Basic Facts

During life every fifth person suffers from depression. This frequency of the disease is entirely independent of the individual's standard of living and also the country or the culture prevailing in the country. At present it is estimated that about 8% of all people are affected by this form of psychosis. Thus, depression is one of the most common and most expensive diseases – following cardiac disease involving the coronary arteries.

Depression may occur in two forms – it may either be manic or bipolar, or it may be unipolar or severe. In manic depression the patient's mood fluctuates within a few weeks between euphoric and depressive phases, partly also with severe consequences on the individual's judgment and ability to act. In the second type, namely severe depression, which used to be incorrectly termed «endogenous depression» in the past, the main symptoms are loss of drive, anxiety, a sensation of emptiness, hopelessness, loss of ideas and drive. It is not clear how depression develops in terms of neurophysiology. However, in the last few years it became clear that the neurotransmitters serotonin and noradrenalin play an important role in the emergence of the disease.

Effects

In the nerve cells, first tryptamine and then 5-hydroxytryptophan (5 HTP®) are formed from the essential amino acid tryptophane (essential means that the body cannot produce the substance on its own). This results in the accumulation of hydrogen and degradation of carbon, which eventually leads to the formation of 5-hydroxytryptamine (5 HT) serotonin.

A deficiency of serotonin may cause depression, states of anxiety, and aggressiveness. Besides, serotonin plays an important role in the sleep rhythm, appetite, in memory and learning abilities, pain control, and also in inflammatory reactions and bowel peristalsis.

Stress, addictive behavior, overweight, migraine attacks, the pre-menstrual syndrome, and thoughts of suicide are often associated with low serotonin levels.

In the cardiovascular system serotonin influences the contraction of arteries and thus helps to control blood pressure. In the skeletal muscles serotonin dilates the vessels and enhances blood flow.

Another disease associated with a serotonin deficiency is fibromyalgia. It is a complex disease marked by severe muscle pain, fatigue, fever, insomnia, symptoms of an irritable colon, and swollen lymph nodes. The cause is unknown. Women are most commonly affected by this condition.

Several medicines such as anorectic agents, anti-cholesterolemic agents and also certain diets inhibit the formation of serotonin and may trigger symptoms of a serotonin deficiency.

Trials have shown that the administration of 5 HTP®, the precursor substance of serotonin, markedly raises the serotonin level in the body. Unfortunately the typical, rather unbalanced diet in the western world does not contain sufficient quantities of 5 HTP®. The ingestion of food containing tryptophane also does not substantially raise serotonin levels. Serotonin itself cannot be administered because it is degraded in the body before it can unfold its effect.

The pharmaceutical industry realized the significance of serotonin a long time ago. Medications that inhibit the re-uptake of serotonin in the cells, so-called serotonin reuptake inhibitors (SSRI) are available in the market since a few years. These substances cause serotonin levels to remain high. They are mainly used in antidepressants. Regrettably, many of these medications are associated with significant side effects. Since 5 HTP® cannot be patented, pharmaceutical companies are naturally not interested in marketing this product for commercial purposes.
Indications

Depression: Dr. W. Pöldinger from the University Clinic of Psychiatry in Basel was able to show – as early as in 1991 – that 5 HTP® is at least as effective as commonly used antidepressants in the treatment of depression, while causing lesser side effects. 5 HTP® balances mood swings (especially in cases of bipolar depression) and reduces the aggression potential. It also reduces attacks of anxiety.

Migraine: among other factors, migraine is caused by the abnormal function of serotonin in blood vessels. 5 HTP® helps to normalize this functional disorder.

Sleep disorders: in experimental studies 5 HTP® was found to shorten the time to go to sleep by half without disturbing the sleep pattern. Besides, the patient achieves a faster and more concentrated waking state. The reason is the interaction with melatonin which is a metabolic product of serotonin production and is also enhanced by raised serotonin levels.

Appetite and weight loss: 5 HTP® has been shown to reduce appetite. Thus, it may lead to a marked reduction of weight within a relatively short period of time. In contrast to conventional anorectic agents 5 HTP® is very well tolerated and safe.

Cardiovascular disease: due to the fact that 5 HTP® resolves anxiety and inhibits aggression, it has a directly positive effect on the cardiovascular system as it protects the body from an excessive release of adrenalin.

Fibromyalgia: enhancing serotonin levels by the administration of 5 HTP® reduces many symptoms of fibromyalgia including pain, joint stiffness, and sleep disorders.

Composition

One capsule contains 25 mg, 50 mg, 100 mg or 200 mg 5 HTP® (5-hydroxytryptophan) in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

Dosage

Depression: 300–400 mg daily
Migraine: 400–600 mg daily
Sleep disorders: 100–300 mg daily
Fibromyalgia: 300 mg daily
As an anorectic agent: 600–900 mg daily

For general enhancement of wellbeing and a balanced mood, 100–200 mg should be taken daily.

Side Effects, Contraindications

Very rarely and only after the intake of large quantities, the patient may develop headache, bowel symptoms, insomnia and muscle pain.

Not suited for pregnant and lactating women. Persons taking other antidepressants must consult a doctor before use.

Caution is also advised in case of liver disease, as 5 HTP® may have an undesirably strong effect in this setting.

Instructions

The substance should be taken together with a carbohydrate-rich snack or with fluid (orange juice).

Protein-rich meals should be avoided after 5 HTP® is taken; this will maximize its absorption in the bloodstream.

To achieve the optimum effect of 5 HTP®, vitamin B3, vitamin C, B6 and magnesium should also be administered. Store in a cool, dry place and keep out of reach of children.

5 HTP® Product Groups

5 HTP® can be found in the following product groups (www.vitabasix.com):

- Depression & Moods
- Sleep
- Pain & Inflammation
- Metabolism & Weight

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.
Acetyl-L-Carnitine

The ester acetyl-L-carnitine not only has biochemical similarities with the amino acid carnitine but also similar metabolic functions, especially in the transformation of food to energy. As a food supplement, acetyl-L-carnitine is effective in various forms of dementia as well as in peripheral neuropathies.

Basic Facts

Acetyl-L-carnitine is an ester of the amino acid L-carnitine, which can be synthesized by the body from lysine and methionine. Acetyl-L-carnitine itself is formed by a transferase enzyme in the liver, the kidneys and the brain of humans. Regarding the biologic effects, acetyl-L-carnitine increases the uptake of acetyl-CoA in the mitochondria – the «power plants» of the cell – by way of fatty acid oxidation. In addition, the production of acetylcholine is stimulated and the synthesis of proteins and elements of the cell membrane supported.

Due to these basal biochemical effects, L-carnitine and its ester act more or less as a fuel for the energy provision in the cells. A deficiency in these important substances can therefore be felt in all body cells, and tissue subjected to great stress (muscles, myocardium, brain, etc.) is, in principle, much more prone to disturbances because it has a higher energy requirement.

In its natural occurrence, acetyl-L-carnitine is mainly found in the brain, but also in other tissues. The substance is, moreover, available as a food supplement. Although, in the strict sense, no states of deficiency with regard to acetyl-L-carnitine should exist as the body itself synthesizes the ester, the levels of acetyl-L-carnitine in tissue go down with aging. According to medical studies, the amino acid can be used successfully for various forms of dementia (e.g. Alzheimer’s disease), age-related depression, HIV infections, diabetic neuropathy, cerebral circulatory disturbances as well as alcohol-induced cognitive deficits.

Effects

The exact modes of action of acetyl-L-carnitine are not yet fully elucidated. According to recent studies the ester acts as a parasympathomimetic due to its structural mutualities with acetylcholine. In this sense, acetyl-L-carnitine acts as a cholinergic neurotransmitter and as such seems to stimulate the neuronal metabolism in the mitochondria.

Groups of researchers attributed this cholinergic effects of acetyl-L-carnitine to a blocking of postsynaptic inhibition potentials. Other authors found that these effects are caused by a direct stimulation of the synapses. Of much greater importance, however, seems to be the fact that acetyl-L-carnitine can stabilize the fluidity of the cell membrane by regulating the endogenous sphingomyelin levels, which is probably due to an increased cellular energy metabolism in the mitochondria.

In addition, acetyl-L-carnitine also acts as a substrate reservoir for the cellular energy production. This could be decisive for the fact that sufficient intracellular levels of acetyl-L-carnitine can prevent the excessive dying of nerve cells. It could also be proven that acetyl-L-carnitine seems to enhance the effectiveness of certain nerve growth factors in individual brain areas.

Indications

As a whole, the substitution of acetyl-L-carnitine has proven to be positive in the diseases and conditions listed below:

Alzheimer dementia: numerous clinical studies confirmed that acetyl-L-carnitine has a positive effect on the cognitive performance in patients suffering from an Alzheimer-type dementia. Although long-term results are not available as yet, the intake of the substance for a longer period of time seems to improve the long-term memory.

Depression: in patients with major depression, acetyl-L-carnitine supplementation can lead to a changed circadian rhythm of the glucocorticoid secretion and an increase of the overall cortisol level. The additional administration of acetyl-L-carnitine can therefore support the treatment of depression symptoms.

Cerebral circulatory disturbances: there are positive results with regard to the use of acetyl-L-carnitine in cases of cerebral ischaemia as well as reperfusion. Studies have shown that the administration of acetyl-L-carnitine could reduce the...
neurologic secondary injuries experienced after such events.

**Cardiovascular disturbances:** like L-carnitine, acetyl-L-carnitine increases the transport of fatty acids for ATP production into the mitochondria of skeletal muscles and the myocardium and thus has a protective effect against damage caused by free radicals.

**Diabetic secondary injuries:** in diabetics, intravenous supplementation of acetyl-L-carnitine alleviated neuropathic pain and improved the peripheral nerve function. The substance therefore seems to have positive effects on the metabolic as well as the functional disturbances in diabetic polyneuropathy.

**Alcohol abuse:** several studies have shown that both L-carnitine and acetyl-L-carnitine have effects on the hepatic alcohol degradation but that the ester seems to delay alcohol oxidation much longer. Therefore, acetyl-L-carnitine could be of potential use in the therapy of cognitive disturbances in alcoholic disease.

### Composition

One capsule contains 500 mg acetyl-L-carnitine in pharmaceutical grade. Other ingredients: maltodextrin, magnesium stearate, SiO₂

### Dosage

In normal cases take 1–2 capsules 3 times a day at mealtimes with plenty of fluid.

### Side Effects, Contraindications

The supplementing intake of acetyl-L-carnitine is effective and safe if it is within the recommended dosage range. Also in case of long-term application of over one year no essential side effects could be observed. The most frequently described undesired reactions were increased drive, nausea as well as vomiting. Pregnant or lactating women or persons who are under constant medical care should consult a doctor before use. Acetyl-L-carnitine is not suited for dialysis patients.

### Instructions

Generally a specialist should be consulted before taking food supplements. This is especially true in cases of chronic disease and regular intake of medication. If you experience symptoms while taking acetyl-L-carnitine you should consult a doctor and inform the doctor of the intake. Store in a cool, dry place and keep out of reach of children.

### Acetyl-L-Carnitine Product Groups

Acetyl-L-carnitine can be found in the following product groups (www.vitabasix.com):

- Brain & Memory
- Depression & Moods
- Cardiovascular System
- Metabolism & Weight

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**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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Subject to alterations and printing errors. Version July 2011
Basic Facts

Acne is a skin disease characterized by reddened, inflammatory pustules which are mainly found on the face, neck and shoulders. It is typical of acne to first develop in the teenage stage and to continue into early adulthood.

The hormonal change occurring during puberty is considered one of the factors causing acne to develop, it being mainly the androgens (male sexual hormones) which stimulate the production of sebum and keratogenesis. Based on this, often bacterial infections of the sebaceous glands occur.

An iodine intake that is too high or a poisoning with chloroorganic chemicals may also lead to changes in the skin that are similar to acne. In practice, however, acne is very rarely attributable to either of these.

Sometimes a change of the nutrition proves to be helpful, but the kind of food that is not well-tolerated or makes the inflammation worse varies from person to person. Controlled studies showed how difficult and error-prone such search for causes is.

Akne-Plex® contains vitamins, trace elements and natural antiinflammatory and modulating substances. The effect of vitamins against acne and related inflammations is well documented in clinical studies. The other ingredients are traditionally used, for instance, in folk medicine or homeopathy to treat inflammatory skin diseases.

Effects

Several studies showed that zinc has a positive effect on acne. One study even found that under zinc effects were produced that were comparable to an antibiotic therapy.

High doses of vitamin A are successfully used to clinically treat severe forms of acne. Since, however, extremely high doses (several 100,000 units a day) are necessary to this end, which may have serious side effects, such a therapy can only be carried out under strict control by a doctor. The effect of a lower-dosed vitamin-A substitution is, however, also documented.

Positive effects were also found in a treatment with panthotenic acid, niacin and vitamin B6.

Proteolytic enzymes – as they are found in the plant preparation bromelain – have an antiinflammatory effect as they assist in the degradation of proteins, which play a role in the inflammatory process.

The roots of arctium lappa (big burdock) are used in the (asian) folk medicine for purification of the blood. The active ingredients isolated were inulin and mucins.

The extract of the thymus gland contains immunostimulating and modulating active ingredients.

Various trace elements whose (rather rare) deficiency may also entail skin problems round off the formulation.

Indications

To support the treatment of common acne and related inflammations of the sebaceous glands. Akne-Plex® also promotes, in general, the purification of the skin, improves the complexion and has a firming effect on the skin.

PRODUCT INFORMATION

Akne-Plex® contains a well-balanced combination of nutrients, vitamins, enzymes and trace elements. It has an effect that is immunomodulating, antiinflammatory, skin-purifying, and regulating the cell proliferation of the skin epithelium.
Composition

<table>
<thead>
<tr>
<th>Capsule contains:</th>
<th></th>
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<tbody>
<tr>
<td>Vitamin A</td>
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<td>Vitamin C</td>
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<td>Vitamin B6</td>
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<td>Vitamin B12</td>
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<tr>
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</tr>
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<td>3 mg</td>
</tr>
<tr>
<td>Potassium (K)</td>
<td>50 mg</td>
</tr>
<tr>
<td>Sulfur (S)</td>
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</tr>
<tr>
<td>Bromelain</td>
<td>100 mg</td>
</tr>
<tr>
<td>Thymus extract</td>
<td>12.5 mg</td>
</tr>
<tr>
<td>RNA powder</td>
<td>10 mg</td>
</tr>
<tr>
<td>Burdock root extract</td>
<td>5 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: magnesium stearate

Dosage

In normal cases take 2 capsules daily at breakfast with plenty of fluid.

Side Effects, Contraindications

Allergies against natural substances can never be fully excluded. For instance, some cases of allergies against bromelain, a herbal enzyme complex, have been described. Interactions with medicines (such as disturbed absorption or protein bonding) have not been fully researched for individual ingredients yet. It is therefore absolutely necessary to consult the treating before taking this preparation together with medicines.

In case of an overdose, side effects may be experienced in the form of nausea, headache, fatigue and similar complaints. It is known that especially overdoses of vitamin A are toxic. The fetus is particularly sensitive to vitamin A and therefore pregnant women are advised not to use Akne-Plex®. Breast-feeding mothers should not take the preparation either.

Instructions

Generally, self-medication should be avoided and the preparation should only be taken after having consulted a specialist first. Persons who are under constant medical care should in any case consult a doctor before starting the treatment. Akne-Plex® should be applied together with strategies of a healthy lifestyle (nutrition, regular sleep), soft cleansing of the skin and cosmetic products that are gentle to the skin. If the preparation is used to support a drug therapy for acne, this must in any case be discussed with the doctor. Store in a cool, dry place and keep out of reach of children.

Akne-Plex® Product Groups

Akne-Plex® can be found in the following product groups (www.vitabasix.com):

- Vitamins & Food Supplements
- Skin & Hair
- Pain & Inflammation

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.
**Basic Facts**

Alpha lipoic acid-ALA®, often called the «ideal antioxidant», can replace other antioxidants such as vitamins C or E. If not enough of these substances are ingested with the food, supplements containing alpha lipoic acid can at least partly cover this deficit. ALA® also plays an important role in blood sugar control. According to the opinion of scientists, insulin resistance and diabetes mellitus can, among other things, also be triggered by increasing oxidative stress and the production of free radicals. Here, antioxidants, and in particular ALA®, can intervene in a protective function.

Many severe late sequelae of diabetes such as nerve damage, pain, blindness, cardiac diseases and faster aging can be markedly reduced or stopped by ALA®.

Recent studies have also shown that ALA® can increase muscle strength and the energy household. It protects the extracellular LDL cholesterol and the intracellular DNA and, therefore, can possibly also inhibit the formation and growth of cancer cells and slow the aging processes. It also improves the memory according to first studies.

**Effects**

Alpha lipoic acid is a vitamin-like antioxidant and is frequently called a «universal antioxidant» as it is both water- and fat-soluble. In man ALA® is produced in the liver and other tissues where it acts as a natural co-factor of multi-enzyme dehydrogenase complexes such as for instance the pyruvate hydrogenase. ALA® plays an important role in mitochondria-specific ways to obtain energy from glucose.

With increasing age, however, the body produces less ALA® and the individual is dependent on eating a diet containing ALA®. Unfortunately, this substance is contained in red meat only, and therefore many people have to supplement it.

**Indications**

**Diabetes mellitus**: ALA® has an effect on biochemical processes in which blood sugar reacts spontaneously with proteins like collagen and destroys them. Collagen is contained in the skin, the blood vessels, the connective tissue and myelin (surrounds the nerve cells) as well as in other tissues. In the course of the years these processes lead to a premature aging of tissue, to kidney damage, atherosclerosis and loss of vision – the late complications of diabetes mellitus.

ALA® slows this protein-sugar bond by enhancing the uptake of blood sugar in the cells, a task which is usually performed by insulin. When insulin is missing, ALA® can take over this function to a certain extent, as is also the case when the vitamins C and E decrease.

Therefore, ALA® can prevent the dangerous rising of the blood sugar levels by uptake in the cells.

**Aging**: Aging is an inevitable biologic event which is associated with a progressing decrease of the function of the mitochondria. The mitochondrial membrane potential, the oxygen consumption and the fluidity of the cell wall decrease while the production of oxidants increases. The increased formation of oxidants, however, causes irreversible damage to the mitochondrial DNA as well as to proteins and lipids. The formation of oxidants is not restricted to aging itself, it is also involved in many pathologic processes such as diabetes, cardiovascular diseases, neuro-degenerative diseases, cancer and dysfunction of the immune system.

ALA® proved to be an excellent substance against increased oxidative stress, as was shown in several studies. Alpha lipoic acid can partly reverse the reduced mitochondria function and the increased oxidative stress associated with aging. To reach the maximum therapeutic benefit, however, sufficient plasma levels are required.

**Central and peripheral nervous system**: ALA® offers protection against the cerebral-ischaemic reperfusion syndrome after strokes, toxic amino-acid damage, mitochondrial dysfunction, diabetic neuropathy and other damage to the brain and nervous tissues. Reactive oxygen-free radicals are in all probability involved in several acute and chronic pathologic processes in the brain and in nervous tissue. ALA® can offer an important protection against these damaging free radicals as it is easily absorbed via the gastro-intestinal tract and crosses the blood-brain barrier. As soon as it is in the brain, it can be absorbed by brain cells.
and tissue and thereby exercise its protective function on an intra- and extra-cellular basis. This makes ALA® an ideal substance to treat oxidative brain and nerve damage caused by free radicals.

**Cardiovascular diseases:** As is generally known, LDL cholesterol is one of the primary injurious factors in cardiovascular diseases. The function of this blood fat is to transport fatty acids, cholesterol and triglycerides. If LDL is destroyed by oxidation or free radicals, the fats are deposited along the inner walls of the arteries where they slow the blood flow and lead to heart attacks and stroke.

Antioxidants such as vitamin E protect the LDL against oxidation and free radicals. But if LDL is destroyed, also vitamin E is destroyed. Here, ALA® can intervene – it helps to restore vitamin E for its fight against the oxidants and, moreover, can also protect LDL itself as an antioxidant.

**Poisoning:** ALA® has significantly increased the survival rate of persons who had eaten poisonous mushrooms. Disintoxication treatment, however, must in any case be provided by experienced physicians and must not be done by way of self-medication.

**Glaucoma:** Preliminary data have shown that the intake of ALA® could markedly improve the visual power of patients suffering from glaucoma.

**Composition**

One capsule contains 50 mg, 100 mg or 200 mg alpha lipoic acid in pharmaceutical grade. Other ingredients: rice flour, SiO₂, magnesium stearate

**Dosage**

In normal cases take 1 capsule 2–3 times a day during meals with plenty of fluid.

**Side Effects, Contraindications**

Side effects are observed only in very rare cases and are generally of a light nature. Most frequently experienced is an itching of the skin. If the product is taken in an uncontrolled way by diabetics, hypoglycaemias may occur.

**Instructions**

Pregnant or lactating women or persons who are under constant medical care should consult a doctor before use. In general, self-medication without consultation of a doctor is not recommended.

People who suffer from a vitamin B1 deficiency (e.g. chronic alcohol addicts) should take vitamin B1 together with alpha lipoic acid. Store in a cool, dry place and keep out of reach of children.

**ALA® Product Groups**

ALA® can be found in the following product groups (www.vitabasix.com):

- Metabolism & Weight
- Cardiovascular System
- Immune System, Cell Protection & Antioxidants

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.
Basic Facts

Compared to their highly important biological significance, too little attention is quite wrongly paid to amino acids, especially in relation to other substances classified as indispensable, such as vitamins, minerals and enzymes. Not only are they the basic building blocks of cellular proteins that form tissues such as muscles, skin and hair, but they also contribute to almost all the metabolic processes in our body. Furthermore, amino acids are also the precursors from which the body produces neurotransmitters and hormones. Especially in old age and when under particular stress, the body needs an adequate supply of these vital substances to ensure optimum performance. For this reason, this group of vital substances is becoming the focus of modern preventive and anti-ageing medicine.

Above all, essential and semi-essential amino acids – i.e. those that need to be ingested through food – perform a multiply favorable function in the body. This concerns in particular the production and subsequent release of the so-called growth hormone, also known as HGH (Human Growth Hormone). Certain amino acids help the pituitary gland to produce HGH. At the same time, they give signals there to release this neurotransmitter. This double effect makes it possible to increase the age-related, declining hormone levels in a natural way again.

The formation of HGH in the brain depends on the individual needs of the person concerned; these demands always peak in one’s youth. Evolution has not envisaged any renewed rise with increasing age, so that tasks such as tissue repair, cell regeneration and the strengthening of the immune system can often no longer be carried out. All the metabolic processes that should convert macro- and micro-nutrients into both energy and the vital nutrients so essential for life are insidiously disrupted, and the typical age-related complaints come about. These are characterized by a decrease in muscle strength, immune system disorders and changes in hormonal status.

While in the public perception it is often just the sex hormones and stress hormones that form the focus of interest as regards anti-aging medicine, many completely overlook the importance of growth hormone to coordinate our capabilities for biological rejuvenation.

In a nutshell, the following applies: the majority of chronic diseases in the second half of one’s life are basically due to the fact that vital amino acids are no longer available bioactively and in sufficient quantities.

Effects

A portal system to the pituitary gland regulates both the repression and the release of hormones and neurotransmitters. Here, eight really vital and some semi-essential amino acids share the tasks in an ingenious way. As hormone-releasing agonists, most are directly involved in the proactive release of growth hormone. Others specifically block those substances also called somatostatins or statins of the hypothalamus, which in turn repress the hormonal effect. Disturbances of this balance of release and repression are very diverse and often form the basis of modern diseases of civilization.

On the other hand, the scientific literature lists the favorable effects of an optimum amino acid mix for almost all age-related health changes. Not only can decreasing muscle strength and muscle mass be significantly countered, but the amino acids can also protect against vascular diseases and help with arthrosis, osteoporosis, diabetes, digestive disorders or metabolic disorders. The aforementioned suppression of the immune system, menopausal symptoms, problems with libido and potency, as well as sleep problems and mood swings can also be positively influenced by the specific supply of amino acids.

Many factors gradually reduce our physical abilities to absorb the amino acids in sufficient quantities from our diet. If these amino acids are then not supplied in sufficient quantities, this can cause nutritional deficiencies, whether due to reduced protein synthesis or decreasing HGH bioavailability. Moreover, a direct relationship between cognitive abilities and the amount of growth hormone and neurotransmitters in the brain has recently been proven.

The term «essential», from the Latin word for «essence», is actually justified with regard to these nutrients because, on the one hand, they cannot be produced by the

AminoBasix® contains the most important essential and semi-essential amino acids and enhances the production of the body's own growth hormone, stimulates the development of muscles and strengthens the immune system.
body itself and, on the other, they carry out a variety of tasks. The body can, however, synthesize other, non-essential amino acids itself but requires the essential or semi essential ones to do so.

The particularly valuable L-amino acid versions form, besides proteins, also mini-proteins, called peptides, with various effects – hormone-like, pro- and anti-inflammatory and antibacterial ones.

Besides their ability to release growth hormone, the following specific characteristics of the major amino acids found in AminoBasix® have been scientifically proven in the literature:

**L-leucine** inhibits muscle breakdown and enhances the formation of new cells in the muscle tissue. **L-ornithine** improves energy efficiency during exercise, and reduces fatigue,

**L-isoleucine** not only regulates blood sugar, but a deficiency of it can result in depression and sleep disorders. **L-valine** also supports the nervous system and promotes cognitive performance. **L-tyrosine** also enhances concentration and has an antidepressant effect.

**L-tryptophan**, the important precursor for the happiness hormone serotonin, affects tissues against oxidative stress. Moreover, it protects DNA, i.e. the thyroid gland without stimulating it too much. The black pepper extract Bioperine®, which is not an amino acid, enhances the absorption of many substances, including that of amino acids. Studies underscore the importance of the best possible composition of amino acid supply.

**Indications**
Promoting growth hormone release, with general age-related problems, convalescence, debility, before and after an operation, for muscle building and fat burning, strengthening the immune system, support chronic conditions.

**Composition**

<table>
<thead>
<tr>
<th>One capsule contains:</th>
<th>mg</th>
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<tbody>
<tr>
<td>L-leucine</td>
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<tr>
<td>L-ornithine</td>
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<tr>
<td>L-isoleucine</td>
<td>60</td>
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<tr>
<td>L-valine</td>
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</tr>
<tr>
<td>L-arginine</td>
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<td>L-cysteine</td>
<td>50</td>
</tr>
<tr>
<td>L-tyrosine</td>
<td>50</td>
</tr>
<tr>
<td>L-lysine</td>
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</tr>
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<td>L-phenylalanine</td>
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<td>L-threonine</td>
<td>30</td>
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<tr>
<td>L-tryptophan</td>
<td>15</td>
</tr>
<tr>
<td>L-tyramine</td>
<td>15</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: rice flour, SiO₂, magnesium stearate

**Dosage**
In normal cases take 2 capsules in the evening with plenty of fluid. During intensive sport take additionally 1 capsule before and 1 capsule after your fitness activity.

**Side Effects, Contraindications**
Allergies to natural substances can never be completely ruled out. Before taking AminoBasix® together with other medication please consult your doctor before intake.

**Instructions**
It is generally recommended that you consult a specialist before taking AminoBasix®. While taking the HGH-releasing amino acids, you should ensure that you get a sufficient quantity of other nutrients such as vitamins, trace elements and antioxidants to give the body proactive help with increased cell formation. Pregnant or nursing women and people who are under constant medical care should consult a doctor before taking AminoBasix®. Store in a cool dry place out of the reach of children.

**AminoBasix® Product Groups**
AminoBasix® can be found in the following product groups (www.vitabasix.com):

| Vitamin & Minerals
| Immune System, Cell Protection & Antioxidants
| Power & Energy
| Sports & Muscles

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version: June 2015
A chronobiological food supplement for men over 50 with weak drive and the beginning of testosterone deficiency. A natural «testosterone booster» which enhances performance capacity, libido and muscular strength. Androchron® contains a unique combination of vital ingredients that guarantees maximal efficiency paired with minimal risk.

Basic Facts

As we grow older our bodies' production of sexual hormones decreases steadily. In women this process triggers the menopause or «change of life». Similarly, the decrease in hormones causes a host of symptoms in men. This period in a man's life is frequently referred to as the «andropause» – or male climacterium. The lower hormone levels have an impact on fat metabolism, muscle mass, inner drive and libido. Apart from that, men in this age group are increasingly affected by disorders of the prostate, kidneys and cardiovascular system – and a decline in general fitness. The aim of a good food supplement should therefore be to naturally offset the hormone deficiency that is developing and counteract the resulting changes.

The combination of L-arginine and taurine has been used for many years as a natural way to counteract lessened drive regardless of its cause and to boost heart and kidney function as well. The latter is enhanced by the addition of an extract of saw palmetto (serenoa repens), which exerts positive effects on the prostate that have been verified by numerous scientific studies. This natural remedy can effectively counteract the early stages of prostate enlargement. Men who receive this extract have less difficulty in urinating. Their bladders empty completely, preventing possible damage to the bladder, kidneys and ultimately the heart. Acting together with the Gingko biloba extract which is included in the product, this combination also increases physical and mental fitness by improving the general circulation. The lignans contained in the combination of active ingredients have gentle, oestrogen-related properties and in this way regulate the hormone balance and strengthen the soundness of the heart.

Androchron® also contains tribulus, a natural non-hormonal plant product obtained from the medicinal herb tribulus terrestris. Studies have shown that taking tribulus can cause levels of testosterone in the blood to rise by more than 50 percent. For this reason, some nutritional scientists call tribulus a testosterone booster. It raises testosterone levels by stimulating the release of luteinising hormone (LH), which in turn speeds up testosterone production.

The formulation for Androchron® has been «rounded off» by the addition of several vital ingredients targeted to the particular time of day (morning or evening). This chronobiological formulation guarantees enhanced bioavailability and an optimal mechanism of action for each individual ingredient.

Effects

Taurine and L-arginine: whereas taurine is an aminosulfonic acid, L-arginine is an amino acid. Both of these substances can be produced by the adult human organism; they are also taken in with the food. A positive effect on the cardiovascular system has been described for both of these substances. The mechanism of action of L-arginine is known. L-arginine is converted to nitrogen monoxide (NO), a substance known to exert a vasodilating effect. L-arginine also plays an important role in the production and release of various hormones. Taurine participates in the formation of bile acids and thus has a positive impact on the body's energy balance.

Saw palmetto: extract of saw palmetto contains valuable oils and polysaccharides as well as phytosterines, flavonoids and carotinoids (secondary plant substances). This extract has been used by practitioners of herbal medicine for centuries. It can cause regression of non-cancerous enlargement of the prostate or «benign prostate hypertrophy» (BPH) – especially if it is administered at the early stages of this disease. It substantially lessens difficulties during urination and improves urinary flow. In addition, it exerts positive effects on the entire cardiovascular system.

Lignans: derived from the Latin term for wood (lignum), lignans stand for a specific class of antioxidants, polyphenols and iso-flavones. Structurally, the lignans are very similar to the group of the sexual hormones. The fact that they dock to certain receptors of our cells enables them not only to balance the decrease in production within the body but also to reduce a hormonal production that is too high. In this way they have effect on the development of hormone-dependent tumours (breast, prostate, intestine). Apart from reducing certain cancer risks, lignans can also improve the soundness of the heart.

Tribulus: The active ingredients contained in tribulus are special secondary plant substances, the so-called saponines. The sapo-
Androchron® is thus suitable for preventing and treating bacterial infections and inflammations, prevents the formation of kidney stones, supports the production of white and red blood cells, and strengthens the immune system. Acting together, these properties have the overall result of causing a significant increase in general well being and in physical and mental fitness.

Testosterone deficiency (andropause): in particular, the symptoms caused by the steady drop of the testosterone level during the andropause can be alleviated by this food supplement. Clinical studies have confirmed that Androchron® causes testosterone levels to rise 30 to 60 days after the institution of treatment. At the same time, the men participating in the studies experienced stronger libido – and frequently more stable erections and higher sperm counts. Most of the volunteers also reported an improvement in their general emotional state.

Sport: like testosterone, the active ingredients of Androchron® have proven to be an extremely effective way to increase energy and endurance during athletic activities. These ingredients act both directly and indirectly on the muscle fibres to increase the force of muscle contraction. At the same time, the special composition of Androchron® – in contrast to anabolic steroids – triggers no side effects of any kind and has proven to be totally safe.

**Composition**

**AM capsule (morning)**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Daily Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>L-arginine HCl</td>
<td>200 mg</td>
</tr>
<tr>
<td>Taurine</td>
<td>100 mg</td>
</tr>
<tr>
<td>Saw palmetto extract</td>
<td>200 mg</td>
</tr>
<tr>
<td>HMR Lignans</td>
<td>30 mg</td>
</tr>
<tr>
<td>Vitamin B1</td>
<td>1,4 mg</td>
</tr>
<tr>
<td>Vitamin B2</td>
<td>1,6 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>2 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>60 mg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>20 mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>25 mg</td>
</tr>
<tr>
<td>Bioperine®</td>
<td>2,5 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: rice flour, SiO₂, magnesium stearate

**PM capsule (evening)**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Daily Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tribulus terrestris extract</td>
<td>400 mg</td>
</tr>
<tr>
<td>Ginkgo biloba extract</td>
<td>50 mg</td>
</tr>
<tr>
<td>Niacinamide</td>
<td>18 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>1 mg</td>
</tr>
<tr>
<td>Zink (Zn)</td>
<td>15 mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>25 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: rice flour, SiO₂, magnesium stearate

**Dosage**

In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid.

**Side Effects, Contraindications**

To date no notable side effects or contraindications have been reported for either the individual ingredients or combinations of these ingredients.

**Instructions**

It is generally recommended to consult a specialist before taking Androchron®. If you have a pre-existing disease or are already receiving long-term drug treatment, you should use Androchron® only after having consulted your doctor first. If you experience any symptoms while taking Androchron®, you should consult a doctor and inform him or her of the intake. Store in a cool, dry place and keep out of reach of children.

**Androchron® Product Groups**

Androchron® can be found in the following product groups (www.vitabasix.com):

- **Hormones & Hormone-like Substances**
- **Chronobiology**
- **Cardiovascular System**
- **Brain & Memory**
- **Men’s Health**
- **Power & Energy**
- **Sexuality & Libido**
- **Sports & Muscles**
- **Metabolism & Weight**

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**Indications**

**General fitness:** the results of the studies performed on Androchron® show that it stimulates the activity of the heart muscle and exerts an anti-bacterial effect.
Basic Facts

Arthrosis is defined as a degenerative disease of the joint cartilage. Its frequency increases with age and its progression is accelerated by obesity and lack of exercise. Arthrosis may start at the age of 30 years. At the age of 60 years nearly every human being experiences cartilage wear more or less in all joints, mainly in the knee and the hip. In persons who suffer from arthrosis the normal dynamic balance between the formation and degradation of cartilage is disturbed.

The result is progressive cartilage wear, which may be accompanied by severe pain. The more damaged the sites are, the greater is the pain and the greater the deformation of joints – up to complete loss of function. Arthrosis has been considered incurable so far. In most cases the symptoms could be relieved only by inserting an artificial joint.

However, arthrosis is not merely an age-related fateful disease of joint wear that can only be treated by pain-killers and operations. The underlying causes are frequently undernourishment of the organism in respect of the important components required for the formation of cartilage. One food supplement that provides the body with the nutrients required by cartilage can only be administered to the body as a supplement.

Chondroitin: chondroitin is a further component of glucosaminoglycans (amino sugar complexes); glucosamine is one of their constituents. Glucosamine is an amino sugar, a derivative of glucose. The more the body has of this substance, the more glucosaminoglycans (and therefore cartilage mass) are produced. Quite often, sufficient quantities of glucosamine cannot be produced by the body on its own or be ingested with food, because it is present in the joint cartilage of all living beings but is not available in this form in our daily food, and high concentrations of it are only contained in shellfish. Therefore, it has to be administered to the body as a supplement.

Hyaluronic acid: hyaluronic acid is the main component of joint fluid (synovial fluid). Significant quantities of hyaluronic acid are also found within the joint cartilage. Hyaluronic acid belongs to the group of glucosaminoglycans and is therefore a high-molecular substance. In other words, it is a substance composed of very long molecular chains. Such long molecular chains usually cannot be absorbed by the body. Therefore, hyaluronic acid is used in a special hydrolyzed form, which leads to significantly better absorption of the substance.

Zinc and manganese: the trace elements zinc and manganese are involved in the formation and degradation of cartilage.

Effects

It appears that, with increasing age, the body loses its ability to produce adequate quantities of glucosamine, chondroitin and hyaluronic acid. Weight-bearing joints like the knees and hips, and also the wrists and shoulders are most frequently affected by arthrosis.

Glucosamine: the main components of joint cartilage are glucosaminoglycans (amino sugar complexes); glucosamine is one of their constituents. Glucosamine is an amino sugar, a derivative of glucose. The more the body has of this substance, the more glucosaminoglycans (and therefore cartilage mass) are produced. Quite often, sufficient quantities of glucosamine cannot be produced by the body on its own or be ingested with food, because it is present in the joint cartilage of all living beings but is not available in this form in our daily food, and high concentrations of it are only contained in shellfish. Therefore, it has to be administered to the body as a supplement.

Chondroitin: chondroitin is a further component of glucosaminoglycans, which are very important for the formation of cartilage. Its basic structure contains a further aminosaccharide, namely galactosamine. Chondroitin gives the joint cartilage its structure, is responsible for its water-binding capacity and the permeability of nutrients. The latter is especially important, as cartilaginous tissue does not contain any blood vessels and is nourished passively by diffusion alone. Chondroitin plays a role in the restoration of joint function, arthrosis and even fracture healing, as many trials have shown. Quite often, sufficient quantities of chondroitin cannot be produced by the body and or be ingested with food, and also has to be administered to the body as a supplement because the only source of sufficient chondroitin is animal cartilage.

Hyaluronic acid: hyaluronic acid is the main component of joint fluid (synovial fluid). Significant quantities of hyaluronic acid are also found within the joint cartilage. Hyaluronic acid belongs to the group of glucosaminoglycans and is therefore a high-molecular substance. In other words, it is a substance composed of very long molecular chains. Such long molecular chains usually cannot be absorbed by the body. Therefore, hyaluronic acid is used in a special hydrolyzed form, which leads to significantly better absorption of the substance.

MSM: MSM (methyl-sulfonyl-methane) is also termed «organic sulfur» and is one of the main sources of sulfur in our food. It is found in nearly all foodstuffs (milk, fruit, vegetables, grain, meat, fish, etc.) but is destroyed by heating. MSM has an anti-inflammatory and pain-relieving effect and is involved in the regeneration of cartilage and connective tissue. In other words, it enables the body to restore destroyed cells and tissue structures and therefore helps to maintain the functioning capacity of the entire musculoskeletal system.
The constituents of Arthrochron® are a safe and effective natural alternative or supplement to conventional medications for arthrosis. The trials conducted so far show that the treatment of arthrosis should not be restricted to purely symptomatic therapy. Rather, glucosamine and galactosamine derivatives promote the production of substances required for sufficient joint function in the body and for the renewal of cartilage mass in the joints and even complete restoration. Pain disappears and the person regains his freedom of movement. Success in the long term, however, can be achieved only if the treatment with Arthrochron® is continued for a long period of time.

The division of the dose into a morning and evening capsule, based on chronobiological principles, ensures optimal supply of nutrients to the cartilage throughout the day.

Composition

<table>
<thead>
<tr>
<th>AM capsule (morning)</th>
<th>daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glucosamine</td>
<td>365 mg</td>
</tr>
<tr>
<td>Chondroitin</td>
<td>210 mg</td>
</tr>
<tr>
<td>MSM</td>
<td>100 mg</td>
</tr>
<tr>
<td>Calcium (Ca)</td>
<td>15 mg</td>
</tr>
<tr>
<td>Resveratrol</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Hyaluronic acid</td>
<td>45 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>60 mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>25 mg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PM capsule (evening)</th>
<th>daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glucosamine</td>
<td>315 mg</td>
</tr>
<tr>
<td>Chondroitin</td>
<td>170 mg</td>
</tr>
<tr>
<td>MSM</td>
<td>200 mg</td>
</tr>
<tr>
<td>Zinc (Zn)</td>
<td>7 mg</td>
</tr>
<tr>
<td>OPC</td>
<td>50 mg</td>
</tr>
<tr>
<td>Manganese (Mn)</td>
<td>1.6 mg</td>
</tr>
<tr>
<td>Hyaluronic acid</td>
<td>45 mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>25 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: stearic acid

Dosage

In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid. In case of extreme joint problems the daily dose may be increased to 2 capsules in the morning and 2 capsules in the evening.

Side Effects, Contraindications

Arthrochron® is not known to have any major side effects. Therefore specialists recommend Arthrochron® as the «ideal substance» for (oral and local) treatment of rheumatic symptoms. Persons with a strong fish allergy may experience intolerance reactions.

Instructions

In general the therapy should be conducted only under the supervision and instruction of a specialist. Self-medication should be absolutely avoided. Store in a cool, dry place and keep out of reach of children.

Arthrochron® Product Groups

Arthrochron® can be found in the following product groups (www.vitabasix.com):

- Bones & Joints
- Chronobiology
- Pain & Inflammation

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Subject to alterations and printing errors. Version January 2017
Basic Facts

Vitamins are necessary for a proper cell metabolism and involved in catalytic functions without serving as building substances themselves. There are thirteen known vitamins, all of which have to fulfill certain functions.

Considering their solubility, vitamins can be subdivided into two groups: fat-soluble vitamins (A, D, E and K) and water-soluble vitamins (B vitamins and C).

Vitamins are of essential importance for the health because without them our organism would not work. A low vitamin level in the body may be the cause of many deficiency symptoms and diseases. Vitamins, together with the enzymes, partake in many chemical reactions in the body. The vitamin B complex and vitamin C, for instance, play an important role in numerous metabolic processes and also in detoxifying various environmental pollutants.

False nutrition, the influences of the environment and many other factors may be the cause for our being unable to ingest sufficient quantities of vitamins with our daily food. Therefore, to supplement our food with vitamin preparations is not only to be recommended but sometimes also simply a necessity.

Especially the elderly frequently suffer from vitamin deficiency since the body is no longer able to absorb the vitamins contained in food due to a reduced function of the various organs.

Effects

Vitamin B1 (thiamine) is responsible for energy production in the brain. Being an enzyme building substance, vitamin B1 regulates the carbohydrate metabolism and has pain relieving and detoxifying effects on the nervous system. A vitamin B1 deficiency causes the brain functions to decrease and may lead to mental changes (depression, forgetfulness, confusion). Thiamine also influences the important neurotransmitter acetylcholine, which is responsible for the memory function.

One of the tasks of vitamin B2 (riboflavin) is the renewal of glutathione, one of the most important protective substances for the cells against free radicals.

Apart from the production of energy, vitamin B3 (niacin), together with other substances, is responsible for the regulation of the blood sugar level, for the anti-oxidative protection as well as for the various different detoxification functions in the body. Niacin also helps to lower the cholesterol level.

Vitamin B5 (pantothenic acid) is involved in the energy production from fat and carbohydrates. Furthermore, it is also necessary for the production of certain hormones as well as for the formation of red blood cells.

Vitamin B6 (pyridoxine) plays an important role in cell division and renewal and therefore is of great importance especially during pregnancy. It is also involved in the production of amino acids as well as of all important neurotransmitters for the brain, as for instance serotonin, dopamine and noradrenaline. A vitamin B6 deficiency may therefore lead to a number of severe diseases, e.g. depressions.

Vitamin B12 (cyanocobalamin) is an essential factor for normal growth, an undisturbed haematopoiesis and the maturing of epithelial cells. It is an essential factor for the energy production of the body and supports the immune functions. A vitamin B12 deficiency is one of the main causes for age-related diseases of the brain as e.g. Alzheimer’s disease.

Biotin is involved in the processing of fat and amino acids from our food. Sufficient quantities of biotin provide healthy nails and hair.

Folic acid (vitamin B11) is necessary for DNA synthesis and therefore for the development of cells. Folic acid has a positive effect on all fast-dividing tissues and supports their regeneration. Therefore, a deficiency in folic acid first of all affects quickly

PRODUCT INFORMATION

B-Plex contains the most important B vitamins in an optimal combination (together with vitamin C and MSM). The various B vitamins are important for a number of essential functions of the body such as metabolism and cell renewal. The vitamin B complex is considered to be the energy provider for body and mind.

B-Plex

At a Glance

▹ as a combined application of the B vitamins, its therapeutic effect is higher in comparison with the efficacy of the individual factors
▹ improves the brain performance and memory
▹ serves to increase the general wellbeing
▹ enhances the defenses of the body and protects against the harmful influences of the environment
growing tissue and consequently has a critical effect during pregnancy. In this connection, certain embryonic malformations (neural tube defects and spina bifida) could be associated with this maternal deficiency in vitamins. It is therefore recommended to additionally take folic acid particularly during pregnancy. Furthermore, various studies have recently indicated that a deficiency in folic acid may be a contributing factor in causing numerous diseases e.g. atherosclerosis.

**Vitamin C** is capable of trapping free radicals in the body and to render them innocuous. Vitamin C thus increases the defenses of the body. It moreover enhances the buildup and new formation of collagen, an important protein substance in the body, which is necessary for tissue formation.

**MSM** (methyl-sulfonyl-methane) is an important sulfur compound, which plays a role in the synthesis of many proteins (muscles, skin and hair).

**Indications**

**Health and wellbeing:** for preventive purposes and to increase the general wellbeing. In case of insufficient vitamin intake with food (e.g. diet, malnutrition) or conditions with increased vitamin requirements (e.g. growth).

**Pregnancy/lactation:** a folic acid supplement may lower the risk of embryonic malformations. Moreover, the milk flow is stimulated when breastfeeding and milk production is increased.

**Immune system:** to enhance the defenses of the body. Suited for the convalescent period after (wasting) diseases.

**Brain performance:** preservation of the brain performance and improvement of the memory.

**Nervous system:** a therapeutical application in nervous diseases (neuritides, neuralgias) serves to balance accompanying states of deficiency (possibly because of a disease-related increased demand) and, on the other hand, to stimulate natural repair mechanisms.

**Skin:** to support the treatment of common acne and related inflammations of the sebaceous glands. New formation of collagen is stimulated.

**Composition**

<table>
<thead>
<tr>
<th>One capsule contains:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B1</td>
<td>50 mg</td>
</tr>
<tr>
<td>Vitamin B2</td>
<td>50 mg</td>
</tr>
<tr>
<td>Vitamin B5</td>
<td>50 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>10 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>0.03 mg</td>
</tr>
<tr>
<td>Biotin</td>
<td>1.5 mg</td>
</tr>
<tr>
<td>Folic acid</td>
<td>0.4 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>12.5 mg</td>
</tr>
<tr>
<td>Niacinamide</td>
<td>87.5 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>125 mg</td>
</tr>
<tr>
<td>MSM (methyl-sulfonyl-methane)</td>
<td>200 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: SiO₂, tricalcium phosphate, magnesium stearate, stearic acid

**Dosage**

In normal cases as nutritional supplement and to prevent deficiencies take 1 capsule 2 times a day with plenty of fluid.

**Side Effects, Contraindications**

No negative side effects of B-Plex are known.

Do not use in case of hypersensitivity to one of the components of the preparation.

Intestinal absorption of folic acid is impaired by some medicines (digestive enzymes and antacids). When taking such medicines a higher intake of folic acid is recommended.

There is an interaction between folic acid and methotrexate, which is used to treat cancer. While in cancer therapy the inhibiting effect of methotrexate on the new formation of cells by its antagonism to folic acid is desired, it may possibly cause severe side effects if autoimmune diseases are treated with methotrexate, and then a supportive administration of high doses of folic acid may be required. However, this should only be done under the supervision of a doctor.

Diarrhea may occur after the intake of high doses of vitamin C.

**Instructions**

Generally a specialist should be consulted before intake. In the presence of diseases or when taking medications on a long-term basis, B-Plex should in any case be used only after having consulted a doctor first. Should you experience any complaints while taking B-Plex, you should consult a doctor and inform him/her about the intake. Store in a cool, dry place and keep out of reach of children.

**B-Plex Product Groups**

B-Plex can be found in the following product groups (www.vitabasix.com):

- Vitamins & Food Supplements
- Brain & Memory
- Immune System, Cell Protection & Antioxidants

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Basic Facts

Pyrroloquinoline quinone (abbreviated PQQ) was first discovered by the Norwegian biochemist, Jens G. Hauge in 1964 as an important cofactor in metabolic processes in bacteria. The microbiologists, C. Anthony and L.J. Zatman, recognised in 1967 that this previously unknown factor was also significant with regard to the breakdown of alcohol. This is why they gave the substance the name methoxatin. Approximately 15 years later, the biologist S.A. Salisbury, along with his colleagues, were successful in isolating this substance from certain microorganisms and determining its exact chemical structure. However, it was not until 2003 that the work group of the Japanese brain researcher Tadafumi Kato discovered that this substance also occurs in rodents and other mammals, including humans.

It is assumed that PQQ has to do with an important redox cofactor that can be classified as a new B-vitamin, such as niacin or riboflavin for example. The main function of this new vitamin is the regulation of the metabolism of the amino acid lysine.

Its classification as a vitamin has been questioned for long time; however, today scientists agree that the substance PQQ is an essential vitamin. Thereby, 55 years after the discovery of the last vitamin, vitamin B12 in 1948, a new substance was added to the vitamin family in 2003. Support has been provided to show that PQQs truly another vitamin due to both its structural similarity to vitamin B2 and vitamin B3 and the fact that PQQ cannot be independently formed by the majority of organisms and has to be attained via dietary intake. Its location in the mitochondria should stimulate the formation of new cellular power sources. PQQ is located directly at the place where free radicals are formed in the mitochondria and so it can intercept these. Furthermore, it provides for the activation of important mitochondrial repair mechanisms. It is a strong antioxidant that is much more resistant than vitamin C, and can counteract a series of diseases. For example, in the case of type-2 diabetes, it is capable of improving the insulin sensitivity level. Furthermore, it is an important protection factor for heart cells and the brain. In addition, the improved activity of the mitochondria by means of PQQ could be considered helpful in preventing cancer.

The main sources of this water-soluble vitamin include certain fruits, such as papaya and kiwi, but also various tees, green vegetables, milk, (in particular breast milk), and certain meat products. However, the largest amount of PQQ can be found in fermented soy; the traditional Japanese food natto. Since the concentration of this vitamin is often too small in food products, supplying it by means of dietary supplements is recommended.

Effects

Even today, the mystery of the exact effect mechanism of PQQ has not been completely solved. However, it is certain that PQQ is of immense significance as a cofactor in various reduction and oxidation reactions. Thereby, it could be proven that this substance, similar to the NAD/NADH system, can absorb electrons and release them again. In the mitochondria in particular, the released energy by means of the reconversion of PQQ-H2 into PQQ with the aid of the respiratory chain enzyme can be used in order to form energy-carrying ATP from ADP. In addition to this mechanism, scientists assume that PQQ is involved in more than 20,000 catalytic processes. If you compare this with the only four known processes that vitamin C is involved in, the possible importance of this newly-discovered vitamin is quite evident. Independent of these effect mechanisms, regions on certain genes were found to be influenced by PQQ, which appeared to regulate the gene expressions related to them. This property was not only described for genes in the mitochondria, but also for genes located in the cellular cores of certain tissue, such as neurons for example. Based on the biochemical molecular structure of PQQ, it can be assumed that this vitamin is also capable of intercepting free radicals regardless of whether these are formed due to oxidative or nitrosative stress.

PRODUCT INFORMATION

BioPQQ™

Ideal food supplement to compensate energy weakness and to prevent burn-out in women and men. Increases the efficiency of the mitochondria and improves anti oxidative capacities.

BioPQQ™ At a Glance

• Optimal effectiveness in the fight against age-related degenerative diseases
• Has positive effects on the nervous system, the brain and the heart
• Extremely effective anti-oxidative weapon (its effect is 500-times stronger than that of vitamin C)
• Unique nutrient that is capable of producing new mitochondria, up to 20 percent more, in existing and ageing cells.
• Protects mitochondrial DNA
**Indications**

Have been carried out using PQQ, the majority of scientists that deal with this topic intensively assume that PQQ possesses a variety of possibilities that should be used in the field of preventive and anti-ageing medicine. In particular, the effects on the function of the mitochondria imply that the known effects of mitochondrial dysfunction can be counteracted. PQQ does not only increase the functional effectiveness of the mitochondria that are still present, but is also capable of increasing the number of intracellular mitochondria within various tissues by inducing neogenesis. At the same time, the anti-oxidative capacity of PQQ could be proven along with all related consequences, whether these were the improved possibility of regenerating tissue with pre-existing damage or the preventive protection against tissue-specific toxins. If you combine these properties with the fact that PQQ also has a protective effect on the formation of β-amyloid (Alzheimer’s), α-synuclein (Parkinson’s) as well as on the auto-oxidation of the DJ1-gene (Parkinson’s), it can be recognised that this vitamin is of great significance within the field of neuroprotection.

Similar positive properties have also been described for the cardiovascular, the metabolic and the reproductive systems. Even though PQQ was only discovered a short while ago, it is a fact that this vitamin is involved in a variety of physiological processes. Building upon the first experiences with supplementing PQQ, it can be assumed that even more health-promoting properties of this vitamin will be discovered in the future. On the one hand, this circumstance should be an incentive for further studies, but on the other hand, it justifies its use here and now, particularly in cases in which PQQ has rendered proven positive results.

**Composition**

One capsule contains 10 mg BioPQQ™ Pyrroloquinoline Quinone Disodium Salt in pharmaceutical grade.

Other ingredients: rice flour, magnesium stearate

**Dosage**

In normal cases take 1 capsule in the morning with plenty of fluid. If required, the dosage can be increased to 2 capsules.

**Side Effects, Contraindications**

Currently there are no side effects of BioPQQ™ known.
Basic Facts

Sleep disorders may be a temporary, occa­sional, but also a chronic problem. In the first place there comes the search for the triggering cause. The preparation Biosleep® is an ideal first remedy. It is a well-balanced combination of natural and biogenic constituents.

People spend about one third of their lives sleeping. In Western industrialized states, however, sleep disorders are a frequent problem which may lead to considerable strain in the job, in private life, but also regarding health. On the one hand, stress-related strain may serve as an explanation for bad sleep. But especially in the elderly there may be extreme shifts in the day/night rhythm. Regarding the various forms of sleep disorders, there are generally problems with falling asleep and/or sleeping through the night. Problems with falling asleep may also be caused by the intake of stimulating substances (coffee, cola drinks, etc.). Other factors that interfere with falling asleep are noise, pain, stress, worries, depression and anxiety. Difficulties in sleeping through the night result in a lack of extended, continuous periods of sleep. Waking up too early and a generally bad quality of sleep may also be due to depression and states of anxiety.

In principle, sleep disorders are a temporary or a chronic problem. This is the reason why first of all the underlying problem should be determined (nasal polypi, snoring, sleep apnoea syndrome, etc.) before beginning a treatment. After all, there is a number of natural possibilities which help to improve the sleep (e.g. sports). But one should possibly also consider modifications of one’s life style.

Effects

The effect of Biosleep® is due to a well-balanced combination of the following constituents: 5-hydroxytryptophan (5 HTP®) is formed in the body from the essential amino acid tryptophane. Serotonin is formed by accumulation of hydrogen and degradation of carbon, and a deficiency of this biogenic amine may cause depression, states of anxiety, and aggressiveness. Besides, serotonin plays an important role in the sleep rhythm, appetite, in memory and learning abilities, pain control, and also in inflammatory reactions and bowel peristalsis.

To optimize the metabolization of 5 HTP®, Biosleep® also contains vitamin B6 (pyridoxine). Apart from its effects on cell division and cell renewal, this vitamin also plays a role in the production of all important neurotransmitters for the brain (e.g. the said serotonin, but also dopamine and noradrenalin). Vitamin B6 deficiency may therefore lead to a number of severe diseases such as e.g. depression.

The constituent valerian is a vegetable active ingredient which acts sleep-inducing and fosters deep sleep and also dreams. Valerian has the advantage that it does not cause a hangover (a frequent side effect of pharmaceutical products) in the morning. Altogether, valerian has a soothing influence on the entire nervous system.

Also hop is traditionally used in sleep disorders, and therefore it is not surprising that this natural active ingredient forms a constituent of Biosleep®. The amaroids contained in hop have particularly favorable effects on digestion. Also valued are their mild sedative properties, and therefore hop is frequently combined with valerian.

Generally less known are the fields of application of the passion flower (passiflora).
also have anti-inflammatory and antispasmodic as well as relaxing effects on the smooth muscles. Due to its relaxing properties, lemon balm has also been traditionally used in treating sleep disorders.

To increase the absorption of all constituents, Biosleep® also contains the substance Bioperine®. This is a standardized extract from black pepper which contains 98 percent of pure piperine. The active ingredient has analgesic effects, improves the absorption of vitamins and increases the bioavailability of numerous medicines.

**Indications**

Biosleep® may be successfully used in the treatment of temporary, occasional and chronic sleep disorders. The composition of its constituents has a sleep-inducing, relaxing effect and supports a continuous course of sleep in line with the physiologic sleep phases.

<table>
<thead>
<tr>
<th>Composition</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>One capsule contains:</strong></td>
</tr>
<tr>
<td>5 HTP®</td>
</tr>
<tr>
<td>Vitamin B6 (pyridoxine-hydrochloride)</td>
</tr>
<tr>
<td>Bioperine®</td>
</tr>
<tr>
<td>Extracts of: Valerian root</td>
</tr>
<tr>
<td>Valerian 4:1</td>
</tr>
<tr>
<td>Peppermint leaves</td>
</tr>
<tr>
<td>Hop</td>
</tr>
<tr>
<td>Passion flower</td>
</tr>
<tr>
<td>Camomile</td>
</tr>
<tr>
<td>Lemon balm</td>
</tr>
<tr>
<td>in pharmaceutical grade. Other ingredients: magnesium stearate</td>
</tr>
</tbody>
</table>

**Dosage**

In normal cases 1 – 2 capsules should be taken about 1 hour before going to bed on an empty stomach with plenty of fluid – i.e. at least 2 hours after the last meal.

**Side Effects, Contraindications**

No essential side effects of Biosleep® have been reported. After the intake of large quantities of 5 HTP®, headache, bowel symptoms, insomnia and muscle pain may occur. Caution is also advised in case of liver diseases, as 5 HTP® might otherwise have an undesirably strong effect.

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

**Instructions**

Do not use in case of hypersensitivity to any constituent of the preparation. Do not use before driving a car or operating machines. In cases of persons taking steroid-containing medications, during pregnancy, lactation, the intake of SSRI’s (antidepressants), and in the presence of severe allergies, Biosleep® should only be taken in exceptional cases and under the continued supervision of a doctor.

It is generally recommended to consult a specialist before taking food supplements. If you experience any symptoms while taking Biosleep®, you should consult a doctor and inform him or her of the intake. Store in a cool, dry place and keep out of reach of children.

**Biosleep® Product Groups**

Biosleep® can be found in the following product groups (www.vitabasix.com):

- Depression & Moods
- Sleep

**Subject to alterations and printing errors. Version July 2014**
Basic Facts

In the Western industrial states, cardiovascular diseases take the top ranks in chronic disturbances and as a cause of death. In this sense, the incidence of hypertonia, atherosclerosis and their consequences such as, for instance, cardiac infarction, stroke as well as chronic renal insufficiency, is an essential indicator for the health of the population. According to the data of the American Heart Association, at least half of all cardiogenic deaths results from an already existing coronary heart disease.

Important factors in the pathogenesis of cardiovascular diseases seem to be high levels of homocysteine in the blood. In this connection it was possible to prove in numerous investigations that the administration of folic acid in combination with the vitamins B6 and B12 leads to an effective lowering of pathologically increased homocysteine values. The active ingredients contained in Cardiochron® are a combination of synergistic factors which altogether promote an effective and health-promoting influence on the heart and the blood vessel system.

Effects

Folic acid enhances the normal function of the entire nervous system and leads to a lowering of increased homocysteine levels in the blood, whereby this substance plays an important role both in atherosclerosis and in osteoporosis. According to the respective reports in the literature, the regular daily intake of folic acid could lower the incidence of cardiac infarctions by about ten per cent per year.

Vitamin B12, together with folic acid, plays a role in a number of important physiologic processes in the body. Among them are DNA synthesis, blood formation, nerve function, etc. As vitamin B12 levels go down with progressing age, elderly people quite frequently have deficiency symptoms (impaired neurologic function, even dementia).

The intake of vitamin B6 also brings about a normalization of the homocysteine levels in blood. After all, people with lower vitamin B6 values have a five-fold higher risk to suffer a cardiac infarction. This vitamin also leads to a lowering of the blood pressure in case of hypertonia.

Part of the vitamin B complex are also the following constituents of Cardiochron®: thiamine (B1), riboflavin (B2), niacin / niacinamide (B3), pantothenic acid (B5) and biotin. All these substances have a unique biochemical structure and physiologic function. Since they are vitamins, they have to be taken with the food. Due to the many effects of these vitamins (among others on the cardiovascular system) it is generally recommended to take a combination of these substances.

Magnesium rightly has the reputation of being an anti-stress mineral. This electrolyte is more or less a natural tranquilizer, as magnesium has relaxing or spasmylytic effects on the muscles. In this connection magnesium not only has an effect on the skeletal muscles but also on the non-striated muscles of the blood vessel system as well as of the gastro-intestinal tract. Magnesium additionally has the properties of a natural calcium antagonist and thus also has decisive effects on the heart function. It thus protects against coronary spasms, lowers the blood pressure and is also propagated as an anti-hypertensive agent.

Also calcium has important effects within the regulation of the blood pressure and the blood coagulation. Although not all mechanisms, particularly in connection with the regulation of the circulation, are clearly understood, calcium has proven to be helpful also in the treatment of high blood pressure. Like magnesium, calcium is present in Cardiochron® in a form in which it is bound to ascorbic acid (vitamin C). Ascorbic acid is an important antioxidant and also essential for the cardiovascular system.

Coenzyme Q10 is a potent antioxidant and essential for the energy production in the body. This coenzyme, which is also known as ubiquinone, is active in all living cells of the body within the respiratory chain, and its structure resembles that of the vitamins E and K. For an optimal function of the organs and for the health, coenzyme Q10 is indispensable. Due to the antioxidative effects of this substance, it is of particularly great importance for the cardiovascular system. It is therefore used in the treatment of various cardiac diseases (angina, cardiac insufficiency). Moreover, coenzyme Q10 has hypotensive properties and also positive effects on the immune system.
Nattokinase is a unique and effective enzyme obtained by fermentation of soy seeds. Apart from other cardiovascu-
lar parameters, it first of all improves the fibrinolytic activity (the ability to regulate the formation of blood clots) as well as the mobility of blood. The formation of blood clots is one of the most frequent causes of death. Although the ability of blood to coagulate is necessary to life, it may come to dangerous thromboses if too many blood clots are deposited along the walls of the arteries.

Grape seed extract which lowers the blood pressure in a natural way by enriching the blood with oxygen.

Coral Calcium® regulates the pH value of the organism. The more balanced this value the higher the organism’s ability to absorb all the other active substances.

Bioperine®: pepper extract, increases the bio-
availability of substances.

A further potent antioxidant in Cardiochron® is lycopene. This agent, which is mainly contained in tomatoes, is a sub-
stance that comes from the family of the carotenoids. Scientific studies showed that the daily intake of lycopene with food has positive effects on cardiac diseases and boosts the immune system (in the elderly).

Finally, a number of L-amino acids are also contained in Cardiochron®. They include arginine, carnitine, lysine, proline as well as cysteine. These substances are also of great importance for the coronary circulation as well as the immune system, and their combination is successfully used in the supporting treatment of angina pectoris, atherosclerosis as well as congestive cardiac insufficiency.

Indications
The well-balanced combination of the active ingredients of Cardiochron® supports the function of heart and circulation in many ways. In addition, the natural substances contained therein protect the blood vessels in general against harmful effects. The regular intake of Cardiochron® is suitable for all people subjected to permanent stress or for people who want to do something good for their cardiovascular system, given per-
manent false nutrition.

