



**NIKKEN®** Discover it. Live it.




Welcome to a healthier, more balanced lifestyle

PRODUCT BROCHURE





A young woman with long, wavy blonde hair is running through a field of tall, golden grass. She is wearing a white long-sleeved cardigan over a dark blue or black strapless top, and a light-colored skirt with a yellow floral pattern. A wide brown leather belt is cinched at her waist. She has a joyful expression, with a wide smile showing her teeth. Her hair is blowing in the wind, and her arms are slightly outstretched. The background is a soft-focus landscape with rolling hills under a bright, hazy sky, suggesting a warm, sunny day.

If we want to  
change the  
future, we need  
to change the  
present...



# Change today for a better tomorrow



When Nikken was founded in 1975, we were responding to our changing modern world and its effect on our health and environment. Our vision was to help people maintain healthier, more fulfilled lives by reconnecting with nature, but at the same time allowing us to continue to live and enjoy life in an increasingly technological society.

With the accelerating pace of change, we usually only discover the consequences of our lifestyles with hindsight. Nikken offers the tools we need to take back control of our lives, to redirect them with research and insight, and to help us thrive at whatever age and in whatever circumstances we find ourselves, for example: the stresses of work, exams, looking after small children or ageing parents, or simply those who love to live life to the full with a 'work hard, play harder' attitude!

When we talk about stress, most people think of emotional stress – the stresses of work, commuting, family, or finances. But we also experience an accumulation of physical stresses: poor nutrition, poor hydration, insufficient exercise, poor sleep or too many late nights and/or early mornings, the stresses of artificial light, and chemical pollution in our air, water, and food.

Our bodies are resilient but, sooner or later, the overall accumulation can have an impact on our health and vitality.

Since Nikken was founded, we've become the fastest-growing direct selling company in Japanese history and we've brought our vision to more than 35 countries, with millions of customers and hundreds of thousands of Independent Nikken Consultants, all focused on making a difference to their own lives and to their communities.

**We invite you to join us to discover a new vision of health, vitality, and balance in your life...**





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# Technological Foundations



Creating a healthier, happier life doesn't need to be complicated. Our products are designed to combine our powerful, natural technologies into everyday household objects that fit into our lives without requiring change to our routines or lifestyles.

With this in mind, the Nikken vision can be experienced by something as simple as adding our special insoles to your shoes; wearing our TriPhase® jewellery and wraps during the day; incorporating our sleep system into your bed; and by bringing less stressful and more nourishing light, air, or water into your home and workplace which will be more in harmony with our bodies and nature.

This means that the same core technologies appear throughout our range - look out for the icons on the right of this page to see which technologies feature in each product.

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Learn more about our technologies in the guide at the back of this brochure.

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## Advanced Magnetic Technology

These products contain Nikken's Magnetic Technology for improved wellbeing.



## Far-Infrared Technology

These products use ceramic materials to absorb heat energy and reflect it back as gentle, relaxing warmth.



## Negative Ion Technology

These products generate negative ions which are found in natural settings such as waterfalls.



## TriPhase® Technology

These products combine advanced Magnetic, Far-Infrared, and Negative Ion Technologies.



# The Nikken Wellness Home®



The idea that your home should be the healthiest, happiest, and safest environment for you and your family to live in; our overall wellbeing has a lot to do with our lifestyles and Nikken believes in improving three interrelated areas to support a Wellness Home -

- **Rest and relaxation – sleep and magnetics**
- **Environment – air, water, and light**
- **Nutrition and skincare – wholesome, natural supplements**

These areas are the foundations of our lives and are vital to our health and wellbeing.

Beyond technology, there is one further ingredient – a fundamental understanding.

Albert Einstein said, 'We can't solve problems by using the same kind of thinking we used when we created them'.

This underpins everything we do – the problems are almost universal: the solutions start with a different way of thinking.

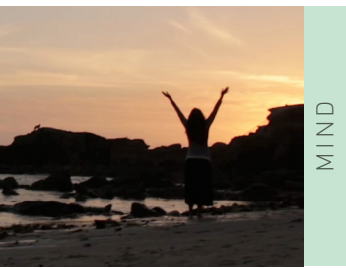




We can't solve problems by using  
the same kind of thinking we used  
when we created them

Albert Einstein





MIND



BODY



FAMILY



SOCIETY



FINANCES

# The Five Pillars Philosophy



Nikken's research is designed to provide a path to improved health and wellbeing. However, our Five Pillars are about a broader definition of wellbeing, to move towards greater balance in our lives overall and specifically in these key areas:

1. healthy mind
2. healthy body
3. healthy family
4. healthy society
5. healthy finances

If we experience stress in any of these areas, they will also have much wider effects on the other areas – financial stress can impact all the other pillars, as can health problems and family problems.



A balanced approach to living strengthens each of these pillars and results in a more satisfying, healthy, and rewarding lifestyle.



# Discover it... live it... share it



We welcome you to continue the process of discovery in this brochure and beyond by talking to our knowledgeable Consultants.

And, if you find resonance with us, we invite you to add aspects of Nikken into your life and the lives of your family so that you can live it.

As you explore further, we invite you to also bear in mind the thought of joining us to share our message with the world. In this context, the Nikken business structure can be an exciting foundation of a supplementary – or even a primary – income, while sharing concepts and information of importance and value in the world, to help achieve fulfilled lives full of energy and vitality for ourselves, our families and our communities.

## When you're ready to order...

Ordering couldn't be simpler; give your Independent Nikken Consultant a call and they'll take care of all the details for you.

On hand to provide personal customer service and advice, they'll be your first point of contact if you've got a query or want more information on any of our products, so please don't hesitate to contact them.

### Your Independent Nikken Consultant's details are:

We hope you are happy with your Nikken products and the benefits they bring to your sense of wellbeing and health but, if for any reason you're not satisfied with your purchase, please speak to your Independent Nikken Consultant.\*

\*Any order can be cancelled within 14 days of delivery for a full refund with the original packaging in resalable condition.







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Healthy Sleep has been empirically proven to be the single most important determinant in predicting longevity, more important than diet, exercise, or heredity.

**Dr William Dement**, founder of the Sleep Research Center at Stanford University, the world's first sleep laboratory, and part of the team which first identified the different stages of sleep.



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# Sleep

An important aspect  
of our health



## Supporting better sleep

At least a third of us don't sleep well. Most people wake up tired and the tiredness lasts throughout the day. However, sleep is an essential physiological function; a key research concept is that of 'social jetlag' – the difference between when our internal body clock wants us to get up in the morning versus when we are forced out of bed by our alarm clock.

Sleep underpins all aspects of our health; it is when our bodies are designed to recover from the stresses of the day before, and to prepare for the stresses of the day ahead. Poor sleep can lead to an increase in the chronic stress response and thus a reduction in the immune function and further consequences to almost every aspect of our health and wellbeing.

Rested sleep is not just about how many hours we sleep, but also about quality of sleep, and a significant part of the quality is about the sleep environment.

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16 Naturest® Pillow

17 Kenko PowerSleep® Mask



# The Naturest® Sleep System



The elements of the Naturest® Sleep System are designed to work in harmony together to cocoon you in an advanced, adaptive, sleeping environment, to create the best chance of the highest quality of sleep, the feeling of sleeping in nature in our own homes, and to help achieve the level of sleep for your mind and body to function not just adequately, but with energy and vitality.

When choosing a bed, most people only really give thought to the apparent comfort of the mattress. However, in order to offer the highest quality sleep - and adequate rest and recovery - there are many considerations that need to be resolved in the sleep environment. These include:

- Physical Comfort
- Support
- The Thermal Environment
- Moisture Control
- Ventilation
- Stimulation
- Hygiene
- Energetic Environment

Nikken has designed the Naturest® Sleep System to optimise each of these different factors for each individual, even if they share a bed with a partner who might have significantly different requirements at any one time.

“

I used to wake up in the mornings still tired, feeling dull and worn out. After using the sleep system I wake up refreshed in the morning, feeling fitter and more rested and, since incorporating the Sleep System into my daily life, I have been happier and have had more energy.

Jürgen Riede,  
Independent Nikken Consultant, Germany



Naturest® Pillow

KenkoDream® Quilt

Naturest® Kenkopad®





Combine the The Naturest®  
Sleep System with the  
KenkoAir® Purifier and  
KenkoLight® to create the  
**ultimate** sleep environment.



# Naturest® Kenkopad®

Transform your regular mattress into the perfect sleep environment

- Non-allergenic latex foundation moulds to your body's contours for better comfort and support
- Made from ecologically sound and renewable non-allergenic latex
- Gradient-density nodules provide a gentle massage-like stimulation
- Latex foundation wicks away moisture and promotes improved ventilation
- Natural materials meet fire regulations without flame retardants or other chemicals

## Advanced relaxation technology

The Nikken Naturest® Kenkopad® is designed from latex foam sculpted into an 'egg-crate' surface with specially treated tips. This provides for a relaxing massage-effect while sleeping, and allows for air movement and dissipation of the body's natural perspiration during the night, yielding to pressure for an ideal degree of sleep comfort, and is naturally hygienic – latex foam is naturally resistant to microbial growth and dust mites.

Using Nikken's unique RAM™ technology magnetic arrays, the Naturest® Kenkopad® is complemented with a specially designed magnetic field for relaxation and improved sleep quality.

## Natural, renewable materials

The Naturest® Kenkopad® is made from blended, non-allergenic latex foam. The cover is woven from all-natural, fully renewable cotton, wool, and bamboo fibres, produced without chemical pesticides or insecticides, and this improves the breathability, assists with the dissipation of moisture, and consequently helps create a drier, more comfortable, sleeping environment.



The Naturest® Kenkopad®, Naturest® Pillow, and KenkoDream® Quilt, are designed to work in harmony with one another, providing you with the perfect sleep environment for relaxing, rejuvenating sleep.

Dimensions available:

- 1110 UK Naturest® Kenkopad® 74x185cm
- 1111 UK Naturest® Kenkopad® 90x190cm
- 1112 UK Naturest® Kenkopad® 135x190cm

- 1113 UK Naturest® Kenkopad® 150x200cm

**Technology:**  
RAM™ magnetic Technology



Look out for the icons on each product, these reference the technologies used.

**Find out more about each on page 68.**





## KenkoDream® Quilt

A perfectly balanced quilt for all climates

- Exceptional Far-Infrared temperature regulation
- Increases the sensation of wellbeing by releasing negative ions
- Outer and inner covers of breathable, natural fibres
- Made from ecologically sound and non-allergenic natural materials
- Machine washable

### Maintaining a constant temperature

The KenkoDream® Quilt incorporates Far-Infrared Technology - made of ceramic coated, reflective fibres - in its natural, anti-bacterial, and breathable cotton cover. Absorbing heat energy from the environment - body heat for instance - Far-Infrared Technology radiates it back as gentle, calming warmth to help soothe the body throughout the night. This helps to ease tension, meaning that when you fall asleep it's more refreshing; the fibres also release any excess heat, helping you to maintain a constant temperature that's not too hot or too cold.

### A natural environment

With built-in Negative Ion Technology, the KenkoDream® Quilt creates an atmosphere of negative ions, which have been associated with the calm relaxation of natural environments such as forests or by the sea, to provide you with the sensation of sleeping in nature.

