



The daily portion (20ml) contains a similar amount of phytochemicals to 800 g of selected fruits and vegetables.

Combining robust defence¹ with best provision!

Vitalkomplex Dr. Wolz



Dear customers,




as investigations are currently showing the eating of fruit and vegetables is not only frequently underrated in Germany but in recent years has even suffered a marked decline. Although the German Association for Nutrition (DGE) recommends eating at least five fist-sized portions of fruit and vegetables a day, the majority of adults in Germany do not manage to live up to this recommendation.

They are chiefly to be found in dark types of fruit and vegetables such as red grapes, blueberries or beetroot.

Fruit and vegetables should not only be consumed due to the vitamins and the fibres they contain, but mainly on account of the phytochemicals. The protective substances in plants are not at all of a secondary nature to people. They only play a subordinated role from a plant's point of view as they are not directly involved in photosynthesis but serve in protecting against for example predators or UV radiation.

Our Vitalkomplex Dr. Wolz contains these and other types of dark fruit and vegetables in abundance. For example, just **20 ml** of the micronutrient concentrate is already enough to provide a similar amount of phytochemicals as is contained in **800 g of selected fruit and vegetables**. Not only the deep-red colour of the concentrate, but also the detailed list of every ingredient on the pack bears witness to this. This brochure describes just what the ingredients are and who can benefit from the vital concentrate.





Georg Wolz

Dr. med. Dipl.-Ing. Georg Wolz
Managing Director
Physician and Biotechnologist

For adults and children
from 2 years old

What is Vitalkomplex Dr. Wolz?

Vitalkomplex Dr. Wolz is a scientifically tested concentrate of vital materials (see p.16) with a wide spectrum of minerals, vitamins and trace elements along with an especially high proportion of fruit- and vegetable sourced phytochemicals.

The fruit and vegetable types with the natural vitamins, minerals and trace elements, and especially the phytochemicals they contain, have been selected according to the latest nutritional knowledge. The deep red colour attests to the fact that Vitalkomplex Dr. Wolz is a product which is well-endowed with phytochemicals.

- For the immune system¹, mental performance² and against tiredness and fatigue³.
- 20 ml (daily dose) contain a similar amount of phytochemicals as approx. 800 g of selected fruits and vegetables
- 400 mg of different polyphenols
- 95 valuable ingredients



500 ml

Vital concentrate with **95** valuable ingredients.

Contains, among others, the following ingredients from:

CHOKEBERRIES



SEA BUCKTHORN



BLACK CARROT



ROSE HIP



GRAPES



POMEGRANATE



BEETROOT



CHLORELLA



TOMATO



BLUEBERRIES



ELDERBERRY



GINGER ROOTS



SHIITAKE



TOPINAMBUR



GREEN TEA



NASTURTIUM SEEDS/BLOSSOM



POLYPHENOLS
ANTHOCYANS
PROCYANIDIN
LYCOPENE
B1
B2
B6
B12
VITAMIN C
VITAMIN D
BIOTIN
NIACIN
PANTOTHENIC
ACID
VITAMIN E
MAGNESIUM
CALCIUM
ZINC
IRON



Improve your health by closing the nutritional gap in your diet!

Vitalkomplex Dr. Wolz contains a variety of valuable ingredients that are very important for a balanced daily nutrition. The selected composition of fruits, vegetables, herbs and other extracts makes the concentrate unique.



Vitalkomplex Dr. Wolz contains the following ingredients, among others:



Fruit concentrates

Special selection of fruit concentrates, such as chokeberries, blueberry, pomegranate and grape.



Plant extracts

Valuable extracts from chlorella, nasturtium flowers, ginger roots and many more!



Vegetable juice concentrates

Supplier of vitamins, minerals and many phytochemicals such as polyphenols, anthocyanins, flavonoids and carotenoids. These are, for example contained in tomatoes, black carrots, beetroot, shiitake and Jerusalem artichoke.



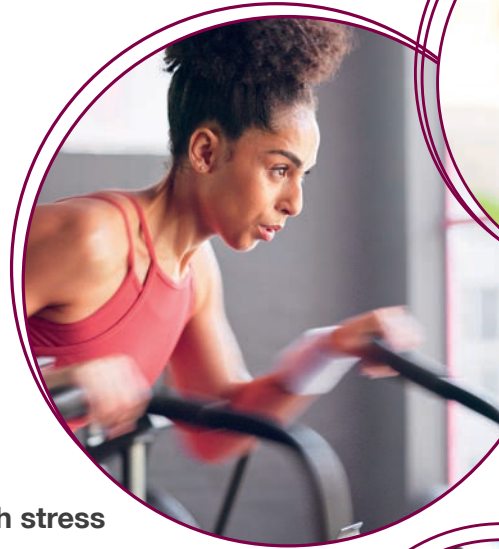
Extracts

Phytochemicals with natural significance, such as broccoli extract.

