

TRISANA - Feel good package:

For skin problems like Acne



Product	1. and 2. week	3. and 4. week	further on
TRISANA BAS Drink	2 x daily - drink one glass min. 30 minutes before or after meals	once a day drink one glass	once a day drink one glass
TRISANA Nigella Damascena- Oil Capsules	3 x 2 Capsules after meals	3 x 2 Capsules after meals	3 x 1 Capsules after meals

Stand: August 2005

**TRISANA - Feel good package:
Looking Good - for Skin, Hair and Nails**



Product	1. and 2. week	3. and 4. week	further on
TRISANA BAS Drink	2 x daily - drink one glass min. 30 minutes before or after meals	once a day drink one glass	once a day drink one glass
TRISANA OPC 95 Capsules	2 x 1 Capsules after meals	2 x 1 Capsules after meals	2 x 1 Capsules after meals
TRISANA Biotin Beauty Caps	1 Capsule a day	1 Capsule a day	1 Capsule a day

Stand: August 2005

TRISANA - Feel good package:

Clean the body

(Ideal bevor starting diets)



Product	1. and 2. week	3. and 4. week	further on
TRISANA BAS Drink	2 x daily - drink one glass min. 30 minutes before or after meals	once a day drink one glass	once a day drink one glass
TRISANA Colon Balance Capsules	2 x 3 Capsules before meals	2 x 3 Capsules before meals	2 x 3 Capsules before meals
TRISANA Hepar Balance Capsules	Daily 2 to 3 capsules with meals	Daily 2 to 3 capsules with meals	Daily 2 to 3 capsules with meals

Stand: August 2005

TRISANA - Feel good package:

Cellulite - Prevention and reduction support



Product	1. and 2. week	3. and 4. week	further on
TRISANA BAS Drink	2 x daily - drink one glass min. 30 minutes before or after meals	once a day drink one glass	once a day drink one glass
TRISANA Biotin Beauty Caps	1 Capsule a day	1 Capsule a day	1 Capsule a day
TRISANA Vitamin C from Acerola Cherries	3 to 5 Pills throughout the day	3 to 5 Pills throughout the day	3 to 5 Pills throughout the day

Stand: August 2005

TRISANA - Feel good package:

Prevention of Digestion Problems



Product	1. and 2. week	3. and 4. week	further on
TRISANA BAS Drink	2 x daily - drink one glass min. 30 minutes before or after meals	once a day drink one glass	once a day drink one glass
TRISANA Nigella Damascena-Oil Capsules	3 x 2 Capsules after meals	3 x 2 Capsules after meals	3 x 1 Capsules after meals
TRISANA Hepar Balance Capsules	2 to 3 Capsules a day during meals	2 to 3 Capsules a day during meals	2 to 3 Capsules a day during meals

Stand: August 2005

**TRISANA - Feel good package:
For skin problems like Dry Skin**



Product	1. and 2. week	3. and 4. week	further on
TRISANA BAS Drink	2 x daily - drink one glass min. 30 minutes before or after meals	once a day drink one glass	once a day drink one glass
TRISANA Evening Primerose Oil Capsules	1 Capsule 3 x a day during meals	1 Capsule 3 x a day during meals	1 Capsule 3 x a day during meals

Stand: August 2005

TRISANA - Feel good package:

Strengthening the Heart

(specially for men over 40 and for people with heart problems)



Product	1. and 2. week	3. and 4. week	further on
TRISANA Coenzym Q 10 plus Capsules	2 Capsules in the morning after breakfast	2 Capsules in the morning after breakfast	2 Capsules in the morning after breakfast
TRISANA L-Carnitin	3 x 1 Capsules before meals and 30 minutes bevor sporting activities	3 x 1 Capsules before meals and 30 minutes bevor sporting activities	3 x 1 Capsules before meals and 30 minutes bevor sporting activities
TRISANA Calmag Calcium-Magnesium Cps.	3 x 1 Capsules after meals one capsule per night	2 x 1 Capsules after meals one capsule per night	2 x 1 Capsules after meals one capsule per night

Stand: August 2005

TRISANA - Feel good package:

For problems with High Blood Pressure

Lowers cholesterol and triglycerid level



Product	1. and 2. week	3. and 4. week	further on
TRISANA Omega 3 Capsules	3 x 2 Capsules after meals	3 x 2 Capsules after meals	3 x 2 Capsules after meals
TRISANA OPC 95 Capsules	2 x 1 Capsules after meals	2 x 1 Capsules after meals	2 x 1 Capsules after meals

Stand: August 2005

**TRISANA - Feel good package:
Strengthening the Immune System**



Product	1. and 2. week	3. and 4. week	further on
TRISANA BAS Drink	2 x daily - drink one glass min. 30 minutes before or after meals	once a day drink one glass	once a day drink one glass
TRISANA Basic Minerals Capsules	2 x 1 Capsules with the meal	2 x 1 Capsules with the meal	2 x 1 Capsules with the meal
TRISANA Nigella Damascena- Oil Capsules	3 x 2 Capsules after meals	3 x 2 Capsules after meals	3 x 1 Capsules after meals

Stand: August 2005

TRISANA - Feel good package:

Prevention of Pre Menstrual Syndrom / PMS



Product	1. and 2. week	3. and 4. week	further on
TRISANA BAS Drink	2 x daily - drink one glass min. 30 minutes before or after meals	once a day drink one glass	once a day drink one glass
TRISANA Nigella Damascena- Oil Capsules	3 x 2 Capsules after meals	3 x 2 Capsules after meals	3 x 1 Capsules after meals
TRISANA Calmag Calcium-Magnesium Cps.	3 x 1 Capsules after meals one capsule per night	2 x 1 Capsules after meals one capsule per night	2 x 1 Capsules after meals one capsule per night

Stand: August 2005

TRISANA - Feel good package:

For prostate problems of ageing men

Urge to urinate, unstable bladder, irritated bladder



Product	1. and 2. week	3. and 4. week	further on
TRISANA Prostavital Caps	3 x 1 Capsules before meals morning and evening	2 x 1 Capsules before meals morning and evening	2 x 1 Capsules before meals morning and evening
TRISANA OPC 95 Capsules	2 x 1 Capsules before meals morning and evening	2 x 1 Capsules before meals morning and evening	2 x 1 Capsules before meals morning and evening

Stand: August 2005

TRISANA - Feel good package:

For skin problems like Psoriasis

apply 6 to 12 month



Product	1. and 2. week	3. and 4. week	further on
TRISANA BAS Drink	1 x daily - drink one glass min. 30 minutes before or after meals	once a day drink one glass	once a day drink one glass
TRISANA Omega 3 Capsules (for people with psoriasis)	3 x 2 Capsules after meals	3 x 2 Capsules after meals	3 x 2 Capsules after meals

Stand: August 2005

TRISANA - Feel good package:

For skin problems like Irritated and sensitive skin



Product	1. and 2. week	3. and 4. week	further on
TRISANA BAS Drink	2 x daily - drink one glass min. 30 minutes before or after meals	once a day drink one glass	once a day drink one glass
TRISANA Basic Minerals	3 x 2 Capsules after meals	3 x 2 Capsules after meals	3 x 1 Capsules after meals
TRISANA Nigella Damascena- Oil Capsules	3 x 2 Capsules after meals	3 x 2 Capsules after meals	3 x 1 Capsules after meals

Stand: August 2005

TRISANA - Feel good package:

Prevention for Smokers



Product	1. and 2. week	3. and 4. week	further on
TRISANA BAS Drink	2 x daily - drink one glass min. 30 minutes before or after meals	once a day drink one glass	once a day drink one glass
TRISANA OPC 95 Capsules	2 x 1 Capsules after meals	2 x 1 Capsules after meals	2 x 1 Capsules after meals

Stand: August 2005

TRISANA - Feel good package:

Stress reduction



Product	1. and 2. week	3. and 4. week	further on
TRISANA BAS Drink	2 x daily - drink one glass min. 30 minutes before or after meals	once a day drink one glass	once a day drink one glass
TRISANA Coenzym Q 10 plus Capsules	2 Capsules in the morning after breakfast	2 Capsules in the morning after breakfast	2 Capsules in the morning after breakfast
TRISANA Calmag Calcium-Magnesium Cps.	3 x 1 Capsules after meals one capsule per night	2 x 1 Capsules after meals one capsule per night	2 x 1 Capsules after meals one capsule per night

Stand: August 2005

TRISANA - Feel good package:

Strengthening of Vitality, Creativity and General Health Condition



Product	1. and 2. week	3. and 4. week	further on
TRISANA BAS Drink	2 x daily - drink one glass min. 30 minutes before or after meals	once a day drink one glass	once a day drink one glass
TRISANA OPC 95 Capsules	2 x 1 Capsules after meals	2 x 1 Capsules after meals	2 x 1 Capsules after meals
TRISANA Basic Minerals Capsules	2 x 1 Capsules with the meal	2 x 1 Capsules with the meal	2 x 1 Capsules with the meal
TRISANA Calmag Calcium-Magnesium Cps.	3 x 1 Capsules after meals one capsule per night	2 x 1 Capsules after meals one capsule per night	2 x 1 Capsules after meals one capsule per night

Stand: August 2005

TRISANA - Feel good package:

Weight Reduction



Product	1. and 2. week	3. and 4. week	further on
TRISANA BAS Drink	2 x daily - drink one glass min. 30 minutes before or after meals	once a day drink one glass	once a day drink one glass
TRISANA Slim Caps	2 x 1 Capsules 30 min. before every meal	2 x 1 Capsules 30 min. before every meal	2 x 1 Capsules 30 min. before every meal
TRISANA Taurin Capsules	2 x 1 Capsules a day after meals and 1 hour before sporting activities	2 x 1 Capsules a day after meals and 1 hour before sporting activities	2 x 1 Capsules a day after meals and 1 hour before sporting activities
TRISANA Calmag Calcium-Magnesium Cps.	3 x 1 Capsules after meals one capsule per night	2 x 1 Capsules after meals one capsule per night	2 x 1 Capsules after meals one capsule per night
TRISANA OPC 95 Capsules	2 x 1 Capsules after meals	2 x 1 Capsules after meals	2 x 1 Capsules after meals

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