

PRODUCT CATALOGUE

TIENS 2022

UNDERSTANDING
THE HEALTH
BALANCE

TIENS



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TIENS INTRODUCTION

The Tiens Group was founded in 1995 by Mr. Li Jinyuan in Tianjin, China. It is a diverse, multinational organisation with interests in many sectors including biotechnology, education, retail, tourism, finance, international trade and e-business. TIENS has established divisions in 110 countries and has 50,000 franchised stores globally. Through production and distribution of nutrition and wellness products, beauty and skincare products and household products, the Tiens Group has become the lifestyle choice of over 40 million families worldwide. The Tiens Group has an unbeatable international team in terms of research, innovation, and professionalism, all committed helping the company realise its strategic goals. TIENS products have been developed from an understanding of traditional Chinese wellness that has been passed down for over 5000 years. Our products work most effectively when taken as part of a healthy, balanced diet. They are designed to help restore the harmonious balance of the body.



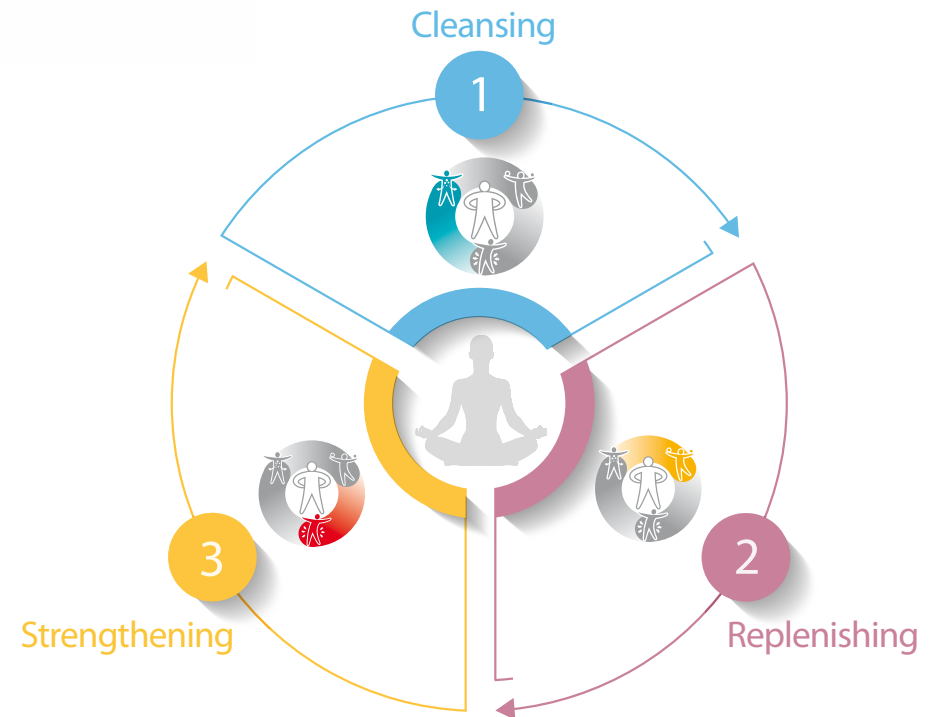
A BACKGROUND TO TRADITIONAL CHINESE HEALTH PHILOSOPHY AND DIETETICS

TRADITIONAL CHINESE CULTURE OFFERED THE PEOPLE OF ANCIENT CHINA A UNIQUE UNDERSTANDING OF THE PROCESSES OF LIFE, HEALTH AND DISEASE. THE METHODS USED TO FIGHT DISEASE HAVE EVOLVED OVER 5000 YEARS INTO A COMPREHENSIVE SYSTEM OF MEDICINE, WHICH IS NOW KNOWN AS 'TRADITIONAL CHINESE MEDICINE' AND A FUNDAMENTAL PART OF CHINESE CULTURE.

THE CONCEPT OF HEALTH BALANCE

The rapid progress in science and technology has led to fundamental changes in our perception of health and preservation of it. In order to stay healthy today, it is no longer enough to just prevent disease and injury. It's about a holistic approach, integrating physical, mental and emotional well-being in order to achieve true quality of life.

TIENS products are designed to help restore the harmonious balance of the body. In this brochure you will find lots of helpful information about individual nutrients, vitamins, minerals, antioxidants and their potential impact on health, weight, and well-being.



THE THEORY OF FIVE ELEMENTS

In Traditional Chinese Medicine (TCM), five elements theory outlines the relationship between the different elements in nature and the life force - „Qi“ that flows through them.

The basic elements are:

WOOD, FIRE, EARTH, METAL, AND WATER.

Each of these elements is related to season of the year, specific emotions, colours, senses and organs within our body.

The ancient Chinese approach to self-care can help you discover how to re-balance health and wellbeing by observing our body and following nature's rhythm.



We hope you find it interesting and inspiring!

SEASONAL APPROACH TO NUTRITIONAL NEEDS

WOOD ELEMENT		
SEASON	- SPRING	LMM Tea, Digest, Cordyceps, Chitosan, Ikan (Cell Rejuvenation caps.), Vejkan (Vitality Softgels), Vigor Shot, Multi Fiber
COLOUR	- GREEN	
ORGANS	- GALLBLADDER, LIVER	
FIRE ELEMENT		
SEASON	- SUMMER	Calcium, Zinc, Spirulina, Cholikan (Grape Seed Ext.), Chitosan, Kangli/Uniwoman, Vejkan (Vitality Softgels), Fizzy
COLOUR	- RED	
ORGANS	- HEART SMALL INTESTINE	
EARTH ELEMENT		
SEASON	- AUTUMN	LMM Tea, Digest, Cordceps, Ikan (Cell Rejuvenation caps.), Spirulina, Kardi Forte, Calcium, Vigor Shot, Multi Fiber
COLOUR	- YELLOW	
ORGANS	- STOMACH SPLEEN	
METAL ELEMENT		
SEASON	- LATE AUTUMN	LMM Tea, Digest, Chitosan, Cordyceps, Ikan (Cell Rejuvenation caps.), Zinc, Fizzy, Calcium, Vigor Shot, Multi Fiber
COLOUR	- WHITE	
ORGANS	- LARGE INTESTINE LUNGS	
WATER ELEMENT		
SEASON	- WINTER	LMM Tea, Digest, FOS Syrup, Zinc, Calcium, Chitosan, Cordyceps, Fizzy, Kardi Forte, Vigor Shot, Beauty Duo
COLOUR	- BLACK	
ORGANS	- BLADDER KIDNEYS	

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Cleansing

From the point of view of traditional Chinese health concept, the first step to achieving balance is cleansing. Modern lifestyle, pollution, stress, inadequate diet causes many harmful substances to accumulate in our bodies. If the toxins are not removed in time, they may harm our bodies, mind, and accelerate the aging of internal organs. Cleansing is meant to remove toxins from the digestive tract, blood vessels, lungs, skin and other organs, so that they can function properly.



