



DUX
on the
foot
simply
does
good!

ÖKO-TEST

CHUNG SHI
DUX navy (XXL)

sehr gut

Ausgabe 05/2018



chung shi



I love the Clogs..



...because I can finally walk again without pain. I have a heel spur and with these shoes I can move normally again. **A dream - walking like on clouds!**

Christina S., Bremen



...because as an artist I can stand at the easel for hours again. Completely in contrast to before. It's hard to believe, but **my problems have totally disappeared.** And I wear these clogs every day now.

Lucian B., Vohburg a. d. D.

What experts say:

The DUX represents for me an additional therapy approach for heel spur and hammer toe as well as chronic back and knee pain.

My staff has also been into DUX for years.

Dr. med. Renate Grötsch, Germany



The shoe is **equally recommended for leisure and work.** Especially for long periods of standing, the Dux offers lasting comfort due to its properties and prevents typical overload effects that (too) tightly closed footwear often brings.

Dr. med. Maximilian Meichsner, Germany



Health starts at your feet!

Complaints and pain in the musculoskeletal system are widespread in today's society.

There are a multitude of potential causes:

Unfavorable posture, lack of exercise, overweight, unergonomic working conditions play a role.

Frequently, a combination of several factors is also observed.

In addition to the therapy of diseases, prevention is therefore also increasingly coming to the fore. Duflex shoes can make an important contribution here.

„There is more to CHUNG SHI DUX than meets the eye. The reasons lie in the well thought-out design and the particularly soft material. This is because the thermoelastic material adapts to the shape of the foot through body heat and weight and forms an individual footbed.

This achieves an even plantar load distribution, reduces pressure peaks, and minimizes the extend of the load, so that wearing comes close to walking barefoot.

The use of CHUNG SHI shoes has proven highly beneficial in the prevention and treatment of pain syndromes of the foot.“

(Meichsner/Laar, Patient Application Monitoring 2014).



The German brand **Duflex** from Upper Bavaria is a quality leader in the segment of functional health shoes.

Duflex shoes are distinguished by their combination of function and reliable quality. This is confirmed by regular, independent product tests and certificates. Furthermore, these shoes come from a house where responsible supply chains also have a high priority.



Duflex-Shoes are:



Softer

The high-quality original Duflex material is wonderfully soft and provides excellent shock absorption.

In addition, it is thermoactive. Body temperature and weight create an **individually adapted footbed in a very short time when worn**. Loads are distributed evenly over the entire sole and pressure peaks are reduced.

Lighter

Weighing less than 130 g (DUX Clog in size 5), these shoes are amazingly light. You can hardly feel them.

Nevertheless, they are real powerhouses for any environment. They are breathable, age-resistant, able to withstand even greater body weight, waterproof and UV-resistant.



Healthier

The physiologically active footbed **invigorates the foot muscles, supports the arch of the foot and improves posture** and general mobility (tested and recommended by AGR, Aktion gesunder Rücken e.V., eng. Action healthy back)

The regenerative effect alleviates exhaustion states and loss of performance.

Last but not least, preventive and therapeutic effects come into play, including heel spurs and hallux valgus.

Polutant-free

Duflex products are feel-good shoes in every way. All Duflex are **vegan, latex-free and absolutely free of harmful substances**. This makes them always the first choice, especially for children. And for adults, they are predestined as leisure and work shoes in many areas. Last but not least, the products and the company ME & Friends have been awarded the seal of climate neutrality.



LATEX frei

*latex free



Klimaneutrales Produkt
2021 / 2022

chung shi
CO2 KOMPENSATION NACH DIOP STANDARD
SEHR GUT
★★★★★

DIOP
Deutsches Institut für Qualitätsstandards und -prüfung e.V.

*climate neutral product



DUX Clog

that is like walking on clouds...

Recommended by orthopedic surgeons, the **DUX Clog** features a **super soft yet stable footbed**. The innovative thermoelastic **Duflex** material offers amazingly good relief when walking and standing for long periods of time. And very often, pain in the legs and feet are blown away.