Composition

**AM capsule (morning)**

<table>
<thead>
<tr>
<th>daily dose</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>L-carnitine</td>
<td>100 mg</td>
</tr>
<tr>
<td>Alpha lipoic acid</td>
<td>100 mg</td>
</tr>
<tr>
<td>Calcium (Ca)</td>
<td>100 mg</td>
</tr>
<tr>
<td>Coenzyme Q10</td>
<td>50 mg</td>
</tr>
<tr>
<td>L-arginine HCl</td>
<td>20 mg</td>
</tr>
<tr>
<td>Lycopene</td>
<td>1,5 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>5 mg</td>
</tr>
<tr>
<td>Grape seed extract</td>
<td>150 mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>25 mg</td>
</tr>
<tr>
<td>Bioperine®</td>
<td>1,25 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: SiO₂, magnesium stearate, stearic acid

**PM capsule (evening)**

<table>
<thead>
<tr>
<th>daily dose</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Biotin</td>
<td>1 mg</td>
</tr>
<tr>
<td>Folic acid</td>
<td>400 mcg</td>
</tr>
<tr>
<td>L-cysteine HCl</td>
<td>20 mg</td>
</tr>
<tr>
<td>L-proline</td>
<td>75 mg</td>
</tr>
<tr>
<td>L-lysine HCl</td>
<td>75 mg</td>
</tr>
<tr>
<td>Magnesium (Mg)</td>
<td>40 mg</td>
</tr>
<tr>
<td>Niacinamide</td>
<td>50 mg</td>
</tr>
<tr>
<td>Vitamin B1</td>
<td>5 mg</td>
</tr>
<tr>
<td>Vitamin B2</td>
<td>5 mg</td>
</tr>
<tr>
<td>Vitamin B5</td>
<td>2,5 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>2 mcg</td>
</tr>
<tr>
<td>Nattokinase (20.000 FU)</td>
<td>50 mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>25 mg</td>
</tr>
<tr>
<td>Bioperine®</td>
<td>1,25 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: SiO₂, magnesium stearate, stearic acid

Dosage
In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid.

Side Effects, Contraindications
No substantial side effects of Cardiochron® have been reported. Cardiochron® may only be taken in larger quantities if under strict observation by a doctor (potential interactions with other heart medicines). Do not use in case of hypersensitivity to any component of the preparation.

Instructions
Not suited for pregnant and lactating women. It is generally recommended to consult a specialist before taking food sup-
plements. If you have a pre-existing disease or are already receiving long-term drug treatment, you should use Cardiochron® only after having consulted a doctor first. If you experience any symptoms while taking Cardiochron®, you should consult a doctor and inform him or her of the intake. Store in a cool, dry place and keep out of reach of children.

Cardiochron® Product Groups
Cardiochron® can be found in the following product groups (www.vitabasix.com):

- Cardiovascular System
- Chronobiology
- Immune System
- Cell Protection & Antioxidants

Important information:
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test labora-
tories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as prevent-
ive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version March 2017
Carnitine

Although the body can, in principle, synthesize carnitine from the amino acids lysine and methionine, there still can occur states of deficiency, predominantly in case of various chronic diseases such as diabetes. Carnitine is important for providing the human cells with energy.

Basic Facts

Carnitine was found in meat extracts at the beginning of the 20th century, already, and its chemical structure was discovered in the subsequent decades. However, it was only in the second half of the century that the importance of this substance for providing energy for the muscles was realized and investigated. Carnitine is important for the transport of the fatty acids to the mitochondria, the «power plants» of the cells. Without the necessary «fuel» for the mitochondria, the provision of energy does not work.

All cells of the body, in particular the muscle cells and here again mainly the heart muscle with its continuous load, are dependent on a constant supply with fuel. Therefore, a deficiency in carnitine can be observed in all cells on account of the impairment of their natural functions. Muscle cells have the highest need for energy and, consequently, they contain most of the carnitine.

The main food source of carnitine is meat, and to a lesser extent also milk and milk products. As a rule, healthy persons – even if they eat vegetarian food – do not suffer from a deficiency in carnitine as the body itself can synthesize carnitine from protein-building substances. This synthesis, however, may be impaired in case of chronic diseases (diabetes, diseases of the liver, etc.).

And especially in case of these diseases it is often recommended (for other reasons) to eat a diet containing only little meat.

Effects

Carnitine improves the provision of energy in the cells, in particular in the cells of the muscle tissue. Particularly cells which suffer from a lack of oxygen or from another kind of impairment cannot produce carnitine in sufficient quantities themselves. Therefore, organs with a preexisting chronic damage derive the greatest profit from an additional carnitine intake.

What goes on in the entire body in case of chronic diseases can also happen on a small scale in individual cells or tissues subjected to stress caused by contaminants or lack of oxygen. The result can be a transient and locally restricted deficiency in carnitine which makes the cells particularly susceptible to stress and can lead to a vicious circle of reduced energy provision and slowed carnitine production.

Sufficient energy provision is not only decisive for the muscle cells. Positive effects of carnitine on the nerve cells in the brain, on liver cells and on sperm are discussed. A well-balanced energy household allows the cells to purify themselves, to deal with foreign substances, to reduce fat, and finally to fulfill all their physiologic functions.

Indications

The most important indications are derived from the effects described and the various diseases where states of deficiency can occur in individual organs:

**General condition**: Carnitine helps to convert fat to energy. This leads to an increase in performance and well-being since the body has more «fuel» at its disposal. In addition, carnitine has antioxidative properties and helps the body to reduce cell-damaging free radicals, which are responsible for numerous diseases and probably also for the aging process. A further positive side effect is that carnitine, by converting stored body fat, also helps to reduce weight.

**Neurological diseases**: Carnitine seems to have a direct influence on acetylcholine, a neurotransmitter which is essential for many brain functions. This can be assumed just on account of the fact that...
their chemical structure is similar. It was therefore obvious to administer carnitine in Alzheimer’s disease, which is caused by a deficiency in acetylcholine. The results were very encouraging. Carnitine, given to patients suffering from Alzheimer’s disease at an early stage or at a progressive stage, achieved very good successes. By its effect as an antioxidant it stabilizes the brain cells, increases the energy yield and can take over almost all functions of acetylcholine. Also in case of senile depression, which is partly caused by altered biochemical processes in the brain, the administration of carnitine proved to be successful.

In chronic diseases of other organs, for instance cirrhosis of the liver, carnitine could at least be tried in support of other measures.

Chronic diseases of the sugar and fat metabolisms are other areas of indication.

Lastly, the supportive administration in sports medicine during the training for any kind of endurance sport should also be mentioned as an established application.

### Composition

One capsule contains 500 mg L-carnitine in pharmaceutical grade. Other ingredients: magnesium stearate, SiO₂

### Dosage

In normal cases take 1–2 capsules 1–2 times a day with plenty of fluid. Often a combination with coenzyme Q10 proves to be practical.

### Side Effects, Contraindications

No side effects have been observed at the given concentrations.

### Instructions

Generally a specialist should be consulted before taking food supplements. This is especially true in cases of chronic disease and regular intake of medication. If you experience symptoms while taking carnitine you should consult a doctor and inform the doctor of the intake. Store in a cool, dry place and keep out of reach of children.

### Carnitine Product Groups

Carnitine can be found in the following product groups (www.vitabasix.com):

- Cardiovascular System
- Detoxification & Purification
- Power & Energy
- Sports & Muscles
- Metabolism & Weight

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**Manufacturer:**

VitaBasix®

by LHP Inc.

www.vitabasix.com | uk@vitabasix.com

Tel.: 00800-7030-7060 | Fax: 00800-1570 1590

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version September 2014
Basic Facts

Changes in and damage to the body's proteins are held to be the main causes for aging. The typical signs of aging, such as the occurrence of cataracts and neurodegenerative processes, are manifestations of such changes. In these age-related processes the changed proteins accumulate in the body.

Carnosine is a naturally occurring dipeptide built from the two amino acids beta-alanine and L-histidine. It is a natural constituent of food. The most important food source of carnosine is meat. With progressing age, the carnosine level in the cells becomes lower. An additional intake seems reasonable, in particular if only little meat is eaten.

Carnosine is effective against various forms of protein changes. It is capable of rejuvenating cells in a later stage of their life cycles (appearance, life span). Scientists describe carnosine to be multipotent (antioxidative, antiglycosylating, aldehyde-solving, metal-chelating). This means that carnosine is active in various ways in many tissues and organs. Especially high carnosine values are found in muscle cells (myocytes) as well as in nerve cells (neurons), which are both counted among the long-living cell groups.

Effects

It is a scientific fact that the cells of the organism can divide only to a limited extent. After each cell division the cell approaches its death which is determined by a certain number of cell divisions. Carnosine provides a biologic rejuvenation so to say when the cells approach their end, and this substance may maintain the cellular homeostasis (the inner environment of the body), which leads to a youthful appearance of the cells.

Among the most important protein changes of aging are oxidation as well as the interaction with sugars («glycosylation») or aldehydes. Glycosylation occurs when proteins react with sugars. Glycosylation (saccharification of protein molecules) with the occurrence of protein cross links may lead to the formation of AGE (advanced glycosylated end products – i.e. irreversible protein-sugar-compounds).

Carnosine prevents the formation of saccharified proteins. However, carnosine not only has a prophylactic effect but is also able to stop already glycosylated proteins from reacting further and becoming AGE. AGE have a damaging effect by sending out faulty cellular signals and due to the increase in free radicals. Carnosine therefore acts as a kind of natural protection against glycosylation processes in the brain.

Carnosine, which is found in ample quantities in the brain, provides a rejuvenation of the brain neurons (nerve cells) and leads to their longevity. An important cause of age-related damage in the brain is the oxidation of fats in the cell membrane of the nerve cells and their branches (axons). Carnosine destroys the harmful by-products of this process.

In addition, carnosine protects the genome (hereditary material) of cells. Because chromosomes with the DNA (hereditary material) may be harmed by oxidative influences (ruptures, deviations) and clump together with increasing age. Carnosine may reduce this damage to the cell’s own hereditary material and keep cells intact for a longer period of time, which also protects against cellular aging and the development of cancer.

An abnormal copper-zinc metabolism is found in Alzheimer's disease, stroke and many other diseases having neurologic components. Copper and zinc are important for the information transfer in the brain. Carnosine protects the brain against the harmful effects of these substances, which also exist (buffer function). Because the brain has to screen out copper and zinc in order to be able to carry out its functions with-
Disturbances in the copper and zinc metabolism may be contributive to Alzheimer’s disease as they contribute to an accelerated plaque formation (cross link of beta-amyloid by AGE) in the brain. Finally, carnosine also protects the endothelium cells of the blood vessels, which are also damaged in Alzheimer’s disease.

**Indications**

From the effects already described there result the following indications for carnosine:

- **In Alzheimer’s disease**, carnosine can be advantageous in various ways. Carnosine may protect the neurons (nerve cells) by rejuvenating aging cells. Its ability to bind metals acts protective against toxic copper and zinc loads. Moreover, carnosine shows positive effects regarding the protection of capillaries and has influence on amyloid formation.

- Glycosylation is considered to be essential in atherosclerosis, cataracts, Alzheimer’s disease and elasticity loss of the skin. Carnosine is a safe and effective natural antiglycosylation agent.

- **Up-to-now**, carnosine has been the only antioxidant capable of preventing the oxidative damage of chromosomes, which is important in cancer prevention.

- In all, carnosine has a rejuvenating effect on the connective tissue. This is also shown in better post-operative wound healing, reduced formation of wrinkles and a better preservation of the skin’s elasticity.

- In the lens, the decrease of visual capacity in age-related cataract is delayed. Carnosine capsules prove to be very effective in senile cataract.

**Composition**

One capsule contains 500 mg L-carnosine in pharmaceutical grade. Other ingredients: SiO₂, magnesium stearate.

**Dosage**

In normal cases take 1 capsule 2 times daily with plenty of fluid.

**Side Effects, Contraindications**

Carnosine proves to be completely safe and entirely non-toxic. Even if higher doses than the recommended ones were taken, no damaging effects were observed.

**Composition**

One capsule contains 500 mg L-carnosine in pharmaceutical grade. Other ingredients: SiO₂, magnesium stearate.

**Dosage**

In normal cases take 1 capsule 2 times daily with plenty of fluid.

**Side Effects, Contraindications**

Carnosine proves to be completely safe and entirely non-toxic. Even if higher doses than the recommended ones were taken, no damaging effects were observed.

**Instructions**

Carnosine also plays an important role in preventive medicine. In general, however, it is recommended to consult a specialist before taking carnosine. In the presence of diseases or when simultaneously taking medications on a long-term basis, carnosine should in any case be used only after consulting a doctor. If you experience any symptoms while taking carnosine you should consult a doctor and inform him/her of the intake. Store in a cool, dry place and keep out of reach of children.

**Carnosine Product Groups**

Carnosine can be found in the following product groups (www.vitabasix.com):

- Immune System
- Cell Protection & Antioxidants
- Eyes
- Skin & Hair
- Brain & Memory

**Important information:**

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Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version July 2014
Basic Facts

Cellulite is caused by a 60 to 100-fold enlargement of subcutaneous fat islands. A fat island consists of numerous fat cells embedded in a network of connective tissue. This is due to a disturbed processing of chemical substances in these structures. Fat is not dissolved or burned, the connective tissue slackens. This leads to the formation of dimpled skin having the typical structure of orange peel. Overweight may contribute to this condition because here the fat cells are already overloaded. But even slim women with normal weight have bloated fat islands that bulge upwards through the connective tissue. The predisposition for cellulite is determined by the sex (only few men have cellulite), the age, the diet and the lifestyle. Sitting for long periods, insufficient exercise, smoking, eating of fast food and wearing clothing that is too tight contribute to the formation of cellulite. Also genetic factors have been identified. Contributing to this condition are also hormones, in particular estrogens, that play an important role in developing cellulite. It can be treated successfully only if absorption, transport and conversion of the chemical substances («metabolism») in these problem areas are improved. First of all, the excess fat has to be broken up and burned. Additionally, the connective tissue has to be tightened and strengthened.

The troublesome fat pouches can be found mostly in the subcutaneous areas of the buttocks, the hips and thighs, but less frequently in the upper arms, knees and abdomen. In their cells, fats should be turned into energy whenever needed. Storage and burning are normally well balanced. The fat metabolism is therefore subject to variations in the concentration of glucose and fatty acids.

Its goal is to optimize the metabolism. Of primary importance is the activation of fat burning. This is done with the effect of specific phytosubstances. What is also desired is a dehydrating effect. Draining the stored water speeds up the reduction of the fat islands. Celluchron® takes into consideration all chronobiologic preconditions in a revolutionary way. Certain amino acids prevent the conversion of glucose to new fat reserves. They make sense especially during the day and should therefore be taken in the morning. The effect of other substances sets in predominantly in the evening and therefore these substances are provided to the body in the form of the evening capsule.

Effects

The metabolism in the cellulite problem areas is regulated anew. The increased, targeted fat burning converts fat from the fat cells to energy. The enlargement of the fat islands is a root cause for the accumulation of water and for problems with the disposal of waste products through the particular transport channels that can be found in the connective tissue between the fat islands. Once the volume of the islands is reduced there is more room for the blood and lymph vessels in the connective tissue, and this improves the circulation of blood in the capillaries of the subcutaneous connective tissue. It is especially the balance between the future storage and burning of fat molecules that has to be normalized. Celluchron® inhibits the production of new fatty acids and stimulates lipolysis – the recycling of fatty acids to energy.

A pro-active cellulite strategy, however, has to take into consideration much more. While the body ages, the structures building up the skin alter. The fibers of the connective tissue become thinner, the skin loses elasticity. In each decade, the body of an adult woman loses five pounds of muscle and connective tissue and replaces them by up to 15 pounds of fat. Due to the fact that fat is much softer, it does not provide the necessary firmness for the skin and also requires much more room. Special nutrients protect the compromised tissue against this vicious circle, facilitate its blood supply and eventually have a rejuvenating effect on the skin. Celluchron® improves the metabolic processes of the regions concerned and reduces the accumulation of water there. Fat burning is activated. The conversion of glucose to fat is adjusted to the body’s needs at the different times of the day.

Citrus aurantium: this Chinese medicinal plant has great thermogenetic potential: stimulation of the metabolism («fat burning») without the feared side effects on the central nervous system or the heart rate, that means no unrest and no disturbed sleep.
**Hawthorn**: its extract, rich in bioflavonoids, enlarges the blood vessels, protects the walls of the vessels against the formation of plaques and enhances the disposal of waste materials among others by increasing water excretion. Moreover, hawthorn is very effective in trapping radicals.

**Asparagus root**: an asparagus plant having a strong diuretic effect. A high purine content acts as a kind of neurotransmitter in the new regulation of the metabolism.

**Bladder wrack**: the substances of this brown alga have been used against overweight for millennia. Bladder wrack is rich in iodine, zeaxanthine and polyphenols. In case of a hypofunction of the metabolism (for instance in all regions affected by cellulite) they have a particularly stimulating and invigorating effect.

**Ginkgo biloba**: the substances extracted from the ripe seeds of this plant – flavonoids, terpenoids – are highly esteemed in the treatment of various skin diseases.

**Horse-chestnut**: this traditional remedy from folk medicine is especially used against weak veins. Those affected by cellulite additionally profit from a subsidence of the swellings of the fat islands.

**Centella asiatica extract**: this medicinal plant, also called Indian pennywort in English, is one of the most important herbs in the Ayurveda medicine (gotu kola). This has been successfully used in the health and beauty industry and promotes skin rejuvenation and tightening.

**Indications**

Celluchron® is a chronobiologic preparation to support the reduction of the fat reserves in the billions of fat islands while, simultaneously, it has a diuretic effect. The mix of medicinal plants that is optimized to reach the best effects at the right time of the day has a huge thermogenetic potential to burn fat. It acts as a brake on the excessive conversion of glucose to fat.

The substances are matched to each other chronobiologically and act at the right moment. The capsules can be combined with any commercially available cellulite cream or gel.

**Composition**

**AM capsule (morning)**

<table>
<thead>
<tr>
<th>daily dose</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Citrus aurantium extract</td>
<td>70 mg</td>
</tr>
<tr>
<td>Plant extracts (hawthorn, green tea, bladder wrack, asparagus root)</td>
<td>365 mg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>10 IU</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>60 mg</td>
</tr>
<tr>
<td>Chromium (Cr)</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>25 mg</td>
</tr>
<tr>
<td>Bioperine®</td>
<td>2.5 mg</td>
</tr>
</tbody>
</table>

**PM capsule (evening)**

<table>
<thead>
<tr>
<th>daily dose</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Citrus aurantium extract</td>
<td>70 mg</td>
</tr>
<tr>
<td>Plant extracts (hawthorn, pineapple, centella asiatica, papaya, Java tea, red clover, ginkgo biloba, ginger, horse-chestnut, grape seed)</td>
<td>410 mg</td>
</tr>
<tr>
<td>Soy lecithin</td>
<td>40 mg</td>
</tr>
<tr>
<td>Iron fumarate</td>
<td>5 mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>25 mg</td>
</tr>
<tr>
<td>Bioperine®</td>
<td>2.5 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: SiO₂, magnesium stearate, stearic acid

**Dosage**

In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid.

**Side Effects, Contraindications**

No substantial side effects of a supplementing intake in the recommended dosages have been reported. Individuals who are hypersensitive to any constituent of the preparation are advised against taking it.

**Instructions**

It is generally recommended to consult a specialist before taking food supplements. This applies in particular if you have a chronic disease and if you take medicines regularly. Should you experience any symptoms while taking this preparation, you should consult a doctor and inform him or her about the intake. Pregnant or lactating women or persons who are under constant medical care should consult a doctor before use. Store in a cool, dry place and keep out of reach of children.

**Celluchron® Product Groups**

Celluchron® can be found in the following product groups (www.vitabasix.com):

- **Vitamins & Food Supplements**
- **Chronobiology**
- **Skin & Hair**

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.
Basic Facts

Lively, shining hair and firm, lustrous finger nails are believed to be indicative of how the general condition of the body is. This belief is well founded: environmental toxins, stress and false nutrition also affect hair and nails. A diseased intestine can supply the roots of the hair and nails with only a fraction of the micro substances. Blow-drying the hair at too high a temperature, constant dyeing and excessive exposure to the sun can cause damage. Both the hair itself and the hair roots suffer. The nails consist of 100 to 150 layers of horn. Brittleness is most likely a sign of poor supply and a specific lack of vitamins of the horn-producing cells. An improvement or the optimal supply can only be effected from within. Cerachron® is a long-expected chronobiologic preparation for the optimal supply of the hair and nails with active nutrients. It takes into consideration the body's needs at the different times of the day. The cells of the hair roots divide fast and require an extraordinary amount of building materials – some in the morning, some in the evening. The vitamin biotin – also known as vitamin H – is absolutely essential for the formation of the main substance keratin. A lack thereof leads to loss of hair and brittle nails. Biotin is also required for building up certain enzymes and amino acids as well as for the fatty acid metabolism. If the general biotin requirement of the organism increases, it is mostly at the expense of the hair and nails.

Effects

The hair density of the scalp is approximately between 200 and 900 hairs per square centimeter. Blond people usually have twice as many hairs (150,000) than red-haired ones (75,000). The hair grows a third of a millimeter a day. Constantly, up to 90 percent of the hair on the head is in a growth or production phase. Hair growth slows down with progressing age, especially in men. This is mostly due to hormonal reasons but also to a reduced supply with nutrients.

A single hair on the head has an approximate thickness of 0.08 millimeters, consists of 5 parts and even has an arrector muscle. The hair shaft is protected against drying out by keratin plates in a scale-like arrangement pointing to the top of the hair quite similar to that of a pine cone. Human hair has a water content of about 10 percent. The largest part of the dry substance is made up of specific proteins called keratins. Healthy hair has a high content of cysteine – a sulfur containing amino acid for strengthening and protecting against cell-destroying free radicals. But it also needs silicon. If these substances are deficient they have to be replaced around the clock.

Finger nails grow four times as fast as toe nails. They consist of 100 to 150 layers of horn. In case some of the nutrients lack, these layers are thinner, more brittle and become discolored. Therefore the nail is no longer firm and beautiful.

There is no doubt: what we eat is as important for our skin and hair as for the rest of our body. What is required are vitamins and minerals that strengthen hair and nails and make them lustrous. To balance specific states of deficiency, a number of well-established phyto substances has proven to be effective. Some of these vital ingredients are most effective in the morning while others are most effective in the evening. Therefore, the intake of certain vitamins and vital ingredients has to be carefully separated – by specific morning and evening capsules.

Apart from the basic substances for the horn substance keratin, more than a dozen nutrients could be scientifically identified in the meantime as meaningful food supplements for hair and nails. Most of these substances are contained in the chronobiologic formula of Cerachron® and develop their greatest effect at exactly the right time.
tant enzymes, essential for the production of certain amino acids and the fatty acid metabolism. Positive results: regrowth of hair, greater hair thickness, reversal of graying.

**Zinc:** this mineral supports the function of enzymes and the absorption of further minerals. White spots on the nails are frequently indicative of a zinc deficiency.

**Selenium:** a deficit of this trace mineral not only threatens the health of the nails and hair. Scientists in Ireland found out that there is a connection between low selenium levels in the nails and osteoarthritis of the knees.

**Horsetail** (scouring rush, equisetum arvense): this age-old healing plant from the dinosaur era contains substances in its brownish cones that have surprising properties. Most important for hair and nails is their high content of easy-to-absorb, natural silicon. This chemical element and semimetal derived its name from the Latin word for pebble (silex). The plant contains up to 7% of bioavailable silicic acid. The high binding capability of silicon is required for particularly stressed tissue (e.g., cartilage) and also for the strength of teeth, hair and nails. In addition, this plant has anti-inflammatory properties.

**MSM (methyl-sulfonyl-methane):** sulfur is an essential mineral element of the human metabolism. Our body contains about 150 grams of sulfur, mainly in hair, the nails and the cartilage substance. Their structure and strength are directly dependent on the sulfur content. What is imperative, therefore, is a sulfur derivative with surprising activities and good bioavailability, properties that can be found in MSM (methyl-sulfonyl-methane).

**Hyaluronic acid:** this glucosaminoglycan is not only the basic substance of cartilage but also an important component of the collagenous connective tissue. An optimized supply not only guarantees taught skin but also healthy nails and hair.

**Coral Calcium®:** regulates the pH value of the organism. The more balanced this value the higher the organism’s ability to absorb all the other active substances.

**Bioperine®:** pepper extract, increases the bioavailability of substances.

### Indications
Cerachron® provides particularly hair and nails with the essential building materials for the production of the main substance keratin as well as with substances to form new collagen and to firm the connective tissue. The individual hair has a life of two to six years, during which time it is usually exposed to toxic stresses. False nutrition, deficits in vitamins and minerals as well as hormonal changes are additional stress factors for hair and nails. Particularly dull, lifeless, sad looking hair is an indicator for states of deficiency.

### Composition

#### PM capsule (evening)

| daily dose   |  
|--------------|---
| Vitamin B1   | 1.4 mg |
| Vitamin B2   | 1.6 mg |
| Vitamin B12  | 50 mcg |
| Niacinamide  | 18 mg  |
| Biotin       | 2000 mcg |
| N-acetyl DL-methionine | 20 mg |
| Zinc (Zn)    | 20 mg  |
| Horsetail extract | 150 mg |
| L-cysteine   | 100 mg |
| MSM          | 300 mg |
| Hyaluronic acid | 12 mg |
| Coral Calcium® | 25 mg |
| Bioperine®   | 2.5 mg |

in pharmaceutical grade. Other ingredients: rice flour, SiO2, tricalcium phosphate, magnesium stearate, stearic acid

### Dosage

In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid.

### Side Effects, Contraindications

Individuals who are hypersensitive to any constituent of the preparation are advised against taking it. In case of overdosage, side effects in the form of nausea, headache, fatigue and the like may occur which, however, quickly disappear upon discontinuation.

The intake of high doses of vitamin C may lead to diarrhea. Vitamin C reduces, and vitamin C increases, the effects of anticoagulants.

Before taking this preparation together with other medicines you should in any case consult your doctor.

### Instructions

It is generally recommended to consult a specialist before taking food supplements. This applies in particular if you have a chronic disease and if you take medicines regularly. Should you experience any symptoms while taking this preparation, you should consult a doctor and inform him or her about the intake. Store in a cool, dry place and keep out of reach of children.

### Cerachron® Product Groups

Cerachron® can be found in the following product groups (www.vitabasix.com):

- Vitamins & Food Supplements
- Chronobiology
- Skin & Hair

### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version July 2014
Basic Facts

The older we get the more cholesterol, calcium and other minerals get deposited along the walls of our blood vessels and obstruct them in the course of time. This process, which affects all of us, is called atherosclerosis. Ignoring it may have dangerous consequences as a sufficient oxygen supply of the organs is no longer guaranteed.

Induration and obstruction of the vessels through atherosclerosis affects not only individual sections but the body as a whole. When the coronary vessels are obstructed with plaques (this is the name of these deposits), then also the vessels in the brain, the kidneys, the lungs and all other organs are affected to a similar extent.

What also makes atherosclerosis so dangerous is the fact that it is a «silent» disease which damages the body as a whole and is often only discovered when damage has already been done. Thanks to the chelate therapy with Chelatin®, atherosclerosis can both be treated and also largely prevented.

As has been shown in many studies, the EDTA chelate therapy may successfully remove plaques from the walls of vessels and significantly improve or even normalize the blood flow – often also in far progressed cases. Removal of the plaques allows the blood, which carries oxygen and nutrients, to reach and fill up the body cells. In this way, the optimal function is restored.

Effects

The chemical structure of EDTA (ethylenediaminetetraacetic acid) is that of a weak acid which, together with metal ions, forms so-called chelates, particularly stable complexes of metals with organic compounds. In World War II, already, workers who worked in battery factories or with lead-containing paints and developed symptoms of lead poisoning were given EDTA.

Through the formation of chelate the poisonous lead was removed from the body (through the kidney). But much more surprising was that the therapy resulted in a significant improvement of the symptoms of many workers having cardiovascular diseases.

The mechanism of chelate formation is not yet fully understood and the processes involved are very complex. Simplified one can say that EDTA removes undesired calcium and other minerals conducive to the formation of plaques and eliminates them through the kidney.

Chelate therapy with EDTA has often been compared to a milling machine eating its way through blocked pipes and making them free again. However, this comparison is only partly correct. Milling machines would remove the atherosclerotic plaques but would not be kind to healthy tissue either. A better comparison would be that to a liquid decalcifier: by repeated administration the deposits are simply dissolved. In the same way also harmful toxins are removed from the body.

Indications

Atherosclerosis: oral chelate therapy is primarily suited as a prophylaxis for complications caused by atherosclerosis – high blood pressure, concentration disturbances, peripheral occlusive vascular disease and impotence due to circulatory disturbances. EDTA is the insurance policy for the vessels as it slows the accumulation of plaques, and this may clearly delay the ageing of the cardiovascular system. Even younger people profit from this since the formation of plaques sets in very early and continues inexorably. Furthermore, EDTA improves the function of all organs in whose vessels...
atherosclerotic plaques are present. The symptoms of many degenerative diseases can be alleviated in this way and the ageing process clearly slowed. An increased blood circulation in the brain also increases the ability to concentrate.

EDTA removes toxins from the blood. Studies have shown that, due to environmental pollution, we store more and more toxic heavy metals as we grow older. The accumulation of these toxins increases the risk of vascular diseases. It could also be shown that one simply feels better the smaller the quantities of heavy metal in the body are. For more than 50 years, EDTA has not only been the remedy of choice to treat acute lead poisoning, but also for mercury, aluminum and cadmium intoxications.

EDTA prevents the formation of blood clots since it binds to calcium, and calcium is necessary for blood coagulation. Inhibiting blood coagulation may prevent strokes, pulmonary embolisms, cardiac infarctions, venous thromboses and varicose veins – also the best-known drug worldwide, aspirin, acts according to the same principle.

EDTA strengthens the bones and lowers the cholesterol level by improving the calcium and cholesterol metabolisms. If the calcium levels are lowered by EDTA, a hormone of the parathyroid gland is activated (parathormone) which replenishes the calcium stores and builds them into the right place, namely into the bone. This prevents osteoporosis.

EDTA has a firming effect on the skin. One side effect that has been repeatedly found after intravenous administration was that the small wrinkles of the skin that come with age became fewer.

### Composition

<table>
<thead>
<tr>
<th>One capsule contains:</th>
</tr>
</thead>
<tbody>
<tr>
<td>EDTA (ethylenediaminetetraacetic acid)</td>
</tr>
<tr>
<td>Garlic extract (odorless)</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: microcrystalline cellulose, dicalcium phosphate, tricalcium phosphate, SiO₂

### Dosage

In normal cases take 1 capsule 3 times a day at mealtimes with plenty of fluid.

### Side Effects, Contraindications

EDTA is a safe, non-toxic substance. LD₅₀ (a pharmacological value which shows at which dosage 50 percent of the laboratory animals or bacteria are killed) is at 2000 mg/kg body weight – which makes EDTA about 3.5 times less toxic than aspirin.

The most frequent but mostly not very pronounced side effects are nausea, dizziness and headache. The risk is highest when an infusion is given too fast or the dose is too big. The oral administration has practically no side effects.

EDTA has lowering effects on the blood sugar level and therefore also a positive effect on diabetes mellitus. The normal blood sugar level may drop during intake also in healthy persons, which may lead to tiredness, hunger and a feeling of dizziness. Taking the substance at mealtimes may avoid these reactions.

It should not be administered to children as administration to children has not yet been sufficiently researched.

### Instructions

EDTA can either be given intravenously or orally. The effect of intravenous administration is faster and stronger as 100 percent of the dose get into the blood circulation. Indications for an intravenous therapy are acute heavy-metal poisoning and severe atherosclerosis.

If administered orally, only about 15 percent of the dose get into the blood circulation. However, if EDTA is taken every day, similar effects as those with intravenous administration can be reached. The general rule is that after 5 to 6 weeks the same benefit is derived as with a one-time infusion. Oral intake is suited for persons for whom an acute treatment is not yet necessary. After intravenous administration, oral intake may also serve to maintain the effect.

It is self-understood that the therapy should be conducted only under the supervision and instruction of a specialist. Self-medication should be absolutely avoided. Store in a cool, dry place and keep out of reach of children.

### Chelatin® Product Groups

Chelatin® can be found in the following product groups (www.vitabasix.com):

- [Cardiovascular System](#)
- [Detoxification & Purification](#)
- [Bones & Joints](#)

### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version July 2011
Basic Facts

The calcification and hardening of vessels, in medical terms called atherosclerosis, is a very frequent health problem and at the same time one of the most frequent causes of death in the Western industrialized countries. It is characterized by the deposition of fat, cholesterol and calcium along the walls of the vessels. This, in turn, leads to a stenosis of the vessels, which involves the risk of an undersupply of vital organs. When the coronary arteries are affected, one speaks of a coronary heart disease whose symptoms may range from angina pectoris attacks to the lethal cardiac infarction.

People with a higher cholesterol level have a much higher risk of suffering from atherosclerosis than people whose cholesterol levels are within the limits of normal. Also diabetics and people having a higher triglyceride level (the so-called blood fats) have a much higher incidence rate of vascular sclerosis than the normal population.

Therefore, any treatment of atherosclerosis is based not only on a change of the life style involving healthy food, sports and stress reduction but also on a lowering of the cholesterol and triglyceride levels. Cholesticin® is the first lipid lowering agent consisting of natural ingredients that has very good efficacy.

Cholesticin® contains red yeast rice and niacinamide (vitamin B3). Both of these ingredients have a cholesterol-lowering effect, and together they are one of the most potent vegetable cholesterol-lowering agents.

Effects

Cholesterol: according to the definition of the American Heart Association (AHA), cholesterol is a soft, wax-like substance belonging to the blood fats, which can be found in blood and in all cells of the body. It is an important component of a healthy body as it is required for the formation of cell membranes, important hormones and various types of tissue. A too high cholesterol level in blood (hypercholesteremia), however, is one of the main risk factors leading to coronary heart diseases. This severe disease may cause cardiac infarctions and strokes, the most frequent causes of death in the Western countries.

It is also important to know that there are two types of cholesterol, the «good» HDL cholesterol and the «bad» LDL cholesterol. If there is too much of the LDL cholesterol in the blood, it may slowly get deposited on the interior of the arteries of the heart and brain and form a «plaque», which is better known as «atherosclerosis». Once the plaque is so big that it interrupts the blood flow in the vessels supplying the brain and heart with oxygen and blood, the result may be a stroke or a cardiac infarction. HDL cholesterol, however, may detach parts from the deposited LDL cholesterol from the arterial wall and therefore prevent against the development of a plaque.

Red yeast rice: red yeast rice is a natural food supplement which, in Asian countries, has been part of the food for thousands of years. It could be proven that it can inhibit the key enzyme for cholesterol production in the liver. This property of the said food supplement, which many Asians sprinkle on their tofu every morning, was discovered by American experts. More than 20 studies on this subject involving thousands of people were carried out in China. They showed that in those people who daily ingested red yeast rice the cholesterol level fell by 25 to 40 percent. These figures by far surpass the results that can be achieved by a diet and physical activity alone.

In the United States, a self-controlled multi-center study was carried out, which reported on the efficacy of red yeast rice in 187 patients with a mildly to moderately increased cholesterol level in blood (hypercholesteremia). It could be shown that red yeast rice could not only efficiently reduce the «bad» cholesterol but that primarily it could also increase the «good» cholesterol. No serious side effects were reported, which is of enormous advantage compared to the usual synthetic lipid-lowering drugs that are presently in high demand.

PRODUCT INFORMATION

Cholesticin®

The natural lowering agent for blood fat values regulates the cholesterol level and reduces the risk of atherosclerosis and cardiac infarction.
Niacinamide: niacinamide is also called nicotinic acid or vitamin B3. In food, it can be found in liver and other innards, meat, eggs, fish, nuts, legumes, cereals, milk and avocados. It is important for the energy production, plays a role in regulating the blood sugar, in antioxidative mechanisms and detoxification processes in the body. In addition, it has a positive effect on health, particularly on high cholesterol levels. It also positively influences arthritis, the so-called Raynaud’s disease (disturbed circulation) as well as the initial stages of diabetes mellitus type I.

Indications

Lowering of the cholesterol level: Cholesticin® does not only have a LDL-cholesterol lowering effect but also a HDL-cholesterol increasing effect. In a large-scale study it could even be proven that its component niacin is the only cholesterol-lowering agent that can reduce the overall mortality rate. As was shown in this 15-year follow-up examination, it has a long-lasting effect. The long-term mortality rate was eleven percent below that of the control group, even if the intake of the preparation had been discontinued years before.

Diabetes mellitus: nicotinic acid also has an effect on diabetes, in particular on the early stages of the insulin-dependent diabetes mellitus. Studies have shown that it increases insulin secretion and sensitivity to insulin. This property may possibly delay for some time – in a safe and natural way – the need to inject insulin. Nicotinic acid is said to be of great benefit also for diabetic children having a high risk.

Kidney transplantation: lipid anomalies are also seen in patients with a transplanted kidney. These disturbances cause cardiovascular diseases and this leads to an increase in patient mortality. A study made in patients who had a kidney transplant and were given the components of Cholesticin® showed a clear benefit.

Arthritis: a clinical trial also showed that the components of Cholesticin® produced very good clinical results in the treatment of hundreds of patients with rheumatic arthritis and osteoporosis.

Composition

One capsule contains:

<table>
<thead>
<tr>
<th>daily dose</th>
<th>Niacinamide 300 mg</th>
<th>Red yeast rice 200 mg</th>
</tr>
</thead>
</table>

in pharmaceutical grade. Other ingredients: microcrystalline cellulose, magnesium stearate, SiO₂

Dosage

In normal cases take 1 capsule daily with plenty of fluid.

Side Effects, Contraindications

Numerous studies have shown the high safety of the preparation. Among the extremely rare and completely harmless side effects is mainly a reddening of the skin, which develops 20–30 minutes after intake and quickly fades. Occasionally, also irritations of the stomach, nausea and liver damage in at-risk persons were reported.

Cholesticin® should not be taken in case of an existing liver damage and increased liver enzymes, gout and peptic ulcers of the gastro-intestinal tract.

Instructions

Pregnant or lactating women or persons who are under constant medical care should consult a doctor before use.

In any case, self-medication should be avoided and the preparation should only be taken under the supervision of a specialist.

If Cholesticin® is taken in case of diabetes mellitus, the blood sugar should be controlled and the patient examined regularly. Store in a cool, dry place and keep out of reach of children.

Cholesticin® Product Groups

Cholesticin® can be found in the following product groups (www.vitabasix.com):

- Cardiovascular System
- Detoxification & Purification
- Metabolism & Weight

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version July 2011
Chrono slim® developed on this basis strives of the organs, the innovative principle of into account the chronobiological rhythms can be optimally adjusted. While taking Both the lipid and glucose metabolisms happens in our bodies to what we eat. plants whose extracts co-determine what Nutritional experts are now focusing on 10 control your feelings of hunger and satiety. effect, regulate the glucose metabolism and often have an adipolytic or fat-dissolving influence the metabolism score well. They and fruit extracts with ingredients that human weakness, several well-known plant ing one’s intake of food fail because of our weight with physical activity or by restrict­ ing substances are aimed at boosting the metabolism, releasing energies that would make no sense at night. In contrast, however, while we sleep we need to discharge degradation products and, if possible, repair damage caused by metabolic stress, inflammation and oxidation tissue. Chronoslim® therefore supports the desire for a reduction in weight by supporting a moderate reduction in food, to about 2,000 kilocalories a day, and moderate physical activity (3x45 minutes a week) in order to achieve the necessary calorie deficit.

Effects
Specific plant extracts manage to do what lifestyle changes often can’t: they break down fat molecules and initiate their combustion by speeding up the metabolism. As a side effect, they reduce body weight and allow the fat cells shrink to their original size. They also inhibit the renewed storage of unused energy – even when continuing to eat normally. The vicious circle is thus finally broken.

Basic Facts
Given the difficulty in activating the body’s own physiological processes for weight loss by a change in behavior, ever more people are placing their hopes in the ability of scientifically tested plant substances to support this goal. While most attempts to lose weight with physical activity or by restricting one’s intake of food fail because of our human weakness, several well-known plant and fruit extracts with ingredients that influence the metabolism score well. They often have an adipolytic or fat-dissolving effect, regulate the glucose metabolism and control your feelings of hunger and satiety.

Nutritional experts are now focusing on 10 plants whose extracts co-determine what happens in our bodies to what we eat. Both the lipid and glucose metabolisms can be optimally adjusted. While taking into account the chronobiological rhythms of the organs, the innovative principle of Chronoslim® developed on this basis strives to achieve several objectives: an increase in the general metabolism, fat burning with the concomitant reduction of fat deposit formation, the ideal glucose metabolism and appetite control – without a having to experience any stress or restricting one’s joy of life.

This is done by deliberately intervening in the work our organs do. Reduction of the fat deposits or the hindering of their formation can be achieved by activating, inhibiting and stimulating certain processes at the same time, but this often means an increased burden on the organism. On the other hand, thanks to the precise coordination of the different plant extracts in separate capsules for the day and night, it should be possible to obtain the desired metabolic activities without burdening the cardiovas­ cular system or causing any hunger pangs.

Due to a sedentary lifestyle and an overshupply of food, millions of overweight people are trapped in a vicious circle. Every day, excess energy is converted into fat and is stored away forever. The ability of our fat cells to expand their volume many times over is a legacy of evolution. Additional stored fat can be a dangerous burden on the body in extreme cases. The so-called visceral fat, abdominal fat or gut fat acts like a huge amount of glandular tissue and secretes hormone-like substances. They are strongly linked to chronic inflammatory processes and eventually lead to metabolic syndrome, hypertension, diabetes and vascular disease.

If you want to regain a permanently slim figure under these difficult circumstances, you have to create a calorie deficit. Most people have practically already lost the battle right from the start. Simply bringing about a reduction in calories by refusing food or by increasing physical activity cannot be so easily integrated into a modern way of life. Chronoslim® relies on the stunning effects of selected natural substances and concentrates its innovative effect in accordance with the biological laws of our metabolism. This formulation is based on the fact that the body links all physiological processes to certain times of day – and these processes are repeated in a 24-hour rhythm. The micronutrients the body needs during the day should therefore be taken in the morning. Agonists for the nightly deposit of fat are on the agenda in the evening. The highest possible effect of the supplements is thus achieved by taking them at the best possible time.

Specifically, this means that the morning substances are aimed at boosting the metabolism, releasing energies that would make no sense at night. In contrast, however, while we sleep we need to discharge degradation products and, if possible, repair damage caused by metabolic stress, inflammation and oxidation tissue.

Chronoslim® At a Glance
- stimulates fat burning and stops fat being stored
- controls the glucose metabolism, which is so important for one’s weight
- promotes calorie burning, thus creating a calorie deficit
- helps you gain a slimmer figure quickly and in a natural way
- synchronizes the metabolic processes with the body’s own rhythms
- releases the substances chronobiologically and at the best possible time of the day
Chronoslim® helps to combat the chronic health disorder of being overweight, supported by the rhythm of chronobiology. Substances from nearly a dozen plants work together to achieve a positive weight balance. Some are more effective during the day, others are better at night, and others interact with each other around the clock.

For centuries, the West African plant Irvingia gabonensis was the main component of the diet of characteristically slender tribes in Cameroon and Nigeria. Under the name of African mango it caused a great stir internationally. Substances in its seed reduce body fat, improve blood lipid levels, normalize elevated blood glucose levels and increase the release of leptin, our primary appetite-suppressing body substance.

After ingestion, the bitter orange with the botanical name Citrus aurantium initiates an increased flow of blood in the capillaries: with its natural beta agonists, it stimulates blood flow in the blood vessels and is well tolerated, thus causing an increase in the basal metabolic rate and fat burning. These active molecules belong to the group of synephrines. Its high level of tolerance is explained by the fact that the body can produce this substance from amino acids itself – but only in tiny amounts.

The procyanidins, flavonoids and amines in hawthorn improve blood flow with reduced blood pressure. These cardioprotective properties help to ensure that the thermogenesis promoted by the plant substances in Chronoslim® does not burden the circulation.

In a way that is still mysterious today, a high dose of vitamin C is linked to a reduced body mass index, while, conversely, people with this deficiency have a particularly hard time of getting rid of fatty tissue.

Green tea is not only the healthiest drink in the world because of its antioxidants, but thanks to its natural caffeine it is also an extremely well-tolerated fat burner.

The leaves of the Ginkgo biloba contain two substances – ginkgolides and glycosides – that have the ability to increase blood flow to the brain and through the fine micro-capillaries. This improves the metabolism and calorie consumption – and at the same time it reduces nervousness, which often leads to food cravings.

The trace element of chromium (from chromium polynicotinate) improves insulin action and thus the blood glucose metabolism. In addition, it reduces adipose tissue and builds up muscle mass. Tannins, fats and oils in the Ayurvedic plant Centella asiatica are detoxifying and anti-inflammatory. They promote the removal of unwanted degradation products of metabolism.

Further helpers on the weight front: the enzyme papain in papaya, the catechols in the leaves of the Java Tea – also called Cat’s Whiskers – and the digestive enzyme bromelain with the ability to split different molecules and to thus stimulate the body’s metabolism.

Indications
To increase the body’s fat burning processes and simultaneously regulate the glucose metabolism, and for natural appetite control with a desired weight reduction with normal calorie intake and moderate physical activity.

Composition
<table>
<thead>
<tr>
<th>AM capsule (morning)</th>
<th>daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>African mango extract</td>
<td>150 mg</td>
</tr>
<tr>
<td>Citrus aurantium</td>
<td>100 mg</td>
</tr>
<tr>
<td>Hawthorn extract</td>
<td>60 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>60 mg</td>
</tr>
<tr>
<td>Green tea extract</td>
<td>240 mg</td>
</tr>
<tr>
<td>Ginkgo biloba extract</td>
<td>20 mg</td>
</tr>
<tr>
<td>Chrome (from chromium polynicotinate)</td>
<td>0.1 mg</td>
</tr>
</tbody>
</table>

PM capsule (evening)
<table>
<thead>
<tr>
<th>daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>African mango extract</td>
</tr>
<tr>
<td>Citrus aurantium</td>
</tr>
<tr>
<td>Hawthorn extract</td>
</tr>
<tr>
<td>Centella asiatica extract</td>
</tr>
<tr>
<td>Papaya extract</td>
</tr>
<tr>
<td>Java tea extract</td>
</tr>
<tr>
<td>Bromelain</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: rice flour, SiO2, magnesium stearate.

Dosage
In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid.

Side Effects, Contraindications
Allergies to natural substances can never be completely ruled out. Before taking Chronoslim® together with other medication please consult your doctor before intake.

Instructions
It is generally recommended that you consult a specialist before taking Chronoslim®. You should ideally take it during a phase when you are not under much stress. Pregnant or nursing women and people who are under constant medical care should consult a doctor before taking Chronoslim®.

Store in a cool, dry place and keep out of the reach of children.

<table>
<thead>
<tr>
<th>Chronoslim® Product Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metabolism &amp; Weight</td>
</tr>
<tr>
<td>Chronobiology</td>
</tr>
<tr>
<td>Sports &amp; Muscles</td>
</tr>
</tbody>
</table>

Important information:
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Manufacturer:
VitaBasix®
by LHP Inc.
www.vitabasix.com | uk@vitabasix.com
Tel.: 00800-7030 7060 | Fax: 00800-1570 1590
Subject to alterations and printing errors. Version: May 2015
Basic Facts
Some years ago, the discovery of conjugated linoleic acid (CLA) led to a scientific sensation. It could be proven that this fatty acid derivative has especially strong anti-tumor properties. In studies, they showed to inhibit cancers such as breast cancer, malignant prostatic tumors, gastrointestinal carcinomas as well as malignant skin tumors (e.g. melanoma).

Biochemically, linoleic acid is an essential fatty acid which cannot be synthesized in the organism and therefore has to be ingested with food. CLA is a somewhat altered derivative of linoleic acid and contained in great quantities in red meat and cheese. Moreover, CLA can also be found in chicken meat, eggs and corn germ oil.

An actual CLA deficiency is, in fact, rather difficult to prove. However, in a number of scientific investigations indications have been found that, in the long run, a diet containing only little CLA leads to an increase in the share of body fat and therefore it appears to be an important factor in the development of obesity. Due to its unique mechanisms of action, CLA has numerous effects regarding the prevention of chronic diseases and also positive influence on body fat reduction. It is also for this reason that CLA has become available as a food supplement in the meantime.

Effects
CLA is a potent anti-oxidant, which also has anticarcinogenic and antitumor effects. Furthermore, CLA acts as a potent stimulator for the body’s immune system, a fact which seems to be responsible for the preventive properties of CLA regarding the pathogenesis, development and progression of cancer. These effects of CLA were discovered and described in numerous scientific investigations.

The intake of CLA with daily food or as a food supplement leads to a lowering of the ratio between the lean body mass and the share of body fat. Furthermore, less fat is deposited in the abdominal region, and CLA also leads to the increased formation of muscle. Physiologically, these effects are the result of an increased insulin sensitivity in the peripheral tissue so that free fatty acids and glucose become more quickly available especially to the muscles and are not stored in fatty tissue. In view of the antitumor effects, this property of CLA is in particular due to the fact that the substance prevents the reduction of muscle tissue.

Indications
Compared to former generations it was found out, in particular regarding the US-American population, that our daily food has become relatively deficient in CLA. This is mainly due to a change in the feeding of pasture livestock which caused the CLA content in milk and milk products to drop. Because for an optimal CLA production cows need fresh grass to feed on, which is often made impossible in view of the large-scale livestock farming that is customary today. This CLA deficiency seems to be also partly responsible for obesity to have reached epidemic proportions in the United States.

Due to its unique effects, conjugated linoleic acid (CLA) is of great importance for the protection against chronic diseases, in particular, for the prevention of cancers and their progression. Moreover, the intake of CLA with the daily food also leads to a reduction of the share of body fat.

PRODUCT INFORMATION

CLA

Due to its unique effects, conjugated linoleic acid (CLA) is of great importance for the protection against chronic diseases, in particular, for the prevention of cancers and their progression. Moreover, the intake of CLA with the daily food also leads to a reduction of the share of body fat.
Inappropriate dietary habits as well as a deficiency in CLA in the food have far-reaching consequences for health and longevity. Because of its unique effects on the immune system and the metabolism, CLA should be an important building block in each well-balanced food supplement program. The following active properties and effects of CLA were proven in particular:

- inhibition of the growth of malignant tumors
- improvement of the function of the immune system
- increase in the insulin sensitivity of peripheral tissue
- anticytobolic effects with regard to the muscles
- reduced storage of fat
- increased storage of fat
- lowering of cholesterol and antithrombotic effects
- antioxidative properties
- protection against osteoporosis

**Dosage**

On account of its unique effects on the immune system and the metabolism, CLA should have a firm place in every food supplement program. In normal cases take 1 softgel 3 times a day at mealtimes with plenty of fluid.

**Side Effects, Contraindications**

CLA is non-toxic and compatible with all other pharmaceutical products and drugs. Till now, no substantial undesired side effects have been reported in connection with the intake of CLA. However, a study showed that CLA, if taken in large amounts, can cause gastrointestinal symptoms.

**Instructions**

In order to achieve its optimal effect, CLA must be regularly taken on a daily basis for an extended period of time. Individuals who are hypersensitive to any constituent of the product are advised against taking it. Pregnant or lactating women or persons who are under constant medical care should consult a doctor before use.

**Composition**

One softgel contains 1000 mg CLA (conjugated linoleic acid) in pharmaceutical grade. Other ingredients: palmitic acid, stearic acid, oleic acid, gelatin

It is generally recommended to consult a specialist before taking food supplements. If you have a pre-existing disease or are already receiving long-term drug treatment, you should use CLA only after having consulted a doctor first. If you experience any symptoms while taking CLA, you should consult a doctor and inform him or her of the intake. Store in a cool, dry place and keep out of reach of children.

**CLA Product Groups**

CLA can be found in the following product groups (www.vitabasix.com):

- Metabolism & Weight
- Cardiovascular System
- Immune System, Cell Protection & Antioxidants
- Bones & Joints
- Sports & Muscles

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

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Basic Facts

Every day our organism comes into contact with a large amount of toxic substances that alter our immune functions causing neurotoxicity, therefore hormonal and psychological troubles.

A detoxifying therapy, therefore depurative, helps the organism to eliminate the harmful substances and restore the health of body and mind, preserving the flora and reinforcing the immune system and the ability of the organism to react to infections, allergies and skin problems. At the same time it contrasts chronic disorders such as arthritis, cardiovascular illnesses, diabetes and obesity.

If our draining system does not work correctly, toxins deposit in our organism and poison it. Intestinal drainage may be carried out in several ways: through fasting or through the application of enemas, for example. An efficient and definitely the most pleasant method is the undertaking of natural purifying substances, such as the ones contained in Cleanzin®.

Detoxification (purification) is the natural mechanism that allows the organism to neutralise and eliminate toxins and contaminating substances. This process is carried out through the liver, kidneys, urine, the skin, the intestines, breathing and sweating. A healthy immune system and good excretion can deal with a large quantity of toxins. However, those with damaged organs must strictly use a detoxifying therapy in order to rebalance and purify the organism.

The most important beneficial long term effect is a lower load on the immune system. Other benefits can be achieved in terms of blood pressure and fat in the blood. It improves the ability to assimilate vitamins and mineral salts and consequently performance skills. There are a whole series of very useful phyto-substances:

Effects

**Plantago major**: Apart from treating breathing problems, plantago major helps digestion, it stimulates the metabolism and weight loss and treats the kidney and bladder.

**Plantago ovata**: The skin of the seeds of this plant contain the greatest number of substances useful for the health of our organism. The plant also has a special ability to reduce cholesterol and sugar levels in blood, blood pressure and weight.

**Kaolin**: Suitable for detoxification and purification of the organism. Capable of bonding toxins to food, accelerating the detoxification process. Furthermore, it also alleviates heart burn and articular pains.

**Cascara sagrada**: The extract of cascara sagrada is a good laxative. Digestion is stimulated by hydro-anthracene by-products and bitter substances. It also alleviates other problems such as bile and haemorrhoids.

**Capsicum (Cayenne pepper powder)**: Chili pepper is a natural fat burner. Capsaicin, a substance that provides typical spiciness to all peppers, it provides an antioxidant, anti-inflammatory, pain killing, immune stimulating and anti-hunger action. Pepper favours detoxification and digestion, as well as providing a diuretic effect and being very effective in treating diabetes.

**Garlic**: The protective substances contained in garlic favour delicate detoxification and weight loss. Allicin is responsible for the main effects and removes the radicals, contrasting damage to the cellular membranes. Garlic has a beneficial effect on the intestine and can deal with cardiovascular illnesses, colds and skin stains.

**Rose hip**: The benefits of rose hip have been known for many years. It contains 50 times the amount of Vitamin C in lemon and is rich with antioxidants that make it excellent to purify the organism and burn fat. It also purifies the blood and kidneys, as well as having anti-inflammatory properties. The galactolipids have a beneficial effect on treatment of arthritis.

**Aloe vera**: Aloe vera contains approximately 220 medicinal ingredients that favour purification and detoxification of the organism as well as regulating the liver, intestines and kidneys. Aloe vera has positive effects on the immune system. It may also be used in treatment of: indigestion, cardiovascular and skin problems, asthma and diabetes.
Rhubarb root: Rhubarb contains several vitamins and mineral salts that are beneficial for our health. It has a high content of pectin that stimulates digestion and appetite. Sodium stimulates bowel movements and purifies the blood. Potassium has a hypo-tension and hydrating effect. Furthermore, rhubarb improves humour and relieves nerves.

Juglans nigra (black walnut): The shell of black walnuts contains numerous active ingredients that help to clean the colon and detoxify. The most important include: juglone, it offers protection against parasites; tannins, they lower blood pressure and protect the liver from and also help in cancer prevention; iodine, whose high content level has a positive effect on the thyroid level has a positive effect on the thyroid.

Senna leaves: The active ingredients of these leaves regulate intestinal functions and provide a purifying and laxative effect. The sennosides A-F, mucilage, essential oil and flavonoids are very efficient. The active ingredients of Senna leaves: The shell of Juglans nigra (black walnut): The active ingredients of Senna leaves: The shell of Juglans nigra (black walnut):

Linum usitatissimum (flax seed): Flax is known for its laxative effect. Apart from regulating the intestine, this plant favours weight loss and a reduction in cholesterol and blood pressure. It offers a high level of protection against cancer thanks to the lignans in it.

Ulmus fulva (red elm): The mucilage contained in the bark softens faeces and therefore helps expulsion. This plant is also efficient in treating pain from abdominal cramps and other inflammatory illnesses such as the Crohn syndrome.

Glycyrrhiza glabra (licorice): Licorice root is very useful for detoxification and for the treatment of liver problems. The active ingredient in licorice contains anti-viral, anti-inflammatory and anti-hypertension properties.

Marshmallow: Marshmallow contains large quantities of mucus and therefore it is mainly used to soothe mucous against colds, indigestion, skin irritation and bladder infections.

Peppermint: Peppermint is a precious medicinal plant for the protection of the gastrointestinal section as it regulates digestion and eliminates spasms. It soothes the gall-bladder and disorders due to the irritable bowel syndrome.

**Indications**

The symptoms that indicate the need for a detoxification therapy include: indigestion, chronic headaches, muscle and articulation pains, allergies, lumbago, insomnia and humour changes, but also food intolerances, breast infections and acne.

For a general diagnosis of the state of health of your organism, your hair, faeces, urine, blood and liver functions can be analysed.

**Composition**

**One capsule contains:**

- Plantago major 40 mg
- Plantago ovata 40 mg
- Kaolin 25 mg
- Cascara sagrada 20 mg
- Capsicum (Cayenne pepper powder) 15 mg
- Garlic 15 mg
- Rose hip 15 mg
- Aloe vera 15 mg
- Rhubarb root 10 mg
- Juglans nigra (black walnut) 10 mg
- Senna leaves 10 mg
- Linum usitatissimum (flax seed) 10 mg
- Ulmus fulva (red elm) 10 mg
- Glycyrrhiza glabra (licorice) 5 mg
- Marshmallow 5 mg
- Peppermint 5 mg

in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

**Dosage**

In normal cases at the beginning of a purification treatment take 1 – 2 capsules daily with plenty of fluid before going to bed. The dosage may be increased in the course of a treatment or after instructions of the doctor.

**Side Effects, Contraindications**

No negative side effects of Cleanzin® are known.

At the beginning of a detoxification therapy you may experience headache and a furry tongue. After some weeks the skin will get clearer although it may initially react with acne. The vision becomes clearer, the ability to concentrate and vitality increase and also your digestion will be better.

**Instructions**

Everyone who considers carrying out a detoxification therapy should seek qualified medical advice and care.

Before starting a detoxification therapy you should ask yourself whether you are healthy and robust enough to undergo a quick, active detoxification or whether your body should slowly adapt itself to such a therapy. Detoxification must in any case be effective and safe.

This mainly applies to those who are physically weak or have just had an operation or overcome a severe disease. Also diabetics or people who have an eating disorder or just finished a withdrawal treatment or suffer from a hormonal disturbance should never undergo a detoxification treatment without competent help. Furthermore one should take care to get sufficient sleep, keep oneself warm, and not have a very busy, stressful schedule during the treatment. Store in a cool, dry place and keep out of reach of children.

**Cleanzin® Product Groups**

Cleanzin® can be found in the following product groups (www.vitabasix.com):

- **Metabolism & Weight**
- **Detoxification & Purification**
- **Immune System, Cell Protection & Antioxidants**

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

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Subject to alterations and printing errors. Version March 2017
Basic Facts
Coenzyme Q10 is also known under the name of ubiquinone. The name refers to the «ubiquitous» presence of this substance in the human organism and is thus indicative of its special importance for the cell metabolism. It is involved in many vital chemical transformation in the cells, among others in the formation of adenosine triphosphate (ATP), the energy store of the cells.
Coenzyme Q10 is formed in the liver but also ingested with food. It is mainly contained in beef, chicken, mutton, lamb, fish and eggs. In later age the organism no longer produces sufficient quantities of coenzyme Q10. In the course of time this causes a state of deficiency in the body which is responsible for cardiac diseases especially.
Although the reduced coenzyme Q10 content in the blood can be compensated by the intake of a specific diet, eating the necessary food such as beef muscle meat, beef hearts or eggs, is unfortunately also connected with an increased uptake of cholesterol and saturated fatty acids.
As an antioxidant, coenzyme Q10 has greater effects on a cellular level than the better known vitamin E and is the most important of all known coenzymes. It can be found in the cell membrane of the mitochondria where it is responsible for the formation of vital enzymes as well as of the energy storing ATP (adenosine triphosphate). All cells of the body, in particular the muscle cells, and especially the heart muscle with its continuous load, are dependent on a permanent fuel supply. The last important link in this release of energy is, in most cases, the splitting of energy-rich phosphate bonds such as in ATP. If the formation of ATP is disturbed, this can be observed in all cells because it impairs their natural functions. Muscle cells have the greatest need for energy and therefore they have the highest coenzyme Q10 content.

Effects
Numerous studies have dealt with the great number of positive effects of coenzyme Q10. To mention just a few examples, there is for instance the better physical exercise tolerance in sports people and also sick people (e.g. those suffering from anaemia).
Another important field of studies were diseases of the cardiovascular system. In this respect, the coenzyme was capable of improving both circulatory disturbances of the heart and cardiac insufficiency due to other reasons. It moreover allowed the heart to work more economically and, as a consequence, also lowered increased blood pressure, if any.
Positive effects were also registered with regard to the quality of sperm, and on various cells of the immune defense. Protection against free radicals, which are produced in greater amounts in the course of infections and inflammatory diseases and also when the body is exposed to contaminants, is another broad field of application, which could also include a slowing of the aging process. Positive effects on the fat and sugar metabolisms are also worth mentioning.

Indications
The most important indications result from the effects described and the many functions for which the cells need and use energy:

**General well-being/anti-aging:** Generally speaking, coenzyme Q10 causes greater functional capacity and improved physical well-being. The coenzyme Q10 levels go down with progressing age, and this could be one of the many causes for aging. Many cell functions are impaired if there is a coenzyme Q10 deficiency and, most important, it gets increasingly difficult to fight cell-damaging free radicals. In animal experiments, at least, life expectancy (in mice) could be prolonged by administering coenzyme Q10.

**Cardiovascular system:** It is a proven fact that a deficiency in coenzyme Q10 is also responsible for the development of various cardiovascular diseases. Studies showed that a disturbed blood supply of the coronary vessels (which causes **angina pectoris**) is positively influenced when coenzyme Q10 is administered. Also in conditions after a **cardiac infarction**, and in case of chronic cardiac decompensation, insufficient cardiac output due to valvular defects and cardiac irregularities there is an indication to

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PRODUCT INFORMATION

Co Q10®

is involved in many vital transformations in the cells and acts as a powerful trap for radicals so that it protects the cells against oxidative damage.

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**Co Q10®**

- protects against free radicals and acts as an antioxidant
- strengthens the immune defense and helps in case of gingivitis
- promotes energy provision in the cells
- supports the degradation of lipids
- lowers the blood pressure
- protects the heart muscle from lack of oxygen
- accelerates the recuperative capacity of the muscle fibers after strain
administer coenzyme Q10. In all these clinical pictures studies showed that the complaints and symptoms had improved, that the patients’ physical fitness, their general well-being and life quality had increased. Also in case of hypertension – one important cause for many secondary heart problems – the intake of coenzyme Q10 showed positive effects.

**Immune system:** Coenzyme Q10 provably supports the immune system on the cellular level, already. Research has shown that coenzyme Q10 supports the formation of cells in the thymus which have defense functions. These T cells are necessary for the cellular immune response, and being killer lymphocytes, they are able to destroy exogenous cells. Moreover, coenzyme Q10 can counteract the retrogression of the thymus usually observed in adults.

**Chronic diseases:** In chronic diseases of other organs (from Alzheimer’s disease to liver cirrhosis) coenzyme Q10 could at least be tried in support of other measures. Other areas of indication are disturbances of the sugar and fat metabolisms and chronic inflammation (especially gingivitis).

Also worth mentioning is the well-established application in sports medicine as a supporting administration in athletics.

**Composition**
One capsule contains 30 mg, 60 mg, 100 mg or 200 mg coenzyme Q10 in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

**Dosage**
In normal cases depending on your age take with plenty of fluid as follows:
- 25 – 40 years from 30 mg daily
- 40 – 60 years from 60 mg daily
- from 60 years from 120 mg daily

An ideal synergistic effect can be produced if the product is taken together with carnitine.

**Side Effects, Contraindications**
No negative side effects have been observed in the treatment with coenzyme Q10. While coenzyme Q10 has no negative effect on other substances, there exist quite a number of medications which considerably reduce the concentration of coenzyme Q10 in the body. Many cholesterol-lowering drugs impair the production of coenzyme Q10 in the body. Should such medication be required, coenzyme Q10 should additionally be taken.

**Instructions**
Generally a specialist should be consulted before taking food supplements. This is especially true in cases of chronic disease and regular intake of medication. If the patient experiences symptoms while taking the product, he/she should consult a doctor and inform the doctor of the intake. Store in a cool, dry place and keep out of reach of children.

