

TIENS



PRODUCT CATALOGUE

TIENS 2025



UNDERSTANDING THE
HEALTH BALANCE



Content

TIENS Introduction The Concept of Health Balance	4
The Theory of Five Elements	5
Seasonal Approach to Nutritional Needs	6
CLEANSING	8
TIENS Chitosan Capsules	9
TIENS Grape Extract Capsules	10
TIENS Omega-11 & Omega-3	11
TIENS Lipid Metabolic Management Tea	12
TIENS Vitality Softgels	13
TIENS Cell Rejuvenation Capsules (Ikan)	14
REPLENISHING	16
TIENS Cordyceps	17
TIENS FOS Syrup	18
TIENS Spirulina	19
TIENS Vigor Shot	20
TIENS CoQ10 & Quercetin	21
TIENS CarbLock	22
TIENS Digest Tablets	23
TIENS CordyCafe Robust	24
TIENS Flexi BoostTablets	25
TIENS Glow Collagen Shots	26
TIENS Garlic & Reishi	27
TIENS Lutein Ester Gummy	29
TIENS Date Juice	30
TIENS Zen Element	31
STRENGTHENING	32
TIENS Nutrient Super Calcium Advanced Formula	33
TIENS Nutrient Super Calcium Powder	34
TIENS Super Calcium Powder for Children	35
TIENS Super Calcium Capsules with Lecithin	36
TIENS Fizzy Forte	37
TIENS Zinc Plus	38
SKIN AND BODY CARE	39
CELLES TIANE	40
CILVARIS Gel	41
CILVARIS Device	42
CELLES TIANE Moisturizing Spray Serum	43
CELLES TIANE Moisturizing Cream SPF 50	44
SPAKARE Breathing Element	45
Orecare Herbal Toothpaste	46
Airiz Sanitary Napkins	47
TI-ENERGY Bracelets	48
WELLNESS & HOUSEHOLD EQUIPMENT	50
Multifunctional Head Care Apparatus	52
Fruit and vegetable Purifier	53
Blood Circulation Massager TQ-D30	54

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

W O O D E L E M E N T	
SEASON - SPRING COLOUR - GREEN ORGANS - GALLBLADDER, LIVER	LMM Tea, Digest, Cordyceps, Chitosan, Ikan (Cell Rejuvenation caps.), Vejkan (Vitality Softgels), Vigor Shot, CarbLock
F I R E E L E M E N T	
SEASON - SUMMER COLOUR - RED ORGANS - HEART SMALL INTESTINE	Calcium, Zinc, Spirulina, Cholikan (Grape Seed Ext.), Chitosan, Vejkan (Vitality Softgels), Fizzy
E A R T H E L E M E N T	
SEASON - AUTUMN COLOUR - YELLOW ORGANS - STOMACH SPLEEN	LMM Tea, Digest, Cordyceps, Ikan (Cell Rejuvenation caps.), Spirulina, Omega-11, Calcium, Vigor Shot, CarbLock
M E T A L E L E M E N T	
SEASON - LATE AUTUMN COLOUR - WHITE ORGANS - LARGE INTESTINE, LUNGS	LMM Tea, Digest, Chitosan, Cordyceps, Ikan (Cell Rejuvenation caps.), Zinc, Fizzy, Calcium, Vigor Shot, CarbLock
W A T E R E L E M E N T	
SEASON - WINTER COLOUR - BLACK ORGANS - BLADDER KIDNEYS	LMM Tea, Digest, FOS Syrup, Zinc, Calcium, Chitosan, Cordyceps, Fizzy, Omega-11, Vigor Shot

1



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.



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



GLUTEN
FREE



LACTOSE
FREE



NUT
FREE



VEGAN



- ✓ **Enhances your body's Omega-3 production**
- ✓ **Supports heart and eye health**
- ✓ **Reduces inflammation**



TIENS OMEGA-11 & OMEGA-3

In regions such as the Mediterranean or Japan, where oily fish consumption is higher, there are fewer cases of heart disease compared to regions where oily fish intake is minimal.

TIENS OMEGA 11 & OMEGA 3 Capsules were created in partnership with Norwegian BioTech company offering production line and immediate processing that ensures the freshest product on the market. As a result we get supplement free from any fishy smell, taste, or reflux, containing a potent ingredient found exclusively in North Atlantic pelagic fish species – Cetolic acid.

