



User guide

for ORTIS natural
health products

to keep you in
good health...
completely naturally

 **ORTIS**[®]
laboratoires

Health in harmony with Nature



You are making the right choice by entrusting your well-being to an **ORTIS** product

ORTIS Laboratories have been developing natural health products (plant-based dietary supplements) since 1958. Using the most appropriate innovative techniques, the scientists at ORTIS combine the well-studied effects of selected plants to obtain maximum effectiveness without the risk of any adverse reactions.

For your safety, the quality of each ORTIS product is closely monitored from the plant to the finished product*. This complete and traceable process guarantees your satisfaction, thanks to original formulas that are both effective and safe.

Michel Horn,
General Manager

*Every year, ORTIS has its quality system validated by the Belgian Federal Agency for the Safety of the Food Chain (AFSCA).

How to navigate this guide

Discover ORTIS products in two ways:

1. According to the **CATEGORY** on which our products have an effect thanks to the active substances in plants and herbs.

INTESTINAL TRANSIT

DIGESTION

DETOXIFICATION

JOINTS

CIRCULATION

RESPIRATORY TRACT

VITALITY

MEMORY

SLEEP and SERENITY



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ORGANIC

(*) Organic agriculture products – monitored by Certisys BE-BIO-01



Homeostasis or the secret of life

To keep us alive and in good health, our organism is constantly searching for balance. Homeostasis refers to all the physiological processes that enable us to maintain this dynamic balance, which ensures life and good health!

When this homeostasis is altered, the first signs quickly appear: digestive problems, irregular intestinal transit, sensitive joints, occasional fatigue, dull skin, etc. In order to promote this homeostatic state that guarantees our general well-being, it is essential to support various systems, and the gastrointestinal system in particular (from the mouth to the colon).

Well-being... just a matter of balance!

Our balance (homeostasis) is based on 3 principles, showing that the old adage “a healthy mind in a healthy body” is more relevant than ever:

Principle no.1: The intestine and intestinal flora are a priority!

The hundred thousand billion bacteria present in our intestines constantly regulate a large number of enzymatic reactions, which are vital for the proper functioning of our organism. The homeostasis of the gastrointestinal system, and the intestine in particular, is fundamental because this organ guarantees the correct assimilation of nutrients, the elimination of waste and toxins and also a performing immune system. It is why a growing number of scientists think of this organ as our second brain.

Principle no.2: Respecting natural rhythms

Well-being is closely related to nature, respecting its rhythms and seasons. In this vein, detoxification is necessary at regular intervals in order to eliminate toxins and purify the body.

