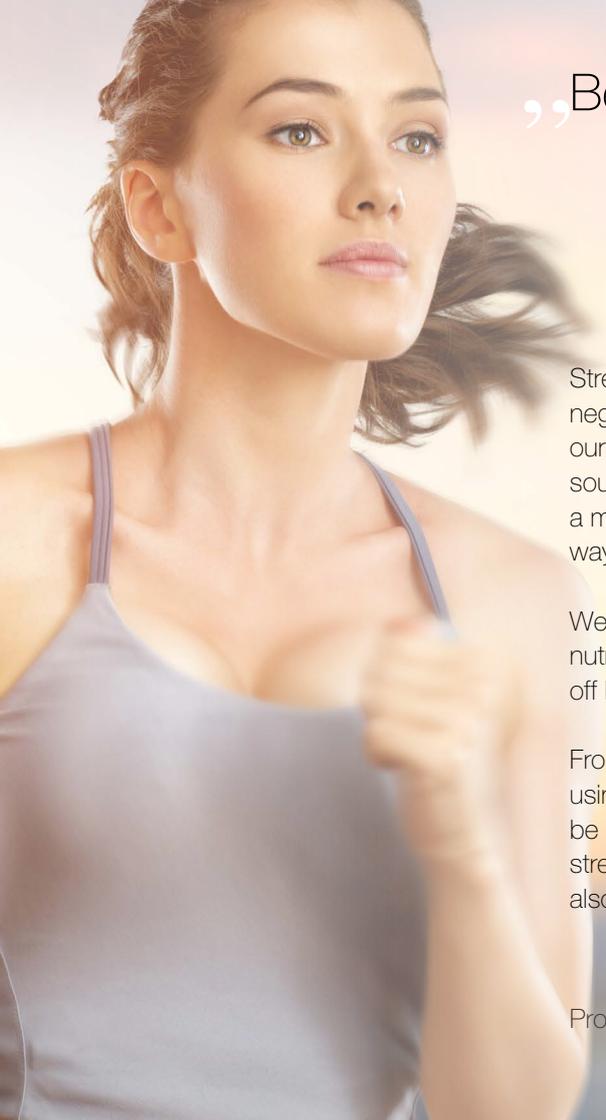


A muscular man in profile, shirtless, holding a resistance band. The lighting is dramatic, highlighting his physique against a dark background.

Health,  
fitness  
and well-being –  
essential necessities not only for athletes

revolution **D**



„Be kind to your body  
so that your soul  
desires to live within it.“

THERESIA VON AVILA

Stress and unbalanced diet without compensatory physical exercise have enduring negative effects on the performance capability of our bodies. As a consequence, our well-being and, hence, our quality of life is critically affected. A sound mind in a sound body – this is what you can see. More than ever, our appearance transmits a message! A vital and healthy appearance implies success. Above all, we feel that way!

We all know that we are more than the sum of our limbs and organs. Exercise, nutrition and relaxation should be in harmony with each other. When they are thrown off balance the façade will begin to “crumble” and lead to first signs of vulnerability.

From the athletic as well as the medical point of view, I can only recommend using a Collarium® revolutionD. The collagen-light therapy – which can optionally be combined with UV tanning adapted to each individual skin type - not only strengthens the collagen network, which also comprises sinews and ligaments, but also improves the appearance of the skin giving it a fresh complexion.

Prof. Dr. med. Peter Billigmann, Specialist of General and Sports Medicine, Koblenz

Health  
is the basis of your success



Healthy  
attractiveness  
is twice as beautiful



Feel at ease with your skin! revolutionD offers you the freedom of choice. Select pure collagen-light therapy for youthful freshness or, alternatively, additional UV tanning for an attractive complexion.

Why a collagen-light therapy?

Advancing age leads to an induration of the skin's collagen deposits. Thanks to the light spectrum of the collagen-plus lamps, they can be regenerated to give you a vital and fresh complexion, to smooth little lines and to reduce wrinkles. Contours, above all in your face, neck and décolleté are smoothed visibly.