TIENS Omega-11 & Omega-3 Capsules was developed as a result of advanced scientific research, aiming to revolutionize the way we approach Omega-3 supplementation. With an innovative formula, enriched by the patented CETO3 technology, and backed by seven independent clinical studies, our capsules offer a scientifically validated solution & unique ability to enhance the body's own production of EPA and DHA by about 40-50%.

CONTENT: 60 capsules x 780 mg

ACTIVE INGREDIENTS

- ✓ **Omega 11**
- ✓ **Cetoleic Acid**
- ✓ **Omega 3**
- ✓ **EPA/DHA**
- ✓ **CETO3**
- ✓ **Vitamin E**
- ✓ **Vitamin A**
- ✓ **Vitamin D**



- ✓ **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.



GLUTEN
FREE



LACTOSE
FREE



NUT
FREE



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**



- ✓ **Source of omega-3 and omega-6 fatty acids**
- ✓ **Contains Vitamin A, important for normal vision and healthy skin**



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.

CONTENT: 30 capsules x 800 mg



TIENS IKAN EXTRA

In TIENS Ikan Cell Rejuvenation Capsules Extra contains gynostemma – a Far Eastern “longevity herb”, purple carrot powder, extract of jiaogulan 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.



GLUTEN
FREE



LACTOSE
FREE



NUT
FREE



VEGAN

- ✓ **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**



2



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.



GLUTEN
FREE



LACTOSE
FREE



NUT
FREE



حلال
HALAL



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)



GLUTEN
FREE



LACTOSE
FREE



NUT
FREE



VEGAN

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.



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.

- ✓ **Normal energy-yielding metabolism**
- ✓ **Normal cognitive function**
- ✓ **Formation of red blood cells and haemoglobin**

CONTENT: 100 capsules x 350 mg (35 g)



GLUTEN
FREE



LACTOSE
FREE



NUT
FREE



VEGAN



HALAL

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



GLUTEN
FREE



LACTOSE
FREE



NUT
FREE



VEGAN





- ✓ Supports overall cardiovascular health
- ✓ Reduces inflammation



GLUTEN
FREE



LACTOSE
FREE



NUT
FREE



VEGAN



حلال
HALAL

ACTIVE INGREDIENTS

- ✓ Coenzyme Q10
- ✓ Quercetin
- ✓ Hawthorn berries
- ✓ Vitamin B1
- ✓ Vitamin D
- ✓ Vitamin K
- ✓ Vitamin E



CONTENT: 30 tablets of 475 mg



TIENS CoQ10 & QUERCETIN

CoQ10 & Quercetin is a nutritional supplement designed to enhance your daily diet. Meticulously curated with the health of your heart in mind, this unique formulation brings together the potent benefits of Coenzyme Q10 (CoQ10) and Quercetin, along with a spectrum of vitamins (B1, B9, E, D3, K2) and plant extracts. The result is a comprehensive support system for a healthy cardiovascular system and overall well-being. Coenzyme Q10, vital for cellular energy production, supports heart health, while antioxidant Quercetin combats oxidative stress, reducing inflammation and protecting the heart. Together, Q10 and Quercetin synergize for optimal health benefits.

- ✓ **Helps maintain normal blood sugar**
- ✓ **Supports metabolic function**

ACTIVE INGREDIENTS

- ✓ **Fermented cordyceps powder**
- ✓ **Reishi**
- ✓ **Maitake**
- ✓ **Chaga**
- ✓ **Yeast enriched with chromium**
- ✓ **White Mulberry leaf extract**



