List of preparations
Medicinal products by Cesra: Oriented towards naturopathy and well-grounded on science
We, the staff at Cesra, are enthusiastically committed to the production of herbal medicines, which are also called phytopharmaceuticals.

The efficacy and specific indications of the individual medicinal herbs have largely been known and proven for centuries. Most phytopharmaceuticals also have the benefit of an excellent tolerance.

In view of a more conscious use of natural resources and management of our own body, phytopharmaceuticals have enjoyed growing popularity during the past years.

Since over 80 years now we have continuously developed phytopharmaceuticals and have always worked in close contact with all the stakeholders involved in health improvement: With doctors, pharmacists, medical practitioners, and patients...

This brochure was written to serve as a first source of information for all people concerned. If you have any questions, suggestions or additional requirements that are not contained in this small leaflet, we will be happy to be available at any time, or visit us on the internet under www.cesra.de.

We wish you the best of health all the time and hope you enjoy reading this brochure.

Yours sincerely,

Cesra Arzneimittel:
Oriented towards naturopathy and well-grounded on science
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We at Cesra Pharmaceuticals attach particular importance to skin care products. They stand out due to their ease of application, particularly superb tolerance, and diverse ranges of application.

Various plant-based agents and antiseptic zinc oxide are known to be effective against specific skin diseases. Our creams and ointments are gentle, but also effective, particularly in treating mild and moderate cases.

Our knowledge of dermatology gained over 80 years has been incorporated into our ilon® series, covering all skin-care stages, from prevention to topical treatment. We are continually developing our medical skin care concept.
ilon® Abszess-Salbe

Active substance complex: Natural larch turpentine, purified turpentine oil, essential oils

Medical product to provide purulent skin processes

- For abscesses, furuncles, carbuncles, whitlow and inflammations of the sweat glands
- Contributes to the complete removal of pus and is very well tolerated by the skin
- Highly effective antibacterial drawing ointment
- Soothes the pain and accelerates the healing process
- Anti-inflammatory
- Simple and hygienic application, well tolerated and gentle on the skin
- Pleasant scent of essential oils

A little hint: Ideal for use after shaving

ilon® Abszess-Salbe Composition: 1 g ointment contains: Larch turpentine 54 mg, purified turpentine oil 72 mg. Other ingredients: Petroleum jelly, colophony, beeswax, stearic palmitic acid, oleic acid, polysorbate 20, rosemary oil, eucalyptus oil, thyme oil, thymol, chlorophyll paste. Indications: Abscesses, furuncles, carbuncles, whitlow, inflammations of the sweat glands. Contra-indications: Hypersensitivity to essential oils. Side effects: In rare cases allergic reactions which are reversible after discontinuation of the preparation.

Pack sizes: Tube containing 25 g ointment, 50 g ointment, 100 g ointment
Dosage: Depending on the size of the inflamed tissue area, apply 2-3 cm of ointment on the inflammation and cover with a dressing.
ilon® Protect-Salbe

Ingredients: Petroleum jelly, larch turpentine, olive oil, essential oils

Medical cosmetic product for skin care and protection against conditions induced by friction and pressure

• A long lasting adhesive film protects the skin
• Prevents irritations and redness
• Cares for the skin and makes it particularly resilient
• Is resistant to water and sweat and has a pleasant scent
• Provides thorough skin care with olive oil
• Its antibacterial and disinfectant properties prevent the development of skin irritations
• Preservative-free and dermatologically tested

Recommended for many indications

• In nursing care: For persons in need of care in case of prolonged bed rest or sitting
• In sports: e.g. cycling, horse-riding, rowing ...
• At work: e.g. frequent prolonged sitting, or activities while standing up for long periods

ilon® Protect-Salbe Composition: Petrolatum, Cera Alba, Isopropyl Palmitate, Olea Europaea Fruit Oil, Larix Decidua Leaf Cell Extract, Parfum, Eucalyptus Globulus Leaf Oil, Polysorbate 20, Rosmarinus Officinalis Flower Oil, Thymus Vulgaris Herb Oil, Tocopherol, Hydrogenated Palm Glycerides Citrate, Helianthus Annuus Seed Oil, CI 75810, Linalool, Limonene.

