth. Innovative formula: taurin, biotin, hyaluronic acid, etc.

Results:

Reduction of hair loss to 85% in 1 month<sup>2</sup> and acceleration of hair growth  
90% of women were satisfied with the result of using the Hair Expert line.

The product does not contain sulphates, or irritate the scalp. For all types of hair.

Ingredients: Liposentol Hydro, L-Arginine, Taurin, L-Carnitine, Biotin, Vitamin B6, Aminophylline, Lauric Acid, Menthol.



# Indol 3 Forte Evalar

Non-hormonal product of natural origin helps maintain breast health. Enhanced action thanks to broccoli concentrate, which increases the effect of indole-3-carbinol up to 80 times.<sup>1</sup> 100 mg of highly purified indole-3-carbinol in each capsule, as in the imported analogue. The best price, two times more profitable than the analogue<sup>2</sup>. Convenient treatment schedule: 1 capsule per day.

Ingredients: Indole-3-Carbinol, Broccoli Concentrate.



# Indol Forte 200 mg

A non-hormonal agent based on natural ingredients for the prevention of breast diseases.

Poor nutrition, a sedentary lifestyle, frequent stress and hereditary diseases are factors that can undermine women's reproductive health in the long term. In conditions of constant "emergency" mode, the body does not have enough strength to resist negative influences from outside and from within. Thus, the tissues of the mammary glands can change, there is a risk of developing mastopathy, lipoma.

Preparations with biologically active substances in the composition will help keep the mammary glands in a healthy state.

Indol Forte from Evalar is a natural dietary supplement that does not contain synthetic hormones, does not cause corresponding side effects and addiction. The drug is designed to help:

Maintain the balance of female sex hormones

Reduce the risk of developing pathologies of the mammary glands

Prevent the formation of lumps

Reduce soreness in the chest

Reduce the likelihood of infection with HPV (human papillomavirus). High oncogenic risk HPV can provoke breast cancer

Even one full course of Indol Forte allows you to achieve high results. 1 package is enough for 1 course.

In the course of studies conducted among women suffering from benign dysplasia of the mammary glands and taking indole-3-carbinol-containing drugs, significant improvements were noted in the condition and well-being of patients. So, in 82% of women, the breast tissue became softer and more uniform, in 72% pains decreased.

How ingredients work:

Indole-3-carbinol is an organic compound found in plants of the cruciferous family (cabbage, kohlrabi, turnip, rutabaga, radish). The substance has a pronounced antitumor activity and antioxidant effect:

Activates special enzymes that bind to xenobiotics - foreign chemicals in the body - and neutralizes them. Hormone-like xenobiotics are dangerous because they provoke the development of malignant tumors

Inhibits the formation of hazardous metabolites (metabolic products) arising from the transformation of estrogen. It has been proven that some metabolites are carcinogenic, stimulate the growth and degeneration of tissues of the uterus, mammary glands, and liver  
Slows down the formation of papillomatous formations (nevi, moles, warts).

Slows down the growth of blood vessels in the formations, without affecting healthy tissue.

Increases the efficiency of the natural detoxification system, slows down the oxidative processes that lead to aging of the body. Composition: Indole-3-Carbinol, Microcrystalline Cellulose (carrier), Capsule Components (Food Additives): Gelatin, Calcium Stearate And Amorphous Silicon Dioxide (Anticaking Agents)



# Iron chelate tablets

Readily available chelated iron for maximum absorption.

Promotes:

- maintaining normal hemoglobin levels
- reducing the risk of anemia
- decreasing fatigue and increasing efficiency.

Ingredients: ferrous bisglycinate 14 mg.

Presentation: 60 tablets of 0.25 g.

Recommended use: adults and children over 14 years of age take 1 tablet daily with meals, for at least 2 months.

Shelf life: 3 years.



# Mastocaps

MastoCaps herbal complex, based on the extract of the fruit of the chaste tree (Vitex Agnus-Castus), and the roots and rhizomes of the peony, was designed to maintain women's health and improve the quality of women's life.

Promotes:

The normal course of the premenstrual period.

Maintaining the normal menstrual cycle.

Keeping the breasts healthy.

Ingredients: Peony Rhizomes and Roots, Microcrystalline Cellulose (Vehicle), Vitex Agnus-Castus Extract (Chaste Tree Roots), Calcium Stearate (Anti-Caking Agent).





# Mastophyt cream

MastoPhyt EVALAR contains a whole range of plant extracts: vitex, fucus and broccoli indoles. The extract of vitex reduces the level of prolactine, one of the main culprits of breast soreness before the period. The extract of fucus is a source of organic iodine.