A magnetic array in the quilt further complements the magnetic field of the Kenkopad®, so you have a full energy field enveloping your body throughout your sleep.

Don't forget your  
Naturest® Kenkopad®  
and Naturest® Pillow

Dimensions  
available:

**11270** KenkoDream® Quilt  
135x200cm

**11271** KenkoDream® Quilt  
160x210cm

**11272** KenkoDream® Quilt  
200x200cm

**11273** KenkoDream® Quilt  
220x225cm

**Technology:**  
Field Gradient Technology,  
Negative Ion Technology,  
Far-Infrared Technology



## Naturest® Pillow

The perfect addition  
to your sleep cocoon

- Revolutionary RAM™ (radial-axis magnetism) Technology
- Helps support spinal alignment
- Non-allergenic latex filling, uniquely adjustable to your ideal level of comfort
- Made from ecologically sound and non-allergenic natural materials that meet fire regulations without flame retardants or other chemicals
- Breathable, natural fibre cover

### Supporting your natural sleeping position

Filled with naturally firm latex that prevents the pillow from becoming flat, the Naturest® Pillow is fully adjustable by simply adding or removing the filler. The Naturest® Pillow also incorporates a specially designed internal collar to ensure the most comfortable alignment for your head, neck, and spine. The breathable cover of natural bamboo and cotton fibres assists ventilation, helping to regulate your temperature to keep comfortably cool.

### Deep sleep rejuvenation

The Naturest® Pillow is different from any other pillow you'll experience due to the RAM™ Technology design. As you achieve deep sleep the brain recharges, restoring your energy for the day to come. Highly portable, you can take the relaxing, natural technology with you whenever you're travelling or staying away from home to feel the benefits of the magnetic energy. The Naturest® Pillow can be used alone or, to maximise your sleep environment, it can be used with the KenkoDream® Quilt and the Naturest® Kenkopad®.



Don't forget your  
Naturest® Kenkopad®  
and KenkoDream® Quilt

Dimensions:  
H 46.5cm, W 62cm

Technology:  
RAM™ Magnetic Technology

1115 Naturest® Pillow



# Kenko PowerSleep® Mask

## Total relaxation for a great night's sleep

- Shaped-to-fit soft, breathable fabric makes it comfortable to wear for hours
- Small, compact, lightweight and portable, it comes with its own travel pouch
- DynaFlux® Magnetic Technology increases your natural energy field
- Far-Infrared Technology for gentle warming and temperature regulation
- Negative Ion Technology for more calming, natural sleep

### Advanced energy technology

The primary value of the Kenko PowerSleep® Mask is to apply Nikken's advanced energy technologies to the head and eyes in a comfortable and convenient way, as the area around the eyes is where we often hold stress and tension, leading to the appearance of premature ageing and wrinkles. Combining DynaFlux® Technology to extend magnetic energy around your head, Far-Infrared, and Negative Ion Technologies, the Kenko PowerSleep® Mask helps to calm your mind for deeper relaxation.

### Reducing sleep disruption

There are a variety of reasons we can have trouble sleeping - artificial light, working late, sleeping away from home; perhaps your partner works late at night and you can't sleep due to the light from their laptop, or the long summer nights mean you can't fall asleep until it's dark outside. The Kenko PowerSleep® Mask helps to reduce light as a source of disruption, and whether you're on a plane, in a hotel room, on a train, or the sunrise wakes you up through the curtains in the morning, the Kenko PowerSleep® Mask can be your sleep companion.



**Dimensions:** H 10cm, W 20.5cm  
Fully adjustable – one size fits all.

**Technology:** DynaFlux® Magnetic Technology,  
Negative Ion Technology, Far-Infrared Technology



3015 Kenko PowerSleep® Mask







# Breathe

Clean, pollutant-free  
air all year round



The KenkoAir® Purifier is designed to improve your indoor air quality in three main ways...

## **Alleviating symptoms for allergy sufferers**

The KenkoAir® contains a superior ULPA filtration system to remove airborne allergens and help alleviate breathing problems. Certified by a number of national and European Allergy foundations, the KenkoAir® removes dusts, moulds, and pollens from our air, as well as man-made pollutants created by cleaning products, air fresheners, and the other trappings of our modern lives.

## **Airborne pollution**

Not always obvious, airborne pollution can have a significant impact on our health, especially indoors where pollutants can be 2-5 times higher than outdoors. Improving the quality of our air can reduce the pollution burden on our bodies, as well as helping to reduce airborne transmissions in offices, schools and other such environments.

## **Bringing us closer to nature**

The ideal air is nature's air; the type of air inhaled when walking on a beach, by a waterfall, or in the mountains. Nikken's patented 'Clean Ion' Negative Ion Technology replicates the air in these natural settings, bringing clean, refreshing air into our homes and workplaces, where it can help us to concentrate and stay connected.



The KenkoAir® Purifier is endorsed by Allergy UK and the European Centre for Allergy Research Foundation; these organisations only support products designed to remove allergens from the environment.







## KenkoAir® Purifier

Nikken's powerful 'Clean Ion' Negative Ion Technology has been proven to reduce airborne triggers for asthma and allergies

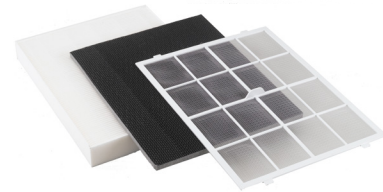
- Medical grade ULPA filter removes 99.99% of airborne particles as small as 0.12µ
- Endorsed by Allergy UK and ECARF
- Negative Ion Technology
- Ozone-free operation
- Lightweight for easy portability

### Ultra-clean, three-level filtration

The KenkoAir® Purifier contains a technologically advanced, three-level, filtration system which incorporates: a pre-filter that acts as a physical barrier or trap to remove large particles such as pet hair and dust; an activated carbon adsorption filter which removes airborne gas and solution molecules; and a final stage advanced medical-grade ULPA (ultra-low penetration air) layer which helps to remove ultra-fine particles. The superior ULPA filter removes 99.9995% of particles as small as 0.12 microns, whereas HEPA filters - commonly used in medical environments such as hospital operating rooms - only remove particles as small as 0.3 microns, giving an indication of just how clean the air can be with the KenkoAir® Purifier.

### Better for you, better for our environment

The KenkoAir® Purifier has in-built Negative Ion Technology and releases 2 million negative ions per second. Featuring ozone-free operation - a toxic form of oxygen generated by most air filtration systems - the KenkoAir® Purifier is energy efficient and has been Energy Star qualified by the United States Environmental Protection Agency, which is only given to energy-efficient air-filters, reducing your electric bill and helping our planet.



**Weight:** 6.3kg

**Coverage:** 313 sq ft/ 29m<sup>2</sup>

**Technology:** ULPA filter, Negative Ion generator

**Dimensions:** W 37.5cm, H 57.5cm, D 25.5cm

1640 KenkoAir® Purifier

1643 KenkoAir® Filter Pack









A man and a child are jumping in a grassy field under a bright, sunny sky. The scene is bathed in a warm, golden light, with the silhouettes of trees visible in the background. The man is on the left, and the child is on the right, both with their arms raised in the air.

# Light

## The power of light



### Benefits to our wellbeing

We usually don't consider light as part of our health, but it is as much a part of our environment as air or water, as our bodies react to different qualities of light and our internal chemical rhythms are partly co-ordinated by light too.

We spend up to 90% of the day indoors under artificial light and it's not uncommon for us to develop headaches, loss of concentration, and other problems. Some people can be severely affected, whereas for others it simply adds to the overall accumulation of physical stress.

### Full-spectrum light for all the family

Research into artificial light includes a study in conjunction with the Florida Department of Education that highlighted the negative effects of artificial light on attention deficit and academic performance in children, but we can all be affected, not just our children.

The natural-spectrum KenkoLight® is suitable for use in our offices, homes, and for all the family, designed to resemble natural daylight from the sun, and helping to reduce the affects of artificial light, particularly when compared with the environment in which we evolved.



## KenkoLight®

The benefits of more natural illumination at any time of day or season of the year

- Simulates the natural light spectrum of the sun to support health, but without the harmful UV rays
- Can help towards reducing eyestrain and headaches, and increasing productivity and focus
- Gradual light increase/decrease function to replicate sunrise/sunset for a more natural sleep cycle, an inbuilt audible alarm to aid waking, and an inbuilt clock
- Ideal for use both at home and in the office



### Bringing outside light in

The KenkoLight® creates an enriched light spectrum compared to ordinary artificial light, which is a closer simulation of the natural light of the sun. Most organisms thrive under natural sunlight, but much of modern living is spent indoors during daylight hours. During the winter months in particular, we may receive only minimal exposure to natural light. The KenkoLight® can help towards reducing headaches and increasing productivity in the workplace.

### Practical to use

The KenkoLight® is primarily a task and reading light, helping to reduce eyestrain. By closing the arm, the light can be transformed into a background light, a mood or night light.

In the morning the KenkoLight® can be set so that it gradually illuminates, helping to ease you awake so that you feel more energised. If needed, there is also an inbuilt alarm and clock. In the evening the light will gradually fade, similar to nightfall, helping you to fall asleep in a more relaxing way.

Featuring special flicker-free technology, the KenkoLight also uses 70% less energy compared to an ordinary 40w bulb, lasts up to 10 times longer than a fluorescent tube, and up to 60 times longer than a normal bulb, making it cost-effective to use.



**Weight:** 1kg  
**Power consumption:** Max. 12 W  
**Dimensions:** Base W 7.6cm, L 17.5cm  
 Overall H 39.5cm, Lamp Head L 30cm

1292 KenkoLight®





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The KenkoLight® and Naturest® Sleep System are a fantastic combination for your Wellness Home.

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PiMag® Water Technology uses a special blend of materials and natural minerals to produce water that not only tastes better but is also good for you.





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# Water

## Better quality water for improved wellbeing



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### Water is life

Water underpins most of our physiological functions and it's suggested that 65-75% of us don't drink enough water\*: even mild dehydration can affect physical and mental performance and contribute to daytime fatigue.

Poor hydration can be a contributing factor to many significant health problems while, on the positive side, water can help balance appetite, and studies have shown that children who are provided with water at school have higher levels of performance, while children who bring water into exams outperform those who do not, on average.

### Fresh spring-like water

A significant reason for this is that many people do not like the taste or experience of drinking water, so the Nikken PiMag® water systems are designed to take tap water and create the special experience of drinking fresh, spring-like water in our own homes and offices. This is done through a multi-stage process, first cleaning the water, and then mineralising, alkalising, ionising, oxygenating, and energising the water. The result is water that is often considered lighter, and both easier and more pleasant to drink, while remaining pure and without the environmental impact of bottled water, or indeed the cost and physical inconvenience.