Pack size: Tube containing 50ml, 100 ml, 200 ml ointment
ilon® Wundpflege-Salbe
With zinc oxide and precious oils and lipids

Medical cosmetic product containing zinc oxide for a natural recovery of the injured skin

• Helps promote wound healing, skin inflammations and eczema
• For painful reddened skin
• For cracked and rough skin following small injuries
• For grazes or mild burns
• Free from colorants and preservatives
• Dermatologically tested skin tolerance
• For sunburn
• For infant dermatitis, drug dermatitis or light dermatitis
• For anal fissures, finger and nipple fissures, eczema


Pack size: Tube containing 50 ml ointment
Use: If required, apply several times daily on the affected parts of the skin.

Dermatological products
Ilon® Sensitive-Creme

With almond oil, jojoba oil and vitamins A and E

Cosmetic product for intensive care of dry and sensitive skin

- Provides stressed and chapped skin with essential nutrients and leaves it smooth and supple. Vitamins A and E increase the resistance of the skin and help it recover faster.
- Moisturising factors such as glycerine and allantoin improve the moisture content of the skin.
- Is rapidly absorbed, leaving a pleasant feeling on the skin and providing long lasting skin protection.
- Is suitable for the care of facial skin, body skin and even for tender baby skin.


Pack size: Tube containing 50 ml cream
Abdomilon® N Sirup
With Angelica, Gentian, Calamus, Melissa, Wormwood

The plant-based combination for irritable bowel syndrome

- Has a spasmolytic and calming effect
- Promotes bowel motility
- Promotes digestion naturally
- Has a pleasant taste of herbs

Abdomilon® N sirup Composition: 100 g contains: Fluid extracts (1:1) from: Angelica root 0.73 g extraction solvent ethanol 30% (V/V), Gentian root extraction solvent ethanol 50% (V/V), Calamus root 3.65 g extraction solvent ethanol 20% (V/V), Melissa leaves 1.22 g extraction solvent ethanol 20% (V/V), wormwood 0.61 g extraction solvent ethanol 20% (V/V). Other ingredients: Ethanol 96% (V/V), purified water, sugar syrup 66.5%, Levomenthol, clove oil, caraway oil, star anise oil, valerian oil, chamomile oil. Indications: Traditional herbal medicine used to support digestion in adults and adolescents from 12 years on. Exclusively registered on the basis of longlasting administration for this indication. Contraindications: Gastric or duodenal ulcers, bile duct obstruction, cholangitis, or liver diseases. Also hypersensitivity to any of the active substances, flavoring agent or one of the other ingredients. Pregnancy and lactation. Women of childrearing age not using contraceptives. Children under the age of 12. Warning: Contains Sucrose, 14% (V/V) alcohol. Read package leaflet

Pack sizes: 100 ml, 250 ml, 500 ml
Dosage: Adults and children above the age of 12 take 1 measuring cup 3 times daily (1 measuring cup = 15 ml).
Feminon® A
Active substance: Dry extract of Chaste Tree fruits

For menstrual complaints, mastodon (tension and swelling in the breasts) and pre-menstrual complaints

• Balances and stabilises the female menstrual cycle in a natural way
• Hormone-free alternative for menopausal complaints
• Menstrual irregularities and menstrual bleeding
• Monthly recurring complaints before the onset of the period

Feminon® A (Active ingredient: dry extract from vitex agnus castus fruit) Composition: 1 hard capsule contains: Medically effective constituents: Dry extract from vitex agnus castus fruit (7-13:1) 4 mg. Extracting agent: Ethanol 60% (m/m). Other ingredients: Glucose syrup dried lactose-monohydrate, talcum, corn starch, magnesium stearate, highly dispersed silicon dioxide, gelatine, purified water, sodium dodecylsulphate, erythrosin (E 127), indigo carmine (E 132) and titanium dioxide (E 171). Use: Irregularities of the menstrual cycle (regular cycle anomalies), pain and swelling in the breasts (mastodynia), monthly recurring complaints before the onset of the menstruation (premenstrual symptoms). Contraindications: Pituitary tumors, mammary carcinoma, pregnancy, breastfeeding, hypersensitivity against the pharmaceutical product or any of the other ingredients. Side effects: After taking pharmaceutical products containing vitex agnus castus fruit, headaches, itching or abdominal complaints such as nausea, stomach pain or lower abdominal pain may occur as well as hypersensitivity reactions such as skin rashes or urticaria. In some instances severe reactions with facial swelling, breathing difficulties and swallowing problems have been described. There are no indications about the frequency of occurrence with regard to any such possible side effects. Warning: Contains lactose. Read package leaflet.