- ✓ **type of soluble fibre**
- ✓ **helps maintain normal blood cholesterol levels***

* It has a beneficial effect when consumed 3 g of chitosan per day.



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LACTOSE
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NUT
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ACTIVE INGREDIENTS

- ✓ **Chitosan**

CONTENT: 100 capsules x 250mg

TIENS CHITOSAN CAPSULES

TIENS Chitosan is classified as soluble fibre. Chitosan together with cellulose are the most abundant polysaccharides (complex carbohydrate) on earth. It is made from chitin found in the shells of crustaceans, insects and in the cellular walls of some fungal species. As a natural compound, it is non-toxic and biodegradable, completely safe for the environment.

TIENS Chitosan is produced from the shells of red leg crabs. It is characterised by a very high - 85% degree of chitin deacetylation. The higher the deacetylation degree of this organic compound, the stronger the biochemical activity of the obtained chitosan. Hence, the formula is remarkably effective.

Nutrition specialists tend to call chitosan the sixth - after proteins, fats, sugars, minerals and vitamins, life-essential element.

TIENS GRAPE SEED EXTRACT

Food supplement with vitamin C, chicory fructo-oligosaccharides, grape seed extract rich in oligomeric-proanthocyanidins and resveratrol, as well as black pepper extract, standardised to piperine. Vitamin C contributes to the protection of cells from oxidative stress and to the normal function of the immune system. It also facilitates normal collagen formation for the proper function of blood vessels and skin.

The balance between free radicals and antioxidants in the body is crucial for our health. Often, however, we voluntarily destroy this balance by smoking, too much sunbathing, leading a stressful life, or through bad eating habits. Antioxidants can help in the battle against free radicals. Grape Extract is a rich source of many such substances.

The common grape vine has beneficial substances in its seeds. They contain lipids (including linoleic and oleic acids), proteins, polyphenols (among them catechins, procyanidins, and phenolic acids) as well as carbohydrates. An exceptionally precious ingredient of red grapes, their seeds and the red wines produced from them is one of the polyphenols — resveratrol. The properties of resveratrol have been confirmed by many scientific studies. The beneficial effect shows also other components of the extract: flavonoids (such as quercetin), linoleic and oleic acids.



ACTIVE INGREDIENTS

- ✓ **Chicory fructooligosaccharides**
- ✓ **Grape seed extract**
 - oligomeric-proanthocyanidins
 - resveratrol
- ✓ **Vitamin C**
- ✓ **Black pepper extract**
 - piperine

- ✓ **protection of cells from oxidative stress**
- ✓ **normal function of the immune system**
- ✓ **normal collagen formation for the proper function of blood vessels and skin**

CONTENT: 60 capsules x 520 mg



- ✓ **maintenance of normal brain function,**
- ✓ **normal function of the heart**
- ✓ **natural source of omega-3 fatty acids**



CONTENT: 30 capsules x 832,751 mg

ACTIVE INGREDIENTS

- ✓ **Krill oil**
- ✓ **Fish oil**
- ✓ **Ginkgo biloba extract**
- ✓ **Iron**
- ✓ **Zinc**
- ✓ **Iodine**



TIENS KARDI FORTE WITH GINKGO EXTRACT

The krill shell used to prepare the TIENS Kardi food supplement comes from Antarctica, the cleanest waters on the planet, and is the cleanest source of marine omega-3 in the world. The uniqueness of krill oil lies in the fact that it contains omega-3 fatty acids in the form of phospholipids, which are the basis of the structures of the cell membranes. Our body easily recognizes, absorbs and uses krill oil. Kardi is enriched with the miracle of traditional Chinese medicine Ginkgo Biloba, the native tree of China. Ginkgo Biloba extract contains flavone glycosides such as isoramnnetin, camphor oil, quercetin and terpene lactones.

Ginkgo has long been cultivated in China. The traditional uses of Ginkgo can be traced back to the Chinese herbal database known as the Materia Medica, which was written about 2800 BC. The Ginkgo leaves were known in ancient China for its benefit in treating memory loss and breathing ailments.

- ✓ complex body revitalisation
- ✓ supports the body's natural resistance
- ✓ normal function of digestive enzymes



TIENS LIPID METABOLIC MANAGEMENT TEA

Lipid Metabolic Management Tea is a mix of herbs, which contains gynostemma - "Southern Ginseng" – as the Chinese often refer to it, has been considered a miracle herb in China for centuries. The plant contains many amino acids, vitamins and minerals (including calcium, iron, magnesium, phosphorus, potassium, selenium and zinc) essential in the human body. The composition of Lipid Metabolic Management Tea includes the leaves of gynostemma, lotus leaves, cassia seeds – a plant belonging to the legume family – known in China for thousands of years as a Chinese knotweed root. With enhancing the activity of the other components in mind, 6 varieties of green tea are also present in the preparation. Tea leaves are dried and processed in the presence of small amounts of steam. Most importantly, they do not undergo the process of fermentation, and thus retain precious vitamins and minerals. The herbs used in Lipid Metabolic Management Tea are selected to have a positive effect on the human body through their specific properties.



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VEGETARIAN



VEGAN

ACTIVE INGREDIENTS

- ✓ leaves of gynostemma
- ✓ lotus leaves
- ✓ seed of cassia tora
- ✓ leaves of green tea

CONTENT: 40 bags x 1.5 g (60 g)



ACTIVE INGREDIENTS

- ✓ **Wheat germ oil:**
 - LA (linoleic acid)
 - ALA (alpha-linolenic acid)
- ✓ **Vitamin E**
- ✓ **Lecithin**
- ✓ **Beta-carotene**



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- ✓ source of omega-3 and omega-6 fatty acids
- ✓ contains Vitamin A, important for normal vision and healthy skin



CONTENT: 30 capsules x 800 mg

TIENS VITALITY SOFTGELS

Composed with unique ingredients like wheat germ oil, and beta carotene, wheat germ oil is a rich source of unsaturated fatty acids such as linoleic and linolenic fatty acids, which have important properties. Linoleic acid & alpha-linolenic acid contribute to the maintenance of normal blood cholesterol levels.

Alpha-linolenic acid, an essential fatty acid, contributes to brain and nerve tissue development. For that reason, alpha-linolenic acid along with linoleic acid, as essential fatty acids, are needed in the daily diet.

Lecithin is a fat that is essential in the cells of the body. One of the building compounds of lecithin is phosphatidylcholine, which occurs in all cellular organisms, being one of the major components of the cell membrane.

Beta-carotene, which as provitamin A is converted into vitamin A, helps to maintain a normal vision and a proper skin look.



