

Newsletter 10/22

from the world of nutrients
with innovative product ideas



BALANCE YOUR BODY AND SOUL

“Detox”, short for detoxification, has been a core component of healthy body culture for many years. Even though the term detox is not legally accurate, because it could be an unapproved health-related term according to the EU Regulation on Nutrition and Health Claims, detox products enjoy high demand.

The concept of **detox** is more than simply the elimination of harmful substances from the body. In fact, a healthy diet is at the core, as is taking the opportunity to “switch off” from the world occasionally. Your nutrient balance is supported by lots of fruit and vegetable juices, teas, shakes, unprocessed foods and drinking plenty of water. Relaxation exercises, moderate physical exercise and warm baths also help to gain a sense of balance.

The practical benefits of this type of treatment include potentially losing weight, but largely avoiding detrimental substances such as harmful additives and unhealthy fats, sugar and alcohol. At the same time, this helps to protect cells from oxidative stress and other potential damage.



REDUCING DAMAGE WITH ACTIVATED CHARCOAL

Activated charcoal is known for its ability to bind harmful substances and is now found in everyday items such as air filters, extractor hoods, water filters, cosmetics and as a colouring agent in foods such as caviar.

Medical activated charcoal is particularly popular and well known in the form of travel tablets. These are frequently used to treat diarrhoea because the activated carbon can bind bacteria, their toxins and excess water.

Bloating can also be reduced by using activated charcoal as the charcoal's spongelike structure absorbs gases. Unwanted substances adsorb to the surface of the charcoal, are bound in the intestines and are excreted before they reach the blood stream.

DID YOU KNOW ...

... that tablets may often contain unnecessary excipients and flavourings such as sucrose, lactose or pressing agents?

For this reason, Biohealth offers you innovative capsule products in addition to tablets. The capsules can also be opened at home as required and used for external application or to prepare a mouth wash, for example.



A COMPLEX SOLUTION FOR CELL PROTECTION

Mother Nature offers a host of valuable plant substances, both during a balancing treatment and as a precaution against unwanted pollutants. Plant components frequently contain antioxidants that can protect our cells from free radicals.

The fibre content of your daily diet also plays an important role. Many people neglect this topic and eat too little fibre. Not only can fibre bind water, but similarly to activated charcoal, it can clean the intestines and bind unwanted materials. Our gut microbiome only flourishes and stays healthy when sufficient fibre is available.

We considered how cell protection and protection against harmful substances could be achieved in a combined solution, and developed our cell protection drink. You can reap the full benefits of this beverage, thanks to the combination of readily soluble fibre **inulin**, natural coconut shell-based **activated charcoal** and diverse **plant extracts**. Some plant highlights include radish, nettle, hawthorn, grape seed, ginger and black garlic.

Curious? Simply click on the link below and take a look at our concept in more detail.

[Cell Protection Drink](#)

Whether you need bulk or ready packaged products, we can offer you customised solutions.

[Request now](#)

If you need further information on our mentioned topics or have any suggestions, please feel free to contact us!