Pack sizes: 30 caps., 60 caps., 100 caps.
Dosage: 1 capsule once daily.
Feminon® C
Active substance: Dry extract of Cimicifuga rhizome

Relief of psychological and neuro-vegetative conditions associated with the menopause

- Stabilisation of instable moods associated with menopausal conditions
- Ensures a natural process of balancing and change
- Hormone free alternative for menopausal complaints

**Composition:** 1 hard capsule contains: Dry extract of Cimicifuga rhizome (4.5-8.5:1) 6.5 mg; extraction agent: Ethanol 60% (v/v). Other ingredients: Lactose-monohydrate, cellulose powder, magnesium stearate, talc, maize starch, colloidal silica, gelatine, purified water, azorubin E 122, titanium dioxide E 171, iron oxides E 171.

**Indications:** Relief of psychological and neuro-vegetative conditions associated with the menopause.

**Contra-indications:** Treatment of an estrogen-dependent tumour, pregnancy, lactation, hypersensitivity to the active substance or to any of the other ingredients. Hints for diabetics: 1 hard capsule contains 75.5 mg carbohydrates, corresponding to 0.006 bread units.

**Side effects:** Very rarely, weight gains have been reported. Azorubin can cause allergic reactions. During the administration of medicinal products containing Cimicifuga, cases of gastro-intestinal complaints, liver damage, allergic skin reactions, facial oedema and peripheral oedema have been reported. No data are available concerning the frequency of these side effects.

**Warning:** Contains lactose and azorubine. Read package leaflet.

**Pack sizes:** 30 caps., 60 caps., 100 caps.

**Dosage:** 1 capsule once daily.

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*Feminon® C* (Active substance: dry extract of Cimicifuga rhizome) **Composition:** 1 hard capsule contains: Dry extract of Cimicifuga rhizome (4.5-8.5:1) 6.5 mg; extraction agent: Ethanol 60% (v/v). Other ingredients: Lactose-monohydrate, cellulose powder, magnesium stearate, talc, maize starch, colloidal silica, gelatine, purified water, azorubin E 122, titanium dioxide E 171, iron oxides E 171. **Indications:** Relief of psychological and neuro-vegetative conditions associated with the menopause. **Contra-indications:** Treatment of an estrogen-dependent tumour, pregnancy, lactation, hypersensitivity to the active substance or to any of the other ingredients. Hints for diabetics: 1 hard capsule contains 75.5 mg carbohydrates, corresponding to 0.006 bread units. **Side effects:** Very rarely, weight gains have been reported. Azorubin can cause allergic reactions. During the administration of medicinal products containing Cimicifuga, cases of gastro-intestinal complaints, liver damage, allergic skin reactions, facial oedema and peripheral oedema have been reported. No data are available concerning the frequency of these side effects. **Warning:** Contains lactose and azorubine. Read package leaflet.

**Pack sizes:** 30 caps., 60 caps., 100 caps.

**Dosage:** 1 capsule once daily.
Lymphozil® Lutschtabletten

Active substance: Dry extract of the root of Echinacea. 30mg

Supporting treatment of flu-like infections

• Strengthen the defence system
• Sugar-free with proven „tooth friendliness“
• With fresh orange flavour

Lymphozil® Lutschtabletten (Active substance: dry extract of the root of Echinacea pallida): Composition: 1 lozenge contains: Dry extract of the root of Echinacea pallida (4-8:1) 30.0 mg, extraction agent: Ethanol 50 % (v/v). Other ingredients: Sugar substitute mannitol, maltodextrin, colloidal silica, sodium cyclamate, ascorbic acid, anhydrous citric acid, povidone, quinoline yellow (aluminium salt E 104), stearic acid, talc, magnesium stearate, orange flavour. Indications: Supporting treatment of flu-like infections. Contra-indications: Hypersensitivity to the active substance, to any of the other ingredients or to other composite flowers. For principal considerations not to be used in progressive systemic diseases such as tuberculosis, leukaemia or leukaemia-like diseases, collagenoses, multiple sclerosis, AIDS, HIV-infection and diseases of the immune system. Side effects: Hypersensitivity reactions are very rare. Skin rash, itching, facial swelling, dyspnoe, dizziness, drop in blood pressure are rare.

