

More Health. More Life.

# The BEMER Effect. Feel the difference.

Michaela O. | Dental assistant



**BEMER**  
GROUP

# Health is a matter of trust.

BEMER Int. AG was founded by Peter Gleim Sr. and is the market leader in the treatment of impaired microcirculation. We have been developing patented treatment methods for physical vascular therapy since 1998 – and our research in this field never stops. BEMER products are classified as medical products: powerful, safe and effective.

Several hundred thousand satisfied users worldwide are the best possible proof of our commitment.

BEMER Int. AG has a certified quality management system in accordance with the DIN ISO 13485:2016 standard. In addition, we meet the most stringent national requirements for medical products. The safety of our devices is of particular importance to us – product testing is therefore an indispensable part of our quality assurance measures. Detailed safety tests are carried out at the end of each production process.

We also work closely with the relevant authorities beyond the borders of Europe. For example, we are listed with the FDA (one of the most powerful authorities in the USA for the approval and market surveillance of medical products) and our devices have been cleared by them as Class II medical products.

As a participant in the Medical Device Single Audit Program, BEMER Int. AG confirms that it complies with the strictest, globally applicable quality standards in the medical technology industry. We focus on supplying our customers in the best possible way in accordance with the highest quality standards.

Our constantly heightened sense of responsibility means that we ensure maximum quality and safety at all times!



Elite sport



Amateur sport



Fitness



Family



Employee



Self-employed



Health / clinical practice



Certified quality management system in the areas of development, production, distribution, and service of stimulation devices for physical vascular therapy



DQS-MED-certified management system in accordance with ISO 13485: 2016 (MD-SAP Audit Model Edition 2). Design and development, manufacture, distribution and service of stimulation devices for vascular physical therapy. -BRA, CND, USA (a,b,c,d)

Micro what? Don't worry, you don't need to know. Ideally, you aren't even aware of your body's microcirculation – because it quietly gets on with its job of managing 74 % of your entire circulatory system!

## Small blood vessels. With a big impact.

Of course, the most important job is done by the heart, which pumps blood through our arteries and veins. But then it's the turn of the smallest blood vessels. Via their own pumping movements, known as "vasomotion", they supply blood to our cells – and thus to our entire organism. As mentioned, you shouldn't actually notice any of this. However, poor lifestyle habits and aging processes can visibly weaken and impair the microcirculation. And this can have far-reaching consequences:

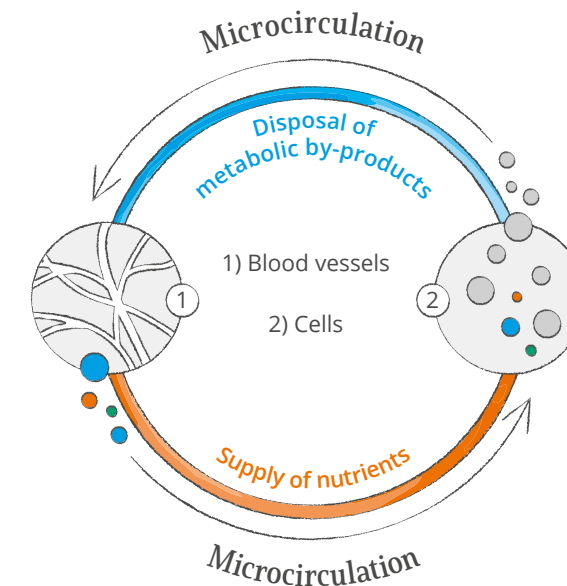
- Impaired nutrient supply to tissues and organs
- Decreased physical and mental performance
- Impaired healing and regeneration
- Pain and mood disorders

### What can BEMER do for you? \*

- BEMER supports the body's self-healing powers
- BEMER accelerates regeneration processes and can improve wound healing
- BEMER improves microcirculation
- BEMER provides effective support for various forms of therapy and increases their effectiveness

### Our body's transport system

Our body's cells act like miniature power plants. However, the metabolic processes that take place inside each cell can only function properly if the supply of nutrients and disposal of by-products are optimally balanced. And this is precisely the task of the microcirculation: Through the smallest blood vessels, nutrients and oxygen are delivered to the cells – and by-products are removed – in a continuous cycle.



