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Gemeinnütziger Verein (npo), VR 5124 NP
AG Neuruppin, Gegründet 2016, StID/TIN: 53/143/03891

Deutsche Apotheker- und Ärztebank
IBAN: DE36 3006 0601 0003 9280 10
BIC: DAAEDEDDXXX

Dear Friends,

our association is involved, among other things, in the study of natural products that can promote and maintain our health and may also provide support in the treatment of illnesses.

We have tested special algae-based products developed by neurobiologist Dr. Heidi Wichmann, www.dr-wichmann.shop, and would like to share our research findings with you below.

Wishing you all the best and a long, healthy life!

Dr. Patrick Assheuer (Chairman)

The appropriate dosage varies as much as people themselves. Since detoxification reactions, such as headaches, dizziness and similar symptoms, may occur in rare cases, please start with a low dose of the capsules or powder and gradually increase the amount.

Algenglück Kurkuma:

Algenglück Kurkuma combines the health-promoting and detoxifying properties of the nutrient - rich algae *Ulva lactuca* with turmeric, black pepper, frankincense, coconut oil, turmeric, frankincense and pepper extracts, algae extract, and vitamins D3 and K2.

Numerous ingredients are important for the development and function of the brain. Thanks to its detoxifying properties and the simultaneous supply of essential nutrients, the product helps the body eliminate toxins and replenish its nutrient reserves. It also has anti-inflammatory, antioxidant, mildly pain-relieving and detoxifying effects.

The use of frankincense extract led to a reduction and alleviation of symptoms associated with asthma, arthritis, ulcerative colitis, allergies in general and respiratory diseases.

Algenglück Kurkuma is an excellent antioxidant and anti-inflammatory agent and is used for depression and depressive moods. It may also be used for diabetes, neurodegenerative diseases (including dementia), pain, gallstones and many other conditions.

Inflammatory reactions in the body are the underlying cause of many of the symptoms described today. It is also a crucial part of the pineal gland cure combination (see below).

Recommended dosage: 1–6 capsules per day.

Note: Taking the capsules with a warm beverage (water or tea) is recommended.

Algenglück AFA

Algenglück AFA combines the health-promoting and detoxifying properties of the nutrient-rich algae *Aphanizomenon flos-aquae* (AFA), *Ulva lactuca*, and the mineral- and trace element-rich *Lithothamnium calcareum*, enhanced with high-quality coconut oil, sunflower lecithin, pepper extract, algae extract, and vitamins D3 and K2.

Many of its numerous ingredients support the development and function of the brain and provide essential building blocks for optimal brain performance.

The combination of coconut oil, sunflower lecithin, vitamins D3 and K2, and an exclusive algae and pepper extract in Algenglück AFA creates a synergistic effect, allowing for the highest possible absorption of these valuable nutrients by the body, particularly the brain.

Algenglück AFA is genuine “brain food” for the morning. It has an energizing effect, supports concentration and mobility, and may also have a positive influence on mood and emotional well-being.

Recommended dosage: 1–6 capsules per day.

Algenglück Chaga

Algenglück Chaga combines the health-promoting and detoxifying properties of the nutrient-rich algae *Ulva lactuca* with the medicinal mushroom Chaga (*Inonotus obliquus*), well known in traditional Chinese medicine.

Chaga contains numerous valuable compounds, including melanin, various vitamins, and secondary metabolites. The combination with coconut oil, sunflower lecithin, pepper extract, algae extract, and vitamins D3 and K2 improves the absorption of these beneficial compounds, particularly into the brain, while also creating a synergistic effect.

Algenglück Chaga has a balancing and supportive effect and is recommended for sleep disorders and other stress-related conditions. Numerous studies have shown that many of its ingredients possess anti-inflammatory, antioxidant, and detoxifying properties. It is also a crucial part of the pineal gland cure combination (see below).

Note: An increased need for sleep may occur during the first few days. Taking the capsules with a warm beverage (water or tea) is recommended.

Recommended dosage: 1–6 capsules per day.

Algenglück Sango

Algenglück Sango consists of the algae *Ulva lactuca* and *Lithothamnium calcareum*, as well as Sango coral, enhanced with high-quality coconut oil, sunflower lecithin, pepper extract, algae extract, and vitamins D3 and K2.

It contains more than 70 minerals and trace elements, including iron, lithium, silicon, and chromium, and provides a particularly rich source of bioavailable magnesium and calcium.

Algenglück Sango is primarily used in cases of insufficient mineral intake, supplying the body with essential building blocks such as calcium, magnesium, and iron. In combination with selected extracts and vitamins, it also provides additional compounds that support optimal absorption and utilization.

An adequate supply of these minerals and trace elements can visibly improve the condition of hair, skin, and nails, as well as bones and teeth. They are also of great importance for the nervous system.

Recommended dosage: 1–6 capsules per day.