Especially important for ...

... all those who are unable to have a healthy diet or those who, due to special circumstances have a higher need for micronutrients.

- People in stressful situations or with stress
- Elderly people
- Pregnant and breastfeeding women
- Professional athletes
- Children in growth phases
- Cognitively stressed people (e.g. students)



What are phytochemicals?

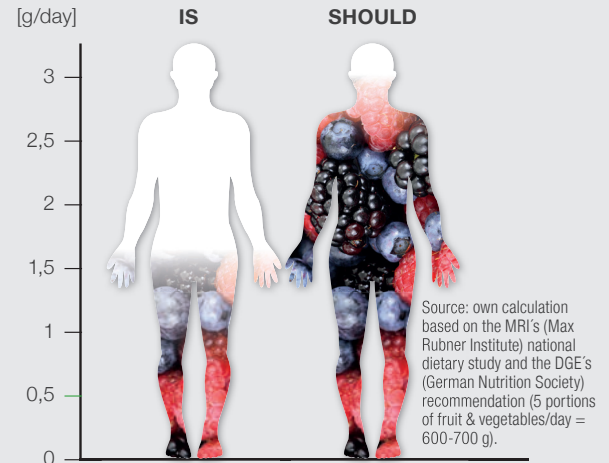
Phytochemicals are bioactive protective substances from fruits and vegetables that these plants use to protect themselves against adverse environmental influences. One example is the red pigment lycopene, which protects tomatoes from UV radiation from the sun. Because of the phytochemicals it contains, fruit and vegetable consumption is considered particularly healthy. The positive effect on humans has also been proven in numerous studies. Not without a reason are, phytochemicals now also referred to as the „vitamins of the 21st century“.

Phytochemicals in Vitalkomplex Dr. Wolz

In Vitalkomplex Dr. Wolz, the phytochemicals are not isolated, but provided in their natural matrix. This can be recognized by the deep red color and the slightly bitter taste.

Recommended dosage: Vitalkomplex Dr. Wolz is a concentrate. Adults take 20 ml daily, diluted after a meal. To soften the slightly berry note (caused by the many phytochemicals), we recommend mixing the concentrate with a fruit juice. Children take half the amount. Before use, the natural concentrate should be shaken.

Comparison of current and target intakes of phytochemicals



Vital concentrate with

95

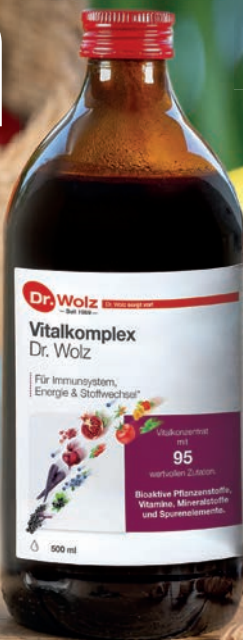
valuable ingredients.

The daily portion (**20 ml**) contains a similar amount of phytochemicals to **800 g of selected fruit and vegetables.**

400 mg
of different
Polyphenols

20 ml

**Vitalkomplex
Dr. Wolz**



Exemplary presentation of the contained phytochemicals

**ca. 160 mg
other polyphenols**



100 g orange



100 g beetroot



10 g chokeberry



55 g pomegranate



10 g black
elderberries



10 g sea buckthorn



100 g sour cherry

145 mg

Anthocyanins



10 g chokeberries



25 g blueberries



20 g red grapes



15 g black currants



15 g black elderberries



10 g black carrots

95 mg

Procyanidins



180 g apples

2 mg

Lycopene



20 g tomatoes

Where is Vitalkomplex Dr. Wolz of benefit?

● Immune system

With vitamins B6, B12, C and D as well as iron and zinc our Vitalkomplex Dr. Wolz supports the immune system.

