

pharmnat.com



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Designed in California by Art Seveda | Proudly Made in Armenia



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ORGANICALLY GROWN IN THE **CRADLE OF CIVILIZATION** FULL OF VITAMINS & MINERALS



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NATURAL LABORATORIES

THE TECHNOLOGY OF NATURESM

If you want to know what we put in each vitamin, we'll tell you, because they're always the highest quality ingredients. If you want to see where your supplements are made, we'll show you. It's right here in the Republic of Armenia. Everyone deserves to know what they put in their bodies, honestly.

Authenticity and Kindness: Pharmnat Natural Laboratories has developed loyal customers over the past 5-plus years because of these core values. And loyalty knows no age. From our oldest customers to our youngest, every Pharmnat customer receives a level of service that shows how much they are respected and appreciated. That is how loyalty is built—and how it lasts.

When a customer purchases a product from Pharmnat, they should be confident that each vitamin, supplement or mineral is pure - from the ingredients used to the formulations crafted. The production and bottling process maintains the integrity and purity of every product. The result is simple: What a customer sees on the label is precisely what they are getting. That is why our customers trust Pharmnat.

For example, our apricot is grown in the Ararat region and Pomegranate is from Dilijan. We know exactly where our ingredients should come from to ensure that we're getting the best quality and potency.

We control all stages of our product development. Being self-reliant ensures that our high standards are maintained throughout the process—from sourcing to manufacturing to packaging to distribution. The FDA regulates vitamins and supplements closely. At Pharmnat, our standards are just as high—or higher. Our customers put those requirements on us even before regulations required them. Pharmnat has a close working relationship with the Council for Responsible Nutrition. It's another way we stay ahead of what our present - and future - customers demand and expect from our products.

We also know that our response to those demands must be swift and decisive, but should never come at the expense of our core values. At Pharmnat, innovation is about taking real action and demanding real results—results that make life healthier, better and easier for our customers.

We produce more than 25 products—each of which are tailored to address every lifestyle and support every area of wellness. Wellness beyond vitamins, supplements and minerals. We also have more than 15 products that fit into a wide range of wellness categories, including aromatherapy hair, face and bodycare, sports supplements and much more.

Premium Grade Of Our Dietary Supplements & Vitamins of 2020





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For Armenians the pomegranate is one of the most recognizable symbols of the country. In Armenian mythology it symbolizes fertility and good fortune. It was a guardian against the evil eye.

At weddings in Western Armenia, a bride would throw a pomegranate and break it into pieces. Its scattered seeds ensured that the bride would bear children. In Van, Armenian women who wanted to have a son would eat bread made from dough mixed with pomegranate seeds.

Its importance is attested in historical Armenian manuscripts and stone carvings where it was used as a popular ornament. One of the most iconic Armenian art movies is that of Sergey Paradjanov named "The Color of Pomegranates".



Pomegranate | Symbol of Armenia



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In the film, the red pomegranate on a table with its wrinkled skin and fresh pulp stands out as an embodiment of the invincible soul of Armenia. Until the very day pomegranate is a commonly used theme in Armenian art and culture including cuisine. In fact, it has turned into a national cliché. Go to any art exhibition, and you're sure to see two or three (or more) paintings where the pomegranate is featured. Souvenir shops are filled with ceramic, metal, and textile pomegranates and pomegranate-shaped knick-knacks. During weddings in Yerevan a small dried pomegranate called taratosik is given by a bride to unmarried guests as a blessing. After the horrid events of the Armenian Genocide many Armenian artists have used pomegranates as a theme in their lyrics and poems to describe a wide range of emotions, from suffering to hope, re-birth and survival of a nation.

In closing I would like to recite a traditional ending for Armenian fairy tales:

-“Three pomegranates fell down from heaven: One for the story teller, one for the listener, and one for the whole world.”

DIETARY SUPPLEMENT

pomeTM cute

Antioxidant Support

60 capsules | 500mg each
PREMIUM GRADE

NON GMO Project VERIFIED
NONGMOPROJECT.ORG

Supplement Facts	
Serving Size 2 Capsules / Serving per Container 30	
Amount Per Serving	%DV
Pomecute (inner take capsules)	500 mg **
** Daily Value (DV) not established.	

Other Ingredients: plant-derived capsule (hypromellose), magnesium stearate.





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The luscious season of summer fruits in Armenia begins with June, the month of apricots. Every year, the country bursts with trees loaded with the biggest, juiciest, and most flavorful apricots in the world.

