

ART OF



NATURE

MASTIHA

THE GREEK

SUPERFOOD

A HOLISTIC SOLUTION
FOR A HEALTHY
GASTROINTESTINAL SYSTEM



PRODUCT CATALOGUE

ART OF



NATURE

MASTIHA

Crohn's disease

Inflammatory Bowel Disease

Helicobacter pylori

Irritable Bowel Syndrome

Functional dyspepsia

Oral hygiene

Acid reflux

Xerostomia

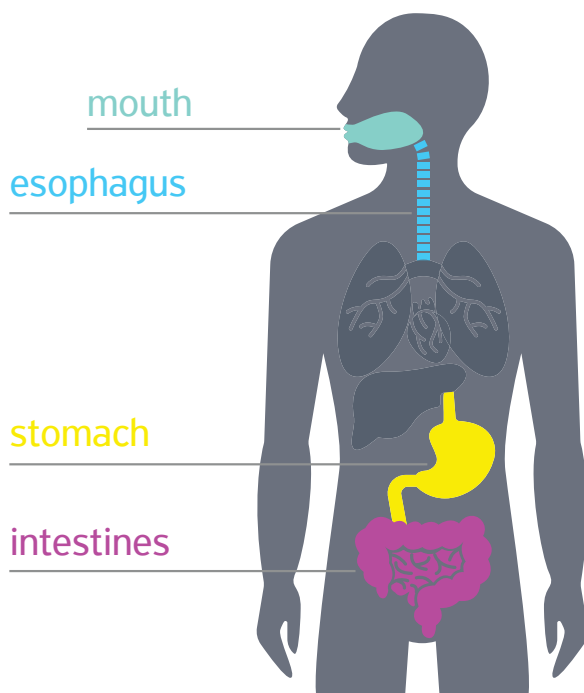
Gingivitis

Pistacia lentiscus var. *chia*: the tree of life

HEALTH CLAIMS

The European Medicines Agency (EMA) has assigned Chios Mastiha an EU Herbal Monograph as a TRADITIONAL HERBAL MEDICINE used for the symptomatic treatment of minor inflammations of the skin and mild dyspeptic disorders.

The European Food Safety Authority (EFSA) recognizes the following health claims for Chios Mastiha: ...contributes to a healthy gastrointestinal system... and ...has a beneficial effect on oral hygiene.



NATURAL MASTIHA RESIN

USES OF MASTIHA RESIN (TEARS):

1. As a natural chewing gum, alone or with beeswax to make it softer.
2. As a healthy ingredient for cooking.
3. As a digestive beverage, when added in water.

Interesting note: the more frozen the mastiha the easier becomes powder and does not stick!

INDICATIONS:

- Provides a healthy gastrointestinal system
- Maintains oral hygiene



**100% NATURAL
GLUTEN FREE
SUITABLE FOR VEGETARIANS**

ART OF



NATURE

MASTIHA

FOOD

SUPPLEMENTS

INDICATIONS:

- Crohn's disease symptoms relief
- Reduction of Helicobacter pylori
 - Heartburn relief
- Prevention of ulcers & digestive problems
 - Retrosternal burning pain relief
- Stomach ache and epigastric pain relief

MASTIHA CAPSULES

90caps/40g

mouth

esophagus

stomach

intestines

skin

100%
MASTIHA

100% natural
Chios mastiha powder (350mg)
in plant origin hypromellose (HPMC) capsule

Mastiha Recommended Daily Dosage (g)	1	1	2
Mastiha Capsules 100%	3caps x 1 time per day	1 cap x 3 times per day	3caps x 2 times per day
Condition	Helicobacter Pylori Ulcers	Functional Dyspepsia Heartburn Gastrointestinal Disorders	Cardiovascular Disorders Crohn's disease/ IBD IBS
Duration (weeks)	8	3	8
Consume	30 minutes PRIOR to eating, with water or juice		



GLUTEN FREE
SUITABLE FOR VEGETARIANS

MASTIHA CAPSULES

60caps/26.5g

mouth

esophagus

stomach

intestines

skin

80%
MASTIHA

Chios mastiha powder (280mg)
Magnesium stearate (anticaking agent)
Cellulose (stabiliser)
in plant origin hypromellose (HPMC) capsule

Mastiha Recommended Daily Dosage (g)	1	1	2
Mastiha Capsules 80%	4caps x 1 time per day	2cap x 2 times per day	4caps x 2 times per day
Condition	Helicobacter Pylori Ulcers	Functional Dyspepsia Heartburn Gastrointestinal Disorders	Cardiovascular Disorders Crohn's disease/ IBD IBS
Duration (weeks)	8	3	8
Consume	30 minutes PRIOR to eating, with water or juice		