● Mental performance

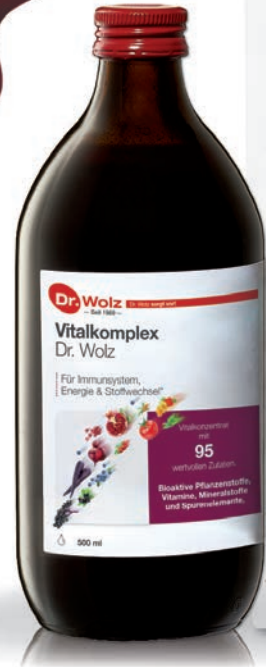
Vitalkomplex Dr. Wolz is not only beneficial for physical performance - iron and zinc promote normal cognitive function. Iron also supports a child's cognitive development.

● Energy and fitness

All the B-vitamins, along with calcium, iron and magnesium, which the concentrate contains, contribute to a normal energy metabolism. Iron supports oxygen transport around the body and, along with the vitamins B6 and B12, it promotes the normal red blood cell function. In addition the vitamins B2, B6, B12, niacin, pantothenic acids, as well as iron and magnesium, contribute to the reduction from tiredness and fatigue.

● Cell protection

Vitamin C and zinc help to protect the cells from oxidative stress.





● Nervous system

With the vitamins B1, B2, niacin, B6, B12, biotin and magnesium, our Vitalkomplex Dr. Wolz contributes to the normal functioning of the nervous system. The vitamins B1, B6, B12 and biotin foster a normal psychological functioning.

● Lovely skin and nails

Vitamin C and biotin cater for beautiful skin, the trace element zinc in Vitalkomplex Dr. Wolz contributes towards preserving normal nails.

● Bones and joints

Vitalkomplex Dr. Wolz contains calcium, zinc and vitamin C and D to help conserve a normal function of the bones. Vitamin C further supports normal collagen formation, for a normal cartilage function. Children need vitamin D and calcium for a healthy growth and a healthy bone development.

As fit as the rowers of ,German Eight' !

The successful rowers of the Germany eight use the popular Vitalkomplex Dr. Wolz. With our vital blueberry shake, can this healthy and tasty concentrate be integrated into everyday sports life

Dr. Wolz is a partner of:



Dr. Wolz
— Seit 1969 —

MEMBER of the Gude Community



Vital Blueberry Shake

Ingredients for a shake:

150 ml of 3,5-3,8% fat fresh milk (alternative natural soy drink)
80 g Quark (low fat or medium fat)
3 tbsps. of finely ground rolled oats (tender oatmeal)
100 g of frozen blueberries
3 tsps. of honey
20 ml of Vitalkomplex Dr. Wolz

Preparation:

Blend all the ingredients in the mixer to form a creamy shake and enjoy.



According to users and experts



Uwe Schröder – Nutritionist and member of the board at the German Institute for Sports Nutrition e.V. (DiSE e.V.), Bad Nauheim

„An adequate supply of fruit and vegetables and the phytochemicals they contain is not always possible to obtain in the western industrialized countries today, it is often not safe. The recommended daily five servings of fruit and vegetables are far too seldom achieved. For a natural supplementation nutrition with a high-quality plant-based vital concentrate, the Vitalkomplex Dr. Wolz is suitable due to its standardized phytochemicals is very well suited.“



Dr. Anja Bettina Irmeler – Nutritionist and lecturer

„I have been working on the science of phytochemicals for years. In my view we can best receive these valuable substances through a Vitalkomplex. I am not aware of any other liquid concentrate that so specifically exhibits these grades and levels of polyphenols.“





Frank Jansen – Reformhaus® Herrmann GmbH & Co. KG - Branch in Gießen

„I recommend Dr. Wolz’s Vitalkomplex to my customers because it enables them to achieve optimal supplementation with micronutrients and phytochemicals on a natural basis. Especially in spring and autumn I offer it to strengthen the immune system and in the stressful working day as an energy supplier.“



Lucas Liß – Cyclist

„I train a lot and often put in many miles on the bike before breakfast. In order to be full of energy for the next workout, there is mainly high-carbohydrate food and less fruit and vegetables. To prevent a possible nutritional gap and to take in enough phytochemicals, I supplement my daily diet with Vitalkomplex from Dr. Wolz.“



Tested in studies



Several independent research institutes have tested Vitalkomplex Dr. Wolz.

Vivacell Biotechnology

The immunologist Dr. Bernd Fiebich has tested Vitalkomplex Dr. Wolz and found a cytoprotective effect¹.