Apricots are the fruit of Armenia. Even its scientific name, *Prunus Armeniaca*, or Armenian prunes, honors that fact. Recently, apricot cores excavated from the ancient Armenian village of Garni support the theory that Armenians have been cultivating apricots for over 3,000 years.

While in season, every single Armenian table is loaded with plates of the golden fruit. Yet, Armenians simply cannot spend the rest of the year without consuming apricots processed into other food and drinks. Here's how we make sure to eat apricots all around the year.



Apricot | Prunus Armeniaca (Latin)



THE TECHNOLOGY OF NATURE SM

The origin of apricot is known to be in Armenia during ancient times, and has been cultivated there for so long that it is often thought to have originated there. An archaeological excavation at Garni in Armenia found apricot seeds in a Chalcolithic-era site. Its scientific name *Prunus armeniaca* (Armenian plum) derives from that assumption. For example, the Belgian arborist Baron de Poerderlé, writing in the 1770s, asserted, "Cet arbre tire son nom de l'Arménie, province d'Asie, d'où il est originaire et d'où il fut porté en Europe. ("TSIRAN" name from Armenia, province of Asia, where it is native, and whence it was brought to Europe.

The scientific name *armeniaca* was first used by Gaspard Bauhin in his *Pinax Theatri Botanici* (page 442), referring to the species as *Mala armeniaca* "Armenian apple". It is sometimes stated that this came from Pliny the Elder, but it

was not used by Pliny. Linnaeus took up Bauhin's epithet in the first edition of his *Species Plantarum* in 1753. The name apricot is probably derived from a tree mentioned as *praecocia* by Pliny. Pliny says "We give the name of apples (*mala*) ... to peaches (*persica*) and pomegranates (*granata*)." Later in the same section he states "The Asiatic peach ripens at the end of autumn, though an early variety (*praecocia*) ripens in summer – these were discovered within the last thirty years".

DIETARY SUPPLEMENT  TM
PREMIUM GRADE

60 capsules | 500mg each

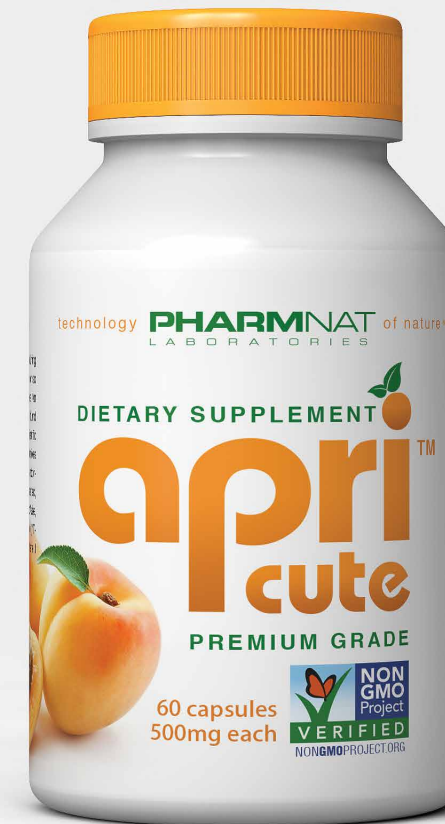
 **NON GMO Project VERIFIED**
NONGMOPROJECT.ORG

Recommendation: Take 2 capsules twice daily with meals. For intensive use take 4 capsules three times daily. If pregnant, nursing or taking any medications, consult a healthcare professional before use.

Supplement Facts	
Serving Size 2 Capsules / Serving per Container 30	
Amount Per Serving	%DV
Apricute (inner take capsules)	500 mg **
** Daily Value (DV) not established.	

Other ingredients: plant-derived capsule (hypromellose), magnesium stearate.

 **VEGETARIAN**   





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One-quarter cup of pumpkin seeds contains nearly half of the recommended daily amount of magnesium, which participates in a wide range of vitally important physiological functions, including the creation of ATP (adenosine triphosphate, the energy molecules of your body), the synthesis of RNA and DNA, the pumping of your heart, proper bone and tooth formation, relaxation of your blood vessels, and proper bowel function.

Magnesium has been shown to benefit your blood pressure and help prevent sudden cardiac arrest, heart attack, and stroke, yet an estimated 80 percent of Americans are deficient in this important mineral.