Through body heat and weight, the **Duflex** material adapts to every foot shape and thus forms an individual footbed. This creates an even load distribution over the entire sole of the foot. Pressure peaks are reduced and a **walking sensation like walking on clouds** is created.

Users describe the **DUX** as an optimal **problem solver for heel spurs** and many other stress syndromes. It also reduces signs of fatigue in the legs. This makes the **DUX** the ideal companion for activities that require long periods of standing and walking.



navy 
Art.Nr. 8900100

ÖKO-TEST
CHUNG SHI
DUX navy (XXL)
sehr gut
Ausgabe 05/2018



acasia 
Art.Nr. 8900420



burgundy 
Art.Nr. 8900330



cherry jubilee 
Art.Nr. 8901710



chilli 
Art.Nr. 8900150



darkbrown 
Art.Nr. 8900370



iceblue 
Art.Nr. 8900220



grey 
Art.Nr. 8900160



indigo purple 
Art.Nr. 8900200



khaki 
Art.Nr. 8900120



lavender 
Art.Nr. 8900180





DUX Clog

The innovative Duflex material in a wide range of colors

The softness and lightness of the *Duflex* material offers all-round comfort in every respect as well as a **uniquely comfortable walking sensation**. The shoe is feather-light in weight, washable and also wipe-disinfectable.

In addition, several independent tests confirm that the *DUX Clog* is both **back-friendly, latex-free and absolutely free of harmful substances**.

Last but not least, the high satisfaction rate of the DUX fan community speaks for itself.



DUX Clogs

Unisex	EUR	UK	US	mm
XXS	34/35	3	5	220
XS	36/37	4	6	230
S	38	5	7	240
M	39/40	6-7	8-9	250
L	41/42	8	9,5	260
XL	43	9	10	270
XXL	44/45	10	10,5	280
XXXL	46/47	11	11,5	290
4XL	48	12	12,5	310

Note: Shoes fit regular





DUX Sensi

Caressing for sensitive feet

A butter-soft Duflex variant provides intensive, clearly noticeable pressure relief. The deliberately destabilizing, soft footbed activates the muscle chains and thus promotes balance. By intensifying contact with the sole of the foot, depth sensitivity (proprioception) is promoted and the entire posture and movement process is improved.

The special softtouch material is gentle on the joints and reduces pressure points.

The ultra-flexible footbed promotes blood circulation and supports the natural regeneration process in case of inflammations as well as postoperative treatments.

The DUX Sensi offers active recovery and regeneration for stressed feet after sports and after long periods of standing and walking. The gentle and soft walking feeling makes the DUX Sensi an absolute feel-good shoe, because you can't walk any softer: caresses for your feet!

DUX Bio

With renewable raw materials

By using up to 30% renewable raw materials, the DUX Bio makes use of a synthetic advance of nature. The organic components in combination with the pollutant-free Duflex material enable a stabilizing footbed.

As with all Duflex shoes, the sole adapts to every foot shape, creating an individual, soft footbed that reduces pressure peaks. The feeling of walking „like on clouds“ is created.

The Dux Bio is versatile as a professional and leisure clog that combines softness and stability - even with a little more body weight. In addition, the clog is back-friendly, latex-free and also absolutely free of harmful substances.



linden green
 Art.Nr. 8900910



acai
 Art.Nr. 8900920



koi
 Art.Nr. 8900930



mykonos blue
 Art.Nr. 8900915



emerald green
 Art.Nr. 8900905



cherry jubilee
 Art.Nr. 8900710



ganache
 Art.Nr. 8900705



bijou blue
 Art.Nr. 8900715



samba
 Art.Nr. 8900925



DUX Sensi				
Unisex	EUR	UK	US	mm
XXS	34/35	3	5	220
XS	36/37	4	6	230
S	38	5	7	240
M	39/40	6-7	8-9	250
L	41/42	8	9,5	260
XL	43	9	10	270
XXL	44/45	10	10,5	280
XXXL	46/47	11	11,5	290

Note: Shoes fit regular, a bit narrow

DUX Bio				
Unisex	EUR	UK	US	mm
XS	36/37	4	6	230
S	38	5	7	240
M	39/40	6-7	8-9	250
L	41/42	8	9,5	260
XL	43	9	10	270
XXL	44/45	10	10,5	280

Note: Shoes fit regular



DUX Ortho

The stable all-rounder for job and leisure time

The insole-ready **DUX Ortho** with abrasion- and slip-resistant sole material optimizes foot position, improves rolling behavior and posture, and ensures **pain-free and safe mobility**.