GLUTEN
FREE



LACTOSE
FREE



NUT
FREE



VEGAN



حلال
HALAL

CONTENT: 60 tablets x 500mg

TIENS CARBLOCK CAPSULES

We face daily elevated stress, indulge in processed foods, and frequently contend with high blood sugar and insulin resistance. That is why TIENS have created CarbLock, a simple solution to balance your lifestyle. A distinctive blend of Chinese remedies integrates ancient wellness philosophy with cutting-edge technologies. This unique combination includes a selection of potent Chinese mushroom ingredients such as Cordyceps, Reishi, Chaga, and Maitake, complemented by the benefits of chromium-enriched yeast and White Mulberry leaf extract. With its innovative blends, CarbLock is your partner in balancing blood sugar levels and contributing to healthier metabolic function. It serves as a multifaceted ally by helping suppress hunger and manage energy expenditure and sourcing. At the 2023 International Conference on Food Nutrition and Safety, CarbLock received the Product Innovation Award, highlighting its immediate impact and innovation in nutritional health. With CarbLock, we offer a comprehensive solution to address various aspects of well-being, ensuring your journey towards health is both effective and holistic.





- ✓ **Boosts intestinal peristaltic**
- ✓ **Maintaining healthy blood cholesterol levels**

GLUTEN
FREELACTOSE
FREENUT
FREE

VEGAN

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 BOOST

TIENS Flexi Boost offers a simple, yet powerful solution for embracing a healthier, more active lifestyle. With a carefully selected blend of ingredients beneficial for joints and bones, it nourishes your body with vital nutrients. Acerola concentrate, rich in vitamin C, provides natural antioxidant properties, protecting cells from oxidative stress and aiding collagen formation. Glucosamine maintains cartilage and joint functions, while manganese, copper, and zinc support connective tissue formation and bone health. Together, these components are designed to enhance overall joint condition, reduce stiffness, and boost mobility. Joints, comprising bones, cartilage, ligaments, tendons, and synovial fluid, are vital for movement and overall well-being. In a world where people are expected to stay active longer, prioritizing health, especially joint health, becomes increasingly crucial.

✔ **Supports joints health**

✔ **Boosts mobility and flexibility**

ACTIVE INGREDIENTS:

- ✔ **Glucosamine**
- ✔ **MSM (Methylsulfonylmethane)**
- ✔ **Hyaluronic Acid**
- ✔ **Concentrated Acerola Juice**
- ✔ **Curcuma Extract**
- ✔ **Bamboo Stem Extract**
- ✔ **Devil's Claw Extract**
- ✔ **Manganese, Copper, and Zinc**



CONTENT: 60 g (30 sachets x 2 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**



GLUTEN
FREE



LACTOSE
FREE



NUT
FREE

- ✓ **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 Manuka 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, contains a lot of vitamins and rare minerals, 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**





TIENS LUTEIN ESTER GUMMY

Take care of your eyes with TIENS Vision Gummies, a delicious and convenient supplement designed to support vision and overall eye health. These gummies combine the power of nature's finest ingredients into a low-sugar, blueberry-flavored treat that makes protecting your eyes simple and enjoyable. Formulated to reduce eye fatigue, filter harmful blue light, and promote long-term clarity, they're the perfect addition to your wellness routine.

Whether you're working long hours on screens or looking for ways to maintain healthy vision as you age, TIENS Vision Gummies offer an easy solution for the whole family. Individually wrapped for convenience and freshness, these gummies are suitable for adults and children aged 3 and above.

Enjoy 1-2 gummies daily to nourish your eyes, and keep your vision bright and clear every day!

CONTENT: 90 g (3 g x 30)

- ✓ Reduce oxidative stress
- ✓ Filter blue-light
- ✓ Lower eye fatigue
- ✓ Prevent age-related eye diseases
- ✓ Enhance clear vision
- ✓ Improve the feeling of dryness



GLUTEN
FREE



LACTOSE
FREE



NUT
FREE



VEGAN

ACTIVE INGREDIENTS

- ✓ Haematococcus pluvialis
- ✓ Lutein esters
- ✓ Blueberry juice
- ✓ Zeaxanthin



TIENS DATE CONCENTRATED JUICE

This special TIENS preparation with Golden Silk Jujube (Chinese dates) Extract contains numerous vitamins and nutrients. They are a rich source of vitamin C, which is a very effective antioxidant and plays an important role in supporting the proper functioning of the body's immune system. Chinese dates are also an excellent source of iron and B vitamins. The high content of B vitamins helps to increase the body's metabolism, the proper functioning of the immune system, and its natural reaction to harsh conditions. In Chinese Materia Medica, Chinese Jujube, sweet in taste and „warm“ in properties, acts on the spleen and stomach channels. It strengthens the spleen and stomach to benefit Qi, nourishes the blood, calms the mind, and stabilizes the properties of other substances.