Dr. Bernd L. Fiebich (VivaCell Biotechnology): "Effects of Vitalkomplex Dr. Wolz on infl ammatory parameters in primary human monocytes and lymphocytes", 2014

Institute for Cytobiological Test Systems

In several investigations not involving experiments on animals Biochemist Prof. Peter Dartsch found that Vitalkomplex Dr. Wolz shields the body's cells from oxidative stress.⁴

Prof. Dr. Peter C. Dartsch (Dartsch Scientific GmbH): "Vitalkomplex Dr. Wolz – Cytobiological research without animal testing into anti-oxidative and anti-infl ammatory effects" 2013

Institute Prof. Kurz GmbH test laboratory

The independent test laboratory Institute Prof. Kurz confirmed that Vitalkomplex Dr. Wolz contains the specified quantity of phytochemicals.

Prof. Dr. Georg Kurz (independent test laboratory Institute Prof. Kurz GmbH): "Test report on Vitalkomplex". 2015

BioTeSys – Nutritional CRO & test laboratory

The independent test laboratory BioTeSys has ascertained the positive effect of Vitalkomplex Dr. Wolz on microcirculation.^{6,7}

Dipl. Ern.Wiss. (graduate nutritionist) Christiane Schön (BioTeSys GmbH): In-house study investigating the effect of Vitalkomplex Dr. Wolz on microcirculatory blood flow. 2015

2015 Society for Mental Training e.V. (GfG)

Result of a pilot study into the effect on mental performance²: after six weeks of taking Vitalkomplex Dr. Wolz the test participants' cognitive abilities increased, meaning their IQs, by 5 points!⁵

Dr. Siegfried Lehr (Gesellschaft für angewandte Metaforschung mbH [Society for Applied Meta-research] (GaM) et. al.: "Investigation of the effect of the dietary supplement "Vitalkomplex Dr. Wolz" on subjective vitality and confidence and base parameters of current mental efficiency in internet-proficient adults – an exploratory study". 2016

Recipient of multiple accolades

Following 2016, Vitalkomplex Dr. Wolz has once again been chosen as the health food of the year in 2021. Renewed testament to the high micronutrient in this concentrate for the whole family.

- ¹ Vitamins B6, B12, D and iron and zinc contribute to a normal functioning of the immune system.
- ² Iron and zinc promote normal cognitive functions.
- ³ Vitamins B6 and B12 contributes to the reduction of tiredness and fatigue.
- ⁴ Vitamins C and E as well as zinc help to shield cells from oxidative stress.
- ⁵ Vitamins B1, B6, B12 and biotin support normal psychological function.
- ⁶ Iron supports oxygen transport around the body.
- ⁷ Iron along with vitamins B6 and B12, promotes normal red blood cells function.



Phyto



Curcumin Extrakt 45

- ✓ Over 40x better bioavailability
- ✓ 150 mg of curcuminoids per daily dose
- ✓ Without piperine or polysorbates



Brokkoliextrakt + Aktiv-Enzym

- ✓ Broccoli seed extract rich in glucoraphanin, the enzyme myrosinase and quercetin
- ✓ Patented extraction method with high stability and long drug level.



Safran+Rhodiola-Extrakt

- ✓ Saffron, rhodiola and vitamins
- ✓ Vitamin B12 for normal functioning of the nervous system and psychological function



Ingwer-Extrakt

- ✓ 500 mg ginger root extract which of 25 mg gingerol per day



Grüntee-Extrakt

- ✓ 450 mg catechins from green tea per day
- ✓ The caffeine proportion is under 1%

If you have any question please contact:



0044 (0) 2886769873



info@rossmorehealth.com

NEW

Phytochemicals are also available as capsules

- 270 mg of phytochemicals pro daily dosage
- additionally with Vitamin C
- for the nerves and psyche^{1, 2}
- for the immune system³

¹ Vitamin C contributes to a normal function of the nervous system. ² Vitamin C contributes to a normal mental function. ³ Vitamin C contributes to a normal immune system function.



There are many good reasons for Dr. Wolz:

- Innovative family business with over 50 years of experience
- Global trust: Customers place their faith in Dr. Wolz in over 40 countries.
- Up-to-date science: We collaborate closely with leading institutes and hospitals in our own R&D.
- All production under the same roof: Every product is manufactured in our own factory in Geisenheim.
- Highest standards of quality: All our products are regularly inspected by independent laboratories.







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