\*approx 2 litres per day

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PiMag Waterfall®  
Gravity Water System

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PiMag® Sport Bottle

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PiMag® Ultra Shower

# PiMag Waterfall® Gravity Water System

Simple operation, advanced water-contaminant reducing technology

- Natural, gravity-fed filtration – no need for electricity
- Minerals that help to adjust pH to create alkaline water
- Certified filtration to reduce contaminants
- Filter life LED indicator
- Fits perfectly onto your kitchen worktop

## Multi-stage filtration

Depending on the water supply and pipes, tap water can contain traces of many chemicals including chlorine, disinfectant by-products, sediments, heavy metals, and pesticides, but we have developed water systems that transform your normal tap water into clean PiMag® water. It starts with a pre-filter removing larger particles from the water; after this, the water passes through activated carbon to capture microscopic particles; the next stage is mineralising and alkalising, and then a proprietary redox process which enhances the cleaning further and reduces the ORP (Oxidation Reduction Potential), providing water that helps to neutralise free radicals that can harm your body. The PiMag® water then flows through a bed of mineral stones and a magnetic field before reaching your glass.

## Highest Design Standards

All Nikken PiMag® water systems are designed to the highest standards, non-leaching, and free of BPA and other oestrogenic chemicals.

“ ”

After using the PiMag® Gravity Waterfall and the PiMag® Sport bottle I have learnt to love drinking water again.

Constantin Hirdău,  
Independent Nikken Consultant, Romania



**Weight:** 3kg  
**Capacity of tank:** fill tank 5 litres / supply tank 5.5 litres  
**Technology:** Field Gradient Magnetic Technology and PiMag® Water technology, gravity flow, multiple-filtration  
**Dimensions:** W 22.5cm, H 42.3cm, D 32.5cm

1380

PiMag Waterfall® Water System

1381

PiMag Waterfall® Filter Pack

1382

PiMag Waterfall® Stones







The PiMag Waterfall® Gravity Water System has received the coveted Gold Seal of Approval from the Water Quality Association in the United States of America.

#### Don't forget your replacement filters...

The filter in the PiMag Waterfall® Gravity Water System has an approximate three-month lifespan, but after this you'll need to replace it to create fresh, PiMag® water. Nikken offers a special automated and discounted replacement ordering programme which includes free delivery – your Nikken Consultant will be able to assist you to arrange this.





## PiMag® Sport Bottle

Delicious PiMag® water wherever you are

- Economical, environmental alternative to bottled water
- Advanced filtration for healthier, better-tasting water
- PiMag® technology adjusts pH to create alkaline water
- Safe, reusable, recyclable, biodegradable bottle
- Replaceable filter - good for approximately 250 refills

### PiMag® water from a bottle

Whether you are playing sports on the field, watching in the stands, travelling to work, or flying around the world, now you can create delicious PiMag® water wherever you go and from any safe water tap that you pass.

The bottle is reusable and, since each replaceable filter lasts for an estimated 250 refills, the cost of filling up is also only around half the price per litre of buying bottled water, saving you money too.

### Environmentally friendly

More than 100 million plastic bottles are used each day worldwide so, by using the refillable PiMag® Sport Bottle, you are helping to reduce the plastic waste in our world and helping the planet. It is also made from a unique BPA free resin and, should it be lost, it is fully biodegradable, breaking down into natural biomass that contributes to the soil's nutrients.



### Don't forget your replacement filters...

The filter in the PiMag® Sport Bottle has an approximate three-month lifespan, but after this you'll need to replace it. Nikken offers a special automated and discounted replacement ordering programme which can also include free delivery - your Independent Nikken Consultant will be able to assist you to arrange this.

**Weight:** 250g

**Capacity of bottle:** 600 ml

**Technology:** Field Gradient Magnetic Technology, PiMag® Water Technology, and proprietary composite filtration

**Dimensions:** H 23cm, Diameter 7cm



**1375** PiMag® Sport Bottle

**1376** PiMag® Sport Bottle Replacement Filter



# PiMag® Ultra Shower

## Clean, chlorine, free showers

- Shower in water naturally cleansed of common irritants
- Removes 100% of chlorine
- Can be beneficial to both skin and hair
- Features a replaceable filter cartridge
- Easy to install with a long, 1.8m hose

### PiMag® water for your skin

Our bodies not only absorb chlorine or other disinfectants through drinking, but also through water vapour and through our skin when we shower. When our water is sanitised, disinfectants are added and, although quality standards apply, some will still make it to our homes along with disinfection by-products, also affecting both taste and smell. These contaminants are generally considered safe, but can still be a source of physical stress on our bodies and, in the context of a shower, are quite harsh, oxidizing, and drying for the skin.

The PiMag® Ultra Shower removes 100% of this chlorine and most other contaminants, helping to avoid common skin irritations and is likely to result in smoother skin and softer hair.

### Cleansing PiMag® water

The shower head is easy to install and features a five-way adjustable spray – from a pure-mist effect, to a deep-cleaning spray to help ease aching, tired muscles. The PiMag® Ultra Shower also features Nikken's exclusive blend of filtration materials and magnetic technology, so you can be sure that the water you're washing in is the same quality as the water you drink from our PiMag® Gravity Waterfall and PiMag® Sport Bottle.

### Don't forget your replacement filters...

The filter in the PiMag® Ultra Shower has an approximate three-month lifespan, but after this you'll need to replace it. Nikken offers a special automated and discounted replacement ordering programme which can also include free delivery – your Nikken Consultant will be able to assist you to arrange this.



**Weight:** 840g

**Technology:** Field Gradient Magnetic Technology, PiMag® Water Technology

**Dimensions:** L 28cm, handle W 4cm, shower head diameter 8cm, hose L 183cm

**Pressure requirements:** 25PSI (1.73 bar) – 80PSI (5.5 bar). Maximum flow rate is 9.54 litres per minute. Due to its filter feature, a slight reduction in pressure may be experienced from your normal shower.

1341 PiMag® Ultra Shower Head

1342 PiMag® Ultra Shower Filter







# Nutrition

## Wholefood nutritional support



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### Society and food

Good nutrition is a cornerstone of good health. However, in our fast-paced society, it can sometimes be difficult to eat wholesome, well-balanced food with a wide variety of ingredients. Instead, convenience and commerce have come to dominate our eating habits with sugar, fat, and salt increasingly hard to avoid if we don't cook all our meals at home from fresh. This has an impact on health and has also led to a growing concern about rising weight problems in society as a whole. In addition, the nutrient content in our fresh foods has also been falling due to modern intensive farming.

### Fitting in with the modern world

There is little doubt that the best nutritional solution for optimal health is to eat three home-cooked organic meals a day, incorporating at least five and ideally more than nine portions of fruit and vegetables a day. However, most people would struggle to achieve this amongst their other daily priorities and responsibilities.

Nikken therefore offers a range of core nutritional essentials and targeted supplements based on concentrated whole foods that help to provide the essential nutritional support which our bodies need, while still fitting into the modern world.

34 Complete Balance™  
- NEW

38 Organic Jade  
GreenZymes®

39 Ciaga<sup>VO</sup>

39 Lactoferrin Gold 1.8®

40 Kasai®

42 OsteoDenx®

43 CalDenx®

Recognising your continuing monthly commitment to good nourishment, all of the Nikken nutritional supplements are available on an automated, discounted, direct-to-door delivery programme called Autoship – for more details see page 70.

70

# Complete Balance™



## Lose weight, maintain weight or gain weight.

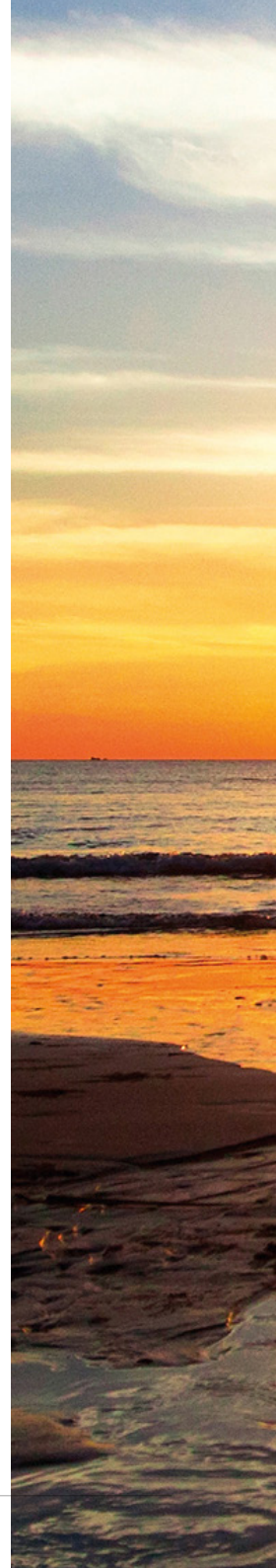
At Nikken, we understand the need for a balanced, healthy, and nutritional approach to weight management and that's why we've developed Complete Balance™ - a combination of advanced science and natural ingredients to provide an effective tool to do just that!

Complete Balance™ meal replacement shakes can help you achieve your body and wellbeing goals, whether that's to lose weight, gain weight, or even just to maintain weight and feel better on the inside and out.

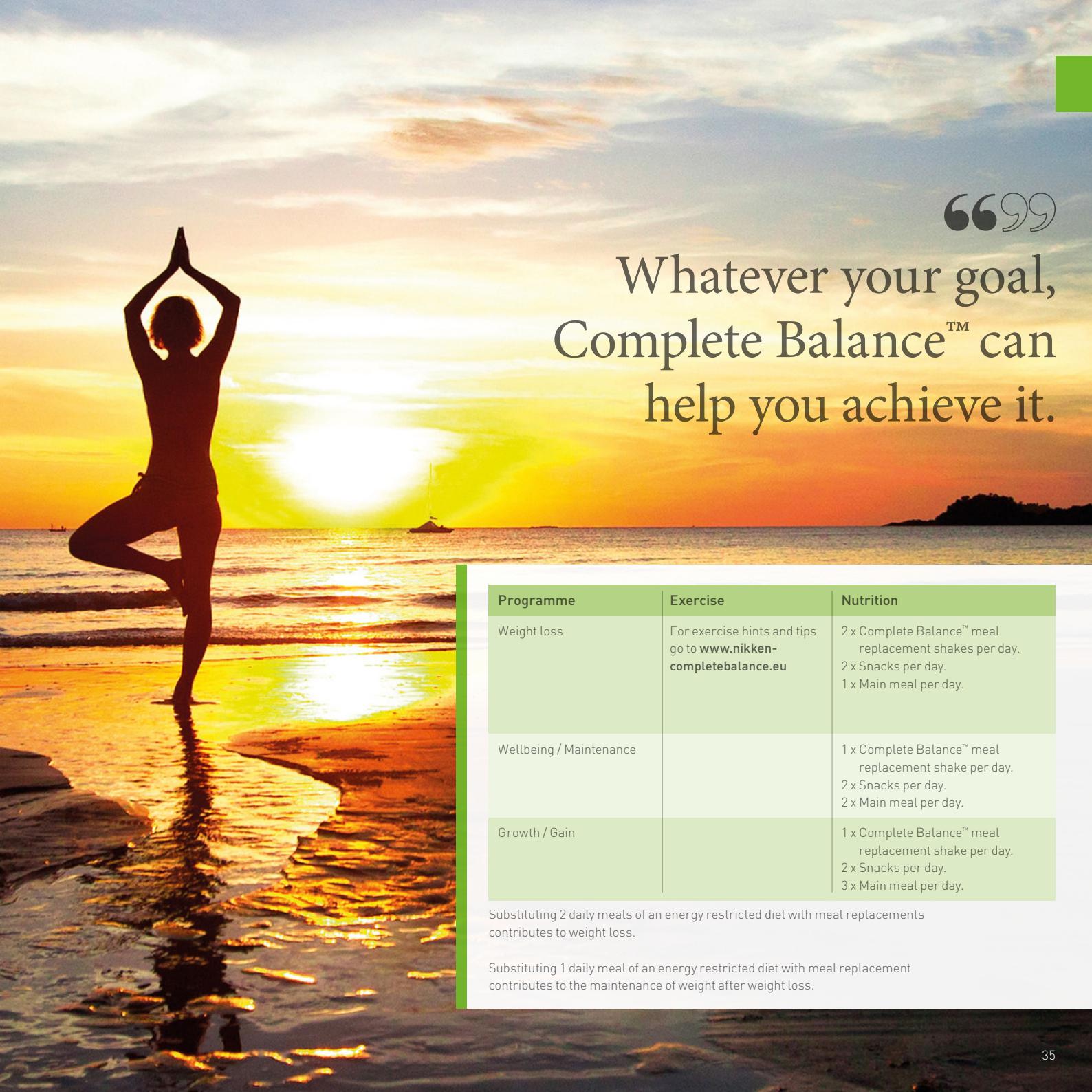
Weight loss can seem challenging, particularly if based on past experience, but it doesn't have to be complicated. Complete Balance™ has been developed in conjunction with nutritionist Barbara Cox and we have managed to pack all the vital minerals, vitamins, and energy you'd normally get from a calorie-controlled meal into a shake, reducing calories in a delicious and practical way, to help maintain desired weight targets and to support positive changes in eating habits.