Pumpkin seeds are a rich source of zinc (one ounce contains more than 2 mg of this beneficial mineral). Zinc is important to your body in many ways, including immunity, cell growth



and division, sleep, mood, your senses of taste and smell, eye and skin health, insulin regulation, and male sexual function.

Many are deficient in zinc due to mineral-depleted soils, drug effects, plant-based diets, and other diets high in grain. This deficiency is associated with increased colds and flu, chronic fatigue, depression, acne, low birth weight babies, learning problems and poor school performance in children, among others.

Pumpkin seeds have long been valued as an important natural food for men's health. This is in part because of their high zinc content, which is important for prostate health (where it is found in the highest concentrations in the body), and also because pumpkin seed extracts and oils may play a role in treating benign prostatic hyperplasia (BPH, or enlarged prostate). Research suggests that both pumpkin seed oil and pumpkin seeds² may be particularly beneficial in supporting prostate health.

Animal studies suggest that pumpkin seeds may help improve insulin regulation and help prevent diabetic complications by decreasing oxidative stress.



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Grape seed extract (GSE) is a dietary supplement made by removing, drying, and pulverizing the bitter-tasting seeds of grapes.

Grape seeds are rich in antioxidants, including phenolic acids, anthocyanins, flavonoids, and oligomeric proanthocyanidin complexes (OPCs). In fact, GSE is one of the best-known sources of proanthocyanidins. Due to its high antioxidant content, GSE can help prevent disease and protect against oxidative stress, tissue damage, and inflammation.

A review of 16 studies in 810 people with high blood pressure or an elevated risk of it found that taking 100–2,000 mg of GSE daily significantly reduced systolic and diastolic blood pressure (the top and bottom number) by an average of 6.08 mmHg and 2.8 mmHg, respectively.



Those under the age of 50 with obesity or a metabolic disorder showed the greatest improvements.

The most promising results came from lower doses of 100–800 mg daily for 8–16 weeks, rather than a single dose of 800 mg or more. Another study in 29 adults with high blood pressure found that taking 300 mg of GSE daily lowered systolic blood pressure by 5.6% and diastolic blood pressure by 4.7% after 6 weeks.

In an 8-week study in 17 healthy postmenopausal women, taking 400 mg of GSE had blood-thinning effects, potentially reducing the risk of blood clots. An additional study in 8 healthy young women assessed the effects of a single 400-mg dose of proanthocyanidin from GSE immediately followed by 6 hours of sitting. It was shown to reduce leg swelling and edema by 70%, compared with not taking GSE.

In the same study, 8 other healthy young women who took a daily 133-mg dose of proanthocyanidins from GSE for 14 days experienced 40% less leg swelling after 6 hours of sitting.



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Onions are nutrient-dense, meaning they're low in calories but high in vitamins and minerals. One medium onion has just 44 calories but delivers a considerable dose of vitamins, minerals and fiber.

This vegetable is particularly high in vitamin C, a nutrient involved in regulating immune health, collagen production, tissue repair and iron absorption. Vitamin C also acts as a powerful antioxidant in your body, protecting your cells against damage caused by unstable molecules called free radicals.

Onions are also rich in B vitamins, including folate (B9) and pyridoxine (B6) — which play key roles in metabolism, red blood cell production and nerve function. Lastly, they're a good source of potassium, a mineral in which many people are lacking.



In fact, the average potassium intake of Americans is just over half the recommended daily value (DV) of 4,700 mg. Normal cellular function, fluid balance, nerve transmission, kidney function and muscle contraction all require potassium.

Onions contain antioxidants and compounds that fight inflammation, decrease triglycerides and reduce cholesterol levels — all of which may lower heart disease risk. Their potent anti-inflammatory properties may also help reduce high blood pressure and protect against blood clots.

Quercetin is a flavonoid antioxidant that's highly concentrated in onions. Since it's a potent anti-inflammatory, it may help decrease heart disease risk factors, such as high blood pressure.

A study in 70 overweight people with high blood pressure found that a dose of 162 mg per day of quercetin-rich onion extract significantly reduced systolic blood pressure by 3–6 mmHg compared to a placebo.

Onions have also been shown to decrease cholesterol levels.



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The aloe plant is very water-dense, so it's an ideal way to prevent or treat dehydration. Staying hydrated helps your body detox by providing a way for you to purge and flush out impurities. The juice also packs a hefty punch of nutrients that optimize your body's organ output.