Algenglück Safran

Algenglück Safran combines the health-promoting and balancing properties of the nutrient-rich algae *Ulva lactuca* and saffron, enhanced with high-quality coconut oil, sunflower lecithin, pepper extract, algae extract, and vitamins D3 and K2.

The algae *Ulva lactuca* provides essential nutrients, while saffron has proven beneficial as a supportive treatment for depressive moods, premenstrual syndrome (PMS), and inflammatory conditions.

Alongside crocin and crocetin, safranal is one of the highly active secondary plant compounds found in saffron.

Algenglück Safran may also have a positive effect on eyesight.

It is particularly beneficial for the eyes, depressive moods, and supporting libido.

Recommended dosage: 1 capsule per day.

Note: Taking the capsule with a hot beverage (water or tea) is recommended.

Algenglück Pur

Algenglück Pur consists of brown algae and combines the health-promoting properties of *Fucus vesiculosus*, *Ascophyllum nodosum*, and a mineral-rich red algae.

Unlike Algenglück Pur Plus, it contains no additional vitamins or extracts.

Algenglück Pur (Plus) contains more iodine than the other products. Iodine is well known for its importance in thyroid function and the development and function of the brain. However, every cell in our body requires iodine.

Iodine is also considered an excellent detoxifying agent, particularly for bromine, especially in combination with essential trace elements and minerals, which are found in abundance in the red algae *Lithothamnium calcareum*.

Due to its alginate content, Algenglück Pur is used to support detoxification, including after radiation and chemotherapy, and the elimination of heavy metals. Its additional anti-inflammatory properties may also help relieve pain associated with osteoarthritis.

Recommended dosage: 1–6 capsules per day.

Algenglück Pur Plus

Algenglück Pur Plus consists of the algae *Ascophyllum nodosum*, *Fucus vesiculosus*, and *Lithothamnium calcareum*, enhanced with coconut oil, pepper extract, algae extract, and vitamins D3 and K2.

Particularly iodine-rich brown algae were selected for Algenglück Pur Plus and combined with a red algae rich in minerals and trace elements, as an insufficient supply of the wide variety of minerals and trace elements is becoming an increasing problem.

Iodine is well known for its importance in normal thyroid function and the development and function of the brain. In addition, iodine is required by the cells throughout our body.

It also plays an important role in the body's natural detoxification processes, including those involving bromine, particularly in combination with essential trace elements and minerals.

Algenglück Pur Plus is used to support detoxification, including after radiation and chemotherapy, and the elimination of heavy metals. Its additional anti-inflammatory properties may also help relieve pain associated with osteoarthritis.

Recommended dosage: 1–6 capsules per day.

Algenglück Meeresmineralien

Algenglück Meeresmineralien provides a carefully selected blend of various minerals from the sea and is primarily used to support and balance the body's acid-base balance.

However, when the main goal is to replenish the body's mineral reserves, Algenglück Sango is recommended, as it contains the relevant minerals in significantly higher concentrations.

Recommended dosage: Initially, dissolve a small pinch of powder in water and gradually increase the amount to a maximum of one teaspoon. Ideally, take it in the morning, at least 30 minutes before breakfast and separately from other dietary supplements.

Algenglück OPC

Algenglück OPC consists of grape seed extract (containing 65% OPC), the algae *Ulva lactuca*, rosehip, schisandra, grape leaves, horse chestnut, sunflower lecithin, and ginseng, enhanced with coconut oil, pepper extract, algae extract, and vitamins D3 and K2.

Algenglück OPC combines, among other things, natural sources of vitamin C, as vitamin C is important for the absorption and effectiveness of compounds such as OPC.

Furthermore, the ingredients are associated with anti-inflammatory, antithrombotic, and blood-thinning properties. It supports the inner lining of blood vessels (the endothelium) and have anticoagulant effects.

Numerous ingredients can also help the body repair minor damage to blood vessels.

Due to these strengthening properties, Algenglück OPC is used for cardiovascular complaints, venous insufficiency accompanied by fluid retention, and provides valuable building blocks for the blood and blood vessels in general.

Recommended dosage: 1–6 capsules per day.

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Algenglück Brenn-Löwe

Algenglück Brenn-Löwe consists of sea lettuce, nettle, milk thistle, and dandelion, supplemented with coconut oil, pepper extract, algae extract, and vitamins D3 and K2.

This blend combines the mineral-rich diversity of algae with the nutrient-rich, traditionally detoxifying, and balancing properties of nettle, milk thistle, and dandelion.

Algenglück Brenn-Löwe is primarily used to support detoxification and the elimination of unwanted substances from the body.

The combination is also used for liver, bladder and prostate complaints, as well as osteoarthritis, arthritis, and inflammatory conditions.

Recommended dosage: 1–6 capsules per day.

Algenglück Himalaya

Algenglück Himalaya consists of marine algae, AFA algae, Triphala, Brahmi, Chaga, Ginseng, and Ginkgo biloba, enhanced with coconut oil, pepper extract, algae extract, and vitamins D3 and K2.

