



Vita Relax is an alpine herbal composition designed to support relaxation and serenity in order to recover strength. Demands call for performance and performance requires energy. Anyone who is active must regenerate and recover lost strength. For this purpose, LavaVitae has followed in the footsteps of Hildegard von Bingen and devised a fresh take on ancient wisdom. Precious ingredients from the old and new worlds are blended into a beneficial and inspiring form of relaxation. Simply as a stick, handy for travel. A shot of powder directly on the tongue – that's Vita Relax.

Slowing down

Social and economic development has gathered pace, bringing stress and pointless haste into all aspects of life. The professional world's quest for effectiveness and complexity flies in the face of every natural and human dimension. The key is to reestablish a better pace of life and gain more time to reflect. The conscious enjoyment of relaxation-promoting Alpine herbs helps to transmit this idea of slowing down to every cell. Vita Relax is the little ace up your sleeve when you need a breather.



Breathe deeply, come to rest and draw strength

Ancient wisdom helps

Calming the mind and recharging one's batteries – it has long been known how this works. The great and historic Hildegard von Bingen has left us valuable knowledge in this respect. Following in the footsteps of this extraordinary medieval saint, LavaVitae Vita Relax has developed and blended its most powerful substances into a harmonious form of support for regeneration. As a universal scholar and visionary, Hildegard already understood the connections between man, environment, body and soul in the

Middle Ages and described them in medical and naturopathic writings. Like no other, she recognised the cosmos of the forces of nature and shared her insights with mankind.

Masterwort – the "ginseng of the mountains"

Masterwort was already appreciated in the Middle Ages, as can be seen from its name. Processed into pills, powders, infusions and ointments, the "ginseng of the mountains" was used universally. Also known as "imperial root", it strengthens our core with its essential oils and bitter substances: the digestive system. Food is the main source of our body's energy and the correctly functioning utilisation of food is thus of essential importance.



As early as the Middle Ages, St. Hildegard of Bingen showed us ways to reintegrate our own souls into our lives.



Hemp – "Source of Energy"

Hemp is a traditionally cultivated plant that has been providing people with nourishment, medicine, clothing and commodities for centuries. It belongs to the group of foods that are prized for their unusually high nutrient density. The high number of vital substances is present in such a balanced form that even the consumption of small amounts is beneficial. Calcium, potassium, magnesium, sulphur iron and zinc as well as vitamins A, B, C, D and E combined with rare fatty acids and numerous antioxidants make the hemp in Vita Relax so valuable for building up fresh energy reserves.



Saffron – for more "fun in life"

Saffron is not only a golden-yellow colouring spice, but also a highly potent form of support for both men and women. It is laboriously extracted from the pistils of the saffron blossom – for just 5 grams of this spice, 800 saffron blossoms are required. This treasure is thus the most expensive spice in the world. For Vita Relax by LavaVitae, naturally only a high-quality substance is used, because even the smallest amounts show an astonishing effect. Its very specific carotenoids are particularly important in this respect and lead to more fun in life, also in the bedchamber.

Galangal – "mild ginger"

The declared darling of Hildegard is certainly galangal. It belongs to the ginger family. She recommended it as a daily preventive measure, sprinkled over food or taken with wine. As a universal remedy, it invigorates and activates immediately. Galangal is rich in essential oils, flavonoids and tannins. It also balances the digestive system and strengthens the core. It is a "nice to have" and with Vita Relax the ideal companion for on the go.



Finding the lightness of the moment again.

Rose hip – "Red fruit of the dog rose"

The acidic, tart soils of various rose species in the Alpine region are some of the richest fruits in vitamin C in the world. The natural vitamin C of the "rose apple" enhances the effect of the other ingredients in Vita Relax and contributes to a normal function of the immune system, the nervous system and the psyche.

Coffea arabica and guarana

Even for effective relaxation you need energy, which is why LavaVitae has packed the most famous Arab and the Queen of the Amazons into Vita Relax. 40 mg caffeine from coffee and guarana ensure a powerful breath.