✓ **Chinese dates, rich in vitamin C, support the proper functioning of the nervous system.**

ACTIVE INGREDIENTS:

✓ **Concentrated extract of Chinese dates rich in:**

- Iron, potassium, magnesium, calcium, vitamins: C, B

CONTENT: 50 ml x 8 bottles



GLUTEN
FREE



LACTOSE
FREE



NUT
FREE



VEGAN



TIENS ZEN ELEMENT

Nature's Formula for Lasting Calm TIENS Zen Element is a natural, non-addictive food supplement designed to support emotional balance, stress management, and better sleep.

Formulated with a unique blend of plant extracts, amino acids, minerals, and vitamins, it combines the wisdom of Traditional Chinese Medicine with modern nutritional science. Whether you're facing daily mental pressure, struggling to relax, or looking to improve sleep quality, Zen Element offers a gentle yet effective way to bring your body and mind back into balance—day or night.

CONTENT: 60 capsules x 727 mg

- ✓ **Helps reduce stress and promote emotional calm**
- ✓ **Supports mental clarity and daytime focus**
- ✓ **Encourages restful, high-quality sleep**
- ✓ **Aids physical recovery and relaxation**
- ✓ **Natural and non-habit forming formula**



GLUTEN
FREE



LACTOSE
FREE



NUT
FREE



VEGAN

ACTIVE INGREDIENTS:

- ✓ **L-Theanine** – Naturally found in green tea; promotes calm focus without drowsiness
- ✓ **Taurine** – Regulates mood and reduces mental fatigue
- ✓ **Valerian Root Extract** – Traditionally used to improve sleep and ease tension
- ✓ **Passionflower Extract** – Known to soothe anxiety and improve sleep quality
- ✓ **Cherry Extract** – Rich in antioxidants, supports nervous system and restful sleep
- ✓ **Magnesium** – Relieves muscle tension and supports the nervous system
- ✓ **Vitamin B6 & B12** – Reduce fatigue
- ✓ **Zinc** – Helps regulate stress response and maintain cognitive clarity



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

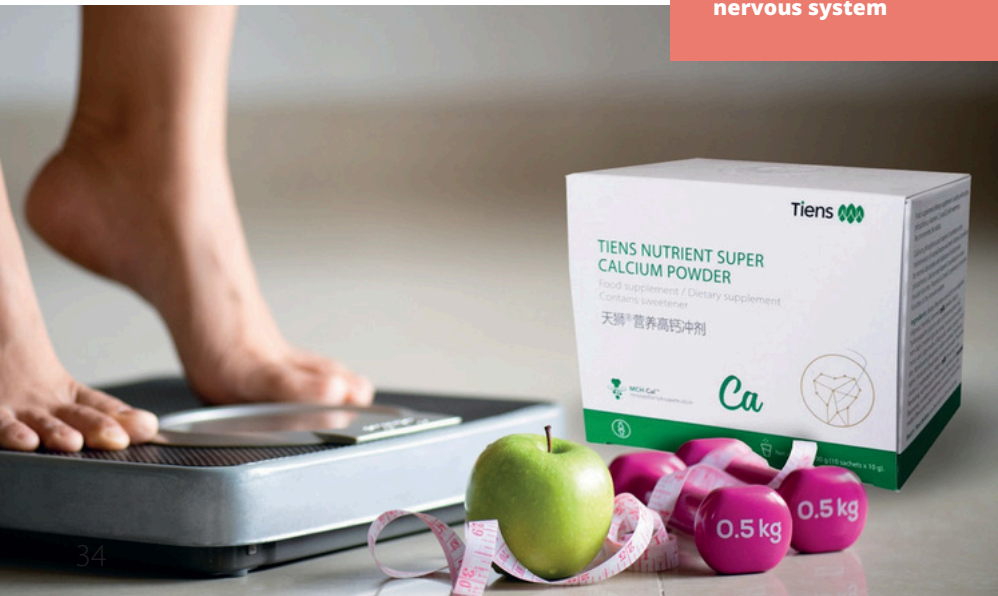
CONTENT: 10 sachets x 10 g (100 g)