TIENS IKAN EXTRA



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In TIENS Ikan Cell Rejuvenation Capsules Extra contains gynostemma – a Far Eastern “longevity herb”, purple carrot powder, extract of jiogulan leaf, green tea, yeast as well as vitamin C - this extraordinary combination provides a number of benefits for our health. Gynostemma is a precious herb. Its beneficial effects are due to its unique composition, including a variety of amino acids, elements, plant sterols and flavonoids. The combination of yeast and chromium in a unique way blends into the formula of the product, and at the same time these two ingredients complement each other. This is particularly important for people with diabetes, as adequate glucose levels play an important role in the proper functioning of the body. Additionally yeast, on the other hand, has a whole range of B vitamins. Purple carrot contains more nutrients compared to regular orange carrots. It has an exclusive and valuable anthocyanidin - cyanidin - a natural pigment found in some red berries and dark purple vegetables. This vegetable is also a source of phenols, flavonols, calcium, iron and zinc. Of particular note is the fact that its antioxidant activity is four times higher than that of red carrots.

- ✓ **protection of cells from oxidative stress**
- ✓ **reduction of tiredness and fatigue**
- ✓ **support for people with hyperlipidemia**

CONTENT: 150 capsules x 376 mg (56,4 g)

ACTIVE INGREDIENTS

- ✓ **Carrot powder**
- ✓ **Jiaogulan leaf extract**
 - gypenoside
- ✓ **Chromium enriched yeast**
- ✓ **Green tea leaf extract**
 - polyphenols
- ✓ **Vitamin C**



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Replenishing



Replenishing is all about well-balanced nutrition and support of all body organs to work in synergy. So, after the cleansing phase, it is recommended to use food supplements regulating body systems. If all organs work properly and synergistically, the body will be able to defend itself against illnesses and premature aging.

TIENS CORDYCEPS

Cordyceps sinensis, also known as caterpillar fungus or simply cordyceps, is a unique species of a fungus that naturally grows on insects, particularly on larvae of ghost moths. Cordyceps is naturally present in Tibet and Nepal at altitudes between three and five thousand metres above sea level. Cordyceps sinensis fruiting body is valued as an herbal remedy in traditional Chinese medicine as it possesses numerous benefits.

Cordyceps is marketed as a food supplement under considerations by the European Commission and American Food and Drug Administration.

The mechanism of how cordyceps influences the body is being explained by its high content of polysaccharides and by the presence of cordycepin and adenosine, substances with wide array of biological activities.

✓ **source of vitamins and minerals**

ACTIVE INGREDIENTS

✓ **Cordyceps sinensis**

CONTENT: 100 capsules x 595mg





- ✓ **promote the growth of a healthy gut bacteria**
- ✓ **natural prebiotic**
- ✓ **source of soluble dietary fiber**

ACTIVE INGREDIENTS

- ✓ **FOS sirup**
(fructooligosaccharides)

CONTENT: 6 sachets x 10 ml (60 ml)



TIENS FOS

In traditional Chinese medicine a great deal of attention is paid to the proper function of the digestive system. The intestinal microflora has a profound influence on our health. In line with the most recent data, between 400 and 500 different microbial species inhabit the intestines. Beneficial probiotic bacteria (Bifidobacterium and Lactobacillus) which dominate and naturally occur in the digestive tract of a healthy person have a valuable influence on the digestive system and correct intestinal microflora. Among oligosaccharides with documented prebiotic properties are fructooligosaccharides (FOS). It is precisely their qualities the FOS Sirup is based on. FOS is a type of soluble fibre found in plants, such as chicory, maize, asparagus, Jerusalem artichokes, and soybeans. It can't be digested in the small intestine. Instead, it travels to the lower gut, where it functions as a prebiotic, food source for the gut microflora. People's gut microflora convert FOS into short-chain fatty acids, which nourish colon cells and provide various other benefits.



- ✓ **normal energy-yielding metabolism**
- ✓ **normal cognitive function**
- ✓ **formation of red blood cells and haemoglobin**

CONTENT: 100 capsules x 350 mg (35 g)



TIENS SPIRULINA

Spirulina is one of the oldest freshwater plants in the world with a wide range of activities. First appeared on earth about 3.5 billion years ago, it is one of the oldest forms of life on earth. It grows naturally in shallow ponds and lakes with high pH and high salt content, in Africa, Asia and South America. TIENS Spirulina is a nutritional supplement that helps maintain the overall well-being of the human body. It has a high content of easily absorbed protein (dry matter protein content is about 70%), vitamins (special attention is deserved by iron from spirulina, it is assimilated twice as much as from animal products), minerals and other substances necessary for the human body, which makes it a great food for the 21st century.

ACTIVE INGREDIENTS

- ✓ **Dried spirulina powder**
- ✓ **β-carotene**

TIENS VIGOR SHOT

TIENS Vigor shot boost immunity system because of main compounds Hesperidin, CitriSlim®, Liposomal vitamin C and Double Nutri™. Hesperidin is a flavonoid obtained from the unripe fruits of the exotic Ponkan fruit. The content of hesperidin in one sachet is equal to hesperidin in approximately 3 Ponkan fruits. We find it mainly in citrus peel. CitriSlim® is a concentrated fruit mixture of Ponkan orange, red and white grapefruit, orange, lemon and apples. One sachet of TIENS Vigor Shot contains the same amount of vitamin C as 10 fresh lemons. Lipo Vit C® contains 500 mg of liposomally encapsulated vitamin C. Liposomal technology allows you to increase the absorption of nutrients by trapping the active ingredients inside protective membranes called liposomes. The absorption of liposomal vitamin C is 133 % higher than with the usual vitamin C supplement. Double Nutri® oil microemulsification is a revolutionary technology that converts biphasic nutrients into highly absorbent particles.

This allows the active ingredient to be converted to a liposomal, micronised and highly bioavailable form.



- ✓ the normal function of the immune system
- ✓ the reduction of tiredness and fatigue
- ✓ normal psychological function

ACTIVE INGREDIENTS

- ✓ CitriSlim® Ponkan unripe fruit extract
- ✓ Liposomal vitamin C

CONTENT: 15 sachets x 25 ml



TIENS DATE CONCENTRATED JUICE

According to Chinese medicine, consuming even a few Chinese dates a day has a positive influence on the functioning of the organism. Jujube or Chinese date, „ziziphus jujuba“ is a crop native to China and is representative of the first group of functional foods. It includes foods that, in addition to nutritional value, also offer positive effects on overall mood. TIENS Date Concentrated Juice contains an extract from highest-quality jujube fruit of the Golden Silk variety. Due to high content of vitamin C, an effective antioxidant, they are called 'natural vitamin C'. Jujubes contain for instance between 70 and 80 times more vitamin C compared to apples. It is also rich in vitamins of the B complex and are an excellent source of iron, potassium, magnesium and calcium. Jujubes contain 18 out of the 24 amino acids crucial for proper function of the body. However, the most beneficial component of the Chinese date extract is adenosine monophosphate, in short cAMP. cAMP among other things is needed in the communication within the nervous system.