### BEMER® physical vascular therapy

BEMER® physical vascular therapy targets key areas in the body. It works entirely without chemicals or "miracle cures". While this may sound like magic, it's actually just physics! BEMER is an evolution of magnetic therapy – however it merely uses a pulsating magnetic field to deliver the unique, patented BEMER signal configuration to your body. This signal in turn stimulates the pumping movements of the smallest vessels.

The result is that the cells receive more oxygen and nutrients, providing increased energy and vitality for your entire body. The mechanism of action of BEMER® physical vascular therapy has been scientifically proven via numerous studies.





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No more sports, said my doctors.  
**Thanks to BEMER,**  
I'm back on my spinning bike.

Michaela O. | Dental assistant

*M. Oetken*

„I've never been interested in limits. During a competition in 2017, I tore the posterior root of the lateral meniscus in my knee. Such bad luck – and it totally knocked me sideways. I thought I'd never walk again. The spinning courses that I love? Forget about it. Thanks, doc. But I'm able to walk today – and pedal my bike. Even the doctors said: "Whatever you are doing, keep going." And BEMER? My doctor has heard of them now.”

Watch me





It's crazy what our body can actually do. Even heal itself: injuries, muscle problems, chronic pain? It will fix the damage! Just give it a little time – and BEMER.

# BEMER shortens the self-healing process.

BEMER® physical vascular therapy can support your body's self-healing powers and provide an all-round boost. By improving blood flow and thus helping all the nutrients get to where they are needed for restorative processes. Oh, so you don't have an injury at all? Did you know that BEMER is also a powerful aid to disease prevention?

## Don't take our word for it. Try BEMER today!\*

- BEMER supports the body's self-healing powers
- BEMER accelerates regeneration processes and can improve wound healing
- Half of users feel a significant reduction in pain after just 6 weeks
- BEMER provides effective support for various forms of therapy and increases their effectiveness

\* Bohn, W., Hess, L. & Burger, R. (2013). The effects of the physical BEMER® vascular therapy. Journal of Complementary and Integrative Medicine, 10 (Suppl.), P. 5-12 // Harms, F. & Klopp, R. C. (2015). Functional state of microcirculation in patients with type 2 diabetes, P. 15-21 // Klopp, R. C., Niemer, W. & Schulz, J. (2013). Wirkungen einer physikalischen Stimulierung ... Journal of Complementary and Integrative Medicine, 10 (Suppl.), P. 15-22 // Strauch, B., Herman, C., Dabb, R., Ignarro, L. J. & Pilla, A. A. (2009). Evidence-based use of pulsed electromagnetic field therapy ... Aesthetic Surgery Journal, 29 (2), P. 135-143

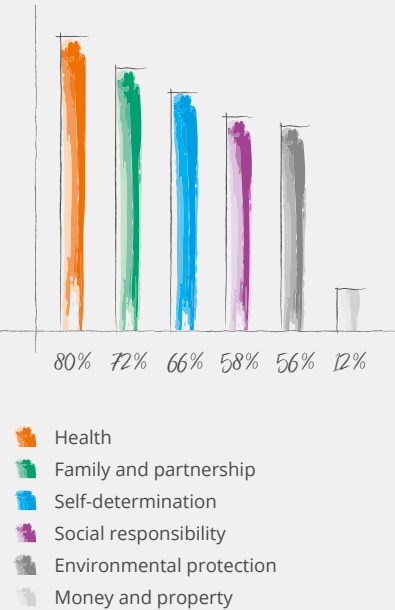


## First speechless, then painless? Let's go!

As an athlete, you have many strengths – but maybe patience isn't one of them!? Never mind: Just two eight-minute sessions per day with BEMER are enough. Thanks to B.Body these can also be nice and relaxed – while lying down. Not quite hitting the spot? With our handy application modules you can target that one painful area that's been plaguing you for far too long. So easy, so wow!

80 %  
of respondents said they consider health important for their quality of life.

What's important for your quality of life?