GLUTEN
FREE



- ✓ 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**



GLUTEN
FREE



LACTOSE
FREE



NUT
FREE



HALAL

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 nurishment. 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 PLUS

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 dextrose**
- ✓ **Pumpkin seed powder**
- ✓ **Zinc**



GLUTEN
FREE



LACTOSE
FREE



NUT
FREE



VEGAN

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

CONTENT: 60 capsules x 311,25 mg (18,68g)



Skin & body care





- Reinforce the skin's barrier
- Retain moisture
- Defend against aging

CELLES TIANE skincare line includes:

- M&Y Hydra Extract Hydra Facial Essence
- M&Y Extract Hydra Eye Essence
- M&Y Extract Hydra All-In-Cream

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.

CILVARIS – REJUVENATING GEL

An exclusive combination of powerful anti-aging ingredients, specially developed for at-home skincare treatment. With its meticulously crafted unique blend of Argireline, Niacinamide, Panthenol, and Sodium Hyaluronate, CILVARIS REJUVENATING GEL has everything your skin needs to achieve a more youthful appearance. Using it will help smooth fine lines and wrinkles, while also enhancing skin tone for a fresher, more even complexion. It easily penetrates into the deep layers of the skin, attracting and safely retaining moisture so that the skin glows with health and beauty after the treatment. For optimal results, pair it with the CILVARIS BEAUTY DEVICE to achieve perfect moisturization, accelerate cell regeneration, and stimulate your skin's collagen production.



- **Deeply moisturizes and reduces lines and wrinkles**
- **Relieves redness and reduces sensitivity**
- **Strengthens and tones the skin**

CILVARIS

REJUVENATING GEL

80ml

ACTIVE INGREDIENTS:

- Argireline
- Niacinamide
- Panthenol
- Sodium
- Hyaluronate

- 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.



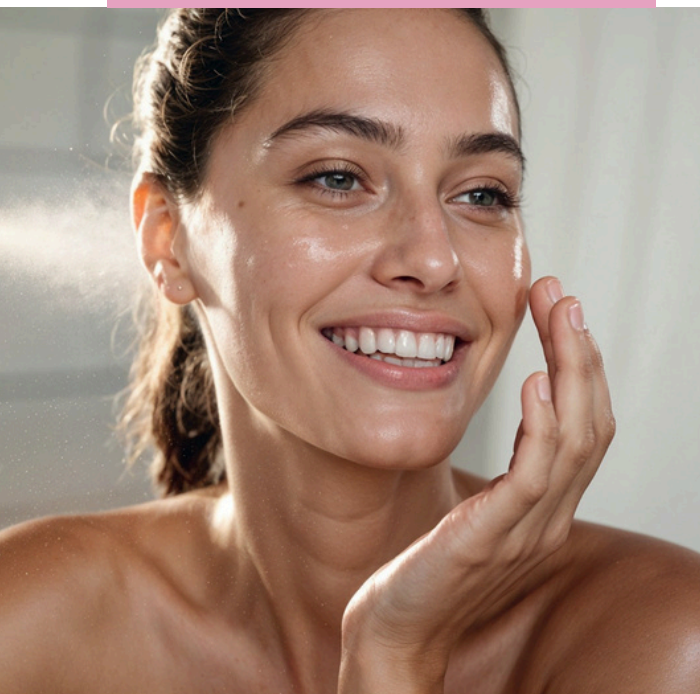
CELLESS TIANE MOISTURIZING SPRAY SERUM

CELLESS TIANE Moisturizing Spray Serum is a bi-phase oil mist specially formulated with botanical oils, herbal extracts, niacinamide, and antioxidants. This lightweight spray helps to keep the skin moisturized and comfortable throughout the day. Suitable for all skin types, it can be applied anytime — even over makeup — for a fresh, hydrated feeling.