Finally, we have created [www.nikken-completebalance.eu](http://www.nikken-completebalance.eu) to be used exclusively to support you in achieving your goals with Complete Balance™. Here you can find weight planners, meal planners, exercise hints and tips, and delicious recipes to use with your Complete Balance™ shake programme.

Whatever your body goals, follow one of our exercise and nutrition programmes to start seeing results!







“”

Whatever your goal,  
Complete Balance™ can  
help you achieve it.

Programme	Exercise	Nutrition
Weight loss	For exercise hints and tips go to <a href="http://www.nikken-completebalance.eu">www.nikken-completebalance.eu</a>	2 x Complete Balance™ meal replacement shakes per day. 2 x Snacks per day. 1 x Main meal per day.
Wellbeing / Maintenance		1 x Complete Balance™ meal replacement shake per day. 2 x Snacks per day. 2 x Main meal per day.
Growth / Gain		1 x Complete Balance™ meal replacement shake per day. 2 x Snacks per day. 3 x Main meal per day.

Substituting 2 daily meals of an energy restricted diet with meal replacements contributes to weight loss.

Substituting 1 daily meal of an energy restricted diet with meal replacement contributes to the maintenance of weight after weight loss.

# Complete Balance™

## Complete wellness, inside and out

- Promotes physical and emotional wellness by helping to balance your dietary intake
- No artificial colours, preservatives or sweeteners
- Suitable for vegetarians, vegans, and people suffering from Coeliacs disease



Don't forget to order a Nikken Shaker with your Complete Balance Shakes - perfect for use at home, or on the go

5609 Nikken Shaker

Content: 30 sachets

5015 Complete Balance™ Meal Replacement Shake – Raspberry Flavour

5010 Complete Balance™ Meal Replacement Shake – Vanilla Flavour

### Weight loss

Start seeing weight loss results by following our Complete Balance™ programme: our Complete Balance™ shakes are balanced to provide a calorie-controlled meal in every sachet, at the same time giving your body the nutritional support it needs throughout the day. Nikken knows that weight loss isn't easy and that you need to feel motivated to achieve your goals - that's why we've created [www.nikken-completebalance.eu](http://www.nikken-completebalance.eu). Here you'll be able to find recipes, exercises, meal and weight planners, and motivational tips on how to achieve your weight loss ambitions!

### Weight maintenance and wellbeing

The Complete Balance™ shake is ideal for maintaining your weight so that you can enjoy your current lifestyle, but feel more energised at the same time. By following our specially designed Complete Balance™ plan and replacing one of your meals with a Complete Balance™ shake, you will feel the benefits of the essential vitamins, minerals, fats, brown rice proteins, and fibre that Complete Balance™ provides, so your body has everything it needs from your diet to perform exceptionally well.


### Weight gain

By including one of our Complete Balance™ shakes in your daily diet, you can feel the boost to your general wellbeing from the beneficial ingredients and, being high in protein, it contributes to a growth in muscle mass when consumed in conjunction with three healthy meals a day.

Free from dairy, wheat, and soya, as well as containing 26 essential vitamins and minerals, Complete Balance™ is the meal replacement shake that's suitable for anyone to achieve daily wellbeing.







Find recipes, exercises,  
meal and weight planners, and  
motivational tips on how to achieve  
your weight loss ambitions at  
[www.nikken-completebalance.eu](http://www.nikken-completebalance.eu)

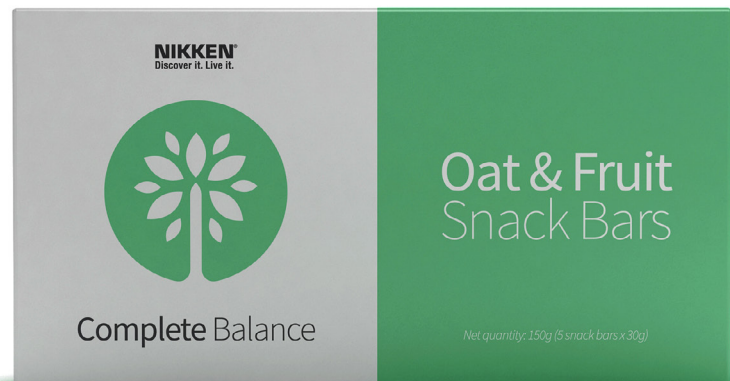
#### Complete Balance™ Oat and fruit snack bar\*

To complement our Complete Balance™ shakes, we have designed the Complete Balance™ Oat and fruit snack bar. Used as a snack in your daily Complete Balance™ programme, these oat and fruit snack bars help you to resist the urge to nibble between meals and they're made from wholesome, natural ingredients that add some of the essential variety needed to your diet.

\*The Complete Balance™ Oat and fruit snack bar can be consumed as part of Nikken's Complete Balance™ programmes, or as an additional snack for ordinary consumption.

**Content:** 5 per box

5020 Complete Balance™  
Oat and fruit snack bar



# Organic Jade GreenZymes®

## Organic body conditioning

- Made from the juice of freshly harvested, youngest shoots of organic barley grass
- A great source of naturally occurring nutrients
- A complete 'salad in a glass'

### Origins of Organic Jade GreenZymes®

For over 40 years, Japanese scientist Dr. Yoshihide Hagiwara devoted his life to finding a natural substance that would promote good health and help support the body's nutritional needs. Numerous scientific studies led him to discover the positive effects of green barley grass on human physiology.

### What are Organic Jade GreenZymes®

Harvested when nutrients are at their peak in the first shoots of young barley grass, the nutrients are then cold-processed and concentrated by juicing and spray-drying techniques. Easily absorbed by the body, only the juice of the grass is used, as this is the richest source of nutrients.

<b>Ingredients:</b> Organic, Kosher <b>Content:</b> Box of 30 sachets Jar of 50 servings	<b>20310</b>	Organic Jade GreenZymes® Sachets
	<b>20311</b>	Organic Jade GreenZymes® Jar

“

After only one week of using OsteoDenx® and Jade GreenZymes® I felt a lot stronger and could even play tennis again, but the main benefit of the Nikken supplements for me has been my freedom, as I no longer have to rely on other people to help me.

Heidi Willi,  
Nikken Customer, Germany



Mix with water  
from PiMag  
Waterfall®  
Gravity Water  
System





# Ciaga<sup>®</sup>

## A cocktail of power fruits

- High ORAC rating
- High in vitamin C
- 100% juice drink with no added sugar, preservatives, artificial flavours, or colours
- Organic and Kosher

**Ingredients:** Organic, Kosher  
**Content:** Pack of 2 x 946ml bottles

**2130** Organic Ciaga<sup>®</sup> (Twin Pack)

### What is Ciaga<sup>®</sup>

Ciaga<sup>®</sup> is an organic juice drink based on concentrated purple berries; ingredients such as blueberries, elderberries, raspberries, agave, blackberries, acai, and grape seed extract creates an astonishingly high ORAC level (1425  $\mu$ moleTE per 30 ml serving), as well as providing a naturally sweet and delicious taste.

Ciaga<sup>®</sup> is also bursting with vitamin C, which can contribute to overall health by assisting with the absorption of iron; promoting normal collagen formation; and contributing to an energy-yielding metabolism. It also contributes to the protection of cells from oxidative stress.

### Good for nature

Ciaga<sup>®</sup> contains fresh fruits that are harvested at the peak of their growth, and we don't use any pesticides, herbicides, artificial fertilisers, or genetically modified organisms in the growing of the ingredients. Ciaga<sup>®</sup> bottles have a reduced impact on the environment, containing no harmful bisphenol A or other potentially harmful chemicals, and they are easily recycled. Compared to glass, Ciaga<sup>®</sup> bottles create a smaller carbon footprint and therefore have a reduced impact on natural resources.



## Lactoferrin Gold 1.8<sup>®</sup>

### An essential, natural protein helping towards overall wellbeing

- Naturally occurring protein
- Developed by world-class scientists to help with wellness
- Suitable for lactose intolerance
- Contains vitamin C

**Content:** Box of 30 capsules, recommended 1 per day

**26306** Lactoferrin Gold 1.8<sup>®</sup>



### What is Lactoferrin

Lactoferrin is an essential protein that occurs naturally in many bodily fluids such as tears, blood, and saliva. A major component of mother's milk, and therefore one of the first sources of nutrition provided to babies after birth, it's also present in the digestive, respiratory, and reproductive systems.

### Specially developed for wellbeing

Dr Narain Naidu – one of the world's leading scientists and patent-holders in international lactoferrin research, including natural techniques of food safety and preservation – has led the world-class research team to develop Lactoferrin Gold 1.8<sup>®</sup>, an ultra-pure preparation with consequentially high functional activity. Dr Naidu discovered that lactoferrin becomes more powerful when purified, leading to our precision technology purification process that uses approximately three litres of milk to produce a single capsule of Lactoferrin Gold 1.8<sup>®</sup>. In addition, the milk is sourced from a specific isolated herd of cows in New Zealand that is biologically protected and monitored.

Each capsule also contains a complement of 60mg of vitamin C that can contribute to the normal function of the immune system, normal energy-yielding metabolism function, and the normal functioning of the nervous system.



## Kasai®

### Optimum nutrition for busy lifestyles

- Targeted supplements to help support your body's wellbeing needs
- Based on concentrated wholefood supplements
- Combines Eastern and Western natural technologies to help provide comprehensive, balanced nutrition
- With the exception of Kasai® Omega Oils, all of the Kasai® range is suitable for vegetarians

### Kasai® for Women

Formulated with soy isoflavones, cranberries, and acerola cherry to support overall wellbeing in women. Cranberries are packed full of proanthocyanidins. In addition, acerola cherries supply 78% of your recommended daily allowance of vitamin C, helping to reduce tiredness and fatigue, whilst also contributing to normal physiological functions including the immune system, metabolic function, and the normal production of collagen.