Source: Bertelsmann Stiftung (2010). Wichtige Faktoren für die Lebensqualität. statista.de. <https://de.statista.com/statistik/daten/studie/163877/umfrage/umfrage-wichtige-faktoren-fuer-die-lebensqualitaet/>





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From 2 weeks to a few days:  
**BEMER shortens  
my recovery time.**

Manuel G. | Management consultant

*Manuel G.*

„Shaping my body, testing my limits – that’s how I am. All in my head, when I take on really long runs. Or do an extreme hike now and then. Honestly: To know that my BEMER mat is waiting for me at home makes it easy to go the extra mile. Yes, I demand a lot from myself. And then go for a quick recovery. I can do that with BEMER. It’s awesome how strong I feel afterwards.”

Watch me





### After training is before BEMER\*

- BEMER supports the body's regenerative processes that are affected by impaired microcirculation, such as sore muscles and sports injuries
- With BEMER, the body's cells can be better supplied with nutrients and oxygen, and metabolic by-products are removed faster
- BEMER is good for sore muscles
- You feel recharged and ready to perform sooner

## BEMER gives you more of what you need!

Taking a break is the key to strengthening your powers. "Regeneration" is the magic word in competitive and amateur sports. But how long does it take for your body to regain its strength? BEMER lets you turbo-charge this process. Stimulate cellular metabolism, supply tired muscles with nutrients faster, refill your body's fuel tanks. And those annoying sore muscles after your last hard workout? Already a distant memory! Little wonder, therefore, that BEMER is part of the training plan of many current and former professional athletes.

### Better recovery – for increased fitness!\*\*

- Don't stretch out strained muscles immediately after exercise, instead wait until the next day
- Take a 12-hour break after exercise and make sure you get enough sleep
- Massages, e.g., with a fascia roller, relax the muscles and release tension
- Take a look at the fact box



### Give everything. Get even more in return.

Training like a champ? From now on, you'll recover like one, too. And better recovery means better performance next time. Sounds easy – and with BEMER, it is. Relax on the B.Body after sports and treat specific muscle groups to a special application with the BEMER B.Spot. Prepare to be amazed ... and get ready to deliver your top performance again sooner!

\*\* IKK classic. (2021). Regeneration beim Sport: Wenn Muskeln eine Pause brauchen. <https://www.ikk-classic.de/gesund-machen/bewegen/uebertraining>

\* Harms, F. & Klopp, R. C. (2015). Functional state of microcirculation in patients with type 2 diabetes, P. 15-21 // Klopp, R. C., Niemer, W. & Schulz, J. (2013). Wirkungen einer physikalischen Stimulierung ... Journal of Complementary and Integrative Medicine, 10 (Suppl.), P. 15-22 // Strauch, B., Herman, C., Dabb, R., Ignarro, L. J. & Pilla, A. A. (2009). Evidence-based use of pulsed electromagnetic field therapy ... Aesthetic Surgery Journal, 29 (2), P. 135-143 // Schmidt, R. F., Lang, F. & Heckmann, M. (Eds.). (2011). Physiologie des Menschen: mit Pathophysiologie. Springer-Verlag, S. 768 // Spodaryk, K. (2002). The effect of extremely weak pulsed electromagnetic field treatments ... Medicina Sportiva, 6 (2), P. 19-26. // Bohn, W., Hess, L. & Burger, R. (2013). The effects of the physical BEMER® vascular therapy. Journal of Complementary and Integrative Medicine, 10 (Suppl.), P. 5-12





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Sport used to hurt!  
**With BEMER**  
I’m pain-free again.

Thomas A. | Logistics Specialist

*Th. Drees*

„Soccer player, all the way to the first team. And cycling, excessively. Had the world at my feet. A fall on my knee brought my world crashing down. A disaster. Ligaments, meniscus, everything broken. From full throttle to disabled person. Hung up my soccer shoes. At one point, I tried jogging instead. The pain, never-ending, I just couldn’t do it, forced myself to keep going ... until my wife brought BEMER into play. Now I’m back on the team.”