Pack sizes: 20 tabl., 50 tabl.
Dosage: Adults and adolescents over the age of 12 take one lozenge 3 times daily.
Lymphozil® H Tabletten

Active substances: Echinacea purpurea, dilution D1, Lachesis mutus, dilution D6, Phytolacca Americana, dilution D4

homoeopathic medicine for use among adults

- For colds
- Particularly for inflammations of the upper respiratory tract

Pack sizes: 40 tabl., 100 tabl.

Dosage: In acute states take one tablet every half to full hour, but not more than 6 times daily, in chronic diseases take 1 tablet 1-3 times daily.
Vesiherb®
Active substance: Pumpkin Seed dry extract

Irritable bladder, difficulties passing urine (micturition difficulties)

- To improve or strengthen the bladder function
- Well tolerated and suitable for prophylactic use

Vesiherb® (active substance: Pumpkin seed dry extract) Composition: 1 film-coated tablet contains: Dry extract from Pumpkin seeds (15-30:1) 152 mg; extraction agent: Ethanol 60% (v/v). Other ingredients: Micro-crystalline cellulose, povidone 25, lactose-monohydrate, cellulose powder, talc, croscarmellose-sodium, colloidal silica, precipitated silica, magnesium stearate, macrogol 4000, hypromellose, colorants: Titanium dioxide (E 171, ferric(III)hydroxide-oxide (E 172). Indications: Traditional plant-based medicine used to improve or strengthen the function of the urinary bladder, exclusively on the grounds of long-term experience in administration. Contra-indications: Hypersensitivity to the active substance or to any of the other ingredients. Patients with seldom hereditary Galactose-Intolerance, Lack of Lactase or Glucose-Galactose malabsorption. Children and adolescents under the age of 18. Side effects: Very rarely: Gastro-intestinal complaints and hypersensitivity reactions (skin rashes, urticaria, facial oedema, globus sensation, feeling of constriction with dyspnoe or even circulatory collapse (anaphylactic shock)). Warnings: Contains Lactose. Read Package Leaflet

Pack sizes: 20 film-coated tablets, 60 film-coated tablets, 120 film-coated tablets
Dosage: 1 film-coated tablet twice daily.
Prostaherb® N
Active substance: Common Nettle root dry extract

Difficulties passing urine due to benign prostatic hypertrophy (micturition difficulties)

- Reduces urgency, facilitates micturition
- With reliable efficacy, gentle on the organism

Prostaherb® N (Active substance: Common nettle root dry extract) Composition: 1 coated tablet contains: Dry extract of Common Nettle roots (7.1-14.3:1) 161 mg. Extraction agent: Methanol 20% (v/v). Other ingredients: Micro-crystalline cellulose, povidone, crospovidone, talc, colloidal silica, magnesium stearate, lactose monohydrate, poly(methacrylic acid, methylmethacrylate) (1:1) – dibutylphthalate (10:1), slightly alkaline magnesium carbonate, gum arabic, glucose syrup dry substance, macrogol 6000, calcium carbonate (E 170), sucrose (Saccharose) (126 mg) titanium dioxide (E 171), ferric oxides (E 172), bleached wax, carnauba wax, shellac. Traditional herbal medicine for older men for the relief of lower urinary tract symptoms in relation to benign prostate hyperplasia after serious diseases have been excluded by a medical doctor. Traditional herbal medicine registered exclusively upon longstanding use in this indication. Contra-indications: Hypersensitivity to Common Nettle, or to any of the other ingredients. Patients with seldom hereditary Galactose-Intolerance, Lack of Lactase or Glucose-Galactose malabsorption. Side effects: Occasionally gastro-intestinal complaints, such as nausea, heartburn, sensation of fullness, diarrhoea, flatulence. Rarely hypersensitivity reactions such as itching, skin rash and urticaria. Warnings: Contains Sucrose, Lactose and Glucose. Read Package Leaflet