**Content:**  
Bottle of 60 capsules, recommended 2 per day

**2516** Kasai® Women

### Kasai® for Men

Containing lycopene, powdered garlic, tomato, and pumpkin seed, this variety of Kasai® is designed to help contribute to wellbeing. Two capsules provide 6mg of high-quality lycopene, found naturally in tomatoes, which is a carotenoid known to have beneficial nutritive effects.



**Content:**  
Bottle of 60 capsules, recommended 2 per day

**2515** Kasai® Men





## Kasai® Multi-Vitamin and Minerals

With a broad array of wholefood fruit and vegetable powders – pineapple, orange, apple, apricot, cherry, peach, strawberry, papaya, grape, grapefruit, blueberry, raspberry, blackcurrant, blackberry, broccoli, carrot, and onion – Kasai® Multi-Vitamin and minerals provides a supportive range of vitamins and minerals, as well as the associated phytonutrients and nutritional matrices to help address your daily nutritional needs.



### Content:

Bottle of 60 capsules, recommended 2 per day

**2561** Kasai® Multi



## Kasai® Purple Berries

Used in traditional Eastern medicine for a variety of wellbeing needs, Nikken's Kasai® Purple Berries contains a blend of chokeberry, elderberry, blueberry, and blackcurrant, and two capsules have an oxygen radical absorption capacity (ORAC) of 300 µmoleTE.



### Content:

Bottle of 60 capsules, recommended 2 per day

**2518** Kasai® Purple



## Kasai® Omega Oils

The combination of borage oil and fish oil contains essential Omega 3 and Omega 6 which the body can't naturally create and can only be obtained from food or supplements, and which are known to contribute to the maintenance of normal brain function. Using an advanced purification method, heavy metals, environmental pollutants, and oxidative impurities are removed for an extremely pure end product. The sardines and anchovies used to create our Kasai® Omega Oils are sustainably sourced from the coast of Peru, home to over 700 marine species.



### Content:

Bottle of 60 capsules, recommended 2 per day

**2519** Kasai® Omega



## OsteoDenx®

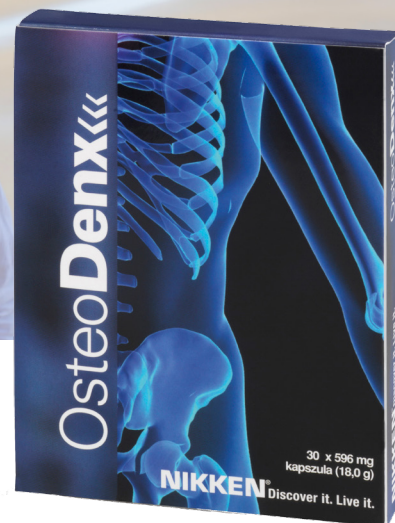
### Supporting the maintenance of normal bones

- Contains vitamins D and K, manganese, and zinc which contribute to the maintenance of normal bones
- A food supplement with soluble fibres, vitamins, and grape seed extract
- A formulation exclusive to Nikken
- Suitable for both men and women

#### Supporting our skeletal structure

Our bones are unique, forming a rigid structure that not only enables us to move, but also protects our soft internal organs. 90% of bone mass forms before you reach 20 years old and our bones constantly replace dead cells with new ones, regenerating throughout our lives. This regeneration can slow down later as we get older and 50% of women over the age of 50 will break a bone due to poor bone density, so maintaining good bone health is increasingly important as we age, and lifestyle and prevention are key to this.

Developed by Nikken's world-class research team and Dr. Narain Naidu – a medical microbiologist who has spent more than 25 years researching bioactive substances and their effects on human health – the vitamins D and K, manganese, and zinc in OsteoDenx® contributes to the maintenance of normal bones.



#### What's in OsteoDenx®

A lactoferrin-based food supplement with soluble fibres, vitamins, and grape seed extract, OsteoDenx® provides vitamins D and K, as well as manganese and zinc, to help protect your bones; use in conjunction with CalDenx®, our high-quality calcium supplement, for maximum benefits.

#### Content:

Pack of 30 capsules, recommended 1 per day

1541 OsteoDenx®



## CalDenx®

### A calcium and magnesium food supplement

- Contains vitamins K and D
- Contributes towards the maintenance of normal bones and teeth
- Designed to be used with OsteoDenx®

#### Calcium for strong bones

Calcium is vital for maintaining healthy bone structure, whilst also helping to support other body systems. In order to maintain these systems the necessary calcium is withdrawn from the bones and, if not replaced, can lead to weakened bones.

When taken on a regular basis CalDenx®, a calcium supplement with vitamins and minerals, can help contribute towards the maintenance of normal bones and teeth and should be used in conjunction with OsteoDenx®.



**Content:**  
Bottle of 90 capsules,  
recommended 3 per day

1551 CalDenx®









# Skincare

Pure heaven for your skin



## The ingredients make the difference

For thousands of years seaweed has been used for nutrition and skincare and carefully selected organic seaweeds underpin our True Elements™ Skincare range. Packed full of naturally powerful ingredients, our range is pH-balanced for harmony with the skin's natural chemistry and uniquely designed to help your skin reflect your inner radiance and energy. True Elements™ are also formulated to be pure, organic, and free of parabens, GMO's, mineral oils, phthalates, phenoxyethanol, PEG, EDTA, synthetic colourings and fragrances.

## Hydration is vital

A vital part of great-looking skin is hydration, in which seaweed excels. All of our True Elements™ range contain specific formulations of enriching marine extracts that help naturally stimulate skin cells to absorb more water, keeping your skin looking nourished and fresh 24 hours a day – perfect for use with Nikken's PiMag® water systems for drinking and showering.

## Carefully grown and selected

Harvested from a UNESCO world biosphere reserve, the seaweeds we select are grown naturally and sustainably to respect the environment. The ingredients are extracted within 24 hours close-by on the shore using the latest specialist technology to protect the plants from damage during harvesting, and to ensure that all the active elements are retained to nourish and enhance your skin for a truly premium experience.

46 Velvet Cleansing Milk

46 Fresh Tonic Lotion

47 Nourishing Face Cream

47 Anti-Ageing Serum

47 Youthful Face Cream

48 Stimulating Shower Gel

49 Moisturising Body Lotion

## True Elements™

The True Elements™ range is structured for easy use and powerful benefits.

The basics are as simple as '1, 2, 3' for both men and women (cleanse, tone, and moisturise), to help protect the skin and reduce the appearances of premature ageing, while the Stimulating Shower Gel and Moisturising Body Lotion are designed for the whole body.

For more mature skin, we offer a special Anti-Ageing Serum for an extra age-prevention boost followed by an enriched Youthful Face Cream to complete the anti-ageing package.

## 1. Velvet Cleansing Milk

Remove the pollution of the day

- Gently removes impurities and make-up
- Maintains skin's moisture content
- pH-balanced to protect the skin
- Leaves skin looking clean and radiant

Our Velvet Cleansing Milk gently removes all traces of make-up and impurities whilst protecting the natural balance of your skin. Seaweed extracts Laminaria, Chondrus, and Ulva provide trace elements and minerals for gentle nourishment and at the same time help to maintain hydration through the cleansing process.

Content: 200ml

2040

Velvet Cleansing Milk



## 2. Fresh Tonic Lotion

Perfecting your cleansing routine

- Helps skin recover tone and radiance
- Helps activate cellular exchange and blood micro-circulation in the skin's surface
- pH-balanced to protect the skin
- Contains Aloe Vera to promote suppleness

Nobody wants tired-looking skin! Our Fresh Tonic Lotion contains the seaweed extract Laminaria as well as natural seawater minerals - which closely resemble blood plasma - for superior nourishment and to help activate cell renewal and blood microcirculation in the skin, boosting blood flow and youthfulness. Aloe Vera, Chondrus, and Ulva help to soothe and hydrate so that your skin looks toned and bright.

Content: 200ml

2041

Fresh Tonic Lotion





### 3. Nourishing Face Cream

A blend of natural ingredients to deeply nourish your skin

- Contains shea butter, sunflower seed oil, and trace elements – all natural ingredients
- Hyaluronic acid for hydration
- pH-balanced to protect the skin
- Includes Aloe Vera for soothing and restoring suppleness

Our Nourishing Face Cream is our key moisturiser, helping to protect and to reduce premature ageing. A combination of shea butter and marine minerals restore your skin's natural layer of protection, nourishing the cells by supplying moisture to the upper layer of the epidermis. By combining these ingredients with hyaluronic acid, the Nourishing Face Cream creates a strong moisture reserve to keep your skin looking fresh throughout the day, whilst leaving it soft and smooth.



Content: 50ml

2044

Nourishing Face Cream

For more mature skin we offer two specific components for Anti-Ageing:

### Anti-Ageing Serum

Help keep back the years

- Hyaluronic acid plumps the skin and stimulates collagen creation
- Ulva algae stimulates anti-ageing cellular renewal
- pH-balanced to protect the skin
- Overall skin looks and feels firmer

For use after cleansing and toning, but before moisturising with Youthful Face Cream, this natural anti-ageing serum contains active ingredients that reinforce the skin, promoting cellular renewal and the creation of elastin fibres to help maintain the skin's natural suppleness. Hyaluronic acid plumps and helps stimulate collagen production to keep skin looking smoother and more youthful.



Content: 30ml

2042

Anti-Ageing Serum

### Youthful Face Cream

Anti-ageing for more mature skin

- Polysaccharides from red seaweed and Aloe Vera provide moisture
- Chrithmum maritimum helps to protect and regenerate skin
- pH-balanced to protect the skin
- Skin's natural elasticity is enhanced to help you to look more youthful



For more mature skin, our Youthful Face Cream offers richer support with an exceptional feel on the skin, strengthening the elastin fibres that support skin tissues, helping to keep them taut and looking firmer. Our combination of plant butters and sea fennel nourish, protect, and help to regenerate cells, whilst polysaccharides from red seaweed and Aloe Vera keep moisture locked in for healthy, youthful skin.

Content: 50ml

2043

Youthful Face Cream



## Stimulating Shower Gel

### Energise your skin

- Unique ingredients help to stimulate cell renewal
- Brown seaweeds and marine minerals create a toning, re-mineralising action
- pH-balanced to protect the skin
- Boosts and preserves skin's natural moisture

Ensure you cleanse your skin in our Stimulating Shower Gel. Its natural ingredients help to remove daily pollutants from your body, whilst protecting your skin's natural moisture balance. Sea fennel stimulates cell renewal, whilst brown seaweeds and spray-dried seawater minerals tone and re-mineralise for an invigorated feeling.



Content: 200ml

2045

Stimulating Shower Gel







## Moisturising Body Lotion

Nourish your body for skin radiance

- Contains shea butter, seaweed extracts, and palm kernel oil for deeper nourishment
- Laminaria boosts radiance and hydrates
- pH-balanced to protect the skin
- Non greasy formula – dress straight away

Packed full of organic sea plant ingredients and shea butter, our non-greasy formula is easy for the skin to absorb, moisturising and nourishing the upper layers, whilst the ulva algae improves its tone. Our Moisturising Body Lotion boosts radiance, whilst leaving an invisible layer of moisture to keep your skin protected.