Cinnamon – once more valuable than gold

For most people, cinnamon is nothing more than a spice for cappuccino or gingerbread. In fact, as a warming spice cinnamon stimulates the metabolism, which can be helpful if you want to lose weight. Even the wonderful scent alone can help kick-start the the brain, improving its ability to think.

Cloves – the best antioxidants

The dried flower bud of the clove tree is an aromatic spice with strong antioxidant properties and an effective bad breath killer. The unique Vita Relax formula is rounded off by the heart-opening nutmeg. Mango and blackberry tea extract give it a pleasant taste.



Peppermint – instant refreshment

This wonderfully aromatic plant with its high menthol content has a rapidly regenerating and mentally stimulating effect. It creates a pleasant taste in the mouth and balances the pungency of the other ingredients in Vita Relax through its cooling effect.

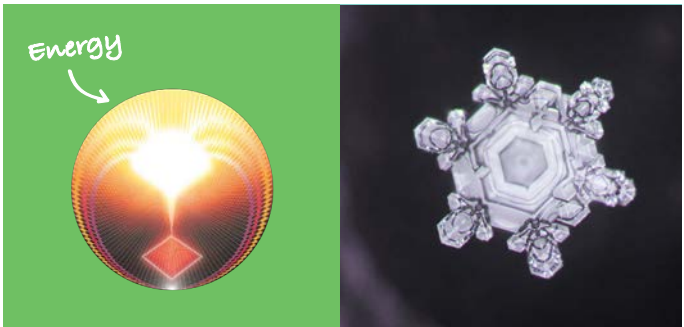
Strength lies in calmness!

Even now, 800 years after her death, the wisdom of Hildegard continues to illuminate our times, helping us to regain our centre. Activation and regeneration are an inseparable whole. Wellbeing is the result of effective relaxation.

The special LavaVitae product refinement process

Despite careful and gentle processing, the original vibration of the selected raw materials also inevitably changes during the manufacture of natural products. LavaVitae therefore activates all products with a special natural resonance method, restoring their original vibrational force. As a result, the ingredients are more bioavailable and the organism also benefits from an extraordinarily subtle effect.

Dr Masaru Emoto is the world's most renowned water researcher. LavaVitae has commissioned his Hado Life Europe Institute to examine all products using his special method of water crystal photography. The result indeed shows beautifully shaped and regular crystal images.



The refining process of LavaVitae restores the raw materials in the products to their original vibrational power. Dr Masaru Emoto is the world's most renowned water researcher. LavaVitae has commissioned his Hado Life Europe Institute to examine all products with his special method of water crystal photography.



Take a breather – a touch of craziness never hurt anyone.

Application

Once a day, place the contents of a sachet directly on your tongue, let it melt, enjoy and breathe deeply.

Ingredients

Mango powder mixture, ground hemp seeds (4%), rose hip fruit extract, masterwort extract, saffron tuber extract, guarana fruit extract, ground Coffea arabica seeds, sweet blackberry tea extract, ground galangal root, ground nutmeg, ground clove, ground peppermint, ground cinnamon.

COMPOSITION	PER RECOMMENDED DAILY DOSE 1 SACHET (2.5 G)	% NRV*
Vitamin C**	40,0 mg	50 %
Ground hemp seed	100,0 mg	****
Masterwort extract	50,0 mg	****
Saffron extract	50,0 mg	****
Caffeine***	40,0 mg	****
Ground galangal	5,0 mg	****
Ground peppermint	5,0 mg	****
Ground nutmeg	5,0 mg	****
Ground cloves	5,0 mg	****
Ground cinnamon	5,0 mg	****

* Percentage of nutrient reference values according to EU Regulation 1169/2011
 ** from rosehip fruit extract
 *** from guarana extract and Coffea Arabica seeds
 **** no nutrient reference values available

Best used before the end of: / batch number: see bottom

Made in Germany.