Watch me

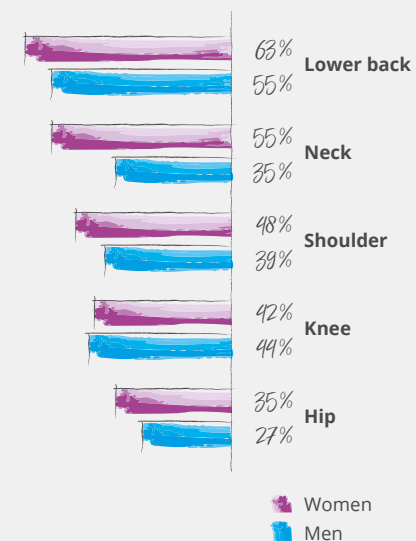




# 63%

of women suffer  
from lower back pain.

The most frequent sources of pain by body region



Source:  
Liebscher & Bracht (2018). Schmerzpatienten – Verteilung von Schmerz  
in Deutschland nach Körperregion und Geschlecht 2017 [Statistikportal].  
Statista. <https://de.statista.com/statistik/daten/studie/896807/umfrage/verteilung-von-schmerz-in-deutschland-nach-koerperregion-und-geschlecht/>

## Say goodbye to discomfort.

Simply wind down, relax your back, feel new energy flowing through your body. Treatment with BEMER® physical vascular therapy is incredibly easy. And its benefits can be hard to believe. But hey, you don't actually have to believe anything – just try it for yourself!

# BEMER banishes pain. You'll never look back.

Whether in your back, joints, or muscles ... chronic pain can severely limit your freedom, much like a prison cell. You can either let it get you down – or break out and find new freedom. Become the master of your body and your life! Just 2 × 8 minutes of BEMER a day can help with back problems and relieve chronic pain. Your body will regain its former strength, letting your spirit breathe freely once more. Bye bye pain, hello joie de vivre!