Content: 200ml

2046

Moisturising Body Lotion





A full-page background image of a woman with long dark hair in a ponytail, wearing a bright pink tank top and black leggings, running away from the camera on a paved path. The path is lined with tall trees, and the scene is bathed in the warm, golden light of a setting or rising sun, creating a bokeh effect in the background.

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Nikken's products are designed to be convenient, fitting in easily to our normal daily lives

Each of the following Nikken products are designed to be used conveniently as part of our normal daily lives: special magnetic insoles in our shoes, jewellery to be worn, seats to sit on (or PetPads for our pets!), and special Far-Infrared wraps of different sizes which can be conveniently applied to different parts of the body.

While the Nikken Naturest® Sleep System is designed to support the body's recovery processes each night, the magnetic and TriPhase® applications featured within this section are designed to continue the support throughout the rest of the day and evening.



# Rejuvenate

## A World of Energies



### Magnetism in the Environment

The magnetic field of the earth is integral to the natural environment for all living things, but is changing, even reversing polarity over time. In the last 150 years or so, we have also created an increasingly electromagnetic world: electricity, TV, radio, mobile phones, and other electrical appliances all add electromagnetic fields to our modern environment.

### Energy in Life

For thousands of years Eastern cultures have learned understandings of the role of energies in our bodies – acupuncture is just one example of this – and now we know bioelectrical systems are as fundamental to the body as biochemistry. The role of electromagnetic fields on our health in the modern world is still a subject of study, and the effects vary in individuals, but electromagnetic sensitivity is now officially recognised on both sides of the Atlantic.

### Supporting our natural energies

Nikken's magnetic technologies have developed over the past 35 years to provide a supportive environment for our bodies, and to help restore balance and relaxation in our stressful world.

Learn more about our technologies in the guide at the back of this brochure – **see page 68.**

53 KenkoInsoles®

54 mStrides –NEW

55 KenkoStrides®

56 PowerChip®

56 PowerMini™ – NEW

57 Kenko MagDuo®

57 MagCreator®

58 KenkoSeat® King II

60 Kenko MagFlex®

60 KenkoTherm® Back Belt

61 Nikken Belt

61 PetPad

62 KenkoTherm® Support Wraps

63 ThermoWear Socks

64 Kalkei Watch

64 Kalkei Bracelets

65 Five Pillars Necklace

65 Five Pillars Silicone Bracelet

66 PowerBand® Bracelet and Necklace

66 Crossover Titanium Bracelet

67 Kirei® Pendants

67 Magnetic Necklaces



“”

After using  
KenkoInsoles®, I  
could really feel the  
difference - I found  
that my whole body  
felt better and that  
my energy levels  
were lifted.

Ellen Van Buiten,  
Independent Nikken Consultant, Netherlands



# Our original Magnetic Technology

- **EQL Magnetic Technology** – perfectly consistent magnetic field formed of equilateral triangles, with multiple polarities – 100% surface coverage with no gaps
- **Reversible design** has optional reflexological nodules on one side – provides a massage effect that helps the whole body feel good
- **Reinforcing mesh layers, and wear-resistant coating** – adds durability and long life

## Our origins

The KenkoInsoles® are Nikken's founding product, derived from research into the effects of magnetic fields, with an added reflexological component inspired by the reflexology practices in Japan and the pebbles on the floors of the traditional hot baths.

## Innovative technology

The KenkoInsoles® utilise Nikken's EQL Magnetic Technology, which means that the whole insole generates a complex multipolar magnetic array from edge to edge for 100% coverage.

## Durable construction

Our KenkoInsoles® are built to last, featuring a triple-layer design and a durable resin-coated surface that stands up to daily use and means they're easy to keep clean.

To feel the benefits of the KenkoInsoles®, simply cut them carefully to size, slip them in your shoes, and you're ready to go.



**Technology:** EQL Magnetic Technology



**Available in sizes:**

- |      |  |
|------|--|
| 2020 | Small<br>(women's size 2-6.5 UK/ 35-40 EU) |
| 2021 | Medium<br>(men's size 6-11 UK/ 39-46 EU)   |
| 2022 | Large<br>(men's size 12+ UK/ 47+ EU)       |

# mStrides – NEW

New, improved design,  
featuring our most  
advanced DynaFlux®  
Technology

- Exclusive 800-1000 gauss DynaFlux® magnetic tension technology
- Durable, lightweight, and ventilated materials
- Negative Ion Technology
- Far-Infrared Technology

Beginning in 1975 with our Kenkolsoles®, the Nikken mStrides are our latest innovation, combining the most advanced DynaFlux® Magnetic Technology to increase field complexity through opposing polarities and introducing a degree of dynamic field variability by allowing each magnet a precisely controlled degree of movement as you take each step.

Far-Infrared Technology absorbs energy from the environment and reflects it back as gentle, calming warmth, while passive Negative Ion Technology releases soothing negative ions to create the ultimate re-energising environment for tired feet.



**Technology:** DynaFlux® Magnetic,  
Far-Infrared, Negative Ion Technologies

**Sizes available:** Can be cut to fit



**3050** Women's  
(UK 2.5 to 7 / EU 35 to 40)

**3051** Men's  
(UK 6.5 to 11.5 / EU 40 to 46.5)



# KenkoStrides®

All the benefits of our KenkoInsoles®, but for more intensive activities

- **EQL Magnetic Technology** – perfectly consistent magnetic field formed of equilateral triangles, with multiple polarities providing 100% magnetic coverage
- **Far-Infrared Technology**
- **Soft, resilient, high-density foam for superior shock absorption**
- **Flexible, lightweight for active wear**

Delivering the same benefits as our founding product the KenkoInsoles®, the KenkoStrides® are triple-layer insoles that provide extra cushioning, ventilation, and temperature control for even the most active of feet. Odour resistant, they're perfect for more intensive activities, and offer superior shock absorption with their base of open cell, high-density foam.

EQL Magnetic Technology gives consistent magnetic coverage across the entire surface of the KenkoStrides®, whilst Far-Infrared fibres help to regulate and balance temperature by absorbing heat energy and reflecting it back as gentle warmth, keeping you on the move all day long.

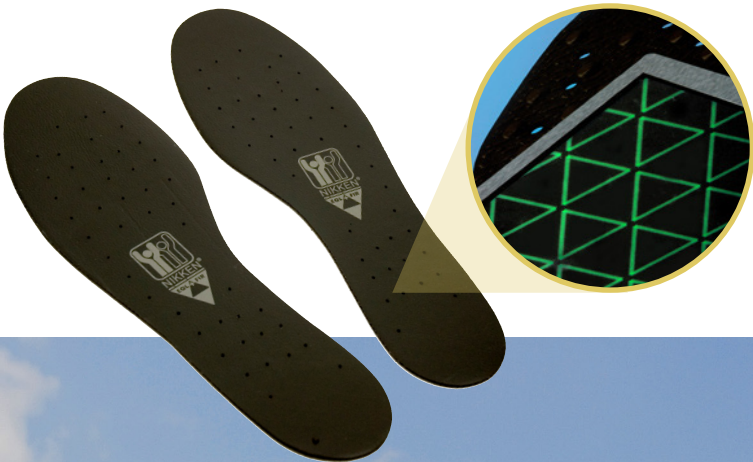
**Technology:** EQL Magnetic, Far-Infrared Technologies

**Sizes available:** Can be cut to fit

**2024** Small  
(women's size 2-6.5 UK / 35-40 EU)

**2025** Medium  
(men's size 6-11 UK / 39-46 EU)

**2026** Large  
(men's size 12+ UK / 47+ EU)



# PowerChip®

## Versatile, portable, magnetic energy

- Unique DynaFlux® Magnetic Technology provides 100% coverage
- Incorporates Far-Infrared Technology and Negative Ion Technology
- Compact size, fits in pocket or purse
- Durable, long-lasting construction with a polymer shell that resists corrosion

Featuring Nikken's most advanced DynaFlux® Magnetic Technology, the PowerChip® utilises the complexity of magnetic fields in tension which additionally increases depth of field for greater penetration. The PowerChip® also incorporates our Far-Infrared Technology and Negative Ion Technology and can be worn as a pendant by using the ring provided in the design or used in conjunction with our support wraps for more focused energy.



**Technology:** DynaFlux® Magnetic, Far-Infrared, Negative Ion = TriPhase®

**Dimensions:** Diameter 4cm

1510

Pack of three (black, green, and red)





# PowerMini™ – NEW

## Instant magnetic energy on the go

- Exclusive 750 gauss DynaFlux® Magnetic Technology
- Convenient carry case holds a full supply of 12 PowerMini™ magnetic units and adhesive discs
- Both the magnetic assemblies and adhesive discs are water resistant

With the new PowerMini™, the smallest of Nikken's Magnetic Technologies, you can apply the magnetic devices almost anywhere on your skin. Using the patches stored in the unique carry case, all you need to do is adhere the device to the area to experience advanced DynaFlux® energy and assist in relieving discomfort in the smallest and least convenient areas.

As well as being small enough to carry around in your bag or wallet, the PowerMini™ patch is waterproof, and the magnetic assemblies are re-usable.

**Technology:** DynaFlux® magnetic technology

**Contains:** 12 magnets and 24 adhesive discs

3025

PowerMini™





## Kenko MagDuo®

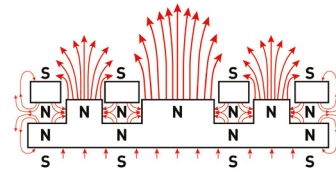
### Convenient Magnetic Technology to ease tension

- Exclusive DynaFlux® Magnetic Technology for deeper penetration of flux lines
- Incorporates Negative Ion and Far-Infrared Technologies
- Massage nodules provide a relaxing, stimulating massage
- Compact and lightweight, it can be applied to any part of your body

#### Easy-to-use

The Kenko MagDuo® is made up of two rotating spheres featuring unique DynaFlux® massage-nodules housed in a protective carry case. Nikken has found that the more complex the field, the more powerful it is, and the MagDuo® is probably the most powerful and fastest-acting of Nikken's magnetic devices to help relax muscular tensions, discomfort, and stress. The spheres can also be removed from the case and used individually or together for targeted relief.

The DynaFlux® technology further intensifies and extends the magnetic coverage, whilst the spheres also release Negative Ions and Far-Infrared ceramics release absorbed energy as a comforting heat.



**Technology:** DynaFlux® Technology,  
Far-Infrared Technology,  
Negative Ion Technology

**Weight:** 106g

**Magnet Strength:** 800–1000 Gauss per magnet



**3020** Kenko MagDuo®



## MagCreator®

### An insight into the relaxation provided by the Nikken Naturest® Sleep System

- Specially designed magnetic head designed to roll fluidly down the spine and soothe tired, tense muscles.
- The surface nodules add an extra level of massaging stimulation.
- Premium bearings ensure a smooth focused experience

#### Combines massage and magnetic field

The relaxing magnetic back massage that you get from using our popular MagCreator® is like nothing you will have experienced before. Try it for yourself! It's so easy to use, either on yourself or even better on others. The stimulating effect of the light rolling action as the carefully engineered components gently sweep down your spine will leave you feeling fresh and invigorated.

The special Nikken 'Roll-Out' procedure can even give you an insight into the relaxation available through sleeping each night using the Nikken Sleep System – ask your Consultant to show you!

