

The logo features a central dark blue hexagon with the word "Grindex" in white. This hexagon is surrounded by a complex geometric pattern of triangles in various shades of blue, grey, and light blue, creating a dynamic, crystalline effect.

Grindex

OTC medicines and
health and lifestyle products –
food supplements and
cosmetics

Over 70 years of pharmaceutical experience

Choose reliability. Enjoy cooperation.

NATURAL

Herbastress®

FOOD SUPPLEMENT

30 tablets

Reducing physical and
mental stress



- Smart formula – tonic and sedative extracts of plants and vitamins
- Synergistically reacting components increase potency of individual effects
- Balanced composition provides calmness without causing drowsiness

Recommended dosage: 1 tablet per day


Content per recommended daily dosage

Active ingredients	Per 1 capsule
Passion Flower extract	50 mg
Chamomile flowers extract	30 mg
Hop raceme extract	50 mg
Oat seeds extract	50 mg
Siberian ginseng roots extract	30 mg
Pyridoxine hydrochloride (vitamin B6)	2 mg
Cyanocobalamin (vitamin B12)	3 µg

NATURAL

Herbastress[®] night

FOOD SUPPLEMENT

 20 capsules

Natural ingredients
for a healthy sleep



- Smart formula – sedative extracts of plants, vitamins and precursors of sleep hormones
- Synergistically reacting components increase potency of individual effects
- Balanced composition provide healthy sleep through the night

Recommended dosage: 1 capsule 30 minutes before bedtime

Two formulations: with 5 – hydroxytryptophan only
or with melatonin and 5 – hydroxytryptophan

Content per recommended daily dosage

Active ingredients	Formulation 1	Per 1 capsule
Valerian root extract		65 mg
Hop raceme extract		100 mg
5-HTP (5 - hydroxytryptophan)		150 mg
Pyridoxine hydrochloride (vitamin B6)		1,4 mg

Active ingredients	Formulation 2	Per 1 capsule
Valerian root extract		50 mg
Hop raceme extract		125 mg
5-HTP (5 - hydroxytryptophan)		101 mg
Pyridoxine hydrochloride (vitamin B6)		1,4 mg
Melatonin		1 mg

NATURAL

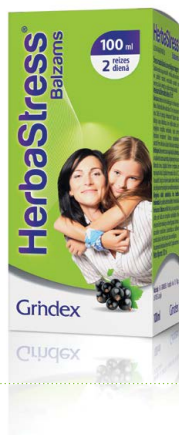
HerbStress® balsam

FOOD SUPPLEMENT



Oral solution 100 ml

For healthy sleep
and stress relief



- Suitable formula for children over 12 years
- Smart formula – sedative extracts of plants, Magnesium and vitamin B6 and amino acid
- Balanced composition provides healthy sleep and stress relief
- Synergistically reacting components increase potency of individual effects

Recommended dosage: 5 ml 2 times per day

Content per recommended daily dosage

Active ingredients	Per 10 ml
Magnesium	70,85 mg
L-theanine	187,50 mg
Lemon balm leaf extract	280 mg
Oat leaf/stem extract	925 mg
Hop strobile extract	125 mg
Oregano flower, leaf extract	1550 mg
Pyridoxine hydrochloride (vitamin B6)	1,25 mg
Linden flower extract	415 mg

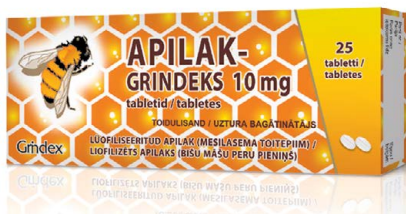
NATURAL

APILAK®

Grindeks

FOOD SUPPLEMENT

25 tablets



- Contains 10 mg of lyophilized apilak (royal jelly milk)
- Royal jelly milk is a unique bee-keeping product, prepared by worker bees for feeding the Queen bee.

Recommended dosage: 3 tablets for adults per day, 1 tablet for children per day. The tablet should be dissolved slowly in the mouth under the tongue.

Active ingredients

lyophilized apilak (royal jelly milk)

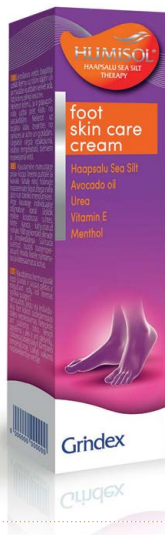
Humisol® FOOT SKIN CARE CREAM

DERMO-COSMETIC



Cream 50 g

Cosmetic line with extract from the Haapsalu Bay* sea silt rich in humic acids, minerals and trace elements



- Protects skin of the feet from cracking
- Softens skin tension
- Facilitates the peeling of broken skin cells

Usage: Apply a cream on clean feet and rub the skin using massage movements until the cream is completely absorbed

Main ingredients

Haapsalu Sea Silt

Avocado Oil

Urea

Vitamin E

Menthol

Humisol® TONING LEG CREAM

DERMO-COSMETIC

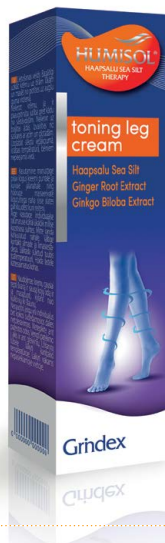


Cream 50 g

Cosmetic line with extract from the Haapsalu Bay* sea silt rich in humic acids, minerals and trace elements

- Reduces signs of discomfort in the legs
- Reduces the feeling of heaviness and tones
- Nourishes and softens the skin

Usage: Apply the cream generously to clean legs and massage from the ankle to the top of the hip direction



Main ingredients

Haapsalu Sea Silt

Ginger Root Extract

Ginkgo Biloba Extract

Humisol®

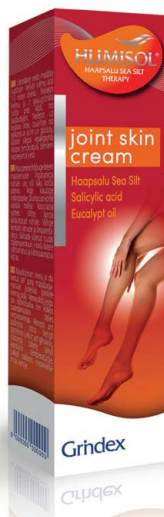
JOINT SKIN CREAM

DERMO-COSMETIC



Cream 50 g

Cosmetic line with extract from the Haapsalu Bay* sea silt rich in humic acids, minerals and trace elements



- Relieves the feeling of discomfort in places of application
- Improves microcirculation and metabolism in the skin
- The complex of terpentine, camphor, salicylic acid and eucalyptus essential oils has a warming and antimicrobial effect

Usage: With massage movements rub cream into the skin 1-2 times a day

Main ingredients

Haapsalu Sea Silt

Salicylic Acid

Eucalypt Oil

Mikanisal®

OTC MEDICINE



Shampoo
60 g (75 ml), 100 g (125 ml)

Antifungal shampoo
for topical use



- Shampoo for the treatment of fungal infections of the scalp (dandruff, seborrhoeic dermatitis of the scalp)
- Odorless

Usage:

Treatment: twice weekly for 2 to 4 weeks.

Prophylaxis: once every 1 to 2 weeks.

Active ingredient

1 g of the shampoo contains 20 mg ketoconazole

Grindex

Feel free to contact us on the e-mail address below for further information or product inquiries.

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