- ✓ reduction of tiredness and fatigue
- ✓ the normal function of the heart
- ✓ normal functioning of the nervous system

ACTIVE INGREDIENTS

- ✓ Chinese date concentrated juice; rich in:
 - Iron, potassium, magnesium, calcium, Vitamins: C, B

CONTENT: 8 bottles x 50 ml



- ✓ **Vitamin C**
 - helps reduce tiredness
- ✓ **Vitamin D**
 - essential for building and maintaining healthy bones
- ✓ **Isomalto oligosaccharides (IMOs)**
 - naturally occurring plant-based dietary fiber
- ✓ **Apple pectins**
 - water soluble, dietary fiber

ACTIVE INGREDIENTS

- ✓ **Polydextrose**
- ✓ **Corn fiber**
- ✓ **Apple fruit powder**
- ✓ **Acacia gum**
- ✓ **Oat grain powder**
- ✓ **Hawthorn fruit powder**
- ✓ **Acerola fruit extract with natural Vitamin C**
- ✓ **Vitamin D3**

TIENS MULTIFIBER CHEWABLE TABLETS

Stressful lifestyle, poor eating habits and overweight lead digestive health and immunity decline. Good diets and eating habits result in better digestion and are fundamental for our health and well-being.

The product is a source of natural dietary fibers: from corn, apple, and oats. Additionally, the dietary supplement is rich in vitamins C and D3, which makes the product not only support the intestinal peristalsis, but also has a positive effect on the immune system.



CONTENT: 60 TABLETS x 1.6g (96g)



- ✓ **boosts intestinal peristaltic**
- ✓ **maintaining healthy blood cholesterol levels**



ACTIVE INGREDIENTS

- ✓ **Vegetable cellulose**
- ✓ **inulin**
- ✓ **apple pectin**
 - linseed
- ✓ **Bidobacterium**
- ✓ **Lactobacillus acidophilus**
- ✓ **anise**

CONTENT: 90 tablets of 400 mg (36 g)

TIENS DIGEST

One of Chinese proverbs says "Kidney efficiency is innate, stomach efficiency – acquired", a healthy digestive system is the guarantee of health of the entire body. But due to bad eating habits and excessive stress, we increasingly experience various kinds of stomach and intestinal discomfort. We consume highly processed foods containing preservatives that destroy the bacterial microflora of the digestive tract while, in fact, it is the contents of the gut bacterial flora that is crucial for the correct functioning of the human body. Because in the digestive tract of a healthy person, the beneficial probiotic bacteria (Bifidobacterium and Lactobacillus) dominate. TIENS have thus created Digest – a natural supplement boosting the proper functioning of the digestive system containing dietary fibre, including inulin, apple pectin and cellulose, but also flax seed and anise as well as live bacterial cultures: bifidobacteria and Lactobacillus acidophilus.



Reishi extract:

- ✓ contributes to maintaining a healthy circulatory function
- ✓ helps to decrease the cholesterol level

Cordyceps:

- ✓ source of vitamins and minerals

ACTIVE INGREDIENTS

- ✓ Instant coffee
- ✓ Cordyceps sinensis powder
- ✓ Goji Berry extract
- ✓ Reishi extract
- ✓ Ginseng extract

CONTENT: 12 sachets x 16 g (192 g)

TIENS CORDYCAFE ROBUST

TIENS CordyCafé Robust is an excellent, a tasty drink containing coffee extract from carefully selected, freshly ground arabica coffee beans. The fresh, rich, and soft taste of CordyCafé is enriched with a strong adaptogen and a „miracle mushroom” - Cordyceps sinensis. Traditional Chinese medicine has valued the natural properties of cordyceps for centuries and CordyCafé contains only cordyceps fungi of the highest quality, processed using highly advanced biotechnology. Another ingredient is extract from Goji berry, which is one of the strongest antioxidants a most nutritious fruits on Earth.

Other ingredients are Reishi extract and Gingeseng extract. Reishi are unique in that they contain very essential amino acids vitamins (mainly B vitamins) and minerals (for example: manganese, magnesium, copper, zinc) as well as 17 different types of amino acids in their composition. Gingeseng is reach source of vitamin B1, B2, C and E as always microelements (manganese, copper, vanadium, cobalt, arsenic).

The rich taste and aroma of coffee has an amazing ability to awaken and enliven our thoughts and senses.

TIENS FLEXI

Joints are exposed to excessive strain every day. Many problems with their function also begin to appear with age, because the structure of the joints is impaired. Joint cartilage plays a key role here, as its dysfunction leads to rheumatic diseases. With age, joint cartilage wears out and the joints cease to properly function. This causes the appearance of pain, stiffness, and with time can lead to impaired movement. Flexi combines active ingredients such as: glucosamine, chondroitin, hyaluronic acid, as well as valuable components using in Traditional Chinese Medicine as the Brazilian mushroom (source of many minerals), devil's claw (plant which contains iridoids compounds, harpagoside, harpagide and procumbid as well as flavonoids) and turmeric (Indian saffron contains antioxidant components). Flexi preparation contains also glucosamine, chondroitin and hyaluronic acid. These three very valuable ingredients are an integral part of the human body and building blocks of joint cartilage.

- ✓ helps to maintain the health of joints and bones

ACTIVE INGREDIENTS

- ✓ Glucosamine HCl
- ✓ Chondroitin sulfate
- ✓ Agaricus blazei extract
- ✓ Curcuma extract
- ✓ Devil's claw extract
- ✓ Hyaluronic acid

CONTENT: 60 tablets x 700 mg (42 g)



TIENS GLOW COLLAGEN SHOT

FOOD SUPPLEMENT WITH GINSENG EXTRACT AND MĀNUKA HONEY

Collagen is the most common and abundant form of protein in the body. It is the main structural element of skin, and is found in many tissues of the muscles, bones, tendons, blood vessels, and the digestive system.

As a person ages, their body produces less collagen. It is the reduced amount of collagen in the body that causes problems with movement, among other things. Collagen deficiency also has a negative impact on the skin - sweat and sebaceous glands disappear, making the skin dry or less elastic.

TIENS Glow – Collagen Shot formula infused with fresh Ginseng extract, Manuka honey nectar and purple carrot extract, which work synergistically with marine collagen in liposomal, highly absorbable form, so as to support our bodies in an appropriate manner.

ACTIVE INGREDIENTS

- ✓ **Fish collagen peptides, 2500 mg**
- ✓ **Fresh ginseng extract, 835 mg**
- ✓ **Mānuka nectar honey, 100 mg**
- ✓ **Purple carrot juice, 90 mg**



- ✓ **MARINE COLLAGEN:**
 - Source of peptides and free amino acids
 - Fundamental component of connective tissue, skin, nails and hair
- ✓ **FRESH GINSENG EXTRACT:**
 - Helps to maintain optimal stamina
 - Natural defence and proper functioning of the immune system
- ✓ **MĀNUKA HONEY:**
 - High biological activity
 - Genuine, quality Mānuka honey, only from New Zealand

CONTENT: 15 sachets x 15 ml

TIENS GARLIC & REISHI

An unique composition of traditional mushroom reishi and black garlic in one capsule. Combining the natural healing properties of the superfood black garlic with the abundance of nutrients present in the "mushroom of immortality" reishi.

