

CHI

The 4 Herbal Extract
Bitter Aperitifs



Our CHI aperitifs are special herbal bitters based on old monastery recipes. They are manufactured from a valuable herbal mixture consisting of various tea plants, which have been handed down for their organ-strengthening effects since the Middle Ages.

Bitter substances and secondary plant compounds have been used by people for centuries. In the traditional monastic medicine in the bitter herb garden mostly a herb was grown against various ailments and to stimulate organ functions. But in our today's food the bitter ingredients have become rare and predominantly eliminated.

Bitter substances are not only natural appetite regulators, but also very beneficial for the whole organism and its interactions. Bitters tonify the gastrointestinal tract: Saliva, gastric juices, liver, bile, pancreas and gut activity are stimulated. This optimises the protein and fat digestion, regulates malfermentation, promotes a good intestinal microflora and consequently supports a good nutrient resorption, which encourages the entire body's metabolic regulation.

Use of CHI-Aperitifs

An aperitif is to excite the appetite and to attune to the upcoming meal, which naturally stimulates all digestive powers.

The herbs used for our CHI aperitifs also have significance for the encouragement and strengthening of important organs or entire functional circuits.

National and international nutritional experts recommend a regular supply of bitter substances for people over the age of 50 in order to boost their natural production of the gastric and digestive juices as well as the organ fuctions, which all is diminishing with advancing age.



HepaCHI

To stimulate liver power



Herbal Extract Bitters Aperitif

The plant constituents used for HepaCHI – from dandelion, milk thistle, artichoke, sage and peppermint – are important for strengthening the liver, which, together with the bile, plays a central role in digestion as well as in almost all metabolic cycles. The liver is particularly involved in all of the body's conversion, degradation and detoxification mechanisms.

The alcoholic-aqueous extract concentrates both alcohol- and fat-soluble as well as water-soluble plant substances and is obtained from the following herbal components:

- Dandelion root (*Taraxaci radix*)
- Milk thistle seeds (*Cardui mariae semen*)
- Artichoke herb (*Cynarae herba*)
- Sage leaves (*Salviae officinalis folia*)
- Peppermint leaves (*Menthae piperitae folia*)

and also contains antioxidant vitamin C.

ImmuCHI

To stimulate the immune system



Herbal Extract Bitters Aperitif

The plant constituents used for ImmuCHI – from walnut, clove and wormwood – are important for strengthening the immune system, which is vital. It protects the body from harmful substances, pathogens and pathogenic cell changes. It includes various organs, cell types and proteins. The majority of immune cells are located in the intestinal mucosa.

The alcoholic-aqueous extract concentrates both alcohol- and fat-soluble as well as water-soluble plant substances and is obtained from the following herbal components:

- Walnut shells (*Juglandis nucum cortex*)
- Clove blossoms (*Caryophylli flores*)
- Wormwood herb (*Absinthii herba*)

and also contains antioxidant vitamin C.

LymφoCHI

To stimulate the lymphatic system



Herbal Extract Bitters Aperitif

The plant constituents used for LymφoCHI – from fir, olive and lingonberry – are important for cleansing the lymphatic system, which is a circulation organ that extends from the feet to the hair. This has a central detoxification function by transporting unwanted substances and helping to excrete them from the body. The lymph is also part of the immune system: antibodies are formed in the lymph nodes to eliminate pathogens.

The alcoholic-aqueous extract concentrates both alcohol- and fat-soluble as well as water-soluble plant substances and is obtained from the following herbal components:

- Fir tips (*Abies folia*)
- Olive leaves (*Oleae folia*)
- Lingonberry leaves (*Vaccinium vitis-idaea folia*)

and also contains antioxidant vitamin C.

RenaCHI

To stimulate kidney power



Herbal Extract Bitters Aperitif

The plant constituents used for RenaCHI – from goldenrod, bearberry, java tea and horsetail – are important for strengthening the kidneys, which is particularly crucial for the excretion of harmful end products from the body's own detoxification metabolism. In addition, the kidneys are involved in the regulation of fluid balance, which is directly related to blood pressure.

The alcoholic-aqueous extract concentrates both alcohol- and fat-soluble as well as water-soluble plant substances and is obtained from the following herbal components:

- Golden rod herb (*Solidaginis gigantea herba*)
- Bearberry leaves (*Uvae ursi folia*)
- Java tea leaves (*Orthosiphonis stam. folia*)
- Horsetail herb (*Equiseti arvensis herba*)

and also contains antioxidant vitamin C.



Content

500 ml · 17 vol.% alcohol

Suggested use

15 ml (that are 3 teaspoons or $\frac{3}{4}$ of a shot glass 2 cl) before the meal.
Melt slowly in the mouth or thin with water.

The 4 CHI herbal extract bitter aperitifs can be obtained from:



Legal note: This product is for nutrition and therefore does not affect any Drug Act of any country. A good nutritional status can help the organism prevent or to overcome diseases. All statements describe characteristics and physiological effects, which can be different for consumers, and do not constitute a healing or health promise.

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