This is crucial, because your kidneys and liver are largely responsible for the task of detoxifying your blood and producing urine. For this reason, you need to keep them healthy.

Recovery from heavy exercise also requires re-hydration through the intake of extra fluids. Your body requires more fluids in order to flush and rid itself of the lactic acid buildup from exercising. Try aloe vera juice instead of coconut water after your next hard workout.



When it comes to detoxing, healthy liver function is key. Aloe vera juice is an excellent way to keep your liver healthy. That's because the liver functions best when the body is adequately nourished and hydrated. Aloe vera juice is ideal for the liver because it's hydrating and rich in phytonutrients. Taking aloe vera helps increase the water content in your intestines. Research has shown a relationship between increasing the intestinal water content and the stimulation of peristalsis, which helps you pass stool normally.

If you're constipated or have problems with frequent constipation, try incorporating aloe vera juice into your daily routine. Aloe also helps normalize the healthy bacteria in your gut, keeping your healthy intestinal flora balanced.

Hydrating aloe vera juice may help reduce the frequency and appearance of acne. It may also help reduce skin conditions like psoriasis and dermatitis. Aloe vera is a rich source of antioxidants and vitamins that may help protect your skin. The important compounds in aloe vera have also been shown to neutralize the effects of ultraviolet (UV) radiation, repair your skin from existing UV damage, and help prevent fine lines and wrinkles.



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It is closely related to onions, shallots and leeks. Each segment of a garlic bulb is called a clove. There are about 10–20 cloves in a single bulb, give or take. Garlic grows in many parts of the world and is a popular ingredient in cooking due to its strong smell and delicious taste. However, throughout ancient history, the main use of garlic was for its health and medicinal properties. Its use was well documented by many major civilizations, including the Egyptians, Babylonians, Greeks, Romans and Chinese.

Scientists now know that most of its health benefits are caused by sulfur compounds formed when a garlic clove is chopped, crushed or chewed. Perhaps the most famous of those is known as allicin. However, allicin is an unstable compound that is only briefly present in fresh garlic after it's been cut or crushed.



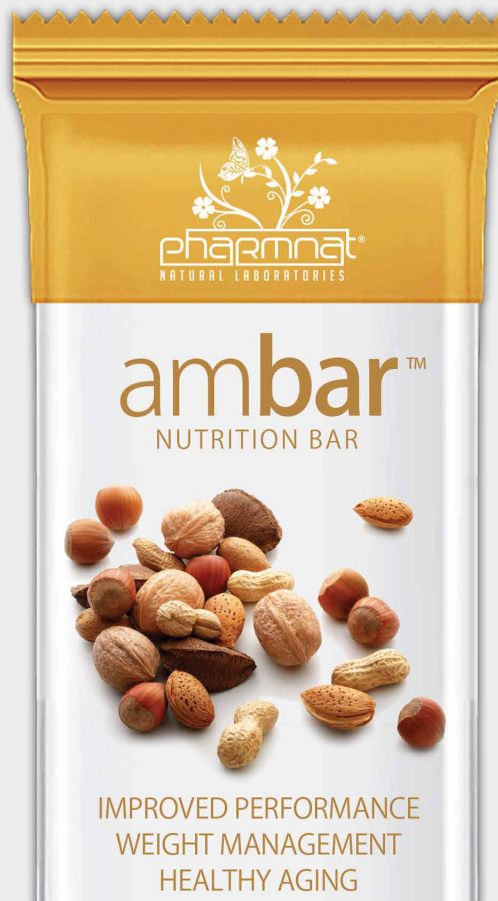
Other compounds that may play a role in garlic's health benefits include diallyl disulfide and s-allyl cysteine. The sulfur compounds from garlic enter the body from the digestive tract and travel all over the body, where it exerts its potent biological effects.

Garlic supplements are known to boost the function of the immune system. One large, 12-week study found that a daily garlic supplement reduced the number of colds by 63% compared to a placebo.

The average length of cold symptoms was also reduced by 70%, from 5 days in the placebo group to just 1.5 days in the garlic group. Another study found that a high dose of aged garlic extract (2.56 grams per day) reduced the number of days sick with cold or flu by 61%.

However, one review concluded that the evidence is insufficient and more research is needed.

Despite the lack of strong evidence, adding garlic to your diet may be worth trying if you often get colds.



amBar™
NUTRITION BARS



AmBar™ is a nutrition bar that nourishes your body with a premium blend of nuts, if you are into intermittent fasting, or are on the go, or simply want to enjoy a delicious and a healthy snack.