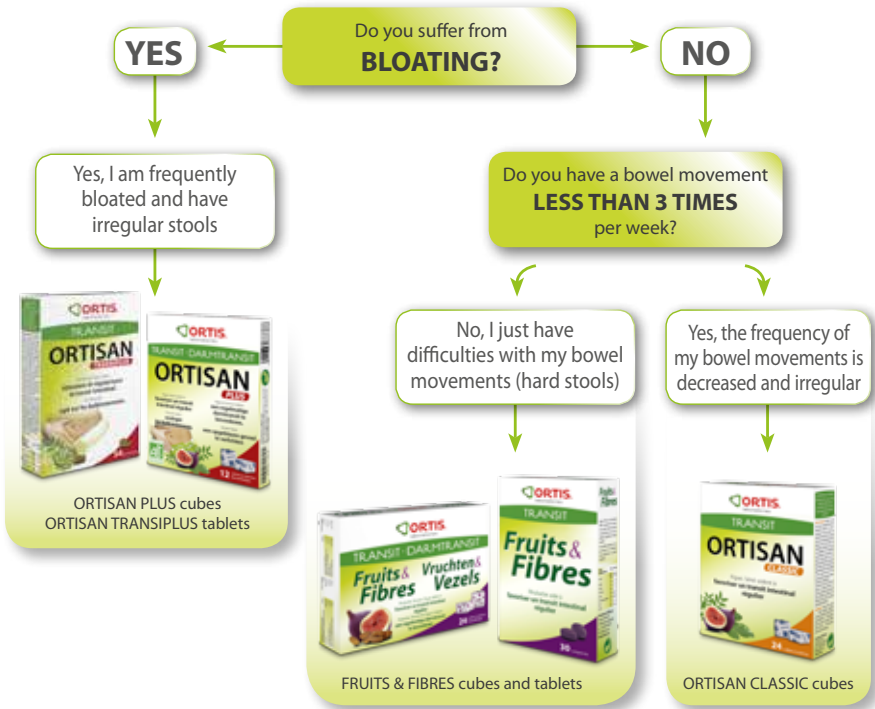
Principle no.3: Listening to our body

Well-being is also related to actively listening to our body and its needs in order to prevent temporary imbalances from arising. Correct doses of plants help keep us in good health!

Disrupted intestinal transit? Choose your Ortis product!

Given the importance of the proper functioning of the gastrointestinal system for our health, it is vital to take care of our intestine and its flora. In the event of temporary disruption to the intestinal transit, it is therefore advisable to respond quickly, sup-

porting intestinal activity through the action of plants and/or lactic bacteria. The short test below will help you choose the ORTIS product that is most suitable for you at a given time.



To space out episodes of irregular intestinal transit

Regenerate your intestinal flora, rebalancing it by consuming (soluble) fiber, lactic acid bacteria and prebiotics.

This will extend the intervals between episodes of irregular intestinal transit.

6 strains of lactic cultures (probiotics) combined with fibers and prebiotics. At least 2.5 billion live bacteria per 10 g sachet.

Every morning for 10 days take 1 sachet of Beneflora Original, diluted in water or milk or mixed with yogurt. Children from 3 to 6 years of age: ½ sachet (5 g).





Intestinal transit: intestine

DIFFICULT INTESTINAL TRANSIT Hard and scarce stools



Rhubarb, Tamarind, Fig: help to **facilitate the intestinal transit**

Take 1 cube or 1 tablet in the evening (medicinal rhubarb-based) with a large glass of water. Depending on your personal sensitivity, the ideal dose may vary between ½ and 2 cubes.

PREGNANT WOMEN



Ispaghula: helps to **maintain regular intestinal transit**

Pour cold water (at least 200 ml) into a glass, add powder, mix until completely diluted and drink immediately.

Adults: 12 g (= 3 teaspoons)

1 to 2 times per day.

Children 6 to 12 years old:

6 g (= 1.5 teaspoon), 1 to 2 times per day.

CHILDREN



**Gentle action
Specially formulated for
children**

Fig, Tamarind: help to **maintain regular intestinal transit**

Children 3 years old and over: take 30 ml (3 tablespoons) per day. Double the dose if necessary for children aged 12 years and over and adults.



Intestinal transit: intestine



IRREGULAR TRANSIT - Scarce stools Fewer than 3 times per week

Fig, Senna: help to
**promote regular
intestinal transit**

Take ½ cube in the evening or 2 ORTILAX tablets (senna-buckthorn) with a large glass of water. Increase to 1 cube if necessary.



IRREGULAR TRANSIT with BLOATING

Fig, Senna: help to
**promote regular
intestinal transit**

Fennel: helps to
**decrease intestinal
discomfort**

Take 1 cube or 1 to 2 tablets in the evening with a large glass of water. You can also start with ½ cube.





Digestion: liver

As the key elimination and detoxification organ, the liver itself carries out over 500 vital functions. Taking regular care of your liver and assisting it in its metabolic activity is vital if you want to stay healthy.

Nausea, indigestion, a dull complexion, bad breath... can all be the signs of a congested liver!

The plants in Dépur'FOIE - artichoke, dandelion and milk thistle - act on the liver and the gall bladder, thus ensuring a complete and fast action on the hepatobiliary system. In synergy, these plants aid detoxification and the production and evacuation of bile. Artichoke and dandelion act together to promote digestion. Milk thistle protects the cells from free radicals.