The special construction between the upper and sole reduces pressure peaks and cushions the heel strike like an airbag.

An interchangeable footbed allows a **replacement with your own customized insoles**.

The closed shoe construction of the **DUX Ortho** provides splash and impact protection in the toe area and provides support and stability in the heel area.

The **DUX Ortho** is versatile as a work and professional clog, but also as a leisure shoe. A **combination of safety, comfort and functionality** for people who rely on a stable fit and want to secure the option for individual insoles.



DUX Ortho & Ortho Clog

Unisex	EUR	UK	US	mm
XS	36/37	4	6	230
S	38	5	7	240
M	39/40	6-7	8-9	250
L	41/42	8	9,5	260
XL	43	9	10	270
XXL	44/45	10	10,5	280
XXXL*	46/47	11	11,5	290

Note: Shoes run one size smaller

*) available just for Ortho Clog in the colors black, white and navy

DUX Ortho Clog

The insole clog

In terms of construction, cushioning behavior and range of use, the clog variant corresponds to the **DUX Ortho** described on the left.

The **DUX Ortho Clog** differs only by an **open heel area**.

With the optionally usable heel strap, a secure hold is also guaranteed here.



iceblue
Art.Nr. 8905220



Replacement insoles are available for **Ortho** and **Ortho Clog**, with labels color-coordinated with the colors of the shoes:





DUX Premium

Arch support, plenty of room and adjustable straps

The compact *Dux Premium* promotes foot mobility and stimulates the foot muscles. The softness of the pollutant-free *Duflex* material provides improved pressure distribution and pressure relief at the neuralgic points.

With sufficient space for the toes, punctual pressure loads on the inner and outer edges of the foot are reduced.

A heel cushion provides additional cushioning with every step.

The elevation in the metatarsal area activates the foot muscles and supports the natural straightening of the transverse arch. Therefore, it is also suitable for foot deformities such as flat and splay feet.

And with the adjustable heel strap, the support in the shoe can be regulated individually.



navy Art.Nr. 8907100



white Art.Nr. 8907020



black Art.Nr. 8907010

DUX Premium

Unisex	EUR	UK	US	mm
XXS	34/35	3	5	220
XS	36/37	4	6	230
S	38	5	7	240
M	39/40	6-7	8-9	250
L	41/42	8	9,5	260
XL	43	9	10	270
XXL	44/45	10	10,5	280
XXXL	46/47	11	11,5	290
4XL	48	12	12,5	310

Note: Shoes fit regular

DUX Future

Extra stable, extra comfortable

Not only a shoe - but a holistic concept for pain-free mobility:

The soft *Duflex* material in the forefoot area, an interchangeable footbed with memory function and a stable substructure with high slip and abrasion resistance promote overall posture, relieve the spine and joints and provide a cushioned heel strike. The foot muscle pump is activated and shows positive effects on the venous return system.

With a closed forefoot area for splash and impact protection and a raised heel cup, the *DUX Future* is versatile as a professional or casual clog. An optional strap provides additional support.

The ideal model with exchangeable footbed - also for slightly more body weight - that combines softness and stability.



turquoise Art.Nr. 8903080



cherry jubilee Art.Nr. 8903710



white Art.Nr. 8903020



navy Art.Nr. 8903100



black Art.Nr. 8903010

DUX Future

Unisex	EUR	UK	US	mm
XS	36/37	4	6	230
S	38	5	7	240
M	39/40	6-7	8-9	250
L	41/42	8	9,5	260
XL	43	9	10	270
XXL	44/45	10	10,5	280
XXXL	46/47	11	11,5	290

Note: Shoes run one size smaller





DUX Zori

The light and soft sandal **DUX Zori** offers toe freedom with a stable footbed. Also in the Zori, the **Duflex** material adapts to every foot and toe shape through body heat and weight. Pressure peaks are reduced and the feeling of walking „like on clouds“ is created.