GLUTEN FREE
SUITABLE FOR VEGETARIANS

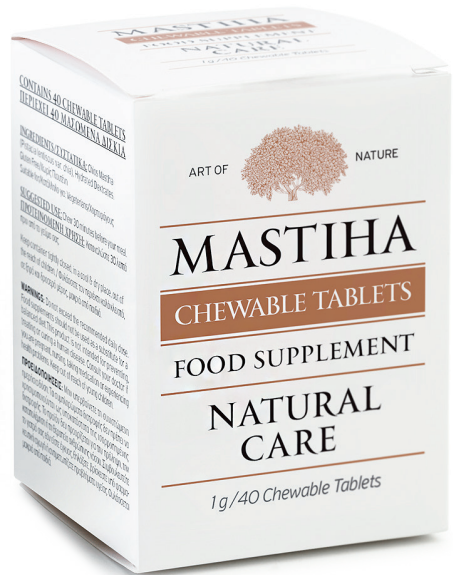
MASTIHA CHEWABLE TABLETS 40pcs/1g

mouth esophagus stomach intestines skin

250mg
MASTIHA

Chios mastiha powder (250mg)
Hydrated Dextrates (tablet binder)

Mastiha Recommended Daily Dosage (g)	1	1	2
Mastiha Chewable Tablets	4ch. Tabs x 1 time per day	2ch. Tabs x 2 time per day	4ch. Tabs x 2 time per day
Condition	Helicobacter Pylori Ulcers	Functional Dyspepsia Heartburn Gastrointestinal Disorders	Cardiovascular Disorders Crohn's disease/ IBD IBS
Duration (weeks)	8	3	8
Consume	30 minutes PRIOR to eating		



GLUTEN FREE
SUITABLE FOR VEGETARIANS

MASTIHA POWDER

60g

mouth

esophagus

stomach

intestines

skin

60%
MASTIHA

Chios mastiha powder 60%

Inulin (fibre)

SiO₂ (Silicon Dioxide, anticaking agent)

Mastiha Recommended Daily Dosage (g)	1	1	2
Mastiha Powder	0,5 teaspoon x 1 time per day	0,5 teaspoon x 1 time per day	0,5 teaspoon x 2 times per day
Condition	Helicobacter Pylori Ulcers	Functional Dyspepsia Heartburn Gastrointestinal Disorders	Cardiovascular Disorders Crohn's disease/ IBD IBS
Duration (weeks)	8	3	8
Consume	30 minutes PRIOR to eating, with yoghurt, water or juice		



GLUTEN FREE
SUITABLE FOR VEGETARIANS

ART OF



NATURE

MASTIHA

ORAL

HYGIENE

INDICATIONS:

- Calmative treatment of xerostomia
 - Massaging & exercising gums
- Enhancement of the feeling of freshness
 - Cleanness of the mouth
 - Oral hygiene

MASTIHA MOUTHWASH GINGIVACTION

mouth

esophagus

stomach

intestines

skin

95%
NATURAL

PROPERTIES:

- Contributes to the fight against the bacterial plaque.
- Prevents the inflammation of gums, such as gingivitis, by acting against *Porphyromonas gingivalis*.
- It has soothing and healing activity.
- It provides cool breath and refreshes the oral mucosa.
- It offers long lasting mastiha flavor.

CONTAINS:

- **Mastiha Water and Mastiha Oil**
Aqueous extract & essential oil derived from Chios mastiha, which is the resin of Chios mastiha tree (*Pistacia lentiscus var. chia*).
- **Sodium Fluoride** (250 ppm F⁻)
Prevents from dental caries.



CHILDREN OF 6 YEARS & YOUNGER:
USE ONLY UNDER SUPERVISION,
TO MINIMISE SWALLOWING.

GLUTEN FREE

DOES NOT CONTAIN:

PARABENS
SODIUM LAURYL SULFATE
PROPYLENE GLYCOL
SYNTHETIC FRAGRANCES

MASTIHA TOOTHPASTE GINGIVACTION

mouth

esophagus

stomach

intestines

skin

95%
NATURAL

PROPERTIES:

- Prevents gingivitis, the inflammation of gums which causes periodontitis & finally loss of teeth.
- Effectively kills the pathogen bacterium, Porphyromonas gingivalis, which is the main reason for gingivitis.
- Offers a very pleasant breath and refreshes the oral mucous.

CONTAINS:

- Mastiha Water, essential oil, natural flavor and dry extract (gum) from Chios Mastiha:

Unique combination comprised of active derivatives of Chios Mastiha, well known for its superior, natural, healing & antimicrobial properties *in vivo* tested against gingivitis

- Sodium Monofluorophosphate (1 450 ppm F⁻)
Protection from dental caries.



CHILDREN OF 6 YEARS & YOUNGER:
USE A PEA-SIZED AMOUNT FOR SUPERVISED
BRUSHING TO MINIMISE SWALLOWING.
GLUTEN FREE

DOES NOT CONTAIN:
SODIUM LAURYL SULFATE
SYNTHETIC FRAGRANCES
PARABENS

MASTIHA TOOTHPASTE MULTI ACTION

GEL TOOTHPASTE FREE FROM FLUORIDE & MENTHOL

mouth

esophagus

stomach

intestines

skin

95%
NATURAL

PROPERTIES:

- It prevents from caries without fluoride, fights the dental plaque and gingivitis by acting against *Streptococcus mutans* and *Porphyromonas gingivalis*, which are the main source.
- It has soothing and healing effects.
It provides a cool breath & refreshes the oral mucosa.
- It offers a very pleasant & unique long lasting mastiha flavor without menthol or derivatives.
- Suitable for Homeopathy

CONTAINS:

- **Mastiha Water and Mastiha Oil**
Aqueous extract & essential oil derived from Chios mastiha, which is the resin of Chios mastiha tree (*Pistacia lentiscus var. chia*).
- **Xylitol** Prevents from tooth decay.