**Co Q10® Product Groups**
Co Q10® can be found in the following product groups (www.vitabasix.com):

- Cardiovascular System
- Depression & Moods
- Immune System, Cell Protection & Antioxidants
- Pain & Inflammation
- Sports & Muscles
- Metabolism & Weight

**Important information:**
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Basic Facts
It is not without reason that the espresso or the cappuccino have become so popular: the biologically active substance caffeine is an extraordinary physical and mental stimulant. A sensational study among cyclists showed already decades ago that they had a seven percent lead in a 2-hour distance after having consumed coffee. On a circuit, coffee drinkers increased their endurance by 29 percent. Cross-country skiers even reached a 44 percent increase as compared with athletes not stimulated by caffeine. Does that amaze you? From a scientific point of view this is no mystery at all. For situations requiring an enormous amount of energy, our brain provides a substance called adenosine. But this is only done if so ordered by the brain. The similarity of the caffeine molecule to adenosine is so great that it can provoke the same effect, and this quite automatically as soon as we want it, with the first gulp of coffee. While the caffeine molecule connects to the surface of certain cells, certain vessels dilate. The oxygen supply increases. Greater amounts of the excitatory hormone adrenaline are released. This triggers a performance high, our nerve system is activated, the heart beats faster, the blood supply of the muscles increases (while that of the skin decreases). Energy reserves in the form of sugar and fats are released. Information cascades activate most of the organs and extend this condition over several hours.

Effects
A cup of invigorating coffee is not always at hand. In such a case, stimulation in the form of a capsule offers itself.

Coffain® is an invigorating combination of active ingredients to release natural energy potentials. Concentrated in a single capsule are carefully balanced and coordinated activating components. These are biologically active important substances that have the function of stimulants. They stimulate the central nervous system. Coffain® contains caffeine, produced in the highest active quality from the guarana berry and the cola nut. The chemically identical substance obtained from the coffee bean is the most common psychoactive agent worldwide. The guarana extract used in Coffain® is produced from the seeds of a red fruit from the Brazilian rain forests. With the ancient Indian tribes of South America it already played a mystic role as a stimulant. The current results of clinical research confirm that caffeine provides both a recovering and a medically restoring mental vigilance. The substance accelerates the train of thought, increases concentration and improves physical coordination. It reduces feelings of fatigue. Caffeine reaches the blood stream within 45 minutes and has a physiologic half-life effect of up to six hours. In Coffain® it is supplemented by a well-balanced mix of further active substances which takes into consideration in the best possible manner our current knowledge about the metabolic activity of natural stimulants. Therefore, Coffain® also contains taurine (in English bull), an amino acid complex which increases the effects of many substances. Its own effect is that of a neurotransmitter in that it transmits nerve stimuli.

Niacin: Also known as vitamin B3, it is vasodilating, stimulates the blood flow and is important for supplying the brain with oxygen.

Vitamin B6: Facilitates the production of brain messenger substances such as serotonin (the natural «happiness hormone» of mankind).

Guarana extract: The traditional stimulant from the Amazon jungle is known for its long-lasting effect.

Taurine: («Bull’s gall»), an amino acid complex which increases the effects of many substances. Its own effect is that of a neurotransmitter in that it transmits nerve stimuli.
Kola nut extract: Fast-action semi-luxury product and stimulant that is a ritual aphrodisiac in Africa.

Inulin: Lowers blood-fat values, increases sugar utilization and improves the intestinal flora.

Caffeine: is a plant extract from the coffee bean and enhances the energy consumption of the organism.

Vitamin B12 (cyanocobalamin): is an essential factor for normal growth, an undisturbed haematopoiesis and the maturing of epithelial cells. It is an essential factor for the energy production of the body and supports the immune functions.

NADH: is a substance related to vitamin B3, which is present in all cells and is involved in redox processes. Thus, its most important function is to regulate the energy balance in cells. Reduced levels of this substance were shown to be associated with loss of memory and degenerative symptoms of the brain.

Indications

Coffain® is excellently suited to increase energy and performance level. It stimulates the organism via the central nervous system and influences directly the activities of heart, brain, bone marrow and kidneys. This invigorates body and mind. The joint effect defies sleepiness and regains lost vigilance. Coffain® is most effective when taken in the morning, but if the need arises it can also be taken during the day without hesitation.

Composition

One capsule contains:

<table>
<thead>
<tr>
<th>Component</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taurine</td>
<td>500 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>10 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1 mg</td>
</tr>
<tr>
<td>Guarana extract (50% caffeine)</td>
<td>50 mg</td>
</tr>
<tr>
<td>Kola nut extract (25% caffeine)</td>
<td>34 mg</td>
</tr>
<tr>
<td>Inulin</td>
<td>50 mg</td>
</tr>
<tr>
<td>Caffeine</td>
<td>67 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>100 mcg</td>
</tr>
<tr>
<td>NADH</td>
<td>2 mg</td>
</tr>
</tbody>
</table>

Ingredients: Taurine, Niacin, Vitamin B6, Guarana extract (50% caffeine), Kola nut extract (25% caffeine), Inulin, Caffeine, Vitamin B12, NADH in pharmaceutical grade. Other ingredients: magnesium stearate, rice flour, SiO₂.

Dosage

In normal cases take 1 capsule daily in the morning and when needed with plenty of fluid.

Side Effects, Contraindications

Coffain® increases the dehydration of the body. Sweat-producing activities as they are performed for instance in a fitness studio would cause the body to dehydrate even more and should therefore be avoided, if possible. Alcohol, too, causes the water content in the body to go down. This dehydration can then impair the body’s ability to degrade alcohol. Coffain® also directly delays the degradation of alcohol and therefore should not be taken together with alcohol. People suffering from acute heart and circulatory problems should ask a doctor before taking the product.

Instructions

It is generally recommended to consult a specialist before taking food supplements. If you have a pre-existing disease or are already receiving long-term drug treatment, you should in any case use Coffain® only after having consulted a doctor first. If you experience any symptoms while taking Coffain®, you should consult a doctor and inform him or her of the intake.

Pregnant or lactating women or persons who are under constant medical care should consult a doctor before use. Store in a cool, dry place and keep out of reach of children.

Coffain® Product Groups

Coffain® can be found in the following product groups (www.vitabasix.com):

- Depression & Moods
- Power & Energy

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version October 2015
Basic Facts
For centuries, corals have been known for their healing effect in many diseases. Palpitation, eczema, muscle cramp, headache, sleeplessness, arthritis, diabetes, kidney stones and many other diseases are improved by coral minerals. The coral contains each mineral required by the body in a highly absorbable form. Experts are of the opinion that about 157 diseases are caused by a mineral deficiency.

Although corals are often called coral calcium, they not only contain calcium but all minerals required by the body. The efficacy of the coral is largely based on this abundance of mineral trace elements.

Minerals are the basic building elements of health. Enzymes, nerves and almost all biochemical processes need minerals to function properly. Ruthless exploitation and monocultures as well as environmental pollution washed out many minerals from our soils, which may lead to a deficiency in our food and therefore also in our bodies.

The intake of coral minerals to balance a specific mineral deficiency also improves the state of health accordingly. When, by taking coral minerals, the mineral storage of the body is filled up, the pH value of the body reaches its natural alkaline state (high pH value). In this way the immune system and also the state of health in general improves because diseases thrive in an acid environment (low pH value) and are stunted in an alkaline environment (high pH value).

Effects
Corals are rich in calcium and an excellent food supplement because the calcium can be easily absorbed and does not cause constipation, which occurs when any other calcium supplements are taken. Calcium is an important component of the coral, but even more important are the trace elements contained in the coral.

What are coral minerals? Sea animals take up the ionic oceanic minerals and excrete them in the form of corals. Therefore, the minerals of the coral are organic, that means digested by an animal. Inorganic minerals can be utilized by the body only with great difficulties and to a small extent. The 73 trace elements/minerals of the coral are organic and therefore highly assimilable.

In addition, coral minerals are able to ionize when getting into contact with moisture, which makes them better utilizable. Coral minerals are also in a natural state of balance – therefore each mineral can fully develop its effect.

The filling up of the mineral balance can be quantified through a change of the pH value. In healthy people the body fluids and tissues show a slightly alkaline state (high pH value). Our often one-sided nutrition, the intake of medication, environment pollution and stress, however, lead to superacidity (low pH value). An alkaline state of the body (high pH value = rich in oxygen) is important since we are «oxygen creatures». Oxygen is the most important substance for human life. All named and unnamed states of disease have one thing in common: a body full of waste products due to superacidity. Decades ago, Otto Heinrich Warburg, the only physician who twice received the Nobel prize, proved that cancer cannot exist in an alkaline environment (high pH value).

Indications
Osteopenia/osteoporosis: calcium is the element most frequently found in the human body; 99 percent of it are bound in the bones and teeth. It is an essential part of bone and tooth formation and its deficiency provably leads to bone destruction and osteoporosis. Absorption of calcium is mainly dependent on vitamin D. A combined lack of these two substances causes rickets in children and osteomalacia in adults. Especially vegetarians and people who are rarely exposed to sunlight may easily show the symptoms of a deficiency in vitamin D and calcium.

PRODUCT INFORMATION

Coral Calcium®
contains natural, fossilized coral minerals to balance specific mineral deficiencies and to restore the body’s pH balance.

Coral Calcium®
▹ contains 73 vital trace elements, calcium and vitamin D
▹ supports bone formation and helps in case of osteoporosis
▹ protects the cardiovascular system by its content in magnesium
▹ strengthens the immune system and the general wellbeing
▹ strengthens the pH value in the body and has a balancing effect in case of superacidity
Muscles/nervous system: a lack of calcium leads to muscle cramps and disturbances in the signal transmission of the nervous system.

Calcium also plays an important role in blood coagulation, in the triggering of allergies and increased blood pressure. It also binds fat and cholesterol in the digestive tract and could help to lower the cholesterol level.

But even more important than the calcium content of Coral Calcium® is its content in minerals and trace elements. When the body assimilates coral minerals and absorbs them properly, specific deficiencies in trace elements are balanced and the entire mineral balance is filled up. Disturbances of the health caused by a lack of trace elements are improved and a balance in the immune system is created which has positive effects on health and wellbeing in general.

**Composition**

**One capsule contains:**

- Fossilized coral minerals 600 mg
- Vitamin D3 400 IU

in pharmaceutical grade. Other ingredients: magnesium stearate

**Dosage**

In normal cases take 1 capsule daily with plenty of fluid. Depending on the clinical picture, the dose may be increased to 9 capsules a day. There is no known upper limit of Coral Calcium® that has a toxic effect.

**Side Effects, Contraindications**

Persons suffering from hyperparathyroidism or having a chronic kidney disease should take calcium only as instructed by a doctor. In rare cases calcium may cause constipation and flatulence.

**Instructions**

Pregnant or lactating women or persons who are under constant medical care should consult a doctor before use. Generally a specialist should be consulted before the intake of food supplements. This is particularly applicable in case of chronic disease or during regular intake of medication. If you experience symptoms during the intake of Coral Calcium® you should consult a doctor and inform him/her of the intake. Store in a cool, dry place and keep out of reach of children.

**Coral Calcium® Product Groups**

Coral Calcium® can be found in the following product groups (www.vitabasix.com):

- Vitamins & Food Supplements
- Cardiovascular System
- Immune System
- Cell Protection & Antioxidants
- Bones & Joints

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.
Basic Facts

In the course of life our skin loses its natural ability to regenerate itself. First signs of aging can no longer be easily fought against out of our own. In addition, harmful effects of the environment as well as stress promote the increased formation of free radicals in the skin.

These cell-damaging, oxidizing substances attack the cells of the skin. They are among the main causes for the aging process of the skin, which begins in the second decade of life, already.

In aesthetic medicine, the main focus of its numerous therapeutic concepts is the external appearance. Wrinkles are filled up by injections, excessive skin is removed, fatty depots are treated with suction. However, more and more people become aware of the fact that, in the long run, a holistic approach is the better alternative. It is not only health that comes from within – in a certain sense it is also beauty. The newly kindled interest also includes the integrated anti-aging medicine. It takes into consideration a possible lack of substances produced by the body itself or an excess of foreign substances. If active ingredients are replaced in an ideally balanced form this also influences the age-typical changes of the skin.

Effects

Dermachron® is THE beauty treatment practiced from within. It is a fact that frequently experienced problems are not caused by just one single or very few factors alone. Eight causes may be at the bottom of adverse effects – the formula of Dermachron®, with its comprehensive substances, aims at removing these disturbances and blemishes of the skin. First and foremost there is the improvement of the blood supply, but limiting destruction of the cells by free radicals is also of prime importance. The aging and excess stress of the skin are further parts of the problem, quite frequently cell regeneration is also slowed down or impaired.

When the skin suffers it loses its radiance, and also the ultraviolet fraction of the solar spectrum contributes its share to an accelerated aging of the skin. Finally, the ability to store moisture also decreases. To improve each one of these conditions, Dermachron® contains an active ingredient, from very potent antioxidants to specific mineral mixes to hyaluronic acid.

Substances in an AM formula and a PM formula support the full spectrum of the metabolism of the skin. In line with the respective time of the day, the well-balanced components of Dermachron® fulfill the various tasks of supply, repair and detoxification around the clock. The concentration in one morning capsule and one evening capsule guarantee optimum intake and effect.

In order to be effective, substances must undergo certain processes during their digestion. Chronobiology plays an important role in this connection. The time of the day is a factor that influences the efficacy of many substances, and this factor is taken into consideration when formulating an optimal, chronobiologically correct food supplement. Because the problems of the skin are manifold. Individual, cosmetically important vitamins are of great significance. Eight plant-based or biochemical antioxidants like grape-seed extract or white tea extract protect against oxidative stress. At the same time they improve the blood supply of the fine vessels of the skin. Trace elements are indispensable for renewing the structure of the tissue. Their lack results in loose skin and loss of hair. Both the morning capsule and the evening capsule contain well balanced herb complexes which have a strengthening effect on the connective tissue. The capsules bioactively support the nutrient balance of the skin around the clock.

Vitamin A: promotes the growth of firming collagen fibers.
Vitamin C: by trapping radicals, it is an especially effective part of the «antioxidant network».
Vitamin E: protects the cholesterol in blood against oxidation and supports the effect of vitamin C.
Selenium: protects the skin against harmful UV rays.
Alpha lipoic acid: as a corner stone of the «antioxidant network» it is especially efficient, slows down aging processes.

PRODUCT INFORMATION

Dermachron®

A combination of active ingredients formulated according to chronobiologic principles, consisting of vitamins, nutrients, trace elements and plant-based components. The substances contained in an activating morning capsule and a regenerating evening capsule prevent premature aging of the skin, combat wrinkles from within and protect the skin against harmful effects of the environment.

Dermachron® At a Glance

- combats wrinkles and loose skin from within
- strengthens the connective tissue and makes the skin taut
- protects the skin against harmful effects of the environment
- provides the skin with all important nutrients
Coenzyme Q10: a further, highly potent component of the «antioxidant network», fights free radicals.

White tea extract (polyphenols 40%): valuable rarity made from the unopened leaves with a white fuzz, lowers the blood pressure, polyphenols provide high protection against uncontrolled cell growth.

Herb complex AM (extracts of burdock root, red clover blossom, dandelion, blessed milk thistle): protects proteins and lipids against oxidation, has an anti-inflammatory effect and improves the blood supply.

Bioperine®: pepper extract, increases the bioavailability of substances.

Coral Calcium®: regulates the pH value of the organism. The more balanced this value the higher the organism’s ability to absorb all the other active substances.

Vitamin B3: a vitamin important for the skin, has an important role in regeneration and improves the binding of moisture.

Zinc: indispensable for healthy skin, hair, nails, protects against harmful rays.

Folic acid: also known as vitamin B9, promotes the building-up of important cell components in various organs.

Aloe vera: also known as «desert lily» contains about 220 active ingredients; known as a skin antibiotic, it has an internally detoxifying effect and externally a regenerating effect, maintains the youthful freshness of the skin.

Hyaluronic acid: as a component of the firming connective tissue, it regulates the moisture film of the skin from within.

Biotin: essential constructive vitamin, protects against cracked skin.

Astaxanthin: highly effective anti-aging substance for the skin on the basis of carotene.

Lutein and zeaxanthine: Both substances neutralize free radicals and reduce oxidative stress (antioxidant effect).

Tocotrienol complex: to smooth the relief of the skin, highly-active repair substance.

MSM: natural sulfur compound, important modulator of the immune system, detoxifying, anti-inflammatory, pain-killing.

Herb complex PM (extracts of marigold, grape seed, horsetail): helps the skin to regenerate.

Indications

The main application is the prophylaxis of age-related changes of the skin. Dermachron® has an antioxidative effect and thus protects against free radicals which damage the cells of the skin and accelerate its aging process. It promotes cell regeneration and new formation of collagen, which makes the skin look firmer and younger, effects which also clearly show even in young people.

Composition

AM capsule (morning)

<table>
<thead>
<tr>
<th>Substances</th>
<th>daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A (palmitate)</td>
<td>5000 IU</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>60 mg</td>
</tr>
<tr>
<td>Vitamin E (natural succinate)</td>
<td>20 IU</td>
</tr>
<tr>
<td>Selenium (Se)</td>
<td>250 mg</td>
</tr>
<tr>
<td>Alpha lipoic acid</td>
<td>25 mg</td>
</tr>
<tr>
<td>Coenzyme Q10</td>
<td>1 mg</td>
</tr>
<tr>
<td>White tea extract</td>
<td>50 mg</td>
</tr>
<tr>
<td>Bioperine®</td>
<td>5 mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>25 mg</td>
</tr>
<tr>
<td>Herb complex (extracts):</td>
<td>400 mg</td>
</tr>
<tr>
<td>burdock root, red clover blossom, dandelion, blessed milk thistle</td>
<td></td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

PM capsule (evening)

<table>
<thead>
<tr>
<th>Substances</th>
<th>daily dose</th>
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</thead>
<tbody>
<tr>
<td>Niacinamide</td>
<td>30 mg</td>
</tr>
<tr>
<td>Zinc (Zn)</td>
<td>10 mg</td>
</tr>
<tr>
<td>Folic acid</td>
<td>0,4 mg</td>
</tr>
<tr>
<td>Aloe vera extract</td>
<td>4 mg</td>
</tr>
<tr>
<td>Hyaluronic acid</td>
<td>6 mg</td>
</tr>
<tr>
<td>Biotin</td>
<td>300 mcg</td>
</tr>
<tr>
<td>Astaxanthin</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Lutein</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Zeaxanthin</td>
<td>8 mcg</td>
</tr>
<tr>
<td>Tocotrienol complex</td>
<td>50 mg</td>
</tr>
<tr>
<td>MSM</td>
<td>500 mg</td>
</tr>
<tr>
<td>Herb complex (extracts):</td>
<td>185 mg</td>
</tr>
<tr>
<td>marigold, grape seed, horsetail</td>
<td></td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

Dosage

In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid.

Side Effects, Contraindications

Do not use in case of hypersensitivity to any component of the preparation.

In case of overdosage, side effects in the form of nausea, headache, fatigue and the like may occur which, however, quickly disappear upon discontinuation.

The intake of high doses of vitamin C may lead to diarrhea. Vitamin C reduces, and vitamin E increases, the effects of anticoagulants.

Before taking this preparation together with other medicines, you should in any case consult your doctor.

Instructions

Generally a specialist should be consulted before intake. In the presence of diseases or when taking medications on a long-term basis, Dermachron® should be used only after consulting a doctor.

Should you experience any complaints while taking Dermachron®, consult a doctor and inform him/her of the intake. Store in a cool, dry place and keep out of reach of children.

Dermachron® Product Groups

Dermachron® can be found in the following product groups (www.vitabasix.com):

- Vitamins & Food Supplements
- Chronobiology
- Skin & Hair
- Immune System, Cell Protection & Antioxidants

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version February 2016
**Basic Facts**

DHEA (DeHydroEpiAndrosterone) is currently one of the most important substances in anti-aging medicine. On account of its numerous effects on the immune system and the brain aging process it is being increasingly used to treat diminishing capacity in old age. DHEA has been shown to exert a strong harmonizing effect on the psyche, enhance stress tolerance, and may also protect the individual from Alzheimer’s disease.

Unfortunately DHEA levels are markedly reduced with advancing age. The values from the age of 40 onwards are reduced to a third of the values of 30-year-olds, and to a ninth of these values in 60-year-olds. DHEA is one of the most versatile hormones in the human body.

In several experiments it was found that DHEA might provide effective protection against cardiovascular problems, as it reduces cholesterol levels and positively influences the coagulation ability of blood. Further investigations have shown that DHEA markedly improves memory, makes the immune system more effective, supports the degradation of body fat, encourages estrogen and testosterone production, and enhances libido. Therefore it is not surprising that scientists throughout the world view this hitherto neglected hormone with new respect and new hope.

**Effects**

DHEA is a steroid hormone that is produced with the help of cholesterol in the adrenal glands, brain and the skin. A large part of this hormone is bound to specific protein molecules of other hormones. Free DHEA is a «mediator hormone» that supplies basic elements for other hormones and vital substances; DHEA also supplies certain basic elements for the formation of these substances.

The production of DHEA is drastically reduced after the age of 40 years, which leads to a gradual discontinuation of estrogen production and the start of menopause in women. The same is true for the production of testosterone in men. A lesser production of testosterone is also associated with lesser formation of DHEA. Such low DHEA levels lead to a higher cholesterol level and the risks and consequences associated with this condition. The stress-bearing ability of the individual is also dramatically reduced when the production of DHEA falls.

Besides, DHEA is currently a burning point of focus for some of the most intensive medical research projects of this century. Scientists of the most prominent medical research institutions in the USA like Harvard, Stanford and the Universities of Wisconsin, Utah and California are studying the properties and possible effects of DHEA. It is proving to be a potent protective agent for cancer. One research group under Dr. Arthur Schwartz is currently working on a medication based on DHEA, which may be introduced in the market as the first «anti-cancer pill». Patients with infarction, men with prostate disease, and women who have entered menopause have very low DHEA levels.

**Indications**

Aging: those conducting research in the aged believe that a disturbed balance between the production of cortisol and DHEA is responsible for several symptoms related to stress and aging. In trials it was found that DHEA causes a general «sense of wellbeing» in elderly individuals. Besides, stress can be handled better by taking DHEA.

**Immune system:** DHEA has a direct effect on lymphocytes and stimulates interleukin-2, an important communication protein of immune regulation. DHEA strengthens the immune system and increases the body’s resistance to infection. Extremely low DHEA levels were observed in patients with arteriosclerosis, high blood pressure, poor memory and concentration, overweight and disturbed fat metabolism, chronic fatigue syndrome, high cholesterol levels, Alzheimer’s disease and multiple sclerosis. Low DHEA levels were also found in the presence of Lupus erythema-

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**DHEA At a Glance**

- counteracts stress by supporting the degradation of harmful stress hormones
- stimulates the immune system
- stabilizes the sugar metabolism and markedly reduces the risk of developing adult-onset diabetes
- markedly reduces the risk of stroke and infarction by preventing the clumping of blood
- reduces cholesterol levels and, consequently, the risk of cardiovascular disease
- has a marked preventive effect in respect of breast, skin, bowel and lung cancer
- reduces weight by enhancing the energy turnover and reducing fat deposits
- regulates hormone metabolism, especially that of estrogen and testosterone, and their stabilization to juvenile values
- enhances sexual capacity and sexual desire

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**PRODUCT INFORMATION**

**DHEA**

DHEA is a base for several endogenous hormones in the body and a natural hormonal aid for healthy aging.
tosus (an autoimmune disease) osteoporosis, depression and asthma.

DHEA substitution may help to reduce symptoms and enhance quality of life in all of these diseases.

Cancer: DHEA cannot cure cancer and should not be used as a substitute for an established cancer therapy, because trials concerning its effects have not been completed yet. However, several studies have shown that the outbreak of cancer appears to be directly associated with low DHEA levels. In laboratory experiments the growth of several types of cancer could be successfully suppressed by DHEA.

Composition
One capsule contains 5 mg, 10 mg, 15 mg, 25 mg or 50 mg DHEA (DeHydroEpiAndrosterone) in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

Dosage
The exact dosage of DHEA can be decided only after an individual hormone status has been determined. The intake may be started from the age of 25 years.

The following suggested dosage should be used as a guideline:

Women: 5–25 mg
Men: 25–100 mg

It should be taken in the morning on an empty stomach, about 30 minutes before breakfast with plenty of fluid.

Side Effects, Contraindications
Studies conducted so far have revealed no significant side effects following oral DHEA substitution. Mild acne occurred in isolated cases, but immediately disappeared after the intake was stopped. More rarely it was found that elderly women had slightly increased hair growth on the face. It should be noted that elderly women often have stronger hair growth on the face even without the intake of DHEA.

Instructions
DHEA is a potent substance and should not be taken without consulting a doctor. This is especially true if you are currently being treated by a doctor, or taking medicines or other hormone preparations prescribed by a doctor.

DHEA may not be taken in the presence of hormonal types of cancer (breast, ovarian and uterine cancer in women, prostate cancer in men). It may be taken for prevention but not for diagnosed tumors. Not suited for pregnant and lactating women.

Since orally ingested DHEA is processed in the liver and then released into the bloodstream, patients with liver problems should always first consult a doctor. This is also true for male patients who are being treated by a doctor for testosterone-related prostate disease. Store in a cool, dry place and keep out of reach of children.

DHEA Product Groups
DHEA can be found in the following product groups (www.vitabasix.com):

- Hormones & Hormone-like Substances
- Women's Health
- Cardiovascular System
- Immune System, Cell Protection & Antioxidants
- Bones & Joints
- Men's Health
- Power & Energy
- Sexuality & Libido
- Metabolism & Weight

Important information:
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Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version July 2011
**Basic Facts**

DHEA (DeHydroEpiAndrosterone) is currently one of the most important substances in anti-aging medicine. It is a steroid hormone which is produced with the help of cholesterol in the adrenal glands, the brain and the skin. DHEA is a precursor for other hormones and vital substances – including testosterone (male sexual hormone) and estrogen (female sexual hormone).

In several experiments it was found that DHEA could serve as an effective protection against cardiovascular problems, as it reduces the cholesterol level and positively influences the coagulation ability of blood. Besides, further investigations have shown that DHEA markedly improves memory, enhances performance abilities, strengthens the immune system, degrades body fat, supports the production of estrogen and testosterone, and enhances libido.

7 Keto DHEA or 3-acetyl-7-oxo-DeHydroEpiAndrosterone is a natural metabolite of DHEA. It has similar effects as DHEA but is not transformed into sexual steroid hormones. Studies showed that it could serve as an alternative to DHEA in treating specific effects of the aging process. It appears to be especially effective in counteracting the weight increase associated with advanced age.

**Effects**

The production of DHEA is markedly reduced after the age of 40 years, which leads to a gradual discontinuation of estrogen production and the start of menopause in women. The same is true for the production of testosterone in men. A lesser production of testosterone is also associated with lesser formation of DHEA. Such low DHEA levels lead to a higher cholesterol level and the risks and consequences associated with this condition. The stress-bearing ability of the individual is also dramatically reduced when the production of DHEA falls.

7 Keto DHEA is one of more than 150 metabolites of DHEA and is termed the «ultimate DHEA» by some researchers. It is equally effective and has the same therapeutic effects as DHEA, but is not transformed into sexual hormones. The advantage is obvious: Due to the fact that it is not transformed into testosterone or estrogen, 7 Keto DHEA has none of the potential side effects which could occur from a surplus of these sexual hormones.

It is suspected that 7 Keto DHEA is bound to the same receptors as glucocorticoids and therefore suppresses these stress hormones – which are formed to a greater extent in old age. Among other effects glucocorticoids suppress immune reactions in the body. Blood levels of glucocorticoids increase so high with advancing age that they may impair the immune system – one of the numerous problems of aging.

Furthermore, in experiments it was found that 7 Keto DHEA increases serum levels of the thyroid hormone T3 (triiodothyronine), which is also reduced by the aging process. This is significant because T3 plays an important role in energy metabolism. With advancing age the human metabolism becomes slower. Ingested calories are not burned and transformed into energy, but deposited in the form of fat. The result is an increase in weight and the problems associated with it (cardiovascular disease, fat metabolism disease, calcification of vessels, etc.). T3 is one of the most important hormones to boost the metabolism – the lower the serum levels of the substance, the less is the turnover of energy. The energy turnover is boosted by enhancing T3 levels through 7 Keto DHEA, and a natural loss of weight occurs.

**PRODUCT INFORMATION**

7 Keto DHEA is a natural metabolite of DHEA which, however, is not transformed into sexual hormones. It has the same positive effect as DHEA but none of its potential disadvantages.

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**At a Glance**

- has the same effects as DHEA without the potential side effects resulting from transformation into sexual hormones
- causes natural weight loss
- enhances the body’s immune system
- prevents premature aging of the skin
- enhances memory powers
Indications

**Obesity/overweight:** 7 Keto DHEA increases the activity of the thyroid hormone T3, which stimulates thermogenesis (the production of warmth in the body) and metabolism. This causes more energy to be consumed and the individual loses weight; the phenomenon was confirmed in several studies. Maximum success was achieved when the individuals simultaneously performed sports three times a week.

**Cardiovascular disease:** low DHEA levels signify an elevated risk of cardiac infarction, independent of other risk factors. In trials it was found that 7 Keto DHEA has a similar favorable effect on blood coagulation as aspirin (inhibition of platelet aggregation).

**Lupus erythematosus:** lupus erythematosus (LE) is an autoimmune disease in which the body's own tissue is destroyed. The skin, joints and central nervous system may also be affected and the individual may experience dramatic effects on his/her quality of life. The intake of 7 Keto DHEA markedly improved the patients' general wellbeing.

**Diabetes mellitus:** 7 Keto DHEA enhances the insulin sensitivity of the body.

**Immune system:** 7 Keto DHEA increases the CD-4 cell count (T-helper cells). These lymphocytes are important to counteract viruses, parasites and some types of cancer. Patients with low CD-4 levels (HIV-positive patients) experienced a marked increase of these important immune cells. Furthermore, since 7 Keto DHEA boosts the entire immune system, it might effect a general enhancement of the individual's defense abilities towards infection.

**Skin aging:** 7 Keto DHEA appears to be important for normal hair growth, the function of sebaceous glands, and the elasticity of the skin. In any case the skin ages faster in the presence of low DHEA levels which, according to preliminary studies, could mean that a normal DHEA level has a certain anti-wrinkle effect, and that the elasticity of the skin is retained.

**Memory:** in trials it was found that 7 Keto DHEA markedly improves spatial memory – even more than DHEA.

Extremely low DHEA levels were observed in patients with **arteriosclerosis, high blood pressure, poor memory and concentration, disturbed fat metabolism, chronic fatigue syndrome, high cholesterol levels, Alzheimer’s disease and multiple sclerosis.** Low DHEA levels were also found in the presence of **osteoporosis, depression and bronchial asthma.**

**Composition**

One capsule contains 5 or 25 mg 7 Keto DHEA (7 Keto DeHydroEpiAndrosterone) in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

**Dosage**

The exact dosage of 7 Keto DHEA can be decided only after an individual hormone status has been determined. The intake may be started from the age of 25 years.

The following suggested dosage should be used as a guideline:

- Women: 5 – 25 mg
- Men: 25 – 100 mg

It should be taken in the morning on an empty stomach, about 30 minutes before breakfast with plenty of fluid.

Side Effects, Contraindications

No side effects have been observed in connection with the intake of 7 Keto DHEA.

**Instructions**

7 Keto DHEA is a potent substance and should not be used without consulting a doctor. This is especially true if you are currently being treated by a doctor and need to take medicines or other hormone preparations regularly.

Not suited for pregnant and lactating women. Patients who have thyroid diseases may take 7 Keto DHEA only after consulting a doctor because it may influence thyroid hormone levels. Store in a cool, dry place and keep out of reach of children.

**7 Keto DHEA Product Groups**

7 Keto DHEA can be found in the following product groups (www.vitabasix.com):

- **Hormones & Hormone-like Substances**
- **Women’s Health**
- **Skin & Hair**
- **Cardiovascular System**
- **Immune System, Cell Protection & Antioxidants**
- **Bones & Joints**
- **Men’s Health**
- **Metabolism & Weight**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

**Important information:**

Subject to alterations and printing errors. Version July 2011
Basic Facts

Besides heart attacks and diseases involving tumours, diabetes mellitus along with both of its occurring forms, type-I and type-II, is one of the most common pathologies of the civilised world. While type-I, with its outspoken insulin deficiency, is particularly found in young people, diabetes mellitus type-II is the most frequent form found in older patients.

Various factors such as being obese and an improper diet, along with genetic factors, result in individual cells of the body no longer reacting to the body’s own sugar level. Thus, the body is no longer capable of taking sugar from the blood and supplying its cells with this important nutrient. Furthermore, the resulting high blood sugar levels over the long term can lead to permanent damage to the vascular system and to the organs.

The balanced mixture of Diabetichron® can counteract this insulin resistance, thereby supporting the physiological regulation of the sugar metabolism in diabetics. Many severe long-term effects of diabetes caused by increased blood sugar levels including nerve damage, pain, blindness, heart diseases and advanced aging, can consequently be reduced or brought to a halt.

Furthermore, this formula, which was specially developed according to chronobiologic factors, does not only guarantee high levels of effectiveness, but also provides the required substances at the right time of day.

Effects

Diabetichron®, with its various components which have been harmonised according to respective daily requirements, has an effect on various points within the very complex scope of sugar metabolism. The individual effects can be schematically summarised as follows:

- **Banaba extract**: Extracts such as those of the Banaba leaf facilitate a direct transfer of sugar from the bloodstream into cells. Due to the combination of the plant extracts of the bitter melon and Gymnema sylvestre, which already reduces the intake of sugar molecules from the intestines into the bloodstream, a reduced intake and improved utilisation of sugar is achieved in addition to a significant reduction of the blood sugar level.

- **Vanadium sulphate**: Especially in the case of type-II diabetes mellitus, reduced sensitivity of the insulin receptors to the respective target cells play a particularly pathogenic role. Substances such as vanadium sulphate have been proven capable of sustainably increasing the functionality of these important docking sites for insulin. Furthermore, chromium, especially in its most biologically active form, chromium polynicotinate, causes the effect of insulin to be considerably higher as soon as it has been accumulated by specific receptors. Together, these substances facilitate a more efficient and physiologically-correct functionality of the insulin receptor.

- **L-carnitine**: It is often the case with diabetics that sub-optimal utilization of blood sugar is accompanied by improper utilization of fat. Dietary supplements containing L-carnitine help to normalise the burning of fat. Furthermore, Enzymes such as lipases, proteases and amylases lead to improved digestion and utilisation of nutrients. This process is also supported, among other things, by certain extracts of fennel or other plants that are rich in bioflavonoids.

- **Alpha Lipoic Acid (ALA®)**: The blood sugar level of diabetics, which is continuously too high, results in, among other things, free radicals forming due to oxidative processes. These auxiliary and degradation products of many metabolic processes are highly reactive and destroy unspecific cells and tissue structures. A sufficient anti-oxidative treatment is therefore crucial for an optimal dietary supplement for diabetics. One of the most well-known antioxidants is Alpha Lipoic Acid (ALA®), which is often referred to as a «universal anti-oxidant» since it regenerates vitamin C and coenzyme Q10, two other important antioxidants.

**PRODUCT INFORMATION**

**Diabetichron®**

Innovative dietary supplement for regulating the sugar metabolism of diabetics. The mixture of various extracts, vitamins and minerals, adapted for both daytime and nighttime, makes extensive physiological sugar metabolism regulation possible, achieving the highest levels of effectiveness due to carefully-selected and harmonious ingredients.
Bilberry extract: Bilberries contact pigments that are referred to as anthocyanins. These plant pigments have an anti-oxidative effect. Together with the remaining constituents, they help to ensure optimal blood supply to the eye, thereby improving the functionality of the retina and, independently of this, facilitating night vision. Bilberry extract can also be very helpful in the case of retinopathy, which is caused by mistreated diabetes and macular degeneration due to age.

Vitamins C, E and biotin: The mixture of antioxidants in Diabetichron® is rounded off by these substances, which are also known for their anti-oxidative effects. Biotin is also referred to as Vitamin B7. It supports metabolic processes and has a central role in the metabolism of fatty acids.

Magnesium: Numerous enzymes necessary for blood sugar metabolism only function well if a sufficient level of magnesium is available. Insulin resistance can be improved by the presence of magnesium; the available insulin facilitates a better flow of sugar into the cells.

Coral Calcium®: regulates the pH value of the organism. The more balanced this value the higher the organism's ability to absorb all the other active substances.

Fenugreek: One of the most truly interesting of Europe's medicinal plants, fenugreek (trigonella foenum-graecum) was discovered as a glucose absorption inhibitor. During the consumption of sugar, fenugreek inhibits the sudden rise of the blood sugar curve.

Indications
Diabetichron® is an innovative dietary supplement product. It has been specially harmonised to meet the needs of people suffering from type-II diabetes mellitus. The carefully-formulated mixture as well as the differentiation of substances designated for daytime and nighttime guarantee, on the one hand, the highest level of effectiveness of the individual components and, on the other, the best level of tolerance possible.

Composition

<table>
<thead>
<tr>
<th>AM capsule (morning)</th>
<th>per capsule/daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banaba extract</td>
<td>12 mg 24 mg</td>
</tr>
<tr>
<td>Chrome (from chromium polyioncinate)</td>
<td>200 mcg 400 mcg</td>
</tr>
<tr>
<td>Gymnema sylvestre extract</td>
<td>150 mg 300 mg</td>
</tr>
<tr>
<td>Bitter melon extract</td>
<td>75 mg 150 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>125 mg 250 mg</td>
</tr>
<tr>
<td>Vanadium (V)</td>
<td>150 mcg 300 mcg</td>
</tr>
<tr>
<td>N-acetylcysteine</td>
<td>75 mg 150 mg</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>20 mg 40 mg</td>
</tr>
<tr>
<td>Fenugreek extract</td>
<td>37,5 mg 75 mg</td>
</tr>
<tr>
<td>Bilberry extract</td>
<td>12,5 mg 25 mg</td>
</tr>
<tr>
<td>Alpha lipoic acid</td>
<td>50 mg 100 mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>12,5 mg 25 mg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PM capsule (evening)</th>
<th>per capsule/daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>L-carnitine</td>
<td>35 mg 70 mg</td>
</tr>
<tr>
<td>Enzyme complex</td>
<td>12,5 mg 25 mg</td>
</tr>
<tr>
<td>Biotin</td>
<td>150 mcg 300 mcg</td>
</tr>
<tr>
<td>Magnesium (Mg)</td>
<td>200 mg 400 mg</td>
</tr>
<tr>
<td>Alpha lipoic acid</td>
<td>100 mg 200 mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>12,5 mg 25 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: rice flour, stearic acid, magnesium stearate, SiO₂, tricalcium phosphate

Dosage
In normal cases take 2 capsules AM (yellow) in the morning and 2 capsules PM (blue) in the evening with plenty of fluid.

Side Effects, Contraindications
Side effects (intolerance reactions such as nausea) are very rare and generally mild.

Instructions
Pregnant or lactating women or persons who are under constant medical care should consult a doctor before use. Persons who take insulin or blood sugar reducing medication should check their blood sugar levels with special care while using this product. Store in a cool, dry place and keep out of reach of children.

Diabetichron® Product Groups
Diabetichron® can be found in the following product groups (www.vitabasix.com):

- Metabolism & Weight
- Chronobiology

Important information:
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version March 2017
Basic Facts

DMAE (dimethylaminoethanol) can always be found in the brain in small quantities. If added artificially, the improvement in brain function can be clearly shown. DMAE is called a nootropic substance. Nootropics are substances that aim at an improvement of the performance of the brain (in the sense of an activation of disturbed adaptation capabilities).

They activate higher brain functions and stimulate cortical vigilance. They are furthermore held to be responsible for the functional selectivity in the telencephalon (end brain) and for the restoration of certain parts of the higher nervous system.

What is notable in nootropic substances is that they do not intervene in the subcortical processes that take place in the brain stem (reticular and limbic systems) but act directly on the consciousness exclusively via the cortical systems. Although the neurochemical processes are not yet fully understood, it is known that the nootropic activities influence only certain regions of the brain.

These substances influence the cell membranes regarding permeability and stress resistance, but also have an effect on the formation of serotonin. The research regarding nootropic substances such as DMAE takes place mainly with a view to the age-related decrease of brain functions (e.g. Alzheimer’s disease) and the aging process.

Effects

Dimethylaminoethanol (DMAE) is a nootropic substance the effect of which is possibly due to an increase in the concentration of the neurotransmitter acetylcholine in the brain. Clinically, this effect shows in an improvement of disorders of the brain functions and the brain performance, in particular of the symptoms of impaired memory, weak concentration, lack of drive, increased fatigability and depressive mood.

Patients were examined who suffered from states of anxiety, for instance. The test persons who received DMAE showed a clear increase in the synchronization of the two hemispheres. Their neuromotor control was improved, their memory for words increased, and they were able to better deal with their states of anxiety.

DMAE can be positively used in case of behavior and learning problems such as hyperactivity, hyperkinesis (involuntary movements) and attention deficits which are mainly, but not exclusively, observed in children.

A study involving 100 test persons showed that DMAE is effective against chronic fatigue and light depression. Motivation and personality development were improved, and also the sleep.

In an animal experiment with rats it was observed that DMAE was able to dissolve water-insoluble protein structures which appear in later life in brain tissue, among others. These protein structures are caused by free radicals.

Other studies showed that DMAE prevented the increased occurrence of wear pigments (lipofuscin), a symptom of old age in the brain and the heart muscle. In this function DMAE supports enzymes which, as antioxidants, inhibit the development of the free radicals.

Late dyskinesia (dyskinesia tarda), a disease which mainly affects the motoricity of the muscles in the face, is mostly caused by many years of treatment with neuroleptics. In tests carried out over a period of several years it was observed that the concomitant administration of DMAE inhibited the course of the disease so that the treatment with neuroleptics could be continued. In other diseases of the extrapyramidal system such as for instance akathisia (inability to sit still), DMAE could demonstrably bring relief.

PRODUCT INFORMATION

DMAE

activates higher brain functions and thus improves the ability to think, the memory as well as the capability to learn and the concentration power. Dimethylaminoethanol (DMAE) effectively counteracts age-related disorders and reduction of brain performance and helps to keep important cognitive functions fit.
Indications
The main field of application is an improvement of brain performance and brain function and of the emotional state.

DMAE – dimethylaminoethanol aims at the improvement of higher brain functions such as thinking and memory as well as learning and concentration. Connected therewith is an increase in vigilance and mood.

Moreover, DMAE promotes a normal sleep pattern – the sleep gets deeper and there is less tiredness during the day.

Due to the support of antioxidants and the inhibition of free radicals, aging processes – in particular in the brain – are also slowed.

Composition
One capsule contains 125 mg DMAE (dimethylaminoethanol) from 344 mg DMAE bitartrate in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

Dosage
In normal cases take 1–4 capsules daily 30 minutes before breakfast with plenty of fluid. Should you develop sleeplessness, headache and muscular pain, reduce the dose.

Side Effects, Contraindications
No substantial side effects of DMAE are known.

Clinical studies showed that in some cases DMAE can increase the depressive phase. Therefore, epileptics and persons suffering from manic-depressive disease must not take DMAE.

An overdose can cause sleeplessness, headache and muscular tension. These symptoms disappear when the dose is reduced.

Instructions
Generally a specialist should be consulted before taking the product. If you have a pre-existing disease or are already receiving long-term drug treatment, you should use DMAE – dimethylaminoethanol – only after having consulted a doctor first.

If you experience any symptoms while taking DMAE – dimethylaminoethanol – you should consult a doctor and inform him or her of the intake. Store in a cool, dry place and keep out of reach of children.

DMAE Product Groups
DMAE can be found in the following product groups (www.vitabasix.com):
- Brain & Memory
- Power & Energy
- Sleep
**Basic Facts**

Iron is an essential microelement that plays a role in many metabolic processes, in particular those associated with transporting oxygen and regulating cell growth and differentiation. In fact, iron is involved in well over 100 metabolic processes. Because the body itself cannot produce it, iron must be obtained from food. Iron deficiency is the most common nutrient deficiency worldwide. The condition develops gradually, starting with a negative iron balance when the dietary intake is insufficient to meet the daily need.

When a deficiency exists, the oxygen supply to cells is reduced, which can lead to lower physical performance accompanied by tiredness and a weakened immune system. Other typical signs are paleness, dry skin, brittle fingernails and a tendency to become overweight. High-risk groups include women in general, children and pregnant women; an estimated 22 percent of women in industrialised countries are affected. Up to 47 percent of all school-age children worldwide also develop some form of anaemia, 25 percent of whom suffer from iron deficiency anaemia, the most severe kind of iron deficiency.

**Effects**

Iron, or more correctly iron salt, can exist in two forms: haem iron and non-haem iron. The former is derived from haemoglobin and is found in foods of animal origin. The latter is found in plant products and is the form that nearly all dietary supplements or enriched foods contain, but is often less easily absorbed by the body.

There are a multitude of factors influencing the absorption of non-haem iron; for example, many foods and drinks contain components that interfere with iron uptake. Therefore, it is always best to take iron supplements during the time between meals. Some diseases and certain drugs can also inhibit iron absorption. Furthermore, different iron salts are more readily absorbed in different sections of the gastrointestinal tract.

Unlike conventional food supplements, which typically contain only one salt such as iron sulphate, Ferrochron® is a unique product that largely replaces sulphate with other iron salts that are more tolerable and more bioavailable. By using three-layered technology, the different iron salts are released in different sections of the gastrointestinal tract. This maximises the advantages of each different salt while also reducing side effects and greatly increasing bioavailability.

The tablets have the following structure:

- An initial, outer layer immediately releases 1/3 of the iron in the upper digestive tract, starting in the stomach. This layer contains iron bisglycinate to guarantee an initial, rapid uptake in the upper digestive tract with maximum tolerability; properties that have been confirmed in various research studies.

- An intermediate layer releases iron after a short delay, starting 1 – 2 hours after taking the tablet, while it is being transported through the duodenum. This layer also contains 1/3 of the total iron, but in the form of iron sulphate. To increase the bioavailability of this iron salt even further in this part of the intestine, the tablet additionally releases vitamin C at this stage. This combination also helps to reduce any of the side effects that can occur from high doses of iron sulphate to a minimum.

- A third, long-delay layer only starts to release its iron 2 – 4 hours after taking the tablet. At this time, it is passing through the small intestine (from jejunum to ileum). This layer contains highly bioavailable, microencapsulated iron pyrophosphate coated with lecithin.
Indications
There are certain groups of people in which iron deficiency is more common, and who would especially benefit from dietary supplements. These include women with heavy menstrual losses, for example. Pregnant and nursing women also tend to be iron-deficient. Around 25 percent of all pregnancies in Europe are even accompanied by an iron deficiency anaemia that requires treatment. The consequences are often premature births or babies of low birth weight. For this reason, supplements are always recommended during pregnancy, since the normal diet cannot cover the iron requirements. Other groups at risk are women undergoing fertility treatments and children and adolescents, whose iron requirements are higher during their growth phase. Men and women who suffer from Crohn’s disease, inflammatory bowel disease or coeliac disease, dialysis patients, extreme athletes and vegetarians are also known risk groups.

In order to reduce the risk of progressive iron deficiency in healthy people, the recommended daily doses of dietary iron are around 12 mg for men and children, as much as 15–18 mg for adult women of childbearing age, at least 27–30 mg for pregnant women, and 1 mg/kg for infants between the ages of 4–5 months and 2–3 years. If these amounts are not obtained every day or if large amounts are excreted each day, an iron deficiency or anaemia will develop sooner or later. In these cases, higher supplemental doses are recommended.

Adults with a confirmed or suspected iron deficiency should take at least 30–60 mg of iron per day in addition to their normal diet, or even higher doses in severe cases. This supplementation should continue until the haemoglobin or ferritin levels, both measurable in the blood, have returned to normal. Ideally, by taking chronobiologically designed supplements, the levels should be restored after about 12–16 weeks. People with a low-iron diet (e.g. vegans) or with a permanently higher need for iron intake (e.g. women with heavy menstrual losses, extreme athletes or those with a gastrointestinal condition) often require longer periods of supplementation.

Dosage
In normal cases, take 1 tablet (elemental iron) per day 120–30 minutes before dinner. For acute iron deficiency or pregnancy, the dose can be increased up to 2 tablets per day.

Children aged 6 years or older may take one tablet per day after consultation with their physician. Take the tablets with plenty of fluid (but not with milk, coffee, alcohol or fruit juices).

Side Effects, Contraindications
The ingredients of the tablets are well tolerated and without statistically significant side effects even at sub-chronic doses. While iron uptake is regulated by saturable absorption mechanisms, it is recommended to pause the intake for several weeks as soon as the blood levels have stabilised in order to avoid overdosing. Excessive amounts of iron taken over too long a period can result in liver and heart damage and atherosclerosis. As with all iron preparations, the stool can turn dark black and become somewhat hardened. The latter can be avoided by increasing fluid intake. In all cases, medical advice should be sought before commencing treatment.

Instructions
Store in a cool, dry place and keep out of reach of children. Persons who are under constant medical care should consult a doctor before use.

Important information:
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.
Basic Facts

The Mayo Clinic defines female fertility as a woman’s ability to get pregnant. Up to fifty percent of reproduction disorders are attributable to physical causes in the woman, and in up to another twenty percent of all cases the causes are to be found in both women and men. Female fertility may be impaired by a variety of negative factors: ovulation irregularities, damaged follicles, inflammatory and other diseases affecting the uterus, hormonal changes, and biological age. Selected micronutrients play an important role in women who wish to become pregnant, because they are able to improve the hormonal balance as well as mitigate the other causes leading to female fertility disorders.

Female fertility reaches its climax in the early twenties and, according to the latest findings, begins to decline around the age of 30 and more significantly declines after the age of 35. By this age, the amount of follicles which the female body was endowed with at birth has shrunk to only twelve percent, and this amount further decreases to somewhat over three percent at the age of 40. They are established in the female body at the time of birth, but remain dormant until puberty. If the relevant parameter are present, three out of four, or 75%, of all healthy women at the age of 30 years who wish to have a baby will get pregnant within one year without undergoing any fertility-stimulating measures or without artificial insemination or assisted reproduction. This will be the case with only 66 percent of women at the age of 36, and only 44 percent of women at the age of 40.

While only nine percent of pregnant women aged around 20 years have miscarriages, this figure increases to over 50 percent at the age of 42 years.

In August 2013, the US National Center for Health Statistics in Hyattsville (US state of Maryland) released some surprising figures which may provide indications also applicable to other Western nations. The latest findings reveal that there are different development trends which relate to a woman’s ability to get pregnant and to her great wish for a successful delivery.

12,279 married women up to the age of 44 years and 10,403 men also up to the age of 44 were included in the survey. The number of women with fertility disorders actually decreased from 8.5 percent in 1982 to 6 percent in 2010. Women were defined as being infertile when they had sex at least once a month during twelve consecutive months of their marriage and did not use any contraceptives. At the same time, the percentage of pregnancies with serious problems or undesirable outcome rose from 11 percent (1982) to at times up to 15 percent.

One cannot safely say why one development was positive and the other negative. Influencing factors may be the older age at the time of getting married and at the time of first delivery, but also sexually transmittable diseases, environmental toxins, lifestyle factors such as overweight, or impacts resulting from the pronounced increase in infertility treatments. Neither the financial status nor the educational level of women had a statistical effect.

The so-called impaired fertility, which is characterized by severe pregnancy problems, was clearly shown to be age-dependent. Compared to the group of women aged 24 to 44 years, only half as many women in the age group up to 24 years were affected. An important conclusion to be drawn when planning for a child is to use the time span for optimizing all key parameters. Since weakened fertility may have several causes, a responsibly designed food supplement program must be composed of a variety of amino acids, vitamins, plant extracts and trace elements. The aim is to use the time span before conception to optimize all relevant parameters, so that when conception finally takes place, the oocytes are of satisfactory quality and all other preconditions for a successful pregnancy are fulfilled as well. There is a better chance that the maternal and paternal gene pools are successfully combined when more components for a successful fertilization and subsequent implantation are stimulated by natural means.

The interaction of all ingredients, combined in a modern formula based on chronobiological principles, supports the treatment of female fertility disorders in a natural way.

PRODUCT INFORMATION

Fertilichron® female

Phytochemicals and other dietary supplements of anti-aging medicine in chronobiological form to improve female fertility.

At a Glance

- chronobiological improvement of fertility and preparation for pregnancy
- optimally prepares the female body for conception
- prophylactically provides the female body with all currently needed vitamins, amino acids, minerals, enzymes and trace elements from the time of planning for a child
Effects

With all supporting micronutrients, selecting the optimal dose identified in scientific studies is a decisive factor. A particularly promising factor in achieving the ambitious target of fertilization is the consideration of chronobiological needs of the female body by administering a variety of activating substances – perfectly attuned to one another – in the morning hours, and regenerating substances in the evening hours.

Myo-inositol, a vitamin belonging to the comprehensive vitamin B complex, is a key component of the cellular membrane and therefore an important bioactive substance which stimulates cell growth while having a «soothing» effect on insulin production. This B vitamin influences the mother-to-be’s brain metabolism and helps the body to produce its own «happiness hormone» serotonin – a real gift for every woman undergoing the strains and stresses of pregnancy.

Studies reveal that during the three months prior to fertilization a higher myo-inositol level in the follicular fluid is a factor for improved oocyte quality. Many women already appreciate the positive effect which inositol has on the skin tissue, but this vitamin is also highly beneficial for the rest of the body.

L-arginine is an amino acid which enhances the blood flow to the reproductive organs and helps to create optimal conditions for the implantation of an embryo. A particular function ascribed to this amino acid is the formation of protein-like mucus in the uterus.

Folic acid is one of only few micronutrients known to prevent development disorders in the posterior part of the embryonic spine. It is important, however, that at the time of fertilization the body of a woman of childbearing age already contains a sufficient amount of folic acid, because the latter plays an essential role right from the start of pregnancy. Folic acid deficiency during the last months of pregnancy would also increase the probability of a miscarriage. The special bioavailability of the type of folic acid used here assures optimal efficacy.

Carotenoids provide the female body with a precursor of vitamin A. For a good reason the first letter of the alphabet is dedicated to this vitamin as it fulfills important tasks in human reproduction, cell division and growth. The precursor of vitamin A, the so-called provitamin A or beta-carotene, primarily belongs to a group of substances which assist the immune system in protecting the human body against harmful substances and pathogens. Due to their great antioxidant potential, carotenoids are generally classified as powerful protective substances which help the human body to fight and neutralize aggressive free oxygen radicals. The human body uses provitamin A to produce the exact amount of bioactive vitamin A needed at a given time, which makes overdosage unlikely.

The sweet potato extract Maca was already used by the Inca kings to boost sexual energy, stamina and appetite. Even in the early millennia of civilization, healers devoted much time and energy to the cure of sexual disorders and resorted to the treasure trove of natural remedies. Macalex®, the patented mixture of active substances developed on the basis of Maca, contains a wide variety of minerals, essential amino acids, and trace elements, and is currently used not only with the object of enhancing libido. It also has a regulatory effect on the entire sexual hormone system. Stabilizing these hormonal cycles is the first precondition for a healthy and optimally functioning female reproductive system. In addition, Macalex® enhances physical and mental energy, as well as the activity of the immune system.

Special tomato molecules, which under the name Fruitflow® were shown to produce convincing results in seven scientific studies, were the very first botanical substance to be acknowledged by the critical European Food Safety Authority (EFSA) for its desirable health benefits. The challenge is to ensure an optimized blood flow during this period of peak demand. There are three factors which generally put the cardiovascular system at risk: a wrong blood lipid ratio, hypertension, and a dangerous accumulation of platelets.

The tiny disc-shaped platelets play an important role in blood clotting. When a blood vessel gets damaged, they gather on the inside of the wound to seal and protect it. Stress, overweight and LDL cholesterol may cause the platelets to become too sticky, and this is dangerous. The ingredients of Fruitflow® keep the platelets soft and smooth without infringing their blood-clotting properties. These are substances with which tomatoes cover their seeds.

The EFSA was convinced of the desireable effect of these substances by a highly sophisticated testing method. 27 men and women aged between 40 and 65 years had to swallow either a powdered tomato extract or a placebo powder with no effect, then vice versa. Concurrently, they agreed to have blood withdrawn from their veins through permanent cannulas at intervals, over a period of seven hours. Every hour, 20 milliliters of blood were taken for analysis.

The test started at 7 a.m., and only 90 minutes later the group that had swallowed the tomato extract showed an improved blood, whereas the other group didn’t. This positive effect on the blood lasted for 18 hours.

This outcome caused the EFSA to approve of the following official statements: «Fruitflow helps to keep platelets in a healthy condition and thereby contributes to an improved blood flow» and «Fruitflow supports cardiovascular health.»

In 2011, these tomato substances were honored with the international «NutrAward».

Fruitflow® is contained in the Fertiliplex® capsule of Fertilichron® female which needs to be taken in the morning.

Co Q10, a co-enzyme involved in a variety of biological processes, also plays a key role in the successful fertilization and implantation of the oocytes. Thanks to the latest developments and the use of high-quality raw materials, bioavailability and thus efficiency have been greatly enhanced.

The polyphenol resveratrol is a natural, highly efficient antioxidant. It is primarily extracted from the skin of grapes and has been shown to have a high antioxidant potential as a radical scavenger. Resveratrol not only neutralizes reactive oxygen molecules; it also offers the mother-to-be vascular protection, especially by inhibiting the oxidation of LDL cholesterol in the blood and as a direct consequence preventing its build-up in the wall of the blood vessels. Resveratrol is also greatly beneficial for the unborn baby as it controls special cellular processes (including longevity SIRT genes) and supports many cellular functions.
At the same time, prophylactic administration of a balanced combination of vital vitamins, minerals and essential trace elements in the pre-pregnancy period provides the female body with all the substances it will need in larger amounts during pregnancy and breast-feeding. The food supplement Pregnochron®, which has been specially developed for pregnant and breast-feeding women, is already included in the morning and evening sachets of Fertilichron® female and also assures that all vital substances needed during these stages of life are chronobiologically attuned to each other. At a later stage, they will be passed on from the mother’s body to her baby.

These are the most important ingredients:

**Vitamin C** (Ascorbic acid) is a water-soluble vitamin whose important function is to protect tissue structures, cell membranes and cell components such as proteins and enzymes from oxidative damage due to free radicals. The risk of this damage is especially pronounced in times of increased metabolism, e.g. during physical strain, acute disease, and also pregnancy.

**Vitamin E** (Tocopherol) also serves to protect the body from oxidative stress and to repair damage that has already occurred. This fat-soluble substance is found mainly in cell membranes, where it develops antioxidative significance by supporting and intensifying the active properties of vitamin C.

**Carotenoids**, which have been described already, are a further class of fat-soluble antioxidants that serve as natural coloring agents in plant-based foodstuffs. The graduated and coordinated action of several antioxidants is needed to protect the body from oxidative damage in an optimal way.

**Vitamin A**, which has also been mentioned already, has several effects, including, for example, the growth and differentiation of monolayer or multilayer tissues and of bone mass, support of placental and embryonic development, and positive effects on the immune system.

The various substances of the **Vitamin B complex** serve as important components in several enzymes which initiate key processes in metabolism. States of deficiency mainly occur when the body needs larger quantities of the substance, for instance when the rapidly growing embryonic tissue during pregnancy requires a high turnover of substances.

**Vitamin K** is needed in the liver for the formation of several coagulation factors. A vitamin K deficiency may cause dangerous hemorrhage in the infant during delivery. At the same time, vitamin K deficiency also appears to be associated with a higher rate of miscarriage, especially during the first days following conception.

**Vitamin D** increases the intestinal absorption of calcium and phosphate from food, promotes the activation of both of these substances in bone, enhances mineralization, and maintains the required calcium levels in blood by increasing the absorption of calcium from food and minimizing its loss through the kidneys.

The **MCHC** contained in Pregnochron® is a most exceptional substance, namely micro-crystalline hydroxylapatite. Hydroxylapatite forms the foundation of the hard substance of all vertebrates, including humans. It makes up 40 percent of the bone material and almost 100 percent of tooth enamel. In addition to calcium and phosphate, which are important substances, MCHC includes all minerals required in healthy bone substance, in the same ratio. The special micro-crystalline form of administration allows optimal absorption of this substance by the human body. In this way, states of deficiency in the developing infant, which may lead to skeletal deformation, are prevented early. A healthy calcium balance is also needed to assure that the fertilized egg implants into the lining of the uterus and the desired pregnancy is achieved.

Like folic acid, which has been described already, **Biotin** is a co-enzyme involved in several metabolic processes. The need for this co-factor is very high during the days before a pregnancy and during the entire period of pregnancy and lactation.

Important **minerals and trace elements** such as magnesium, copper, zinc, iodine, iron, selenium, manganese, chromium and molybdenum as well as Omega 3 fatty acids are included in Pregnochron®.

Iodine, selenium, calcium and other bone nutrients should already be stored in sufficient quantity in the female body at the time of fertilization and before the formation of the placenta.

Iodine deficiency is regarded as one of the most common causes of developmental disorders during pregnancy worldwide. Magnesium deficiency, in turn, plays a role in many pregnancy complications. Minerals and chemical elements, such as molybdenum, support the effectiveness of amino acids and enzymes, especially when they are administered together with these in the correct chronobiological combination.

**Omega 3 fatty acids** are needed by the body for many diverse, partly vital functions. They are key components for a healthy fetal brain development, indispensable for the formation of nervous cells and an integral component of the cell walls. Omega 3 fatty acids moreover improve the flow properties of blood and thereby lower the blood pressure. They also positively impact blood lipid levels and are among the most important substances assuring a healthy cardiovascular system. Among the most important essential fatty acids are DHA, docosahexaen acid, and EPA, eicosapentaen acid. They cannot be produced by the body itself and therefore have to be administered. If they occur in sufficient quantity before a woman gets pregnant, the probability of a successful pregnancy outcome is much higher.

**Indications**

Parallel to the emerging wish for a successful pregnancy, Fertilichron® female creates optimal ambient conditions for fertilization, helps to improve female oocyte quality, stabilizes hormonal balance and generally enhances fertility. The intelligent interaction of all ingredients has an effect on the entire reproductive system, preparing it for an impending pregnancy with a selection of bioactive vital substances. Individual vitamins make it easier for the body to produce its own «happiness hormone» serotonin, which supports the woman in mentally preparing for pregnancy.

The chronobiological administration of the three dozens of substances additionally helps to avoid reproduction disorders and achieve optimal impregnation far beyond the biological fertility peak in the early twenties.
Composition
Fertilichron® female AM (morning)
Content morning packet: 1 caps. Fertiliplex® female AM (yellow/white), 2 caps. Pregnachron® AM (yellow)

1 caps. Fertiliplex® female (yellow/white)
Per capsule
Myo-inositol 50 mg
L-arginine HCl 50 mg
Macaplex® 300 mg
Fruitflow® (tomato concentrate) 150 mg
Vitamin D 1600 IU

2 caps. Pregnachron® (yellow)
Per capsule
Vitamin D 1000 IU
Vitamin D 1000 IU

Fertilichron® female PM (morning)
Content evening packet: 1 caps. Fertiliplex® female PM (blue/white), 1 caps. Redwine complex (red/white), 2 caps. Pregnachron® PM (blue), 1 Softgel Omega 3

1 caps. Fertiliplex® female (blue/white)
Per capsule
Folic acid 200 mcg
Co Q10 200 mcg
Macaplex® 300 mg

1 caps. Redwine complex (red/white)
Per capsule
Resveratrol 120 mg
Quercetin 50 mg
Catechins 30 mg
OPC 50 mg

2 caps. Pregnachron® (blue)
Per capsule
Vitamin B1 7,5 mg
Vitamin B2 7,5 mg
Niacinamide 9 mg
Pantothenic acid 6 mg
Vitamin B12 2 mcg
Folic acid 300 mcg
Biotin 100 mcg
MCHC® 100 mg
Magnesium (Mg) 75 mg
Iron (Fe) 9 mg
Copper (Cu) 0,5 mg
Zinc (Zn) 10 mg
Omega 3 complex (containing EPA 30 mg, DHA 20 mg) 50 mg
Calcium (Ca) 50 mg
Coral Calcium® 12,5 mg
Bioperine® 1,25 mg

1 Softgel Omega 3
Per Softgel
Fish oil concentrate (contains EPA 500 mg, DHA 250 mg) 1000 mg

Dosage
In normal cases, take the entire content of the morning packet (AM) in the morning and the entire content of the evening packet (PM) in the evening with plenty of fluid.

Side Effects, Contraindications
No side effects have been observed at the given concentrations. In principle, allergic reactions to a constituent of the preparation cannot be excluded, but are generally unlikely with this composition. Persons with a strong fish allergy might experience intolerance reactions. There is no risk of overdosage at the given doses, provided other preparations are not taken simultaneously. Individual substances may accelerate or even inhibit the resorption of specific medications.

