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## Nutritional Supplements & Alpine Hiking Sport

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The author may -due to medical knowledge, 35 years general experience in high performance sport, own hiking-tours > 5,800 mtr, self-experiments with extreme altitude training, (> 6.0000 mtr in HiMaxX, GER-Berlin - [www.himaxx.de](http://www.himaxx.de)) and the use and application of the products in their own practice and individual household- give recommendations for the different products or product combinations, tailored to the respective desired athletic goal.



### General Information:

All products are manufactured under Pharmaceutical conditions, have the GMP seal (Good Manufacturing Practice), Are not listed at **USADA** (U.S. Anti-Doping Agency), Are checked by the **FDA**.

A large part is listed on the so-called: Cologne List of Olympic Sports Center as for athletes to use safe, Koelner-Liste via <http://www.balliel.com/SPORT>

The Aloe Vera based products have the FDA (U.S. Food & Drug Association) seal of approval, ([www.fda.gov](http://www.fda.gov))

All Aloe Vera based products have of course the **IASC** seal of approval ([www.iasc.org](http://www.iasc.org))

The Aloe Vera base, the Juice is 96% identical (FDA chromatography) with an adult plant (at least 4 years),

A large part also has the **FDA** identifier **GRAS** (**G**enerally **R**ecognized **A**s **S**afe).



For more information on special [www.aloe-hiking.info](http://www.aloe-hiking.info) or via [sport@balliel.com](mailto:sport@balliel.com)

### Operational remarks - How it works:

Special product set and counseling by request via [sport@balliel.com](mailto:sport@balliel.com)

Ordering & Delivery in GER via our webshop HiMaxX, contact via [info@himaxx.de](mailto:info@himaxx.de)

Ordering & Delivery outside GER via webshop [www.aloevera4all.flp.com](http://www.aloevera4all.flp.com)

### Short List Nutritional Supplements

**Forever Freedom**

**Freedom2Go**

**L-Argi+**

**A-Beta Care**

**Fast Break Bar**

**Garlic Thyme**

**Ginkgo Biloba**

**Forever Bee Pollen**

**Forever Bee Propolis**

**Aloe Heat Lotion**

**Aloe MSM Lotion**





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This is a general list, which must be specified in any case due to personal data, circumstances and also training-level & health status. Here, especially the misanthropic, physical and physiological conditions on mountain heights > 4,500 mtrs have to be considered. The composition and pharmacological stability of the single products guarantee in any case an exact dose in mg range.

Also can be given -due to the significant defined assortment of products- an exact recommendation that deals precisely with the significantly altered physiology at altitudes > 4,500 mtrs.

As an **example**, consider the highly recommended use of **Garlic-Thyme** in preparing for the tour and then at high altitude. Besides the known benefits of Garlic-Thyme on blood flow, prevention / treatment of respiratory diseases, elasticity of the vessels has a special property a big advantage at high altitude, namely with the addition of Geranium, delaying on small level the platelet aggregation. This blood flow is improved, especially in the small vessels, which can mainly offer an advantage in possibly for lung problems at high altitude. Flow in the alveoli may improve, making them -already laden with less O2 carrying erythrocytes- at least have a faster transport through the membrane in the alveoli.



Thus there are on each product specific and individual recommendations / testimonials. We will be pleased to give you at a personal counseling session more information.

**Examples:**

**January, 1st 2013, 07:15h Top by Western Breach, Northern Icefields / Kratercamp at 5.400 mtrs  
 4 nights up & down -  
 Downhill 4.500 mtr within 9 hrs**

**August 2014 - Elbrus - Caucasus  
 High above Lenz Rock - ± 4.900 mtrs  
 14.000 altitude mtrs climbed  
 3 summit attempts ceased / failed  
 because of bad weather – Ice storm**

Info's / Video [www.aloe-hiking.info](http://www.aloe-hiking.info)





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## Quality Certified

Cited from

[https://www.foreverliving.com/marketing/Page.do?name=product\\_certifications](https://www.foreverliving.com/marketing/Page.do?name=product_certifications)  
 with addition of point 8 & 9 by the author, Independent FLP Distributor / Health-Counsellor.

The producers of the advised products, especially Forever Living Products, are committed to bringing you the best products. By this, we mean more than just effective products. We hold ourselves to the highest standards and we actively seek out external certifications to prove that to you.

To view our product certificates or ordering info-pdf, click on the links below :

1. [International Aloe Science Council](#)
2. [PETA Cruelty Free](#)
3. [Islamic Seal of Approval](#)
4. [Kosher](#)
5. [Kosher Dairy](#)
6. [Halal](#)
7. [Paraben Declaration](#)
8. [Dermatest](#)
9. [Cologne Olympic List](#)



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