Black garlic is healthier than raw garlic, is produced by fermentation and aging of it. The fermentation process redoubles its health effects and even neutralises its odour. Reishi mushroom has more than 400 different nutrients, including iron, magnesium, calcium, zinc, copper, manganese and germanium.

- ✓ **Black garlic**
 - helps to maintain a normal levels of blood cholesterol and lipids
 - is a source of antioxidants
 - contributes to normal immune function
- ✓ **Reishi mushroom**
 - contributes to natural immunological defences
 - helps to maintain normal LDL-cholesterol concentrations
 - contributes to maintaining a healthy circulatory function

CONTENT: 27,00 g (60 capsules x 450 mg)

ACTIVE INGREDIENTS

- ✓ **Black garlic extract**
- ✓ **S-allyl-cysteine (SAC)**
- ✓ **Reishi mushroom extract**



3



Strengthening

After cleansing and replenishing, it is advised to supply the body with nutrition that strengthen the immune system and activate self-healing powers.

A healthy immune system can defeat invading disease-causing germs or pathogens, such as bacteria, viruses, parasites, while protecting healthy tissue.



- ✓ normal muscle function
- ✓ supports neurotransmission
- ✓ maintenance of normal bones and teeth

TIENS NUTRIENT SUPER CALCIUM (ADVANCED FORMULA)

ACTIVE INGREDIENTS

- ✓ **Calcium hydroxyapatite**
 - Calcium
 - Phosphor
- ✓ **Inulin**
- ✓ **Colostrum**
- ✓ **Magnesium**
- ✓ **Vitamin K2**
- ✓ **Vitamin D3**

CONTENT: 25 portions x 10 g (250 g)

Calcium is one of the most important essential minerals and often associated with bone health and main building block. Low bone mineral density is a risk factor for osteoporotic bone fractures. TIENS Nutrient Super Calcium Powder, thanks to the new composition and vitamins K2 and D3, it is very well absorbed. Vitamin K2 and vitamin D3 regulate the absorption of calcium and help it travel to the bones. Since 22 % of bones are proteins, calcium in combination with collagen helps fight bone loss. Colostrum is generally recognised as an element that increases the absorption capacity of calcium. Natural prebiotics for example inulin - regulate the intestinal environment for ideal absorption of calcium in the small intestine. TIENS Calcium is flavored with cocoa powder, dried coconut milk and a pinch of stevia for the perfect taste you will love.

TIENS NUTRIENT SUPER CALCIUM POWDER

Calcium is one of the most crucial minerals that builds and regulates our body.

The more of calcium is provided to our body in childhood and adolescence, the greater the chance we will have for a stronger, so-called peak bone mass, which is achieved roughly around 30 years of age. Regular calcium intake helps to reduce the loss of bone mineral in post-menopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures.

Nutrient Super Calcium Powder is a universal product containing calcium and a set of vitamins, it contains easily assimilable, ionized calcium compounds derived from calf bones. It is worth remembering that calcium is naturally found in the ionic form. Upon entry into the body, it is converted to a molecular form (an insoluble calcium salt). Such a molecule cannot enter the cell, because only ions can get across the cell membrane.

Vitamin D contributes to normal absorption of calcium and phosphate in the body, which means the amount of calcium and phosphorus, absorbed in the intestine from food into the bloodstream, depends to a great extent on this vitamin.

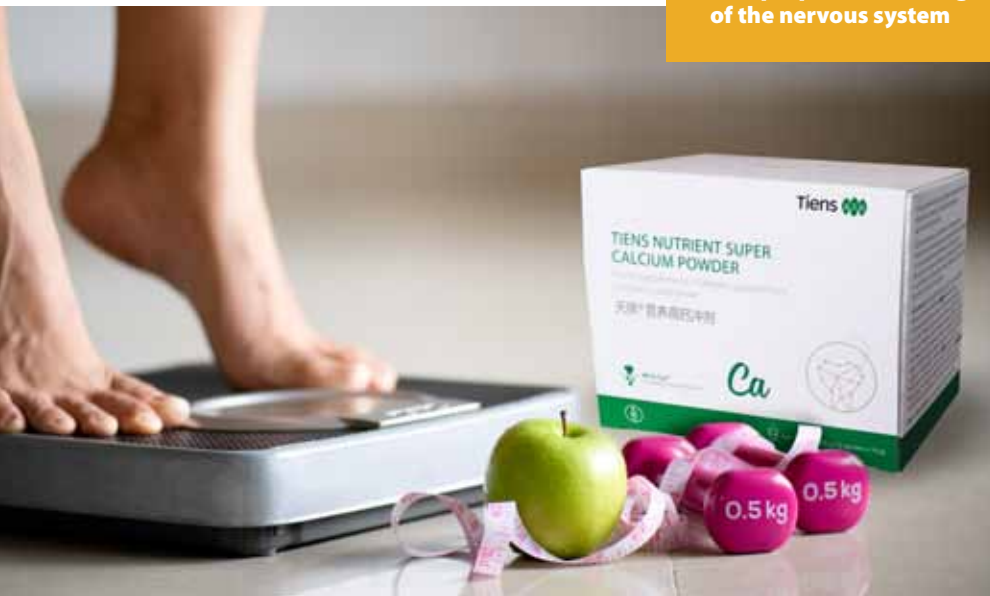
ACTIVE INGREDIENTS

- ✓ **Dietary fibre from corn**
- ✓ **Calcium hydroxyapatite**
 - Calcium
 - Phosphorus
- ✓ **Vitamin C**
- ✓ **Vitamin A**
- ✓ **Vitamin D**

CONTENT: 10 sachets x 10 g (100 g)



- ✓ **healthy bones and teeth**
- ✓ **supports neurotransmission**
- ✓ **aids proper functioning of the nervous system**



TIENS SUPER CALCIUM POWDER FOR CHILDREN

Calcium requirement in children depends on age. The diet of children between 1 and 3 years of age should contain 500 mg of calcium per day. Children between 3 and 8 years should consume 800 mg per day, and older children and adolescents (9-18 years) as much as 1,300 mg. The norm for an adult is 1,000 mg. The increased calcium requirement in children is a result of their active growth. Even a calcium-rich diet does not always ensure appropriate levels of calcium. It is worth noting that an appropriate calcium intake in childhood and adolescence pays off in the future since the so-called peak bone mass is reached around the age of 30. Calcium ensures strong bones, lowering the risk for bone fracture or minor damage. Moreover, childhood is the period when our teeth are formed. TIENS calcium contains vitamin D, which contributes to normal absorption and utilisation of calcium and phosphorus.