Instructions
Generally a specialist should be consulted before the intake of food supplements. This is particularly applicable in cases of chronic disease and regular intake of medication. If you experience any symptoms while taking Fertilichron®, you should consult a doctor and inform him or her of the intake. Keep out of reach of children and store in a cool, dry place.

Fertilichron® female Product Groups
Fertilichron® female can be found in the following product groups (www.vitabasix.com):

- Vitamins & Food Supplements
- Chronobiology
- Women's Health

Important information:
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Subject to alterations and printing errors. Version: March 2019
Basic Facts

When one in every 29 newborn children in Germany is a twin, triplet or quadruplet, the desire to find natural solutions to the problem of impaired fertility is particularly understandable.

Up to fifty percent of reproduction disorders are attributable to physical causes in the man, and in up to another twenty percent of all cases the combined causes are to be found in both women and men – or there are no concrete causes.

While originally only women with tubal dysfunction could be helped with in vitro fertilization (IVF), numerous approaches to improve fertility in a natural way are now available today. Each has its place. This is because various factors – influenced by the actual or the biological age of the man – determine the quality of his sperm in terms of the number of sperm, their motility and their physical form during their maturation that extends over months.

On the basis of these findings, a comprehensive medicinal plant mixture of vitamins, amino acids, enzymes, phytomaterials, trace elements and metals in chronobiological form has been developed for the natural treatment of fertility disorders for the man wishing to start a family.

The statistics are clear. Since 2001, the number of babies has declined by about one tenth. Unfortunately, this is also as a result of health-related infertility. Subfertility, infertility and pregnancy disorders have become a huge problem for every third couple wishing to start a family. A couple is considered infertile if no conception occurs after a year of regular sexual intercourse without contraceptive measures despite the desire to conceive. Fertility declines with increasing age.

Disorders of sperm production, called spermatogenesis, are not the only causes of infertility that can be favorably improved by nutritional supplements. Often, the transport in the seminal passages is the decisive factor. The improvement of all the prerequisites for successful fertilization is then the order of the day.

A biological clock is ticking not just for would-be mothers, but also for would-be fathers as they get older.

The resulting problems are not limited to difficulties in attempting to procreate, as studies with titles such as «Paternal age and the risk of diseases in the child» indicate. The older a father is, the more divisions his individual stem cells have already undergone – 840 in a 50-year man and only 35 cell divisions in a 15-year-old boy. With each division, the probability of an unwanted mutation grows.

Studies specifically show that decreasing semen quality may be associated with both the so-called OAT syndrome as well as with azoospermia. The three letters OAT stand for oligo (too few), astheno (with reduced motility) and terato (with abnormal morphology) sperm cells caused by pathological changes in the sperm. Azoospermia denotes the lack of sufficiently mobile sperm in the semen.

In the middle of the last century, young men of reproductive age typically had 100 million sperm per milliliter of semen, as confirmed by the examination of the ejaculate. Today, men can be happy if they have 60 million. Increasingly, there are reports of apparently healthy men between 20 and 30 years of age who have only less than 20 million sperm per milliliter.

And this low number is also of poor quality. Often, only a presumed five to fifteen percent of them are able to make their way to the egg.

For successful insemination, the criteria influencing sperm transport are also of vital importance. The key requirement is always the introduction of a sufficient amount of sperm into the muscular organ of the uterus. The most common related disorders stem from erectile dysfunction, which is also perceived as impotence.
In the course of his life, a healthy man produces an estimated 400 billion sperm cells, each taking about ten weeks to reach maturity. They then survive up to a month in the sperm depot.

An intelligently designed way to improve male fertility aims to optimize the production of sperm with regard to all major functions during this overall development time. Between 120 and 600 million sperm cells will then be released at every successful ejaculation. Every single spermatozoon has 2682-2686 genetic information molecules and various mini-power plants that generate the energy required for the flagellation of the tail.

If it is not possible to have the children one wants, investigation into the presumed causes of any infertility should, therefore, be carried out in both the woman and the man in parallel. Compared to the investigations carried out on the woman, a useful analysis of the seminal fluid in a laboratory is quick, painless and easy. A semen analysis of several ejaculates over a threemonth period can determine whether and which functions of the sperm are impaired. The determination of the ejaculate values by the technical personnel is very extensive and includes not only the volume of semen and the sperm concentration, its total count and motility but also the pH value and specific constituents such as acid, fructose or metabolites. Particular attention is paid to the ability to move forward (motility) – ideally more than 20 percent of the sperm – as well as the genetic information from oxidative damage. The sperm cell carries 50 percent of the DNA. Healthy seminal fluid has a high level of vitamin C.

Vitamin E (tocopherol) is the most important fat-soluble antioxidant with a highly protective effect on the fat constituents of cell membranes, as well as on blood lipids. In this regard, it is particularly important for the brain, the immune system and the reproductive system.

Carotenoids are a further class of fat-soluble antioxidants active in lipids. They are especially credited with the neutralization of certain toxins from cigarette smoke and environmental chemicals. Tissues communicate with each other via gap junctions, and carotenoids prevent the collapse of such information paths.

Vitamin A is the main vitamin for growth and development, resulting in the improvement of skin problems such as psoriasis and acne. The chief organ targeted by this vitamin is the thymus gland, the gland that regulates the immune system.

As co-enzymes, the various water-soluble substances of the vitamin B complex – B1, B2, B6, B12, folic acid, pantothenic acid, biotin, niacinamide – essentially fulfill protective functions in relation to mental abilities, the functions of the nervous system, in the production of energy as well as in relation to the processes of regeneration and detoxification.

BioPQQ™ Pyrroloquinoline quinine disodium salt is a highly antioxidant enzyme molecule found in many kinds of foods (spinach, green peppers, parsley, green tea, potatoes, natto kinase) with vitamin B properties. In 2003, the Journal of Nature classified BiOPQQ™ as a new member of the vitamin B family, making it the first new vitamin discovered since 1948. BioPQQ™ acts directly in the mini-power plants of cells, including the sperm cells. In particular, it protects the brain from oxidative damage; it also exerts beneficial effects on the nervous system and cell health in general. Studies performed in mice and rats have shown that a diet lacking in BioPQQ™ results in disorders of reproduction, development and the immune defense.

B vitamins play key roles in balancing the hormone system, especially before and during conception. For example, vitamin B6 is required to produce the hormone serotonin and other neurotransmitters. Folic acid regulates the blood count and cell growth in the male reproductive system.

Vitamin K is necessary for the formation of several coagulation factors in the liver, may protect against insulin resistance, and promotes bone health.

Vitamin D levels are positively associated with increased sperm motility and a healthy cell structure. As recently as 2006, a special docking point for this vitamin was discovered on the surface of the sperm cell. A deficiency is considered a serious factor of sperm deterioration. In animals, the fertility of vitamin D-deficient male rats decreased by 45 percent. In the laboratory, doses of vitamin D increased various activity patterns of human sperm cells, including their ability to attach to the egg.

Fertilichron® male contains the patented mineral mix Coral Calcium®, containing dozens of trace minerals, especially calcium. Calcium, a highly reactive alkaline earth metal, gives the sperm cell the decisive help it needs precisely when it has to penetrate the outer layer of the egg. That is why the calcium level within the sperm increases shortly before this moment. Without this support, the sperm lacks the power for a union, for example in case of a shortage of calcium or a fault in the delivery system from certain channels. Calcium activates a special reproductive gene, and animal studies in mice have shown that once this mechanism is blocked the mice become infertile.

The oceanic calcium mineral is a product of the digestion of marine animals, which means it is organic and easily absorbable in this form. A further key effect is that it causes an increase in the pH value as compensation against harmful chronic acidosis.

Important minerals and trace elements such as magnesium, copper, zinc, iodine, iron, selenium, manganese, boron, potassium, chromium and molybdenum support the effectiveness of amino acids. Two details: Zinc measurably increases the number of sperm cells; while selenium improves their motility. Selenium deficiency is common due to depleted arable soils.
L-carnitine supports the delivery of fatty acids into the mini-power plants of the sperm cell, where they are metabolized into energy. A high-fat diet or a lack of co-substances leads to a deficiency of this amino acid. In endurance trials, L-carnitine leads to better results. Studies have shown that this substance from the meat of cattle, pigs and chickens, or from plants such as avocados and asparagus, increases energy performance and the vitality of the sperm.

L-arginine, on the one hand, supports the athletic effects of L-carnitine and, on the other, has established itself as a substance that supports vascular health and boosts sexual capacities in males. L-arginine is a precursor of nitric oxide and is, therefore, directly involved in penile erection.

L-glutathione, synthesized from three amino acids, enhances the liver's detoxification functions. In a double-blind trial of infertile men, this highly active antioxidant significantly improves the number and motility of sperm.

The sweet potato extract maca was already used by the Inca kings to boost sexual energy, stamina and appetite. Macaplex®, the patented mixture of active substances developed on the basis of maca, contains a wide variety of minerals, essential amino acids, and trace elements. It can enhance the libido and has a regulatory effect on the entire sexual hormone system. Stabilizing these hormonal cycles is the first prerequisite for the healthy maturation of a sufficient number of sperm. In addition, Macaplex® enhances physical and mental energy, stamina, as well as the activity of the immune system.

Tribulus is a non-hormonal food supplement and obtained from the medicinal plant Tribulus terrestris. Its active ingredients are among the water-soluble natural products of the saponins group frequently occurring in plants. In the past 20 years, various studies in humans and animals have demonstrated that tribulus increases the release of the luteinizing hormone (LH) (up to 72 percent), thus sending signals to the body to send more testosterone (up to 42 percent) into the bloodstream. An increase in the free testosterone level in men leads, among other things, to increased sperm production. Other positive effects of tribulus are better general wellbeing as well as lower cholesterol levels.

Muiru puama is a sandalwood tree with stone fruits, called the 'potency wood' in Brazil. An extract promotes testosterone production, supports erectile function and increases sexual desire.

Ginger was originally valued for its relaxing effects, while its aphrodisiac effects increase male fertility and boost the sperm count. With its medicinal powers, the ginseng plant stimulates testosterone levels and supports the normalizing effects of stress hormones from the adrenal glands. With regard to male subfertility, it improves the number and motility of sperm, while at the same time increasing the libido and relieving potency problems.

Damiana is more than just an herbal aphrodisiac from South America. In addition to appetite, it boosts the provision of energy and stamina with benefits that extend beyond the sexual organs. The substances in damiana act as an antidepressant. They also have psychoactive and anti-anxiety qualities and contribute to mental well-being.

Resveratrol is a natural, highly effective antioxidant from red grapes that, thanks to its benefits to vascular structures, may be able to prevent erectile dysfunction (ED) and low sperm counts. Its anti-inflammatory properties protect the vascular structures and muscle tissue in the penis. Like L-glutathione, this polyphenol reduces oxidative stress, thereby increasing in turn the nitric oxide content of the tissue. The blood vessels then dilate and, thanks to their expansion, blood flow increases. In animal studies in diabetic rats, erectile function, sexual interest and satisfaction were increased with the dose of resveratrol. The number of sperm was measurably increased.

Co-enzyme Q10 is a vital component of the cells’ power plants – the mitochondria – and offers a variety of beneficial effects. Above all, it intensifies blood flow and increases the function of the respective organ. Coenzyme Q10 also improves oxygen transport and the endurance capacity in people with sedentary lifestyles. With regard to testicular function, it has been demonstrated that this fat-soluble antioxidative nutrient significantly improves the quality of sperm and increases their vitality. By protecting nerve cells from environmental toxins, choline supports the function of neurotransmitters in general and boosts mental capacity.

Sarsaparilla (Smilax extract) increases energy through plant-based saponins that have a mild hormonal effect. It is an anti-inflammatory and antibacterial aphrodisiac in various folk medicines.

Omega 3 fatty acids are essential for the formation of nerve cells and are an important component of the cell walls. In addition, omega 3 fatty acids improve blood flow properties and thus also blood pressure. They also have a positive influence on the levels of blood lipids – extremely important nutrients for a healthy cardiovascular system. Among the most important essential fatty acids are DHA, docosahexaenoic acid, and EPA, eicosapentaenoic acid.

Citrus bioflavonoids are powerful antioxidants and, like the black pepper extract Bioperine®, improve vitamin absorption, thus increasing the bioavailability of nearly all active substances.

One particularly promising factor to achieve the objective of good-quality semen is the consideration of the chronobiological needs of the male body, deliberately harmonized by different active substances being administered in the morning or in the evening.

With all supporting micronutrients, selecting the optimal dose identified in scientific studies is a decisive factor.

Indications

Fertility may be impaired by a variety of factors: hormonal imbalances, the consequences of operations, inflammation, and environmental pollution, reduced food quality, a chronic lack of nutrients, stress, addictive drugs and the excessive intake of nicotine and alcohol.

Approximately 200 chemicals adversely affect sperm quality, including industrially produced substances, plasticizers in plastics, active ingredients in cosmetics, hormonal components in prescription drugs, and pesticides used in agriculture. They are hardly degradable in the environment. Up to 79 percent of food samples contain tell-tale traces of them.

Infections of the seminal ducts are, naturally, particularly counterproductive, and treatment with chemotherapy or radiation therapy may leave its mark.

If there is a longer gap in sexual activity, the ejaculate will mainly contain older sperm with reduced mobility.
**Composition**

**Fertilichron® male AM (morning)**

Content morning packet: 3 caps. Fertiliplex® male AM (yellow/white), 1 caps. Coenzyme Q10 (orange), 1 caps. Vitachron® male AM (yellow).

<table>
<thead>
<tr>
<th>Composition</th>
<th>Fertilichron® male PM (morning)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per capsule Daily dose</td>
<td>Per capsule Daily dose</td>
</tr>
<tr>
<td>Vitamin C 84 mg</td>
<td>Vitamin B12 5 mcg</td>
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<tr>
<td>Vitamin E 30 IU</td>
<td>Folic acid 400 mcg</td>
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<tr>
<td>Vitamin B6 3,5 mg</td>
<td>Zinc (Zn) 20 mg</td>
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<tr>
<td>Natural carotenoids 3,5 mg</td>
<td>Copper (Cu) 0,5 mg</td>
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<tr>
<td>Vitamin D 200 IU</td>
<td>L-glutathione 40 mg</td>
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<tr>
<td>L-carntine 165 mg</td>
<td>Macaplex® 100 mcg</td>
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<tr>
<td>L-arginine HCI 84 mg</td>
<td>Tribulus terrestris extract 200 mg</td>
</tr>
<tr>
<td>Selenium (Se) 25 mcg</td>
<td>BioPQQ™ Pyrroloquinoline Quinone</td>
</tr>
<tr>
<td>Disodium Salt 1 mg</td>
<td>Disodium Salt 1 mg</td>
</tr>
<tr>
<td>Muira puama extract 34 mg</td>
<td>Vitamin B12 5 mcg</td>
</tr>
</tbody>
</table>

**1 capsule Coenzyme Q10 (orange)**

Per capsule | Vitamin B1 7,5 mg |

**1 capsule Vitachron® male AM (yellow)**

Per capsule | Vitamin B2 7,5 mg |

| Vitamin A 2000 IU | Folic acid 400 mcg |
| Natural carotenoids 9 mg | Zinc (Zn) 20 mg |
| Vitamin D 400 IU | Copper (Cu) 0,5 mg |
| Vitamin E 100 IU | L-glutathione 40 mg |
| Choline (bitartrate) 22 mg | Macaplex® 100 mcg |
| Vitamin B6 10 mg | Tribulus terrestris extract 200 mg |
| Inositol 22 mg | BioPQQ™ Pyrroloquinoline Quinone |
| Vitamin C 175 mg | Disodium Salt 1 mg |
| Vitamin K 50 mcg | Vitamin B12 5 mcg |
| Citrus bioflavonoids 50 mg | Folic acid 400 mcg |
| Calcium (Ca) 150 mg | PABA 15 mg |
| Magnesium (Mg) 40 mg | Vitamin B12 50 mcg |
| Manganese (Mn) 1,5 mg | Magnesium (Mg) 100 mg |
| Boron (B) 0,5 mg | Potassium (K) 35 mg |
| Chromium (Cr) 100 mcg | Zinc (Zn) 15 mg |
| Selenium (Se) 50 mcg | Copper (Cu) 0,5 mg |
| Molybdenum (Mo) 50 mcg | Smilax extract 37,5 mg |
| Iodine (I) 100 mcg | Ginger extract 37,5 mg |
| Muira puama extract 37,5 mg | Ginseng extract 37,5 mg |
| Damiana extract 37,5 mg | Bioperine® 1,25 mg |
| Bioperine® 1,25 mg | Coral Calcium® 12,5 mg |
| Coral Calcium® 12,5 mg | Resveratrol 120 mg |

All ingredients in pharmaceutical grade. Other ingredients: rice flour, SiO2, magnesium stearate.

**Dosage**

In normal cases, take the entire content of the morning packet (AM) in the morning and the entire content of the evening packet (PM) in the evening, with plenty of fluid, at meals.

**Side Effects, Contraindications**

No side effects have been observed at the given concentrations. In principle, allergic reactions to a constituent of the preparation cannot be excluded, but are generally unlikely with this composition. Persons with a strong fish allergy might experience intolerance reactions. There is no risk of overdose at the given doses, provided other preparations are not taken simultaneously. Individual substances may accelerate or even inhibit the resorption of specific medications.

Persons whose lack of sperm function has mainly organic causes should consult their doctor before taking the food supplement Fertilichron® male.

**Instructions**

Generally a specialist should be consulted before the intake of food supplements. This is particularly applicable in cases of chronic disease and the regular intake of medications. If you experience any symptoms while taking Fertilichron® male, you should consult a doctor and inform him or her of the intake. Keep out of reach of children and store in a cool, dry place.

**Fertilichron® male Product Groups**

Fertilichron® male can be found in the following product groups (www.vitabasix.com):

- Vitamins & Food Supplements
- Chronobiology
- Men's Health

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.
Florachron®

Improvement of the intestinal flora by ingestion of a chronobiologically developed prebiotic (morning) and probiotic (evening) bacteria mixture with a synergistic action.

Basic Facts
The digestive eco-system hosts 400 to 500 different types of bacteria. In the healthy flora of the small and large intestines, bacteria with beneficial properties dominate over illness-causing germs. These «friendly» microorganisms preserve the body's immune defense, assist in the uptake of nutrients and facilitate the elimination of undigested food particles. The condition of this first and most important barrier against pathogens and toxins is seriously impaired in millions of people by three factors: inappropriate antibiotic treatment, an unbalanced diet, and inflammatory bowel diseases.

«Death sits in the bowels» goes a famous wise saying by early history's most prominent physician, Hippocrates of Kos. Modern medical research proves him right. Nearly all diseases of affluence, or lifestyle diseases, are related to impaired digestion and a deficient uptake of nutrients. The food we eat introduces pathogens and other harmful substances into our digestive system. Ideally, they are eliminated while proteins, fats, carbohydrates as well as vitamins, minerals and secondary plant constituents are absorbed by the organism. The intestinal mucosa also produces immune cells, which are distributed to all parts of our body through the lymphatic channels, thus strengthening our immune system.

The restoration of the natural bacterial balance after an antibiotic therapy, which uncontrollably kills off both friendly and harmful bacteria, after infectious or inflammatory diseases and the maintenance of a healthy intestinal flora are the prime areas of application of chronobiology. The relevant measures are repeated in two steps according to a daily rhythm: healthy, living bacteria (probiotics) are applied to normalize the bacterial flora. Fibrous substances which are indigestible by the human digestive system (prebiotics) provide a perfect breeding ground for these probiotics, assuring that the friendly bacteria stick to the intestinal wall and find optimal conditions for procreation.

Florachron® is a preparation whose effect takes place at the correct time of day. A probiotic complex of bacterial stems, supplemented with some prebiotic substances, is administered in the morning. The capsule taken in the evening, which contains a multiple of the amount of these prebiotics, helps the micro-organisms to accumulate effectively inside the digestive tract and prepares the intestinal wall for the next load of prebiotics.

The daily amount of about 26 billion bacteria contained in Florachron®, which is much more than the amount of micro-organisms contained in the daily food, is administered chronosynbiotically in the manner of a «yoghurt tablet», assuring that a sufficient amount of these micro-organisms survives the passage through the stomach with its gastric acid and reaches the different bowel sections in an efficient number.

Effects
Effects of probiotics
While the food is being digested, lactobacillus acidophilus forms several substances (e.g. lactic acid) which create an unfavorable environment for undesirable micro-organisms. By producing niacin, folic acid and pyridoxine, this lactobacillus moreover contributes to the formation of a healthy intestinal flora. Lactic acid bacteria strengthen the immune system, have cancer-preventive properties and regulate the cholesterol level. A precondition is that these healthy bacteria are administered in sufficient number so they can overcome the gastric acid barrier which builds up during the digestive process, and reach the bowels alive.

The probiotic bacterial stem lactobacillus plantarum – generally known to be contained in fermented sauerkraut – converts oxygen into hydrogen peroxide. This is a powerful weapon which the immune system employs against many unhealthy micro-organisms, and which serves to eliminate competing, unhealthy bacteria from the intestines.

Another integral constituent of the human digestive tract, and indispensable for its continuous restoration, is lactobacillus salivarius (an autochthonous bacterium).

Lactobacillus rhamnosus is one of 52 bacterial stems that has proven particularly resistant to illness-causing bacteria and gastric acid. It shows particularly strong adherence to the intestinal mucosa.

Bifidobacterium bifidum exerts its effect especially in the large intestine, where it produces B vitamins and enhances the
absorption of calcium and other minerals as well as many vitamins, just like other intestinal symbiotic bacteria. The intestinal flora of a breastfed infant is a typical bifidus flora. The lactic acid and acetic acid produced by the intestinal symbiotic bacteria improve the acidity in the intestinal tract and make it more resistant to pathogenic bacteria and molds. The conversion of nitrate (in vegetables) into nitrates and subsequently into carcinogenic nitrosamines is thus inhibited.

Effects of prebiotics

Tens of thousands of plants contain fructooligosaccharides (FOS). Particularly high concentrations of these fibers, which are non-digestible for humans, are found in rye, garlic, onions, bananas, burdock and honey. Because our digestive system lacks certain enzymes, their molecules cannot be fully digested. They are converted into short-chain fructo-oligosaccharides (scFOS) which adhere to the mucosa of the intestinal tract. In this way they provide a perfect breeding ground selectively for the "friendly" bacteria which are able to assimilate this sugar.

Most FOS are natural derivatives of inulin, a reserve carbohydrate which occurs in plants (also referred to as alant starch). It was much revered by the North American Indians for its health benefits particularly in the Jerusalem artichoke, or topinambour. When inulin and its related substances accumulate in the intestines, their additional bacteriostatic properties also assist in restoring healthy intestinal flora. Inulin swells in the stomach, curbing the feeling of hunger there already. The fossilized coral minerals contained in Coral Calcium® optimize the acid-base balance and enhance the absorption of the administered substances.

Indications

Scientific studies have revealed positive influences on a number of physical conditions, mainly by improving the body’s own defense mechanisms:

- inflammatory bowel syndrome
- inflammatory diseases of the stomach and intestines
- bacterial gastritis
- bacterial periodontitis
- bacterial vaginosis
- chronic atopic dermatitis
- chronic bronchitis
- diarrhea
- irritable bowel syndrome
- urinary tract infections
- skin infections
- colds
- tonsillitis
- other infections

It is also popular among people who lead a stressful lifestyle to maintain their personal balance, energy and well-being. Inulin is an important prebiotic for the normal intestinal flora. It is used for the maintenance of a normal intestinal flora as it provides a nourishment for bifidus bacteria (patented BIO-tract® technology) and other beneficial bacteria for the enhancement of health. It is also used for the maintenance of a normal flora in the gastrointestinal tract to help balance the normal flora of the intestines and the preservation of the indigenous flora.

Dosage

In normal cases take 2 tablets AM (white) in the morning and 2 capsules PM (blue) in the evening with plenty of fluid.

Side Effects, Contraindications

The probiotic substances contained in Florachron® correspond to the natural bacteria found in the human intestines and have generally proven to be well tolerated over many years. The probiotic substances are primarily obtained through fermentation and can also be used safely by diabetics. They are therefore safe for use across a wide dosage range.

Instructions

If you have a pre-existing disease or are already receiving long-term drug treatment, you should use Florachron® only after having consulted your doctor first. If you experience any symptoms while taking Florachron®, you should consult a doctor and inform him or her of the intake. Not suited for pregnant and lactating women. Store in a cool, dry place and keep out of reach of children.

Florachron® Product Groups

Florachron® can be found in the following product groups (www.vitabasix.com):

- Vitamins & Food Supplements
- Chronobiology
- Immune System, Cell Protection & Antioxidants
- Stomach & Intestines
- Metabolism & Weight

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version October 2015
Folic Acid

is one of the critical vitamins since it is often not supplied in sufficient quantities to the organism. Yet folic acid is indispensable for the body as it is required for cell division together with vitamin B12.

Basic Facts

If there is a deficiency in folic acid, cells are no longer capable of dividing and multiplying properly, which may have severe consequences in particular for quickly growing tissue (bone marrow, gastrointestinal tract, etc.) and also for fetal growth. A folic acid deficiency during pregnancy is also regarded as being linked with certain malformations of the child (e.g. neural tube defects, spina bifida).

Although folic acid is contained in a large number of foods, it is the vitamin of which the greatest deficiency exists worldwide. This is mainly due to one-sided nutrition: Most animal products (except for liver) contain only little folic acid while plant-based food rich in folic acid is often not eaten in sufficient quantities.

In addition, alcohol and a number of medicines such as estrogens, barbiturates, sulpha salicin, etc. inhibit the folic acid metabolism, moreover, folic acid is not very heat resistant or photostable.

It is estimated nowadays that a daily dose of 400 micrograms of folic acid alone could reduce the incidence of cardiac infarction in the industrialized countries by about ten percent. Due to the complicated interactions between the various vitamins, however, it makes more sense to supplement not only folic acid. The vitamins B12 and B6 should also be ingested in sufficient quantities.

Effects

A deficiency in folic acid mainly affects quickly growing tissue. It therefore has particularly critical consequences in pregnancy. In this connection, certain malformations of the child could be associated with this maternal vitamin deficiency. A deficiency in folic acid can, in particular, increase the incidence of neural tube defects and spina bifida (cleft spine) and therefore attention should be paid to a sufficient intake of folic acid in early pregnancy.

In medicine, the amino acid homologue homocysteine has been given great attention in the past few years. The homocysteine metabolism is in this respect closely connected with folic acid and vitamin B12. If these vitamins are deficient, the homocysteine level in blood increases as the amino acid can no longer be transformed back to methionine. Recent studies have shown that there is a significant connection between increased homocysteine levels and a deficiency in folic acid and vitamin B12. It was even possible to lower the homocysteine values in persons with a normal homocysteine level when they were administered folic acid and vitamin B12.

Increased homocysteine levels in blood have proven to be independent risk factors for cardiovascular diseases. According to numerous recent investigations, an increase in homocysteine also increases the risk of cardiac infarction, stroke and peripheral vascular diseases. Moreover, increased homocysteine levels are found in 20 to 40 percent of the patients suffering from coronary heart disease.

Apart from its importance as a cardiovascular risk factor homocysteine also seems to have a central role in the development of the postmenopausal osteoporosis. The most recent studies have shown that increased homocysteine levels impair cross-linking of the collagen fibers in bones which then causes damage to the bone matrix. In future, the administration of folic acid to prevent osteoporosis could therefore become more important.

Indications

Pregnancy/lactation: folic acid supplementation may lower the risk of malformations of the child. Moreover, the milk flow when breastfeeding is stimulated and milk production increased.

Depression/age: the correction of folic acid deficiency in patients showing psychiatric symptoms has rendered amazing results. In particular with elderly people having bad cerebral function and reduced folic acid values, the administration of folic acid could significantly increase their psychological performance and relieve their mental complaints. In this connection folic acid proved to be an antidepressant that increases the serotonin level in the brain. In this context, recent studies have shown that a highly-dosed folic acid therapy (15 to 50 milligrams per day) is a safe and efficacious option against depression which has a similar efficacy as a drug therapy.
Skin: the human skin is also a tissue whose cells divide very quickly. Therefore, a well-balanced folic acid level is of special importance for keeping the skin firm and maintaining its healthy appearance.

Cancer: a folic acid deficiency may have other consequences as well. Here, it is in particular dysplastic changes of the mucous membrane of the cervix («cervi- cal dysplasia») that should be mentioned. Since estrogens inhibit folic acid, pregnant women and women taking oral contraceptives could experience abnormal changes in the mucous membrane of the cervix. This is important since cervical dysplasia is a precursor of cervical cancer.

Cardiovascular diseases: as already mentioned, it is important to substitute folic acid to prevent cardiac infarctions and vascular diseases.

Food supplement/physical balance: folic acid acts positively on all quickly dividing tissues and supports their regeneration. In particular this also applies to the gastrointestinal tract. A healthy digestive system is less prone to be populated by intestinal parasites such as fungi and certain bacteria, which in turn enhances the physiologic balance of the body. One feels better and is fitter.

Anemia: both a deficiency in folic acid and vitamin B12 lead to macrocytic anemia, and this kind of anemia goes hand in hand with an enlargement of the red blood cells. In this kind of anemia folic acid has to be supplemented.

Composition
One capsule contains 800mcg folic acid (vitamin B11) in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

Dosage
In normal cases take 1 capsule daily with plenty of fluid as a food supplement and to prevent a deficiency. To prevent atherosclerosis and osteoporosis it is mostly recommended to take 800mcg of folic acid per day. To treat cervical dysplasia and depression, it is generally recommended to take 10mg of folic acid per day.

Side Effects, Contraindications
As a rule, the intake of folic acid causes no problems and no side effects. However, when taking folic acid, a deficiency in vitamin B12 may not be detected or its chemical proof in the laboratory may be made more difficult. If a deficiency in vitamin B12 is overlooked, however, this may cause severe damage to the nerves. Luckily, a deficiency in vitamin B12 is rare and is found only in case of a certain stomach disease. Yet it is not recommended to take more than 1000mcg of folic acid a day without having consulted a doctor first.

Instructions
Absorption of folic acid in the intestine is impaired by some medications (digestive enzymes and antacids). If these substances are taken, a higher folic acid intake is recommended.

There is an interaction between folic acid and methotrexate, which is used to treat cancer. While in cancer therapy the inhibiting effect of methotrexate on the new formation of cells by its antagonism to folic acid is desired, it may possibly cause severe side effects if autoimmune diseases are treated with methotrexate, and then a supportive administration of high doses of folic acid may be required. However, this should only be done under the supervision of a doctor.

Generally, however, a specialist should be consulted before intake. In the presence of diseases or when taking medications on a long-term basis, folic acid should in any case be used only after having consulted a doctor first. Should you experience any complaints while taking folic acid you should consult a doctor and inform him/her of the intake. Store in a cool, dry place and keep out of reach of children.

Folic Acid Product Groups
Folic Acid can be found in the following product groups (www.vitabasix.com):

- Cardiovascular System
- Depression & Moods
- Women’s Health
- Skin & Hair

Important information:
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version September 2014
Basic Facts
We live in a world where we are always subjected to external stimuli. Noise, visual stimuli, computer work and stress are all factors which may easily lead to overstimulation and overstrain. The burn-out syndrome has practically become a widespread disease and the sale of psychopharmaceuticals and drugs which make it possible to «come down» has soared in the past few years. It is not uncommon that these problems begin in childhood, already. Child psychologists and pediatricians can tell a tale about that. Ever more frequently the small ones have concentration disturbances so that they cannot be restrained be it at home or at school and have to be treated for hyperactivity syndrome.

The good news is that nature itself has made provisions for such cases and that the human body can produce its own sedative – GABA. Unfortunately, however, the resources are not sufficient in most cases because of the massive overstimulation – and the result is disturbed sleep and disturbed concentration. It gets more and more difficult to relax oneself.

Effects
GABA stands for gamma-amino-butyric acid and is a non-essential amino acid which means that it can be produced by the body itself – from another amino acid (glutamine). GABA is the most important inhibiting neurotransmitter of the brain. From a functional point of view this means that GABA inhibits the transmission of signals in the nerve endings and therefore has a very important function as a gate keeper. GABA can be found in about 30 percent of all nerve cells, and inhibition of the synthesis leads to spasmodic fits. Therefore, GABA is the natural «sedative» of the brain.

In old age the GABA levels and the GABA activity drop, which also seems to be the cause of age-related diseases that involve movement disorders and cramps, such as Huntington’s chorea.

Additionally it enhances the release of growth hormone (GH), one of the most important hormones of the body, which is produced in the pituitary gland and released. GH is, among others, important for muscle buildup and also has anti-aging and many disease-preventing properties.

The pharmaceutical industry has, of course, been aware of the sedative effects of GABA for a quite a long time and there exist a number of drugs which intervene in the GABA cycle und imitate the effect. Among them are most of the tranquilizers and soporifics, among others the best known group of the benzodiazepines (whose most prominent representative is valium). Alcohol also docks at the GABA binding sites in the brain, which is the reason for its centrally sedative effect.

Indications
When there is a GABA deficiency in the brain, various GABA-associated disorders may occur as has already been mentioned. The intake of natural GABA may help in case of the following diseases and symptoms:

States of anxiety and inner unrest: contrary to traditional tranquilizers and psychopharmaceuticals, GABA has no habit-forming properties and also none of the other side effect of these substances. If there is a GABA deficiency, one should administer the «domestic remedy» provided by nature.
Depression: depressive moods seem to go hand in hand with a low GABA level. This could be shown in women suffering from emotionally depressive states due to a pre-menstrual syndrome. Filling up the GABA depots may significantly improve the emotional condition.

Spasmodic fits: with GABA certain forms of spasmodic fits may be kept under control, also in children.

The administration of GABA after strokes to restore functions such as memory and the faculty of speech has proven to be quite successful.

GABA and muscle buildup: it has been scientifically proven that GABA enhances GH release and therefore muscle buildup. If taken correctly and after appropriate training, the muscles become more defined due to a lower fat content and the buildup is faster. First successes can be proven after about eight weeks. A second important point is that GABA has pain-inhibiting properties. Sports competitors who take GABA in support of their training activities frequently report that the training-related pain is less and/or the pain-tolerance threshold higher.

Composition
One capsule contains 750mg GABA (gamma-amino-butryc acid) in pharmaceutical grade. Other ingredients: magnesium stearate

Dosage
In normal cases take as required 2 to a maximum of 6 capsules per day with plenty of fluid.

Side Effects, Contraindications
As yet no serious side effects have been described when taking natural GABA. In rare cases tingling dermal sensations and short-term shortness of breath as well as increased heart rates have been reported which, however, are not of a serious nature. Pregnant or lactating women or persons who are under constant medical care should consult a doctor before use.

Instructions
To enhance GH release, GABA should be taken immediately before falling asleep and not during the day as its efficacy is greatest when intake is followed by a sleep phase. The reason is that the GH is released in the first two hours after having fallen asleep. The advantage of the sedating effect is that the sleep becomes plentiful. It is also important that GABA is taken at least 45 minutes after the last meal.

To obtain a sedative effect, GABA should be taken together with the meals. GABA is also suited for children having hyperactivity symptoms and/or concentration disturbances.

In any case, GABA should be taken under the strict supervision of a doctor, only, and self-medication should not be practiced. Store in a cool, dry place and keep out of reach of children.

GABA Product Groups
GABA can be found in the following product groups (www.vitabasix.com):
- Depression & Moods
- Pain & Inflammation
- Sports & Muscles

Important information:
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version July 2014
Basic Facts

To the same extent to which our society ages, problems with the memory become more frequent. Be it on account of stress or of higher expectations we or others have of ourselves – more and more people become aware of this complex of problems. And rightly so: impaired memory and presenile dementia influence all aspects of life and not only individual persons. The burden is felt by society as a whole. In the United States alone the annual costs are estimated to be approximately 100 billion dollars.

The older people come to be the less active their brain cells become. What was easy once gets increasingly more difficult. It is estimated that the memory of about half of those older than 50 years is impaired, with disturbances ranging from simply forgetting things to the severe forms of Alzheimer’s disease.

Ginkozin®

Both remedies have been used in China for millennia, and it is mainly huperzine A that in big clinical studies has proven to be very successful in treating disturbed memory and Alzheimer’s disease. Even the renowned medical journal «Journal of the American Medical Association» reported about these investigations.

Ginkozin®

The mix of ginkgo biloba and huperzine A improves mental fitness, increases attention and the ability to concentrate, and also proves to be successful in the treatment of Alzheimer's disease.

Effects

**Ginkgo biloba**: ginkgo biloba, an extract from the leaves of the ginkgo tree, which mainly grows in the South and East of the United States and in China, has antioxidative properties and thus protects nerve cells. The active components inhibit the so-called platelet activating factor (PAF), which causes blood platelets to clump. A PAF that is too high damages nerve cells and affects the blood flow to the central nervous system. ginkgo biloba also positively regulates tonus and elasticity of the blood vessels, which in turn leads to a better circulation both in the big vessels and the microvessels.

**Huperzine A**: huperzine A, an alkaloid from huperzia serrata (a moss which grows in the cool mountain regions of China) has been used in China for millennia to improve memory performance, attention and concentration. The molecular structure of huperzine A (HupA) is well researched. HupA reversibly inhibits acetylcholinesterase (AChE), an enzyme splitting and degrading acetylcholine. Acetylcholine is the messenger substance for the memory functions in the brain and important for our ability to concentrate and be attentive. AChE molecules normally degrade excess acetylcholine and by doing so maintain a balance. In advanced age, under stress and due to toxic influences, however, the acetylcholine levels go down and the delicate balance is disturbed – deficiency symptoms occur which affect our cognitive abilities.

Indications

**Memory impairments**: in clinical and experimental studies huperzine A showed in the test persons a clear improvement of the performance of the brain, an increase in the ability to concentrate and in the spans of attention. The test persons were able to better focus their thoughts and reported a better mental condition.

**Alzheimer’s disease**: in Alzheimer’s disease, which is characterized by extreme loss of memory and presenile dementia, the most important neurochemical changes are both a marked deficiency in acetylcholine and a...
reduced synthesis. By inhibiting AChE, the signs and symptoms can be delayed as the degradation of the messenger substance is slowed down.

The efficacy of HupA is due to the fact that it complexes to the acetylcholine molecule exactly at the spot where normally AChE would act. Its half life is longer than that of AChE so that it renders the latter ineffective. Acetylcholine stays intact longer and therefore also acts longer.

The results in the treatment of Alzheimer’s disease were promising, and some researchers believe that the efficacy of HupA is better and that it is safer than all medications that have been sold up to now. In addition, the therapeutic effect lasts longer than that of all other medications.

**Depression:** first studies showed good results in elderly people suffering from depressive mood who had not reacted to the commonly used antidepressants.

**Cardiovascular system/brain:** due to its platelet-inhibiting effect, ginkgo makes the blood «more liquid», so to say and improves circulation. This is true both for arteries and veins. In the brain, the improved flow properties protect the nerve cells, which may have a positive effect on stroke patients.

**Tinnitus/vertigo:** ginkgo biloba has a positive influence on these very disturbing and life quality limiting symptoms, also because of its platelet-inhibiting effect. This could be proven in double-blind studies.

**Prevention:** Ginkozin® can also be taken preventively by healthy people. Especially people of the baby-boom generation who are now around 60 years of age and experience first signs of forgetfulness occasionally can use it as a safe and efficacious «memory booster».

Huperzine A is, so to say, the first line of defense for the nerve cells. Its mechanism of action is basically different from other natural substances supporting the memory functions. It acts directly at the spot where the messenger substances are transferred and helps to provide sufficient quantities of acetylcholine. ginkgo biloba, in turn, plays the role of the «supporting actor» and is a good support and supplement due to its antioxidative and protecting properties.

In Ginkozin® both substances are united at an optimal mutual ratio and therefore enhance the efficacy of each other.

**Composition**

**One capsule contains:**

- Ginkgo biloba extract 100 mg
- Huperzine A 100 mcg

In pharmaceutical grade. Other ingredients: rice flour, magnesium stearate, SiO₂

**Dosage**

In normal cases take 1 capsule daily with plenty of fluid.

**Side Effects, Contraindications**

Regarding the individual substances, **ginkgo biloba** practically has no serious side effects. In rare cases slight headache and gastric disorders have been reported which, however, last for only one to two days. As yet, no contraindications to intake are known.

**Huperzine A** is also very safe and well tolerated. However, pregnant and lactating women as well as persons suffering from hypertension and pulmonary problems due to excess bronchial secretion should not take huperzine A.

**Instructions**

Up to now all studies showed that Ginkozin® is extremely safe and well tolerated. Cardiovascular problems in the elderly may, however, be a symptom of a serious basic disease and therefore competent and professional advice should be sought (even by healthy people) before self-medication. Store in a cool, dry place and keep out of reach of children.

**Ginkozin® Product Groups**

Ginkozin® can be found in the following product groups (www.vitabasix.com):

- Brain & Memory
- Depression & Moods
- Cardiovascular System

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

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**Manufacturer:**

VitaBasix® by LHP Inc.
www.vitabasix.com | uk@vitabasix.com
Tel.: 00800-7030-7060 | Fax: 00800-1570 1590

Subject to alterations and printing errors. Version July 2014
Basic Facts

Arthrosis is defined as a degenerative disease of the joint cartilage. Its frequency increases with age and the process is accelerated by obesity and lack of exercise. Arthrosis may start at the age of 30 years. At the age of 60 nearly every human being experiences cartilage wear more or less in all joints, mainly in the knee and the hip. In persons who suffer from arthrosis the normal balance between the formation and degradation of cartilage is disturbed. The result is a progressive wear of cartilage, which may be accompanied by severe pain. The more damaged the sites are, the greater is the pain and the greater the deformation of joints – up to complete loss of function. Arthrosis has been considered incurable so far. In most cases the symptoms could be relieved only by inserting an artificial joint. However, arthrosis is not merely an age-related, fateful disease that can only be treated by pain-killers and operations. The underlying causes are frequently under-nourishment of the organism in respect of the two important basic nutrients glucosamine and chondroitin. Their intake as a food supplement can effectively prevent the degradation of cartilage mass in joints. Recent investigations show that the cartilage mass can be regenerated and also achieve greater smoothness if the body is given the materials it needs for this purpose.

Effects

It appears that, with increasing age, the body loses its ability to produce glucosamine/chondroitin in sufficient quantities. Weight-bearing joints like the knees and hips, and also the wrists and shoulders are most commonly affected by arthrosis. It leads to the destruction of cartilage mass, indurations, and the deposition of large bone spurs at the joint margins. The results are pain, deformation, and a limited radius of movement.

Glucosamine: The main components of joint cartilage are glycosaminoglycans (amino sugar complexes); glucosamine is one of its constituents. Glucosamine consists of glucose and the amino acid glutamine. The more the body has of this substance, the more glycosaminoglycans (and therefore cartilage mass) are produced. Furthermore, glucosamine makes the joint cartilage elastic and also more resistant. Unfortunately, sufficient quantities of glucosamine cannot be taken in food, as none of our foodstuffs except shellfish contains adequate quantities of glucosamine. Therefore it has to be given as a supplement. Glucosamine is available in several forms. The sulfate form (stabilized with a mineral salt) is the preferred form of administration, as it is most extensively researched. Usually potassium chloride is used for stabilization, because our food, in any case, is very deficient in potassium.

Chondroitin: Chondroitin consists of repetitive molecule chains (mucopolysaccharides) and is also an important constituent of cartilage. It gives joint cartilage its structure, is responsible for its water-binding capacity, and the permeability of nutrients. The latter is especially important, as cartilage does not contain any blood vessels and is nourished by diffusion alone. Chondroitin plays a role in the restoration of joint function, arthrosis, and even fracture healing, as many trials have shown. Chondroitin also has to be administered to the body, as the only source of sufficient chondroitin is animal cartilage. The pharmaceutical form is also a sulfate, similar to glucosamine.

PRODUCT INFORMATION

**Glucochondrin®**

Optimum effect for age-related joint symptoms and arthrosis through a composition of glucosamine and chondroitin

**At a Glance**

- supports the formation of cartilage
- helps in cases of arthrosis
- reduces joint pain and joint inflammation
- prevents age-related signs of wear

**Glucochondrin**

▹ supports the formation of cartilage
▹ helps in cases of arthrosis
▹ reduces joint pain and joint inflammation
▹ prevents age-related signs of wear
Indications

The medications currently used for the treatment of arthrosis (corticosteroids and painkillers) usually bring about short-term relief. In the long term, the destruction of joints cannot be prevented. This is because only the symptoms (pain, inflammation) are addressed, while the cause of the disease (degradation of cartilage substance) remains untreated. All of these preparations have, in part, grave side effects which may be damaging to health in the long term. However, the trials conducted so far in respect of glucosamine and chondroitin show that the treatment of arthrosis must include more than the symptomatic management of pain and inflammation.

Glucosamine-chondroitin on its own has no analgesic or anti-inflammatory effect. Leading medical experts and scientists therefore recommend a combination of anti-inflammatory and analgesic agents along with glucosamine-chondroitin (Glucochondrin®) for a short while.

However, in the long term glucosamine-chondroitin should be taken alone because it stimulates the production of cartilage substance. Glucosamine and chondroitin, as contained in Glucochondrin®, are a safe and effective natural alternative or supplement to conventional medications for arthrosis.

Glucosamine and chondroitin promote the production of the substances required for sufficient joint function in the body. Both are responsible for the renewal of cartilage mass in the joints. Pain disappears and the person regains his freedom of movement. The most significant outcome observed in patients treated with glucosamine-chondroitin (Glucochondrin®) was the nearly complete regeneration of the damaged cartilage mass; the cartilage returned to its previous healthy state. When we give the body the substances it needs to regenerate damaged cartilage cells, we will achieve cure only if the treatment is continued for a long period of time.

Composition

One capsule contains:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chondroitin sulfate</td>
<td>400 mg</td>
</tr>
<tr>
<td>Glucosamine sulfate</td>
<td>500 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: microcrystalline cellulose, magnesium stearate, SiO₂

Dosage

In normal cases, depending on body weight, take at mealtimes distributed through the day with plenty of fluid as follows:

- below 60 kg body weight: 2 capsules
- 60–100 kg body weight: 3 capsules
- over 100 kg body weight: 4 capsules

Side Effects, Contraindications

Glucosamine-chondroitin is not known to have any major side effects. Therefore specialists recommend glucosamine-chondroitin (Glucochondrin®) as the «ideal substance» for (oral) treatment of rheumatic symptoms.

When more than 10 grams per day are taken the individual may experience nausea and other gastrointestinal symptoms (indigestion, heartburn, etc.). In such cases Glucochondrin® should be taken during meals. A very small number of patients may be allergic to glucosamine, especially those who are also allergic to shellfish.

Concomitant administration of «Marcumar®» please contact your attending physician.

Instructions

In general the therapy should be conducted only under the supervision and instruction of a specialist. Self-medication should be absolutely avoided. Store in a cool, dry place and keep out of reach of children.

Glucochondrin® can be found in the following product groups (www.vitabasix.com):

- Bones & Joints
- Pain & Inflammation

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version May 2014
Basic Facts
With progressing age, various factors (hormonal variations, false nutrition, free radicals and others) reduce the ability of the body to regenerate. An artificial supply with the necessary substances, however, may counteract this development.

Apart from chondroitin sulfate, glucosamine is an important element of the cartilage substance whose production is often reduced in affected joints.

This impairment of the glucosamine production seems to be the end result that such different joint affections as accident-related injuries, chronic abnormal loading and overstrain, atrophies caused by taking relieving postures for a long time, circulatory disturbances in the bones adjacent to cartilage tissue and in the joint capsule, deposits of uric acid crystals (gout), inflammations and autoimmune diseases have in common. A causal therapy exists for only few of these affections. However, the important consequence all these affections have on health, namely the limitation of the cartilage metabolism which causes the cartilage to lose its elasticity so that it is no longer able to adequately react to physical strain, can be treated.

Glucosamine consists of glucose and the amino acid glutamine and causes the cartilage mass to be soft, moist and flexible. It binds water in highly polymeric compounds (proteoglycans and glycosaminoglycans, which consist of glucosamine among other things, are cross-linked to form mucopolysaccharides). This is important for the nutrition of cartilage, which does not contain blood vessels and therefore has to be nourished from outside through diffusion, and for the elastic consistency of cartilage as well as the lubrication of its surface.

Effects
Glucosamine stimulates the chondrocytes; these are the cartilage cells which are built into the intercellular substance of the cartilage and which form the mucopolysaccharides and the fibers of the connective tissue the cartilage matrix consists of.

This serves to avoid the appearance of attrition, and already existing damage can be reversed. Like the bone substance, cartilage tissue can be formed again when the required basic substances are available in the body.

Glucosamine, however, is no pain killer. One should therefore not expect a quick onset of the effect in case of severe joint complaints. In the long run, however, it shows its superiority over mere painkillers which neither improve the ability of the joints to regenerate nor their function but may even aggravate the situation in the worst case. Only a joint cartilage having a well-balanced metabolism in which new formation and loss are counterbalanced can, in the long-term, guarantee unlimited flexibility of the joints free from pain.

It is necessary to start the substitution therapy in time, though. As soon as joint damage has led to bony adhesions and calcifications of the ligaments and the joint capsule, even a normalization of the metabolism in the cartilage cannot bring about complete healing.

And yet clinical tests have shown amazing improvements even in cases where deforming joint damage had already progressed far, provided glucosamine was taken on a long-term basis. After a period of only a few weeks, this therapy even proved to be more effective against pain than mere painkillers.

Indications
Regarding the applicability of glucosamine, the following applications should be mentioned. First of all there is the treatment and prophylaxis of joint damage due to inflammatory, traumatic or degenerative causes where an increased cartilage regeneration is desired.

In the body, glucosamine enhances the production of the substances necessary for the respective functions of the joints. Both substances are responsible for the renewal of the cartilage mass in the joints. In this sense glucosamine supports the regeneration of
the cartilage mass. The pain goes away and freedom of movement may be regained. However, the most significant result in the patients who had been treated with glucosamine was the almost complete regeneration of the damaged cartilage mass to its previous healthy state.

The glucosamine studies carried out up to now have proven that the future treatment of osteoarthritis cannot only be the reduction of pain and inflammation. Even if the research work done to this date has not been completed we have to take in mind that quick action is called for. The present treatment with preparations which partly have severe side effects and will be detrimental to health in the long run can only be improved by the application of glucosamine and the experience derived therefrom.

**Composition**

One capsule contains 750 mg glucosamine sulfate in pharmaceutical grade. Other ingredients: microcrystalline cellulose, magnesium stearate, tricalcium phosphate, stearic acid, SiO₂

**Dosage**

In normal cases take 1 capsule 2 times a day at mealtimes with plenty of fluid.

In case of overweight, the dose may be increased to 20 mg/kg body weight.

**Side Effects, Contraindications**

At the glucosamine dosage commonly used (1500 mg per day) no toxicity reactions have been reported as yet. This is also the most important reason why rheumatism specialists recommend the use of glucosamine in the sense of an «ideal substance» for the (oral) treatment of rheumatic complaints. In only a few cases gastrointestinal symptoms may occur (indigestion, heartburn, etc.). In such cases glucosamine should be taken during meals.

Concomitant administration of “Marcumar®” please contact your attending physician.

**Instructions**

Generally it is recommended to consult a specialist before the intake of food supplements. This is particularly applicable in cases of chronic disease or during regular intake of medication. If you experience symptoms during the intake, you should consult a doctor and inform him/her of the intake. Store in a cool, dry place and keep out of reach of children.

**Glucosamine Product Groups**

Glucosamine can be found in the following product groups (www.vitabasix.com):

- Bones & Joints
- Pain & Inflammation

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version May 2014
Basic Facts

Breast cancer is one of the most frequently diagnosed carcinomas in women in the Western industrialized countries. In Germany alone, 46,000 new cases of breast cancer are registered each year. It is estimated that one in ten women develops a mamma carcinoma at one point of her life. Although medicine made great progress in the past ten years and the rate of early detection and healing is very high thanks to mammographies, regular gynecologic examinations and new operation techniques, the diagnosis «breast cancer» is still a great challenge for the physicians and a high psychological and physical burden for the women concerned.

Metabolites of the estrogen metabolism play a role in the development of breast cancer. Many tumors are so-called estrogen-dependent carcinomas where estrogen and progesterone receptors can be found in the tumor tissue. These types of cancer react to a therapy with so-called antiestrogens, the best known of which is tamoxifen. Tamoxifen is a synthetic, antisteroidal antiestrogen which inhibits the estrogen receptors in tumor tissue and thereby also cancer growth.

In 1997 it could be proven that also I3C® (indole-3-carbinol) is capable of stopping the growth of breast cancer by positively influencing the estrogen metabolism and, like tamoxifen, interrupting the cell cycle. For a much longer time even, indole-3-carbinol has also had great importance as an antioxidant in orthomolecular medicine.

Effects

Indole-3-carbinol became first known as early as in 1960 on account of its effect on carcinomas caused by chemical poisons (dioxin). Indole-3-carbinol controls the estrogen metabolism by the very receptor that makes it possible for dioxin to enter the cell. This receptor can only be activated by some poisons and, among others, also by indole-3-carbinol. The difference is that dioxin, after having attached itself to this receptor, causes cancer while indole-3-carbinol inhibits tumor growth.

Several in-vitro and in-vivo studies have shown that indole-3-carbinol inhibits the growth of estrogen-receptor positive tumor cells by up to 90 percent. Even in estrogen-receptor negative mamma carcinomas the administration of indole-3-carbinol inhibited cell growth. Tamoxifen has no effect on this type of tumor. Here, the positive effect of indole-3-carbinol is probably due to its strong antioxidative effect. It could also be shown that indole-3-carbinol inhibits the growth of lung cancer in female smokers.

PRODUCT INFORMATION

I3C®

Indole-3-carbinol (I3C®) is a phytochemical substance which has great importance as an antioxidant and anticarcinogen.
Indications
Apart from its supportive role in the treatment of lung cancer – it being understood that indole-3-carbinol should only be taken after an accurate diagnosis by a doctor has been made – the preparation is also indicated in the following cases due to its strong antioxidative effect:

- irregular and one-sided nutrition
- strong smokers
- persons who are chronically ill and have to permanently take medicines
- before and after operations of malignant tumors
- elderly people with reduced functional capacity of their immune systems

Composition
One capsule contains 200 mg indole-3-carbinol (I3C®) in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

Dosage
In normal cases take 1–2 capsules a day with plenty of fluid.

Side Effects, Contraindications
Up to now no side effects have been reported after intake of indole-3-carbinol.

Instructions
It is strictly recommended to consult a doctor before taking indole-3-carbinol. This is particularly applicable in cases of chronic disease, tumor-related diseases or during regular intake of medication. If you experience symptoms during the intake, you should consult a doctor and inform him/her of the intake. Store in a cool, dry place and keep out of reach of children.

I3C® can be found in the following product groups (www.vitabasix.com):

- Immune System,
- Cell Protection & Antioxidants

Important information:
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines. Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Manufacturer:
VitaBasix®
by LHP Inc.

www.vitabasix.com | uk@vitabasix.com
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Subject to alterations and printing errors. Version July 2011
The healing power of green tea has been known for millennia and can be used in vascular diseases, lipometabolic disturbances and other chronic diseases.

Basic Facts
Due to stress and environmental toxins we are constantly under the influence of free radicals – oxygen molecules which have either one electron too many or lack one electron. They are generated by cigarette smoke, X-rays, UV rays of the sun, by nitrite residues in food, etc. Stress has a reinforcing effect on their generation since permanent stress reduces the body’s ability to defend itself.

Free radicals lead to oxidation processes which aggressively attack the cells. They accelerate tissue degeneration and therefore also the aging processes. They moreover seem to be responsible for a faster course of certain diseases such as asthma, atherosclerosis, cancer, diabetes, Alzheimer’s disease and a number of inflammatory processes. Nature, however, provides us with a number of protective substances – the antioxidants. Among them are the vitamins C and E, beta carotene and catechins.

Catechins are the active substances of green tea which, due to the fact that they are extremely potent, protect against heart and vascular diseases as well as against infections with viruses and bacteria. They could also be effective in cancer-related diseases, as is suggested by first studies.

Chinese doctors have known the positive properties of green tea for many centuries, and they use them. With the help of the pure green tea extract as it is contained in Imperial Green®, the effect can be used to its maximum extent and everyone may profit therefrom easily and effectively.

Effects
Green tea contains volatile oils, vitamins, minerals and caffeine as well as great quantities of active substances which are the secret of its positive effect. Green tea contains catechins, substances belonging to the group of polyphenols. Catechins are synthesized by many plants, among others grapes, cranberries, blueberries, maple and pines, red-flowered hawthorn and legumes. But also parsley and peanut shells contain catechins. In the case of green tea it is mainly epigallocatechin that is regarded as responsible for the positive effects.

Investigations have shown that the catechin of green tea not only has a similar effect as the vitamins C and E but that it probably is the true, natural substance that increases the effect of these vitamins. It is, however, undisputed that the extract is one of the most powerful antioxidants and most efficient radical catchers that exist.

Indications
Increased cholesterol level: most people in the so-called affluent society have cholesterol levels that are too high. The consequences are well known: Blood vessels are narrowed by deposits and the risk of cardiac infarction and stroke increases. Investigations have shown that the intake of Imperial Green® protects twofold against the damaging effects of cholesterol:

Due to the influence of Imperial Green®, less cholesterol is deposited along the vessel walls. The cholesterol level drops, excess cholesterol is excreted via the liver. This effect is even more pronounced if vitamin C is taken additionally.

Catechins also lower high triglyceride levels, which also contribute to atherosclerosis.

Cardiovascular system: Imperial Green® protects the cardiovascular system not only by lowering increased blood fat values but also by its positive influence on blood pressure. Furthermore, the effect of the extract on the vascular system is similar to that of aspirin. Clumping of the blood platelets, which leads to the obstruction of vessels, is prevented and the flow properties of the blood are improved without, however, having the side effects of aspirin.

Cancer: studies at the university of Indiana have shown that four different catechins which are contained in Imperial Green® seem to have a positive effect on the biochemical factors leading to cancer. In laboratory experiments the growth of tumors could also be slowed and the spread of metastases stopped. In spite of these positive results it is, however, too early to recommend Imperial Green® as a remedy against cancer and in no case should it be used in this indication without the advice of a doctor.

Chronic fatigue syndrome: in our performance oriented world, many people complain of the so-called chronic fatigue syn-
It is characterized by lack of drive, disturbed sleep and concentration, depressive mood, headache, pain in the joints and susceptibility to infection. It is mostly people above 40 years of age who suffer from this syndrome. It is probably caused by increased stress and harmful effects of the environment which weaken our immune system. Imperial Green® may help also in this case as its positive effect on the immune system increases vitality and performance capacity in almost all patients.

**Antiaging/immune function:** Imperial Green® can, of course, not reverse the natural aging process but may slow it considerably. Both physical and mental premature age-related damage may be prevented on account of the positive effect on collagen and elastin fibers. Imperial Green® supports fiber synthesis in the cells of the body and in this way may slow the inevitable aging of tissues. It could also be proven that it has a positive effect on the immune system and therefore also provides better protection against infection.

**Gingivitis:** In several studies Imperial Green® showed good efficacy in inflammations of the gum. The reason for that seems to be its antiinflammatory effect.

**Vascular problems:** The application in venous insufficiency and atherosclerosis is also well documented. There are facts that indicate that the regular intake of Imperial Green® also has a preventive effect on the formation of varicose veins. Good successes were also achieved in the treatment of hemorrhoids.

Catechins are also excellently suited to reduce swelling after injuries or operations. By catching free radicals which attack the walls of blood vessels and lymph vessels, these vessels become more resistant and less permeable. This in turn reduces the tendency to swell.

**Composition**
One capsule contains 200 mg Imperial Green® (green tea extract) in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

**Dosage**
In normal cases take 1–3 capsules daily in the morning with breakfast with plenty of fluid.

**Side Effects, Contraindications**
Imperial Green® is generally well-tolerated and has no toxic effects. Side effects are very rare and if they occur, they are slight allergic reactions and a slightly disturbed digestion. It is, however, important to consult a doctor regarding all illnesses and not to resort to self-medication with Imperial Green®.

The maximal safe dose for children and pregnant or lactating women as well as for patients suffering from severe liver and kidney diseases is not yet known. Caution is advised if you simultaneously take medicines that inhibit blood coagulation such as coumarin or heparin since their effect could be intensified, which may lead to bleeding.

**Instructions**
There are a number of important reasons to take Imperial Green® as an extract instead of simply drinking green tea, which would theoretically also be possible.

- In order to ingest the optimal dose of catechins it would be necessary to drink between 10 and 20 cups of green tea per day. Taking one capsule of Imperial Green® per meal is much easier.
- Drinking great quantities of hot tea may increase the risk of esophageal carcinomas.
- Allowing the tea to draw in hot water may also allow pesticides to dissolve and then to be drunk. Imperial Green® comes from controlled organic cultivation and is also decaffeinated.
- Different processing methods cause composition and strength of the various green tea varieties to vary extremely. When taking an extract the dose ingested is always known.

Store in a cool, dry place and keep out of reach of children.

**Imperial Green® Product Groups**
Imperial Green® can be found in the following product groups (www.vitabasix.com):

- Vitamins & Food Supplements
- Cardiovascular System
- Immune System, Cell Protection & Antioxidants
- Power & Energy

**Important information:**
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

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Subject to alterations and printing errors. Version July 2011
Basic Facts

Kava kava extracts of the leaves of Piper methysticum have been used for thousands of years by the peoples of Polynesia to calm the nerves, for sleeping but also for combating tiredness. It is furthermore used to treat urinary tract infections, rheumatic complaints, asthma and to relieve pain. When used topically, the leaf can also be used as a therapy against headache.

Kava kava is still little known here. However, the plant has been scientifically analyzed for more than 120 years and in the meantime has become one of the most researched and tested plants in phytotherapy as a whole. (It is interesting, however, that the much better known valerian is one of the least researched plants.)

The extracts of kava kava seem to be able to cure one of the greatest health problems of our Western world: states of anxiety and depressive moods. It is said that kava kava may also improve performance capacity and even increase the sexual desire. Kava kava becomes more and more the plant of the new millennium and a true alternative to conventional anxiolytics (drugs relieving anxiety) and psychopharmaceuticals.

For at least 3,000 years, kava kava has played an important cultural role as the «national drink» of the Polynesians and Melanesians. The chiefs and nobles prepared the drink for important religious and political ceremonies and almost every tribe had its own rituals for using kava kava.

Effects

Kava kava is native to the islands of the South Pacific and was first described by Johann Georg Forster who accompanied James Cook during his second journey round the world. Forster, a biologist, gave the plant its Latin name Piper methysticum (intoxicating pepper) in 1777. He had studied the ceremonies of the natives and described the plant as an intoxicant. However, this effect has never been proven as yet.

Piper methysticum preferably grows at a height of 300 meters above sea level and can be found in the entire South Pacific region; about 72 different species are known. A mature kava plant looks like a haphazard collection of lignified stalks which are somehow held together shortly above ground. The various species may have different effects, depending on their chemical components. Kava kava is the name both for the plant and the beverage which is produced from the roots of the bush.

Of the many chemical substances which could up to now be isolated from the kava plant, the pyrones seem to be responsible for the anxiety-relieving (anxiolytic) and muscle-relaxing effects for which the plant is mainly known and used. These active ingredients are only contained in the fat-soluble part of the kava root. For research and medical uses, the root is treated with organic solvents in order to be able to extract the active ingredients. This process yields an extract which is standardized to 70% kavalactones (or kavapyrones).

Indications

Anxiety states: In modern medicine, the treatment of states of anxiety with kava kava is as yet the best researched and documented one. According to double-blind studies, kavapyrones seem to stimulate the GABA receptors in the central nervous system, which is important for the anxiolytic and relaxing effect. Also the benzodiazepines, such as valium, which are among the most widely used anxiolytics, act on these receptors. Moreover, kavapyrones probably also inhibit the MAO-B enzymes, which also has a positive, mood brightening effect. Controlled studies with kava kava
showed both in short-term and long-term trials (24 weeks) a clear reduction in anxiety feelings.

It is a great disadvantage of psychopharmaceuticals that in many cases they may negatively affect the ability to think, concentrate and drive a car. In addition, they may impair the memory function. Kava kava, however, even seems to positively influence the so-called cognitive abilities, as has been shown in clinical studies.

**Pain:** Kavaine, one of the most important pyrones of kava kava, seems to slow down the electrical cell activity in the nervous system, which has a muscle-relaxing effect and may positively affect the tendency to convulsions and have a positive effect on pain.

The Polynesian medicine men also frequently used the kava root to treat pain. A study involving animal experiments showed that kava kava contains not only substances that quickly relieve pain but also substances that have a long-lasting pain-relieving effect.

**Immune system:** Kavaine also has anti-inflammatory properties. Here, the scientific data were mostly obtained regarding the inhibited release of inflammatory agents in cardiovascular diseases and after strokes.