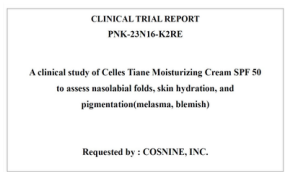
- Provides lasting hydration to the skin
- Supports the skin's natural barrier
- Helps to soothe and refresh the skin
- Lightweight and non-greasy formula
- Can be used after cleansing or over makeup

KEY ACTIVE INGREDIENTS:

- **Niacinamide** — contributes to maintaining skin's overall appearance
- **Avocado Oil** (*Persea Gratissima*) — helps to moisturize and condition the skin
- **Sunflower Seed Oil** (*Helianthus Annuus*) — contains natural antioxidants
- **Madecassoside** — derived from *Centella asiatica* extract
- **Strawberry and Mulberry Fruit Extracts** — botanical extracts with antioxidant properties
- **Tocopheryl Acetate** (Vitamin E) — a commonly used antioxidant in skincare



- Skin cancer prevention
- Sunburn protection
- Prevention of premature aging
- Protection from sun damage
- Prevention of pigment spots/dark spots
- Coral reef safe
- No white cast
- Quick absorption
- High protection



Effectiveness confirmed by clinical study

CELLES TIANE – MOISTURISING CREAM SPF 50

Moisturizing, protecting and nourishing!

In an era marked by increased awareness of skin health and environmental concerns, protecting our skin from the harmful effects of UV radiation and environmental damage has become more crucial than ever. Prolonged exposure to UV rays not only accelerates skin aging but also raises the risk of skin cancer, emphasizing the importance of effective sun protection.

ACTIVE INGREDIENTS:

- YUZU LEMON
- KOREAN RED PINE
- CENTELLA ASIATICA
- NIACINAMIDE
- SWEET WORMWOOD



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:

- Arvensis 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



TIENS TI-ENERGY BRACELETS

The healing properties of magnets have been utilized since ancient Egypt, Greece, and China. Cleopatra used them to preserve her youth, and Chinese medicine called them „stones of life.“

Nowadays, we know that all living organisms are surrounded by and remain under the influence of a magnetic field and its fluctuations, and changes in the magnetic field can significantly affect our well-being.

TIENS has used this knowledge to design Ti-Energy Bracelets, which balance not only the magnetic field but also the levels of positive and negative ions in the human body. The bracelets are very effective in relieving physical ailments, supporting blood circulation, and effectively counteracting natural environmental radiation.



1. MAGIC WHITE

Bracelet TIENS Ti-Energy

2. CRYSTAL BLACK

Bracelet TIENS Ti-Energy





A person is sitting on a grey couch, looking out a window. The view outside the window shows a city skyline with a prominent bridge and buildings under a bright sky. The person is wearing a blue and red plaid shirt. The text "Wellness and household equipment" is overlaid on a green rectangular background in the center of the image.

Wellness and household equipment

FUNCTIONS AND BENEFITS:

This multifunctional device was created to support relaxation, restore balance, and improve daily well-being through the combination of intelligent functions:

- **Bio-light Therapy (Red and Blue Light)**
 - Red light (630 nm) supports circulation and skin vitality. Blue light (465 nm)
 - helps reduce inflammation and purifies the scalp.
- **Low-Frequency Bioelectric Stimulation**
 - Uses low-voltage current (15 V and 150 V/50 Hz) to support natural balance and blood flow.
- **Negative Ion Emission**
 - Up to 20 million negative ions/cm³ improve mental clarity, air quality, and scalp freshness.
- **Vibrational Massage**
 - Gentle vibrations at 75 Hz help relax muscle tension, improve circulation, and promote relaxation.
- **Portable and Easy to Use**
 - Compact, ergonomic design with one-button operation.
 - 1500 mAh rechargeable battery provides up to 7 days of use on a single charge.

TIENS MHA - MULTI-FUNCTIONAL HEAD CARE APPARATUS (TQ - Z40)

TIENS Multifunctional Head Care Apparatus (TQ-Z40) is a modern wellness device that combines the wisdom of Traditional Chinese Medicine with the latest technological advancements. Designed to support the body's natural balance, this innovative device offers a comprehensive approach to head and body care by combining bioelectric regulation, gentle laser therapy, and vibratory massage.

Dedicated to individuals seeking natural methods of relaxation, regeneration, and restoration of well-being, the TQ-Z40 provides intuitive operation, a sleek, ergonomic design, and multifunctionality that supports daily health and vitality.



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





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.

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





TIENS



www.tiens.eu