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BAIKAL
LEGEND

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THE DISEASES OF CIVILIZATION

Diseases of civilization are the human diseases resulting due to industrialization, urbanization and as consequences of science and technological revolution. The diseases of civilization are characterized by oncological, mental, endocrinal, metabolic, diseases

stresses, narcotic and psychoactive drugs abuse, intensification of labour, and sedentary lifestyle. Many of diseases of civilization are due to excessive or unhealthy diet. Deeply frozen meat and fish, fruits and vegetables stored until next harvest. Can it be

SMOG



of digestive and respiratory systems. Causes for diseases of civilization are ongoing and ever increasing environmental pollution, reduction of areole of natural biogeocenosis, agglomeration in cities, psycho-social

changed? If it cannot be stopped than it is necessary to somehow change the very adverse effect of all these factors on human body.



STRESS



THE LEGEND OF BAIKAL

Baikal is one of the greatest lakes of the planet, i.e. the deepest (1637m), the oldest (about 25 mln. years) with most diverse flora and fauna among fresh water bodies. In area of the Lake of Baikal boundaries of various flora and fauna systems merge; the unrivaled ecosystem is present here.

The Baikal water body affects the climate of coastal area. The area of Baikal is distinguished by large total duration of sunshine. In some settlements it reaches up to 2524 hours that is more than on Black Sea resorts.

Main properties of Baikal water feeding the flora of Baikal can be characterized as follows: it contains very few diluted and suspended mineral, and lots of

oxygen. In 1996 Baikal was included in a list UNESCO World Heritage Sites.

Although Baikal itself and adjacent territories are steeped in legends of peoples living there the true legend of Baikal can be deemed unique and purest preparations manufactured under Trade Mark of the Legend of Baikal, i.e. BioChaga and BioDihydroquercetin.



BIOCHAGA

DIABETICS

The disease of age resulted in death of many people born and grown up in times of uncontrolled consumption of refined products and obesity. High body-weight index, environmental pollution and stresses are the circumstances multiplying the risk of diabetics.



BIOCHAGA components

CHAGA

Chaga (*Inonotus Obliquus*) is found in birch forests of Russia, Eastern Europe, Korea, at the North of the USA in the mountains of North Carolina. Chaga mushroom is used in medicine as antitumor agent at gastritis, general restorative, and immune-stimulating drug. This a really unique mushroom with such acting

agents as pigments of chromogenic polyphenol carbon complex containing several types of acids, polysaccharides, pterins and cellular tissue. Chaga is included in official state documents all over the world: in FDA (USA) – as a food supplement, in WTO (Europe) and Russia as medical fungi to be used in medicine.



ONCOLOGY

Almost every day we hear about larger risk of cancer affecting now not only elder people but very young people too. This is due to unfavorable

lifestyle (e.g., hypoxia caused by air pollution), unhealthy diet, stresses and daily overwork.

- **Presentation:** powder with weight of 13 grams.
- **Application:** the product is recommended for use as biologically active food supplement – the source of polyphenol compounds.
- **Recommendations for use:** adults – dissolve 2 heaping teaspoons (0.9 – 1 g) in 100-200 ml of warm (not higher than 50 oC) boiled water; take 2-3 times a day 30 minutes before food, or 1.5 after food. Duration of treatment is – 1-2 months. Treatment can be repeated if necessary.
- **Contraindications:** idiocracy to BAA components, pregnancy, nursing. Seek medical advice before use.

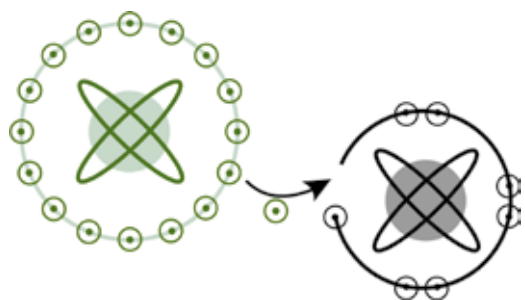
BIODIHYDROQUERCETIN (TOXIFALIN)



Siberian Larch is unique plant. Its wood core is used to produce cellulose, and ethylene. The Siberian Larch bark contains not less than 10% of tannins. Resin is used to produce turpentine. Needles contain up to 325 mg of Vitamin C. There is a large content of taxifolin referred to antioxidants of natural origin or bioflavanoids in

a root part of the Siberian Larch. Taxifolin is used in pharmaceutical business for manufacture of BAAs and medicinal drugs; in food industry as antioxidant.

ANTIOXIDANTS



Harmful factors affecting the body every day result in accumulation of free radicals, i.e. molecules with one uncoupled electron. Excess of free radicals destroys healthy organs and tissues. Antioxidants are to give aid here. Their purpose is to fight free radicals by giving own electrons thus restoring the damaged molecule.

HEALING PROPERTIES AND RECOMMENDATIONS FOR USE

- Increases immune protection of body;
- Provides antitumor protection;
- Normalizes level of cholesterol in blood;
- Cleanses body of toxins and free radicals;
- Restores capillary permeability: improves metabolism, eliminate edema and normalizes blood viscosity;
- Restores brittle vascular walls;
- Stimulates processes of restoration of damaged tissues after injuries and severe diseases;
- Improves stability of body against stresses, infection diseases and unfavorable environmental factors;
- Inhibit the process of body senescence at cell level;
- Improves condition of skin (revitalizes the skin, combats the wrinkles and acne)



BIODIHYDROQUERCETIN

- **Composition:** dihydroquercetin
- **Presentation:** powder in package of 5 and 13 g
- **Application:** the product is recommended for use as biologically active food supplement – the source of dihydroquercetin .
- **Recommendations for use:** adults – dissolve 70 mg of powder (content of measuring spoon or 1/3 of teaspoon) once a day 30 minutes before food, or 1.5 after food; drug can be taken with drinking some water; or dilute the given amount of powder in a table spoon of boiled water at room temperature and drink it. Duration of treatment is – 1-2 months.
- **Contraindications:** idiocracy to BAA components, pregnancy, nursing. Seek medical advice before use.