**Stress:** It was observed in several clinical studies that the administration of kava kava brought about a «more relaxed state» in the test persons, a general feeling of wellbeing, greater sociability and at the same time an increased perceptivity and improved the memory. It is also on account of this property that kava kava has been used in the South Pacific for hundreds of years.

**Composition**
One capsule contains 50mg kava kava in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

**Dosage**
In normal cases take 1 capsule 1–3 times a day after mealtimes with plenty of fluid.

**Side Effects, Contraindications**
To treat states of anxiety, kava kava should only be taken after having consulted the treating doctor first as it may also have undesired effects due to its high efficacy. An overdosage may, for instance, lead to muscle cramps and disturbed consciousness.

Caution is also to be exercised if the preparation is simultaneously taken with alcohol and with all other substances which act on the nervous system: Animal tests have shown that the effect can be enhanced and this may lead to an overdosage.

Kava kava must neither be taken by patients who are treated for Parkinson’s disease nor by persons who regularly take benzodiazepines. Not suited for pregnant and lactating women.

**Instructions**
If taken in excess amounts (more than 310 grams per week), a Kava dermopathy may occur. This is a scaly rash that remits once the use of kava kava is discontinued. If taken over a very long period of time, yellowing of the skin and the nails may sometimes occur, which quickly disappears once the use of kava kava is discontinued. Store in a cool, dry place and keep out of reach of children.
Basic Facts

Kelpin® is an extract from brown sea weed, which is harvested in the cold waters of the northwestern Pacific. Brown seaweed is rich in nutrients and has a particularly high vitamin content. Furthermore, this sea weed has a high iodine and alginate share. Especially this last component is considered to have unique detoxification effects for the human organism.

In many countries brown seaweed (laminaria japonica) is used as a general and important tonic. The Japanese eat great quantities of seaweed every day and recent studies suggest that a high daily intake of brown seaweed has numerous positive effects on health and wellbeing. This seems to be the reason why some «Western» diseases are much rarer there than in Europe, for example. Among them are in particular obesity, heart diseases, hypertension and respiratory complaints, rheumatism, arthritis, diseases of the thyroid, infectious diseases, breast cancer, constipation and other gastrointestinal complaints.

The most important active ingredients of Kelpin® are alginates, which make up 40 to 60 percent of this seaweed product. From a chemical point of view alginates are the salts of alginic acid which in itself is a colloidal mass produced from algae. Alginic acid is a highly molecular polyuronide and is used in medicine, and in the pharmaceutical and foodstuff industries as a binding, emulsifying and thickening agent. The most important effect of alginates is the absorption of toxins (heavy metals and radioactive elements), which are absorbed by alginates in an ideal manner and subsequently excreted.

Effects

Protection against heavy metals and radioactive elements: these contaminants are bound by the unique structure of the alginates and excreted. This mode of action of the alginates, however, does not impair in any way the resorption of indispensable minerals such as calcium or magnesium.

Important iodine source for the body: laminaria japonica have a remarkable iodine content. This trace element has important functions for the metabolism and for the function of the thyroid gland.

Positive effects on the blood fat values: scientific studies could prove that alginates, due to their pectin-like consistency, bind cholesterol and other lipids in the gastrointestinal tract and in this way prevent their resorption. Therefore, a regular intake of alginates leads to a lowering of the cholesterol and triglyceride values in the blood.

Prevention of increased blood sugar values: this effect is caused by two mechanisms: on the one hand, alginates binds saccharides in the stomach and in the intestine to such a high extent that the carbohydrates cannot be digested and, on the other hand, brown seaweed also contains specific trace elements (e.g. chromium) which the metabolism requires for active blood sugar control.

Inhibition of the growth of cancer cells: a further interesting component of brown seaweed is fucoidan – a polysaccharide complex contained in laminaria japonica in great quantities. Fucoidan induces cancer cells to destroy themselves (apoptosis).

Strengthening of the immune system: according to research results, brown seaweed has promising effects on the entire immune system. Apart from the direct effects of fucoidan on cancer cells, this seaweed also helps in many viral infections.

Positive effects on health and wellbeing generally: by ingesting brown seaweed or Kelpin®, our body is supplied with various different vitamins as well as macro and micro elements (calcium, magnesium, zinc, selenium, iron, iodine, etc.). Not least for this reason, brown seaweed has been known for centuries to have unique effects on health and beauty (increases the growth of hair and nails).
**Indications**

The intake of Kelpin® is recommended especially for persons living in industrial areas or in very polluted environments such as big cities. Kelpin® is moreover excellently suited for people with a weak immune system. However, the seaweed concentrate may benefit also many other people living in zones with potential radioactive pollution (for instance near nuclear power plants) or when the environment is highly polluted with pesticides, fertilizers or other chemicals.

Doctors recommend Kelpin® especially for people who are frequently ill. The seaweed product is also well-suited for chronically ill children (however not in case of frequent infections), for the disabled as well as for individuals who have to work every day under extreme conditions (e.g. metal workers, firefighters, workers in refineries, in gas or oil fields).

**Composition**

The preparation Kelpin® makes available the invigorating, health-promoting and detoxifying effects of brown seaweed in a concentrated form. For Kelpin® is not just a simple extract of the dried seaweed. The reason for this is the elaborate and gentle production process: to make Kelpin®, only the central vein of the seaweed is used, which is rich in the valuable components. Therefore, about 40 kilograms of fresh seaweed are needed to produce 1 kilogram of Kelpin®.

When processing brown seaweed into an efficacious concentration, it is especially important to first and foremost provide for the gentle treatment of the raw material. Therefore, the manufacturers of Kelpin® ensure that during the drying process the temperature of 80°C is never exceeded while other seaweed concentrates available on the market are often treated at a temperature of more than 100°C. This is the reason why important natural microelements, which would be destroyed at higher temperatures, are preserved in Kelpin®. This manufacturing process makes Kelpin® the most valuable and efficacious seaweed product presently available.

One capsule contains 500mg Kelpin® in pharmaceutical grade. Other ingredients: magnesium stearate

**Dosage**

In normal cases take 1–2 capsules daily with plenty of fluid. You may increase the dosage to 2–6 capsules, depending on the degree of environmental pollution.

**Side Effects, Contraindications**

The effects of Kelpin® regarding its detoxification properties have been investigated in numerous studies. Originally, the manufacturing process for Kelpin® was developed after the Tchernobyl disaster, and Russian scientists tested the product on the victims of the reactor accident and on healthy volunteers. The official investigations were carried on for a period of 5 years. Kelpin® proved to be very safe and caused neither toxic nor allergic side effects.

Kelpin® is a particularly safe product. Numerous research and study results have shown that Kelpin®, taken in the recommended doses, does not carry any risk. Kelpin® does not contain any allergens and has no disadvantageous effects, neither on the organs nor on any physiologic functions of the body.

Generally, self-medication is not advised and it is recommended to consult a specialist before intake. Pregnant or lactating women or persons who are under constant medical care should consult a doctor before use. Store in a cool, dry place and keep out of reach of children.

**Instructions**

It is a particular advantage of Kelpin® that upon intake of this product neither side effects nor allergic reactions are to be expected. In extremely rare cases sensitivity reactions were attributed to the intake of the preparation, which were probably caused by the iodine share in Kelpin®.

Overall, however, Kelpin® is a particularly safe product. Numerous research and study results have shown that Kelpin®, taken in the recommended doses, does not carry any risk. Kelpin® does not contain any allergens and has no disadvantageous effects, neither on the organs nor on any physiologic functions of the body.

**Kelpin® Product Groups**

Kelpin® can be found in the following product groups (www.vitabasix.com):

- Vitamins & Food Supplements
- Detoxification & Purification
- Skin & Hair
- Immune System, Cell Protection & Antioxidants
- Power & Energy

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version July 2014

Manufacturer:

**VitaBasix®**

by LHP Inc.

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Tel.: 00800-7030-7060 | Fax: 00800-1570 1590

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Liverxin® accelerates the detoxification process. The Cysteine contained in Liverxin® essentially has two functions: the first is to form glutathione within the hepatic cells: this is the key substance in the hepatic detoxification process through which the toxic substances and their metabolites are initially connected and then made harmless. The second main function of Cysteine is to capture lactic acid, a toxic substance distributed throughout the entire metabolism and capable, among other things, of damaging the liver. Through the mixture of Cysteine with lactic acid, pyruvic acid is formed and is subsequently recycled as an intermediate product in the metabolism of sugars.

Liverxin® favours regeneration of the liver. Liverxin® also contains Inositol and Choline, by products that the phosphoglycerides that can be found in the membranes of liver cells are made of. Together with other molecular structures, these substances form sphingomyelins, that the membranes of hepatic cells mainly consist of. Regular assumption of Liverxin® therefore guarantees regeneration of the membranes of the liver, preventing further damage on a cellular level. Other amino acids with very important detoxifying functions include:

- **L-Arginine**: involved in several metabolic processes and essential for detoxification from ammonia during the urea cycle. It also strengthens the immune system.
- **L-Glycine**: it contributes towards detoxification of the liver and helps to produce creatine. This amino acid also plays an important role in the metabolism of methionine.
- **L-Phenylalanine**: effective against digoxin poisoning and in the treatment of hepatic illnesses. An essential amino acid for correct operation of the bladder and detoxification of the kidneys.
- **L-Tyrosine**: a non essential amino acid, necessary to restore hepatic functionalities in the case of serious illnesses ad inflammations.
- **L-Methionine**: efficient for the decomposition of fat in the liver, in the arteries, in the brain, in the heart and in the kidneys. It favours detoxification through the elimination of heavy metals and fats accumulated in the blood, reducing the risk of a heart attack. This amino acid also helps regeneration of the tissues of kidneys and liver.

Liverxin® At a Glance

- is a combination of active ingredients consisting of liver hydrolysate, amino acids, niacin, vitamin B12, choline, inositol and cysteine
- helps the liver to break down medicines, toxins and products of metabolism
- prevents the formation of the liver toxin acetaldehyde
- supports detoxification after excessive alcohol intake
- prevents the sensation of fullness and discomfort after high-fat meals
- helps to relieve the complaints in numerous diseases of the liver.
L-Alanine: very important in the metabolic processes of the liver and muscles. In the distribution of glucose, Alanine is essential as it provides energy and regulates blood pressure.

L-Asparagine: it contributes to detoxification of the organism and decomposes the cells of alcohol in the kidney. Vital when there is an accumulation of toxins in the body. Asparaginic acid favours the expulsion of ammonia, therefore protecting the liver in this way. In collaboration with other amino acids, it forms the molecules that will bond with the toxins and then be removed by the blood flow.

L-Histidine: it has antioxidant properties and contributes to the elimination of heavy metals by detoxifying the organism as well as improving the absorption of iron.

Glutaminic Acid: it favours detoxification by absorbing the cytotoxin of ammonia. In this way glutamine is created and it can be converted into glucose in the liver, stabilising levels of sugar in the blood.

L-Lysine: it contributes to the construction of collagen and favours the metabolism of fats as well as combating viruses and regulating blood pressure.

L-Proline: consisting of glutamic acid and, just like Lysine, is involved in the production of collagen. Within the cells it acts as a cushion, protecting them from harmful substances.

Indications

The combination of active substances contained in Liverxin® prevents the formation of acetaldehyde, therefore avoiding hepatotoxic effects. Liverxin® is therefore taken in the case of an enlarged liver. In particular, it is suitable in the case of ingestion of medicines that, combined between them, are harmful for the liver. In order to measure possible damage to the liver, simply take blood tests in order to identify the hepatic enzymes (Transaminase and Gamma-GT).

The use of Liverxin® is also recommended to avoid cellular damage to the liver due to alcohol abuse. New studies have also proved that the assumption of Liverxin® during rather rich and fatty meals reduces the load on the liver. On these occasions, it avoids the feeling of excessive swelling, it lightens the liver from toxic substances and supports the regeneration of hepatic cells in an efficient and safe manner.

Composition

One tablet contains:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B12</td>
<td>1,125 mcg</td>
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<tr>
<td>Choline (bitartrate)</td>
<td>40 mg</td>
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<tr>
<td>Inositol</td>
<td>18 mg</td>
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<tr>
<td>Arginine</td>
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<td>Tyrosine</td>
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<tr>
<td>Valine</td>
<td>2.24 mg</td>
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</table>

in pharmaceutical grade. Other ingredients: starch, dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, magnesium stearate, SiO₂, calcium stearate, magnesium silicate

Dosage

In normal cases take with plenty of fluid as follows:

For general detoxification: 2 tablets twice daily

In case of excessive fat intake: 2 tablets before and 2 tablets after meals

In case of excessive alcohol intake: 2 – 3 tablets before and 2 – 3 tablets after alcohol consumption

Side Effects, Contraindications

No negative side effects are known to be caused by Liverxin®.

Instructions

Even today it is practically not possible to treat diseases of the liver. Often the only thing modern medicine can do is to advise the patients concerned to allow their sick organ to recover (first of all to avoid drinking alcohol) and to enhance the blood supply of the liver by spending a lot of time in a lying position. At best one can resort to plant-based medicines (milk thistle extract). Due to its manifold effects, the intake of Liverxin® can be of help in a number of liver dysfunctions and relieve the complaints.

Generally, self-medication without the supervision of a doctor should be avoided and a specialist should be consulted before intake. Pregnant or lactating women or persons who are under constant medical care should consult a doctor before use. Store in a cool, dry place and keep out of reach of children.

Liverxin® Product Groups

Liverxin® can be found in the following product groups (www.vitabasix.com):

- Metabolism & Weight
- Detoxification & Purification
- Stomach & Intestines

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.
Basic Facts

The Incas began to cultivate maca already 2,000 years ago. Archaeologists found the first signs indicative of maca cultivation in 1,600 B.C. maca was found to be so potent by the Incas that only the royal family was permitted its use. For five hundred years maca has been firmly established in Peruvian medicine due to its enhancing effect on strength, libido and fertility. After the conquest of the Incas the Spanish realized that maca could not only increase the number of their livestock (by improving the fertility of the animals) but also had a unique effect on human beings. They exported maca to Spain by the ton.

On account of its energy-enhancing effects, the positive influence on fertility and its aphrodisiacal properties, maca becomes more and more popular worldwide. Other effects are an increase in endurance and performance in athletes as well as positive results when treating male impotency. It is furthermore used to treat menstrual complaints and female hormonal imbalances as well as the «chronic fatigue syndrome», the chronic exhaustion that is frequently experienced in western industrial countries. It is used by bodybuilders as a natural alternative to anabolic agents to build up muscles on account of the sterols (precursors of male hormones) contained therein.

In traditional Peruvian medicine the dried and pulverized roots are furthermore used as immunostimulants, against anaemia, TB and also as memory boosters.

Effects

Maca is a small, about table-tennis-ball size bulb from the crucifers family, which grows in the Andes. The roots are rich in sugar, starch, proteins and essential minerals – in particular iron and iodine. The sweet, aromatic, dried root is considered a delicacy. The dried maca root has a high nutritional value, similar to that of various types of grain like corn, rice and flour. It consists of 59 percent carbohydrates, 10.2 percent proteins, 8.5 percent fibers and 2.2 percent lipids. Additionally, the bulb contains great quantities of essential amino acids, iron, calcium, alkaloids, beta-ecdysone, magnesium, p-methoxybenzyl, isothiocyanate, phosphorus, saponins, stigmasterol, sitosterol, tannins, zinc, vitamin B1, vitamin B2, vitamin B12, vitamin C and vitamin E.

In addition to the already mentioned properties, maca is also capable of balancing and stabilizing the systems of the human body. It cannot only increase low blood pressure values but also lower high blood pressure values. It is able to boost the immunity and increase the physical vitality. Maca does not have a particular effect on individual systems, it rather has an «all-round effect» on the body.

Indications

Libido/male impotence: one of the most important properties of maca is its capability to sexually stimulate. It contains significant quantities of essential fatty acids, sterols, minerals, alkaloids, tannin and saponine. The active ingredients decisive for the aphrodisiacal effects are the biologically active aromatic isothiocyanates. Its sexually stimulating effects are already used by thousands of people in more than 200 countries worldwide.

It was only recently that scientists rediscovered the properties of the maca plant in increasing libido and energy as well as in its fight against erectile dysfunction (inability to achieve erection). In April 2000, only, the journal «Urology», a renowned medical journal which had earlier also published studies on Viagra, published a study with maca. This study confirmed the sexually stimulating effect which had been described in the legends of the Inca for hundreds of years. The trial also showed that the intake of maca led to an improved erection in erectile dysfunction.

Menopause/female hormone imbalances: one important discovery was the capability of maca to improve numerous menopausal complaints. A phyotherapy is ideal for treating a great number of menopausal symptoms such as sleeping disorders, hot flashes, mood swings, anxiety states and feeling of oppression, palpitation and dryness of the vagina. Thanks to its active ingredients, maca has a markedly stronger effect on menopausal complaints than other phytomedicines. One of its strongest effects in menopausal symptoms is that on mood swings.

PRODUCT INFORMATION

Maca

The invigorating root from the South American Andes enhances vitality and sexual desire and helps against chronic fatigue and depression.
Muscle buildup: due to its high steroid content, maca may also be used by bodybuilders as a natural and safe anabolic.

Chronic fatigue syndrome: the chronic fatigue syndrome, which is characterized by fatigue, weariness and lack of drive, is experienced by more and more people in our fast-moving time. Here, maca is an excellent help in alleviating the symptoms and releasing new energies.

Others: maca also has a laxative effect, probably on account of its fiber content. It can moreover alleviate rheumatic complaints and afford relief in case of impaired respiratory organs. European doctors have prescribed maca for more than a decade for a wide variety of diseases and, if requested, after a loss of weight. The plant can also improve the memory, regulate the release of hormones and also helps in case of anaemia and depression.

The numerous indications for maca make the extract an ideal food supplement for all in need of an extra portion of energy.

Composition
One capsule contains 250 mg maca (lepidium meyenii) in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

Dosage
In normal cases take 1–2 capsules up to 3 times a day at the maximum with plenty of fluid.

Side Effects, Contraindications
Maca is a purely natural product. The highly-effective, pure extract has not produced any serious side effects to date. However, be warned against self-medication.

Instructions
Pregnant or lactating women or persons who are under constant medical care should consult a doctor before use. It is recommended to take the extract to avoid dose variations as they may occur if you take the bulb itself. Store in a cool, dry place and keep out of reach of children.

Maca Product Groups
Maca can be found in the following product groups (www.vitabasix.com):
- Depression & Moods
- Women’s Health
- Immune System, Cell Protection & Antioxidants
- Men’s Health
- Power & Energy
- Sexuality & Libido
- Sports & Muscles
- Metabolism & Weight

Important information:
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version July 2011
Basic Facts

Stress, harmful effects of the environment, hormonal changes, taking of medication, diseases, age. All these factors lead to a decrease in sexual desire and performance in men and women. Like all hormones in the human body, also the sexual hormones of men and women are characterized by a substantial decrease in production starting in mid-life. False nutrition but also disturbed sleep and stress are factors that enhance this natural course. According to a recent poll, almost six out of ten women and five out of ten men – i.e. every second woman and man – suffer from one or more sexual dysfunctions, or are simply not satisfied with their sex life at some point in their life. But even in confidential talks with their physician, sexuality remains a taboo subject for many people.

Sexual dysfunctions were already a subject of great interest to researchers thousands of years ago. They looked for help in the treasure trove of nature, and found it. The Incas in South America, for instance, discovered active ingredients to increase sexual energy, stamina and desire in the extract of the sweet potato maca.

Effects

Extensive studies of the 2000 year old medical knowledge concerning maca inspired researchers to investigate combinations with other medicines to strengthen libido. The end product of this development is Macabido®. The patented active ingredient Macaplex® with its numerous minerals, essential amino acids, trace elements, vitamins and further substances at maximum levels of concentration and purity were supplemented by other substances that act on a sex-specific basis such as ginseng, ginkgo biloba, royal jelly or the herbal aphrodisiac damiana. The result of the scientific work is that Macabido® not only supplies the necessary nutrients, but also the activity of the immune system. The unique, scientifically adapted and patented composition of active ingredients in Macabido® is tailored to the specific needs of men and women in the formulas «female» and «male». The most favorable changes registered in the field of sexuality were: persistent strengthening of the libido of men and women, increase of the general sexual stamina and performance, improvement of erection, balancing of irregularities of the cycle and alleviation of climacteric complaints. Scientists have reported heightened desire as well as increased general well-being. In a poll, almost 90 percent confirmed a significant improvement after only four weeks.

Macabido® female

Damiana: long-known and proven aphrodisiac for the woman, originates from Mexico. Strengthens the circulatory system, reactivates sexual desire, improves the functioning of the urinary tract.

Ginger: has a stimulating and warming effect, acts bactericidal and as an aphrodisiac.

Avena sativa: this extract, which is won from green oats, has been successfully used as an energy tonic for many years. Stimulates the endogenous hormone production in a natural way.

Macabido® male

Royal jelly: the food of the queen bee has particular effects on glands and hormonal fluctuations. It influences sexual energy, strengthens metabolic activity and the immune system.

Niacinamide: niacin (vitamin B3) enhances, among other things, the endogenous production of sexual hormones. Widens the blood vessels and increases the blood supply.

Coral Calcium®: regulates the pH-value of the organism. The more balanced this value, the better the organism’s ability to absorb all other active ingredients.

In addition to a sexual stimulation, Macabido® enhances mental and physical energy, stamina as well as the activity of the immune system. The unique, scientifically adapted and patented composition of active ingredients in Macabido® is tailored to the specific needs of men and women in the formulas «female» and «male». The most favorable changes registered in the field of sexuality were: persistent strengthening of the libido of men and women, increase of the general sexual stamina and performance, improvement of erection, balancing of irregularities of the cycle and alleviation of climacteric complaints. Scientists have reported heightened desire as well as increased general well-being. In a poll, almost 90 percent confirmed a significant improvement after only four weeks.

Macabido® female & male

Macaplex®: patented active ingredient combination of high-quality and standardized maca extracts, increases vitality, energy, desire and libido.

Ginseng: a root that has been used in China for thousands of years already to improve the immune system, vitality, sexual desire and mental performance.

Ginkgo biloba: herbal antioxidant with a broad effective spectrum, increases blood supply to genital organs, improves cognitive functions and promotes the blood supply to the brain.

Royal jelly: the food of the queen bee has particular effects on glands and hormonal fluctuations. It influences sexual energy, strengthens metabolic activity and the immune system.

Niacinamide: niacin (vitamin B3) enhances, among other things, the endogenous production of sexual hormones. Widens the blood vessels and increases the blood supply.

Coral Calcium®: regulates the pH-value of the organism. The more balanced this value, the better the organism’s ability to absorb all other active ingredients.

PRODUCT INFORMATION

Macabido®

Purely vegetable substances to increase energy and libido.

The combination of active ingredients optimally tailored to the requirements of men and women increases sexual stamina and performance and improves the well-being. Successfully fights listlessness, fatigue and general physical exhaustion.
L-tyrosine: this amino acid helps to reduce stress and tension and reduces, in particular during menopause, irritability, depression and fatigue.

Passion flower: has a relaxing and calming effect on the nervous system.

Macabido® male

L-arginine: is the most potent of all amino acids which increase the sexual desire. Enhances the production of sperm and induces erection.

Saw palmetto: is known for its positive effect on the prostate in naturopathy. Improves the sexual functions and acts as an aphrodisiac.

Zinc: zinc deficiency is often the cause of prostate problems. Strengthens the immune system and improves ejaculation.

Muiru puama: known in Brazil under the name «potency wood». Enhances testosterone production, supports erection and increases sexual desire.

Indications

Libido: one of the most important properties of Macabido® is its capability to sexually stimulate both men and women. It contains significant quantities of essential fatty acids, sterols, minerals, alkaloids, tannin and saponine. The active ingredients decisive for the aphrodisiacal effects are the biologically active aromatic isothiocyanates. Its sexually stimulating effects are already used by thousands of people in more than 200 countries world-wide.

Potency: it was only recently that scientists rediscovered the properties of the maca plant in increasing libido and energy as well as in its fight against erectile dysfunction (inability to achieve erection). In April 2000, only, the journal «Urology», a renowned medical journal which had earlier also published studies on Viagra, published a study with maca. This study confirmed the sexually stimulating effect which had been described in the legends of the Incas for hundreds of years. The trial also showed that the intake of maca led to an improved erection in erectile dysfunction.

Menopause/female hormone imbalances: a phytotherapy with Macabido® is ideal for treating a great number of menopausal symptoms such as sleeping disorders, hot flashes, mood swings, anxiety states and feeling of oppression, palpitation and dryness of the vagina. Thanks to its active ingredients, Macabido® has a markedly stronger effect on menopausal complaints than other phytotherapies. One of its strongest effects in menopausal symptoms is that on mood swings.

Muscle buildup: due to its high steroid content, Macabido® may also be used by bodybuilders as a natural and safe anabolic.

Chronic fatigue syndrome/burnout: the chronic fatigue syndrome, which is characterized by fatigue, weariness and lack of drive, is experience by more and more people in our fast-moving time. Here, Macabido® is an excellent help in alleviating the symptoms and releasing new energies.

Dosage

In normal cases take 1 tablet in the morning and 1 tablet in the evening with plenty of fluid.

Side Effects, Contraindications

The constituents of Macabido® are purely plant-based and natural, no side effects worth mentioning are known to date. Still, self-medication is not recommended.

Instructions

Pregnant or lactating women or persons who are under constant medical care should consult a doctor before use. Store in a cool, dry place and keep out of reach of children.

Macabido® Product Groups

Macabido® can be found in the following product groups (www.vitabasix.com):

- Depression & Moods
- Women's Health
- Brain & Memory
- Immune System, Cell Protection & Antioxidants
- Men's Health
- Power & Energy
- Sexuality & Libido
- Sports & Muscles
- Metabolism & Weight

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version October 2015
Basic Facts

Microcrystalline hydroxylapatite (MCHC®) is a particularly effective way of covering the body’s daily requirement of calcium and other minerals. MCHC® is a food supplement that fulfills the daily calcium requirement of the body in an effective and safe way. As part of a health-conscious diet, MCHC® is an ideal means of preventing specific diseases of advanced age – in particular osteoporosis – by providing sufficient calcium.

A sufficient supply with calcium is important especially for the elderly – and this applies to both women and men. Apart from its role in the body for the normal functioning of muscles and blood coagulation, the mineral calcium is also an essential bone constituent. In old age, the bones of many people become more brittle, which is called osteoporosis in medical terms. The daily supply of sufficient calcium with food is important especially for people who already suffer from this disease, but also as part of proper health care.

Effects

MCHC® is quite an extraordinary substance. It not only contains the important calcium but all the minerals that are contained in normal and healthy bones. Moreover, MCHC® does not only simply contain these minerals, it contains them in the same ratio as is also found in natural bone tissue.

As already mentioned above, MCHC® contains in addition to calcium also mineral phosphates, magnesium, fluorides, zinc, copper, manganese, silicon, rubidium and platinum. In addition, MCHC® also consists of organic substances such as active enzymes, collagen fibers, amino acids and many other natural building elements of the bones.

Indications

Osteoporosis therapy: there exist a number of strategies to treat osteoporosis, which can be used with varying success (hormone replacement therapy, e.g. dehydroepiandrosterone, bisphosphonates, calcitonin, etc.). In this respect it is important to keep in mind that there is not only one therapeutic method for all osteoporosis patients.

To successfully fight osteoporosis, however, medicinal or hormonal substances alone are not sufficient. One of the most important factors is a conscious diet which is rich in calcium and certain minerals important for the bones. In this connection it is essential that the calcium contained in food can also be absorbed in sufficient quantities by the body. This is guaranteed if in addition microcrystalline hydroxylapatite (MCHC®) is taken on a daily basis.

It could be proven that MCHC®, when taken daily, contributes to a reconstruction of the bone structure and to the restoration of bone formation. In the medical literature there are numerous case reports and studies in this respect. This is the reason why renowned American doctors recommend to take MCHC® in case of an already existing osteoporosis or as a protection against this serious ailment.
Composition
One capsule contains 250 mg MCHC (microcrystalline hydroxylapatite) in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

Dosage
The exact dosage of MCHC® depends on how tall a person is and on the extent of the individual bone loss. If MCHC® is taken as a food supplement, a daily intake of 1 – 6 capsules at mealtimes is recommended. If required, the dose can be increased accordingly.

In case of painful bone fractures, American doctors even recommend the intake of up to 10 g MCHC® per day. This concept is summarized by the American chiropractor Dr. John Maher from San Diego, California, as follows: «If your bones are weak, then simply eat some bone. It contains all the nutrients you need!»

Nutrients for healthy bone tissue

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Requirement</th>
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<tbody>
<tr>
<td>Vitamin B12</td>
<td>2 – 5 mcg/day</td>
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<tr>
<td>Vitamin B6</td>
<td>5 – 25 mcg/day</td>
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<tr>
<td>Vitamin C</td>
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<tr>
<td>Vitamin D</td>
<td>5000 IU/day</td>
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<td>Calcium (Ca)</td>
<td>1000 – 2000 mg/day</td>
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<td>Silicon (Si)</td>
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<td>Boron (B)</td>
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</tbody>
</table>

*Microcrystalline hydroxylapatite (MCHC®) contains all these minerals at a ratio that is favorable for absorption and metabolisation.

Side Effects, Contraindications
MCHC® has no known negative side effects.

Instructions
MCHC® is made from freeze-dried cattle bones free from chemicals, with the manufacturers using only bones from cattle reared naturally outdoors. The best MCHC® products come from Australia and New Zealand. In these countries, there has not been a single case of «mad cow disease» so far. Moreover, MCHC® products are subjected to strict testing to make sure that no damaging substances (such as pesticides) are contained in this food supplement.

In general, self-medication without consultation of a specialist before intake is not recommended. Store in a cool, dry place and keep out of reach of children.

MCHC® Product Groups
MCHC® can be found in the following product groups (www.vitabasix.com):

Bones & Joints

Important information:
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version July 2011
Basic Facts

Melachron® is a specially developed tablet form of the natural hormone melatonin which occurs in nearly all life forms investigated so far. This patented formulation ensures the correct biological administration of melatonin for a minimum of 6–8 hours.

Melatonin is mainly produced in the pineal gland. It is released into the blood in a specific daily rhythm. Thus it «informs» the whole body about the circadian (daily rhythm) phase. In particular, the inner clock is synchronized anew every day by this process. Melatonin is mainly produced during the night; it is hardly formed during the day.

In addition to this circadian (daily) rhythm, there is also an annual rhythm because of the different lighting conditions in the various seasons. In the winter melatonin is produced and released into the blood for a longer period of time than in the summer. In some animals this causes a change in the color of fur, hibernation, willingness to mate, etc.

Up to the age of 3 months humans hardly have a melatonin day and night rhythm. After this time the nocturnal serum levels increase and a circadian rhythm develops gradually. The highest melatonin concentrations are achieved between the age of one and three years. Thereafter the production is consistently reduced. Therefore elderly individuals do not have as high values in the night as younger people do. In the latter one finds an 8- to 10-fold increase in melatonin levels during the night. Elderly persons, on the other hand, experience only a two-fold increase of their daytime values very late at night and for too short a period. This marginal difference between day and night levels is not sufficient to inform the body correctly of the change between day and night and to regulate the inner clock. Possibly this is one reason why the elderly report sleep disorders and related illnesses more often.

Effects

The best researched effect of melatonin is its influence on the sleep-wake rhythm. Melatonin is suited to treat difficulties in falling asleep as well as sleeping through the night. Melatonin is also able to relieve jet lag symptoms. When taken at the correct time the sleep-wake rhythm that prevailed before the flight is achieved faster. Melatonin is also suitable for shift workers who frequently suffer from disturbed sleep because they have to alter their day and night rhythm – as do those who suffer from the jet lag syndrome.

Although it has not yet been proved that melatonin prolongs survival in human beings, it was confirmed that melatonin has a very positive influence on the quality of life in aged individuals. This thesis is supported by the fact that high melatonin concentrations in the aged clearly improve general wellbeing – as shown in all trials undertaken so far – and reduce the occurrence of age-related diseases. Thus reflecting both its effect as a sleep regulator and as a highly potent antioxidant. Specifically in human beings it was proved that a restful night’s sleep greatly improves general wellbeing the next day.

Indications

Sleep: melatonin was discovered by Dr. Aaron Lerner in 1958 and is being intensively researched since the beginning of the 1980’s. At this time the regulatory effect of melatonin on the sleep-wake rhythm was discovered. The substance started to be used for sleep disorders and jet lag. In double-blind studies it was shown, on the one hand, that melatonin helps the individual to fall asleep and improves the quality of sleep and, on the other hand, assists the individual in sleeping through the night, provided it is administered in the correct dose and pharmaceutical form. If one wants to achieve both effects simultaneously, it must be ensured that enough melatonin is absorbed by the body at the beginning of the sleeping phase (phase of falling sleep), and that sufficient melatonin is present in the body for the next 6–8 hours or so (phase of sleeping through the night).

Clinical trials have shown that a combination of fast- and slow-release melatonin designed to fulfill these requirements (which is achieved for the first time in Melachron®) regulates sleep in a much better way than products that release melatonin only fast or only slowly.
Melachron® cannot be compared with conventional soporifics because the latter commonly have pronounced side effects and also a substantial addictive potential. In addition, some of these soporifics suppress the body’s own production of melatonin. Melatonin, on the other hand, possesses no such addictive potential. Rather, it optimizes the natural sleep rhythm. Thus it does not cause morning fatigue which is commonly associated with the intake of other soporifics.

Some trials indicate that certain soporifics, even those being taken for a longer period of time can be discontinued, provided the intake of melatonin is started the very next evening. When such a change is made, the anticipated adverse effects like marked sleep disorders and/or withdrawal symptoms frequently do not occur.

**Jet lag:** melatonin is able to correct shifts in the sleep-wake rhythm, which are especially common during intercontinental flights or among shift workers. Several trials have shown that melatonin may accelerate the individual’s re-adjustment to the altered day and night conditions and suppress jet lag symptoms.

**Cell protection:** in the mid-90’s it was discovered that melatonin protects cells from harmful radicals. Besides, melatonin enhances the cytotoxic effect of natural killer cells (NK cells) which are important for the immune defense, and thus stimulates the endogenous immune system.

**Composition**

One tablet contains 3mg (1/3 immediately releasing, 2/3 pulsatile releasing (in bursts)) pure synthetized melatonin (N-acetyl-5-methoxytryptamine) in pharmaceutical grade. Other ingredients: mannite, dicalcium phosphate, microcrystalline cellulose, magnesium stearate, SiO₂

**Dosage**

Due to its short half-life of about 30 minutes Melachron® should be taken immediately before going to bed.

**Recommended dose:** 1 tablet per day. In cases of highly tense and/or excessively overweight persons the dose may have to be increased to 2–3 tablets per day in order to achieve the desired effect because of the exceptional circumstances in such cases (high adrenalin levels and a large body volume).

**Metabolization**

Melatonin is mainly transformed into 6-hydroxymelatonin sulfate in the liver and is eliminated through the kidney. Melatonin has a very short half-life of about 30 minutes.

After taking Melachron®, approx. 1/3 of the quantity is immediately released, and the remaining 2/3 are released in several small bursts at different times (pulsatile). This helps the individual to fall asleep quickly as well as it ensures physiological serum concentrations for sleep maintenance for up to 7 hours. Thereafter physiological daytime values are achieved about 8 hours after melatonin is taken in the evening.

**Cell Protection & Antioxidants**

Composition: Melachron® protects cells from harmful radicals. Besides, melatonin enhances the cytotoxic effect of natural killer cells (NK cells) which are important for the immune defense, and thus stimulates the endogenous immune system.

**Hormone-like Substances**

Composition: Melachron® contains melatonin, an endogenous hormone of the body. Doses of up to 800mg/day have been well tolerated in trials. However, doses in a low milligram range are sufficient to achieve the desired effect, such doses are provided by currently available melatonin preparations.

**Side Effects, Contraindications**

Melatonin is an endogenous hormone of the body. The following adverse effects have been observed: the majority of these were transient and mild: hypothermia, drowsiness/somnolence during the day (especially in persons who have been suffering from disturbed sleep for a long time and need to make up for sleep backlogs), prolonged reaction time. Reddening of the skin (erythema), abdominal cramps, impaired vision, headache (similar to migraine) and diarrhea have been reported in rare cases; however, it could not be proved whether these side effects were related to melatonin or other components (e.g. contaminants). All adverse effects were entirely reversible and of short duration. The time point of administration must be adjusted to the phase situation, the formulation, and any hepatic or renal function disorders the patient may have, in order to avoid adverse effects such as overdosage, phase shifting, etc.

In cases of persons taking steroid-containing medications, during pregnancy, lactation, the intake of SSRI’s (antidepressants), in the presence of severe allergies, melatonin should only be taken in exceptional cases and under the continued supervision of a doctor.

**Instructions**

Do not use before driving a car or operating machines. Generally self-medication should not be practiced. The doctor should be consulted before any intake. This is especially true for persons who have to take other medications. Store in a cool, dry place and keep out of reach of children.

**Melachron® Product Groups**

Melachron® can be found in the following product groups (www.vitabasix.com):

- **Hormones & Hormone-like Substances**
- **Immune System**
- **Cell Protection & Antioxidants**
- **Sleep**

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version January 2018
**Basic Facts**

Melatonin (N-acetyl-5-methoxytryptamine) is a natural hormone which regulates the biological clock of man. It is produced in the pineal gland and cyclically released into blood in small quantities at a certain rhythm. In this way it «informs» the entire body about the current circadian (daily rhythm) phase. Melatonin can be found in human beings, animals, plants and even monocellular and phylogenetically very old algae (3 billion years). Melatonin is mainly secreted when it is dark. During the day hardly any melatonin is produced. Due to the different conditions of light there exists, in addition to the circadian (daily) rhythm, also an annual rhythm. In winter, melatonin is produced and released into blood over a longer period of time than in summer.

Up to the third month of life hardly any melatonin is produced. Thereafter, the serum melatonin values increase and eventually the circadian cycle develops. Between the age of one and three years the highest melatonin concentrations are reached. Elderly people no longer have the high melatonin values of young people during the night. This is possibly also the reason why the elderly complain more frequently about sleep disturbances. In young people an about 12-fold increase in the melatonin values is observed during the night while the increase in the elderly is only about 3-fold.

**Effects**

The best researched and documented effect of melatonin is its influence on the sleep-wake rhythm. Melatonin is well suited to treat difficulties in falling asleep as well as in sleeping through. Melatonin has also proven to be effective to relieve jet-lag symptoms. When taken, the level of activity that existed before the flight is reached faster. Melatonin is also suitable for shift workers, who often suffer from sleep disturbances.

Although the life-prolonging effect for human beings has not yet been proven, it has been confirmed that melatonin has a very positive effect on the quality of life in old age. This thesis is supported by the fact that a restrictive food intake, which goes hand in hand with a clearly increased melatonin production, admittedly leads to a prolongation of life and to a reduced incidence of age-related diseases in all test animals examined up to now.

**Indications**

**Sleep:** After its discovery in 1958 by Dr. Aaron Lerner, melatonin has been the subject of intensive research since the beginning of the 1980s. At this time the effect of melatonin on the sleep-wake regulation was discovered and the substance used for sleep disorders and the jet lag. In double-blind studies it could be shown that melatonin helps the individual to fall asleep and increases the quality of sleep. Moreover, sleeping-through is supported. However, melatonin cannot be compared with conventional soporifics, which often have very pronounced side effects and also a quite considerable habit-forming potential. Some soporifics even suppress the production of melatonin.

Melatonin, however, has no addictive effect but optimizes the natural sleep rhythm. This is the reason why it does not cause tiredness in the morning, which is often felt by people taking soporifics.

**Jet lag:** Melatonin is capable of regulating the shifts in the sleep-wake rhythm which often occur in flights crossing several time zones. Several studies have proven that melatonin accelerates the adaptation to the other time zone and may even suppress jet-lag symptoms.

**Immune system, cancer and aging:** In the mid-90s it became known that melatonin protects the cells against harmful radicals. Melatonin also increases the cytotoxic effect of NK cells (natural killer cells), which are important for the immune defense, and stimulates the immune system. The immunosuppressive effects of cortisol can be cancelled by melatonin.

On account of the cell-protective, immunostimulating and antiproliferative effects of melatonin, studies were carried out in which the substance was used to treat cancer. Although these studies are not yet indicative of an increase in the cancer survival rate after administration of melatonin, the survival times of the patients seem to become longer.
Further effects of melatonin are a lowering of the intra-ocular pressure, which could be of importance for treating glaucoma, a disease characterized by increased intra-ocular pressures. The respective trials are already being carried out.

Further (possible) fields of application are:

- **Tinnitus**: After having taken melatonin the patients reported that their sleep had become better. Although the symptoms of tinnitus are not influenced, the better quality of sleep increases the quality of life.
- **Glaucoma**: By lowering the intra-ocular pressure.
- **Depression**: Patients with certain types of depression have low melatonin levels.
- **Hypertension**: Melatonin has a hypotensive effect.
- **Cardiovascular system**: Melatonin, by its antioxidative effects, protects the heart and vessels against harmful cholesterol deposits.

**Composition**

One capsule contains 1 mg, 3 mg or 5 mg pure, synthetized melatonin (N-acetyl-5-methoxytryptamine) in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate.

**Dosage**

Due to its short half-life of about 30 minutes, melatonin should be taken shortly before going to bed with plenty of fluid.

To stimulate the immune system and to improve well-being:

- up to 40 years: 1 mg daily
- 40–60 years: 1–3 mg daily
- over 60 years: 3–6 mg daily

Whenever required (stress, overweight, etc.) also higher doses may be taken:

As a soporific: up to 10 mg daily

For shift workers: up to 5 mg daily 30 minutes before the beginning of the subjective time of sleep

Against jet lag:

- **1st day**: 1–3 mg at 11:00 p.m. (local time in the destination country)
- **2nd day**: 1–3 mg at 10:30 p.m. (local time in the destination country)
- **3rd day**: 1–3 mg at 10:00 p.m. (local time in the destination country)

**Side Effects, Contraindications**

Melatonin is an endogenous hormone. Doses of up to 800 mg/day were well tolerated in self-experiments and in studies. In order to reach the desired effects, lower milligram-range doses, as they are guaranteed by the current melatonin preparations, are sufficient. The following undesirable effects, which – however – are mostly only transient and light, have been observed: hypothermia, sleepiness/drowsiness during the day (mainly in persons having suffered from disturbed sleep for a longer period of time and now having a rather high pent-up demand for sleep), prolonged reaction times.

In very rare cases reddening of the skin, abdominal cramps, visual disturbances, headache (similar to migraine) and diarrhea were described, however it could not be proven for sure whether these side effects were due to melatonin or other components. All undesirable effects were completely reversible and short-lived. The time point of administration of melatonin must be adjusted to the phase situation, to the formulation as well as to any hepatic or renal function disorders in order to avoid undesirable effects such as overdosage, phase shifting, etc.

In cases of persons taking steroid-containing medications, during pregnancy, lactation, the intake of SSRI’s (antidepressants), and in the presence of severe allergies, Melatonin should only be taken in exceptional cases and under the continued supervision of a doctor.

**Instructions**

Do not use before driving a car or operating machines.

Generally, self-medication should not be practiced and a doctor should be consulted before intake. This particularly applies to persons who continuously have to take other medications. Store in a cool, dry place and keep out of reach of children.

**Melatonin Product Groups**

Melatonin can be found in the following product groups (www.vitabasix.com):

- **Hormones & Hormone-like Substances**
- **Immune System, Cell Protection & Antioxidants**
- **Sleep**

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version September 2015
High concentrations of endogenous hormones. In the presence of extremely strong phytooestrogens the body's own hormones are significantly weakened. Whether this strengthens or weakens the hormonal effect in the individual case depends both on the binding specificity of the phytooestrogens to the particular receptor and the current concentration of endogenous hormones. The effects exerted by the body's own hormones are substantially stronger than the effects of the plant substances. In the presence of extremely high concentrations of endogenous hormones, therefore, the plant substances tend to weaken the overall hormonal effect by displacing the more powerful hormones from the binding sites. In the presence of very low concentrations of endogenous hormones, in contrast, the phytooestrogens can display their full effect. It is evident, therefore, that the secondary plant substances act to "fine tune" the hormonal balance in the body. Not only do these substances affect the hormones. They also have an impact on the body's entire metabolism (i.e. the metabolism of fats, sugars and minerals) and regulate the growth of a broad range of cells and tissues. Furthermore, they protect against diseases caused by hormone-dependent metabolic changes, e.g. the more rapid breakdown of bone seen in older people. Soy, red clover and cat's whiskers (Orthosiphon aristatus) are especially rich in these secondary plant substances.

Besides isoflavones, Menochron® contains other valuable ingredients such as essential amino acids, saponines and phytosterols. Furthermore, the valerian extract helps the body to get the rest and relaxation it needs. Insufficient sleep is often a direct result of hormonal imbalance – a common disorder during menopause and one that deprives the body of the restful sleep it so urgently needs.

### Basic Facts

Plants contain substances that exert effects similar to those of the hormones produced by the human body. For this reason, these compounds – which are found in small amounts in plants and belong to the group of "secondary plant substances" – are also called "phytohormones". The isoflavones are the most prominent members of this group. Within the group of isoflavones, the phytooestrogens are the most important substances. They exert effects similar to – but weaker than – those displayed by the sexual hormones (oestrogens) produced by the human body. The phytooestrogens owe their ability to exert such effects to their structural similarity with human sexual hormones. They are able to bind to the oestrogen receptors and can thus produce an oestrogenic or anti-oestrogenic effect. Another effect of the phytooestrogens is to displace the body's own (endogenous) oestrogen from its transport proteins, which can in turn result in higher levels of unbound, and consequently active, endogenous sexual hormones. For these reasons, phytooestrogens can be used to supplement the body's own declining oestrogen production. During the menopause this decrease in endogenous oestrogen frequently causes symptoms such as hot flushes, sweating, etc. – symptoms which have a negative effect on a woman's general well-being. It has been demonstrated that phytooestrogens counteract these undesired effects.

Since the body's own hormones and the secondary plant substances compete for the binding sites on the receptors in the body, the phytohormones are able to weaken – as well as strengthen – the effect of the body's own hormones. Whether this strengthens or weakens the hormonal effect in the individual case depends both on the binding specificity of the phytooestrogens to the particular receptor and the current concentration of endogenous hormones. The effects exerted by the body's own hormones are substantially stronger than the effects of the plant substances. In the presence of extremely high concentrations of endogenous hormones, therefore, the plant substances tend to weaken the overall hormonal effect by displacing the more powerful hormones from the binding sites. In the presence of very low concentrations of endogenous hormones, in contrast, the phytooestrogens can display their full effect. It is evident, therefore, that the secondary plant substances act to "fine tune" the hormonal balance in the body. Not only do these substances affect the hormones. They also have an impact on the body's entire metabolism (i.e. the metabolism of fats, sugars and minerals) and regulate the growth of a broad range of cells and tissues. Furthermore, they protect against diseases caused by hormone-dependent metabolic changes, e.g. the more rapid breakdown of bone seen in older people. Soy, red clover and cat's whiskers (Orthosiphon aristatus) are especially rich in these secondary plant substances.

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### Effects

#### Soybeans:

The primary effect of this extract is based on the isoflavones it contains. In particular, genistein, daidzein and glycitein – the three most important isoflavones contained in soy – have been extensively investigated to assess their oestrogenic and antioxidative properties. Soy also contains saponines, substances which primarily strengthen the immune system. Together with the phytosterols, another important group of secondary plant substances, the saponines also bind cholesterol. This prevents cholesterol from being absorbed in the intestines and ultimately lowers cholesterol levels.

#### Wild yam root

Contains saponines such as diosgenin and dioscoretin. These substances lower the blood sugar and triglyceride levels and increase the ("good") HDL cholesterol. Antioxidative, antispasmodic and anti-inflammatory properties are also known.

#### Orthosiphon:

Dried leaves of Orthosiphon aristatus, also called cat’s whiskers, contain a complex mixture of essential oils, plant acids, isoflavones, saponines and potassium salts. Extracts of these leaves have been observed to have a diuretic, anti-inflammatory, weakly spasmylytic and microbicidal effect.

### At a Glance

- Menochron®: dried leaves of Orthosiphon aristatus, also called cat's whiskers, contain a complex mixture of essential oils, plant acids, isoflavones, saponines and potassium salts. Extracts of these leaves have been observed to have a diuretic, anti-inflammatory, weakly spasmylytic and microbicidal effect.

- **Menochron®**
  - releases chronobiologically-optimized isoflavones having an oestrogenic effect as well as other plant substances
  - restores hormonal balance (especially in women over 45)
  - promotes lipid and sugar metabolism and bone structure and traps free radicals

- **Menochron®**
  - restores chronobiologically-optimized isoflavones having an oestrogenic effect as well as other plant substances
  - promotes lipid and sugar metabolism and bone structure and traps free radicals
Dong quai (Chinese angelica) is a herb in the celery family and is used in traditional Chinese medicine in painful menstruation, intracyclic menstrual bleeding and menopausal complaints. It was also used against hypertension and disturbed circulation.

Lignans: derived from the Latin term for woody (lignum), lignans stand for a specific class of antioxidants, polyphenols and isoflavones. Structurally, the lignans are very similar to the group of the sexual hormones. The fact that they dock to certain receptors of our cells enables them not only to balance the decrease in production within the body but also to reduce a hormonal production that is too high. In this way they have effect on the development of hormone-dependant tumours (breast, prostate, intestine). Apart from reducing certain cancer risks, lignans can also improve the soundness of the heart.

Trifolium (red clover) belongs to the papilionaceous plants. In addition to the isoflavones already discussed above, trifolium extract contains mainly formononetin and biochanin A. The latter substances are precursors of genistein and daidzein. However, they also appear to have an effect of their own which contributes to the efficacy of red clover. The mildly oestrogenic effect exerted by all the isoflavones alleviates the symptoms of menopause without causing the well known problems associated with classic oestrogen replacement. There is evidence, moreover, that the ingestion of isoflavones confers protection against osteoporosis.

Valerian: this extract, also known as baldrian, is one of the oldest natural remedies known to man and has been used to treat nervousness and sleeping disorders since ancient times. Valerian relaxes the body and makes it easier to fall asleep. Taken regularly, it has a calming and anxiety-reducing effect.

Cimicifuga racemosa (black cohosh) contains not only isoflavones and many other effective compounds but also triterpene glycosides. These are of especially great help in case of menopausal complaints.

Magnesium: magnesium is one of the most important minerals for human beings. It is required for normal muscle function, among other things, and has long been used to alleviate muscle cramps. Furthermore, magnesium is essential for healthy bone structure.

Indications
Menochron® is used to prevent and treat menopausal symptoms and all the associated changes, e.g. hot flushes, sweating, irritability, mood fluctuations and insomnia. It also has a positive effect on bone density and lipid (i.e. fat) metabolism. Taking Menochron® regularly may even lower your risk of developing a hormone-dependent malignant tumour. Since it causes practically none of the side effects that have been observed in patients receiving conventional hormone replacement therapy (HRT), Menochron® is also suitable for patients who do not tolerate the latter treatment.

Composition

<table>
<thead>
<tr>
<th>AM capsule (morning)</th>
<th>daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isoflavones (from soy)</td>
<td>40 mg</td>
</tr>
<tr>
<td>HMR Lignans</td>
<td>15 mg</td>
</tr>
<tr>
<td>Orthosiphon extract</td>
<td>200 mg</td>
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<tr>
<td>Wild yam root extract</td>
<td>100 mg</td>
</tr>
<tr>
<td>Damiana extract</td>
<td>100 mg</td>
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<tr>
<td>Dong quai extract</td>
<td>100 mg</td>
</tr>
<tr>
<td>Coral Calcium*</td>
<td>25 mg</td>
</tr>
<tr>
<td>Bioperine*</td>
<td>2,5 mg</td>
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</table>

<table>
<thead>
<tr>
<th>PM capsule (evening)</th>
<th>daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isoflavones (from soy)</td>
<td>30 mg</td>
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<tr>
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<tr>
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<td>Cimicifuga racemosa extract</td>
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<tr>
<td>Coral Calcium*</td>
<td>25 mg</td>
</tr>
<tr>
<td>Bioperine*</td>
<td>2,5 mg</td>
</tr>
</tbody>
</table>

Dosage
In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid. In particularly severe menopausal sign you can increase the dosage to 2 capsules AM in the morning and 2 capsules PM in the evening.

Side Effects, Contraindications
The plants from which the extracts have been obtained have proven to be generally well tolerated in traditional foodstuffs worldwide. The product is thus safe for use across a broad range of doses.

Some people are allergic to soy protein. For this reason, you should consult your doctor before taking Menochron® during cancer treatment or follow-up treatment.

Dong quai may increase the sensitivity to sun light in light-skinned people. Not suited for pregnant and lactating women.

Instructions
It is generally recommended to consult a specialist before taking Menochron®. If you have a pre-existing disease or are already receiving long-term drug treatment, you should use Menochron® only after consulting your doctor first. If you experience any symptoms while taking Menochron®, you should consult a doctor and inform him or her of the intake. Store in a cool, dry place and keep out of reach of children.

Menochron® Product Groups
Menochron® can be found in the following product groups (www.vitabasix.com):

- Hormones & Hormone-like Substances
- Chronobiology
- Depression & Moods
- Women’s Health
- Immune System, Cell Protection & Antioxidants
- Bones & Joints
- Sexuality & Libido
- Metabolism & Weight

Important information:
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Basic Facts

The body does not produce the energy needed for all its functions in some special power organ, but in almost every single one of our roughly 70 billion cells. The so-called mitochondria in our cells are the key element with regard to the generation of the body’s life force. These mini power plants are often less numerous, smaller and less efficient in people with chronic diseases.

Whether there is a correlation between the number, size and performance of mitochondria and the chronic exhaustion of millions of young people and adults has not been definitively explored but is probable. Weakness may be caused by a lack of sleep, poor nutrition, physical and mental overload, as well as medical treatments and procedures. According to investigations carried out by the British Royal College of Psychiatrists, one in five adults sometimes feels burned out and every tenth feels permanently exhausted. Women are affected more often than men. Burnout has slowly become a buzz word in our society – one that has long been limited to one’s working life. The phenomenon involves an inner exhaustion of human vitality. The term was coined in 1974 to describe a syndrome that often occurred in staff in the caring professions.

Burnout develops in several phases: success, greater willingness to prove oneself, neglect of one’s needs, being hard on oneself. In the end, however, the ability of the psyche and the body to perform fails.

The intake of particularly energy-rich molecules, along with amino acids, enzymes and vitamins, at the right time of the day increases the performance potential of the mitochondria. This support of the processes that occur in the cell can mitigate the negative effects of the lack of energy in any form.

The main task of these mini power plants is the production of energy through chemical reactions in the food chain, in which fatty acids and glucose are converted into a usable and transportable form of energy, ATP for short.

The raw material to produce ATP is derived from one’s diet or from the catabolism of available tissue, such as adipose tissue.

Food that has been consumed must first be broken down into simpler molecules such as carbohydrates, proteins and fat prior to being processed. While these components oxidize in the cell with the aggressive oxygen from the air we breathe, the mitochondria provide energy in the form of ATP molecules. These highly reactive processes are repeated extremely rapidly. The total amount of ATP produced during the day often exceeds the body weight of the person concerned. During abnormal conditions such as fever, the effects of a disease, stroke or other stress loads, more oxygen is often used than is used for the production of ATP. As a result, highly aggressive radicals are produced in greater quantities, which is why a lack of energy is usually accompanied by a threatening increase in oxidative stress. The so-called biogenesis of mitochondria, i.e. their increased formation, embodies a particularly important protective function. The formation of mini cellular power plants is governed by the respective genome and favored by various components, including certain phytochemicals and other special biochemical compounds. The mini cellular power plants are also essential in the production of certain blood components, in the production of vital hormones such as estrogen and testosterone, in the metabolism of brain neurotransmitters and when dealing with fat molecules in food.

Once a mitochondrion is no longer fully functional, the affected cell is subject to multiple loads. The feeling of burnout affects the performance of various organs, but predominates above all in the brain.

Effects

With regard to any medically-assisted improvement in energy, one has to consider primarily the controlled supply of the co-enzyme NADH, a key molecule in the production of ATP. Recent scientific advances make it possible to stabilize the effectiveness of NADH and to achieve a high level of bioavailability after oral administration. The recommended intake time is the morning, supplemented by the morning vitamins of B6, C and E which act as free radical scavengers. Also, anyone affected by lethargy is recommended to take, in the first half of the day, nutritional supplements based on natural substances that contribute to energy generation. This is done either by improving fat utilization or by supporting oxidation as a kind of fuel.
In such cases, the amino acids of L-carnitine and L-arginine have proven themselves in various studies.

BioPQQ™ pyrroloquinoline quinone disodium salt: The significance of Bio-PQQ™ (also known as pyrroloquinoline quinone) for the human body wasn’t discovered until 2003. This vitamin is involved in more than 20,000 physiological processes and therefore plays an immensely important role in the prevention of many diseases. In addition to the positive effects it has on the general metabolism, muscle function, neuronal conduction and the immune system, it also enhances many effects of the other vitamins.

L-carnitine helps certain substances required for energy production to enter into the mitochondria.

L-arginine improves the body’s production of the growth hormone HGH, which manifests itself in the formation of new muscle mass. This amino acid can weaken the effect of harmful substances on the liver, e.g. environmental toxins, and has positive effects on male fertility. From a chronobiological point of view, these measures are best undertaken at the start of the day. The boost in energy generation increases the risks associated with oxidation. A weakened body is exposed to them even more. During the regeneration phase at night, therefore, the main focus is on protecting the organism against free radicals.

Fatty acids of the omega-3 group are particularly effective neutralizers of such aggressive oxidizing substances. Since they are unstable chemical compounds, they are in turn protected against damage by phytochemicals such as ginkgo biloba and the main active ingredients of red wine medicine, resveratrol and quercetin. In addition, quercetin and other plant compounds can activate neogenesis, i.e. the formation of new mitochondria.

Co-enzyme Q10 also plays an important role in generating sufficient energy, as well as protecting mitochondria from harmful influences. Recent developments also facilitate a noticeable increase in the otherwise rather low bioavailability of this key enzyme.

The bioactivity of the evening substances is increased by vitamins B1, B2 and B12 being administered at the right time of day.

**Indications**

Scientific studies confirm that the balanced ingredients of Mitochron® result in a number of desirable outcomes:

- Increased energy in the muscle and heart cells, which, with enhanced performance, can lead to a reduction in blood pressure.

- In the body’s production of serotonin, the so-called happiness hormone. Depression caused by serotonin deficiency is a frequent companion of periods of burnout, and its manifestation can be mitigated by increased mitochondrial function.

- Boosting of the immune system as a whole, both by improved mitochondrial capacity, as well as by the increased use of phytochemicals with antioxidant properties.

- Broad improvement in the blood flow in vital organs, which contributes to increased performance.

Mitochron® is a chronobiological preparation to enhance the performance and the number of mitochondria in different tissues. Suitable for men and women suffering from a noticeable lack of energy.

**Composition**

**AM capsule (morning)**

| BioPQQ™ Pyrroloquinoline quinone disodium salt | 1 mg | 2 mg |
| NADH® (Panmol) | 5 mg | 10 mg |
| L-carnitine | 100 mg | 200 mg |
| L-arginine | 50 mg | 100 mg |
| Vitamin C | 75 mg | 150 mg |
| Vitamin E | 17.5 mg | 35 mg |
| Vitamin B6 | 10 mg | 20 mg |
| Omega 3 complex (containing EPA 9 mg, DHA 6 mg) | 15 mg | 30 mg |

in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate.

**PM capsule (evening)**

| BioPQQ™ Pyrroloquinoline quinone disodium salt | 1 mg | 2 mg |
| Co-enzyme Q10 | 100 mg | 200 mg |
| Glutathione | 25 mg | 50 mg |
| Quercetin extract | 25 mg | 50 mg |
| Resveratrol | 50 mg | 100 mg |
| Ginkgo biloba extract | 60 mg | 120 mg |
| Zinc (Zn) | 10 mg | 20 mg |
| Biotin | 1000 mcg | 2000 mcg |
| Vitamin B1 | 1 mg | 2 mg |
| Vitamin B2 | 7.5 mg | 15 mg |
| Vitamin B12 | 5 mcg | 10 mcg |
| Omega 3 complex (containing EPA 13.5 mg, DHA 9 mg) | 22.5 mg | 45 mg |

in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate.

**Dosage**

In normal cases take 2 capsules AM (yellow) in the morning and 2 capsules PM (blue) in the evening with plenty of fluid.

**Side Effects, Contraindications**

When suffering from a lack of energy which has mainly organic causes, consult a physician before taking the dietary supplement Mitochron®. Do not take if you are hypersensitive to any of the ingredients.

**Instructions**

Store in a cool, dry place and keep out of reach of children. Pregnant or lactating women or persons who are under constant medical care should consult a doctor before use.

**Mitochron® Product Groups**

Mitochron® can be found in the following product groups (www.vitabasix.com):

- **Power & Energy**
- **Wn**
- **Chronobiology**
- **Depression & Moods**

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Subject to alterations and printing errors. Version: June 2016
**Basic Facts**

Methyl-sulfonyl-methane (MSM) is a natural, organically bound sulfur. In very low concentrations it is found in the body fluids and in the tissue of the human body. MSM has a very good bioavailability and is an essential part of the food. Sulfur is an important building block of enzymes and immunoglobulins; it is also important for the formation and the nutrient balance of connective tissue, hair and nails.

MSM has an anti-inflammatory effect and enables the body to replace destroyed cells and tissue structures. These properties of MSM are also pain-relieving and soothing in case of inflammatory processes in the joints, tendons, synovial bursae, problems with the intervertebral discs and numerous other processes in the muscle and locomotor system. In sports people, MSM helps against stiffness and pain due to overexerted muscles, ligaments and joints.

MSM is also considered an important anti-allergic agent. It occupies the receptors in the mucous membranes so that allergens can no longer attack.

In addition, MSM helps in numerous problems in the gastro-intestinal tract such as for instance diarrhea, constipation and acidification as well as against numerous parasites. MSM can be found in many foodstuffs like milk, meat and fish, but it is destroyed by heating, drying and in other processing methods of the modern foodstuff industry. For people who do not purposefully eat milk and untreated foodstuff, supplementing their food with MSM makes sense.

**Effects**

For centuries it has been known that sulfur-containing medicinal springs can ease many complaints. Sulfur compounds have been used for many years as antibiotics (sulfonamides) to combat bacterial infections.

The human body absorbs MSM through the intake of fresh vegetables, fruit, meat and sea animals. Fresh cow milk is particularly rich in MSM. Unfortunately, however, MSM can be very easily destroyed. And also modern farming causes the MSM content in plants to be constantly falling.

Robert Herschler, one of the leading MSM researchers, expresses it as follows: "MSM can be destroyed so easily that in order to guarantee an optimal intake via food, fish, meat and vegetables would have to be eaten raw and unwashed."

**Indications**

- **Heartburn/constipation:** MSM is balancing the pH-value (in contrast to most other medications) without any side effect. Also in case of constipation MSM is helpful by stimulating the bowel function. People who do not suffer from digestive problems can take MSM as a food supplement on a daily basis and in this way balance the pH-value of the entire body.
- **Allergies:** MSM, when used in treating allergies of all kinds, proved to be very successful. Its efficacy was the same as that of the usual antihistamine preparations, however without side effects. The patients reported clear improvements and even the complete disappearance of the allergic symptoms. Many patients could clearly reduce the amount of anti-allergic agents by additionally taking MSM.
- **Arthritis:** Arthroses are usually treated by giving pain-relieving and anti-inflammatory drugs which, however, often have unpleasant side effects. In several studies MSM had the same effects as the drugs available on the market and, moreover, was very well tolerated.
- **Rheumatoid arthritis:** 40 percent of all people older than 65 years suffer from rheumatoid arthritis. MSM stops swellings and inflammatory reactions, relieves pain and prevents a stiffening of the joints.
- **Breast and intestinal cancer:** In the animal test it was shown that MSM can suppress the breaking out of breast and intestinal cancer. MSM did not have any toxic side effects. With regard to human medicine this means that the intake of MSM – particularly in connection with other therapies to prevent cancer – could prevent, or at least delay, the breaking out of all types of carcinomas.

**PRODUCT INFORMATION**

**MSM**

Methyl-sulfonyl-methane (MSM) has an anti-inflammatory effect, is used against allergies and auto-immune diseases and helps in case of diseases of the gastro-intestinal tract and the skin.
Emphysemas/pulmonary diseases: studies showed that MSM can help in many types of pulmonary diseases. Bronchitis, shortness of breath and smoker’s cough could often be completely cured with an MSM therapy in connection with specific exercises and a diet.

Systemic lupus erythematosus – SLE: SLE is an auto-immune disease characterized by fever, fatigue, pain in the joints and unpleasant rashes. The heart, lungs, kidneys, the gastro-intestinal tract and brain can also be involved, sometimes even with a lethal course. In the animal study MSM lowered the death rate by 75 to 100 percent. The respective studies with humans are being carried out.