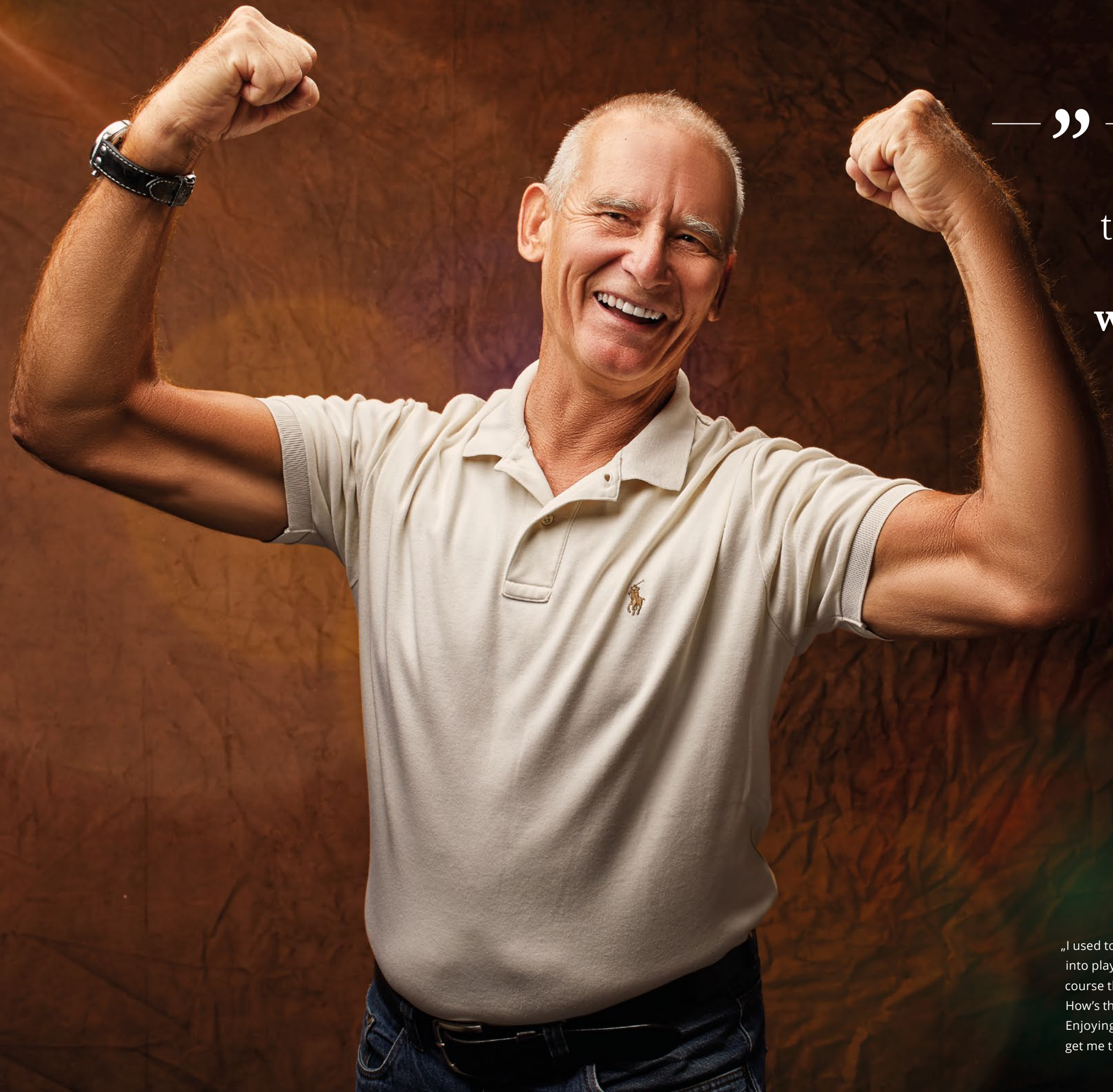


## Already tried countless other remedies? Now try the real deal! \*

- BEMER can relieve back pain and chronic pain by improving restricted blood flow
- BEMER is an effective treatment for your whole body
- BEMER can increase the effectiveness of many other therapies
- The BEMER mechanism of action can also preventively strengthen and protect your body

\* Bohn, W., Hess, L. & Burger, R. (2013). The effects of the physical BEMER® vascular therapy, Journal of Complementary and Integrative Medicine, 10 (Suppl.), P. 5-12 // Strauch, B., Herman, C., Dabb, R., Ignarro, L. J. & Pilla, A. A. (2009). Evidence-based use of pulsed electromagnetic field therapy ... Aesthetic Surgery Journal, 29 (2), P. 135-143 // Klopp, R. C., Niemer, W. & Schulz, J. (2013). Wirkungen einer physikalischen Stimulierung ... Journal of Complementary and Integrative Medicine, 10 (Suppl.), P. 15-22 // Harms, F. & Klopp, R. C. (2015). Functional state of microcirculation in patients with type 2 diabetes, P. 15-21





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25 years of ice hockey  
took their toll on my knees.  
**Thanks to BEMER, I can  
walk properly again today.**

Michael R. | Former professional ice hockey player

*Michael R.*

„I used to have to walk up steps backwards. No fun, right? I put my heart into playing ice hockey for years. Our team made it to the Olympics. Of course that impacts your bones, your knees. Lying on some kind of mat? How's that supposed to help? I was skeptical until I witnessed its success. Enjoying life, back on the attack instead of always offside – BEMER will get me to the next round.“

Watch me







**So incredible. You will want to lie down.**

Designed to leave your jaw on the floor and no stone unturned: Our BEMER sets contain everything you need for your treatment. And if you prefer, you can even “BEMER” as a couple. Sounds exciting? It’s like falling in love – over and over again!

## BEMER helps you to jump for joy.

Of course, even BEMER can’t turn back time. But think of it as a daily fountain of youth from which you can sip. Stress, not enough sleep, an unbalanced diet, general signs of aging, all of these leave their mark on your body. BEMER gives it a fighting chance – by helping to maintain your health and increase your general wellbeing. And with absolutely no chemicals, drugs or known side effects.