DOES NOT CONTAIN:
FLUORIDE
MENTHOL & DERIVATIVES
SACCHARIN
SODIUM LAURYL SULFATE
SYNTHETIC FRAGRANCES
PARABENS

CHILDREN OF 6 YEARS & YOUNGER:
USE A PEA-SIZED AMOUNT FOR SUPERVISED
BRUSHING TO MINIMISE SWALLOWING.

GLUTEN FREE

LOZENGES WITH CHIOS MASTIHA OIL

mouth

esophagus

stomach

intestines

skin

MASTIHA
OIL

PROPERTIES:

- Antibacterial action due to Chios Mastiha Oil.
- They soften the throat and reduce the scratchy feeling.
- They offer a long lasting mastiha flavor.

CONTAINS:

- **Mastiha Oil (0,2%)**
The essential oil of Chios Mastiha offers significant antibacterial and soothing properties.
- **Sweeteners:** Isomalt, Acesulfame K, Sucralose



SUGAR FREE / GLUTEN FREE

DENTAL CHEWING GUMS

mouth

esophagus

stomach

intestines

skin

MASTIHA

Mastiha & Mastiha Oil

Mastiha & **Mandarin**

PROPERTIES:

- They massage & exercise the gums
- They offer a clean mouth & fresh breath

CONTAINS:

Mastiha Resin

Essential Oil (Mastiha Oil or Mandarin Oil)

Sweeteners: Sorbitol, Xylitol, Mannitol



SUGAR FREE / GLUTEN FREE

ART OF



NATURE

MASTIHA

SKIN

CARE

INDICATIONS:

- Anaplasia of the Skin
- Skin Regeneration
- Trauma, wound & burn Healing
- Anti-inflammatory Action
- Anti-microbial Effect

MASTIHA H₂O TONIC LOTION

mouth

esophagus

stomach

intestines

skin

100%
NATURAL

Anti-pollution* Protective & Repairing Action
Soothing Effect*: Anti-inflammatory Action

PROPERTIES:

- Revitalizes and soothes the tired skin.
- Protects from irritations and environmental stress such as: urban pollution, cigarette smoke & UV radiation.
- Offers a unique fresh sensation.
- Cleanses & soothes sensitive and irritated areas.

Dillute 1 part tonic lotion in 2 parts of water and use as an on the go mouthwash. Safe to be swallowed.

CONTAINS:

- **100% Mastiha Water**

The natural aqueous extract derived from the distillation process of Mastiha, which contains all the water-soluble substances of Chios Mastiha, as well as a small quantity of Chios Mastiha oil (essential oil of Chios Mastiha). It has remarkable antimicrobial and refreshing benefits on skin.



DERMATOLOGICALLY TESTED
OPHTHALMOLOGICALLY TESTED
COLOURANT FREE
MINERAL OIL FREE
PARABENS FREE
PRESERVATIVES FREE
PROPYLENE GLYCOL FREE
SILICONES FREE

MASTIHA & OLIVE OIL SOAP

mouth esophagus stomach intestines **skin**

93%
NATURAL

PROPERTIES:

Soothing Effect & Anti-inflammatory Action Deeply Moisturizes & Hydrates the skin. Suitable for face, body & hair.
Cleanses sensitive and irritated areas.

CONTAINS:

- **Mastiha**

Widely known for its antimicrobial and anti-irritation effects in skin care, and traditionally used as a component against numerous skin conditions.

- **Olive oil**

It offers antioxidant protection, since it contains three major antioxidants (vitamin E, polyphenols, phytosterols), it enhances exfoliation, and it soothes skin rashes.



DERMATOLOGICALLY TESTED

DOES NOT CONTAIN:

PARABENS

MINERAL OIL

ETHANOLAMINE

MASTIHA SUPER SHEET MASK FOR WHITENING & ANTI-WRINKLE

mouth

esophagus

stomach

intestines

skin

MASTIHA
OIL

PROPERTIES:

Whitening & Anti-wrinkle Action*
Brightens, Moisturizes and Firms the skin

CONTAINS:

- **Chios Mastiha Oil**
The essential oil of Chios Mastiha Resin.
Widely known for its remarkable antimicrobial
and antiirritating effect in skin care.

USE:

1. Clean your face & tone the skin.
2. Apply mask to face evenly,
centering around eyes & mouth.
3. Leave on for 15-20 minutes
& peel the mask off the face.
4. Gently pat remaining essence
on skin till absorbed.



*Effective when used 2-3 times per week for 4 weeks.

DERMATOLOGICALLY TESTED



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