CONTENT: 10 sachets of 10g

ACTIVE INGREDIENTS

- ✓ **Calcium hydroxyapatite:**
 - Phosphorus
- ✓ **Dietary fibre from corn**
- ✓ **Vitamin C**
- ✓ **Taurine**
- ✓ **Zinc**
- ✓ **Vitamin A**
- ✓ **Vitamin D**



- ✓ **normal muscle function**
- ✓ **support neurotransmission**
- ✓ **maintenance of normal bones and teeth**

TIENS SUPER CALCIUM CAPSULES WITH LECITHIN

- ✓ maintenance of normal bones and teeth
- ✓ proper functioning of the nervous system
- ✓ the reduction of tiredness and fatigue

ACTIVE INGREDIENTS

- ✓ Soybean lecithin powder
- ✓ Calcium
- ✓ Vitamin C
- ✓ Taurine
- ✓ Vitamin E
- ✓ Vitamin B1
- ✓ Folic acid
- ✓ Vitamin B12



The human body faces a numerous challenges each day. The factors that affect our well-being include for example stress, mental effort, a very active life-style or slow metabolism. In order to balance your wellbeing, you need to provide consistent nourishment. The important ones are calcium and lecithin.

Calcium contributes to normal neurotransmission, muscle function and together with vitamin B1 and B12 support proper energy-yielding metabolism. Vitamin C contribute to normal functioning of the nervous system and normal psychological function.

Lecithin belongs to the phospholipids, which are the basic structural and functional building blocks of all cell membranes and of membrane structures intracellular organelles. The structure of lecithin includes choline contributing to the maintenance of normal liver function, contributes to normal homocysteine metabolism and lipid metabolism.

The supplement is recommended for fatigue, or during increased physical and mental activities.

CONTENT: 20 capsules x 0,496 g



ACTIVE INGREDIENTS

- ✓ Magnesium
- ✓ Potassium
- ✓ Chicory inulin
- ✓ L-arginine
- ✓ L-carnitine
- ✓ Red beet concentrated juice powder
- ✓ Vitamin C
- ✓ Maize extract
- ✓ Manganese
- ✓ Riboflavin (Vitamin B2)
- ✓ Vitamin B6
- ✓ Thiamin (Vitamin B1)
- ✓ Selenium
- ✓ Vitamin B12

- ✓ proper functioning of nerves and muscles
- ✓ the maintenance of normal bones
- ✓ normal energy-yielding metabolism



TIENS FIZZY FORTE

Magnesium is a very important element since it catalyzes many processes in the body and has an impact on neurotransmission and muscle contraction including heart muscle. The requirement for magnesium changes depends on age, gender, and physiological conditions.

TIENS has developed Fizzy Forte – the supplement that regulates magnesium levels in the body.

It contains magnesium chelate and magnesium citrate that have 3 x better bioavailability, thanks what is a better and faster magnesium absorption into the body.

Enriched is with vitamin B6 and vitamin B12, for better body performance, muscle recovery, and higher energy levels.

Other ingredients of the preparation are L-arginine & L-carnitine supporting heart health and widening blood vessels, and also can support a better physical performance during exercise.

The composition of the supplement includes minerals such as potassium, manganese, and selenium reduce tiredness and fatigue, help the functioning of the nervous system and muscles, also provide additional energy and superoxide dismutase (in maize extract) – the strongest antioxidant ingredient in the body, to boost cell immunity and detoxification from free radicals. The taste of the tablets has a berry flavor.

CONTENT: 14 effervescent tablets x 6 g (84g)





TIENS ZINC

Zinc is called the element of health and beauty for a good reason. This micro-element plays an important role in many processes that occur in the body. It is required for the activity of over 200 different enzymes including those involved in protein and DNA synthesis. It is also responsible for correct division of cells. For this reason, it is particularly important for the development of the fetus. An important role of zinc is as well the maintenance of correct levels of vitamin A in blood plasma, which is crucial for healthy eyesight. Daily intake of zinc is critical to maintain a steady state, as the body has no specialised zinc storage system. Easy to identify signal of its deficiency sent by our body can be skin imperfections or nails and hair that lose shine and become brittle. Zinc is essential for many hormones, for example the growth hormone or gonadotrophins. Individuals at risk of zinc deficiencies are ones on a low-calorie diet, vegetarians, people consuming a lot of sweets, pregnant women, elderly and children. TIENS Zinc preparation helps maintain proper zinc levels in the body.

ACTIVE INGREDIENTS

- ✓ **Anhydrous glucose**
- ✓ **Egg white powder**
- ✓ **Zinc**



- ✓ **maintenance of normal hair, nails and skin**
- ✓ **normal fertility and reproduction**
- ✓ **maintenance of normal vision**

CONTENT: 60 capsules x 310,25mg (18,62 g)



- ✓ **protects our cells from oxidative stress**
- ✓ **antioxidant properties**
- ✓ **reduce inflammatory skin conditions**
- ✓ **body detox**



ACTIVE INGREDIENTS

- ✓ **Evening primrose oil**
 - gamma-Linolenic acid
- ✓ **Chlorella powder**
- ✓ **Vitamin C**
- ✓ **Vitamin E**
- ✓ **Green tea extract**
 - polyphenols
- ✓ **Zinc**
- ✓ **Vitamin B6**
- ✓ **Copper**
- ✓ **Biotin**

CONTENT: 30 capsules x 620 mg

STRENGTHENING



TIENS BEAUTY DUO

TIENS Beauty Duo is a fusion of Chinese herbalism, science, unique know-how and patented technologies. Evening primrose oil is the main ingredient of the product, recognized for its essential oil rich in gamma-linolenic acid (GLA), omega-6 fatty acid. Both of these acids are essential for the proper functioning of our body and must be supplied. Pure chlorella is a rich source of vitamins and trace elements. It provides the body with B vitamins and vitamins A, C and E, amino acids, chlorophyll, omega-3 fatty acids and nucleic acids. It also contains numerous minerals - iron, calcium, potassium, magnesium, zinc, manganese, phosphorus, selenium and iodine. The nourishment of the skin and the body cells by antioxidants is in green tea.

A woman is lying down, her head wrapped in a brown towel. A hand in a white glove is gently touching her face. To her right is a shallow wooden bowl containing a circular dish of purple lavender beads, with a pink flower and green leaves placed next to it. The background is a light-colored, textured surface.

Skin & body care



CELLES TIANE M&Y HYDRA

Unique moisturising skincare series, a combination of a natural ingredients and cutting-edge biotechnology. It blends marine and yeast extracts and 8 types of amino acids for maximum hydration and rejuvenation of the skin.

ACTIVE COMPOUNDS SUPPORTING DEEP SKIN HYDRATION

Seawater

Seawater is rich in mineral with various chemical composition, containing a large number of mineral salt, organic compound, dissolved gas and important trace elements.

The best three powerful agents include:

- French Sea Salt with cleaning, bactericidal and anti-inflammatory properties. Additional benefits include: oil-control, exfoliate, eliminate dark spots, odour and edema, anti-stress.
- Fucus Extract nourishes the skin, strengthens the metabolism and convergence of pores.
- Marine Collagen is the most bio-available type of collagen; it absorbs in the skin more quickly and easily.