Vitalizing  
smoothing  
regenerating

# Collagen –

Thanks to the therapy-light spectrum, the body's collagen household is stimulated in a positive way. The oxygen absorption of the skin is improved and the detoxification process is stimulated. In addition, the skin's capability of storing moisture increases. The skin's regeneration process is influenced in a positive way as well. The generation of healthy skin, e.g. during wound healing, is enhanced. Last but not least, the entire collagen network, which also comprises sinews, ligaments and joint capsules, is strengthened. That is why the use of revolutionD combined with physical exercise makes sense.

essential component  
and network of our body

## Positive characteristics of the collagen-light therapy

- stimulates collagen & elastin production
- reduces lines and wrinkles
- boosts neoformation of healthy skin
- has anti-inflammatory effects
- supports the body's own metabolic processes and stimulates circulation
- shows positive results with skin diseases, such as neurodermatitis, acne, psoriasis and pigment disorders, as well as with sore joints,
- improves general condition and boosts performance capability



# Vitamin D for a healthier life



Strong muscles need sufficient vitamin D

According to a research study by the Robert-Koch Institut, the vitamin D level of up to 90 % of German citizens is too low – this also applies to a lot of athletes. Vitamin D is extremely important for athletes in particular.

A satisfied vitamin D level will lead to a considerable reduction of muscular problems, sport injuries and stress fractures, which, in some cases, can even be avoided. Especially in the winter months, our “vitamin D tank“ tends to be quickly used up due to the fact that the UV-B share of solar radiation is not intensive enough to stimulate our body’s own vitamin D production. However, our vitamin D level is often too low in summer as well due to modern lifestyles.

**As a consequence, the slogan is:**

Tanning. Preventing. Saving health. Boosting performance.

- test your vitamin D level
- sun exposure during the summer months  
(between 11am - 3pm, up to 30 minutes depending on individual skin type, always avoiding sunburn)
- alternatively, also in summer: Solarium/Collarium® revolutionD
- tank up additional vitamin D in autumn/winter in a solarium or Collarium®

For more information on vitamin D and its formation, see [www.KBL.de](http://www.KBL.de)

# Positive effects

for athletes in particular

Vitamin D for sufficient proteins and calcium in muscles

The vitamin D hormone has a positive influence on the performance of our muscles and physical fitness as a whole. Unfortunately, a lack of vitamin D is often detected not at all or too late.

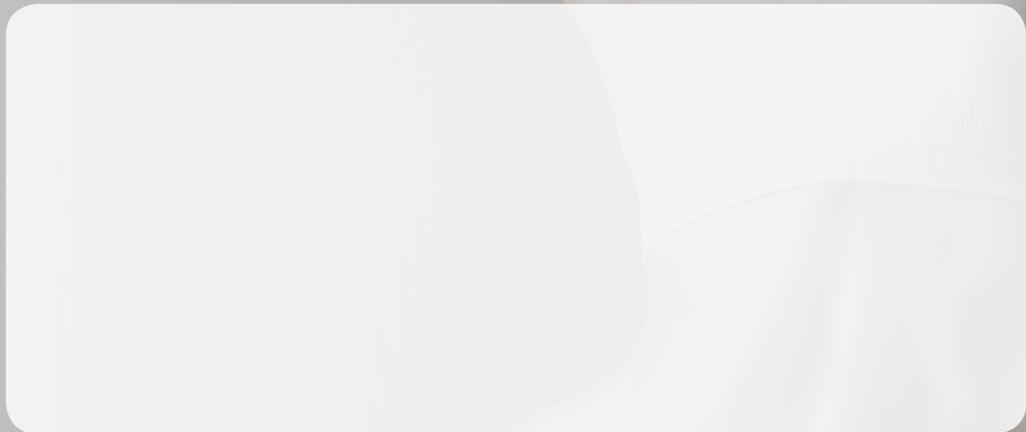
And yet, a sufficient level of vitamin D is absolutely essential when it comes to success in sports. For one thing, vitamin D is the basis for the formation of muscles. It stimulates the generation of protein and, as such, supports the formation of muscular cells and fibres. For another thing, vitamin D guarantees the calcium supply for the musculature which is extremely important for the muscular system to be able to develop power. When the vitamin D level is too low athletes, as a consequence, may lose a considerable part of their athletic edge.



## An overview of the sun vitamin D and its functions

### Guarantee of sufficient vitamin D supply

- has a positive effect on the body's immune system,
- reduces the risk of cancer (e.g. of breast and prostate cancer) and suppresses the growth of cancerous cells,
- provides a "sunny mood",
- lowers the risk of heart attacks, strokes and vascular diseases
- regulates the calcium level and strengthens the bones, and, thus, lowers the risk of fractures,
- has a positive effect on the production of insulin,
- stimulates the protein structure and boosts, when combined with calcium, muscular contractility.



**PK>FIT**  
sports and event group

revolution**D**

 **KBL** AG  
The Beauty & Health Company