**Technology:** Field Gradient Magnetic Technology

**Weight:** 290g

**Magnet Strength:** 800 Gauss



**1330** MagCreator®

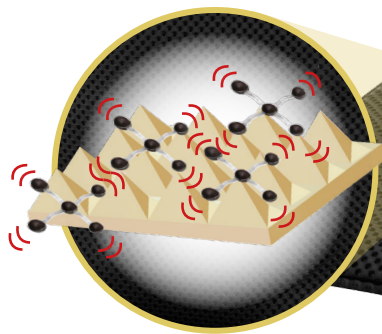
# KenkoSeat® King II

Experience powerful magnetic energy whilst sitting down

- Exclusive SpyderRAM™ Magnetic Technology
- Incorporates TriPhase® technology
- High density massage nodules for superior support and comfort

Ideal for the office or at home, the KenkoSeat® King II is an instant way for you to benefit from our Magnetic Technologies. Following similar design principles to the Naturest® Kenkopad®, the KenkoSeat® has been covered using a soft, durable, and breathable polyester, and features naturally anti-bacterial latex.

The KenkoSeat® features our powerful SpyderRAM™ Magnetics, Far-Infrared, and Negative Ion Technologies. There are also high density nodules built-in to the design to provide a massage-like effect – the same technology found in our Sleep System.




**Technology:** SpyderRAM™ Magnetics, Far-Infrared and Negative Ion Technology

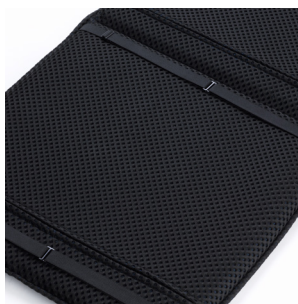
**Dimensions:** H 105cm, W 47cm

**Magnet Strength:** 800 – 1000 Gauss

3041

KenkoSeat® King II







The KenkoSeat® King II is  
ideal for use at home,  
work or in your car



“”

The MagFlex® has completely changed my life for the better and, because of my experience with Nikken products, I saw the potential to build a business and have gone on to become an Independent Nikken Consultant.

Fredrik Marthell,  
Independent Nikken Consultant, Sweden



**Technology:** DynaFlux® Magnetic,  
Far-Infrared, Negative Ion Technologies

**Dimensions:** 18.86cm x 14.45cm

3010 MagFlex®



# Kenko MagFlex®

## Advanced DynaFlux® Magnetic Technology for your back

- TriPhase® Technology
- Made of a durable yet highly flexible material
- Perforated for ventilation making it comfortable to wear sitting or standing, all day

Our most advanced natural Technologies in a format specially designed for use on larger areas of the body, such as your back. Whether sitting or standing, the MagFlex® is lightweight, slim, and flexible, and fits perfectly to the shape of your lower back while, using a combination of Far-Infrared and Negative Ion Technologies, it helps to ease discomfort. The DynaFlux® Magnets provide a consistent, dynamic field over the entire surface of the MagFlex® for a deeper, more beneficial effect of these natural energies. The design is also perforated for ventilation, keeping you comfortable all day long, and serated on the back to hold it in a waistband.

# KenkoTherm® Back Belt

## Warmth and support for your back

- Designed to conform to the shape of your back
- Combines Nikken Far-Infrared and Negative Ion Technologies
- Provides the correct combination of support and flexibility
- Hand washable
- Highly adjustable large Velcro panel

The KenkoTherm® Back Belt provides a contoured fit, ensuring you receive the gentle warmth and natural feeling of the incorporated technologies wherever you need them most. With secure, adjustable closures, it provides just the right level of support and flexibility for your back.

Used alone or in conjunction with the MagFlex®, Nikken’s exclusive natural technologies can be used to ease discomfort.



**Technology:**  
Far-Infrared and  
Negative-Ion Technology

**Available in sizes:**

- 1822 Medium – W 17cm, L 94cm
- 1832 Large – W 17cm, L 105cm
- 1842 X-Large – W 17cm, L 113cm



Although the Kenko MagFlex® can be used alone, the beneficial properties are further enhanced when used in conjunction with our KenkoTherm® back wrap.

**Kenko MagFlex® and KenkoTherm® Back Belt Pack:**

- 3011 Back Belt Pack (M)
- 3012 Back Belt Pack (L)
- 3013 Back Belt Pack (XL)





# Nikken Belt

## Classic leather belt incorporating Magnetic Technology

- High quality leather belt with refined and elegant buckle
- Incorporates energising Magnetic Technology
- 1000 Gauss magnets

The Nikken belt is the essence of our philosophy – a smart black leather belt incorporating powerful Magnetic Technology so you can feel the benefits wherever you go.

Featuring seven specially designed and strategically placed magnets, the Nikken belt can be conveniently and discretely worn throughout the day to complement both smart and casual wear.



**Technology:** Field Gradient  
Magnetic Technology

**Available  
in sizes:**

1489 Large (one size)



# PetPad

## The same advanced technologies for your pet

- Includes advanced Magnetic Technology that features specially placed magnets
- Incorporates Far-Infrared Technology
- Fully washable design
- Doesn't affect microchips

A Nikken Petpad has two primary applications – to give our pets the same care and benefits which are available to us and to reclaim our own Nikken environments when our pets are drawn by instinct to ours!

The ultimate in sleep, comfort, and relaxation technologies for your pet, the Nikken PetPad helps keep your beloved pet in peak condition. Machine washable for your convenience, it incorporates Magnetic and Far-Infrared Technologies, creating a field of natural energy around your pet, whilst also reflecting back gentle warmth to help keep them energised and active.

**Technology:** Far-Infrared

**Available in sizes:**

1625 PetPad 75 x 60 cm    1626 PetPad 100 x 76 cm





## KenkoTherm® Support Wraps

Warmth and support where you need it most

- A range of support wraps designed specific areas and joints
- Combines Nikken Far-Infrared and Negative Ion Technologies
- Provides the correct combination of support and flexibility
- Machine washable

KenkoTherm® wraps provide a contoured fit, ensuring you receive the gentle warmth and natural feeling of the incorporated technologies wherever you need them most. Designed for the back, joints, and limbs, the KenkoTherm® Wraps assist in balancing the body, especially in supporting sports and athletic applications, and in easing complaining joints from injuries, other problems or maturing years.

To feel the benefits of our Magnetic Technologies add PowerChips (p56) or PowerMinis (p56) under the wrap to either side of the limb or use a Kenko MagFlex® with our KenkoTherm® Back Belt (also available as a discounted pack - see p60).

“ ”

For me, using Nikken KenkoTherm® Wraps around my knee joints means I can move more freely and I find that any aches I experience are greatly reduced.

Sigmund Borgund,  
Independent Nikken Consultant, Norway

**Technology:** Far-Infrared and Negative-Ion Technology



**Sizes available:**



### Ankle Wrap

**1821** Medium – W 9cm, L 23cm

**1831** Large – W 10cm, L 23cm

**1841** X-Large – W 11cm, L 23cm

### Wrist Wrap

**1825** Medium – W 7cm, L 11cm

**1835** Large – W 9cm, L 11cm

**1845** X-Large – W 9.5cm, L 13cm

### Elbow Wrap

**1823** Medium – W 8.5cm, L 23cm

**1833** Large – W 10cm, L 23cm

**1843** X-Large – W 12.5cm, L 23cm

### Knee Wrap

**1824** Medium – W 13cm, L 24cm

**1834** Large – W 16cm, L 24cm

**1844** X-Large – W 18cm, L 27cm



# ThermoWear Socks

## Far-Infrared to treat your feet

- Designs for everyday, general sports, and playing golf
- Includes Nikken's Far-Infrared Technology
- Durable and breathable
- Machine washable

### ThermoWear men's and women's socks

Smart black socks to suit any outfit, they combine Nikken's Far-Infrared ceramic fibre technology, helping to keep your feet at a constant, comfortable temperature. Exceptional breathability results in a fresh, dry feeling all day long.



**Technology:**  
Far-Infrared Technology



**ThermoWear Men's sock sizes available:**

**1716** Medium  
(size 6.5-11 UK/ 40-46 EU)

**1721** Large  
(size 12-17 UK/ 47-53 EU)

**ThermoWear Women's socks sizes available:**

**1764** One size



### ThermoWear Sports Socks

Designed to keep your feet comfortable whilst you keep playing your favourite sports. With a fully cushioned foot bed and built in arch support, these are ideal socks for comfort, and a specially constructed heel features a Y-shaped configuration to minimise slippage.

Improved ventilation and breathability properties mean that the fabric fibres help to move moisture away from your skin, preventing your feet from becoming damp during exercise; this is further enhanced by the balancing Far-Infrared Technology that helps to moderate temperature.

**Technology:** Far-Infrared Technology



**Sizes available:**

**1767** Unisex medium  
(size 4-8 UK/ 37-42 EU)

**1768** Unisex large  
(size 9-13 UK/ 43-48 EU)



### ThermoWear Golf Socks

Keep your feet breathing freely while out on the course. Our specially designed ThermoWear Golf Socks combine a high-quality cotton blend with temperature balancing anti-fungal far-infrared fibres to provide comfort and durability, and integrated copper fibres prevent static cling.

**Technology:** Far-Infrared Technology



**Sizes available:**

**1761** One size



Wear with mStrides  
to create the ultimate  
re-energising  
environment  
for tired feet.

54

# Nikken Jewellery

Look wonderful and feel wonderful with Nikken's range of captivating jewellery – how better to carry the power of Nikken's powerful energy technologies throughout the day than with smart, stylish, unique, energising jewellery as part of your daily life!



# Kalkei Watch

The perfect mix of fashion, functionality, and energetic support, the Kalkei watch is also presented in its own velvet pouch.

**Sizes available:**  
One size - 19-28cm

**Technology:** Far-Infrared, Negative Ion, and Field Gradient Magnetic Technologies



**19310** Kalkei Watch

# Kalkei Bracelets

Glamorous and sophisticated, each bracelet comes in its own velvet pouch, making it the perfect gift of wellbeing.



**Technology:** Field Gradient Magnetic Technology

**Sizes available:** One size  
- 19-28cm

**19301** Black Magnetic Bracelet



**Technology:** Far-Infrared, Negative Ion, and Field Gradient Magnetic Technologies



**19300** TriPhase® – Clear

**19307** TriPhase® – Rose

**19306** TriPhase® – Light Siam

**19305** TriPhase® – Light Sapphire



Five Pillars Magnetic Jewellery – These unisex designs are inscribed with Nikken's core Five Pillars philosophy in Japanese Kanji characters - Mind, Body, Family, Society and Finances

## Five Pillars Necklace

A woven leather necklace with five engraved stainless steel charms.

**Technology:**  
Far-Infrared,  
Negative Ion, and  
Field Gradient  
Magnetic  
Technologies



**Sizes available:**  
50cm (non-adjustable)

**19100** Five Pillars Necklace

## Five Pillars Silicone Bracelet

With a contemporary, energising silicone strap and stainless steel panel inscribed with the characters for the Five Pillars of Health, the Five Pillars Bracelet is reminiscent of many designer silicone wristband watches.