Marine collagen has also been known to be the best at helping with skin issues, such as skin hydration and is one of the better choices for clean supplements.

Yeast Fermentation

Fermented yeast extract produces amino acids and peptides that help skin cellular renewal. Fermented yeast extract could help diminish the signs of skin ageing by improving collagen synthesis.

Hyaluronic Acid

Ageing causes a constant decrease in the amount of Hyaluronic Acid, hence supplying it to the skin can help with alleviating dry skin, reducing the appearance of fine lines and wrinkles and speeding up wound healing. Triple strength Hyaluronic Acid complex is included in this skincare line.

- reinforce the skin's barrier
- retain moisture
- defend against aging

CELLES TIANE skincare line includes:

- M&Y Extract Hydra Cleanser
- M&Y Extract Hydra Petal Lotion
- M&Y Hydra Extract Hydra Facial Essence
- M&Y Extract Hydra Eye Essence
- M&Y Extract Hydra Defending Emulsion
- M&Y Extract Hydra All-In-Cream

- has an effect on the reduction of wrinkles
- improves skin relaxation and alleviates the ageing process
- improves the structure of the skin
- strengthens the deeper layers of the skin

PRODUCT FEATURES:

- 5 intensity levels
- Waterproof
- Automatic 'Power Off' after 15 minutes
- Intelligent timing
- Wireless charging
- Portable

CILVARIS – ULTRASONIC BEAUTY DEVICE

Cilvaris is based on the ultrasonic frequency.

Radio frequency (RF), also known as radio frequency micro-current, is a short form of electromagnetic wave with high frequency alternating current change. Application of radio frequency in facial rejuvenation, increase blood flow and stimulate cell renewal by penetrating deep into the skin, repairing damaged tissue and encouraging collagen and elastin production for a firmer, smoother and more contoured-looking complexion. Radio frequency (RF), also known as radio frequency micro-current, is a short form of electromagnetic wave with high frequency alternating current change.



HYDROGEN WATER SPRAYER

Hydrogen Water Sprayer device uses electrolysis to infuse natural water with added hydrogen. Within this compact device, an electric current technology produces hydrogen-rich water in just 2 minutes.

Hydrogen is a highly effective antioxidant because of its microscopic size.

Hydrogen-rich droplets deeply penetrate and nourish the skin, quickly absorbing to refresh and rejuvenate.

DIRECTIONS OF USE:

- Get a smooth, long-lasting finish for your makeup with hydrogen water, which also helps to calm and cool after removing the makeup.
- Cool down after a tough workout - hydrate the skin for a post-workout skin care, which make you look and feel refreshed and revitalised.
- Increase the effect of the deep cleansing. Hydrogen rapidly penetrates all layers of the skin and by turning off inflammation, the skin is able to hydrate quicker.



PRODUCT FEATURES

- High efficiency in Hydrogen production
- High purity | Easy to absorb
- Small H₂ molecular weight & strong negative potential
- High solubility | Remove free radicals
- Rapid electrolysis & long-lasting battery
- Generate hydrogen in 2 mins | Charging Time about 2 hours
- High quality spray head
- Powerful water spray | Fast hydration
- Small size and large capacity of 15ml
- Long-lasting hydration with one use | Sleek design
- Safe and durable
- Waterproof | High-quality body materials

SPAKARE BREATHING ELEMENT

Breathing deeply helps your lungs carrying fresh oxygen-rich air into your body and eliminating waste, like carbon dioxide. Your lungs inhale and exhale an average of 30,000 times a day.

SPAKARE Breathing Element contains essential oils, that provide a perfectly balanced blend of nature purest plant oils, specially selected to promote harmony, calm and peace.

It is able to support proper breathing, thanks to the muscle relaxing and soothing properties of the essential oils contained, and a practical nature that responds to all the daily needs of the family.

Active Essential Oils:

- are 100% pure, natural and active
- awake your senses and revitalise the body, mind, and spirit
- improve your ability to breathe easily again
- helps to regulate the amount of oxygen

THE COMPOSITION OF SPAKARE BREATHING ELEMENT INCLUDES A MIXTURE OF 5 ESSENTIAL OILS:

- Arvense Mint,
- Myrrh,
- Cajeput,
- Frankincense
- and Scots Pine.





TIENS ORECARE HERBAL TOOTHPASTE

TIENS Orecare Herbal Toothpaste contains a highly effective broad spectrum of antibacterial substances like luteolin, inositol, saponins, and tannins, which relieve inflammation. Lactones of wild chrysanthemum, as well as glycoside, vitamins A and B, help remove dental bacteria, plaque from teeth and freshen breath. The active ingredients can also improve the hardness of tooth enamel and neutralise an increased acidity after meals, which prevents formation of cavities. The toothpaste contains well refined whitening agent, safe for tooth enamel. TIENS Orecare Herbal Toothpaste's natural plant extracts are also rich in alkaloids like berberine and coptisine, that carry soothing and strong haemostatic properties, thus preventing bleeding of gums.

AIRIZ SANITARY PADS WITH ACTIVE OXYGEN & NEGATIVE ION

TIENS AiRiZ Sanitary Pads are an innovative solution for women intimate hygiene, ensuring long-lasting freshness and complete protection.

The Patented Anion chip in AIRiZ sanitary towels releases up to 6100 negative ions/cm³. This is the highest concentration of anions found in sanitary towels.

Anions are odourless, tasteless, and invisible molecules. They have an incredibly special significance to human health and are known as the "vitamin of the air". It has **powerful means to kill germ/bacteria**, higher the negative ion concentration in the air, the lower the amount of the germs. Negative Ion can effectively enhance our body's immune system, preventing illness.

- Active oxygen and anion have the function of maintaining the pH balance.
- Patented active oxygen formula is sprayed evenly and includes peppermint & lavender essence. It's main function are antiinflammation, anti-bacteria and promoting metabolism.
- Innovative absorption layer with thin silk and soft cotton absorption surface allow liquid to be absorbed three times faster than regular sanitary napkins.
- Pure, soft, gentle, cotton material not bleached and completely free of chlorine.
- 100% natural, biodegradable, and anti-allergic.

AiRiZ - PANTY LINERS

- AiRiZ panty liners are 155 mm long and are ultra-thin.
- They are perfect for everyday use or in the first and last days of menstruation.
- The package contains 30 liners.

AiRiZ - DAY USE

- Sanitary napkins for day use are 245 mm long.
- They provide comfort throughout the day.
- They are ultra-thin, although, they absorb and retain moisture perfectly.
- The package contains 10 napkins.

AiRiZ - NIGHT USE

- Sanitary napkins for night use are 330 mm long.
- Super-absorbent, extended, anatomic design.
- Provide excellent protection during sleep, ensuring a peaceful night's rest.
- The package includes 8 napkins.