Pack sizes: 60 s/c tablets, 120 s/c tablets, 200 s/c tablets
Dosage: 1 s/c tablet 3 times daily.
Aescuven®

Active substance: Horse Chestnut seed extract

Symptoms of chronic venous insufficiency (weakness of the veins); trophic alterations and soft tissue swellings after injuries and surgery

- Improves the tonicity of the vein walls, prevents the formation and facilitates the removal of oedema, alleviates congestion, states of pain and cramps and feelings of heaviness and itching
- Particularly well tolerated – therefore also suitable for long-term therapy

Aescuven® forte (Active substance: Horse Chestnut seed extract) Composition: Medicinally active ingredients: 1 s/c tablet contains adjusted ethanolic dry extract of Horse Chestnut seeds 150 mg, corresponding to 30 mg triterpene glycoside, calculated as anhydrous Aescin. Other ingredients: Lactose monohydrate, cellulose, saccharose, magnesium stearate, [poly (methacrylic acid-co-methyl-methacrylate) (1:1)]-dibutylphthalate, magnesium carbonate, talc, gum Arabic, colloidal silica, Macrogol 6000, glucose, Povidone 25, calcium carbonate, crospovidone, bleached wax, carnauba wax, shellac, titanium dioxide (E 171), ferric hydroxide (E 172), ferric(II, III)-oxide (E 172). Indications: Traditional herbal medicine for the treatment of discomfort in chronic venous insufficiency, characterised by swollen legs, varicose veins, feeling of heaviness and tension, itching, tiredness and pain in the legs and cramp in the calf. Side effects: Gastrintestinal complaints, headache, feeling of dizziness, itching and allergic reactions. The frequency of these side effects are unknown. Contraindications: Hypersensitivity against the active substance or against any other of the ingredients. Patients with seldom hereditary Galactose-Intolerance, Lack of Lactase or Glucose-Galactose malabsorption. Pregnancy and lactation. Warnings: Contains lactose and succhrose

Pack sizes: 20 s/c tablets, 40 s/c tablets, 100 s/c tablets
Dosage: Adults: Take 1 s/c tablet in the morning and in the evening. In more severe diseases and at the beginning of the treatment take 2 s/c tablets twice daily, if required.
Chronocard® N
Active substance: Dry extract of Hawthorn leaves with flowers

Heart conditions, in particular in cases of declining performance of the heart

• Strengthens the myocardium and improves the blood flow

• Particularly well tolerated – therefore also suitable for long-term therapy

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**Chronocard® N** (Active substance: Dry extract of Hawthorn leaves with flowers) **Composition:** Medicinally active ingredients: 1 film-coated tablet contains: Dry extract of Hawthorn leaves with flowers (4-7:1) 80 mg, extraction agent: Ethanol 45% (v/v). Other ingredients: Maltodextrin, colloidal silica, lactose monohydrate, cellulose powder, povidone 25, crospovidone, talc, magnesium stearate, [poly(methacrylic acid, methylmethacrylate) 1:1]-dibutylphthalate (98.75:1.25), slightly alkaline magnesium carbonate, gum arabic, titanium dioxide (E 171), glucose syrup, macrogol 6000, calcium carbonate (E 170), sucrose, ponceau 4R (E 124), bleached wax, carnauba wax, shellac. **Indications:** Declining performance of the heart corresponding to stage II according to NYHA (New York Heart Association). **Contra-indications:** Hypersensitivity to the active substance or to any of the other ingredients. Patients with seldom hereditary Galactose or Fructose-Intolerance, Lack of Lapp Lactase or Glucose-Galactose, malabsorption or Saccharose-Isomaltose insufficiency should not take the product. **Side effects:** Very rarely allergic reactions. **Warnings:** Contains Lactose, Glucose, Ponceau 4R (E 124). Read package Leaflet.

**Pack sizes:** 40 s/c tablets and 100 s/c tablets

**Dosage:** Adults take 1 s/c tablet 3 times daily. If required, 2 s/c tablets 3 times daily
Our customer service: Patient brochures

We are deeply committed to your health. This includes more than just manufacturing the suitable products. Lifestyle, nutrition and the knowledge of cause and effect of complaints – these factors empower the patient to contribute a lot to the relief of the symptoms. We are happy to support your customers and patients!