Algenglück Himalaya is primarily used for stress-related and cognitive problems and may support or stimulate brain regeneration.

It provides essential building blocks required for the corresponding regenerative processes.

This is particularly relevant in connection with neurodegenerative diseases such as multiple sclerosis (MS), Alzheimer's disease, and Parkinson's disease.

Recommended dosage: 1–6 capsules per day.

Note: Taking the capsules with a hot beverage (water or tea) is recommended.

Algenglück Spezial

Algenglück Spezial consists of selected marine algae and contains an algae extract developed by Dr. Heidi Wichmann, combined with sea lettuce.

The highest possible amount of algae extract is used that can be processed without anti-caking agents or any other additives.

This results in a particularly concentrated algae blend containing a wide variety of natural minerals, trace elements, and other algae-derived compounds.

Algenglück Spezial is used to provide comprehensive nutritional support, during periods of increased nutritional requirements, and as part of detoxification and elimination programs.

Among other things, it is used for protection against shedding and to support the detoxification of vaccines from the body.

Recommended dosage: 1–6 capsules per day.

Algenglück Mikrobiom

Algenglück Mikrobiom was specifically developed to support the intestines and their microbiome. In addition to sea lettuce, the blend contains other selected algae that provide natural polysaccharides, among many other crucial compounds.

These can support intestinal activity and normal peristalsis and also play a role in binding and detoxification processes.

The formulation is supplemented with Lactobacillus cultures, which support the intestinal environment and helps create favorable conditions for beneficial gut bacteria.

Recommended dosage: 1 capsule daily.

Algenglück Lungenkraut

Algenglück Lungenkraut consists of sea lettuce, lungwort, and elecampane root.

These selected plants and algae have traditionally been used primarily to support the respiratory tract and relieve coughs, complementing one another in a natural herbal blend.

Recommended dosage: 1–6 capsules daily.

Algenglück Flow

Algenglück Flow consists of sea lettuce, ashwagandha, and passionflower.

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These selected plants and algae have traditionally been used during periods of stress and inner restlessness, complementing one another in a natural herbal blend that promotes greater calm and balance.

Algenglück Flow is genuine “nerve food” for the evening. It has an relaxing effect, and may also have a positive influence on mood and emotional well-being.

Recommended dosage: 1–6 capsules as needed.

Algenglück Weihrauch

Algenglück Weihrauch consists of sea lettuce, frankincense, and cinnamon.

Frankincense is primarily used for its anti-inflammatory properties and has traditionally been used for inflammatory conditions, particularly those affecting the joints and musculoskeletal system.

Cinnamon complements the blend with its antioxidant and anti-inflammatory properties.

Recommended dosage: 1–6 capsules as needed.

Algenglück Wurzelwerk

Algenglück Wurzelwerk consists of selected marine algae, devil's claw, and willow bark.

Devil's claw and willow bark have traditionally been used primarily for their anti-inflammatory and pain-relieving properties in conditions affecting the musculoskeletal system, particularly the joints and muscles.

Recommended dosage: 1–6 capsules as needed. Additional use of Algenglück Weihrauch/ Kurkuma is recommended.

Algenglück Basic

Algenglück Basic consists on a variety of selected algae, as well as high-quality zeolite and bentonite. It is particularly suitable as a daily basic supplement for the whole family.

The algae naturally provide a wide variety of minerals, trace elements, and other bioactive compounds, which support bones, skin, hair, and nails. At the same time, this algae combination is frequently used in detoxification and elimination programs due to its high binding properties.

Algenglück Basic is therefore suitable both for general mineral supplementation and as a foundation for various naturopathic applications.

Recommended dosage: A small pinch to 1 teaspoon as needed.

Recommendations for Use

Dosage should always be adjusted individually and may vary depending on personal needs and health conditions.

Shedding and Vaccines

As a basic combination, 1–6 capsules of Algenglück OPC, 1 capsule of Algenglück Mikrobiom, and 1–2 capsules of Algenglück Spezial are recommended.

Depending on individual complaints and symptoms, additional Algenglück combinations may be added as needed, for example Algenglück AFA and/or Algenglück Himalaya for neurological deficits.

Pineal Gland Cleansing

Morning:

Take a small pinch to 1 teaspoon of Algenglück Meeresmineralien at least 30 minutes before eating or taking other Algenglück products.

Afterwards, take 1 capsule of Algenglück Pur (Plus) and 2 capsules of Algenglück Kurkuma together with a hot beverage.

Evening:

Take 1 capsule of Algenglück Pur (Plus) and 2 capsules of Algenglück Chaga together with a hot beverage.

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Note on Dosage Recommendations

The recommended daily dosage always refers to taking a single product.

When several Algenglück products are combined, a smaller amount is generally sufficient, as the various natural ingredients work well together and complement one another.

All products support the body's natural detoxification processes.