

ART OF



NATURE

MASTIHA

THE GREEK

SUPERFOOD



THE HOLISTIC SOLUTION
FOR A HEALTHY
GASTROINTESTINAL SYSTEM

THE UNIQUE

CHIOS MASTIHA

1 **Chios Mastiha** is the natural resin of (*Pistacia Lentiscus var. Chia*), a tree which exclusively grows in the Aegean island of Chios, Greece. Mastiha tree grows only in South Chios due to the unique characteristics of the ground, the microclimate and the traditional technique of cultivation. The know-how of the very traditional cultivation and harvest has been inherited from generations to generations to for centuries.

2

UNESCO has included the know-how of cultivating Chios Mastiha on the island of Chios in its **Representative List of the Intangible Cultural Heritage of Humanity**.

[Nomination file No. 00993, 11/2014]

3

Mastiha is a strong natural antioxidant and is officially **recognized by the European Medicines Agency (EMA) as a traditional natural medicine** (EMA/HMPC/46758/2015) for mild dyspeptic disorders, while thanks to its strong antimicrobial and anti-inflammatory action it has a beneficial effect on oral health and protects the skin.

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PROPERTIES

Antioxidant, Antimicrobial, Anti-inflammatory

5

BENEFITS

Gastrointestinal system: Helicobacter pylori | Dyspepsia | Crohn's disease | Prevention of Ulcers | Heartburn Relief | Stomach & Digestive Pain Relief | Irritable bowel syndrome

Oral Hygiene: Antimicrobial Action | Gingivitis | Antiplaque Effects | Prevention of Caries | Xerostomia

Skin: Anaplastic Factor of the Skin | Skin Regeneration | Trauma, wound and burn healing

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MASTIHA ART OF NATURE

THE HOLISTIC SOLUTION FOR A HEALTHY GASTROINTESTINAL SYSTEM

Based on the clinically proven properties of Chios Mastiha and within the framework of a holistic approach, the Art of Nature brand was developed. The medicinal dimension of Mastiha is highlighted through the high-quality products of the line, which naturally and actively protects the entire digestive system, contributing to its well-being. Both oral and digestive health are directly interlinked with our general health and Mastiha, **as the ultimate Greek Superfood, contributes towards this direction.**

FOOD SUPPLEMENTS WITH CHIOS MASTIHA:

They are recommended for the relief of gastrointestinal problems such as indigestion, gastrointestinal disorders, abdominal pain, irritable bowel syndrome, Helicobacter pylori, stomach ulcer and Crohn's disease. The systematic consumption of Mastiha contributes to the **maintenance of a healthy gastrointestinal system (1g per day)** – a claim that is based on clinical studies and the recognition by the European Food Safety Authority (EFSA).

CHIOS MASTIHA TEARS 50gr

100%
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 & baking.
3. As a digestive beverage, when added in water
(by adding 50g of Mastiha in 1L of water and leaving it in the fridge overnight).
4. As a natural medicine - food supplement for digestive support
(Consume - swallow some tears per day - 1-3gr 30 minutes before eating).

100% MASTIHA

MASTIHA
CAPSULES 100%
(90 capsules, 40gr)

350 mg Mastiha per capsule



Chios Mastiha contributes to the **eradication of *Helicobacter pylori*** (the causative agent in the creation of ulcers), reliefs from heartburn and digestive problems in general. Mastiha is the ideal, natural food supplement for the prevention and treatment of the most common diseases of the gastrointestinal system. Each capsule contains 100% Mastiha resin in powder form which provides relief from **stomach disorders, dyspepsia, relevant discomfort and pain**.

80% MASTIHA

MASTIHA
CAPSULES
(60 capsules, 26.5gr)

280 mg Mastiha per capsule



Chios Mastiha capsules are an ideal food supplement for the natural treatment as well as for the **prevention from *Helicobacter pylori* and stomach ulcers**. The content in pure Mastiha per capsule is 280mg (*making for the 80% of the total content*).

60% MASTIHA
& 40% INULIN

MASTIHA POWDER

60gr

Half teaspoon contains

1gr Mastiha



This food supplement can be easily **incorporated into the daily diet** (mixed in yoghurt, water or juice) and is rather recommended **for increasing intestinal activity** and to effectively support a good bowel system. It can be given instead of **prebiotics** (*the “food” of beneficial gut bacteria*), while ideally when combined with yogurt it can replace the administration of **probiotics** by mouth (*or can further support the probiotics intake*). **A high-fiber product, suitable for diabetics.**

25% MASTIHA

CHEWABLE TABLET

40gr

250 mg Mastiha per capsule



Chewable tablets with Mastiha are particularly indicated **for relieving from the symptoms of heartburn and irritable bowel syndrome (IBS)**. The form of this food supplement allows the **on-the-go** consumption (easily & without water) and is ideally recommended **for the treatment and prevention of indigestion.**



*According to clinical studies

GLUTEN FREE | SUITABLE FOR VEGETARIANS

Recommended daily dosages & duration of administration

Condition	Helicobacter Pylori Ulcers	Functional Dyspepsia Heartburn Gastrointestinal Disorders	Cardiovascular Disorders Crohn's disease / IBD IBS
Duration (weeks)	8	3	8
Mastiha Capsules 100%	3 caps x 1 time per day	1 cap x 3 times per day	3 caps x 2 times per day
Mastiha Capsules 80%	4 caps x 1 time per day	2 caps x 2 times per day	4 caps x 2 times per day
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
Mastiha Chewable Tablet	4 ch. Tabs x 1 time per day	2 ch. Tabs x 2 times per day	4 ch. Tabs x 2 times per day