Irritable bowel syndrome? When your bowels continuously harass you!

Abdomilon® Plant-based power for a calming effect
- Has a spasmolytic and calming effect
- Relieves bloating
- Promotes digestion naturally
- Tastes pleasantly of herbs

Skin protection to the point
Why pressure and friction are bad for your skin

Irritated skin
Effective and gentle treatment for purulent inflammations of the skin
To date the following brochures have appeared:

• **Irritated skin**
  Contains hints for an effective and gentle treatment of purulent inflammations of the skin.

• **Skin protection to the point**
  Why pressure and friction are bad for your skin

• **When your bowels continuously harass you!**
  Rapidly and gently: Therapy of irritable bowel syndrome with the combination of medicinal herbs in Abdomilon N.

• **Before your menstruation**
  A brochure on the issue of "Premenstrual Syndrome (PMS)", with precious hints for sufferers.

• **Menopause**
  Presents relieving and even prophylactic measures and helps experience the menopause actively and in a positive mood.

• **Strong immune system – with the power of Echinacea**
  Many factors that influence the body’s defence system can be managed by the individual. This brochure will show you those factors.

• **Pumpkin seed treatment – healthy to the core**
  This brochure deals with different types and causes of bladder problems and shows many ways to enjoy life despite an irritable bladder.
Cesra on the world wide web

When manufacturing products for the benefit of human beings one should always be in close contact with people. So we can share and learn from each other. Apart from entering into a direct dialogue, the internet offers the best opportunities to share information and suggestions. For this purpose we have developed several platforms that provide information and knowledge. Just click to visit them – enjoy!

The company website offers comprehensive information and the latest news concerning Cesra, its preparations, services and health issues - for patients, medical professionals and the press.

- www.cesra.de

Cesra Arzneimittel is a part of Redel Foundation, which has been acting in humanitarian aid fields all over the world for more than 20 years.

- www.redel-stiftung.de

Product Web-Sites of our successful products including hints and useful information for the respective indications.

- www.ilon-abszess-salbe.de/en
- www.ilon-protect-salbe.de
- www.abdomilon.de
- www.vesiherb.de

The interactive test:
Identify your complaints and find the appropriate therapy.

- www.verdauungstyp.de

Knowledge for pharmacies: e-learning Portal

- www.cesra-training.de
Cesra Arzneimittel GmbH & Co. KG was established already in 1929 by Julius Redel under the company name of „Corpus Sanum Rastatt”. From the very beginning, our activities have focussed on the development, production and marketing of nature-oriented remedies.

This idea (and thus the products made by Cesra) was so well received that within short, plant-based medicinal products from our company were distributed across Germany, and the ever increasing demand required several enlargements of our operating premises.

Today Cesra Arzneimittel GmbH & Co. KG is domiciled at Baden-Baden. A contemporary building complex houses management, administration, research & development, quality control and production. The company is now a global player supplying its products across the whole world, e.g. to Eastern Europe, the Middle East and to Asia.

The product portfolio has also been continuously enlarged. The diversity and quality of our products reflects our response to the fact that there is more than one health aspect for which phytopharmaceuticals offer a sensible solution.

This small brochure can only give you a first overview. But behind every single product there are comprehensive concepts, long-time experience and manufacturing processes that are often very complex.
A company of the Redel foundation

The fact that we are part of the charitable Redel foundation is an important feature in our self-conception. The proceeds of our operative business substantially contribute to the commitment of the foundation.

The foundation endowed by Cesra aims at the long-term support of people in need, e.g. in Nigeria, in Romania, in Peru, in Ukraine, in the Baltic states, but also in Germany.

In most cases this help is provided when and where the TV cameras have already left and the streams of donations have run dry.

In all relief projects, Redel Foundation cooperates closely with recognised relief organisations, to avoid wasting funds on the development of own logistics.

Many employees of Cesra Arzneimittel GmbH & Co. KG regard the active support of the projects of the Redel Foundation as an additional motivation with a human touch – a fact that tells a lot about how the involved persons are committed to the vision of our company.

To learn more, visit www.redel-stiftung.de