Instead of synthesized indoles, MastoPhyt EVALAR contains the "living" natural complex of broccoli indoles. It is proved that such a complex of natural indoles works more efficiently than artificially synthesized indoles!

Cream. Ingredients: Lanolin, Fucus Extract, Indole-3-Carbinol.



# Mastophyt tablets

MastoPhyt contains a whole range of plant extracts: vitex, fucus and broccoli indoles. The extract of vitex reduces the level of prolactine, one of the main culprits of breast soreness before the period. The extract of fucus is a source of organic iodine.

Instead of synthesized indoles, MastoPhyt contains the "living" natural complex of broccoli indoles. It is proved that such a complex of natural indoles works more efficiently than artificially synthesized indoles!

Ingredients: Broccoli, Extracts of Fucus Vesiculosus, Vitex Agnus-Castus.



# Milona-5 for mammary gland support

A herbal complex with a full range of known herbal substances with a beneficial effect on women's health, contributing to the normal function of female reproductive organs and breast tissue.

The ingredients are chosen based on the comprehensive approach to maintaining the hormonal balance and psycho-emotional condition, which are of great importance for keeping women's breasts and reproductive system in good health.

Ingredients: Phytoformula Evalar (Oregano Herb, Burdock Roots of Burdock, White-Flowered Peony Roots, Calendula Flowers, Licorice Roots, Rhizomes And Roots of Hedysarum, Thallus of Laminaria, Extract of Chaga Mushroom (Inonotus Obliquus).



# Multiflora Evalar Femi

Helps women maintain their microflora.

Multiflora Evalar Femi is a specially formulated probiotic that helps to maintain the balance of the vaginal microbiota.

1 capsule of Multiflora Femi contains 1 billion (1 x 10<sup>9</sup> CFU) probiotic organisms Lactobacillus plantarum I1001.



# Rhodiola quadrifida



# Sidebells Wintergreen

Sidebells Winthodioergreen(Orthilia Secunda) for female health.



# Tea Evalar BIO Mastophyt

Promotes the maintenance of female breast health.

Ingredients: Oregano Herb, Chamomile Flowers, Calendula Officinalis Flowers, White Peony Roots, Vitex Agnus-Castus Fruit, Yarrow Herb, Bergamot Natural Flavor.

Advantages of Evalar BIO Teas:

100% natural composition. Most of the herbal ingredients are collected in the Altai or grown on Evalar's own plantations in the ecologically pristine foothills of Altai without using any chemicals or pesticides

Excellent microbiological purity of teas is ensured with a gentle method of instant steam treatment using high-tech French equipment

For the best preservation of medicinal properties, delicate taste and aroma of herbal tea, each teabag is individually packed in a multi-layer protective envelope



# TIME EXPERT, tablets, capsules

Q10 is a special substance contributing to youthful state and renewal of cells. The more of it is present in the body, the younger we look. After 25 years of age, the production of coenzyme Q10 by the body drops sharply. TIME EXPERT tablets and cream based on coenzyme Q10 help us make up for this deficiency. TIME EXPERT in capsules represents an improved formula of the coenzyme Q10, with the anti-oxydant activity enhanced with vitamin E. This composition ensures effective protection from aging.

intake of TIME EXPERT:

Stimulates energy exchange processes on cellular level.

Has antioxidant properties.

Contributes to slowing the process of aging.

Ingredients: Coenzyme Q10, Vitamin E.



# Zinc Chelate

Maximum<sup>1</sup> assimilation of zinc

Zinc Chelate by Evalar helps:

- Increase the body's resistance to infections (strengthen the immune system)
- Prevent hair loss
- Synthesis of own collagen
- Antioxidant protection (Anti-Age effect)
- Strengthen the production of insulin
- Testosterone synthesis
- Allows you to regulate the activity of the sebaceous glands, cope with the oily sheen of the skin and redness
- Participates in the process of spermatogenesis

Benefits of Zinc Chelate by Evalar:

- Easy to take - just 1 tablet a day
- Does not cause side effects from the gastrointestinal tract
- Economical packaging<sup>2</sup>
- Favorable price<sup>3</sup>
- High quality raw materials
- Allowed for pregnant and lactating women
- Produced according to the international quality standard GMP<sup>4</sup>

<sup>1</sup> In the assortment of CJSC "Evalar".

<sup>2</sup> 1 package is designed for 100 days of intake.

<sup>3</sup> According to "Proxima Research" LLC for the 19th and 20th weeks of 2020, the average retail price in the Russian Federation for a package of Zinc Chelate dietary supplement produced by Evalar is the most advantageous compared to its analogue.

<sup>4</sup> GMP certificate No. №0170889-173GMPMF-1, NSF International (USA).