Muscular pain: in case of pain in muscles or diseases of the skeletal muscles, MSM was able to bring about significant improvement. When vitamin C was additionally given, the curative success began earlier and was also more effective. MSM is often used by athletes and in sports medicine. It helps in case of overstrained muscles, cramps, injuries and overexertion. The convalescence phase is shortened and injuries are cured in a shorter time.

Parasites: cutaneous fungi and athletic food can be successfully treated with MSM. But it is also effective in case of giardiasis (a disease caused by intestinal flagellates), trichinae and verminosis.

Skin, hair and nails: MSM increases the elasticity of the skin and the connective tissue. Successes were also achieved when MSM was used to treat acne, burns and age-related changes of the skin. Excessive scar tissue becomes softer and its optical appearance improves due to these effects of MSM.

Scleroderma: scleroderma is an auto-immune disease in which the skin and the connective tissue become abnormally hard and stiff. In its severe form, this disease can lead to immobility (e.g. of the fingers) or to a mask-like face. Tests have shown that MSM (in the form of a cream) made the tissue concerned softer and more elastic again, thus improving the quality of life of the patients.

Composition
One capsule contains 500 mg methyl-sulfonyl-methane in pharmaceutical grade. Other ingredients: rice flour

Dosage
As a food supplement, doctors recommend the daily intake of 500 mg.
For therapeutical purposes, the dosage depends on the respective state of health and the immune function. Also the body weight may play a role. Your doctor will prescribe the dose you have to take in accordance with your needs.

Side Effects, Contraindications
MSM is not toxic and is compatible with all other medications. No side effects have been observed to date.

Instructions
In order to achieve its optimal effect, MSM must be regularly taken on a daily basis for a longer period of time. It is recommended to take simultaneously vitamin C or a multivitamin preparation because the effects will then be produced earlier.

The first positive results should show within three weeks. If high doses of MSM are taken, the intake should be distributed over the day, preferably 4 times 500 mg/day.

In general, self-medication without consultation of a doctor is not recommended. Store in a cool, dry place and keep out of reach of children.

MSM Product Groups
MSM can be found in the following product groups (www.vitabasix.com):

- Bones & Joints
- Skin & Hair
- Stomach & Intestines
- Pain & Inflammation

Important information:
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version October 2015
Neurochron®

A food supplement based on plant extracts, vitamins and minerals, for the maintenance of mental fitness and enhancement of concentration. The combination of all constituents of the morning and the evening capsule, specifically synchronized to suit the needs of the time of day, allows perfect integration into a person’s everyday diet from a chronobiological point of view. Mental flexibility and high concentration abilities are maintained throughout the day. Age-related changes such as loss of memory can be reduced.

**Basic Facts**

Neurodegenerative diseases are nearly always associated with a slow and insidious reduction of mental fitness and loss of memory and concentration abilities. Currently more than two million persons in Germany are massively impaired by reductions in their mental and psychological abilities. Particularly elderly people are affected by this condition. Due to demographic changes this poses new challenges not only in the political and social sectors, but also for the individual who must learn to cope with loss of memory and a general weakening of cognitive abilities, which may even include depression.

To prevent loss of cognitive abilities, in the field of preventive and modern anti-aging medicine a so-called integrated model for the maintenance of cerebral fitness has proven its worth. This consists of a balanced diet, moderate physical training, special exercises to train one’s mental abilities, and specific forms of meditation. If necessary, specific medications and/or hormones may be used under the supervision of a doctor. However, a program of this type should always be accompanied by high-grade food supplementation so that the missing vitamins and minerals are replaced and active substances from plant extracts are administered in order to achieve positive effects on neuronal structures. Furthermore, one must consider the fact that certain substances have a stimulating effect and should be taken during the day while others have a soothing effect and are better administered in the evening. Thus, one achieves optimal results with a food supplementation program based on chronobiological guidelines to maintain mental fitness and prevent age-related loss of memory.

**Effects**

Neurochron® is a combination of vitamins, minerals, antioxidants, phospholipids and selected plant extracts. The division into a morning and an evening capsule ensures, for the first time, a balanced combination of natural substances to improve brain function, in keeping with the most recent scientific findings.

**The most important constituents for the day are:**

**BioPQQ™** pyrroloquinoline quinone disodium salt: The significance of Bio-PQQ™ (also known as pyrroloquinoline quinone) for the human body wasn’t discovered until 2003. This vitamin is involved in more than 20,000 physiological processes and therefore plays an immensely important role in the prevention of many diseases. In addition to the positive effects it has on the general metabolism, muscle function, neuronal conduction and the immune system, it also enhances many effects of the other vitamins.

**Vinpocetine:** this active substance is obtained from myrtle seeds. In addition to its anti-oxidative properties it promotes blood circulation in the brain as well as oxygen supply, which stimulates cerebral metabolism. Furthermore, it was shown that the ATP content of nerve cells is increased and thus the brain is provided with the energy required for all of its metabolic processes and functions.

**Inositol:** inositol and its derivatives play an important role in the transfer of signals within the cells. For instance, signals that reach the cell from the outside are directed from the cell membrane into the cell nucleus with the help of inositol. Thus, the metabolism of cells is adjusted to external requirements and the cells are stimulated to form specific hormones and other important substances.

**Choline and DMAE:** choline belongs to the group of biogenic amines and is present in nearly all life forms. It plays an important role in amino acid metabolism and is involved in the formation of important substances in the body, such as the phospholipid lecithin which is involved in the formation of the cell membrane. Dimethyl-aminoethanol (DMAE) is also a biogenic amine with similar important functions. Like choline it is involved in the formation of the cell membrane and serves as the basic material for the synthesis of choline. In the body acetylcholine is formed from choline. Acetylcholine is one of the most important neurotransmitters in the body. Particularly in advanced age, the reduction of this messenger substance appears to be the reason for several deficiency symptoms.

**Huperzine A** inhibits cholinesterase and thus slackens the degeneration of acetylcholine. Furthermore, it prevents depressive moods.

**NADH** is a substance related to vitamin B3,
which is present in all cells and is involved in redox processes. Thus, its most important function is to regulate the energy balance in cells. Reduced levels of this substance were shown to be associated with loss of memory and degenerative symptoms of the brain.

**Coenzyme Q10 and vitamin E:** both are known to be highly potent antioxidants and act on the cell membrane. Besides, in the respiratory chain coenzyme Q10 serves as an electron transporter in the mitochondrial cell membrane and is therefore essential for the derivation of energy from cells.

The following substances are especially important for the nocturnal activity of the brain:

**Vitamin B1 und B2:** they protect the nerve cells by trapping free radicals. Furthermore, vitamin B1 improves cerebral blood circulation while B2 has a positive effect on cell respiration – both of these are essential prerequisites to store information in the long-term memory.

**Folic acid and ginkgo biloba:** folic acid is a coenzyme involved in several metabolic reactions and is therefore absolutely essential for optimal functioning of the organism. It is particularly significant for differentiated cell growth and the formation of red blood cells which are responsible for oxygen transport. The flavonoids contained in ginkgo biloba serve as «radical catchers». Ginkgo biloba reduces clumping of blood cells and thus aids in supplying blood to cerebral structures.

**Acetyl-L-carnitine** is an ester of the amino acid L-carnitine which, in turn, acts as a transport molecule for fatty acids through the mitochondrial membrane. Acetyl-L-carnitine is metabolized in the mitochondria of cells – a process by which energy is derived for the body’s cellular balance. In addition, it supports the formation of certain neuronal growth factors in specific parts of the brain.

**Phosphatidyl serine** is an essential component of all cell membranes and plays a significant role in the brain, particularly during the release of neurotransmitters and, consequently, in the transmission of impulses between nerve cells. Its relative deficiency in advanced age is a frequent cause of reduced intellectual performance, poor memory and depressive moods.

**Panax ginseng:** by its anti-inflammatory effect, anti-oxidative potential and ability to stimulate specific brain receptors it has an anti-depressive effect and enhances intellectual performance.

**Coral Calcium:** regulates the pH value of the organism. The more balanced this value the higher the organism’s ability to absorb all the other active substances.

**Bioperine:** enhances the bioavailability of substances.

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**Composition**

**AM capsule (morning)**

| Daily dose |  
|------------------|----------------------------------|
| **BioPQQ®** Pyrroloquinoline | 2 mg |
| Quinone Disodium Salt | |
| Vinpocetine | 15 mg |
| Insolit hexanocitrate | 30 mg |
| Choline bitartrate | 50 mg |
| DMAE bitartrate | 50 mg |
| Huperzine A | 0.4 mg |
| Vitamin E | 80 mg |
| Insolit hexaphosphate | 200 mg |
| NADH | 2 mg |
| Coenzyme Q10 | 10 mg |
| Coral Calcium® | 25 mg |
| Bioperine® | 2 mg |

**PM capsule (evening)**

| Daily dose |  
|------------------|----------------------------------|
| Vitamin B1 | 10 mg |
| Vitamin B2 | 10 mg |
| Vitamin B12 | 0.015 mg |
| Folic acid | 0.6 mg |
| Pantothenic acid | 50 mg |
| Ginkgo biloba extract | 120 mg |
| Acetyl-L-carnitine HCl | 100 mg |
| Phosphatidyl serine | 30 mg |
| Panax ginseng extract | 20 mg |
| Coral Calcium® | 25 mg |
| Bioperine® | 2 mg |

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**Indications**

Neurochron® serves to improve brain performance, intellectual abilities and memory, and to enhance concentration abilities in advanced age.

The intake is especially suitable to support preventive measures for degenerative diseases in younger individuals because the degenerative process may already start at the age of 45 years although it may not be immediately detectable in this age group.

**Dosage**

In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid.

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**Side Effects, Contraindications**

If taken according to the instructions, no contraindications are known in healthy persons. In some cases there may be intolerance reactions (such as nausea) to individual substances contained in Neurochron®. However, these are usually of mild intensity, short duration, and disappear immediately after the treatment is discontinued.

**Instructions**

Generally a doctor or specialist should be consulted before the intake of food supplements. This is particularly applicable in cases of chronic disease or during regular intake of medication. If you experience symptoms during the intake of Neurochron® you should consult a specialist and inform him/her of the intake of Neurochron®. Store in a cool, dry place and keep out of reach of children.

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**Neurochron® Product Groups**

Neurochron® can be found in the following product groups (www.vitabasix.com):

- **Brain & Memory**
- **Chronobiology**
- **Immune system, Cell Protection & Antioxidants**

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**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

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Subject to alterations and printing errors. Version September 2015
**Noni**

The noni fruit has been known as a medicinal plant in the South Seas for centuries. It strengthens the immune system, is effective against infections and pain and increases the general wellbeing.

**Basic Facts**

Noni has been known and used as a healing plant by the peoples of the South Pacific and South East Asia for more than 2,000 years. It is produced from the fruit of the morinda shrub (Morinda citrifolia) that grows wild not only on the islands of the South Sea but also in Australia, New Zealand, India and Southeast Asia. Due to its unique combination of more than 100 different vitamins, ferments, amino acids, enzymes, minerals and trace elements, noni is used both as a general tonic and to treat or alleviate various diseases.

Traditionally, the noni fruit is picked before it has fully ripened and is then exposed to the sun till it is completely ripe. The fruit is then processed into purée and the juice is pressed through a cloth. Apart from the fruit, also the leaves, flowers, bark, stem and roots of the morinda shrub are used – to treat eye diseases, furuncles, boils, urinary tract infections, toothache, coughs as well as numerous other diseases. The most recent studies also show that noni has a cancer-preventing effect.

The only disadvantage of noni juice is its intensive aroma – no one in our part of the world would drink it voluntarily, unless the person is fatally ill. At the beginning of the 1990s, however, Dr. Ralph Heinicke, a Hawaiian biochemist with worldwide renown, succeeded in extracting the most important active ingredients of noni. This started off the triumphant advance of noni in the Western industrialized countries as well.

**Effects**

One of the most important enzymes for the human body is xeronine, an alkaloid that is active in even extremely small quantities. Enzymes are proteins which, as «bio catalysts», are necessary to control all functions of the body. They are required for hormone production and to produce energy from oxygen. There is practically no biochemical process that can function without the help of enzymes.

Xeronine is produced in the large intestine in the human body and is moreover contained in practically all cells of all living beings (also in plants and microorganisms), and if there is a xeronine deficiency one becomes susceptible to many diseases. Xeronine influences the permeability of the cell membranes so that even larger molecules can be absorbed – a process which is very important for digestion. This makes it possible that the cells can be better supplied with nutrients and produce sufficient energy. In case of a xeronine deficiency many nutrients cannot be processed and the body stores them as fat – the consequences are well-known. When the body has enough xeronine, satiation comes earlier – simply because enough energy can be produced.

Xeronine also reacts with receptors in the central nervous system so that certain hormones can be better bound, which is one reason why the intake of noni brings about a better general state of health. Another effect of xeronine is the activation of certain enzymes which degrade dead tissue – a property that, for centuries, has been used in the South Pacific region to treat burns.

If xeronine is taken, it acts where the body has a xeronine deficiency. Given the fact that xeronine is found practically everywhere, it is no surprise that it plays a role in many processes – both natural but also illness-related ones. This is the reason why xeronine can positively influence so many diseases.

What makes noni so specific? Noni contains as much xeronine as other plants but it also contains proxeronine and proxeronase in much greater quantities than other plants. Proxeronine is the precursor substance of xeronine, and proxeronase is the enzyme that makes xeronine from proxeronine. If xeronine alone is taken, it has no effect on the body as it is immediately used and inactivated. Proxeronine and proxeronase must also be taken – and this combination is only found in noni in sufficient quantities. It is the great merit of Dr. Heinicke to have realized this, and he was also the first one who succeeded in extracting these substances.
But in order to allow proxeronase to act, it first has to be activated, and this is only possible if the stomach is empty because the substance can then not be inactivated by the gastric acid. If noni is taken on a full stomach or with a meal, its effect is reduced to a fraction.

**Indications**

**Strengthening of the immune defense:** Xeronine helps each cell in the human body to absorb the nutrients it requires, and therefore it also helps the cells competent for the immune system. A well-functioning immune system is the precondition for fighting diseases and maintaining health. The support of the immune system also seems to be the reason why noni has a cancer-preventing effect.

**Better nutrition of the brain cells:** A sufficient supply of nutrients to the brain cells leads to better receptivity and increased concentration and to a delay of age-related memory disturbances.

**Aging process:** With increasing age, human cells lose their ability to absorb the nutrients necessary for dividing and thus for renewal. With xeronine, the ability of the cells to function can be maintained and therefore the aging process delayed.

Moreover, noni has a pain-relieving effect in case of menstrual complaints and indigestion and generally causes an increase in wellbeing and better performance capacity.

**Composition**

One capsule contains 375 mg noni (morinda citrifolia) in pharmaceutical grade. Other ingredients: magnesium stearate

**Dosage**

In normal cases take 1–2 capsules a day with plenty of fluid on an empty stomach.

**Side Effects, Contraindications**

Up to now no side effects have been reported for the intake of noni.

**Instructions**

In order for noni to act, it must be taken on an empty stomach, preferably half an hour before breakfast. If taken on a full stomach or together with a meal, the active ingredient is neutralized by the gastric acid and cannot develop its positive effects.

In general, be warned against self-medication without consultation of a specialist. Store in a cool, dry place and keep out of reach of children.

**Noni Product Groups**

Noni can be found in the following product groups (www.vitabasix.com):

- **Vitamins & Food Supplements**
- **Detoxification & Purification**
- **Women’s Health**
- **Brain & Memory**
- **Immune System, Cell Protection & Antioxidants**
- **Power & Energy**
- **Pain & Inflammation**

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.
### Basic Facts

Fats can be divided into essential and non-essential fatty acids. The non-essential fatty acids need not be ingested with food as they can be produced by the body itself from essential fatty acids and other food components like carbohydrates.

Most of the fats we ingest are so-called saturated, non-essential fats. Among them are mostly animal fats. They make our food taste more delicious, are stable chemical compounds (saturated) and can be used for cooking and baking. Excess intake of these fats, however, is also responsible for many of the diseases of the Western civilization like atherosclerosis, cardiac disease and obesity.

Essential fatty acids are so-called unsaturated fatty acids. Unsaturated means that they have one or several double bonds between two carbon molecules – they are mono- or poly-unsaturated. They cannot be produced by the body itself and therefore they have to be ingested. Due to their chemical structure they are very unstable. They have to be consumed fresh since they last for a very short period only once they are extracted. Essential fatty acids are needed by the body for many diverse, partly vital functions. The lack of these acids can cause a number of diseases like Alzheimer’s disease, dementia, depression, cardiac diseases, diabetes, hyperlipidaemia, allergies, asthma and skin diseases.

Among the most important essential fatty acids are DHA – docosahexaen acid and EPA – eicosapentaen acid. Although their formula has been known for years, the knowledge of DHA and EPA was more or less limited to the fact that they are found in cold-water fish like salmon, sardines, tuna, mackerel and in algae together and that both belong to the omega 3 fatty acids.

### Effects

There are two main groups of essential fatty acids: omega 3 fats, among them alpha-linolenic acid (ALA), and omega 6 fats. Linoleic acid belongs to the last group. Both are long-chain, poly-unsaturated fatty acids. In case of sufficient intake, the body is usually able to convert ALA from the omega 3 family at least partially into the longer-chain fatty acids eicosapentaen acid (EPA) and docosahexaen acid (DHA). This conversion is effected – very slowly – with the help of desaturase enzymes, the so-called «catalysts of our body», which are found in many tissues.

ALA, DHA and EPA have different metabolic effects. It is therefore very important that they are taken in sufficient quantities. Furthermore, omega 3 and omega 6 fats must be available in the right proportion. An excessive omega 6 intake may damage the health. Omega 3 fats, however, help to reduce these damaging effects. Omega 3 fats are found in cold-water fish and algae from northerly seas as they protect against the cold. Warm-water fish, however, produce more omega 6 fats. Most of the plant oils contain omega 6 fats but only very few omega 3 fats. Many experts are of the opinion that the higher the omega 3 fat intake the better for the organism. In most people the ratio of omega 6 to omega 3 fats is 20 to 1. However, an optimal distribution would be at least 6 to 1 or even 3 to 1.

Cultures using only little fish in their nutrition show markedly lower DHA levels in the brain than inhabitants of coastal areas. Moreover, in many people who eat «consciously» an almost fat-free diet, the proportion of saturated fatty acids decreases, but unfortunately also the intake of omega 3 fats.

### Indications

Omega 3 should be taken in case of:

**Hypertriglyceridaemia:** the increase of the blood fats is an important risk factor for atherosclerosis, cardiovascular diseases and stroke. The treatment of increased blood fats is of particular importance if there are additional risk factors like diabetes or hypertension or in case of chronic alcoholism. The intake of omega 3 helps to reduce increased triglyceride levels. At the same time, the EPA and DHA content is increased.

Omega 3 – poly-unsaturated fatty acids from fish oils lower the triglyceride levels and protect against cardiovascular diseases.
People who limit their egg, meat and fish consumption such as for instance vegetarians, or persons who consume almost no fat, or persons having a fish allergy.

Crohn’s disease/ulcerative colitis: these diseases are caused by chronic inflammation of the intestines and are accompanied by diarrhea, bleeding and intense pain in the belly. The quality of life of these people is in most cases rather restricted. Omega 3, due to its anti-inflammatory properties which are connected with its influence on the prostaglandin metabolism, has a very favorable influence on the course of the diseases and can clearly relieve their symptoms. These anti-inflammatory properties are also helpful for people having chronic polyarthritis.

Desaturase deficiency: many people have a congenital desaturase deficiency. An acquired deficiency occurs in case of stress, diabetes and obesity, excess consumption of sugar and unsaturated fatty acids as well as upon intake of anti-inflammatory drugs like aspirin or ibuprofen. In children younger than one year this enzyme is not active either.

People who drink great quantities of alcohol: alcohol damages the brain cells which largely consist of DHA. If no additional DHA is taken, the damaged cells cannot be replaced.

Raynaud’s disease: this vascular disease which causes disturbed blood supply to the fingers and toes gets worse in cold weather and can be very painful. Due to its effect on the prostaglandin synthesis, omega 3 makes the blood «thinner», improves its flow properties and also prevents excessive vessel restriction, which worsens the blood supply.

People who show signs of a DHA deficiency: diminished visual acuity and defective vision, impairment of concentration and the learning faculty, inflammatory dermatological diseases like eczema and psoriasis, neurologic disorders like depression, Alzheimer’s disease, dementia, schizophrenia.

Composition
One softgel contains: 600 mg omega 3 complex (containing EPA 360 mg, DHA 240 mg from Marine Lipid Concentrate) in pharmaceutical grade. Other ingredients: glycerin, purified water, mixed tocopherols (2 mg), gelatin

Dosage
In normal cases take 1 softgel in the morning and 1 softgel in the evening at mealtimes with plenty of fluid. If you experience deficiency symptoms increase dosage accordingly.

Side Effects, Contraindications
Since omega 3 has haemodiluting properties, nose bleeding may occur occasionally. In rare cases gastrointestinal symptoms like indigestion or heart burn may be experienced. In such cases omega 3 should be taken during the meals.

Omega 3 Product Groups
Omega 3 can be found in the following product groups (www.vitabasix.com):
- Metabolism & Weight
- Cardiovascular System
- Brain & Memory
- Pain & Inflammation

Important information:
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Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version October 2018
Chronic inflammation (silent inflammation) produces defense and renewal reactions inside the affected cells. While accelerating the rate of healing, they may also trigger uncontrolled cell growth and therefore lead to the development of cancer. Most of the substances combined in Oncochron® have strong anti-inflammatory properties, especially the antibacterial sulphur compound diallysulphide, which is derived from garlic.

Extremely aggressive tumors like pancreatic cancer are resistant to conventional therapies, perhaps because they are furnished with a striking amount of tumor stem cells. They help the tumor to regenerate despite being attacked by medication and radiation therapies. Here is where sulforaphane glucosinolat, a substance contained in broccoli, exerts its astounding properties. It blocks the signaling pathways of the dangerous cancer cells, thereby making them vulnerable.

Carcinogenic substances require certain enzymes in order to cause cancer. The counterpart of such a metabolic action is the detoxification process, which rids the organism of illness-causing influences. The prevention of these enzyme reactions as well as the detoxification of cellular tissue are cancer-protective processes initiated by the isothiocyanates, which are contained in broccoli and most other cabbage family vegetables.

Our body organs produce exactly those active substances from the sexual hormones which they need at that moment. What pregnancy and oestrogen-dependent tumors have in common is a strong tendency to grow and form new blood vessels. The plant constituent indole-3-carbinol (contained in broccoli and all cabbage family plants) has the favorable property that it diverts hormonal conversion in postmenopausal women away from an increased breast cancer risk towards more moderate pathways.

A natural protective mechanism induces cells whose genetic material is irreparably damaged to kill themselves (apoptosis). Defective regulation, however, allows such cells to mutate and subsequently develop into cancer cells. The main substance contained in the Asian spice turmeric (curcuma longa), a relative of ginger, is curcumin. Curcumin disrupts such atypical cell cycles and prevents the formation of new blood vessels, thus causing the tumor to perish. Capsaicin, which is contained in hot peppers, exhibited the same effect in laboratory tests: prostate cancer cells were eliminated by 80 percent and tumors were found to shrink to one fifth of their size.

The body produces certain enzymes to eliminate toxins. This detoxifying effect...
is enhanced by gingerol and shogaol, two pungent phenols contained in ginger extract. They have also chemoprotective properties, similar to the cytotoxic agents applied in anti-cancer therapy.

Insulin acts as a growth factor for certain cancer cells, especially for those found in the bowels and in the breast. Catechins, which are contained in green tea, reduce the enzymes that contribute to high insulin levels in the blood. In this manner, the polyphenol plant constituents reduce the concentration of this hormone.

Cancer prevention based on natural substances also draws support fromecdysone, a special protein-forming steroid which, among other things, controls cell proliferation in molting animals (ecdyszoans). While reducing cell irritation, it positively affects the degradation of fat and the development of muscles by reducing abdominal fat.

Plants have genes just like we do. Any disruption of their activation and deactivation processes may promote the development of cancer. An affected cell produces certain proteins either in excessive quantity or not at all. As a result of another disruption, essential genetic information can no longer be read. Many phytochemicals interfere with these sophisticated control mechanisms and restore their normal function. One of the most active phytochemicals isresveratrol. This substance plays an essential role in anti-cancer treatment.

Chemoprevention is the use of substances for preventing, reversing, or slowing down cancer development. Epidemiological studies suggest thatlycopene, a carotenoid which gives tomatoes their red color, produces a favorable effect on prostate cancer and stomach cancer and positively influences the hormonal receptors in the female breast. This phytochemical inhibits cancer growth, regulates the cell cycles, protects the genetic information, curbs the effect of insulin, and promotes anti-cancer enzymes.

Bees, in the thousands, use the phyto-mixpropolis consisting of vitamins, amino acids, minerals, resins and bielavonoids to protect their narrow living space against any type of germs and bacteria. Propolis inhibits the growth of tumor cells by inducing apoptosis (cell death).

Oncochron® was developed as a combination preparation in which each single ingredient as well as the combination of all ingredients together have a highly preventive effect. The chronobiological formula accounts for the fact that certain phytochemicals produce a better effect in the morning in cellular processes which are mainly active by day. Other constituents are directed towards regeneration and make more sense if taken at night.

**Indications**

Chronic inflammation, for which visceral abdominal fat is the most apparent evidence, prepares the ground for the uncontrolled growth of still-healthy cells.

In postmenopausal women, the conversion of sexual hormones into cell-aggressive metabolites is impeded.

For persons with elevated levels of growth factors such as insulin, who are at an increased risk for developing cancer. These and other processes trigger defense reactions and renewal processes which may excessively burden the immune system.

In case of specific risk factors such as a genetic predisposition or an unhealthy lifestyle such as smoking, alcohol abuse or false nutrition, the supplemental use of phytochemicals for cancer prevention seems advisable already from 25 to 30 years of age.

During an ongoing tumor therapy, the combination of molecules from highly chemoprotective plants in Oncochron® has an enhancing effect on any type of classical anti-cancer preparation.

**Composition**

<table>
<thead>
<tr>
<th>AM capsule (morning)</th>
<th>per capsule daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curcumin</td>
<td>25 mg  50 mg</td>
</tr>
<tr>
<td>Capsaicin</td>
<td>30 mg  60 mg</td>
</tr>
<tr>
<td>20-Hydroxyecdysterone</td>
<td>37,5 mg  75 mg</td>
</tr>
<tr>
<td>Propolis</td>
<td>50 mg  100 mg</td>
</tr>
<tr>
<td>Sulforaphane glucosinolate (from broccoli seed extract) 7,5 mg 15 mg</td>
<td></td>
</tr>
<tr>
<td>Catechins</td>
<td>100 mg  200 mg</td>
</tr>
<tr>
<td>Indole-3-carbinol</td>
<td>100 mg  200 mg</td>
</tr>
<tr>
<td>Isothiocyanate</td>
<td>0,6 mg  1,2 mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>12,5 mg  25 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: magnesium stearate, stearic acid, tricalcium phosphate

**Oncochron® Product Groups**

Oncochron® can be found in the following product groups (www.vitabasix.com):

- Immune System
- Cell Protection & Antioxidants
- Chronobiology
- Detoxification & Purification

**Dosage**

In normal cases take 2 capsules AM (yellow) in the morning and 2 capsules PM (blue) in the evening with plenty of fluid.

**Side Effects, Contraindications**

The plants from which the extracts are obtained have proven to be generally well tolerated in traditional foods at global level. They are therefore safe for use across a wide dosage range.

**Instructions**

It is generally recommended to consult a specialist before taking Oncochron®. If you have a pre-existing disease or are already receiving long-term drug treatment, you should use Oncochron® only after having consulted your doctor first. If you experience any symptoms while taking Oncochron®, you should consult a doctor and inform him or her of the intake. Store in a cool, dry place and keep out of reach of children.

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.
Basic Facts
Free radicals are the «bad guys» among the potentially harmful environmental influences and are considered the main culprits for the negative manifestations of age. According to scientific findings, they are at least involved in the origin, and mainly also in the course, of very many age-related diseases such as, for instance, diabetes, rheumatism, atherosclerosis, Parkinson’s disease, Alzheimer’s disease, retinopathies, etc. They also play an important role in allergies and diseases of the skin.

Free radicals are molecules in a state of chemical imbalance, and therefore they are very reactive. They always try to form new compounds in order to attain a chemical balance.

Free radicals are, however, also necessary for the organism as, among other things, they are used by the defense cells of the immune system to combat pathogens. If there are too many free radicals in the body, however, they trigger an oxidation process which also attacks and destroys healthy cells.

Under normal circumstances, our organism can keep the share of free radicals within limits and regulate them by the body’s own enzymes. Many environmental influences such as cigarette smoke, radiation, false nutrition, etc. cause a surplus in free radicals, though. In such a case the body needs help in the form of an additional intake of antioxidants which counteract the harmful oxidation process. Such substances are enzymes, the vitamins C and E, beta-carotene and particularly OPC.

Effects
Catechins – substances belonging to the polyphenol group – are synthetized by many plants, among others by grapes, cranberries, blueberries, maple, pine, red-flowered hawthorn and legumes. But also parsley and peanut shells contain catechins. Catechins tend to form chemical bonds among each other. If this has happened, they are called oligomeric procyanidins, or OPC, and this is also the name under which these substances are known.

Although OPC is found in very many plants, the natural ingestion of this substance through food is almost impossible as OPC is mainly found in the skins, husks, pods, shells or kernels/seeds of various fruit. Therefore, it has to be industrially extracted.

Investigations have shown that OPC not only has a similar effect as the vitamins C and E but that it probably is the true, natural substance that increases the effect of these vitamins.

OPC stands out from among the antioxidants because:
- It is rapidly absorbed and combats free radicals everywhere in the body. Age-related symptoms of decline are therefore effectively prevented at many places in the body.
- It neutralizes many different kinds of free radicals. Contrary to other antioxidants, it is effective both in aqueous and fatty environments.
- It protects the connective tissue and the vessel membranes in the entire body. Collagen and elastin, the substances which are responsible for the firmness of tissue, are strengthened.

Indications
Vascular diseases: The application of OPC in vascular problems, primarily in case of venous insufficiency and/or varicose veins and atherosclerosis is the scientifically best documented indication. It could be proven that the resistance of the blood vessels had doubled 24 hours after taking OPC, already.

The new formation of varicose veins can be significantly slowed by OPC. There are also indications that the regular intake has a preventive effect so that varicose veins do not even get a chance to form. Very good successes were also achieved in the therapy of hemorrhoids.

OPC is a very potent antioxidant, a highly effective protection against cardiovascular diseases, allergies, skin diseases and protects against the consequences of age and stress.
Cholesterol metabolism: Increased cholesterol levels are closely connected with cardiovascular diseases. Cholesterol deposits along the vessel walls cause atherosclerosis and the well-known consequences. OPC may help to reduce these deposits and thus lower the rate of cardiac infarction and stroke. Many studies could show that cholesterol deposits in the vessel wall can be suppressed by OPC. The cholesterol levels in blood are also reduced. All this leads to the vessels becoming elastic again and the organs being better supplied with blood.

Tissue swellings: Patients who have undergone breast cancer operations frequently experience unpleasant swellings in the arm. These edemas, but also pain and disturbed sensation may be clearly reduced when OPC is taken regularly. OPC may also improve swellings after sport injuries. The reason is that the vessels become less permeable, which reduces the tendency to swell.

Eye diseases: In general, OPC has a favorable effect on eye diseases caused by a reduced blood supply. In this connection it does not matter whether the diminished vision is due to diabetic, atherosclerotic, inflammatory or degenerative processes.

Especially in the case of diabetic retinopathy, a disease leading to an increasing weakness of vision and to blindness due to microvascular damage, retinal bleeding and edemas, OPC helped to improve the vision of many patients. In people with night blindness similar successes could be achieved.

Allergies/skin diseases: More and more people in our part of the world suffer from allergies and skin problems. Many scientists believe that the increasing environmental pollution and free radicals are the main causes of these problems. OPC suppresses the effect of the so-called mast cells – immune cells responsible for most of the symptoms in allergic reactions. OPC is also very well suited for use in skin diseases having an allergic component such as neurodermitis and eczemas.

Acne develops during hormonal changes in the body and therefore mostly occurs in puberty. The sebaceous glands produce more sebum, get obstructed and inflamed. The anti-inflammatory and blood-flow stimulating effect of OPC accelerates the cleansing of the skin and makes it smooth again.

Antiaging/memory/stress/immune system: The amount of free radicals to which our body is exposed determines whether we will age faster or slower, fall ill sooner or later. Our memory function is also negatively influenced by free radicals, as is the immune system and our ability to react to stress.

All this also causes a more rapid aging process, and only if we help our body to cope with free radicals we will be able to influence this race to our benefit and at least get old «younger».

Composition
One capsule contains 60mg OPC (oligomeric procyanidins) of the grape variety vitis vinifera in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate, SiO₂

Dosage
In normal cases take 1 capsule 1 – 3 times a day at mealtimes with plenty of fluid.

Side Effects, Contraindications
Oligomeric procyanidins do not have any side effects. Since they are water-soluble substances, excess quantities are simply excreted via the kidneys and urine.

Instructions
In general, self-medication without consultation of a doctor is not recommended.

If possible, OPC should not be taken together with milk since milk inhibits absorption in the stomach.

By activating the body’s own vitamin C depots, the ingestion of OPC may, on account of the «double» antioxidative effect, lead to an increased excretion of toxic substances (heavy metals, pesticides, ...) in the first few days. This at first causes a feeling of indisposition, which, however, disappears after three to four days and is replaced by a marked rush of vitality. Store in a cool, dry place and keep out of reach of children.

OPC Product Groups
OPC can be found in the following product groups (www.vitabasix.com):

- Immune System
- Cell Protection & Antioxidants
- Eyes
- Skin & Hair
- Brain & Memory

Important information:
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Subject to alterations and printing errors. Version July 2011
Basic Facts

Hormones are pacemakers of youth. They regulate practically everything we do and how we feel. The wide acceptance of DHEA, melatonin, estrogen, progesterone, and testosterone therapy proves the importance of re-establishing hormone levels to restore youthful elasticity and resistance to aging.

Leading scientists in the field of endocrinology are convinced of the fact that declining hormone levels are responsible for aging, as this reduces the body’s ability to cope with physical stress.

The growth hormone (somatotrophin, growth hormone = GH) is the center of our search for the hormonal «fountain of youth». GH is the ultimate anti-aging substance which rises above all others. Studies have shown that a wide range of signs and symptoms associated with the aging process can be reversed.

GH has been mainly administered by injection so far. The latest, most revolutionary, and probably best mode of administration is the microdiluted spray Oral HGH, which is administered by the sublingual route.

In this mode GH is not applied directly. Rather, specific GH-releasing factors are administered to the body. The new product Oral HGH contains such releasing factors and other growth factors which enhance the endogenous GH levels in a natural way. Thus, a reliable hormonal effect is achieved by simple oral administration of these messenger substances.

Effects

GH is produced in the anterior lobe of the pituitary gland mainly in the night. A unique feature of GH is that it is not required continuously by the body for its daily functions. GH becomes active suddenly when it is required. The main function of GH is to promote tissue repair and the regeneration of cells in bones, muscles and organs, and to assist the immune system in countering infection and disease.

GH is the most effective hormone in the human body and influences nearly every cell in the body. It helps to maintain the physiological balance (homeostasis). Studies have shown that it can restore the size and efficacy of vital organs. By enhancing the endogenous GH level in the body it paves the way for a healthy and long life.

Oral HGH contains microdiluted GH-releasing factors and other growth factors which raise endogenous GH levels. These factors are bound to receptors of the pituitary gland and thus stimulate the gland to form and release GH. Thus, a «tired» pituitary gland is made to boost its GH production in a natural way.

A further special feature of Oral HGH is its special transport system for optimal absorption of the active substances contained in Oral HGH by the body.

Indications

Oral HGH was produced to stimulate the endogenous production of GH. Thus the pituitary gland continues to produce its own GH. An additional advantage of Oral HGH is that it is economical and also simple and convenient to use.

Anti-Aging / optimization of endogenous GH levels: This is the main indication for Oral HGH. Balanced hormone levels enhance the body’s own energy, its endurance and vitality – not only in aged persons. Aging processes become slower, which is evidenced externally by a more taut skin and...
healthy hair. Besides, the immune system is strengthened and wound healing is accelerated.

**Muscle growth:** GH increase the muscle mass by nearly ten per cent without additional exercise and simultaneously cause a degradation of fat. This effect is also seen in elderly persons. It is favorable in the elderly because the enhancement of muscle mass reduces the risk of falling. Falls in the elderly are commonly associated with fractures and several weeks of hospitalization. However, in the event of a fall GH also promotes fracture healing and bone growth.

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**Composition**

<table>
<thead>
<tr>
<th>Three puffs (sprays) containing (recommended daily dosage)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Growth Booster complex</td>
</tr>
<tr>
<td>Mucuna pruriens</td>
</tr>
<tr>
<td>Alpha-GPC</td>
</tr>
<tr>
<td>Deer Antler Velvet</td>
</tr>
<tr>
<td>GABA</td>
</tr>
<tr>
<td>Eurycoma longifolia</td>
</tr>
<tr>
<td>HGH Booster complex</td>
</tr>
<tr>
<td>L-Arginine</td>
</tr>
<tr>
<td>L-Glutamine</td>
</tr>
<tr>
<td>L-Glycine</td>
</tr>
<tr>
<td>L-Isoleucine</td>
</tr>
<tr>
<td>L-Lysine</td>
</tr>
<tr>
<td>L-Ornithine</td>
</tr>
<tr>
<td>L-Tyrosine</td>
</tr>
<tr>
<td>L-Valine</td>
</tr>
<tr>
<td>Epimedium</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: Distilled water, natural flavours, citric acid, potassium sorbate

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**Dosage**

In normal cases spray 3 puffs below the tongue in the evening. To ensure better absorption of the substances take short breaks between each puff.

**Side Effects, Contraindications**

Since Oral HGH stimulates the regeneration of organs and more energy is produced in the cells, heavy metals, medicines, pesticides and parasites are released rapidly. This may cause transient signs of detoxification such as headaches, rash, fatigue and also vertigo.

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**Instructions**

Regular use is as important as the applied quantity, since the goal is to mimic the endogenous production of GH. The key to understanding one’s own body is to realize that moderateness and balance prevent disease and ensure vitality. Extreme deficits and also excessive quantities of hormones, trace elements and vitamins may cause severe diseases. Once this principle is understood it becomes evident that both low and high levels of GH can make an individual ill.

Studies have shown that, in the presence of surplus quantities of an administered hormone, the gland that produces this hormone reduces its natural production. When the endogenous hormone production fails completely the body becomes dependent on continued administration of the hormone. Therefore it is important that the GH reserves are stimulated to a moderate extent so that the body is not over-stimulated and unnecessarily strained by large quantities of the substance.

Obviously, Oral HGH should be taken only under the supervision of specialists. Pregnant and lactating women or persons with diseases of the pituitary gland should consult a doctor before use. Store in a cool, dry place and keep out of reach of children.

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**Oral HGH Product Groups**

Oral HGH can be found in the following product groups (www.vitabasix.com):

- Hormones & Hormone-like Substances
- Immune System, Cell Protection & Antioxidants
- Sports & Muscles

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**Important information:**

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**Osteochron®**

**Highly-active mineral-vitamin complex to support any osteoporosis therapy.** The high level of bioavailability of all the vitamins and materials utilised, in combination with the balanced composition of the preparation, makes it possible to optimally supply the bones with all the important nutrients. The chronobiologic division into day and night components supports the physiological metabolism of the skeletal system.

**Basic Facts**

Microcrystalline hydroxylapatite (MCHC®) is an especially safe and effective way to meet the body’s daily requirement for calcium and other minerals. Within the scope of a health-conscious diet, Osteochron® is a great way to prevent and counteract certain diseases associated with old age – especially osteoporosis. Especially for older people – and this applies to both women and men – supplying sufficient calcium is important. In addition to its duties in the body providing for normal functionality of the muscular system and blood coagulation, MCHC is an essential constituent of bone.

With increasing age, many people develop a disorder of the natural balance between bone formation and bone loss. Ultimately, this results in the increased breakdown of bone, resulting in a decrease in bone density and increased brittleness of the bone (osteoporosis). A sufficient supply of calcium on a daily basis is important, especially for people that already suffer from this disease, but also as a means of practical healthcare.

**Effects**

The ingredients in Osteochron have been compiled especially for osteoporosis in order to alleviate symptoms and restore the bones’ structure. It can also be combined with existing osteoporosis therapies.

**MCHC®** (microcrystalline hydroxyapatite), which is present in Osteochron, is a unique substance and the basis of all vertebrate bones, including those of humans. It comprises 40 percent of the bones and 95 percent of tooth enamel. In addition to calcium and phosphate, which are both essential constituents, it also contains all materials that occur in healthy bones. The special microcrystalline form of MCHC® allows for optimal absorption to take place throughout the body. In addition to calcium, MCHC® contains mineral phosphates, magnesium, fluorides, zinc, copper, manganese, silicon and other trace elements.

**Calcium** is one of the main constituents of bone tissue. Maintaining a high calcium level is especially important for the elderly, where bone loss, reduced bone density and high levels of bone brittleness are more pronounced.

**Vitamin C** (ascorbic acid) is a water-based vitamin that is necessary for many biological processes, such as the healthy formation and repair of tissue, the regeneration of connective tissue such as collagen, the absorption of iron, protecting the immune system, and maintaining healthy bones. Due to its antioxidative properties and ability to counteract oxidative damage, vitamin C is a valuable asset fighting against free radicals.

**Vitamin D** contributes to the health of the bones by absorbing calcium and phosphorous, which are required to maintain healthy bones. A vitamin D deficiency results in the body taking the required calcium from the bones, thereby increasing the likelihood of osteoporosis and osteomalacia (softening of the bones), particularly in the elderly. New studies have proven the significance of vitamin D for maintaining strong bones, and have established a connection between low vitamin D levels and a surprisingly high number of other health problems. Therefore, it is important that you add vitamin D to your daily supplements.

**Vitamin B6** does not only promote healthy homocysteine levels and general cardiovascular health, but also plays an important role in the formation of bone and its rejuvenation. In addition, researchers have confirmed that low levels of vitamin B6 are frequently associated with poor bone health.

**Vitamin K2** is best known for its role in the production of energy and maintaining a healthy nervous system. However, the important role it plays in bone health is less known. Although vitamin B12 is water-soluble, it is not excreted by the body as quickly as other water-soluble vitamins and therefore, it is more difficult to detect a deficiency. B12 is required for the healthy production of osteoblasts, which are responsible at a cellular level for the healthy formation of bone. A deficiency leads to increased levels of bone loss and a risk of bone breakage.
**Magnesium** is required for the formation of bone, protein and fatty acid, as well as to activate B vitamins, relax the muscles and for blood coagulation. Furthermore, it is the basic building block for the formation of ATP – the initial «fuel» that makes the cells «run». Many hormones also require magnesium in order to be released.

**MSM** (Methylsulfonylmethane) is an organic sulphur compound that supports healthy cellular anti-inflammatory processes and a healthy level of anti-oxidation agents in the body (glutathione in particular), while also alleviating pain in the joints.

**Soy isoflavones** are integral constituents of soybean extract which promote a healthy formation of bone by providing a healthy balance between osteoclasts (cells responsible for the breakdown of bone) and osteoblasts (cells responsible for the re-formation of bone) within the body. Furthermore, soy isoflavones can promote healthy bone mineral density and strength. The three most important isoflavones contained in soy include genistein, daidzein and glycitein.

**Coral Calcium®**: regulates the pH value of the organism. The more balanced this value the higher the organism's ability to absorb all the other active substances.

**Bioperine®** pepper extract, increases the bioavailability of substances.

### Indications

**Osteoporosis therapy**: To treat osteoporosis, there are a series of strategies that can be used with various levels of success, such as hormone replacement therapy. Here, preparations such as dehydroepiandrosterone or calcitonin are used. Thereby, it is of particular importance that the calcium derived from dietary intake can also be absorbed by the body to a sufficient extent. This is ensured by the additional daily intake of microcrystalline hydroxyapatite (MCHC®).

Osteochron® can be optimally integrated into existing osteoporosis therapies.

Due to the separation into morning and evening capsules which is been formulated according to chronobiological knowledge, an optimal supply of vitamins and nutrients to the bone is ensured throughout the entire day.

### Composition

**AM capsule (morning)**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>per capsule daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>MCHC®</td>
<td>208 mg 416 mg</td>
</tr>
<tr>
<td>Calcium (Ca)</td>
<td>155 mg 310 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>28 mg 56 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>300IU 600IU</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1 mg 2 mg</td>
</tr>
<tr>
<td>Vitamin K2</td>
<td>40 mcg 80 mcg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>12,5 mg 25 mg</td>
</tr>
<tr>
<td>Bioperine®</td>
<td>1,25 mg 2,5 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: stearic acid, microcrystalline cellulose, magnesium stearate, tricalcium phosphate, SiO₂

**PM capsule (evening)**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>per capsule daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>MCHC®</td>
<td>105 mg 210 mg</td>
</tr>
<tr>
<td>Calcium (Ca)</td>
<td>25 mg 50 mg</td>
</tr>
<tr>
<td>Magnesium (Mg)</td>
<td>155 mg 310 mg</td>
</tr>
<tr>
<td>MSM</td>
<td>150 mg 300 mg</td>
</tr>
<tr>
<td>Isoflavones (from soy)</td>
<td>80 mg 160 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>0,3 mg 0,6 mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>12,5 mg 25 mg</td>
</tr>
<tr>
<td>Bioperine®</td>
<td>1,25 mg 2,5 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: stearic acid, magnesium stearate, tricalcium phosphate, SiO₂

### Dosage

In normal cases take 2 capsules AM (yellow) in the morning and 2 capsules PM (blue) in the evening with plenty of fluid.

### Side Effects, Contraindications

No undesirable side effects are known.

### Instructions

MCH® is produced from bovine bone; the manufacturers use exclusively freeze-dried bone free of chemicals, derived from naturally raised cows in the free range. The MCH® products are made in Australia and New Zealand. In these countries there has been no single case of the «mad cow disease» (BSE). Furthermore, MCH® products are subjected to strict tests to ensure they contain no harmful substances (such as pesticides).

Pregnant and lactating women or persons taking blood-coagulating medications, should consult a doctor before use. Store in a cool, dry place and keep out of reach of children.

### Osteochron® Product Groups

Osteochron® can be found in the following product groups (www.vitabasix.com):

- **Bones & Joints**
- **Chronobiology**
- **Pain & Inflammation**

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Subject to alterations and printing errors. Version October 2015
Basic Facts
The saw palmetto (Latin: serenoa repens) is a plant native to North America having fan-like serrated leaves and numerous berries. It was used by the natives of North America already many years ago for the treatment of urinary tract diseases in men and diseases of the breast in women. The North American Indians used the berries as a food and to increase the appetite, but also in case of bed wetting, impotency, low libido and prostatic inflammation. In women they used the natural remedy in case of infertility, painful menstruation and for milk production. After the possibilities of the plant especially regarding the benign prostatic hyperplasia had been realized in Europe as well, a concentrate was obtained from the oily extract of the berries in order to be able to increase the effectiveness and to have standardized dosages.

Effects
The oil that is obtained from the berries of the saw palmetto consists of a great number of free fatty acids (between 85 and 95%) and phytoestrogens. Among others it also contains the so-called omega 6 fatty acids which, in addition, have a cholesterol-lowering effect. The fat-soluble extract of the berry can prevent the transformation of testosterone, which are made responsible for the enlargement of the prostate.

More than 20 placebo-controlled double-blind studies showed that the fat-soluble extract of the saw palmetto berries is very effective in reducing the symptoms of a benign prostatic hyperplasia such as nocturia (the most unpleasant symptom of this disease). A study carried out in 1984 with 110 patients suffering from the above-mentioned disease showed that these patients had significantly fewer symptoms over a follow-up examination period of 14.5 to more than 30 months than the control group. This was measured not only by subjective criteria like pain when urinating but predominantly also by objective criteria such as bed wetting during the night, the urinary output and the residual urine. Moreover, the preparation was excellently tolerated and had hardly any side effects.

What is a prostatic hypertrophy? The prostate is a chestnut-size, firm organ that surrounds the base of the male urethra. It secretes a liquid, milky secretion which is added to the seminal fluid and has a triggering effect on the movement of sperms.

In a benign prostatic hypertrophy (prostatic adenoma, prostatic hyperplasia), the number of the cells and the glands increases, which then leads to a stenosis of the urethra. The ensuing symptoms are a thin urinary stream, pain when urinating, problems when starting to urinate, nocturia, frequent urge to urinate, problems caused by incomplete emptying, etc.

Prostatic hyperplasia is the most frequent cause of bladder emptying disturbances in men. It is commonly seen between the ages 40 and 50 and takes a slow, intermittent course.

The etiology of this disease is not yet fully known. It is assumed, however, that it is caused by an accumulation of testosterone, the male sexual hormone, or by a redistribution in the hormone balance of the female and male sexual hormones. To find out whether an individual has such a disease, the doctor will make a rectal examination to determine the consistency, size and condition, etc. of the prostate. As a next step one can make a so-called uroflowmetry, a determination of the residual urine or an ultrasound examination.

From a therapeutic viewpoint there exist, apart from the operation (adenectomy of the prostate), which is proposed only after all conservative types of therapy have failed, several medical treatments. In Austria and Germany the means of choice for the medical treatment is the oil of the saw palmetto, which not only alleviates the symptoms but also leads to a small yet noticeable decrease of the prostate.

Indications
Benign prostatic hypertrophy: the main indication for administering Palmetto® is the benign prostatic hypertrophy (prostatic hyperplasia). In this disease, the plant extract is already the «golden standard» in many European countries like France, Germany, Austria, Italy or Spain. The typical symptoms of this disease are problems starting to urinate, a thin urinary stream, urinary frequency, dribbling after urinating as well as frequent nocturia.

Investigations have shown that in all these symptoms the saw palmetto extract has excellent efficacy. If the prostate enlarge-
ment is not treated, the organ grows continuously. The saw palmetto extract not only causes an improvement of the symptoms but also a small yet clear reduction of the size of the prostate.

**Composition**

One capsule contains 500 mg saw palmetto extract in pharmaceutical grade. Other ingredients: magnesium stearate

**Dosage**

In normal cases take 1–2 capsules 1–3 times a day with plenty of fluid.

**Side Effects, Contraindications**

The purely plant-based saw palmetto extract has practically no side effects. In a 3-year study, 34 out of 435 patients reported mild gastro-intestinal symptoms. There are no interactions with other preparations.

**Instructions**

It may take four to six weeks to observe the effects of Palmetto® in BPH (benigne prostatic hyperplasia). In case the symptoms improve, Palmetto® should be taken as a long-term medication. Palmetto® does not impair the exact measurement of the PSA (prostate-specific antigen – an important cancer marker). Please keep in mind that only a doctor can make the diagnosis «benign prostatic hyperplasia». Therefore, Palmetto® therapy should not be commenced on your own authority but only after thorough examination by a doctor. Store in a cool, dry place and keep out of reach of children.

**Palmetto® Product Groups**

Palmetto® can be found in the following product groups (www.vitabasix.com):

- **Vitamins & Food Supplements**
- **Immune System, Cell Protection & Antioxidants**
- **Men's Health**
- **Pain & Inflammation**

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Subject to alterations and printing errors. Version July 2011
Basic Facts

The feeling of sadness and depressive mood can lead people to the abyss of their lives. In psychiatry, depression is a severe disease which in many cases requires the permanent intake of medicines and psychotherapeutic treatment. If a clinically relevant depressive disease is not diagnosed and treated correctly and in time, it may sometimes be too late for those concerned.

Thanks to the progress made in science, modern medicine has now succeeded in shedding some light into the molecular darkness behind depressive diseases. Recent studies have shown, for instance, that there is a close connection in the human body between depression and certain biochemical messenger substances («neurotransmitters»). In particular, depression largely depends on the catecholamine level in the body.

Catecholamines are biologically extremely active substances which are responsible for numerous functions in the organism. Among the most important catecholamines are adrenalin and noradrenalin. These are substances having a specific task in regulating the cardiovascular function and the blood supply of the organs. Moreover, there are also other catecholamines such as dopamine – a precursor substance of noradrenalin and adrenalin.

Apart from their functions for the heart, circulation, and blood pressure, noradrenalin and dopamine also play an important role in the transmission of impulses between neurons. This is the reason why these catecholamines are also called «neurotransmitters».

Most of all a finely tuned balance between the catecholamines in the brain is extremely important. In case of disturbances in the metabolism of these neurotransmitters, severe diseases may be the consequence. In this respect, depression is only one disturbance which can be traced back to a neurotransmitter imbalance. Because also in case of the frequent Parkinson’s disease one can find a disturbed balance of the neurotransmitter dopamine.

Normally, catecholamines are formed in the body by molecules that are ingested with the daily food. For many people, however, the usual food as a source for catecholamine-building substances is not sufficient. These people are different from others in that there are small biochemical differences in their metabolisms.

Actually, these people are quasi «biochemical time bombs» because their neurotransmitter balance can be upset at any time. These biochemical differences seem to be responsible for the fact that such people develop a depressive disease in the course of their lives.

The solution of the problem of insufficient intake of neurotransmitter-building substances with the daily food is the additional intake of specifically developed supplements. The most important parent substance of the catecholamines is the amino acid phenylalanine.

Effects

When producing L-phenylalanine synthetically in the laboratory, one usually gets a mix, one half of which consists of the levorotatory and the other half of the dextrorotatory form of the amino acid.

The mix of D- and L-phenylalanine is called DLPA® and is successfully used to treat depression nowadays. L-phenylalanine mainly serves as a building substance for the most important neurotransmitters in the brain, where a well-balanced ratio of catecholamines can prevent the occurrence of depression.

D-phenylalanine, on the other hand, also has many favorable effects. The dextrorotatory form of the amino acids has proven to be effective in the treatment of Parkinson’s disease. In addition, D-phenylalanine was also to some extent successfully used in the therapy of chronic painful diseases (e.g. rheumatism and arthroses). Finally, D-phenylalanine can also counteract the emergence of depressive symptoms due to its conversion to phenylethylamine.

Indications

As already mentioned above, the amino acid phenylalanine is usually ingested with the daily food. The important L-phenylalanine is found in most of the foodstuff having a high protein content. However, an actual phenylalanine deficiency is only very rarely observed in civilized countries, for instance if the respective person eats a diet with an extremely low protein content for a longer period of time.
On the other hand, however, the daily food intake often does not provide a sufficient and optimal phenylalanine supply so that people with a predisposition for such a disorder may develop a neurotransmitter imbalance in the brain after some time. These people may then develop a depressive disease in the course of their lives.

False and one-sided nutrition, fast food, protein deficiency, etc. are frequent problems of our civilization. Many diseases may be attributed to the daily food we eat. Yet such deficiency symptoms often cannot immediately be identified as such. For this reason, a supplementation of the daily food with DL-phenylalanine (DLPA®) can benefit many people. A supplementation with DLPA® has proven to be safe and efficacious in the following diseases:

- depressive diseases
- Parkinson’s disease
- alcohol withdrawal
- rheumatic arthritis
- arthroses and certain skin diseases (vitiligo)

Composition

One capsule contains 500 mg DL-phenylalanine in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

Dosage

In view of an optimal dosage of DLPA®, usually 75–1500 mg per day are prescribed, depending on the disease. Since the mix of active ingredients called DLPA® has very strong effects on the nervous system, mood and emotional state, DLPA® should be used exclusively as prescribed and supervised by a doctor.

In normal cases take 1–3 capsules a day with plenty of fluid.

Side Effects, Contraindications

In general, DLPA® is excellently tolerated. When ingesting great quantities of individual amino acids, damage to nerve tissue was observed in individual cases in the past. Regarding DLPA®, a maximal dose up to which the substance is harmless is presently not known. At the recommended dosage of up to 1500 mg per day not a single case of nerve damage has been reported.

In rare cases nausea, heartburn and a transient headache may occur. In case of extreme overdoses there might be the risk of nerve damage. If antidepressants are taken at the same time, it is urgently advised to consult a doctor beforehand.

Instructions

When ingesting DLPA®, this substance and other amino acids may mutually influence their resorption. For this reason, DLPA® should not be taken together with other foodstuff that contains proteins. Moreover, persons who take medicines or over-the-counter preparations should consult their doctor before using DLPA®. In general, self-medication is not recommended.

Pregnant or lactating women or persons who are under constant medical care or take antidepressants should consult a doctor before use. Do not take DLPA® under any circumstances in combination with alcohol. Store in a cool, dry place and keep out of reach of children.

Phenylalanine-DLPA® Product Groups

DLPA® can be found in the following product groups (www.vitabasix.com):

- Depression & Moods
- Skin & Hair
- Bones & Joints
- Pain & Inflammation

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version October 2015
Phosphatidyl Serine is an important substance for the transmission of impulses of brain cells. Its deficiency has a negative effect on memory functions and on the ability to concentrate and may manifest itself from age 45 onwards.

**Basic Facts**

Phosphatidyl serine belongs to the phospholipids which serve quasi as an «anchor» for proteins in the cell membranes. Such protein molecules fulfill various important tasks as receptors, enzymes or to selectively transport substances through the membrane.

Phosphatidyl serine is an essential building substance of the cell membranes and plays an important role in particular in the transmission of impulses between the nerve cells. Its relative deficiency in old age is a frequent cause for a slowed-down capacity to think, reduced memory and depressive mood. Phosphatidyl serine substitution may therefore frequently eliminate these symptoms or at least relieve them.

The saying that «those who are idle stagnate» also applies to the brain, or course, and exercises to train the memory as well as active participation in social life instead of withdrawal and indifference are decisive lifestyle factors which help to maintain the brain performance also in old age. Furthermore, the known neurotoxins, primarily cigarette smoke and excessive alcohol consumption, should be avoided.

Young people are capable of synthesizing themselves sufficient quantities of this important building substance phosphatidyl serine, which is contained in food in traces only. With advancing age this ability decreases so that starting around the age of 45 the risk of a phosphatidyl serine deficiency increases. Together with a sensible and active way of life the regular substitution of phosphatidyl serine from age 45 onwards is therefore also rightly considered to be an appropriate prevention measure for a mentally fulfilled old age.

**Effects**

Phosphatidyl serine occurs in great quantities mainly in the white substance of the brain, which largely consists of cell membranes of the supporting cells that serve the insulation of the nerve fibers. But it also plays an important role in the membrane of the nerve cells themselves. Only an optimal consistency of the membranes makes an undisturbed transmission of impulses between the individual cells possible.

Because of its key role in the transmission of impulses in the brain it is not surprising that a phosphatidyl serine deficiency leads to an impairment of the brain function, which may manifest itself in the form of a decreased capacity to think, a reduced memory and also depressive moods. Thus, particularly in case of the so-called «involutional depression», a disease of advanced age characterized by depression and cognitive degeneration, the administration of phosphatidyl serine has proven to be an impressive success.

Numerous studies also investigated the effect of phosphatidyl serine in Alzheimer’s disease. Alzheimer’s disease proper is a specific form of dementia. In these patients the cognitive impairments progress particularly fast and drastically. With progressing disease more and more brain cells die, the neuronal networks lose more and more capacities so that the symptoms worsen dramatically.

As a consequence, patients suffering from a progressed stage of Alzheimer’s disease may often have only 20 percent of their nerve paths left. Thus not only the capacity to think worsens, but this may also lead to a massive personality change entailing reduced emotional control. One of the first double-blind investigations with phosphatidyl serine was carried out in 35 hospitalized men and women aged between 65 and 91 years. All these patients had a reduced memory and decreased capacity to think that is characteristic of Alzheimer’s disease.

The patients were examined at the beginning of the study, after 1 week and after 6 weeks as well as 3 weeks after the end of the treatment phase. Using the so-called «Crichton Rating Scale», a standardized scale, orientation, communication, cooperation, agitation, mobility and mood were recorded, as well as continence, dressing, nutritional and sleeping patterns. The examinations showed that when phosphatidyl serine was taken all investigated parameters clearly improved.

It seems to be obvious that this complex pathologic process whose exact causes are still not fully established cannot be cured by the administration of a single cell mem-

### At a Glance

- **Phosphatidyl Serine**
  - is a safe food constituent that has proven its worth for decades
  - is quickly absorbed orally and can pass the blood-brain barrier unhindered
  - leads to an improvement of the cognitive performance and the memory functions
  - is an important building substance of the cell membranes and has a key function in the transmission of impulses in the brain
  - is often not produced in sufficient quantities in people of advanced age
brane building substance. Still the administration of phosphatidyl serine to Alzheimer patients showed significant improvements in the brain performance, particularly at an early stage of the disease. This underlines the importance of phosphatidyl serine and the fact that its deficiency plays a role even in diseases that are so frequent and clearly circumscribed as Alzheimer’s disease.

Indications
In principle, all adults from the age of 45 onwards may profit from the intake of phosphatidyl serine. Studies show that it is mainly older adults who already tend towards a more marked reduction of their cognitive abilities such as memory and learning ability can achieve clear improvements with phosphatidyl serine. It is therefore recommended for preventive purposes to take the preparation already from the age of 45 on, and this applies also to people who have not yet noticed an impairment of their brain performance.

To treat age-related states of phosphatidyl serine deficiency which lead to depression, a slowed-down capacity to think and reduced memory.

As a supportive measure in the early forms of Alzheimer’s disease.

Composition
One capsule contains 300 mg of phosphatidyl serine on a plant basis (soya) in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate, SiO₂, tricalcium phosphate

Dosage
In normal cases take 1 capsule a day (with your breakfast) with plenty of fluid.

Side Effects, Contraindications
The fact that phosphatidyl serine is not only an extremely effective but also an extremely safe substance is proven by the great number of clinical studies that have been carried out so far. In all of these studies there was not one case of undesired interaction. Even elderly patients with chronic diseases have generally tolerated the intake of phosphatidyl serine well.

In all investigations made so far phosphatidyl serine proved to be extremely well tolerated. This highly purified product contains only traces of soya protein. Still allergic reactions cannot be entirely excluded in persons having a pronounced soya allergy. Such allergies to soya are, however, extremely rare.

Instructions
It is generally recommended to consult a specialist before taking food supplements. This applies in particular if you have a chronic disease and if you take medicines regularly. Should you experience any symptoms while taking this preparation, you should consult a doctor and inform him or her about the intake. Store in a cool, dry place and keep out of reach of children.

Phosphatidyl Serine Product Groups
Phosphatidyl Serine can be found in the following product groups (www.vitabasix.com):

- Brain & Memory
- Depression & Moods

Important information:
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.
**PRODUCT INFORMATION**

**Pregnachron®**

A specially developed food supplement for pregnant women and breast-feeding mothers. The chronobiological composition of all constituents of the morning and the evening capsule ensures optimal supply of all vital substances required in this phase of life, adjusted to the respective time of day.

**Basic Facts**

Pregnancy and the subsequent period of lactation are no disease. On the contrary: It is a phase of highest creativity and the most natural expression of life. Simultaneously, however, pregnancy imposes the greatest challenges on the mother and the life form developing within her. For the mother's mental health, an environment of love and security is most essential. However, physical needs such as rest and fulfillment of the increased requirement of several minerals, vitamins and important trace elements are a hallmark of this period.

Pregnachron® consists of a balanced combination of important vitamins, minerals and essential trace elements which are needed in greater quantities during pregnancy and breast-feeding because these substances are supplied to the infant's organism through the maternal organism during this time. Furthermore, states of deficiency might arise during pregnancy or breast-feeding if the diet does not contain sufficient quantities of the substances.

**Effects**

Pregnachron® prevents deficiencies of vitamins and essential trace elements. Such deficiencies are especially dreaded during pregnancy because they might endanger the healthy development of the embryo and, due to the greater need for these substances by the mother and the child during this phase and during breast-feeding, might occur more easily during this time.

The constituents of Pregnachron® are especially adjusted to the requirements of pregnant women and breast-feeding mothers:

**Vitamin C (ascorbic acid)** is a water-soluble vitamin whose most important function is to protect tissue structures, cell membranes and cell components such as proteins and enzymes from oxidative damage due to free radicals. The risk of this damage is especially pronounced in times of increased metabolism, e.g. during physical strain, acute disease, and also pregnancy.

**Vitamin E (tocopherol)** serves to protect the body from oxidative stress and eliminate damage that has already occurred. It is a fat-soluble substance and is mainly present in cell membranes. At this site it unfolds its anti-oxidative effect.

**Carotinoids** are a further class of fat-soluble antioxidants that serve as natural coloring agents in plant-based foodstuffs. The graduated and coordinated action of several antioxidants is needed to protect the body in an optimal way from oxidative damage.