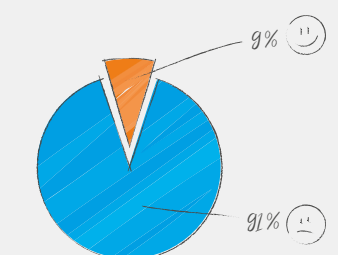
### Everything’s included. Even the “ooohs” and “aaahs”. \*

- BEMER increases your general wellbeing and helps to increase your quality of life
- BEMER improves restricted blood flow to the smallest vessels due to the aging process or an unhealthy lifestyle. This microcirculation is responsible for rest, sleep and regeneration, and for your physical and mental performance reserves.
- BEMER supports your general health when used prophylactically

## Only 9 %

of those surveyed actually had an all-around healthy lifestyle.

How healthy are Germans?



- Have an all-around healthy lifestyle
- Do not have an all-around healthy lifestyle

Source: Deutschland? (S. 56) [DKV-Report 2018]. Zentrum für die Gesundheit durch Sport und Bewegung der Deutschen Sporthochschule Köln, Institut für Sportwissenschaft (Julius-Maximilians-Universität Würzburg). <https://www.ergo.com/de/DKV-Report>

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„Some people think only older people have this problem ... yeah, right! Falling asleep like a stone, that was just a pipe dream. The pressure to perform, the daily stress, it stays in my body. Many young people can relate. And BEMER seems to pull the plug. Everyone should experience such profound relaxation at least once in their life. I can fall asleep much more easily now. Good bye counting sheep. I'm counting on BEMER now.“

”  
Good bye counting sheep.  
**With BEMER, I can  
fall asleep more easily.**

Merry R. | Administrative assistant

*M. Rösler*

Watch me





# 80 %

of working people sleep poorly.

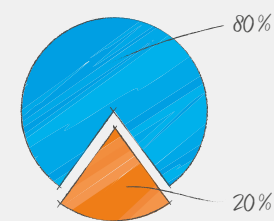
**Sorry, sheep. Now you'll have to count yourselves.**

Falling asleep is easy – on the answer to your dreams! Thanks to its innovative sleep program including timer and alarm function, the BEMER mat will soon be your new favorite bedfellow. But there's no need for your partner to feel jealous – thanks to the 2-for-1 feature and the dual function you can both enjoy the BEMER mat together. Prepare to properly wind down ... and enter the world of your dreams.

Your head has barely touched the pillow and your mind is already in a spin. The stress from your working day still grips you, leaving you tossing and turning endlessly – a good night's sleep remains a distant dream. With BEMER, proper rest can become a reality. By improving blood flow and cell maintenance, it also promotes relaxation processes and stress reduction. This can help you to wind down faster and sleep better.

## Switch on BEMER. And let it help you switch off.

Employed people with sleep disorders



- Employed people with sleep disorders
- Employed people without sleep disorders

Source:  
Marschall, J., Hildebrandt-Heene, S., Sydow, H. & Nolting, H.-D. (2017).  
Gesundheitsreport 2017 (A. Storm, Hrsg.). medhochzwei Verlag GmbH.



**Stress? That's something that affects other people!\***

- The regulating effect of the BEMER® physical vascular therapy can have a positive effect by relieving stress
- After using BEMER in accordance with the basic plan, 2 out of 3 users report improved sleep quality and an increased sense of wellbeing. Following supplementary use of the sleep program, as many as 9 out of 10 users report improved sleep quality and an increased sense of wellbeing.
- BEMER supports the body during rest
- BEMER promotes your mental wellbeing

\* Bohn, W., Hess, L. & Burger, R. (2013). The effects of the physical BEMER® vascular therapy. Journal of Complementary and Integrative Medicine, 10 (Suppl.), P. 5-12 // Umfrage BEMER und Schlaf, 2020, 121 Teilnehmer





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My job is very demanding.  
**BEMER keeps my  
body and mind fit.**

Christine F. | Midwife

*C. Frenz*

„Arriving on the seventh floor at the mother-to-be’s – and I first have to lie down and catch my breath? Unprofessional! But midwives are in short supply. 14-hour days are the norm. I actually do take that lying down – on a BEMER mat. 2 x 8 minutes. Wind down. Recharge. I definitely have more energy. For my clients, naturally. But also for climbing stairs.”