Dépur'FOIE therefore takes care of the health of your liver in a natural way!



Artichoke, Dandelion, Milk thistle: help to **detoxify and support digestion and liver functions**

Take 1 tablet 3 times a day with food with a large glass of water. In case of a hangover, take Dépur'FOIE for 2 to 3 days. For complete detoxification of the liver, it is recommended to take Dépur'FOIE for 20 days.

If you have a sensitive liver, reduce the dose to 2 tablets per day.



Artichoke, Dandelion: help to **facilitate digestion by supporting healthy liver function**

Adults and children aged 12 and over: take 1 tablet per day with a little water before your main meal.



Digestion: stomach



Marshmallow: contributes to the well-being of the stomach

Take 1 tablet with a large glass of water when necessary or when consuming certain foods. Chewing the tablet before swallowing it will increase digestive comfort.



Helps reduce the feeling
of stomach acidity

Artichoke, Caraway, Fennel: help to facilitate digestion

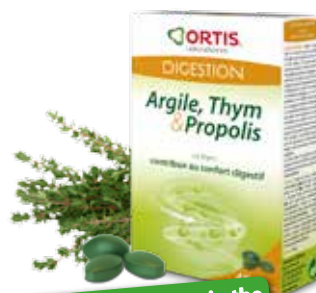
Take 1 tablet after your main meals (2-3 tablets per day) in the event of an indigestion. Double the quantity if necessary.



After heavy meals

Thyme: contributes to digestive comfort

Take 2 tablets, one to two times per day, between meals with a large glass of water. For a lasting effect, it is recommended to continue taking the tablets for at least 3 weeks. Double the quantity if necessary.



Ideal during holidays in the
event of unusual food



Detoxification of the organism

DURATION: 20 DAYS



ORGANIC*

Flavour:
peach-lemon

Flavour:
raspberry-cranberry

**Contains iodine (Fucus)
Helps to metabolize
excess fats**



**Iodine-free, suitable in
case of hyperthyroidism**

Flavour:
apple

**Birch, Dandelion, Fennel: help to
support the body's
detoxification process**

*Shake the bottle well from left to right before use.
Every morning, dilute 12 ml in a large glass of water. It
is recommended to drink 1.5 l of water per day.*

DURATION: 7 DAYS



ORGANIC*

**Iodine-free, suitable in
case of hyperthyroidism**

**Birch, Fennel: help to
support the body's
detoxification process**

*Every morning shake and dilute 1 vial in a
large glass of water. It is recommended to
drink 1.5 l of water per day.*

*BE-BIO-01



Joints: suppleness



For supple joints

Based on **Turmeric**:
INNOVATIVE formula

Loading dose: take 1 to 2 tablets 3 times per day with a large glass of water.

Maintenance dose: take 1 to 2 tablets per day with a large glass of water.

Based on **Harpagophytum**:
Traditional formula

Loading dose: take 1 tablet 3 times a day, before meals with a little water.

Maintenance dose: take 1 to 2 tablets per day, before meals with a little water.

CREAM: apply a small quantity of cream on the sensitive area in the morning and evening (or before and after any physical exertion). Massage until completely absorbed.



Blood circulation



Butcher's broom, Horse chestnut, Grape seed: help to
promote normal circulation

*Take 3 tablets once a day before a meal.
Continue taking Toniven for at least 3 weeks.*

Hibiscus, Red vine leaf extract: help to
**promote healthy circulation
and relieve heavy legs**

Take 1 vial with breakfast every day, pure or diluted in a glass of water. If necessary, Toniven Express can be taken for 2 to 3 consecutive weeks.

GEL: apply the gel to the legs and massage lightly from bottom to top. Repeat 2 to 3 times per day.