A **special heel cushion** provides further pressure relief. The **massage nubs** positioned in the footbed also stimulate blood circulation and activate the reflex zones.

Optimal heel positioning reduces the risk of injury from uncontrolled stepping.

The Zori is versatile: for spa and wellness areas, on the beach as well as a summer leisure shoe.



white 
Art.Nr. 8700050



navy 
Art.Nr. 8700020



black 
Art.Nr. 8700010

Duxilette

Largely identical to the Zori in construction, effect and range of application, this slip-on has a **completely open toe area** and can thus also be worn with socks.



white 
Art.Nr. 8600020



navy 
Art.Nr. 8600100



black 
Art.Nr. 8600010

DUX Zori Sensi

As with the DUX Sensi (page 26), the butter-soft **Zori Sensi** variant provides intense and noticeable pressure relief. The destabilizing footbed activates the muscle chains, promotes balance and supports posture control.

The special Softtouch material is gentle on the joints and effective for pressure points and regeneration processes.

The Zori Sensi is the right choice for spa and wellness areas, on the beach and as a summer leisure shoe: the toe sandal for all-round comfort and for a uniquely comfortable walking experience.



white 
Art.Nr. 8707020



navy 
Art.Nr. 8707100



black 
Art.Nr. 8707010



cherry jubilee 
Art.Nr. 8707710



DUX Zori, Zori Sensi, Duxilette

Unisex	EUR	UK	US	mm
XXS *	34/35	3	5	220
XS	36/37	4	6	230
S	38	5	7	240
M	39/40	6-7	8-9	250
L	41/42	8	9,5	260
XL	43	9	10	270
XXL	44/45	10	10,5	280
XXXL	46/47	11	11,5	290
4XL *	48	12	12,5	310

* sizes just for „Duxilette“ available
Shoes fit regular; Duxilette wide on the strap



DUX Ballerina

Elegance paired with massage

The shapely and feather-light **Dux Ballerina** offers stability, pressure relief and a stimulating foot massage.

Through body heat and weight, the pollutant-free **Duflex** material adapts to any foot shape, creating an individual footbed. The natural support in the metatarsal arch and the structured footbed and the structured footbed activate the foot muscles, stimulate blood stimulate blood circulation and reduce callus formation. The **Dux Ballerina** is cut in the forefoot area so, that the toes are covered.

It goes well with elegant wardrobe and is great to combine with summer outfits with shorts or skirts.



white 
Art.Nr. 8900810



black 
Art.Nr. 8900800

DUX Ballerina

Unisex	EUR	UK	US	mm
XXS	34/35	3	5	220
XS	36/37	4	6	230
S	38	5	7	240
M	39/40	6-7	8-9	250
L	41/42	8	9,5	260
XL	43	9	10	270
XXL	44/45	10	10,5	280

Note: Shoes run one size smaller

DUX Winter

Perfect for cold feet

The DUX Winter ensures alwayswarm feet with the sewn-in synthetic lining.

In addition, the unique, thermoelastic **Duflex** material adapts to every foot shape through body heat and weight, forming a perfect, individual footbed. The even load distribution over the entire sole reduces pressure peaks, creating the Duflex walking feeling „like walking on clouds“.

Users often describe the **DUX Winter** as their favorite shoe for cold feet. The cozy properties of the shoe are also highly appreciated in cases of metabolic disorders and during pregnancy.