Watch me





# The BEMER magic. Puts a smile on your face.

The day is done. And so are you. But you just can't switch off, you're permanently amped up. What if breaking out of this vicious cycle of stress and lack of regeneration was actually super easy? BEMER supports the body's own energies in a targeted way and offers complete, activating, and long-lasting relaxation. It also promotes physical and mental wellbeing. The best part is how easy it is – simply lie down on the BEMER and relax – that's it!

## Quick to use – and to change your mood.

Daily life is stressful enough. Fortunately, the BEMER devices are so easy to use that they will fit seamlessly into your schedule. The control units included in the BEMER sets are child's play to operate and all application modules are easy to connect. Need proof? The B.Box Professional won the Red Dot Design Award for its ultra-simple handling.

## A short timeout. With deep relaxation.\*

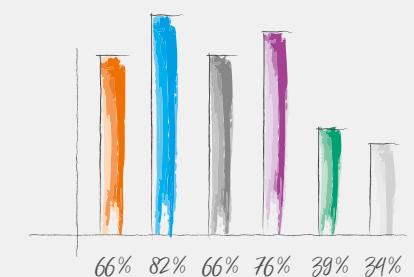
- BEMER promotes your physical and mental wellbeing
- BEMER improves restricted blood flow to the smallest vessels. This microcirculation is responsible for rest, sleep and regeneration and for your physical and mental performance reserves.
- BEMER helps to relieve stress
- Look forward to sustainable, holistic and energizing relaxation



# 82 %

of 30 to 39-year-olds  
experience feelings of stress.

Age distribution of people affected by stress



- 18 – 29 years old
- 30 – 39 years old
- 40 – 49 years old
- 50 – 59 years old
- 60 – 69 years old
- over 70 years old

Source:  
Techniker Krankenkasse (2016). „Entspann dich, Deutschland – TK-Stress-  
studie 2016“. Statista. [https://de.statista.com/statistik/studie/id/19354/  
dokument/verbreitung-von-stress-in-deutschland/](https://de.statista.com/statistik/studie/id/19354/dokument/verbreitung-von-stress-in-deutschland/)



Application modules



**B.Light**  
Light treatment  
*Pro-Set (Classic-Set: optional)*



**B.Pad**  
Small-scale treatment  
*Pro-Set (Classic-Set: optional)*



**B.Body Professional**  
Full-body treatment  
*(Pro-Set)*



**B.Spot**  
Selective treatment  
*(Pro-Set & Classic-Set)*



**B.Body Classic**  
Full-body treatment  
*(Classic-Set)*



The BEMER Pro-Set.

**Top technology with top equipment!** The Pro-Set is an all-inclusive package for the demanding user. Its stand-out features are its intuitive design, clever ergonomics and ease of use thanks to the touchscreen display. An absolute highlight is the **2-in-1 functionality**, which makes it possible to control two application modules simultaneously and independently of each other.

**Accessories for the Pro-Set:** fixing strap (for B.Body & B.Grip), power supply unit, car power cable, wall mounting, foot protection, safety goggles

B.Box Professional

- Touchscreen display
- 3 pre-defined programs
- 10 intensity levels
- Sleep program
- Dual control
- 2-in-1 functionality
- B.Scan: Signal Sensor



The BEMER Classic-Set.

**Even our basic equipment gives you more!** The Classic-Set is the ideal introduction to the world of BEMER technology. It is based on a clear and intuitive operating concept that makes it a breeze to use – without compromising on performance. The Classic-Set offers the same basic programs as the Pro-Set, but comes with a smaller equipment package.

**Accessories for the Classic-Set:** fixing strap (for B.Body & B.Grip), power supply unit

B.Box Classic

- Graphical display
- 3 pre-defined programs
- 10 intensity levels
- Sleep program
- Dual control
- B.Scan: Signal Sensor



More Health. More Life.

[www.bemergroup.com](http://www.bemergroup.com)

# Welcome to your new life.



BEMER Partner:

**BEMER**  
GROUP

BEMER Int. AG  
Austrasse 15 // LI-9495 Triesen