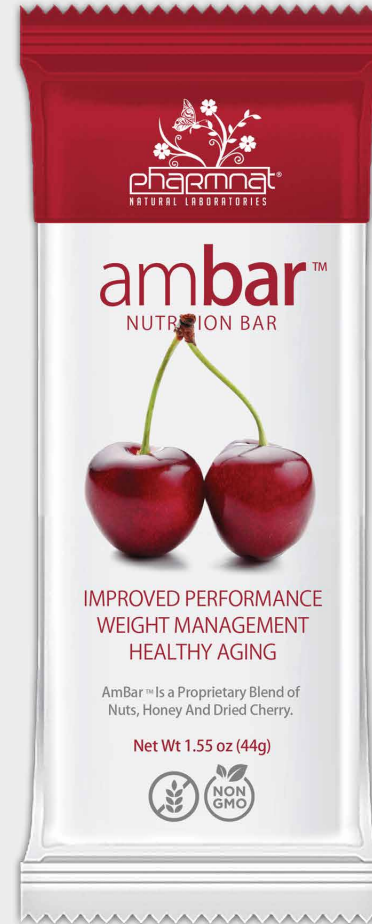
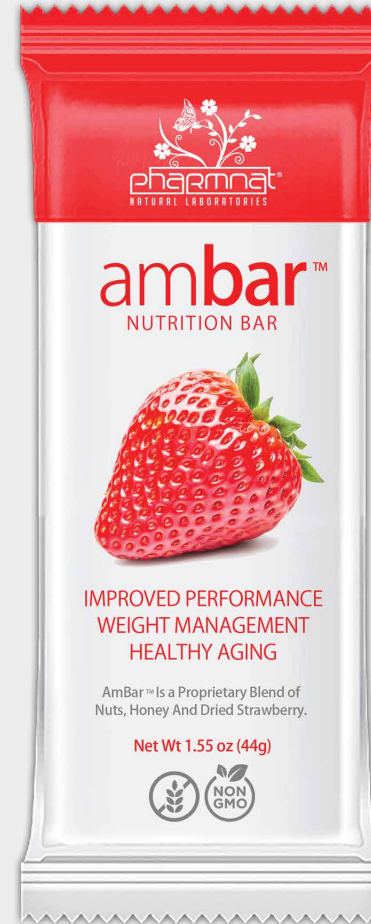
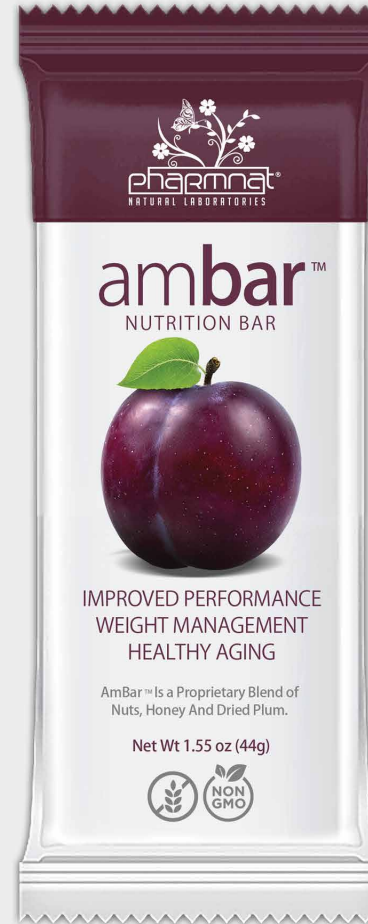
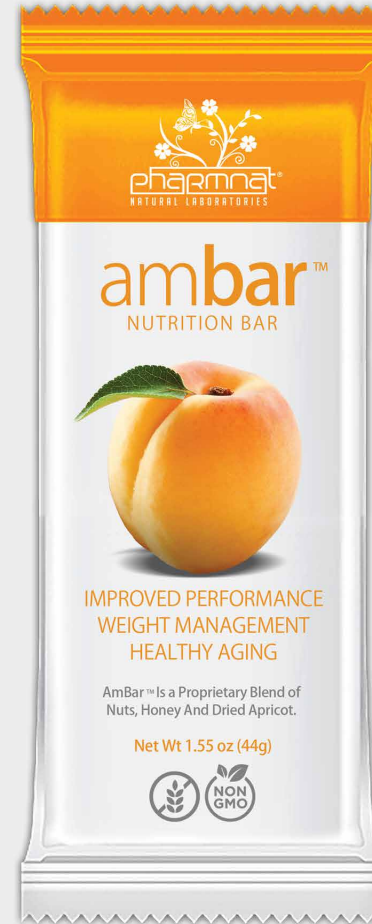
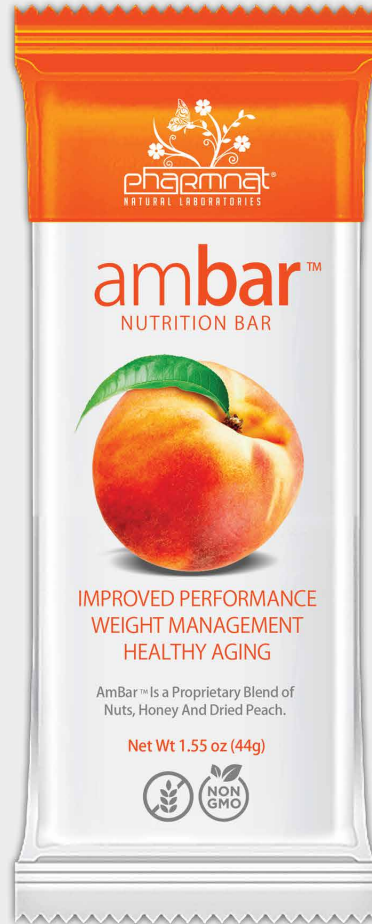
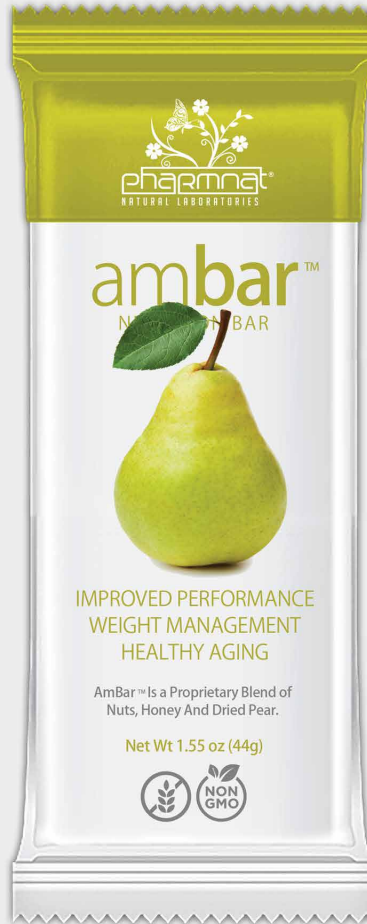
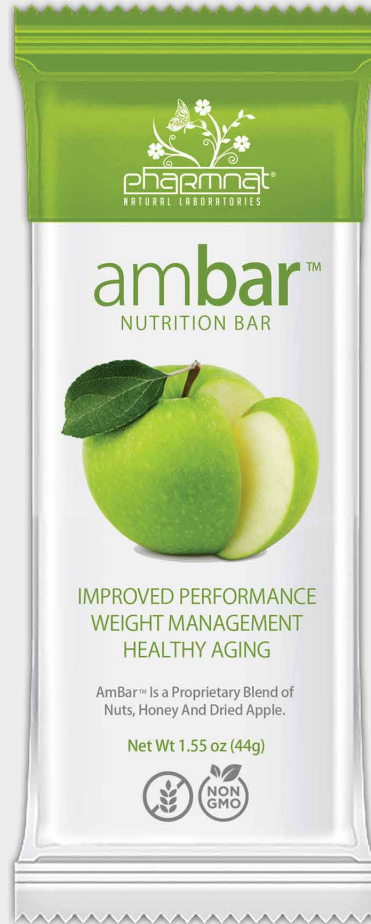


ambar™

NUTRITION FRUITBARS



2020-2021
LINEUP



AmBar™ is a nutrition bar that nourishes your body with a premium blend of nuts, if you are into

intermittent fasting, or are on the go, or simply want to enjoy a delicious and a healthy fruit snack.

2020/2021
SUPPLEMENT OILS
FROM VARIOUS NUTRIENTS
VITAMINS AND MINERALS

S'OIL™
pomegranate seed
DIETARY SUPPLEMENT



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