The various substances of the **Vitamin B complex** serve as important components in several enzymes which initiate key processes in metabolism. States of deficiency mainly occur when the body needs larger quantities of the substance, for instance when the rapidly growing embryonic tissue during pregnancy demands a high turnover of substances.

**Vitamin K** is needed in the liver for the formation of several coagulation factors. A vitamin K deficiency may cause dangerous hemorrhage in the infant during delivery.

**Vitamin D** increases the intestinal absorption of calcium and phosphate from food, promotes the mobilization of both of these substances in bone, enhances mineralization, and maintains the required calcium levels in blood by increasing the absorption of calcium from food and minimizing its loss through the kidneys.

The **MCHC®** contained in Pregnachron® is a most exceptional substance, namely microcrystalline hydroxyapatite. Hydroxyapatite forms the foundation of the hard substance of all vertebrates, including humans. It constitutes about 40% of bone and as much as about 95% of dental enamel. In addition to calcium and phosphate, which are important substances, it includes all minerals contained in healthy bone substance, in the same ratio. The special microcrystalline form of administration allows optimal absorption of this substance by the body. Thus, states of deficiency in the developing infant, which may lead to skeletal deformation, are prevented early.

**Coral Calcium®:** regulates the pH value of the organism. The more balanced this value the higher the organism's ability to absorb all the other active substances.

**At a Glance**

- chronobiologically oriented formulation
- optimal chronobiological combination of nutrients during pregnancy and breast-feeding
- supplies all essential vitamins, minerals and trace elements for the mother and the child

**Folic acid** is a coenzyme involved in numerous metabolic reactions and is essential for optimal functioning of the organism. A folic acid deficiency in the unborn child may lead to pre-term birth or embryonic malformations (neural tube defects).

Like folic acid **biotin** is a coenzyme involved in several metabolic processes. The need for this co-factor is markedly increased during pregnancy and lactation. Milk, milk products, eggs, various vegetables (tomatoes, spinach, etc.) and fruits (strawberries, bananas, etc.) as well as cereals are good sources of biotin.
Bioperine®: pepper extract, increases the bioavailability of substances.

Important minerals and trace elements such as magnesium, copper, zinc, iodine, iron, selenium, manganese, chromium, molybdenum and omega 3 fatty acids (docosahexaenoic acid; DHA) are included in Pregnachron®. Particularly the growing infant requires large quantities of these substances. An iodine deficiency, for instance, is one of the most common causes of developmental disorders in childhood (cretinism) throughout the world. A calcium deficiency may have severe consequences for the child as well as the mother. Magnesium deficiency is a factor involved in complications during pregnancy (eclampsia). The elevated need for iron, which is required for the formation of blood and for optimal supply of oxygen to the child, may disclose a previously concealed iron deficiency. During pregnancy blood is already diluted in a natural way by a high level of fluid retention. Therefore, even a mild iron deficiency may cause anemia, accompanied by general weakness, fatigue and a potential impairment of the child’s growth.

Indications
The substance should be taken on a preventive basis and not when states of deficiency or symptoms occur. In cases of an existing concealed or obvious deficiency of an individual substance it should be established whether it would be more meaningful to take the specific substance separately. However, as a rule Pregnachron® may then be taken additionally on a supportive basis, but should be discussed with the treating doctor because of the risk of overdosage.

Composition

<table>
<thead>
<tr>
<th>AM capsule (morning)</th>
<th>per capsule daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural carotenoids (beta-carotene, lutein, lycopene)</td>
<td>10 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1 mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>75 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>200 IU</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>33 mcg</td>
</tr>
<tr>
<td>MCHC®</td>
<td>100 mg</td>
</tr>
<tr>
<td>Manganese (Mn)</td>
<td>1 mg</td>
</tr>
<tr>
<td>Chromium (Cr)</td>
<td>20 mcg</td>
</tr>
<tr>
<td>Molybdenum (Mo)</td>
<td>50 mcg</td>
</tr>
<tr>
<td>Iodine (I)</td>
<td>85 mcg</td>
</tr>
<tr>
<td>Selenium (Se)</td>
<td>35 mcg</td>
</tr>
<tr>
<td>Omega 3 complex (containing EPA 30 mg, DHA 20 mg)</td>
<td>50 mg</td>
</tr>
<tr>
<td>Calcium (Ca)</td>
<td>150 mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>12,5 mg</td>
</tr>
<tr>
<td>Bioperine®</td>
<td>1,25 mg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PM capsule (evening)</th>
<th>per capsule daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B1</td>
<td>7,5 mg</td>
</tr>
<tr>
<td>Vitamin B2</td>
<td>7,5 mg</td>
</tr>
<tr>
<td>Nicotinamide</td>
<td>9 mg</td>
</tr>
<tr>
<td>Pantothenic acid</td>
<td>6 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>2 mcg</td>
</tr>
<tr>
<td>Folic acid</td>
<td>300 mcg</td>
</tr>
<tr>
<td>Biotin</td>
<td>100 mcg</td>
</tr>
<tr>
<td>MCHC®</td>
<td>100 mg</td>
</tr>
<tr>
<td>Magnesium (Mg)</td>
<td>75 mg</td>
</tr>
<tr>
<td>Iron (Fe)</td>
<td>9 mg</td>
</tr>
<tr>
<td>Copper (Cu)</td>
<td>0,5 mg</td>
</tr>
<tr>
<td>Zinc (Zn)</td>
<td>10 mg</td>
</tr>
<tr>
<td>Omega 3 complex (containing EPA 30 mg, DHA 20 mg)</td>
<td>50 mg</td>
</tr>
<tr>
<td>Calcium (Ca)</td>
<td>100 mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>12,5 mg</td>
</tr>
<tr>
<td>Bioperine®</td>
<td>1,25 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: magnesium stearate, SiO₂, stearic acid

Dosage
In normal cases take 2 capsules AM (yellow) in the morning and 2 capsules PM (blue) in the evening with plenty of fluid.

Side Effects, Contraindications
No side effects have been observed at the given concentrations. In principle, allergic reactions to a constituent of the preparation cannot be excluded, but are generally unlikely with this composition. Persons with a strong fish allergy might experience intolerance reactions. There is no risk of overdosage at the given doses, provided other preparations are not taken simultaneously. Individual substances may accelerate or even inhibit the resorption of specific medications.

Instructions
Generally a specialist should be consulted before the intake of food supplements. This is particularly applicable in cases of chronic disease and regular intake of medication. If you experience symptoms during the intake of Pregnachron® you should consult a doctor and inform him/her of the intake of Pregnachron®. Store in a cool, dry place and keep out of reach of children.

Pregnachron® Product Groups
Pregnachron® can be found in the following product groups (www.vitabasix.com):

- Vitamins & Food supplements
- Chronobiology
- Women’s health

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version: October 2015
Basic Facts

Pregnenolone is an extremely versatile natural cholesterol metabolism product and the precursor substance for several important endogenous messenger substances (hormones). Among other properties pregnenolone is the parent substance of sexual hormones (estrogen, testosterone), stress hormones (cortisone, cortisols) and DHEA. Since the quantity of pregnenolone produced in the body reduces with advancing age, the metabolic functions dependent on steroid hormones are also reduced. Regular supplementation of pregnenolone can re-activate these metabolic functions, exert a favorable effect on several diseases, and protect the body from age-related physical decline. Therefore, pregnenolone is considered to be a «fountain-of-youth» hormone like DHEA.

The metabolism of pregnenolone is very complex. All substances of this basic hormonal substance category have one feature in common, namely their chemically defined steroid structure. Pregnenolone is the first metabolic product that is formed after the absorption of fat from food or from the fatty substances (cholesterols) derived by this process. It is the most important element for the production of endogenous steroid hormones. As pregnenolone is a precursor substance, the organism always produces the quantity of steroid elements it currently needs. The quantity of pregnenolone available in the body (endogenous) reduces with advancing age; a gender-specific reduction has not been conclusively established.

Effects

Pregnenolone may be present in the body in unchanged form, or may be transformed into dehydroepiandrosterone (DHEA) and act as such. However, if necessary it can also be transformed into progesterone and utilized as such (progesterone regulates female sexual functions like the menstrual cycle).

This transformation into DHEA or progesterone occurs according to individual needs in the presence of psychological or physical stress, disease, or during specific phases of life (menopause), for the purpose of producing other hormones (stress and sexual hormones).

Some effects of pregnenolone such as the improvement of memory are attributed to the direct effects of pregnenolone. Numerous other effects probably occur indirectly through the hormonal substances resulting from pregnenolone.

Indications

Inflammatory joint disease (arthritis): Pregnenolone was successfully used to treat rheumatic joint disease in the 1940’s. In particular, pregnenolone was much better tolerated than cortisone, salicylates, gold and other antirheumatics.

Chronic fatigue, stress and exhaustion: Several studies show that a daily dose of 50 mg pregnenolone effectively improves states of fatigue and stress. Millions of individuals who have regularly taken low doses of pregnenolone have benefited from the properties of pregnenolone in terms of
reducing stress and enhancing physical capacity. Besides, it is effective in cases of depression, states of anxiety, and sleep disorders.

Memory: Numerous studies conducted in the last 30 years showed that a low-dose administration of pregnenolone improves memory, particularly long-term memory. Therefore pregnenolone has also been termed the «smart drug». Apparently pregnenolone protects the body from age-related cerebral dysfunction and dementia such as Alzheimer’s disease. Healthy young persons who are frequently exposed to stressful situations may also utilize this quality of pregnenolone, namely its ability to enhance mental performance.

Menstrual symptoms: Since pregnenolone is a precursor substance of female sexual hormones (progesterone, estrogen), the administration of pregnenolone may exert a stabilizing effect on female sexual function, for instance in case of menstrual disorders or menopausal symptoms. After menopause pregnenolone provides a basic hormonal substance for women in a safer form – without the dreaded side effects of estrogen – and ensures the health of female sexual organs through its progesterone effects. Virilization effects through the administration of pregnenolone are extremely unlikely because pregnenolone is very marginally involved in the metabolism of male sexual hormones (androgens).

Symptoms of old age: Pregnenolone is considered to be an anti-aging substance because it may exert a favorable effect on age-related cognitive disorders, functional disorders of the body, and degradative processes. The effects probably occur indirectly through the hormonal substances resulting from pregnenolone.

Treatment with pregnenolone is recommended for all diabetics older than 40 years of age, occasionally it is also suitable for younger patients and those with juvenile diabetes. In experiments it was shown that pregnenolone restores the beta-cells of the pancreas and may thus be beneficial in patients with diabetes.

- The additional intake of DHEA enhances the effect of both substances because pregnenolone is a direct precursor of DHEA.
- Pregnenolone may also be used optimally in conjunction with melatonin (with or without DHEA): Pregnenolone enhances energy and performance capacity during the day.

Melatonin guarantees the recovery of energy when the individual rests at night. Both hormones ensure energy balance, stress control and relaxation, and enhance the power of resistance to health disorders in all regions of the body up to an advanced age.

Composition
One capsule contains 15 mg, 30 mg, 50 mg, 100 mg or 200 mg pregnenolone in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

Dosage
The exact dosage of Pregnenolone can be decided only after an individual hormone status has been determined. The intake may be started from the age of 25 years.

In normal cases take 1 capsule daily in the morning with plenty of fluid.

In cases of arthritis the dose may be increased up to 500mg daily.

Side Effects, Contraindications
No side effects are expected to occur at the recommended dose. Caution is advised in persons who suffer from epilepsy because pregnenolone may, in theory, cause convulsions.

Instructions
Pregnenolone is a hormone preparation produced in accordance with the most recent scientific discoveries. It is a food supplement for regular use. Pregnenolone contains no harmful colorants, filling materials or preservatives, and is manufactured under most stringent safety controls. The prolonged release (time release) of the active substance makes pregnenolone uniformly available for the body throughout the day.

Pregnant or lactating women or persons who are under constant medical care should consult a doctor before use. In principle, hormones should be taken only under the supervision of a doctor. Store in a cool, dry place and keep out of reach of children.

Pregnenolone Product Groups
Pregnenolone can be found in the following product groups (www.vitabasix.com):
- Hormones & Hormone-like Substances
- Women’s Health
- Brain & Memory
- Bones & Joints
- Power & Energy

Important information:
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version October 2015
Basic Facts

To obtain a fuller, firmer and simply more beautiful breast, regulating the hormone balance is the first step. Many women are not aware of the fact that a disturbed hormone balance, caused by various environmental factors, stress, false nutrition and the like may lead to an incomplete development of the breast in puberty, already. With increasing age, an unbalanced hormonal cycle, particularly after pregnancy or the breast-feeding period, may lead to a shrinking or sagging of the breast.

With Probust®, a revolutionary breakthrough in the treatment of all these problems has been achieved. Finally, there is a natural and safe alternative to medication and surgical interventions. Probust® is a mix of natural herb substances which have been used for decades in naturopathy to treat hormonal imbalances in women. As soon as the balance of the hormonal levels is restored, the body can regain its optimal function, and the ensuing result is – among other things – an enlargement and firming of the breast.

With Probust®, a revolutionary breakthrough in the treatment of all these problems has been achieved. Finally, there is a natural and safe alternative to medication and surgical interventions. Probust® is a mix of natural herb substances which have been used for decades in naturopathy to treat hormonal imbalances in women. As soon as the balance of the hormonal levels is restored, the body can regain its optimal function, and the ensuing result is – among other things – an enlargement and firming of the breast. Studies showed that in up to 80 percent of the women the breast becomes bigger, that its volume increases and that premenstrual complaints are significantly alleviated.

Effects

In the course of life, the female body is subjected to radical hormonal changes. Many influences can, not least, be traced back to heavily denaturalized food, synthetic drugs, chemical substances in our environment and the stress of modern life. This has led to the fact that today eight out of ten women are dissatisfied with their bosom.

Probust® supports and efficiently optimizes the biologic processes in female breast tissue with a plant mix that is free from any hormones.

The amazing knowledge of the medicine nature offers and the treatment with plants – phytotherapy – goes back thousands of years in the history of mankind.

The use of synthetically produced substances and surgical interventions are justified, for instance in emergency cases. But their thoughtless or indiscriminate use, for instance in natural physical complaints caused by hormonal changes, can put great strain on our body and the side effects may disturb its balance even more.

Phytotherapy is a method which neither leaves scars nor risks dangerous side effects. Natural substances, if properly prepared, in the highest possible purity and wisely used, can not only give us a more beautiful look. What is much more important: They can be a contribution to greater well-being because they reunite us, in a gentle and quiet way, with our roots, with the earth and with our natural environment.

Probust® is a natural mix of plants which supplies the body with the nutrients needed for a fuller and firmer breast. These substances primarily harmonize the natural hormone balance in a gentle way. A more beautiful bosom is just the automatic result. Probust® was originally developed as a product to supplement hormones in a natural way. This is the reason why many women today value Probust® not only because of its positive effects on the growth of their breasts.

Blessed thistle (cnicus benedictus): Also called holy thistle, was already used in the 17th century to successfully regulate the female hormone balance.

Dandelion (taraxacum officinale): A great natural source of vitamins from traditional gynecology, strengthens the female organs and alleviates PMS symptoms.

Dong quai (angelica sinensis): “Angelica root” from traditional Chinese gynecology influences the activity of the glands and regulates the menstrual cycle.

Lemon balm (melissa officinalis): Antibacterial, antiviral sedative from the monastery garden.

Motherwort (leonurus cardiaca): Healing tea of the ancient Romans, soothing and antispasmodic.

Saw palmetto (serenoa repens): Healing power from berries for our sexuality, has been known to the ancient South American peoples as a sexual stimulant and for regulating hormones.
Wild yam root (discorea villosa): A pro-hormone from nature, alleviates painful menstruation and influences all female hor-mones.

**Indications**

**Breast growth:** A trial in which the effects of the application of Probust® were studied was carried out over a period of two years. It was controlled and evaluated by the American Bradford Institute and clearly proved the efficacy of the product.

Many women applying Probust® reported that the first visible results occurred after a few weeks. Maximum effect was achieved after approximately six to nine months.

A perfect time to start taking Probust® is puberty because this product positively influences the hormone balance and promotes the natural development of the female organs.

Overdosage is not to be feared since even in case Probust® is taken permanently to maintain hormone balance, the breast cannot grow beyond its natural growth limit.

**Further fields of application are:** PMS (pre-menstrual syndrome), painful menstruation, vaginal dryness but also increased vaginal discharge as well as the balancing of female hormones in general.

**Composition**

**One capsule contains:**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>per capsule</th>
<th>daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saw palmetto extract</td>
<td>200 mg</td>
<td>800 mg</td>
</tr>
<tr>
<td>Damiana extract</td>
<td>75 mg</td>
<td>300 mg</td>
</tr>
<tr>
<td>Dong quai extract</td>
<td>40 mg</td>
<td>160 mg</td>
</tr>
<tr>
<td>Blessed thistle extract</td>
<td>30 mg</td>
<td>120 mg</td>
</tr>
<tr>
<td>Dandelion extract</td>
<td>30 mg</td>
<td>120 mg</td>
</tr>
<tr>
<td>Lemon balm extract</td>
<td>45 mg</td>
<td>180 mg</td>
</tr>
<tr>
<td>Wild yam root extract</td>
<td>10 mg</td>
<td>40 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: microcrystalline cellulose, magnesium stearate, SiO₂

**Probust® Cream contains:**

Extracts of saw palmetto, fenugreek, damiana, dong quai, dandelion, blessed thistle, lemon balm, wild yam root, motherwort. Purified water, soybean oil, sorbitan palmitate, cetearyl alcohol (coconut derived), Steareth 30, Ceteth 10 (coconut derived), multi sterol extract, polysorbate 40, methyl paraben and propyl paraben, hyaluronic acid (plant derived), in pharmaceutical grade.

**Dosage**

**Breast firming**

**Capsules:** In normal cases take 2 capsules in the morning and 2 capsules in the evening with plenty of fluid for a period of 6–9 months.

**Cream:** In normal cases apply a dime-size portion of cream in the morning and in the evening and rub it into your breast until the cream is fully absorbed.

After having reached the desired results, take Probust® as a cure every 3–4 months for a period of 2–3 weeks.

Probust® cream can either be taken supportively together with the capsules, or to maintain the results achieved while you interrupt taking the capsules.

**Hormone balancing**

In case of PMS, painful menstruation, cramps, hot flashes, climacteric complaints, etc. take 2 capsules each in the morning and in the evening with plenty of fluid.

**Side Effects, Contraindications**

Probust® should in no case be taken together with drinks containing caffeine or carbon dioxide since they would impair the effect.

Not suited for pregnant and lactating women. After the lactation phase, however, Probust® is ideal to normalize the hormone balance changed by birth, for instance to strengthen breast tissue slackened by breast-feeding and to regenerate the breast, but also to alleviate post-natal depression.

As is the case in the first phase of breast growth, puberty, you may experience a mild pulling pain, which, however, is only transient. In a few cases Probust® may cause short-lived mild acne.

Probust® does not cause any undesired interaction when taken concomitantly with contraceptives.

**Instructions**

The period of time that passes until the breast grows differs from woman to woman. While some women observe the first effects after a few days only, it takes months in others. It may also happen that some women feel other effects such as an improvement of their PMS – which gets less painful, less stressing, etc. – while their breasts grow only after a period of several months.

It is also important to note that a well-balanced diet enhances the effect of Probust®, while the effects are diminished by caffeine, alcohol and cigarettes. Please also note that persons who are under constant medical care should consult a doctor before taking the product. In general, self-medication should consult a doctor before using the products for the treatment of diseases.

**Probust® Product Groups**

Probust® can be found in the following product groups (www.vitabasix.com):

- **Hormones & Hormone-like Substances**
- **Depression & Moods**
- **Women's Health**
- **Sexuality & Libido**

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version March 2019
Basic Facts

It is common for the prostate gland to grow in men between the ages of forty and fifty. This growth takes a slow, intermittent course and develops into the most common bladder emptying disturbance of men. Cells in the prostate reproduce more rapidly and the cell tissue enlarges. As the prostate grows larger, it may compress the urethra, which it encircles, and hinder urine flow.

Benign prostatic hyperplasia (BPH) significantly impacts the quality of life. As a rule it is associated with hormonal changes occurring during male menopause (andropause) and involving a drop in male sex hormones, in particular testosterone. As men age, the amount of the growth hormone and of estrogens slowly decreases. High stress levels and certain lifestyle factors account for the symptoms of prostate enlargement to occur even in men younger than 40. The gland, which is the size of a chestnut, begins to grow and may, in rare cases, reach the size of an orange. Prostate enlargement can create a number of urinary problems such as difficult and painful urination, taking a while to get started (hesitancy), a reduction to the force of the urine stream, longer terminal dribbling and frequent urination of small amounts at night.

Prostate enlargement is a deteriorating disorder that evolves slowly. In a rectal exam a doctor may determine the size of the patient’s prostate gland, which is why many men from the age of 45 onwards are recommended to get this examination on a regular basis. Patients are divided into three stages:

**Stage 1:** higher frequency in urinating; higher strain on bladder muscles; risk of stones in the bladder

**Stage 2:** the muscular wall of the bladder is no longer strong enough to allow for a complete emptying of the bladder; frequent leakage of urine; urine may back up into and damage the kidneys, infections

**Stage 3:** surgery: removal of obstructing pieces of the prostate gland via the urethra or use of Foley catheter.

The effects of surgery cannot be fully controlled.

Effects

The chronobiological food supplement Prostachron® is based on traditional and scientific findings. The two diets known to be associated with increased prostate health are the Japanese diet and the Mediterranean diet. The Japanese diet is high in green tea, soy, vegetables and fish. Mediterranean diet contains large amounts of fresh fruits and vegetables, garlic, tomatoes, red wine, olive oil and fish.

Thanks to great scientific expertise a number of secondary plant substances having a mild hormonal effect are known to have a positive impact on the progression of prostate enlargement.

All over the world scientists have identified more than a dozen of medicinal plants, spices, medicinal herbs that enhance prostate health. The beginning was made in the middle of the 20th century with fat-soluble extracts obtained from the berries of the saw palmetto (serenoa repens) – a natural remedy used by the Mayas and North American Seminole Indians to enhance libido and in case of impotence and prostate inflammation or to treat infertility and painful menstruation in women. The effect of these berries, which were initially used as animal feed, is triggered by mild hormone-like phytosterols.

In 1985 and 1991 a commission on medicinal plants of the German government recommended pumpkin seed (cucurbita pepo) for the prevention and treatment of BPH. This plant family has been cultivated for 16,000 years. Fewer prostate conditions are known to occur in regions with a tradition of eating
dried pumpkin seeds, such as in particular the Balkans, Asia Minor and Ukraine. Nowadays the most valuable phytosubstances contained in this pumpkin are extracted both from its seeds and oils. In 2005 cucurbita pepo was voted Medicinal Plant of the Year.

Indications

Components of Prostachron® and their main effects:

Vitamin C: radical scavenger
Vitamin E: regulation of gonads
Pumpkin seed extract (cucurbita pepo): hormone regulation
Aspen powder (populus tremula): anti-inflammatory
Stinging nettle extract (urtica): immune-enhancing
Goldenrod extract (solidago): anti-inflammatory
Asparagus extract: diuretic
Astaxanthin: protection of cells, transfer of energy
Saw palmetto extract (serenoa repens): protection of cells
Resveratrol: activates a specific longevity gene, has an anti-inflammatory and antioxidant effect
Selenium: cancer-preventing
Beta-sitosterin: growth inhibitor
EPA, DHA: Omega 3 fatty acids, anti-inflammatory metabolic function
Coral Calcium®: patented mineral formulation to enhance absorption of substances.

On the whole, these phytosubstances contain thousands of substances with different chemical structures and equally sophisticated mechanisms of action. For the sake of simplicity they are combined under the heading antioxidants because they have one characteristic in common: they combat aggressive free oxygen radicals.

The food supplement Prostachron® intelligently combines highly bioactive radical scavengers, such as carotinoïdes, phytosterines, phytosteroles, phenylglycosides and polyphenoles, in one capsule to be taken in the morning and one capsule for the night on the basis of the latest chronobiological principles. During the day the emptying of the bladder is to be supported, while at night the focus is on reducing insidious, painless inflammatory reactions. The components act together to augment their effects rather than inhibit each other.

Composition

**AM capsule (morning)**

<table>
<thead>
<tr>
<th>per capsule / daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C 125 mg 250 mg</td>
</tr>
<tr>
<td>Vitamin E 50 IU 100 IU</td>
</tr>
<tr>
<td>Selenium (Se) 40 mcg 80 mcg</td>
</tr>
<tr>
<td>Omega 3 complex (containing EPA 36 mg, DHA 24 mg) 60 mg 120 mg</td>
</tr>
<tr>
<td>Coral Calcium® 12,5 mg 25 mg</td>
</tr>
<tr>
<td>Herb extracts (pumpkin seed extract, stinging nettle extract, goldenrod extract, asparagus extract, aspen powder) 325 mg 650 mg</td>
</tr>
<tr>
<td>Bioperine® 1,25 mg 2,5 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: magnesium stearate, SiO₂

**PM capsule (evening)**

<table>
<thead>
<tr>
<th>per capsule / daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Astaxanthin 2 mg 4 mg</td>
</tr>
<tr>
<td>Saw palmetto extract 125 mg 250 mg</td>
</tr>
<tr>
<td>Pumpkin seed extract 150 mg 300 mg</td>
</tr>
<tr>
<td>Sitosterols 30 mg 60 mg</td>
</tr>
<tr>
<td>Omega 3 complex (containing EPA 36 mg, DHA 24 mg) 60 mg 120 mg</td>
</tr>
<tr>
<td>Resveratrol 20 mg 40 mg</td>
</tr>
<tr>
<td>Coral Calcium® 12,5 mg 25 mg</td>
</tr>
<tr>
<td>Bioperine® 1,25 mg 2,5 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate, SiO₂

Dosage

As a food supplement for prevention take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening at mealtimes with plenty of fluid.

In case of initial and advanced-stage benign prostatic hyperplasia (BPH) take 2 capsules AM (yellow) in the morning and 2 capsules PM (blue) in the evening at mealtimes with plenty of fluid.

Side Effects, Contraindications

If you suffer from a clinically manifest prostate enlargement that requires permanent medical care, please inform your doctor that you are taking the food supplement Prostachron®. Do not use in case of hypersensitivity to any component of the preparation.

Instructions

It is generally recommended to consult a specialist before intake. If you have a pre-existing disease or are already receiving long-term drug treatment, you should use Prostachron® only after having consulted a doctor first. Store in a cool, dry place and keep out of reach of children.

Prostachron® Product Groups

Prostachron® can be found in the following product groups (www.vitabasix.com):

- Vitamins & Food Supplements
- Chronobiology
- Men’s Health

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.
Basic Facts

Even inevitable biological processes such as the transformation of food into energy have their dark sides. The older we grow, the harder it gets for our organism to cope with the damage they cause. Along with the deficiencies in our food, they trigger 50 to 70 percent of the diseases by which we are affected. Aging has meanwhile turned into the most critical risk factor for all those ailments that will determine our fate in the 21st century: cardiovascular diseases, dementia, diabetes, and osteoporosis. Also cancer is basically an age-related development.

Anti-aging medicine increasingly offers protection against the two major causes of chronic disease: silent inflammatory responses and oxidative cell destruction by free radicals.

Enemy Number One: Silent Killer

Inflammatory stress triggered by silent inflammatory responses goes unnoticed throughout many years, always remaining below pain perception level. This «silent inflammation», however, plays an essential role in preparing the ground for the major chronic age-related diseases leading to death. Especially our blood vessels are affected by this type of inflammation. Its relationship with atherosclerosis, other cardiovascular diseases and a weakened immune system has been thoroughly investigated. Inflammatory markers in the blood may also be a sign of senile dementia, uncontrolled cell functions progressing into cancer, the metabolic syndrome, and osteoporosis.

Acute inflammation is a normal mechanism of healing which the body employs to ward off infections and pathogens. We initiate this process automatically by means of certain food molecules (omega 6 fatty acids) and we stop it through their natural antagonists (omega 3 fatty acids). In our modern human diet, however, the pro-inflammatory substances (especially those in industrially processed vegetable oils) outweigh the anti-inflammatory ones ten to twenty times. They trigger chronic inflammation in the body organs, for example in the blood vessels, which cannot heal because the anti-inflammatory fatty acids (e.g. contained in cold-water fish, walnuts, linseed, rapeseed, and hemp) have come to play only a subordinate role.

Enemy Number Two: Devil Oxygen

The vital process of metabolic energy production involving the use of oxygen is also associated with the high risk of continuous cell damage. This oxidative stress (during which the cell is attacked by aggressive oxygen molecules) may be compared to the rusting or oxidation of iron. In each of our 100,000,000,000,000 miniature power plants, which are responsible for the formation of chemical energy carriers, tens of thousands of oxygen atoms turn into explosive objects every single second, just because they lack an electron. These free radicals wrestle an electron from another molecule, and in doing so turn their victim into a radical atom as well. This triggers a chain reaction of unimaginable dimensions! The protective mechanisms of our cells are able to cope to a certain degree; but our lifestyle, the environmental toxins, the electromagnetic radiation of laptops and TV screens, harmful effects of stimulants like coffee, alcohol, tobacco, etc., and even stress have the potential to multiply such aggressive molecules. Oxidative stress may ultimately lead to cell destruction. If too many cells are affected, we age prematurely. In the end, the entire organ dies off.

At some stage throughout their lives, millions of people have to combat one or several of the following three major threats: cardiovascular diseases with a fatal outcome, dementia, and abnormal cell functions outside the normal cell regulation patterns.

Modern scientific research has for the first time discovered ways to delay and ward off the most threatening processes of aging through special plant substances, the so-called «new phytamines». They fulfill specific functions in plants, such as offering them protection against heat and cold, but also against viral, bacterial and fungal pathogens and other disease factors. Plants develop these phytochemicals because they are unable to evade attacks. Ancient civilizations have been revering this treasure trove of herbs and plants and its significance for some 10,000 years, and they have been achieving astonishing effects with the use of these botanical anti-aging substances.

Effects

The concept of ResverChron® is based on bioactive secondary plant substances which have generally strong anti-inflammatory properties providing protection against chronic age-related diseases and a weakened immune system. ResverChron® contains a unique combination of phytochemicals from Western and Eastern sources. This combination counteracts disorders as well as uncontrolled cell growth.

ResverChron® At a Glance

- offers protection against inflammatory and oxidative stress
- reduces the risk of heart diseases, dementia and other cognitive disorders as well as uncontrolled cell growth
- provides chronobiological prophylaxis through selected phytochemicals
- stabilizes the body’s healthy and natural cell functions and counteracts disorders
- combines four millennia of medical anti-aging experience from Eastern and Western sources
and antioxidative properties. In keeping with the best findings of Far Eastern and Western medicine, we have managed to blend several dozens of standardized and pharmaceutically pure constituents together in one proprietary scientific formula.

The holistic «East-meets-West» philosophy spans a wide range of phytochemicals including green tea, the super anti-aging substance from Asia, the berries used by native American tribes, and the red wine polyphenol resveratrol, the super anti-aging substance from Europe. The results achieved with their use are increasingly validated by clinical trials and traditional Western medicine.

What is more, this concept assures that essential vitamins and vital substances are administered at the right time of day, in tune with the principles of chronobiology and accounting for mutual interactions.

Acai berry: the Brazilian berry is rightly celebrated as the new superfruit and is a fine example of the knowledge explosion currently taking place in new medicine. Largely unknown until recently, the acai berry is suddenly referred to as a natural substance to be used in the treatment of digestive disorders, intestinal diseases, wrinkles and withered skin, eye problems, inflamed gums and general fatigue. Numerous scientific studies confirm the much-celebrated effects of this insider tip.

Goji berry (wolfberry): an antioxidative substance commonly used in traditional Chinese medicine, strengthening the immune system and inhibiting cancer, as evidenced in several clinical trials.

Mangosteen: the «queen of fruits» contains a wide range of vitamins, trace elements, and minerals. It has excellent free-radical scavenging abilities, proves to be efficient in treating allergies and inflammations, curbs the development of cancer and wards off viral and bacterial attacks.

Noni: the fruit of the Indian mulberry develops ingredients which haven proven to be beneficial in fighting depression, overweight, arthritis and diabetes.

Pomegranate: the «fruit of the gods» boosts the immune system.

BioPQQ® pyrroloquinoline quinone disodium salt: The significance of Bio-PQQ® (also known as pyrroloquinoline quinone) for the human body wasn't discovered until 2003. This vitamin is involved in more than 20,000 physiological processes and therefore plays an immensely important role in the prevention of many diseases. In addition to the positive effects it has on the general metabolism, muscle function, neuronal conduction and the immune system, it also enhances many effects of the other vitamins.

Catechins: catechins are the active ingredients of green tea, which are extremely powerful and protect against cardiovascular diseases, viral and bacterial infections. They also have a very significant effect on cancer according to a recent study.

L-glutathione: this particularly strong antioxidant consisting of three amino acids supports the repair processes within the cell.

Beta-carotene: the most important of a group of 400 carotenoids is an essential precursor to vitamin A. This vitamin is usually lacking in case of heavy consumption of nicotine and alcohol.

Choline (bitartrate): this is a fat-like substance from which neurotransmitters (chemical messengers in the brain) are derived. It is recommended for boosting mental performance.

Chron®: formerly known as vitamin B2, this antioxidant is one of the most important nutrients of muscle tissue.

Chromium helps the body to regulate the blood sugar levels and provably lowers the cholesterol level.

Lycopene: one of the most important phytamines of all existing phytoprotectors. It is found in high concentration in red tomatoes and rosehips and its active ingredients protect against cardiovascular diseases and cancer, especially prostate cancer.

Vitamin D increases the intestinal absorption of calcium and phosphate from food, promotes the mobilization of both of these substances in bone, enhances mineralization, and maintains the required calcium levels in blood by increasing the absorption of calcium from food and minimizing its loss through the kidneys.

Vitamin E is a fat-soluble substance and is mainly present in cell membranes. At this site it unfolds its anti-oxidative effect.

Vitamin C is capable of trapping free radicals in the body and to render them innocuous. Vitamin C thus increases the defenses of the body. It moreover enhances the buildup and new formation of collagen, an important protein substance in the body, which is necessary for tissue formation.

Vitamin K: an important active ingredient involved in bone metabolism and blood coagulation processes.

Bioperine®: as an extract, these active ingredients obtained from black pepper enhance the thermogenic activity of the human metabolism, which also improves the uptake of other substances.

MSM: this biological sulfur compound is the main active ingredient of anti-inflammatory sulfur baths. In its organically bioactive form, MSM also supports cartilage renewal.

Enzyme complex: This powerful «cocktail» provides contains a range of enzymes that all play an important role in supporting the body's anti-inflammatory processes. Normally, these enzymes are obtained from plants and fruits.

Grape seed extract: prevents inflammation and oxidation of blood lipids, thereby curbing the accretion of plaque lining the walls of blood vessels.

Coral Calcium®: regulates the pH value of the organism. The more balanced this value the higher the organism's ability to absorb all the other active substances.

Beta 1,3/1,6 D-glucan: Beta-1,3/1,6 D-glucan is a compound composed of several glucose molecules, which is found in the cell walls of fungi and plants. According to scientific studies, Beta-1,3/1,6 D-glucan is one of the most effective natural immune modulators, and works by stimulating the activity of macrophages. For decades, the search for Beta-1,3/1,6 D-glucan shows that it not only stimulates and activates the immune system, but can also be very effective in the treatment of cancer, ulcers, infections, radiation exposure and trauma.

Vitamin B1 (thiamine) is responsible for energy production in the brain. Being an enzyme building substance, vitamin B1 regulates the carbohydrate metabolism and has pain relieving and detoxifying effects on the nervous system.

One of the tasks of vitamin B2 (riboflavin) is the renewal of glutathione, one of the most important protective substances for the cells against free radicals.

Vitamin B6 (pyridoxine) plays an important role in cell division and renewal and is also involved in the production of amino acids as well as of all important neurotransmitters for the brain.

Vitamin B12 (cyanocobalamin) is an essential factor for the energy production of the body and supports the immune functions.

Niacinamide: Also known as vitamin B3, niacinamide participates in hundreds of enzyme processes. It has also been proven to have protective effects in relation to arthritis, asthma, stress and cardiovascular health.
Pantothenic acid: this enzyme constituent, also referred to as vitamin B5, enhances the biosynthesis of numerous metabolic processes. Pantothenic acid is therefore beneficial in the treatment of numerous physical conditions, including general fatigue.

Biotin: this substance is also referred to as vitamin B7. It regulates gene functions and proves particularly beneficial in the treatment of depression, skin changes, and muscle problems.

Folic acid: Two out of three adults have a folic acid deficiency, which can present itself in several ways. The increase in the amino acid homocysteine in the blood could be the most problematic result, as increased levels of homocysteine correlate with major heart risks. Folic acid, also referred to as B9 and B11, occurs only in small quantities in foods such as broccoli, carrots, and Brussels sprouts.

Magnesium: salts of this chemical element were originally discovered in the eastern Greek region of Magnisia and its properties as a muscle relaxant were already appreciated in ancient Greece. Anti-aging medicine and orthomolecular medicine also treasure its beneficial effects in the treatment of renal problems and intestinal diseases.

Royal jelly: honey bee secretion used in the nutrition of bee queens; contains mostly carbohydrates, proteins, B vitamins, trace elements, fats, and amino acids.

Resveratrol: the polyphenol resveratrol is an extremely effective antioxidant mainly obtained from grape skins. Its effects in the human body are generally of an anti-inflammatory and cell-protective nature. This mechanism of action is particularly beneficial for the blood vessels of the brain and cardiovascular system, which are eminently threatened by the aging process. Studies have clearly demonstrated some rather exciting effects. Resveratrol curbs the risk of contracting Alzheimer's disease, which has been associated with plaque formation in the brain. It enhances energy production in the mitochondria, which are known as the powerhouses of the cell. It reduces cardiovascular risk factors, as assessed by measuring the flow-mediated dilatation (FMD) of the brachial artery. The likelihood of obesity and insulin resistance is also reduced. Resveratrol lowers the blood sugar level. Even the skeletal muscles have been shown to benefit from this polyphenol.

Resveratrol is moreover the up-to-now only substance which prolongs the lifespan of diverse organisms. This effect has been repeatedly verified in cell cultures, mice, rats and in a fish species that is short-lived in captivity.

Resveratrol directly and positively influences the aging process of cells. It activates a specific longevity gene because it simulates calorie restriction (CR) and is a recognized CR mimetic. Evolution has apparently provided humans with a «hunger survival mode».

The physiological stress caused by hunger unlocks the body's natural arsenal of active ingredients to support cardiac and metabolic activity as well as cancer prevention.

The reduction of energy intake along with a wholesome diet is one of the best known and most thoroughly validated therapeutic approaches to fight the signs of aging. It also reduces the number of aggressive oxygen molecules that are released. The simulation of calorie restriction additionally triggers an enhanced DNA repair process inside the cells. This prolongs the lifespan of the individual cell as much as that of the organism as a whole. Since 1989 alone, more than three thousand main publications on the different areas of action of the spectacular phytochemical resveratrol have been released.

Quercetin: this is another important active substance of «red wine medicine», which owes its name to its yellowish color and to its origin (quercus, Latin for oak). High concentrations of this flavonoid are found in the grape skins. Red wine that matures in oak barrels is therefore particularly rich in quercetin. Quercetin curbs the development of cancer and acts as a radical scavenger.

OPC: another radical scavenger found in grape seeds, approximately twenty times stronger than vitamin C and fifty times stronger than vitamin E. OPC is able to pass through the protective blood-brain barrier and even appears to protect brain tissue. This flavonoid is therefore considered an anti-Alzheimer's substance.

EPA, DHA: the most important omega 3 fatty acids are obtained from algae and fat-rich sea fish. The average amount of these acids taken up in food is far far below the amount recommended by scientists. A dramatic imbalance between omega 3 and omega 6 fatty acids is associated with an extremely high risk of contracting disease. EPA and DHA are available in pharmaceutically pure form in softgels.

**Indications**

ResverChron® was designed in compliance with the results from countless scientific studies and treatment observations for broadband use against premature aging.

The following overview provides a list of some of the numerous conditions in which secondary plant constituents were found to produce positive changes subject to certain circumstances:

**Inflammatory stress (silent inflammation):** silent inflammation is meanwhile considered to play a crucial role in the aging process. Evidence is provided by easily detectable inflammatory proteins in the blood, the so-called hs-CRP (high sensitive C-reactive proteins). In combination with coagulation factors, inflammatory responses are the driving force behind vascular damage, accounting for nearly 50 percent of all deaths because they obstruct the massive blood flow to the heart and brain.

**Oxidative stress:** ResverChron® counteracts the destructive influences of free radicals within the cell through different mechanisms of action.

**Additional prophylaxis against cardiovascular diseases:** the active ingredients prevent oxidation and LDL-cholesterol storage in body tissues.

**Alzheimer dementia:** inflammatory markers such as hs-CRP also correlate with vascular diseases of the brain.

**Metabolic syndrome, diabetes:** ResverChron® lowers glucose and insulin levels in the blood. Its long-term use diminishes the risk of insulin resistance, which often leads to the development of a metabolic syndrome. This metabolic disorder usually involves obesity. Scientists believe that anti-inflammatory and antioxidative agents open up new prospects in the fight against the widespread disease diabetes.

**Uncontrolled cell growth:** the secondary plant substances contained in ResverChron® prevent or slow down cancer development through various different mechanisms of action. They exhibit a cancer-preventive effect by reducing chronic inflammation, thus making repair measures with the risk of overshooting the mark less often needed.

Another aspect worth noting is their positive impact on aggressive enzymes and hormones, as well as their ability to protect the genetic material against free radicals. Ongoing studies aimed at examining the effect of resveratrol in cancer patients are producing promising results. Experimental animal studies have revealed that chemotherapy is more effective when used in combination with resveratrol.
Healthy genes: the DNA, our genetic material, and the cell structures of the ribonucleic acid are particularly threatened by aggressive oxygen molecules. ResverChron® protects the genetic information and activates the repair system inside the nucleus.

Osteoporosis: silent inflammatory responses are also critically involved in the pathogenesis of bone metabolism.

Dosage
In normal cases, take the entire content of the morning packet (AM) in the morning and the entire content of the evening packet (PM) in the evening with plenty of fluid.

Side Effects, Contraindications
The plants from which the extracts are obtained have proven to be generally well tolerated in traditional foods at global level. They are therefore safe for use across a wide dosage range. Do not use in case of hypersensitivity to any component of the preparation.

Instructions
In the presence of diseases or when taking medications on a long-term basis, Resver Chron® should in any case be used only after having consulted a doctor first. Store in a cool, dry place and keep out of reach of children.

ResverChron® Product Groups
ResverChron® can be found in the following product groups (www.vitabasix.com):

- Immune System
- Cell Protection & Antioxidants
- Chronobiology
- Pain & Inflammation
- Vitamins & Food Supplements

Composition ResverChron® AM (morning)
The perfectly balanced ResverChron® morning supplement comprises four different capsules:

1 caps. «Superfruits» (orange/white) per capsule
Acai berry extract  200 mg
Goji berry Extract  150 mg
Mangosteen extract  100 mg
Noni extract  100 mg
Pomegranate extract  100 mg
Fruit extracts  150 mg
(apple, orange, pineapple, watermelon, grapefruit, strawberry, peach, papaya, pear, lime, cherry, plum, blueberry, grape, cantaloupe, raspberry, lemon, cranberry, tangerine, citrus bioflavonoids)

1 caps. «Green cellular protect» (green/white) per capsule
BioPQQ™ Pyrroloquinoline  2 mg
Quinone Disodium Salt
Catechins (from green tea extract)  300 mg
L-glutathion  50 mg
Vegetable extracts  200 mg
(broccoli, cauliflower, kale, brussels sprouts, spinach, radish, carrot, beet, tomato, celery, onion, leek, barley, garlic, cabbage, parsley, yellow pepper)

1 caps. «Multivitamin AM» (yellow/white) per capsule
Beta-carotene  18 mg
Vitamin D  800IU
Vitamin E  100IU
Cholin (bitartrate)  45 mg
Vitamin B6  20 mg
Inositol  45 mg
Vitamin C  350 mg
Vitamin K  100mcg
Chromium (Cr)  200 mcg
Lycopene  6 mg
Biotin   300 mcg
Pantothenic acid  60 mg
Niacinamide  40 mg
Vitamin B2  15 mg
Vitamin B5  15 mg
All ingredients in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate, SiO₂, calcium carbonate, micro-crystalline cellulose, tricalcium phosphate.

Composition ResverChron® PM (evening)
The perfectly balanced ResverChron® evening supplement comprises one softgel and three different capsules (one of them double):

1 caps. «Multivitamin PM» (blue/white) per capsule
Vitamin B1  15 mg
Vitamin B2  15 mg
Nicinamide  40 mg
Pantothenic acid  60 mg
Biotin  300mcg
Folic acid  400mcg
Vitamin B12  100mcg
Magnesium (Mg)  200 mg
Royal jelly  200 mg
Bioperine®  2,5 mg

2 caps. «Anti-inflammatory» (beige/white) per capsule
MSM  300 mg
Enzyme complex (anti-inflammatory)  25 mg
Grape seed extract  6 mg
Coral Calcium®  25 mg
Beta-1,3/1,6 D-glucan  100 mg

1 caps. «Redwine complex» (red/white) per capsule
Resveratrol  120 mg
Quercetin extract  50 mg
Catechins (from green tea extract)  30 mg
OPC  30 mg

1 softgel «Omega 3» per softgel
Omega 3 complex  600 mg
(containing EPA 360 mg, DHA 240 mg from Marine Lipid Concentrate)

All ingredients in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate, SiO₂, calcium carbonate, micro-crystalline cellulose, tricalcium phosphate, glycerin, purified water, mixed tocopherols.

Omega 3 softgel contains gelatin and trace amounts of anchovy, sardine and mackerel.

Important information:
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version November 2018
Basic Facts
The polyphenol resveratrol is a natural, highly effective antioxidant won mainly from the skin of grapes. In nature, the main function of resveratrol is to protect the plant from infections, fungi and parasites as well as from damaging environmental toxins and UV rays. In the human body, it generally acts anti-inflammatory and protects the cells. This is particularly beneficial to the blood vessels, the heart and the cells of the liver and of the brain.

One outstanding property makes resveratrol one of the most exciting anti-aging substances ever: It prolongs survival in diverse organisms, for it simulates calorie restriction (CR) and is a recognized CR mimetic. Reduction of food intake is one of the longest known and best proven therapeutic concepts for fighting the consequences of aging. To date it is the only measure proved to have a direct effect on the aging process of the cell. It was first identified in the classical research objects such as the threadworm, Drosophila and baker's yeast in the 1930s. Subsequently, it was shown to be present in lab rats and other animals up to the primates. Meanwhile, its effect on almost all biological organisms has been established. Calorie restriction triggers increased DNA repair in the cells. This prolongs the life span of the individual cell as much as that of the organism as a whole. Since 1989 alone, more than three thousand main publications on the various effects of this spectacular plant substance have been published.

Effects
Resveratrol: A veritable enthusiasm for resveratrol was triggered by the sensational unraveling of the mystery of the so-called French paradox: in France, there were 30 to 40% less cardiac infarctions than in the neighboring countries, in spite of the very high risk from tobacco toxins and high-cholesterol food. A country doctor successfully proved that it was mainly the consumption of red wine that was decisive, and more precisely the high concentrations of resveratrol that it contained. As for many polyphenols, a high antioxidative power (by the trapping of radicals) was also proved for this red wine substance. But it does not just neutralize reactive oxygen molecules. Of particular importance for vascular protection is the power of resveratrol to specifically prevent oxidation of LDL cholesterol in the blood and, as a direct consequence thereof, its storage in the vessel walls, which is dreaded to trigger a series of reactions that are damaging to the vessels. The brain, too, with its high share of fat, is threatened by high oxidative stress – presumably one of the main factors leading to Alzheimer dementia.

In the traditional medicine of the Far East, resveratrol, predominantly from the mulberry, has been used for a long time to protect the cells of the heart and of the liver. Only a short while ago, researchers from the University of South Florida discovered that resveratrol can prevent fatty degeneration of the liver in case of increased alcohol consumption.

Another excellent characteristic of resveratrol is its strong anti-inflammatory property. Together with its antioxidative effects, its active substances can incite programmed cell death in the three main stages of cancer (triggering of mutations, formation of tumor cells, progression).

Quercetine: In addition to red wine, this flavonoid is also present in many medicinal plants (e.g. ginkgo biloba, St. John’s wort) and has a considerable share in their healing effects. Its anti-inflammatory, antioxidative substances counteract the formation of cancer, gastric ulcers and vascular diseases (also in the eye).

Catechins are the principal antioxidants in the leaves of green tea. Colorless amaroids with an excellent capacity for trapping radicals, which develop synergetic effects with resveratrol. Inhibition of LDL oxidation provides particular protection to neurovascular tissue structures.
**OPC** designates a group of substances with specific chemical bonds, called oligomeric procyanidins. These antioxidants are absorbed very quickly and neutralize free radicals in various areas of the body, mainly in vascular molecules.

**Indications**
Consumption of red wine alone is not enough to achieve the various effects on human health. The precisely concentrated food supplement Resverol® can permanently provide the necessary dose of resveratrol. Based on scientific findings, its use seems advisable in case of a large variety of health problems.

**Vascular diseases:** Resveratrol strengthens the capillaries and protects vessel walls.

**Inflammatory processes:** This natural antioxidant has strong anti-inflammatory and antibiotic properties.

**Oxidative stress:** Resveratrol counteracts the damaging influences of free radicals and provides an extremely active protection for cells.

**Cardiovascular prophylaxis:** The active substances prevent oxidation and the depositing of LDL cholesterol, one of the main causes of vascular lesions, which account for almost 50% of all deaths.

**Metabolic syndrome:** Resveratrol reduces the risks of insulin resistance. Researchers regard the substance as a new perspective in the battle against obesity.

**Composition**

<table>
<thead>
<tr>
<th>One capsule contains:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Resveratrol</td>
<td>120 mg</td>
</tr>
<tr>
<td>Quercetin</td>
<td>50 mg</td>
</tr>
<tr>
<td>Catechins</td>
<td>30 mg</td>
</tr>
<tr>
<td>OPC</td>
<td>30 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: SiO₂, magnesium stearate, calcium carbonate

**Dosage**
In normal cases take 1 capsule daily with plenty of fluid.

**Side Effects, Contraindications**
If possible, Resverol® should not be taken together with milk since milk inhibits absorption in the stomach. In the first few days following intake, the antioxidative properties may lead to an increased excretion of toxic substances. This at first causes a feeling of indisposition, which, however, disappears after three to four days and is replaced by a surge of vitality.

**Resverol® Product Groups**
Resverol® can be found in the following product groups (www.vitabasix.com):

- Immune System, Cell Protection & Antioxidants
- Skin & Hair
- Cardiovascular System
- Brain & Memory
- Vitamins & Food Supplements

**Instructions**
In general, self-medication without consultation of a doctor is not recommended. Store in a cool, dry place and keep out of reach of children.

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version March 2012
Basic Facts

Eating the wrong and too much food is the most important reason for overweight and a disturbed lipid and sugar metabolism and also a significant risk factor for diseases of the heart and the blood vessels and consequently many other organs. The reasons for unbalanced eating habits are, however, manifold. Often mental stress, a depressive mood and emotional stress which cannot be worked off and compensated in modern life and lead to chronic stress play a role. A deficiency in vitamins and essential trace substances may also be a reason. Recently, research has particularly focused on the lack of serotonin, which can cause states of anxiety, sleeplessness, depression and attacks of voracity.

Sufficient intake of serotonin or its precursor substance 5 HTP® helps especially in case of the typical craving for sugar and chocolate which – in its extreme form – may lead to bulimia. Particularly when this morbidly excessive hunger is coupled with a depressive state, the administration of 5 HTP® often proves to be successful.

Apart from 5 HTP®, Seroslim® also contains a balanced combination of vegetable substances, vitamins and trace substances which act on various levels against overweight. Plant extracts from the coffee bean (caffeine) and guarana enhance the energy consumption of the organism and help to reduce undesired fat reserves. This boosting of the energy consumption entails an increased demand for vitamins, which are partly (vitamin C, B1, B6) also contained in Seroslim®.

Effects

Our nerve cells form serotonin (5 HT = 5-hydroxytryptamine) in a two-step process, beginning with the amino acid tryptophane, which enters the body with the food. In the nerve cells, tryptophane is then converted to 5 HT® (5-hydroxytryptophan) and furthermore to 5 HT. Studies have shown that the artificial supply of tryptophane or 5 HTP® provably raises the serotonin level, whereby 5 HTP® has the advantage, in contrast to tryptophane, to be also effective in chronic stress. Serotonin itself cannot be administered in considerable quantities via food as it is degraded in the intestines. Serotonin or 5-HT were discovered 50 years ago and only later they were identified as neurotransmitters of the central nervous system.

Serotonin is an important messenger substance in the brain which, among other things, is connected with pleasurable sensations. Its lack, therefore, leads to depressive mood, aggressiveness and listlessness. As the serotonin level in blood rises soon after eating carbohydrate-rich food, the almost addictive craving for something sweet in case of lack of serotonin is quite understandable. Even if the serotonin level is balanced, the administration of tryptophane or 5 HTP® can not only further increase the serotonin level but also balance depressive mood swings and reduce the craving for food. Various medicines, unfortunately also the cholesterol depressors, lower the serotonin level as an undesired side effect. This may also be a reason, apart from the modern living and eating habits, that more and more people require a substitution of serotonin precursor substances.

When the food contains fewer calories, the body automatically lowers its energy consumption. In former times, this was a sensible reaction to states of hunger but nowadays it is an obstacle to a desired reduction in weight. Substances counteracting against this cycle should interfere in the feedback mechanisms of the body and effect an increase in performance and faster burning of the fat reserves by stimulating the adrenaline release.

In this respect the conversion of the storage fat to the so-called «brown» fat has a positive impact as the latter may be mobilized much quicker for the production of energy and heat. This conversion is enhanced by guarana. An increase in efficiency when taking guarana is an additional pleasant «side effect».

Chromium, which is also contained in Seroslim®, helps the body to regulate the blood sugar levels and provably lowers the cholesterol level.

PRODUCT INFORMATION

Seroslim®

A balanced, low-calorie diet rich in bulkage is the most important precondition for staying healthy. Seroslim® helps to burn access calories and to keep in check the desire for carbohydrates.
**Indications**

Seroslim® is intended for the treatment of **overweight** and to prevent excess intake of calories. These properties are not meant to replace but to support and supplement a responsible and critical style of life which is well aware of the importance of healthy and sensible food.

Components of Seroslim® are also effective in **depression**, **disturbed sleep** and states of anxiety and can combat listlessness and aggressive mood.

Other components increase the motive power and are successfully used in **hay fever** and **asthmatic complaints**.

**Composition**

<table>
<thead>
<tr>
<th>One capsule contains:</th>
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<tbody>
<tr>
<td>Vitamin C 30 mg</td>
</tr>
<tr>
<td>Vitamin B1 5 mg</td>
</tr>
<tr>
<td>Vitamin B6 5 mg</td>
</tr>
<tr>
<td>Chromium (Cr) 50 mcg</td>
</tr>
<tr>
<td>5 HTP® 13 mg</td>
</tr>
<tr>
<td>Caffeine 33 mg</td>
</tr>
<tr>
<td>Guarana extract 70 mg</td>
</tr>
<tr>
<td>Green tea extract 100 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

**Dosage**

In normal cases take 1 capsule 1 hour before breakfast with plenty of fluid and, as required, increase the dosage up to a maximum of 3 times daily 2 capsules 1 hour before the meals.

**Side Effects, Contraindications**

The preparation is generally well tolerated in the dosage mentioned.

The vasoconstricting effect of caffeine may be dangerous in case of certain pre-existing diseases. Severe vascular sclerosis, in particular of the coronary vessels (angina pectoris), but also increased intra-ocular pressure (glaucoma) and certain diseases of the thyroid gland are therefore reasons not to take Seroslim®.

**Instructions**

Generally a specialist should be consulted before taking the product. If you have a pre-existing disease or are already receiving long-term drug treatment, you should use Seroslim® only after having consulted your doctor first. If you experience any symptoms while taking Seroslim®, you should consult a doctor and inform him or her of the intake. Not suited for pregnant and lactating women. Store in a cool, dry place and keep out of reach of children.

**Seroslim® Product Groups**

Seroslim® can be found in the following product groups (www.vitabasix.com):

- Metabolism & Weight
- Depression & Moods

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version July 2011
Basic Facts

Depression, which is characterized by feelings of hopelessness and unhappiness, has many causes. It may be the reaction to stress, hormonal imbalances, biochemical imbalances and, of course, also to traumatizing events.

Almost everyone has already experienced light depression which quickly goes away. In most of the cases it does not require therapy. However, if the depressive moods become overwhelming and return again and again, they have to be professionally treated by specialists.

In many cases of depression the biochemical-hormonal processes in the brain are disturbed. Numerous clinical studies have shown that there is a strong connection between depressive disturbances and certain biochemical messenger substances in the brain, the so-called neurotransmitters. If the ratio of these messenger substances as e.g. dopamine, noradrenalin and serotonin is well balanced, a feeling of well-being is experienced.

If this balance is disturbed, e.g. if a deficiency in one of these neurotransmitters (e.g. serotonin) or an overproduction of another (e.g. noradrenalin) develops, one can become melancholic, irritated, fearful, insecure or depressive.

The substances contained in Serotonic® serve to balance the complicated system of the neurotransmitters in the brain and to combat mood swings.

Effects

The combination and dosage of the various substances contained in Serotonic® followed the standard values established in numerous studies.

5 HTP® (5-hydroxytryptophan) is transformed in the body into serotonin and is an important substance for the normal brain and nerve functions. Apart from many other functions, serotonin plays an important role in sleep disturbances, mood swings, sensitivity to pain and as an inflammation mediator. Various studies on 5 HTP® suggest that depression, states of anxiety, sleeplessness, migraine and even overweight are just different symptoms of the same illness – a deficiency in the neurotransmitter serotonin (5 HT).

A low serotonin level leads to an increase in impulsive behavior, aggressions, eating disorders, depression, alcohol abuse and proneness to suicide.

DLPA® (DL-phenylalanine) is a mix of the essential amino acid L-phenylalanine and the mirror-symmetrical form D-phenylalanine. DLPA® (or the D- or L-form alone) has been used to treat depression for a long time, already, and also as a therapy for chronic pain and Parkinson’s disease.

Phenylalanine is an amino acid which is considered the most important parent substance of various catecholamines (dopamine, adrenalin, noradrenalin). Furthermore, DLPA® is transformed in the brain into phenylethylamine, a messenger substance that occurs naturally in the brain and raises the mood.

St. John’s wort is one of the oldest known remedies for the treatment of depression. Hypericin, the main active ingredient of St. John’s wort, has a brightening effect on the mood, influences the brain metabolism and plays a great role in the transmission of stimuli by the nerves.

More recent studies have shown that the extracts of St. John’s wort develop their antidepressive effects via an inhibition of the reuptake of the neurotransmitters serotonin, noradrenalin and dopamine. Many modern antidepressants also have this mechanism of action, however with frequent side effects.

Vitamin B6 (pyridoxin) is the key vitamin in the synthesis of amino acids and therefore necessary for the formation of proteins and some hormones. Vitamin B6 is also used by the body to produce serotonin, melatonin and dopamine, and influences the production of many further neurotransmitters.

PRODUCT INFORMATION

Serotonic®

The choice composition of various substances, vitamins and trace elements having an antidepressive effect balances the neurotransmitter level in the brain, and in this way combats anxiety, restlessness and mood swings.
Therefore, pyridoxin is an essential part of the food, which plays a major role in the regulation of mental processes and probably also greatly influences the emotional condition. Numerous investigations have shown that people suffering from depression had a significant vitamin B6 deficiency.

**Vitamin B3 (niacin)** is required to release energy from carbohydrates, in the course of which process also fat is formed. Furthermore, niacin also regulates the cholesterol level. The body produces the required niacin from tryptophane. In case of a vitamin B3 deficiency, the body requires too much tryptophane, which in turn occasions a low serotonin level and may be accompanied by depressive moods.

**Calcium** is the mineral most frequently found in the body and can amount to up to two percent of the body weight. Apart from its known functions such as the building up of bones and teeth, calcium also participates in the production and release of the neurotransmitters.

**Magnesium** is required to form bones, proteins and fatty acids as well as for the activation of the B-vitamins, for muscle relaxation and blood coagulation. It is also the basic building block for the formation of ATP – the «fuel», which makes the cells «run». Many hormones also need magnesium for their release.

Furthermore, magnesium is of decisive importance for the regeneration of the cells in the body having the highest energy requirement, and therefore also for the brain cells. People suffering from the chronic fatigue syndrome, a disease characterized by great tiredness, weariness and lack of drive, often had low magnesium levels. If, however, magnesium was administered, the symptoms could often be improved. Also depression frequently go hand in hand with a deficiency in magnesium.

**Indications**

Serotonic® is suited for the treatment of depressive moods, feelings of anxiety and excitation. The balance of the neurotransmitters in the brain is restored, which counteracts mood swings. One feels more vital and active and can also better cope with stress because the basic mood becomes more positive.

**Composition**

<table>
<thead>
<tr>
<th>One capsule contains:</th>
<th>mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 HTP®</td>
<td>50</td>
</tr>
<tr>
<td>L-phenylalanine</td>
<td>50</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>10</td>
</tr>
<tr>
<td>Niacin</td>
<td>10</td>
</tr>
<tr>
<td>Niacinamide</td>
<td>35</td>
</tr>
<tr>
<td>St. John’s wort extract (hypericin)</td>
<td>50</td>
</tr>
<tr>
<td>Magnesium (Mg)</td>
<td>50</td>
</tr>
<tr>
<td>Calcium (Ca)</td>
<td>75</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

**Dosage**

In normal cases take 1–4 capsules daily immediately before going to bed with plenty of fluid.

**Side Effects, Contraindications**

As yet no essential side effects have been reported. At higher dosages, constituents of St. John’s wort may increase UV sensitivity, and therefore fair-skinned individuals should avoid intensive exposure to the sun while taking the preparation. Do not use before driving a car or operating machines.

**Instructions**

Pregnant or lactating women or persons who are under constant medical care or take antidepressants should consult a doctor before use. In general, self-medication is not recommended, and in no case should depression or a depressive mood be treated on one’s own authority without having previously obtained an exact diagnosis by a specialist. Store in a cool, dry place and keep out of reach of children.

**Serotonic® Product Groups**

Serotonic® can be found in the following product groups (www.vitabasix.com):

- **Depression & Moods**

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**Important information:**

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**Subject to alterations and printing errors. Version May 2014**
Basic Facts
Tribulus is a natural, non-hormonal food supplement and is obtained from the medicinal plant tribulus terrestris. The medicinal plant, which grows in Hawaii, Eastern Europe, India and Africa, has been used to treat a number of various different diseases in these regions for centuries: muscular atrophy, reduced libido, impotency, infertility, edemas, liver complaints, renal diseases, heart problems and many others.

Studies have shown that upon intake of tribulus the body's own testosterone levels rise by more than 50 percent. Tribulus is therefore called a testosterone booster. Contrary to DHEA and androstenedione, it raises the testosterone levels by stimulating the release of LH (luteinising hormone).

On account of its effects, tribulus is the best plant alternative to the synthetic – and mostly illegal – anabolic agents, as it comes closest to them in its effect. The only difference is that tribulus does not have any toxic side effects.

For athletes this means muscular growth and greater physical power as well as shorter recuperative times and convalescence periods after injuries. Together with the diuretic testosterone effect, this causes a well-defined muscular profile. Other positive effects of tribulus or the raised testosterone levels are increased general wellbeing and mood as well as a lowering of the cholesterol levels.

Effects
The active ingredients contained in tribulus are special secondary plant substances, the so-called saponines. The saponines (Latin sapo = soap) are water-soluble natural glycosidic substances frequently occurring in plants. The main active ingredient is the substance protodioscine, a steroid-like compound. By stimulating the pituitary gland, tribulus causes the release of luteinising hormone (LH), which in turn speeds up testosterone production. The result is a raising of the free testosterone level in men and a raising of the progesterone level in women.

The traditional healing effect induced a medical research group at the chemical research institute in Sofia, Bulgaria, to subject tribulus terrestris to an intensive series of trials. A wide variety of different tests were carried out in humans and animals in the past 20 years, which proved that tribulus releases increased quantities (up to 72 percent) of the luteinising hormone (LH), thereby signaling the body to send more testosterone (up to 42 percent) into the bloodstream.

The reason why the mechanism of action of tribulus is of great importance is that, in contrast to anabolic steroids, the body’s own testosterone production is not suppressed; on the contrary, more of the body’s own testosterone is produced. This is due to the fact that steroids inhibit LH release. Apart from LH and testosterone, tribulus also triggers the release of FSH (follicle stimulating hormone) and of estradiol.