Art of Nature oral hygiene products are **an effective and complete proposal that provide healthy teeth and gums**, a clean mouth, have a pleasant taste and refresh the oral cavity. For the greatest possible effect, it is recommended that the products are used in addition: brushing teeth, using mouthwash, chewing gum. **All products are gluten and sugar free and suitable for children over 3 years of age.**



TOOTHPASTE MULTIACTION 90gr

The toothpaste Multiaction, **in gel form with pleasant & mild flavour**, has multiple action and contributes to oral hygiene maintenance. **It prevents from caries and gingivitis and fights dental plaque**, while providing a refreshed, moisturized mouth. Does not contain fluoride & menthol > **suitable for homeopathy.**



TOOTHPASTE GINGIVACTION 85gr

The toothpaste Gingivaction **contains fluoride** and aims to **effectively prevent and combat gingivitis** - the inflammation of the gums that causes periodontitis and tooth loss. It acts effectively against the pathogenic bacterium *Porphyromonas gingivalis*, while offering a pleasant breath and **refreshing the oral mucous.**



MASTIHA MOUTHWASH GINGIVACTION 250ml

The mouthwash with Mastiha has **soothing & healing properties**, contributes to the fight against **bacterial plaque** and to the prevention of inflammation of gums. It offers cool breath and **refreshes the oral cavity**.

LOZENGES WITH MASTIHA OIL 20 pcs / 44gr

Sugar free lozenges rich in Mastiha oil with **antibacterial action**. They soften the throat (*against scratchy feeling*) with a very pleasant taste, as well as help **to satisfy a sweet tooth without calories**.



CHEWING GUM MASTIHA & MASTIHA OIL 10 pcs, 13gr



According to studies, the regular chewing of natural chewing gum with Mastiha, **reduces the formation of microbial plaque & bacterial growth, cleanses & exercises the gums**, while the increased saliva secretion caused, leads to the **“self-cleaning” of the mouth**. It also prevents tooth decay, protects against periodontal diseases as well as **combats xerostomia** condition.

**CHEWING GUM WITH MASTIHA,
Bifidobacterium lactis BPL1 and Zinc**
20 pcs, 28gr



Within the framework of a balanced diet and a healthy lifestyle, the new innovative gum is a pleasant, refreshing and practical addition to support **weight loss** and **fat reduction** efforts. BPL1® (Bifidobacterium animalis subsp. lactis CECT 8145) is a **patented and an award-winning probiotic strain** with clinically-documented results in *improving body mass index, waist circumference, and central adiposity*. BPL1® has been shown to support healthy weight management by reducing abdominal fat (clinical trials conducted on overweight adults and children). The gum additionally **supports gut & immune health**.

Functional chewing gum with 1×10^{10} and 1,5mg Zinc per recommended dosage

Recommended dosage: 2 gums per day, chewing for at least 6 minutes

Bifidobacterium lactis, BPL1:

Ingredient of the year for weight management (Nutraingredients 2020)

Zinc contributes to the normal metabolism of fatty acids and macronutrients.

Mint flavoured | With sweetener from the Stevia plant | Gluten free | Sugar free | VEGAN



SKIN CARE



Moisturizing skin care products that utilize the powerful anti-inflammatory, antimicrobial & regenerative properties of Mastiha.



TONIC LOTION 220ml

A unique product comprising of 100% **Mastiha water** = is the natural aqueous extract derived from the steam distillation process of Mastiha. It has **remarkable protective & restorative action** that revitalizes, **soothes & hydrates the skin**. The facial tonic lotion complements the skin cleansing routine, for use after cleansing & before applying moisturizer.

MASTIHA SOAP WITH OLIVE OIL 100gr



Traditional green soap **for deep hydration** that offers **soothing effect and anti-inflammatory action** (suitable for face, body and hair). Suitable for cleansing and protecting **sensitive and irritated areas** (even with skin diseases, eczema, etc.)



MASTIHA ANAPLASTIC GEL 30ml

Natural gel with innovative composition: with high concentration of lyophilized Mastiha resin.

Healing gel for intensive care, treatment and regeneration, based on the proven healing action of Mastiha, ideal solution for dry and sensitive skin.

Necessary for every household

WITHOUT SILICONS,
PARABENS & PERFUME
DERMATOLOGICALLY TESTED
SUITABLE FOR CHILDREN 3+

Properties & Action:

- Anti-irritant & Regenerative action
- Immediate Regeneration, Hydration, Reconstruction
- Immediately soothes, moisturizes and regenerates irritated, chafed and dehydrated skin.
- It nourishes and restores elasticity, the damaged skin barrier and deep wrinkles, leaving a pulling sensation with the film of mastic resin with its excellent rejuvenating and regenerating properties.
- It is suitable for minor wounds, abrasions/cuts, superficial burns and chapped skin.
- For use after mild burns, laser and scars
- For the daily care of wounded/irritated skin
- For taking care of skin with redness and inflammation, lack of elasticity & deep wrinkles

Use: Apply evenly on brittle skin 2-3 times a day and leave on until it is fully absorbed and a mastiha resin film is formed. After the aesthetic and dermatological interventions follow the medical advice.



Medittera S.A. mastihashop
Kallimasia, Chios 82100,
T +30 210 3614683
T +30 22710 51810
info@mastihashop.com
www.mastihashop.com
www.theartofnature.gr