**Technology:**  
Far-Infrared, Negative Ion, and Field  
Gradient Magnetic Technologies



**Sizes available:** 18.5 - 22.5cm

**19106** Five Pillars Silicone  
Bracelet – Red

**19105** Five Pillars Silicone  
Bracelet – Black





## PowerBand® Bracelet and Necklace

A unisex design suitable for both smart and active/sporting use, the Powerbands have an energising silicone core in a breathable nylon sleeve for comfort.

The unique clasp on our PowerBand® design allows you to connect multiple bands together to increase the length of your necklace or wristband.

**Technology:** Far-Infrared, Negative Ion, and Field Gradient Magnetic Technologies



**Sizes available:**

5215 PowerBand® Bracelet 19cm

5216 PowerBand® Bracelet 22cm

5217 PowerBand® Necklace 50cm



## Crossover Titanium Bracelet

This functional and elegant bracelet is made of Japanese titanium and is perfect for both men, women, and for all occasions: formal wear, business environments, and everyday use.



**Technology:** Far-Infrared, Negative Ion, and Field Gradient Magnetic Technologies

**Dimensions:** 21cm

19086

Classic crossover titanium bracelet





## Kirei® Pendants

Elegantly designed stainless steel and gold-plated stainless steel pendants, they are inscribed with Japanese Kanji symbols which read 'Nihon Kenko' ('Japanese health'), reminding us of Nikken's origins in Japan.

These unisex pendants are designed for use with any necklace and particularly our own magnetic necklaces. Presented in fine jewellery boxes, they're perfect for personal use or to give the gift of wellbeing.

**Technology:** Far-Infrared, Negative Ion, and Field Gradient Magnetic Technologies

19083 Stainless steel

19084 Gold plated



## Magnetic Necklaces

Both glamorous and elegant, our unisex necklaces are available in highly polished stainless steel or gold-plated stainless steel designs.

The perfect accompaniment for use with the Kirei® Pendants, they come packaged in a smart presentation box, making great gifts for any occasion.

**Technology:** Field Gradient Magnetic Technology



**Dimensions:**  
47cm (extension chain 5cm)

19081 Silver Tone

19082 Gold Tone





# A brief introduction to Nikken's energy technologies



## Magnetics

Electromagnetism is one of the 4 basic forces of our environment (along with gravity and 2 nuclear forces). An ancient principle and significant component of Far Eastern cultures and Traditional Chinese Medicine (TCM – the foundation of healthcare in China and Japan for thousands of years) is that of flows of energies in the body and how they affect our health. This has led, for example, to the West also recognising the value of alternative practices such as acupuncture.

In addition, the magnetic field of the Earth has changed substantially over the course of human history, even reversing polarity many times over geological time. Modern civilisation also adds an increasing growth of electromagnetic fields and radiation which further affects our electromagnetic environment.

Nikken's magnetic technologies were originally developed, based on research into these effects more than 35 years ago, to help provide balance and support for our bodies in a world which is characterised by an increasing accumulation of physical, as well as emotional, stresses. Nikken's magnetic products help to restore the conditions in which human beings have evolved to live and thrive.



## Nikken's Magnetic developments

The first application of Nikken's Magnetic Technology was the design of the Nikken KenkoInsoles®, the company's first product when launched in 1975. Since then, Nikken's research teams have continued the process of research and found that the more complex the fields, the more effective they are on the body. As a consequence, we now offer a number of further developments designed and adapted for different applications:



### Field Gradient Technology

An array of bipolar magnets designed to create a complex field of magnetic energy around our bodies, utilising multiple polarities and flux.

### EQL Magnetic Technology

Equilateral Magnetic Technology uses a patented design that increases the magnetic surface activity by creating a complex EQL array of alternating North and South poles. This multiplies the number of positive and negative poles, maximising the complexity and number of flux lines possible on a flat surface, edge to edge.

### Dynamic Magnetic Technology

More complex than static fields, our massage products use this technology to create a deeply penetrating 3-dimensional moving magnetic field.

### Magnetic Tension Technologies

Nikken's most recent magnetic developments feature opposing poles in magnetic tension, which bring some of the 3-dimensional complexity of the Dynamic Technology into a static form, using special magnetic designs to prevent demagnetisation in the process.

### RAM™ (Radial-Axis Magnetism) Technology

Special compact modules feature clusters of six small spherical magnets rotated 60 degrees from each other so that they produce overlapping magnetic fields in tension, for increased field complexity.

### SpyderRAM™

Similar to the RAM™ module but on a larger scale for larger applications, a series of spherical magnets are set in opposition in a flexible, web-like design, adapting the flows to your body.

### DynaFlux®

Nikken's advanced DynaFlux® Technology further develops Nikken's magnetic tension technologies into increasingly compact form factors, achieving thinner and more powerful configurations for ever more exciting applications.



### Far-Infrared (FIR) Technology

Far-Infrared (FIR) is a way of saying 'long wavelength heat' – as such it is a natural and beneficial part of the sun's spectrum. There are a number of conventional applications of FIR in the hands of physiotherapists, for example.

Nikken's Far-Infrared Technology is an exciting development, bringing the technology to the home environment: a specially designed ceramic uses energy from the body and environment, and translates this into far-infrared heat. This creates a gentle, soothing experience that helps create a supportive environment for the body's natural processes, adds to a sense of wellbeing, and helps create a more balanced and comfortable temperature. FIR heat has been shown to be effective in helping to relax tense or strained muscles, tendons, and joints.



### Negative Ion Technology

Negative Ions are essentially molecules with an overall negative charge. Air that is rich in negative ions tends to be experienced as a fresh air feeling, such as near waterfalls, forests or beaches.

Nikken applies Negative Ion Technology in two ways – as a feature of the KenkoAir® air system, using a patented ozone-free process, and as a passive Negative Ion Technology that can be incorporated into fibres, such as the KenkoDream® Quilt, our KenkoTherm® FIR wraps, and even Nikken's TriPhase® jewellery.



### TriPhase®

With TriPhase® you get the benefits of Magnetic, Far-Infrared, and Negative Ion Technologies combined into one convenient product, helping you to improve the natural energies around your body.

## Humans Being More

At Nikken, we are committed to helping you live a healthier, more fulfilled life, not just by improving your lifestyle, but also by helping to inspire positive thinking. That's what Humans Being More is – a way for us to help you to achieve your true potential.

The 2-day programme will not only help you to understand your personal goals and objectives, but show you how to achieve them. You'll learn to understand what drives and motivates different personalities and apply this understanding to create lasting, meaningful relationships.

If you've always dreamed of having, doing, and being more, anyone can attend Humans Being More training to build their confidence and achieve more from their lives.

**Contact your Independent Nikken Consultant for more details.**



## Autoship - Discounts on consumables for regular orders

Recognising your continuing monthly commitment to good nourishment, all of the Nikken nutritional supplements are available on an automated, discounted, direct-to-door delivery programme. With Autoship, you have the opportunity to purchase our supplements at the absolutely lowest prices and, with minimum order sizes, there are no shipping charges either.

The ordering programme is completely flexible and can be changed according to your needs; this means there is no risk of building up a backlog of any products – just amend your Autoship order whenever it is convenient to do so.

**Please speak to your Independent Nikken Consultant for more information.**





## Direct-selling Association

Nikken is an active member of Seldia, the European Direct Selling Association, helping to develop and regulate an effective and ethical industry in Europe, and to educate and inform regulators and stakeholders in Brussels and the European Union.

Nikken is also a full member of accredited national Direct Selling Associations in: the UK, France, Germany, Hungary, Norway, Sweden, Denmark, and Finland. The role of these organisations is to promote Direct Selling and to ensure their members uphold the highest standards of good practice.



The European  
Direct Selling Association

## Product registration and warranties

To register your new products with Nikken, please go to  
**[www.nikkenproductregistration.eu](http://www.nikkenproductregistration.eu)**

For more information about your statutory rights, please go to:  
**UK-** [http://www.adviceguide.org.uk/england/consumer\\_e/consumer\\_common\\_problems\\_with\\_products\\_e.htm](http://www.adviceguide.org.uk/england/consumer_e/consumer_common_problems_with_products_e.htm)  
**IRL-** <http://www.nca.ie/nca/faulty-goods>



## Important product information

Nikken products are not medical devices and may not be recommended to treat specific medical conditions. No medical claims should be made by our Independent Nikken Consultants or any other employee, and they cannot offer any advice that could be misconstrued as a medical diagnosis.

People who are in their first three months of pregnancy, or who have a pacemaker, health problem or electronic device (either implanted or external) should consult their doctor or the manufacturer of the device before using magnetic products.

Do not place Nikken's magnetic products in direct contact with or close to magnetically sensitive items such as: watches, video and audio tapes, computer discs, credit cards, and portable electronic equipment.

## Statutory Warning

1. It is illegal for a promoter or participant in a trading scheme to persuade anyone to make a payment by promising benefits from getting others to join a scheme.
2. Do not be misled by claims that high earnings are easily achieved.

Images are for illustrative purposes only. Product packaging and labelling are always compliant with European and national laws and therefore may vary according to country. All images and dimensions are not intended to form part of any contract or warranty. Please ask your Independent Nikken Consultant for further product details.

# Keep up to date with Nikken



There's always something new and exciting happening at Nikken! Make sure you hear about it first by joining us on:

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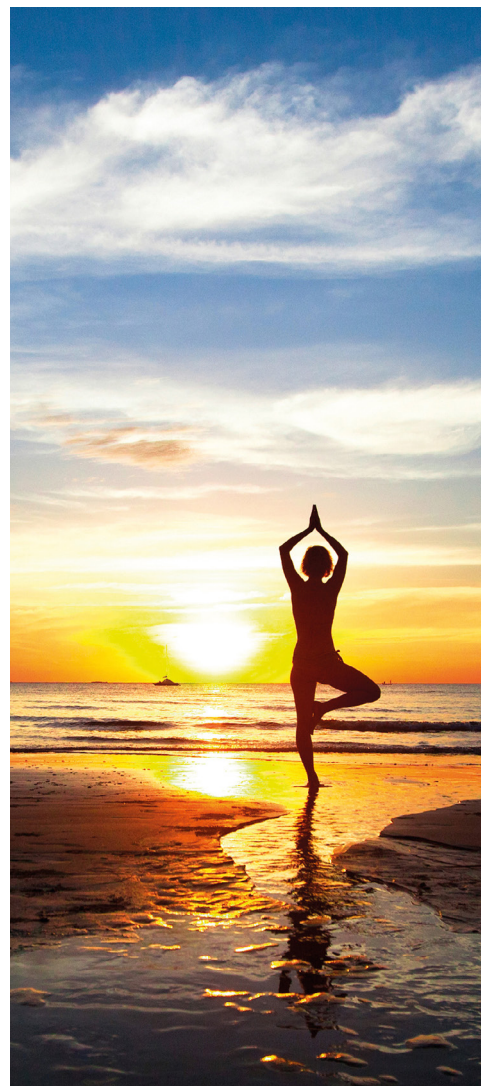
LinkedIn – [www.linkedin.com/company/nikken-uk](http://www.linkedin.com/company/nikken-uk)

YouTube – [www.youtube.com/NikkenEurope](http://www.youtube.com/NikkenEurope)

Here we'll update you with all our news, product updates and launches, relevant blogs, useful links, and interesting discussions.



**NIKKEN®** Discover it. Live it.



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