*BE-BIO-01

DETOXIFICATION

JOINTS

CIRCULATION



Respiratory tract: easy breathing

SYRUPS



For children
aged 3 and over

With propolis

Corn poppy, wild Thyme: help to
soothe the airways

*Shake well before use. Can be used pure
or diluted in a bit of water or fruit juice.*

Adults and children 12 years old and over:

Take 3 x 1 tablespoon every day.

Children 6 to 12 years old: 3 x 2 teaspoons per day.

Children 3 to 6 years old: 3 x 1 teaspoon per day.

**Contains natural sugars*



For children
aged 3 and over

With propolis

Thyme, Eucalyptus: help to
keep the airways clear

*Shake well before use. Can be used pure
or diluted in a bit of water or fruit juice.*

Adults and children 12 years old and over:

Take 3 x 1 tablespoon per day.

Children 6 to 12 years old: 3 x 2 teaspoons per day.

Children 3 to 6 years old: 3 x 1 teaspoon per day.

**Contains natural sugars*

No alcohol
No preservatives
No added sugar*
Suitable for diabetics



Natural defences: immunity



TABLETS

Andrographis, Siberian Ginseng: help to
invigorate the organism quickly

*Adults and children 12 years old and over:
Take 2 tablets 3 times per day with meals.
Children 6 to 12 years old:
Take 1 tablet 3 times per day with meals.*



**Andrographis, Elderberry, Vitamin C,
Zinc, Selenium:** help to
**maintain the proper functioning
of the immune system**

*Adults and children 12 years old and over:
Take 1 tablet twice a day with meals.
Children 6 to 12 years old:
Take 1 tablet per day with meals.*



Throat: local action



SPRAY

Elderberry: helps to
soothe and calm the throat

*Adults and children 12 years old and over:
Spray 3 to 5 times at the back of the throat
4 to 5 times per day.
Children 6 to 12 years old: 1 to 2 sprays 4 to 5 times per day.*





Energy of the organism



Ginseng: in the event of **tiredness, temporary stress, lack of energy, exam periods**

Take 12 ml or 1 vial (15 ml) per day, preferably in the morning, pure or diluted in a glass of water or fruit juice.



Guarana: **instant energy, anti-fatigue**

Drink the content of one vial, pure or diluted in a drink when required.



Guarana and Ginseng: **instantaneous and long-lasting energy**

Shake one vial (15 ml) well. Drink its content, preferably in the morning, pure or diluted in a glass of water or fruit juice.



Ginseng: **energy to recharge your batteries**

Take 2 tablets per day in the morning. It is recommended to continue until the box is finished.



Also available in the ORTIS range



Iron tonic

*BE-BIO-01



Memory: brain



Ginkgo biloba: helps to
**improve memory and
concentration**

Take 2 tablets per day (in the morning and at noon) before or between meals. Use Memoform EXAM a fortnight to one month before exams or intense study periods. Continue for at least one month for best results.

Take 2 tablets per day (in the morning and at noon) of Memoform 40+ before or between meals. Continue for at least one month for best results.



Sleep and serenity: brain



**Lemon balm, California poppy, Hops,
Passion flower:** help you to
**fall asleep more easily and wake
up feeling totally alert**

Take 1 tablet with your evening meal and 1 to 2 tablets half an hour before going to sleep.

St John's Wort: helps you
improve your mood

Take 2 tablets per day before or with meals. The initial effects will be felt after 2 to 3 weeks' use. Continue for at least 2 to 3 months for best results.

Ginseng:
in the event of temporary stress

Take 2 tablets per day with or between meals. Take Relax&Go for one month for best results.



ENERGY

MEMORY

SLEEP AND
SERENITY



Do you want to learn more about the world of phyto?

ORTIS is pleased to welcome you. To obtain more information on the optimal use of our products, visit the Herba Sana educational medicinal plant garden (during season) or take a course at the APC (Academy for Phyto Competence), a training center for excellence in phyto supported by ORTIS laboratories.



The products produced by our laboratories are not drugs but dietary supplements, safe to be used, entirely natural and plant-based.

Any reference to the prevention or treatment of illnesses is prohibited for this health product category.

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