The clog, which is popular as a slipper, is back-friendly, latex-free, absolutely free from harmful substances and also completely vegan.



white 
with natural color lining
Art.Nr. 8900021



navy 
with black lining
Art.Nr. 8900101



black 
with black lining
Art.Nr. 8900011

DUX Winter

Unisex	EUR	UK	US	mm
XS	36/37	4	6	230
S	38	5	7	240
M	39/40	6-7	8-9	250
L	41/42	8	9,5	260
XL	43	9	10	270
XXL	44/45	10	10,5	280
XXXL	46/47	11	11,5	290

Note: Shoes run one size smaller





DUX Kids Clog

...because children's feet still have a lot to do!

The pollutant-free and back-friendly DUX Kids Clog promotes the natural and healthy development of children's feet.

The flexible material provides unique pressure relief, reduces fatigue and adapts to the child's individual foot shape through body heat and weight.

For healthy feet in adulthood, it is important to wear the right footwear in childhood to allow for **natural development**, as well as to functionally support active compensation of imbalances when body proportions change.

The high wearing comfort in combination with the material properties makes the shoe a **stable companion in all situations** that meet the demands of small children's feet as well as parents' wishes.

Good fit, light and flexible material as well as shock absorption in combination with freedom from harmful substances enable a motorically good and healthy development of the child's foot.

The AGR recommends that children's shoes should have a „high degree of material flexibility so that the movement of the child's foot can take place without restriction.“¹



khaki
Art.Nr. 8900125



cherry jubilee
Art.Nr. 8901715



indigo-purple
Art.Nr. 8900205



navy
Art.Nr. 8900100



ocean
Art.Nr. 8900395



orange
Art.Nr. 8900090



riviera
Art.Nr. 8900315



red
Art.Nr. 8900030



lime
Art.Nr. 8900175



khaki/navy/black
Art.Nr. 8900500

DUX Kids

It is recommended to use the heel strap during the first walking attempts to ensure a firmer hold in the shoe.

EUR	UK	US	mm
20/21	3	5	140
22/23	4	6	150
24/25	5	7	160
26/27	6-7	8-9	170
28/29	8	9,5	180
30	9	10	190
31	10	10,5	200
32/33	11	11,5	210
34/35	12	12,5	220

Shoes fit regular

20 Jahre
ME & FRIENDS AG
 WALKING TOGETHER



Our Anniversary Clogs

„With three new multicolor colors, we want to set a small „milestone“ in our company history for our 20th anniversary.

In addition to the modern camouflage look, our anniversary models naturally offer all the soft and relieving benefits to improve your (foot) health as well as promote your physical well-being. Just like our entire DUX collection!

A milestone that says more than a thousand words and should give many people joy of life. And with that, we would also like to say thank you!“

Alexia and Michael Ertl and all employees of ME & Friends AG.



red/yellow/orange
 Art.Nr. 8900349



navy/royal/white
 Art.Nr. 8900123



black/grey/white
 Art.Nr. 8900162

P.S.: With every retrospective, the question also arises: And what's next?

Those who know Michael Ertl with his wealth of ideas and zest for action can look forward to many more innovations...

**Some „FRIENDS“
 who celebrate with us:**

**Wolfgang Pohl, state-certified mountain and ski guide,
 Ski instructor and managing director Vivalpin:**



„Since the early days of ME & Friends AG, I have been an enthusiastic user of many of the products in the portfolio. I wish ME & Friends AG a continued flourishing business and Alexia and Michi personally many more successful and happy years as life and business partners!“



**Matthias Laar, Dipl. sports scientist
 for SportWissenschaft Oberland:**

„With my orthopedic colleague Dr. med. Maximilian Meichsner, we were able to measure and prove the functionality and effectiveness of the innovative products in various examinations. I wish ME&Friends AG and its entire team much health and energy for the next decades and thank you for the open and appreciative way of working!“



**Hans-Jörg Siegers, product manager purchasing and
 exclusive brands for ANWR Schuh GmbH:**

„The approach of linking health and inner balance with bio-mechanical knowledge immediately excited me. I wish Michael Ertl and his team the innovative drive to carry the principle „live-learn-plan“ into the world for the next 20 years as well.“

Trust the market leader:

**über
 3 Millionen
 DUX
 verkauft***



*More than 3 Million Dux sold



Further information: www.chung-shi.com

chung-shi shoes are available at:

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