Indications
General
The studies that have been carried out showed that tribulus stimulates myocardial activity, has an antibacterial effect, can be used against mycoses and inflammations, prevents the formation of kidney stones, supports the white and red blood cells and strengthens the immune system. Tribulus has also been used in angina pectoris (heart attacks) and showed a significant improvement of the complaints and symptoms.
Sexual Function

Men: studies have proven that the daily intake of 750 – 1000 mg of tribulus demonstrably increased the testosterone level in men within 30 – 60 days at the latest.

In another test group the intake of daily 750 mg per day showed that after only 5 days the testosterone level had risen by 30 percent. At the same time, the participants experienced stronger libido, more stable erections and better spermatogenesis (formation of sperm). Most of the test persons also showed greater self-confidence and/or, in general, an improved emotional state.

Women: in female test persons tribulus caused an increase of the follicle stimulating hormone (FSH) and of estradiol. Frigidity was decreased, libido increased, fertility improved and climacteric complaints were reduced. Clear improvements were also found in the mental field (e.g.: less aggressivity, less dejection, more vitality).

Sports

Tribulus has proven to be an extremely effective way to increase energy and endurance during athletic activities. It acts directly and indirectly on the muscle fibers and also increases the testosterone level while – in contrast to anabolic steroids – it has no side effects of any kind and has proven to be totally safe.

Tribulus furthermore lowers high blood pressure, balances the sodium level, has a positive effect on the fluid balance of the tissue and makes the body less sensitive to pain. These are the reasons why tribulus has become an important food supplement for Olympic athletes.

Composition

One capsule contains 250 mg tribulus terrestris extract in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate

Dosage

In normal cases take 1 – 3 capsules a day at mealtimes with plenty of fluid.

Side Effects, Contraindications

Tribulus did not show any kind of side effect in any of the studies that have been carried out.

Instructions

Not suited for pregnant and lactating women. In general, be warned against self-medication, and especially persons who are under constant medical care should in any case consult a specialist before use. The same applies to the treatment of diseases with tribulus. Store in a cool, dry place and keep out of reach of children.

Tribulus Product Groups

Tribulus can be found in the following product groups (www.vitabasix.com):

- Hormones & Hormone-like Substances
- Cardiovascular System
- Men’s Health
- Power & Energy
- Pain & Inflammation
- Sexuality & Libido
- Sports & Muscles

Important Information:

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Subject to alterations and printing errors. Version July 2011
Basic Facts

Depression, like other states of ill-health, belongs to the group of so-called affective (emotional) disorders. A distinction is made between several forms of the disease: those in which depression occurs alone, and those in which the subject switches between depressive and manic phases (states of intensive euphoria for no reason).

During life approximately every eighth person suffers from depression requiring treatment. The patients experience phases of sadness, a sensation of inner emptiness, hopelessness, loss of drive and interest, inhibition of thought, anxiety and various physical symptoms.

The causes of this disease are manifold and complex, being mainly based on genetic predisposition, psychological factors and neurophysiological changes. The latter are marked by changes in the neurotransmitter balance (neurotransmitters are messenger substances for the transfer of signals between the nerve cells). The patients commonly demonstrate a deficiency of neurotransmitters, particularly a deficiency of serotonin. Therefore, depression is treated with medications that raise the concentration of this substance. Regrettably, many of these substances are associated with a wide spectrum of side effects.

Effects

By means of enzymatic hydroxylation, 5-hydroxytryptophan (5 HTP®) is formed in the nerve cells from the essential amino acid L-tryptophan (essential means the body cannot produce the substance on its own and the substance has to be ingested with food). 5-hydroxytryptophan is transformed into serotonin (5-hydroxytryptamine – 5 HT) through another enzyme which is a decarboxylase. Particularly in the brain, the physiological levels thus achieved lead to a harmonious interplay of many other transmitters.

In addition to its effect as a neurotransmitter for the transfer of signals between nerve cells, serotonin influences the contraction of arteries in the cardiovascular system and thus supports the body's own regulation of blood pressure. In the skeletal muscles serotonin dilates the vessels, enhances blood flow and thus ensures optimum blood supply to the muscles.

As described above, a serotonin deficiency may trigger depression and states of anxiety. Furthermore, serotonin influences the perception of pain, appetite, and also affects bowel peristalsis. As a result, the patients frequently experience the corresponding physical symptoms.

Diseases associated with a change in serotonin metabolism include migraine, vasomotoric headache, premenstrual syndrome and chronic inflammatory diseases such as fibromyalgia, which is a complex disease of unknown genesis marked by severe omnipresent muscle pain, fatigue, fever, insomnia, symptoms of an irritable colon and swollen lymph nodes.

Several medications such as anorectic agents and anti-cholesterolemic agents and also certain diets inhibit the formation of serotonin and may trigger symptoms of a serotonin deficiency.

A serotonin deficiency cannot be eliminated by the administration of serotonin itself because serotonin is unable to cross the blood-brain barrier and is degraded in the body before it can unfold its effect. Therefore, precursors of serotonin such as L-tryptophan and 5 HTP® (5-hydroxytryptophan) are used. Both substances exist in food, but not in sufficient quantities to eliminate a serotonin deficiency arising from the above-mentioned diseases. L-tryptophan and 5 HTP® are able to cross the blood-brain barrier and are transformed into serotonin in the brain. 5 HTP® has been used successfully for several years now. However, therapeutically effective serum levels are achieved for a relatively short period of time. Therefore, the substance has to be taken several times a day in order to achieve the desired physiological effect. The administration of L-tryptophan alone is also not an optimal solution. When taken in large quantities it is degraded in large amounts through the kynurenin degradation pathway (alternative metabolism in the liver) and not transformed into serotonin as desired.

Tryptochron® is a specially developed pharmaceutical form. It is a combination of L-tryptophan, 5 HTP®, vitamins B3 and B6. This patented formulation, unique in terms of its mechanism of action, ensures
an optimum supply of both substances from a chronobiological point of view. It is a biphasic preparation containing 5 HTP® in a fast-releasing form and L-tryptophan in a slow-releasing (retarded) form. The fast-releasing 5 HTP® component causes a rapid increase in serotonin levels and activates the enzymatic transformation process leading to the formation of serotonin. This causes a rapid onset of action on the one hand. On the other hand, giving an impetus to this transformation process causes the subsequent slow-releasing L-tryptophan to be transformed into 5 HTP® and then into serotonin so that it is not degraded through the kynurenin degradation pathway. The initial effect of 5 HTP® in combination with the retarded L-tryptophan component causes serotonin to be maintained at a physiologically effective level for up to 20 hours. Thus, the organism receives an optimal supply of serotonin. Vitamins B3 and B6 support the process of metabolism into serotonin, as they partially inhibit the kynurenin degradation pathway.

**Indications**

**Depression:** a placebo-controlled randomized study concerning the application of Tryptochron® in patients with mild to moderate depression demonstrated the excellent efficacy and good tolerability of the medication. It was found that Tryptochron® is more effective than 5 HTP® and much more effective than L-tryptophan.

**Migraine:** attacks of migraine are, among other aspects, marked by a disturbance of the serotonin balance of the body. Tryptochron® can help to normalize this functional disorder.

**Sleep disorders:** particularly in younger patients with sleep disorders Tryptochron® facilitates the process of going to sleep because serotonin can be transformed into melatonin in these patients.

**Appetite and weight loss:** Tryptochron® has been shown to reduce appetite. Thus, it may lead to a positive weight management within a relatively short period of time. In contrast to conventional anorectic agents Tryptochron® is very well tolerated and safe.

**Cardiovascular diseases:** in addition to the fact that Tryptochron® resolves anxiety, it has a directly positive effect on the cardiovascular system as it protects the body from an excessive release of adrenalin.

**Fibromyalgia:** enhancing serotonin levels by the administration of Tryptochron® reduces many symptoms of fibromyalgia including pain, joint stiffness and sleep disorders.

**Composition**

One tablet contains:

<table>
<thead>
<tr>
<th>Daily Dose</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 HTP® (immediately releasing)</td>
<td>50 mg</td>
</tr>
<tr>
<td>L-tryptophan (slowly releasing)</td>
<td>250 mg</td>
</tr>
<tr>
<td>Vitamin B3</td>
<td>9 mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1 mg</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: dicalcium phosphate, microcrystalline cellulose, magnesium stearate, talc, SiO₂

**Dosage**

**Depression:** 1 tablet in the morning (if necessary 1 additional tablet at noon)

**Migraine:** 1 tablet in the morning and 1 tablet at noon

**Fibromyalgia:** 3 tablets distributed over the day

For general enhancement of wellbeing and a balanced mood, 1 tablet should be taken with plenty of fluid daily in the morning.

**Side Effects, Contraindications**

Very rarely and only after the intake of huge quantities, the patient may develop headache, bowel symptoms, insomnia and muscle pain. Once the use of the drug is discontinued or the dose reduced, these side effects disappear within a very short period of time.

Pregnant or lactating women or persons who are under constant medical care or take antidepressants should consult a doctor before use.

Caution is also advised in case of liver disease, as Tryptochron® may have an undesirably strong effect in this setting.

**Instructions**

The substance should be taken with carbohydrate-rich food and a large quantity of fluid. Store in a cool, dry place and keep out of reach of children.

**Tryptochron® Product Groups**

Tryptochron® can be found in the following product groups (www.vitabasix.com):

- Depression & Moods
- Chronobiology
- Sleep
- Pain & Inflammation
- Metabolism & Weight

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Manufacturer:

VitaBasix®

by LHP Inc.

www.vitabasix.com | uk@vitabasix.com

Tel.: 00800-7030-7060 | Fax: 00800-1570 1590

Subject to alterations and printing errors. Version November 2011
The carotinoids lutein and zeaxanthine protect the retina of the eye against harmful effects and excessive ultraviolet radiation. A sufficient intake of lutein and zeaxanthine can lessen the risk of developing the most common form of blindness occurring in older people.

**Basic Facts**

Age-related macular degeneration (AMD) is a progressive chronic eye disease characterized by increasing loss of central vision. It affects the macula, the area on the retina responsible for the sharpest vision, and results in a loss of vision in the centre of the visual field. AMD is the most common cause of a pronounced loss of visual acuity progressing in some cases to blindness. This disease affects mainly people 60 years of age and older. At age 70 and above, the disease strikes one out of every ten people. At age 80 and above, the figure is one out of every five.

The macula of the human eye contains two pigments, lutein and zeaxanthine, which are of major importance for the function of the macula. Lutein and zeaxanthine are extremely effective representatives of the carotinoid family. The most well known member of this family is beta carotene. Carotinoids are pigments that are distributed widely throughout nature. They are responsible for giving plants an intensive red to yellow colour and vegetables a green colour. These fat-soluble substances are produced exclusively by plants. They are found mainly in the leaves, where they participate in the process of light absorption during photosynthesis and protect the cells against the injurious effects of light. Their protective effect can be explained in two ways. Firstly, both substances absorb energy-rich radiation in the blue part of the spectrum (UV radiation) and thus prevent photochemical damage. Secondly, they act as antioxidants by trapping free radicals.

Lutein and zeaxanthine effectively protect the eyes against the injurious UV rays in sunlight. People who spend most of the day in glaring sunlight should be aware of the danger of excessive exposure of the eyes to light. People in this group should always make sure that their daily diet contains sufficient amounts of lutein and zeaxanthine.

According to the results of the scientific studies performed to date, it can be assumed that a low concentration of macular pigments (lutein and zeaxanthine) is associated with an increased risk of developing macular degeneration in later life. Furthermore, a lutein deficiency also increases the risk of developing a clouding of the lens of the eye, i.e. a cataract. A sufficient intake of lutein and zeaxanthine in the diet and via food supplements (4–6 mg of these substances are recommended) can significantly lower the risk of cataracts (i.e. by up to 20 percent) or macular degeneration (i.e. by up to 40 percent).

The balanced composition of Visiochron® supports the physiological supply of these nutrients to the macula and can counteract macular degeneration. Many serious late complications of this disease may thus be lessened or halted. Furthermore, the special formulation for Visiochron®, which is based on chronobiological principles, prevents an overdosage of the active ingredient while guaranteeing a maximum effective level in the blood.

**Effects**

**Lutein and zeaxanthine:** lutein always occurs in nature together with zeaxanthine. High concentrations of lutein are found in dark leafy vegetables such as cabbage, kale and spinach; however, appreciable amounts are also found in egg yolk. In addition to being found in dark leafy vegetables and eye yolk, zeaxanthine is present in corn and other vegetables. A sufficient dietary intake of lutein and zeaxanthine can help to lower the risk of developing macular degeneration in later life and in general promote healthier eyes. The carotinoids are absorbed as part of the digestive process and then transported by the blood to the retina; at this location they accumulate in the macula. In the eye lutein and zeaxanthine exert a protective effect on the tissue. As described above, both substances trap free radicals and thus reduce oxidative stress (antioxidative effect). Apart from this, they absorb energy-rich UV radiation, thus preventing photochemical damage to the retinal tissue.

Visiochron® contains lutein and zeaxanthine in microcrystalline form. This special pharmaceutical form allows for optimal uptake of this substance by the body. As a result, it has a markedly higher bioavailability than similar products sold commercially. As a result of this higher bioavailability, a smaller amount of the substance must be administered in order to achieve the same effect. This in turn means fewer potential side effects.
**Bilberry extract**: the age-related eye diseases can often be traced back to a collapse of the capillary system in the eye. The extracts of blueberries with their natural high content in anthocyanidins (secondary plant substances having multiple effects) can help to improve this microcirculation. Together with the other components they help to guarantee an optimal blood supply in the eye and in this way improve the retinal function and, independently therefrom, they make it easier to see in the dark.

**EPA, DHA**: the most important omega 3 fatty acids are obtained from algae and fat-rich sea fish. The average amount of these acids taken up in food is far far below the amount recommended by scientists. A dramatic imbalance between omega 3 and omega 6 fatty acids is associated with an extremely high risk of contracting disease.

**Resveratrol**: the standardized extract from red grapes is not only one of the strongest antioxidants that exist but also very well known for its supportive effect on the vascular system. This applies in particular to the thin and delicate capillaries where all essential functions of the system come together. And it is especially these delicate vessels in the eye that are to be protected by a sufficient supply with resveratrol.

**Vitamin E (tocopherol)** also serves to protect against, or eliminate, oxidative damage. This fat-soluble substance is found mainly in cell membranes, where it exerts an antioxidative effect.

**Vitamin C (ascorbic acid)** is a water-soluble vitamin mainly responsible for protecting tissue structures, cell membranes and cellular constituents, such as proteins and enzymes, against oxidative damage caused by free radicals.

**Zinc**: this element is an important component of many enzymes and of their co-factors. Zinc plays a major role, for example, in the metabolism of vitamin A, a substance of crucial importance for vision. In addition, it is a component of many enzymes with an antioxidative effect and thus plays an important role in protecting against free radicals.

### Indications
The most important functions of lutein and zeaxanthine – and the reason for taking food supplements containing these substances – include:

- supporting normal eye function and health
- preventing age-related macular degeneration
- protecting against free radicals (antioxidant)
- protecting against cataracts

### Composition

#### AM capsule (morning)

<table>
<thead>
<tr>
<th>Daily Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lutein</td>
</tr>
<tr>
<td>Zeaxanthine</td>
</tr>
<tr>
<td>Lycopene</td>
</tr>
<tr>
<td>Vitamin C</td>
</tr>
<tr>
<td>Vitamin E</td>
</tr>
<tr>
<td>Zinc (Zn)</td>
</tr>
<tr>
<td>Omega 3 complex (containing EPA 60 mg, DHA 40 mg)</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: SiO₂, stearic acid, tricalcium phosphate, magnesium stearate

#### PM capsule (evening)

<table>
<thead>
<tr>
<th>Daily Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lutein</td>
</tr>
<tr>
<td>Bilberry extract</td>
</tr>
<tr>
<td>Copper (Cu)</td>
</tr>
<tr>
<td>Resveratrol</td>
</tr>
<tr>
<td>Omega 3 complex (containing EPA 60 mg, DHA 40 mg)</td>
</tr>
</tbody>
</table>

in pharmaceutical grade. Other ingredients: SiO₂, stearic acid, magnesium stearate

### Dosage
In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid.

### Side Effects, Contraindications
No substantial side effects have been reported in connection with the use of lutein and zeaxanthine as food supplements at the recommended dosages. If taken in large amounts, lutein can cause gastrointestinal symptoms. Individuals who are hypersensitive to any constituent of the product are advised against taking it. Not suited for pregnant and lactating women.

### Instructions
It is generally recommended to consult a specialist before taking food supplements. If you have a pre-existing disease or are already receiving long-term drug treatment, you should use Visiochron® only after having consulted a doctor first. If you experience any symptoms while taking Visiochron®, you should consult a doctor and inform him or her of the intake. Store in a cool dry place out of the reach of children.

### Important Information:
Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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**Visiochron® Product Groups**
Visiochron® can be found in the following product groups (www.vitabasix.com):

- **Eye**
- **Vitamins & Food Supplements**
- **Chronobiology**
- **Immune System**
- **Cell Protection & Antioxidants**
Basic Facts
At each single moment, the female organism has to have specific raw materials at specific times of day so that it can correctly cope with its major biological tasks.

Micronutrients are substances fulfilling a function in every physical activity imaginable. For a while, any deficiency is compensated from stores in the muscles and bones, skin and liver. In the long term, however, severe deficiency symptoms can develop. A lack of vitamins interferes primarily with the conversion of food into energy. Each deficit of minerals or trace elements affects the support guaranteed by the vital substance in question or the related protection from disease. The same is generally true for enzymes, co-enzymes, amino acids, vegetable fatty acids, secondary plant substances and other vital food constituents.

Multi-vitamin/mineral nutrients are called bio-catalysts, because they induce, speed up or slow down biological changes in each cell. An example: the dispersion of potassium and magnesium is essential for the formation of electrical impulses in the sinus nodes, which are the pacemaker cells of the heart.

The effects of individual phytosubstances are similar to our hormones or mimic them in a mild form.

Green medicine
Even early human civilizations followed the strategy of using medicinal herbs to eliminate and counteract the negative effects of chronic inflammation and oxidative stress despite not possessing any scientific knowledge.

Anti-inflammatory phytochemicals thus constitute an important pillar of Ayurvedic medicine.

We are fully aware of this these days.

Plants produce approximately 70,000 to 100,000 phytosubstances. They are acids, fats, phenols, amines, sulphur compounds and polysaccharides. They also include lycopene in tomatoes, isolavones in soy and the flavonoids found in many fruits.

With their effects, these phytochemicals reflexively substitute the tasks of the brain that the plant is lacking. A large part helps with metabolic tasks, such as storing the energy obtained from sunlight in the form of carbohydrate molecules. The rest explains the amazing capabilities of their immune system, such as surviving heat shock and night frost.

A single plant may contain various phytosubstances, an orange, for example, contains carotenoids, limonoids and phenols.

We humans can benefit from eating more of three groups of extremely highly active phytochemicals:

Only enzymes can break down our food into the tiniest components so that they can be transported through the intestinal walls. Plant-based foods cleverly contain precisely those kinds of enzymes that are needed so they can be utilized: olives and bananas contain lipase enzymes because of their fats; wheat and peaches contain amylase enzymes to help digest the carbohydrates in them. Conversely, inhibiting the activity of amylase enzymes can slow down the absorption of carbohydrates which helps with weight regulation.

Even vitamins and pre-vitamins are mainly plant-derived compounds that are vital for our organ functions. Without them, we are at risk from life-threatening deficiencies. This is also true for the minerals and trace elements taken up via roots.

Without phytoalexins, too, there would be no health or long life. They are called after the Greek words «phytos» (plant) and «alekein» (to ward off) and all plants produce them to protect themselves against pathogenic micro-organisms. After all, according to estimates, there are up to 29 million species of bacteria, insects and fungi.

Phytoalexins are formed within 24 hours after an injury, an attack, or tissue injury. They primarily have an anti-microbial and anti-oxidant action and inhibit growth, proliferation and propagation.

The more a plant growing in the wild or at higher altitudes is stressed, the more protective substances it needs and the more effective its substances are for us, too. Their most interesting molecules are concentrated in nutrient-rich tissues such as roots, tubers, leaves, flowers and seeds. The most famous phytoalexins are resveratrol found...
in the skin of the grape and alllicin, the sulphur-containing compound found in garlic.

Phytoalexins also help to counteract the effects of incidences, for example, when temperature shocks or damaging UV rays threaten the organism of the plant. This means they act like an anti-ageing remedy that has been especially developed to combat the main enemies of our cellular health caused by our typical lifestyle: silent inflammation and free oxygen radicals.

Hundreds of phytoalexins are already known from about fifteen major plant families with about 8,000 species. Interesting groups are formed by the triterpenes, because they are the main constituents of essential oils, and saponins, which are called after the Latin word for soap, «sapo», because their protective substances produce a soapy foam when shaken in water. The most acute active ingredients are concentrated in the medicinal plants of folk medicines, in medicinal herbs and teas, and also in spices such as chili and curcumin. Their dosage in vegetable crops such as soybeans, peas, all varieties of cabbage, spinach, tomatoes, potatoes and garlic is dwindling all the time.

Largely unknown to the public are very special phytohormones to help the plant adapt to altered living conditions. They are called adaptogens and there are also tens of thousands of them in the plant world. After being ingested in the human body, these phytochemicals have regulating properties, which can bring an organism back into a healthy range. Their main sources are also stars of folk medicines. Many fit perfectly into the docking site on the outside of the cell designed to take the body’s own hormone molecules. Such stimuli improve the ability of people weakened by illness to adjust their systems of immune defense, neural communication and glands and to adapt to disruptive pressures.

Studies show that individual phytosubstances can support the activities in roughly a dozen areas concerned with maintaining health. They include protecting the genetic material of the cells from toxic damage, boosting the immune system, the absorption of hormones by a cell, the prevention of heart disease, osteoporosis and macular degeneration in the eye, and again and again the countering of chronic inflammation and oxidative stress.

Today, the effects of micronutrients on bodily functions can be very well elucidated. The most important relate to the metabolism and controlled cell growth, which is related to the regeneration of connective tissue and bone, the nerve impulse conductors and blood cells. Specific functions help with enzyme reactions, against oxidative and inflammatory stress and with the transmission of electric current. Sluggish reactions are improved or restored.

A diet with an insufficient supply of micro-nutrients can lead to disease and accelerate age-related changes. Some build up, undetected, for years. Others are betrayed by the presence of inflammation, fatigue or loss of appetite or contribute to a decline in performance or the development of depression. Researchers have identified nearly fifty mild to moderate diseases that respond favorably to vital substances.

All active ingredients – including metals and salts – can pass through the mucous membrane of the digestive tract only in the form of a solution – oil, fats, water. We can eat to «stock up on» some vitamins such as vitamins A or D. They are stored in fat. Others, such as vitamin C and some B vitamins, are water-soluble and are excreted in the urine and in perspiration. They have to be continuously ingested. Today, this seems to be a huge problem, because almost no-one is able to accurately estimate what nutrients he or she is really ingesting and how well their body can absorb them. Besides gender and age, occupational and environmental factors, physical and mental pressures, stress, diet, pregnancy, breastfeeding, illnesses, drugs including the birth control pill, nicotine and alcohol can also increase the vitamin requirements of the body.

Like all active substances, vitamins, trace elements and all other phytochemicals also have special times when their biochemical properties can achieve the desired therapeutic effect. The morning is a time of activity, whereas the night time is dominated by the regenerative processes. These days, thanks to chronobiology, we are now familiar with the effects of therapeutic interventions on our internal body clocks. Chronopharmacology determines what substance achieves the greatest effect with the minimum number side effects at what time of day, and what particular circumstances are thereby taken into better account. The more intelligently we orient ourselves on the state of our internal organs, the more we reap the benefits from doing so.

Multi-vitamin/mineral supplements in particular need an intelligent formulation. Chronobiological food supplements successfully take into account the time of day to ensure that the desired interactions of the nutrients with each other take place and adverse ones are avoided.

Effects

Vitachron® female, with its nearly three dozen substances, is based on the knowledge of the specific nutrient requirements of the female organs during the day or at night.

The

vitamins A, B1, B2, B6, B12, folic acid, niacin, pantothenic acid (vitamin B5), biotin (vitamin H), C, D, E, and K are supplied either in the morning or the evening, with all substances finely attuned to each other.

The classic vitamins

Provitamin A (carotenoids), greatest effects: growth, blood flow, cell protection.

Vitamin A, greatest effects: growth, blood flow, cell protection.

Vitamin B1 (thiamine), greatest effects: against fatigue, cognitive weakness, loss of appetite.

Vitamin B2 (riboflavin), greatest effects: hair, skin and nails; against inflammation, growth inhibition.

Vitamin B3 (niacin), greatest effects: nervous system, blood pigment, against cholesterol.

Vitamin B5 (panthenol), greatest effects: against inflammation, protects against premature ageing.

Vitamin B6 (pyridoxine), greatest effects: blood pigment hemoglobin, bile acid; against intestinal disorders, premenstrual complaints.

Vitamin B9 (folic acid), greatest effects: red blood cells; against anemia, sterility.

Vitamin B12 (cobalamin), greatest effects: In the cell nucleus, energy storage in muscles and DNA.

Biotin, greatest effects: glucose metabolism, lipid metabolism; against hair loss, dermatitis.

Pantothenic acid, greatest effects: skin regeneration, cell regrowth; against oxidative processes, disorders of the nervous system.

Vitamin C (ascorbic acid), greatest effects: anti-ageing vitamin, immune system, hormones; against free radicals.

Vitamin E (tocopherol), greatest effects: radicals scavenger, cell membrane, against coronary heart disease, hardening of the arteries, environmental stress and cancer risks.

Vitamin K (phylloquinone), greatest effects: blood clotting.
The following is the case with most nutrients: as a consequence of altered planting and breeding practices, people cannot be sure that the fruit, vegetables and meat they eat can adequately supply their body with all that it needs.

**Plant substances**

The cell membrane substance called **choline** is a component of lecithin, and is often compared with the B vitamins, because it enhances the activity of folie acid and certain amino acids. Neurotransmitters – chemical messengers in the brain – are formed from this fat-like substance. Recommended to promote cognitive performance. Choline assists in the metabolism of fat, the major constituent of the grey matter. With disturbed utilization due to choline deficiency, the lipids from one’s diet that remain in the blood collect in the liver, where they can build up to a dangerous level. Further desirable choline functions include detoxification and the ecretion of chemicals.

Among the approximately 4,000 flavonoids, mainly flower pigments, **soy isoflavones** have proven impressive in scientific studies because of their favorable hormonal and non-hormonal properties.

**Citrus bioflavonoids** are anti-allergic and highly antioxidant and crucial to protect vitamin C against oxygen radicals.

**Carotenoids** constitute the large group of vegetable coloring agents and generally act very powerfully against aggressive oxygen radicals and the threat posed by the oxidative stress generated by them. Scientific studies show that they are capable of preventing many diseases, including atherosclerosis, Alzheimer’s, Parkinson’s, cataracts and rheumatism. The protection of genetic components in cells that they offer leads to a reduction in the onset of cellular abnormalities and is a result of the synergistic effect of several antioxidant substances. Above all, carotenoids neutralize certain toxic and highly reactive oxygen molecules that are released when solid double bonds are split by cigarette smoke, UV radiation, electromagnetic pollution and environmental toxins.

**Beta-carotene** is the yellow-orange to dark green pigment found in fruits such as peaches, apricots and mangoes and in vegetables such as carrots, spinach and lamb’s lettuce. These phytochemicals specifically inhibit the oxidation of cholesterol and thus help to reduce the risk of heart diseases. The thymus in particular, essential for a well-functioning immune system, is preserved from damage caused by oxygen molecules. Among all carotenoids, beta-carotene has the highest vitamin A activity. Lutein is also one of the leading representatives of the carotenoid group that generally offers very effective protection against aggressive oxygen radicals.

**Lutein**, in particular, is an antioxidant found in the ocular tissue, and a higher intake of this carotenoid is associated with a reduction in the risk of age-related macular degeneration. Similar protection has been demonstrated in the tissues of the airways and lungs.

Among all plant extracts, **lycopene** is regarded as one of the most important antioxidants of all! It can also render certain radical oxygen molecules harmless. Found in high concentrations in tomatoes and rose hips, its active substances protect, among other things, the respiratory tract, and also reduce the chance of heart and circulatory disease and cancers, especially prostate cancer.

**Dong quai**, the «female ginseng» with a very high content of vitamins and minerals, is considered to be a «gynaecological regulator».

**Inositol** influences the effectiveness of neurotransmitters such as the happiness hormone serotonin, which has mind-stabilizing properties.

For thousands of years, the berry extract **Vitex agnus-castus** has been prescribed in folk medicines in case of infertility, menstrual irregularities and menopause symptoms. The active substance from liquorice, **Glycyrrhiza glabra**, has antiviral, anti-inflammatory and anti-hypertensive properties. Moreover, it increases the effects of other substances.

An extract of detoxifying micronutrients is obtained from a brown alga, **Ascophyllum nodosum**, which has high content of iodine, iron and B vitamins. It is assumed to also have positive effects on blood lipids. In earlier folk medicines, the seaweed was boiled in water or milk. Its liquid, gel-like dietary fibre, carrageenan, was used to treat stomach ulcers and intestinal problems.

**Damiana** is more than an herbal aphrodisiac from South America. Besides the libido, it also boosts the body’s energy supply and stamina and is of benefit to more than just the sexual organs. The substances in damiana also act as an antidepressant.

As a co-enzyme, **PABA** (vitamin B10) supports the functions of folic acid (brain) and pantothenic acid (stress-regulator).

**Minerals**

Important minerals and trace elements such as magnesium, copper, zinc, iodine, iron, selenium, manganese, boron, potassium, chromium and molybdenum have not only their own essential bio-active effects, but also support the efficacy of amino acids and enzymes.

Some of their effects are completely unknown to the general public. For example, chromium, of which we normally have no more than six milligrams in the body, is of the utmost importance in a variety of biological processes. Chromium increases the response of a cell to insulin-mediated signaling. Only then can blood glucose levels be lowered as necessary. A weakening of the so-called glucose tolerance factor (GTF) – which is guaranteed by chromium – may result in insulin resistance. Conversely, a clinically verified experiment with a minimum dosage of chromium over ten weeks led to a reduction in weight of up to two and a half kilos. Obesity is considered to be a co-factor of insulin resistance. The following are lifestyle diseases linked to a chromium deficiency: atherosclerosis, high blood pressure, hypoglycemia, stroke, weight problems and high cholesterol.

Similarly impressive preventive and supportive effects may be cited for all minerals.

The patented mineral mix **Coral Calcium®** contains dozens of trace elements. The oceanic calcium mineral is a product of the digestion of marine animals, which means it is organic, and easily absorbable in this form. Its main effect is that it causes an increase in the pH value to combat harmful chronic acidosis.

The black pepper extract **Bioperine®** reinforces the effect.

Two-thirds of the ingredients satisfy the same basic requirements of both women and men. For scientific reasons, the dosage of individual ingredients for her or for him is higher.
Indications

Health and well-being: Vitachron® female can both supplement a balanced diet and enhance the individual's feeling of well-being.

Metabolic and digestive disorders: in cases of an insufficient absorption of necessary micronutrients (e.g. special diets, malnutrition) and during phases that demand special quantities of vitamins and minerals (e.g. during growth), Vitachron® female can supply the body with the vital substances it needs at the best possible time.

Prevention/integration: many medications increase the body's need for specific nutrients. The timely integration of an intelligently designed supplement aims to reduce or avoid damage caused by such treatment. Furthermore, the effect of other food supplements with special indications can be supported and enhanced by the simultaneous intake of appropriate chronobiological compositions of vitamins and minerals.

Composition

Vitachron® female

<table>
<thead>
<tr>
<th>AM capsule (morning)</th>
<th>per capsule / daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>2000 IU 4000 IU</td>
</tr>
<tr>
<td>Natural carotenoids</td>
<td>10mg 20mg</td>
</tr>
<tr>
<td>(beta-caroteine,</td>
<td></td>
</tr>
<tr>
<td>lutein, lycopene)</td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td>400 IU 800 IU</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>50 IU 100 IU</td>
</tr>
<tr>
<td>Choline (bitartrate)</td>
<td>12,5mg 25mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>10mg 20mg</td>
</tr>
<tr>
<td>Inositol</td>
<td>22,5mg 45mg</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>175mg 350mg</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>50mcg 100mcg</td>
</tr>
<tr>
<td>Citrus bioflavonoids</td>
<td>50mg 100mg</td>
</tr>
<tr>
<td>Calcium (Ca)</td>
<td>125mg 250mg</td>
</tr>
<tr>
<td>Magnesium (Mg)</td>
<td>50mg 100mg</td>
</tr>
<tr>
<td>Manganese (Mn)</td>
<td>2mg 4mg</td>
</tr>
<tr>
<td>Boron (B)</td>
<td>0,5mg 1mg</td>
</tr>
<tr>
<td>Chrome (Cr)</td>
<td>100mcg 200mcg</td>
</tr>
<tr>
<td>Selenium (Se)</td>
<td>50mcg 100mcg</td>
</tr>
<tr>
<td>Molybdenum (Mo)</td>
<td>50mcg 100mcg</td>
</tr>
<tr>
<td>Iodine (I)</td>
<td>75mcg 150mcg</td>
</tr>
<tr>
<td>Dong quai extract</td>
<td>50mg 100mg</td>
</tr>
<tr>
<td>Damiana extract</td>
<td>50mg 100mg</td>
</tr>
<tr>
<td>Bioperine®</td>
<td>1,25mg 2,5mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>12,5mg 25mg</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PM capsule (evening)</th>
<th>per capsule / daily dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B1</td>
<td>7,5mg 15mg</td>
</tr>
<tr>
<td>Vitamin B2</td>
<td>7,5mg 15mg</td>
</tr>
<tr>
<td>Niacinamide</td>
<td>20mg 40mg</td>
</tr>
<tr>
<td>Pantothenic acid</td>
<td>30mg 60mg</td>
</tr>
<tr>
<td>Biotin</td>
<td>150mcg 300mcg</td>
</tr>
<tr>
<td>Folic acid</td>
<td>300mcg 600mcg</td>
</tr>
<tr>
<td>PABA</td>
<td>15mg 30mg</td>
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<tr>
<td>Vitamin B12</td>
<td>50mcg 100mcg</td>
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<tr>
<td>Magnesium (Mg)</td>
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<tr>
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<tr>
<td>Zinc (Zn)</td>
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<td>Iron (Fe)</td>
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<tr>
<td>Copper (Cu)</td>
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<td>Ascphyllum nodosum extract</td>
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<tr>
<td>Soy isoflavonoids</td>
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</tr>
<tr>
<td>Bioperine®</td>
<td>1,25mg 2,5mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
<td>12,5mg 25mg</td>
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</tbody>
</table>

in pharmaceutical grade. Other ingredients: magnesium stearate, stearic acid, SiO₂

Dosage

In normal cases take 2 capsules AM (yellow) in the morning and 2 capsules PM (blue) in the evening with plenty of fluid.

Side Effects, Contraindications

No harmful side effects are known. Do not use if you are hypersensitive to any component of the preparation.

The addition of piperine to medications may enhance the bioavailability of the medications. Diarrhoea may occur after the intake of high doses of vitamin C.

If an overdose of fat-soluble vitamins (A, D, E, K) is ingested, hypervitaminosis may occur because these vitamins are stored in the liver.

Instructions

Generally a doctor should be consulted before intake, especially to avoid overdose of fat-soluble vitamins. In the presence of diseases or when taking medications on a long-term basis, Vitachron® female should be used only after consulting a doctor. Store in a cool dry place out of the reach of children.

Vitachron® female Product Groups

Vitachron® female can be found in the following product groups (www.vitabasix.com):

- Vitamins & Food supplements
- Chronobiology
- Women’s health
- Immune system, Cell protection & Antioxidants
- Power & Energy
- Metabolism & Weight

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.
Basic Facts

Sixty-four (64) percent of men over the age of 50 (occasionally) take a multi-vitamin-mineral supplement. That figure is not as high as that for women (74 percent), and they are most effectively made aware of this issue with mathematical examples (How many kiwis contain as much vitamin B12 as a single capsule of Vitachron® male? 40).

But even the supposedly stronger sex cannot ignore the laws of nature. At each single moment, the human organism has to have specific micronutrients at specific times of day so that it can correctly cope with its major biological tasks. For a while, any deficiency is compensated from stores in the muscles and bones, skin and liver. In the long term, however, severe deficiency symptoms can develop. A lack of vitamins interferes primarily with the conversion of food into energy. Each deficit of minerals or trace elements affects the support or protection from disease guaranteed by the vital substance in question. The same is generally true for enzymes, co-enzymes, amino acids, vegetable fatty acids, secondary plant substances and other vital food constituents. Multi-vitamin/mineral nutrients are called bio-catalysts, because they induce, speed up or slow down biological changes in each cell.

The effects of individual phytosubstances are similar to our hormones or mimic them in a mild form.

Green medicine

Even early human civilizations followed the strategy of using medicinal herbs to eliminate and counteract the negative effects of chronic inflammation and oxidative stress – despite not possessing any scientific knowledge. Anti-inflammatory phytochemicals thus constitute an important pillar of Ayurvedic medicine.

We are fully aware of this these days. Plants produce approximately 70,000 to 100,000 phytosubstances. They are acids, fats, phenols, amines, sulphur compounds and polysaccharides. They also include lycopene in tomatoes, isoflavones in soy and the flavonoids found in many fruits.

With their effects, these phytochemicals reflexively substitute the tasks of the brain that the plant is lacking. A large part helps with metabolic tasks, such as storing the energy obtained from sunlight in the form of carbohydrate molecules. The rest explains the amazing capabilities of their immune system, such as surviving heat shock and night frost.

A single plant may contain various phytosubstances, an orange, for example, contains carotenoids, limonoids and phenols. We humans can benefit from eating more of three groups of extremely highly active phytochemicals:

- Only enzymes can break down our food into the tiniest components so that they can be transported through the intestinal walls. Plant-based foods cleverly contain precisely those kinds of enzymes that are needed so they can be utilized: olives and bananas contain lipase enzymes because of their fats; wheat and peaches contain amylase enzymes to help digest the carbohydrates in them. Conversely, inhibiting the activity of amylase enzymes can slow down the absorption of carbohydrates which helps with weight regulation.

- Even vitamins and pre-vitamins are mainly plant-derived compounds that are vital for our organ functions. Without them, we are at risk from life-threatening deficiencies. This is also true for the minerals and trace elements taken up via roots.

PRODUCT INFORMATION

Vitachron® male

A chronobiological combination of active ingredients for ensuring the male body gets the best possible supply of all the essential vitamins, trace elements, minerals and plant-based active ingredients it needs. It increases vitality and performance.

Without phytoalexins, too, there would be no health or long life. They are called after the Greek words «phytos» (plant) and «ale-kein» (to ward off) and all plants produce them to protect themselves against pathogenic micro-organisms. After all, according to estimates, there are up to 29 million species of bacteria, insects and fungi.

Phytoalexins are formed within 24 hours after an injury, an attack, or tissue injury. They primarily have an anti-microbial and anti-oxidant action and inhibit growth, proliferation and propagation.
The more a plant growing in the wild or at higher altitudes is stressed, the more protective substances it needs and the more effective its substances are for us, too. Their most interesting molecules are concentrated in nutrient-rich tissues such as roots, tubers, leaves, flowers and seeds. The most famous phytoalexins are resveratrol found in the skin of the grape and allicin, the sulphur-containing compound found in garlic.

Phytoalexins also help to counteract the effects of incidences, for example, when temperature shocks or damaging UV rays threaten the organism of the plant. This means they act like an anti-ageing remedy that has been especially developed to combat the main enemies of our cellular health caused by our typical lifestyle: silent inflammation and free oxygen radicals.

Hundreds of phytoalexins are already known from about fifteen major plant families with about 8,000 species. Interesting groups are formed by the triterpenes, because they are the main constituents of essential oils, and saponins, which are called after the Latin word for soap, “sapo”, because their protective substances produce a soapy foam when shaken in water. The most active ingredients are concentrated in the medicinal plants of folk medicines, in medicinal herbs and teas, and also in spices such as chili and curcumin. Their dosage in vegetable crops such as soybeans, peas, all varieties of cabbage, spinach, tomatoes, potatoes and garlic is dwindling all the time.

Largely unknown to the public are very special phytohormones to help the plant adapt to altered living conditions. They are called adaptogens and there are also tens of thousands of them in the plant world. After being ingested in the human body, these phytochemicals have regulating properties, which can bring an organism back into a healthy range. Their main sources are also stars of folk medicines. Many fit perfectly into the dosing site on the outside of the cell designed to take the body’s own hormones. Such stimuli improve the ability of people weakened by illness to adjust their systems of immune defense, neural communication and glands and to adapt to disruptive pressures.

Studies show that individual phytosubstances can support the activities in roughly a dozen areas concerned with maintaining health. They include protecting the genetic material of the cells from toxic damage, boosting the immune system, the absorption of hormones by a cell, the prevention of heart disease, osteoporosis and macular degeneration in the eye, and again and again the countering of chronic inflammation and oxidative stress.

Today, the effects of micronutrients on bodily functions can be very well elucidated. The most important relate to the metabolism and controlled cell growth, which is related to the regeneration of connective tissue and bone, the nerve impulse conductors and blood cells. Specific functions help with enzyme reactions, against oxidative and inflammatory stress and with the transmission of electric current. An example: the dispersion of potassium and magnesium is essential for the formation of electrical impulses in the sinus nodes, which are the pacemaker cells of the heart. Sluggish reactions are improved or restored.

A diet with an insufficient supply of micronutrients can lead to disease and accelerate age-related changes. Some build up, undetected, for years. Others are betrayed by the presence of inflammation, fatigue or loss of appetite or contribute to a decline in performance or the development of depression.

Researchers have identified nearly fifty mild to moderate diseases that respond favorably to vital substances.

All active ingredients – including metals and salts – can pass through the mucous membrane of the digestive tract only in the form of a solution – oil, fats, water. We can eat to «stock up on» some vitamins such as vitamins A or D. They are stored in fat. Others, such as vitamin C and some B vitamins, are water-soluble and are excreted in the urine and in perspiration. They have to be continuously ingested. Today, this seems to be a huge problem, because almost no-one is able to accurately estimate what nutrients he or she is really ingesting and how well their body can absorb them. Besides gender and age, occupational and environmental factors, physical and mental pressures, stress, diet, surgery, illnesses, drugs, nicotine and alcohol can also increase the vitamin requirements of the body.

Like all active substances, enzymes, vitamins, trace elements and all other phyto-substances also have special times when their biochemical properties can achieve the desired therapeutic effect. The morning is a time of activity, whereas the night time is dominated by the regenerative processes. These days, thanks to chronobiology, we are now familiar with the effects of therapeutic interventions on our internal body clocks. Chronopharmacology determines what substance achieves the greatest effect with the minimum number side effects at what time of day, and what particular circumstances are thereby taken into better account. The more intelligently we orient ourselves on the state of our internal organs, the more we reap the benefits from doing so.

Multi-vitamin/mineral supplements in particular need an intelligent formulation. Chronobiological food supplements successfully take into account the time of day to ensure that the desired interactions of the nutrients with each other take place and adverse ones are avoided.

**Effects**

**VitaChron® male**, with its nearly three dozen substances, is based on the chronobiological knowledge of the specific nutrient requirements of the male organs during the day or at night.

**The vitamins A, B1, B2, B6, B12, folic acid, niacin, pantothenic acid (vitamin B5), biotin (vitamin B7), C, D, E, and K are supplied either in the morning or the evening, with all substances finely attuned to each other.**

**The classic vitamins**

**Provitamin A (carotenoids), greatest effects: growth, blood flow, cell protection.**

**Vitamin A, greatest effects: growth, blood flow, cell protection.**

**Vitamin B1 (thiamin), greatest effects: against fatigue, cognitive weakness, loss of appetite.**

**Vitamin B2 (riboflavin), greatest effects: hair, skin and nails; against inflammation, growth inhibition.**

**Vitamin B3 (niacin), greatest effects: nervous system, blood pigment, against cholesterol.**

**Vitamin B5 (panthenol), greatest effects: against inflammation, protects against premature ageing.**

**Vitamin B6 (pyridoxine), greatest effects: blood pigment hemoglobin, bile acid; against intestinal disorders, premenstrual complaints.**

**Vitamin B9 (folic acid), greatest effects: red blood cells; against anemia, sterility.**

**Vitamin B12 (cobalamin), greatest effects: in the cell nucleus, energy storage in muscles and DNA.**

**Biotin, greatest effects: glucose metabolism, lipid metabolism; against hair loss, dermatitis.**

**Pantothenic acid, greatest effects: skin regeneration, cell regrowth; against oxidative processes, disorders of the nervous system.**

**Vitamin C (ascorbic acid), greatest effects: anti-ageing vitamin, immune system, hormones; against free radicals.**
Vitamin E (tocopherol), greatest effects: radicals scavenger, cell membrane, against coronary heart disease, hardening of the arteries, environmental stress and cancer risks.

Vitamin K (phyloquinone), greatest effects: blood clotting.

The following is the case with most nutrients: as a consequence of altered planting and breeding practices, people cannot be sure that the fruit, vegetables and meat they eat can adequately supply their body with all that it needs.

Plant substances

The cell membrane substance called choline is a component of lecithin, and is often compared with the B vitamins, because it enhances the activity of folic acid and certain amino acids. Neurotransmitters — chemical messengers in the brain — are formed from this fat-like substance. Recommended to promote cognitive performance. Choline assists in the metabolism of fat, the major constituent of the grey matter. With disturbed utilization due to choline deficiency, the lipids from one’s diet that remain in the blood collect in the liver, where they can build up to a dangerous level. Further desirable choline functions include detoxification and the excretion of chemicals.

Among the approximately 4,000 flavonoids, mainly flower pigments, some of them have proven to be particularly impressive in scientific studies — particularly because of their favorable hormonal and non-hormonal properties.

Citrus bioflavonoids are anti-allergic and highly antioxidant and crucial to protect vitamin C against oxygen radicals.

Carotenoids constitute the large group of vegetable coloring agents and generally act very powerfully against aggressive oxygen radicals and the threat posed by the oxidative stress generated by them. Scientific studies show that they are capable of preventing many diseases, including atherosclerosis, Alzheimer’s, Parkinson’s, cataracts and rheumatism. The protection of genetic components in cells that they offer leads to a reduction in the onset of cellular abnormalities and is a result of the synergistic effect of several antioxidant substances. Above all, carotenoids neutralize certain toxic and highly reactive oxygen molecules that are released when solid double bonds are split by cigarette smoke, UV radiation, electromagnetic pollution and environmental toxins.

Beta-carotene is the yellow-orange to dark green pigment found in fruits such as peaches, apricots and mangoes and in vegetables such as carrots, spinach and lamb’s lettuce. These phytochemicals specifically inhibit the oxidation of cholesterol and thus help to reduce the risk of heart diseases. The thymus in particular, essential for a well-functioning immune system, is preserved from damage caused by oxygen molecules. Among all carotenoids, beta-carotene has the highest vitamin A activity.

Lutein is also one of the leading representatives of the carotenoid group that generally offers very effective protection against aggressive oxygen radicals. Lutein, in particular, is an antioxidant found in the ocular tissue, and a higher intake of this carotenoid is associated with a reduction in the risk of age-related macular degeneration. Similar protection has been demonstrated in the tissues of the airways and lungs.

Among all plant extracts, lycopene is regarded as one of the most important antioxidants of all! It can also render certain radical oxygen molecules harmless. Found in high concentrations in tomatoes and rose hips, its active substances protect, among other things, the respiratory tract, and also reduce the chance of heart and circulatory disease and cancers, especially prostate cancer.

Inositol influences the effectiveness of neurotransmitters such as the happiness hormone serotonin, which has mind-stabilizing properties.

As a co-enzyme, PABA (vitamin B10) supports the functions of folic acid (brain) and pantothenic acid (stress-regulator).

Damiana is more than an herbal aphrodisiac from South America. Besides the libido, it also boosts the body’s energy supply and stamina and is of benefit to more than just the sexual organs. The substances in damiana also act as an antidepressant. They also have psychoactive and anxiety-relieving effects and contribute to mental well-being.

Muira puama — known as the potency wood in Brazil — is a sandalwood tree with stone fruits. An extract of it promotes testosterone production, supports erectile function and increases sexual desire.

Sarsaparilla (Smilax extract) has mildly hormonal effects of plant origin that, thanks to saponins, help to increase energy and purify the blood. In various folk medicines, it is regarded as an aphrodisiac and anti-inflammatory and antibacterial remedy for inflammation.

Ginger was originally praised for its relaxing effects, while also being able to boost the functions of the male sexual organ thanks its aphrodisiac effects.

With its medicinal plant potentials, ginseng stimulates testosterone levels and supports the normalizing effects of the stress hormones secreted by the adrenal glands. Various studies confirm the potential to increase the libido and to mitigate potency problems.

Minerals

Important minerals and trace elements such as magnesium, copper, zinc, iodine, iron, selenium, manganese, boron, potassium, chromium and molybdenum have not only their own essential bio-active effects, but also support the efficacy of amino acids and enzymes.

Some of their effects are completely unknown to the general public. For example, chromium, of which we normally have no more than six milligrams in the body, is of the utmost importance in a variety of biological processes. Chromium increases the response of a cell to insulin-mediated signaling. Only then can blood glucose levels be lowered as necessary. A weakening of the so-called glucose tolerance factor (GTF) – which is guaranteed by chromium – may result in insulin resistance. Conversely, a clinically verified experiment with a minimum dosage of chromium over ten weeks led to a reduction in weight of up to two and a half kilos. Obesity is considered to be a co-factor of insulin resistance. The following are lifestyle diseases linked to a chromium deficiency: atherosclerosis, high blood pressure, hypoglycemia, stroke, weight problems and high cholesterol.

Similar preventive and supportive effects may be cited for all minerals.

The patented mineral mix Coral Calcium® contains dozens of trace elements. The oceanic calcium mineral is a product of the digestion of marine animals, which means it is organic, and easily absorbable in this form. Its main effect is that it causes an increase in the pH value to combat harmful chronic acidosis.

The black pepper extract Bioperine® reinforces the effect.

Two-thirds of the ingredients satisfy the same basic requirements of both men and women. For scientific reasons, the dosage of individual ingredients for him or for her is higher.
Indications

Health and well-being: Vitachron® male can both supplement a balanced diet and enhance the individual's feeling of well-being.

Metabolic and digestive disorders: in cases of an insufficient absorption of necessary micronutrients (e.g. special diets, malnutrition) and during phases that demand special quantities of vitamins and minerals (e.g. during growth), Vitachron® male can supply the body with the vital substances it needs at the best possible time.

Prevention/integration: many medications increase the body's need for specific nutrients. The timely integration of an intelligently designed supplement aims to reduce or avoid damage caused by such treatment. Furthermore, the effect of other food supplements with special indications can be supported and enhanced by the simultaneous intake of appropriate chronobiological compositions of vitamins and minerals.

Composition

Vitachron® male

AM capsule (morning)

<table>
<thead>
<tr>
<th>per capsule / daily dose</th>
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<tbody>
<tr>
<td>Vitamin A</td>
</tr>
<tr>
<td>2000 IU / 4000 IU</td>
</tr>
<tr>
<td>Natural carotenoids</td>
</tr>
<tr>
<td>(beta-carotene, lutein,</td>
</tr>
<tr>
<td>lycopene)</td>
</tr>
<tr>
<td>9 mg / 18 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
</tr>
<tr>
<td>400 IU / 800 IU</td>
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<tr>
<td>Choline (bitartrate)</td>
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<td>22,5 mg / 45 mg</td>
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<td>Vitamin B6</td>
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<td>10 mg / 20 mg</td>
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<td>Inositol</td>
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<td>22,5 mg / 45 mg</td>
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<td>Vitamin C</td>
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<td>175 mg / 350 mg</td>
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<tr>
<td>Vitamin K</td>
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<tr>
<td>50 mcg / 100 mcg</td>
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<tr>
<td>Citrus bioflavonoids</td>
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<tr>
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<tr>
<td>Calcium (Ca)</td>
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<tr>
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<td>Boron (B)</td>
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<tr>
<td>Chrome (Cr)</td>
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<td>100 mcg / 200 mcg</td>
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<tr>
<td>Selenium (Se)</td>
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<tr>
<td>50 mcg / 100 mcg</td>
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<tr>
<td>Molybdenum (Mo)</td>
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<tr>
<td>Iodine (I)</td>
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<td>37,5 mg / 75 mg</td>
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<tr>
<td>Damiana extract</td>
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<td>37,5 mg / 75 mg</td>
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<tr>
<td>Bioperine®</td>
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<tr>
<td>1,25 mg / 2,5 mg</td>
</tr>
<tr>
<td>Coral Calcium®</td>
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<tr>
<td>12,5 mg / 25 mg</td>
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PM capsule (evening)

<table>
<thead>
<tr>
<th>per capsule / daily dose</th>
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</thead>
<tbody>
<tr>
<td>Vitamin B1</td>
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<tr>
<td>7,5 mg / 15 mg</td>
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<tr>
<td>Vitamin B2</td>
</tr>
<tr>
<td>7,5 mg / 15 mg</td>
</tr>
<tr>
<td>Niacinamide</td>
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<td>20 mg / 40 mg</td>
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<tr>
<td>Pantothenic acid</td>
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<td>30 mg / 60 mg</td>
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<td>400 mcg / 800 mcg</td>
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<td>PABA</td>
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<tr>
<td>15 mg / 30 mg</td>
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<tr>
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<tr>
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<tr>
<td>Copper (Cu)</td>
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<tr>
<td>Smilax extract</td>
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<tr>
<td>37,5 mg / 75 mg</td>
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<tr>
<td>Ginger extract</td>
</tr>
<tr>
<td>37,5 mg / 75 mg</td>
</tr>
<tr>
<td>Ginseng extract</td>
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<tr>
<td>37,5 mg / 75 mg</td>
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<tr>
<td>Bioperine®</td>
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<td>1,25 mg / 2,5 mg</td>
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</tbody>
</table>

in pharmaceutical grade. Other ingredients: magnesium stearate, stearic acid, tricalcium phosphate, SiO₂

Dosage

In normal cases take 2 capsules AM (yellow) in the morning and 2 capsules PM (blue) in the evening with plenty of fluid.

Side Effects, Contraindications

No harmful side effects are known. Do not use if you are hypersensitive to any component of the preparation.

The addition of piperine to medications may enhance the bioavailability of the medications. Diarrhoea may occur after the intake of high doses of vitamin C.

If an overdose of fat-soluble vitamins (A, D, E, K) is ingested, hypervitaminosis may occur because these vitamins are stored in the liver.

Instructions

Generally a doctor should be consulted before intake, especially to avoid overdosage of fat-soluble vitamins. In the presence of diseases or when taking medications on a long-term basis, Vitachron® male should be used only after consulting a doctor. Store in a cool dry place out of the reach of children.

Vitachron® male Product Groups

Vitachron® male can be found in the following product groups (www.vitabasix.com):

- Vitamins & Food supplements
- Chronobiology
- Immune system, Cell protection & Antioxidants
- Men’s health
- Power & Energy
- Metabolism & Weight

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.
Basic Facts
In expert circles, vitamin C is mainly known under its chemical name «ascorbic acid». Like all other vitamins, this substance cannot be synthesized by the human body itself and therefore has to be supplied with the daily food.

Vitamin C is almost completely absorbed from food (80 to 90 percent), while the ascorbic acid not required by the body is quickly eliminated through the kidneys.

This is the reason why no overdosage symptoms may occur, and there is also no long-term depot for vitamin C in the organism. A rich source for vitamin C are citrus fruit of all kind, but also broccoli, red pepper pods and currants. A high ascorbic acid content can furthermore be found in cauliflower and strawberries.

The latest research results suggest that so-called free radicals are formed in the body under various different conditions (overexertion, stress, etc.) which, if formed in excess, may cause damage to muscles and other tissues.

The ensuing result are inflammatory reactions which cause pain in the muscles but are symptom-free in other tissue (e.g. blood vessels). As ascorbic acid can trap such free radicals, this vitamin has unique protective functions within the metabolic processes.

Effects
Ascorbic acid is a water-soluble vitamin and its main function in the body is that of a strong antioxidant. In this sense, it is one of the most important functions of ascorbic acid to protect LDL cholesterol against oxidative damage. Because recent studies have shown that structural impairments of «low density lipoprotein» (LDL) seem to enhance the disadvantageous effects of cholesterol on the development of heart and vascular diseases. Therefore, vitamin C is one of the most important factors of antioxidative protection for LDL.

Moreover, vitamin C is a key substance in the body’s own synthesis of the tissue-building substance collagen. This basic substance is important for the buildup of connective tissue, muscles, blood vessels, etc. Vitamin C is also an essential substance for the formation of bones and teeth. Ascorbic acid, due to its antihistaminergic effects, finally also supports wound healing, promotes blood formation and in this way supports the functionality of the body’s own immune system.

It is especially important to take vitamin C in spring when, due to the season, the ascorbic acid content of the body drops. This vitamin is moreover metabolized to a great extent in case of colds. This is reflected in the fact that high doses of vitamin C (up to 8 grams), taken at the onset of a cold, may shorten the duration of the disease. However, ascorbic acid has hardly any effects on the prevention of colds.

Indications
Although the severe form of vitamin C deficiency (scurvy) is now a clinical rarity in Western industrialized countries, the daily food of many people does not contain enough vitamin C. This is the reason why chronic states of tiredness («fatigue»), a tendency to bruises as well as recurrent mucosal bleeding are considered early symptoms of a vitamin C deficiency.

Also smokers tend to develop low vitamin C levels. These persons in particular require a higher daily vitamin intake in order to be able to maintain an approximately normal vitamin C level in their bodies.

PRODUCT INFORMATION

Vitamin C

Ascorbic acid (vitamin C) is a water-soluble vitamin which has strong antioxidative functions in the human body. This indispensable substance has generally activating effects on the metabolic processes and is essential for the formation of collagen, bones, teeth and the capillary endothelium.

Vitamin C At a Glance
- is a strong antioxidant
- is the key substance in collagen synthesis
- is important for the connective tissue, for muscle buildup and the blood vessels
- is essential for the formation of bones and teeth
- is a significant factor in wound healing
- is essential for the body’s own immune system
A daily intake of ascorbic acid in addition to the usual food also makes sense in case of increased physical exertion (sports) and mental strain. Furthermore, vitamin C may also be successfully used during convalescence after severe diseases, but also in non-specific symptoms such as "spring fatigue".

In all, vitamin C also increases the natural defenses of the body and therefore may contribute to recover more quickly from infectious diseases. Vitamin C has also proven to be quite successful in supporting the healing of wounds and bone fractures. Also in case of non-specific bleeding – e.g. gingivitis, stomatitis – the intake of vitamin C may be indicated.

**Composition**

One capsule contains 1000 mg vitamin C in pharmaceutical grade. Other ingredients: magnesium stearate, stearic acid, DiTab, maltodextrin

**Dosage**

Doctors and nutritional specialists mostly recommend the intake of 500–1000 mg ascorbic acid per day. In clinical investigations, doses of 1000 mg per day are used in the majority of cases.

However, dosages of up to 10,000 mg per day are not unusual. On the other hand, daily doses of 100–200 mg vitamin C per day are recommended to prevent cardiac infarction.

**Side Effects, Contraindications**

When ingesting more than 600 milligrams per day, ascorbic acid has slightly diuretic effects. High doses (more than 2 grams per day) may cause diarrhea, and daily dosages of more than 4 grams increase the risk of kidney stone formation.

During pregnancy and lactation, great restraint should be exercised in the additional intake of vitamin C.

Generally it is recommended that persons having one of the following conditions consult a doctor before considering to supplement their food with vitamin C:
- glucose-6-phosphate dehydrogenase deficiency
- iron overload of the body (hemosiderosis, hemochromatosis)
- kidney stones in the medical history
- renal insufficiency

**Instructions**

It is generally recommended to consult a specialist before taking food supplements. This is especially true in cases of chronic disease and regular intake of medication. If you experience symptoms while taking the substance, you should consult a doctor and inform him or her of the intake. Store in a cool, dry place and keep out of reach of children.

**Vitamin C Product Groups**

Vitamin C can be found in the following product groups (www.vitabasix.com):
- Vitamins & Food Supplements
- Skin & Hair
- Immune System, Cell Protection & Antioxidants
- Pain & Inflammation
- Sports & Muscles

**Important information:**

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version July 2011
Basic Facts

Vitaxin® products are made from the branch tips and the needles of the Pacific yew. The use of the bark and the needles of the Pacific yew as a remedy against numerous diseases is a centuries-old tradition with the Indian tribes in the Northwest of the United States and in Canada. It was rather by chance that modern Western medicine became aware of the healing powers of the Pacific yew as well.

At the beginning of the 1960s, the National Cancer Institute of the USA (NCI) had started a comprehensive research program to look for new plant-based active ingredients against cancer. Together with numerous other botanists, Kurt Blum walked through the American woods and collected plants and plant parts which were to be later analyzed in the laboratory.

Among the specimens he sent to the laboratory in August 1962 there were also berries, needles and the bark of a tree he had found in the Northwest of the United States: the Pacific yew. Two years and numerous analyses of the plant specimens later the scientific sensation was perfect. The constituents of the Pacific yew had such a strong anti-carcinogenic effect as had never before been seen in other plants.

The molecular structure of the examined plant parts was so complex, however, that the individual active ingredients could not be isolated or artificially produced. It was only four years later that it became possible to at least isolate anticarcinogenic substances from the bark of the Pacific yew: the taxanes – very efficient substances to fight cancer.

Effects

The «king of the wood», as the Pacific yew is respectfully called by the native Americans, has meanwhile been used in the treatment of many different diseases. The decisive factor obviously seems to be not an individual constituent alone but the entirety of the healthful plant.

Till today’s date scientists have only to some extent succeeded in finding out the secret behind the healing powers of the Pacific yew. The particular healing power of the yew, however, cannot be explained by the great number of beneficial constituents alone. It is rather a result of the specific combination of health-promoting effects. In contrast to artificially produced derivatives, the active ingredients in their natural form can be excellently processed by the organism. Therefore, numerous side effects of synthetic products are avoided.

Unlike its relatives in Europe and Asia, the Pacific yew – native to the woods of Montana – does not contain any alkaloids having a toxic effect, either. The products obtained from it are therefore extremely well tolerated by persons and animals. Chemical analyses of needles and bark show a great number of health-promoting substances. Thus not only the already-mentioned cancer-inhibiting taxanes but also a number of other similar substances, which naturally only occur in the yew, were discovered.

But the Pacific «miracle tree» has even more secrets in store: lignans, which apart from their cancer-inhibiting effect also have anti-inflammatory, antibacterial, antifungal and antiviral properties, give as much rise to hope for thousands of patients as the anti-inflammatory and anti-allergic flavonoids.

Indications

It is mainly in the Northwest of the United States and in Mexico that the Pacific yew has proven to be a healthful food supplement. A great number of patients has since profited from its supportive effect on the immune system. When taken orally, a beneficial influence has been reported in case of the following disturbances:

◆ infections such as bronchitis, pneumonia and fungus infection
◆ arthritis and bursitis
> in support of a cancer therapy (only in coordination with the treating doctor)

> prevention against cancer

Basically, cancer patients seem to particularly profit from the healing power of the Pacific yew: more than 2,000 affected persons have up to now successfully made the teas, capsules and ointments part of their fight against the insidious disease. The greatest successes were achieved in patients having carcinomas of their inner organs, melanomas, leukemia and lymph node cancer.

Successful therapists ascribe the efficacy of this natural remedy to its immunostimulating, antiviral, anti-inflammatory and anti-toxic properties.

Composition

One capsule contains 300mg taxus brevifolia concentrate in pharmaceutical grade. Other ingredients: microcrystalline cellulose

Dosage

The usual dosage in tumor patients is 6–8 capsules of 300mg per day. The patients are advised to continue taking the yew preparation for one year after the tumor has disappeared (below the detection limit). If Vitaxin® is used preventively, or in case of non-malignant diseases, it is recommended to take 1 capsule per day.

Side Effects, Contraindications

If high doses are taken, nausea or diarrhea may occur in individual cases. A lower dose may in most cases settle this problem.

Yew products are traditionally used to stimulate menstruation. Therefore, they should not be taken during pregnancy.

Instructions

It is generally recommended to consult a specialist before taking food supplements. This applies in particular if you have a chronic disease and if you take medicines regularly. Should you experience any symptoms while taking this preparation, you should consult a doctor and inform him or her about the intake. Store in a cool, dry place and keep out of reach of children.

Vitaxin® Product Groups

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- Cell Protection & Antioxidants
- Skin & Hair
- Pain & Inflammation

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