

¹ *Camellia sinensis* / *Opuntia ficusindica* / Matcha green tea supports weight control and has a beneficial effect on fat metabolism.

² *Curcuma longa* / *Opuntia ficusindica* has a beneficial effect on fat metabolism.

³ *Cinnamomum cassia* / *Zingiber officinale* contributes to maintaining normal blood sugar levels.

⁴ *Zingiber officinale* / *Curcuma longa* / *Panax ginseng* / Vitamin C contributes to the normal functioning of the immune system and the body's natural resistance.

⁵ *Zingiber officinale* contributes to improved energy and has a refreshing effect when tired.

⁶ *Rosmarinus officinales* supports internal cleansing and normal liver function.

⁷ *Curcuma longa* and *Piper nigrum* promote skin health and keep your appearance fresh and youthful. *Piper nigrum* is an antioxidant and protects the skin against free radicals.

⁸ Vitamin C contributes to normal collagen formation for normal skin function.

⁹ Carob bean gum / Carob reduces hunger feelings and limits cravings.

¹⁰ High-fiber product.

¹¹ *Vaccinium myrtillus* supports digestion.

¹² *Thymus vulgaris* has a calming effect on the airways and soothes the throat. Additionally, it supports mucus secretion in the upper airways. *Salvia officinalis* has a soothing effect on the throat and provides relief for dry cough.

¹³ Ginseng helps maintain good sexual relationships.

¹⁴ Beta-glucans from oats lower cholesterol. High cholesterol is a risk factor for developing cardiovascular disease. A daily intake of 3g beta-glucans or 6 SkinnyLove Crackers per day is needed to achieve a cholesterol-lowering effect.

¹⁵ Contains caffeine, which promotes alertness.

¹⁶ Turmeric contributes to maintaining flexible joints and muscles.

¹⁷ Nettle supports joints.

¹⁸ Biotin and zinc contribute to maintaining normal skin. Vitamin C contributes to normal collagen formation for normal skin function.

¹⁹ Zinc and selenium contribute to protecting cells against oxidative stress.

²⁰ Zinc plays a role in the cell division process.