CONTENT: 3 x Day Use, 2x Panty Liner, 1 x Night Use





Wellness and household equipment

MULTIFUNCTIONAL HEADCARE APPARATUS

KEY BENEFITS:

- improves micro circulation inside skin
- combine laser exposure with acupoint stimulation to balance blood pressure
- improves immunity

TIENS Multifunctional Head Care Apparatus is **developed based on the modern biological and meridian therapy of the Traditional Chinese Medicine philosophy.**

From the viewpoint of bioelectricity, the human body is an electric conductor, and the bioelectric activities play a key role throughout the journey of a human life. When people are in a healthy condition, the bioelectric parameters remain at a normal level. But when people are sick, the bioelectric parameters usually change, and the blood pressure rises when potential is at a higher level than normal. **Multifunctional Head-care Apparatus is an integrated treating equipment which can balance blood pressure and deliver laser healthcare and vibrating massage, through intelligent mono-chip management system.** By touching becket installed on the machine, Multifunctional Head-care Apparatus can be linked to human body to form closed circuit of electromagnetic field, therefore adjusting bioelectricity and balancing the blood pressure.



USE TIENS MULTIFUNCTION FRIDGE PURIFIER IN THE:

- fridge
- toilet
- shoe cabinet
- wardrobe and dressing room

MULTIFUNCTION FRIDGE PURIFIER


TIENS Multifunction Fridge Purifier is a modern, small, portable and easy to operate device which integrates the principles of biotechnology, electronics and mechanics together, adopting intelligent single-chip management system to successfully apply ozone (O3) in real life. Ozone is nature's perfect purifier. Because ozone is highly reactive, it readily oxidises (breaks down) organic matter. When ozone encounters another organic or inorganic compound, one oxygen atom will break away, attach itself to the compound, and oxidise (clean or purify) it. The device uses the unique properties of ozone and can eliminates organic and inorganic odours in household applications, e.g. in the fridge, shoes cabinets, wardrobes and toilets. Moreover, when you put it in the fridge, it can extend the freshness of food, eliminate bacteria and exclude pathogenic fungi. **It does not mask unpleasant smells like traditional air fresheners but removes them.** The device is equipped with three modes, dedicated to a different conditions. It is very easy to operate with one on-off key. TIENS Multifunction Fridge Purifier is an efficient and economical device that needs charging from electric socket only once a month.





- 1. Prepare a spoonful of salt with the salt spoon provided (30 g),**
- 2. Dissolve it in 1 L of water,**
- 3. One touch operation.**

Lab Tested by:
EUROFINS. World Leader
in Testing for Life.




OLANSI DISINFECTANT WATER GENERATOR

OLANSI Disinfectant Water Generator offers you a clean space. Home-use sterilizing solution generator developed and produced by the company is controlled by microcomputer and uses normal saltine water as raw material. It can produce efficient, broad-spectrum Sodium Hypochlorite solution in a fast and convenient way. Sodium hypochlorite is a strong oxidizer and **effectively kills 99.9% of bacteria and many kinds of pathogenic microorganisms**, such as Escherichia coli, Staphylococcus aureus, Bacillus subtilis, some fungi like Candida albicans and other pathogenic viruses.

It can conduct effective disinfection in multiple aspects such as: clothing, food, household, living space and other daily usage disinfection. It's safe, environmental-friendly, non-toxic, and has no side effects.

Rated Voltage ~ Frequency	AC 110V ~ 60Hz or 220V ~ 50Hz
Rate Power	23W
Net Weight	1.3kg
Capacity	2.5L
Product Size	188.5x188.5x308.5mm
Disinfectant Water Element	Sodium Hypochlorite

FRUIT AND VEGETABLE CLEANER

TIENS Fruit & Vegetable Purifier is a state-of-the-art, intelligent household device that was designed to help us purify the food we eat every day, like fruit, vegetables, meat, fish and seafood, as well as grain and cereal.

With its advanced technology, the device can remove food contaminants such as pesticides, bacteria and other harmful substances, ensuring the safety and freshness of food on the table. It can be used in many different ways in our lives to protect our health and improve living quality. The purification technology uses principles of the non-selective oxidation reaction of hydroxyl radicals on organic compounds. There is only two, totally natural compounds needed for this hydroxyl electrolysis purification process: tap water and air - no added chemicals!

- **Timer function for different applications.**
- **Compact wall mounted design for convenience of everyday use.**
- **Fast & effective - hydroxyl radicals are the most reactive oxygen free radicals (ROS) and one of the strongest oxidants in the world.**

Model	TQ-D34
Product size	283 x 151 x 67 mm
Product weight	1.0 kg
Rated voltage	220 V ~ 240 V
Rated frequency	50 Hz
Rated input power	45 W



TIENS UV VACUUM CLEANER

Having dust allergies can leave you with red, itchy eyes, or a cough. You wipe down surfaces, but still come home and are triggered by dust or pet hair. According to statistics 1 in 4 people suffer from dust and animal allergies. It's important to have a powerful vacuum to suck up any debris that could cause an allergic reaction. TIENS UV Vacuum cleaner is a handheld device with super strong ultraviolet lamp, 3-step filtration system and double-row brush to effectively remove up to 99.9% of bacteria, mites, and other allergens in your home.

1. UV, Super strong ultraviolet lamp, penetrates the surface to remove harmful organisms such as: allergens, viruses, bacteria etc.
2. 3-step filtration:
 - Cyclone air filter
 - Foam air filter
 - HEPA filtration, while capturing 99.95% of particles as small as 0.3 microns.
3. Double-row brush roll rotates 12,000 times / min, for maximum fine dust collection. Powerful automatic brush roll, ensures effective removal of mites, threads, dust, foreign bodies and clumps of hair and pet hair, etc.

TIENS UV Vacuum Cleaner is suitable for mattresses, sofas, upholstery, bedding, carpets, rugs and other textiles.

Color	white
Size	470mm x 270mm x 260mm
Net weight	1.9kg
Noise	<80db
UV Lamp:	253.7nm
Power cable length:	5 m



THERE ARE 2 CORE TECHNOLOGIES USED BY THIS MACHINE:

Vortex force which may:

- **Activate blood circulation**
- **Promote metabolism**
- **Remove toxins**
- **Eliminate unnecessary fats**
- **Traditional foot massage, which may**
- **Soothe channels and activate collaterals**
- **Improve microcirculation**

BLOOD CIRCULATION MASSAGER TQ-D30

TIENS Blood Circulation Massager provides healthy massage with the clockwise high-frequency spiral method technology. The Machine uses so called reflex points beneath the feet and palms (reflexology) to promote blood circulation.

The vibration frequency provided by this machine helps energise the veins, relax muscles, smooth any blood obstructions to speed up blood flow and harmonise internal cycles.

Through different ways of using the equipment such as standing, sitting, kneeling, leaning, lying on your stomach or back, you will get a massage of your spinal cord, muscles, energy channels and massage points.



TIENS

www.tiens.co.uk