

## Additional information & background

Since grapefruit seed extract was introduced to the German market in the mid nineties, a great deal of background information has been produced all about the topic of grapefruit seed extract. For example, this versatile plant extract has been reported on in numerous articles in magazines, trade and professional journals and television reports.

The well-known German TV health expert Professor Hademar Bankhofer has also presented grapefruit seed extract in detail in an episode of the series "Spektrum Gesundheit". Various books have been written on the subject and translated into several languages.



**CitroBiotic®** is a high-quality grapefruit seed extract

- In a formulation that has proven itself for years
- Naturally without alcohol
- Of certified organic quality
- Without pesticide residues
- Free of benzethonium chloride, benzalkonium chloride, triclosan
- **CitroBiotic®** is produced in Germany according to stringent hygienic standards
- Subject to continuous quality control

**CitroBiotic®-Liquid Extract**

15 drops in water or juice 3 times a day.

20 ml | 50 ml | 100 ml | 250 ml

**CitroBiotic®-Tablets**

3 tablets a day with plenty of liquid.

100 tabl.



Thus these positive results are by no means transferable to extracts containing alcohol. Moreover, one should view these alcoholic preparations with a very critical eye, since their use would be ill-advised for young people, pregnant women or persons with alcohol problems.



**CitroBiotic®** is generally available from our national distribution partner or your local dealer.

Dealer stamp



**On the Internet or by E-mail**

At <http://www.sanitas.de/kontakt.php> you will find the contact details of our national distribution partner for your country.

If we have not yet a distribution partner for your country you can also order directly from us.

At [www.sanitas.de](http://www.sanitas.de), you will find all **sanitas**-products in our online shop – simply order directly on the Internet or send an E-mail to: [info@sanitas.de](mailto:info@sanitas.de)

# CitroBiotic®



## The proven grapefruit seed extract of certified organic quality



**Naturally without alcohol**

DE-ÖKO-039  
EU-/Non-EU-Agriculture



Grapefruit & health

The healthy properties of the grapefruit are widely known, probably because the first thought that comes to people's minds is of the slightly bitter-tasting flesh, which can be processed into a refreshing and healthy juice. The extract made from the seeds and peels of this exotic fruit, on the other hand, is more of an “insider” tip.



The history of grapefruit seed extract

The history of grapefruit seed extract is still less than 30 years old. In 1980, the American scientist Dr. Harich supposedly discovered the varied properties of grapefruit seeds and peels by chance in the most banal of places – his garden: He noticed that they rotted only very slowly on his compost pile. “How come?” This question kept occupying the physician, and in numerous series of experiments, he ultimately succeeded in producing an extract. This marked the advent of so-called “grapefruit seed extract”. After grapefruit seed extract became established in its birthplace, the USA, it still took a few years for word of it to also reach Germany. Today, high-quality grapefruit seed extract is not imported from the USA, but is produced instead by us right here in Germany in compliance with stringent pharmaceutical and hygienic standards.

A real “powerhouse”:  
Natural grapefruit bioflavonoids

The healthy properties of the grapefruit are widely known because of their Vitamin C content. On the other hand, the secondary plant compounds likewise contained in grapefruit, which are also called bioflavonoids, are relatively unknown. These bioactive secondary plant compounds are impossible to classify in one of the classic nutrient groups (such as carbohydrates, proteins, fats, vitamins or minerals), but they have attracted increasing scientific interest recently.

In chemical terms, flavonoids are glycosides. These are relatively large vegetable molecules that occur mainly in those parts of plants that grow above ground. They are contained particularly in the seeds and peels of fruit and vegetables, in other words, in the parts which we mostly remove and thus do not get enough of in our everyday diet. Just like roughage, the positive properties of which also went unrecognized for a long time, flavonoids influence our well-being positively in many ways.

What makes these secondary plant compounds so especially healthy are their antioxidative properties, because antioxidants neutralize the aggressive oxygen molecules in the body, the so-called “free radicals”. So just as the grapefruit uses these secondary plant compounds for itself, human beings can also use them to keep healthy – with **CitroBiotic®**.

CitroBiotic® - What is it?

**CitroBiotic®** is a high-quality food supplement with an extract of grapefruit seeds and peels. It is this grapefruit seed extract that contains the valuable natural bioflavonoids. **CitroBiotic®** is produced using only organic grapefruit from certified organic cultivation.

Everything under control:  
From fruit plantation to final product

In the course of the last few years, the quality and number of certified plantations has increased, so that plenty of fruit is available for production. We manufacture **CitroBiotic®** using only organic grapefruit from correspondingly certified

growers. The fruit comes – depending on seasonal availability - mainly from Southern Europe. As soon as they are delivered in Germany and pass quality control, the grapefruits are cleaned thoroughly and prepared for further processing and extraction.



By means of various thermo-physical procedures, the valuable secondary plant compounds are gently extracted in a multistage extraction process – naturally under pharmaceutical clean-room conditions and in compliance with stringent standards of hygiene and continuous quality control. Afterwards the extract is bottled, labeled and subjected to a final inspection.

One might well ask why we go to all this time and expense, especially since women's magazines now and again recommend simply drying and chopping up your own grapefruit seeds and peels. However, the results are often dubious. Simple crushing only breaks down the coarse structures of the seeds, thus making the valuable secondary plant compounds only partly available to the body. **CitroBiotic®**, which is available at your pharmacy or health food store, offers you an alternative.

What does “certified organic cultivation” mean?

On 1 January 2009, a new regulation on organic farming took effect. It replaces the previous regulation (EEC) No. 2092/91 with its many successor regulations. The control system is an essential component of the EU Regulation on Organic Farming. In Germany, both governmental supervisory authorities and private boards of control participate in the control system. All producing, processing, trading enterprises and enter-



prises that produce fodder are inspected at least once a year. Moreover, additional surprise inspections are carried out.

**sanitas** is certified by the “Gesellschaft für Ressourcenschutz” in Göttingen. Our inspection number is: DE-039 ecological board of control.

Quality and safety

**CitroBiotic®** grapefruit seed extract is manufactured in Germany in compliance with stringent pharmaceutical and hygienic standards. Continual analysis and periodic quality control ensure consistently high quality.

Of course **CitroBiotic®** grapefruit seed extract fulfills the high demands of the EU Regulation on Organic Farming.

We guarantee that **CitroBiotic®** contains neither preservatives nor chemical additives (such as benzethonium chloride, benzalkonium chloride, triclosan) or pesticide residues. We will be happy to send you corresponding analyses by an independent German laboratory upon request.