

PRODUCT INFORMATION

Fertilichron[®] female

Fertilichron[®] female is a breakthrough formula that provides potent, scientifically validated phytonutrients, vitamins and essential minerals specifically chosen for their ability to support optimal female reproductive health and fertility.

Basic Facts

The Mayo Clinic defines female fertility as a woman's ability to get pregnant. As much as 50 percent of the time, problems conceiving can be attributed to physical causes in the woman, and another 20 percent of the time it can be attributed to causes in both the woman and the man. Approximately one in every six couples of childbearing age encounters obstacles during their first attempt at pregnancy. Before age 30, a woman's chance of becoming pregnant during any given cycle is about 20 percent; a figure that drops drastically after age 35, falling to a mere 5 percent after age 40. Technically, a couple is officially classified as infertile if pregnancy does not occur within one year of having unprotected sex. Unfortunately, the longer a couple has been infertile, the more difficult it is to provide effective treatment.

Many different factors can affect female reproductive health and fertility, including hereditary conditions, hormonal imbalances, irregular menstrual cycles and/or ovulation, endometriosis, conditions like PCOS (Polycystic Ovarian Syndrome), and biological age. Certain nutrients play an important role for women who wish to become pregnant, because they can help support healthy hormonal balance and a healthy female reproductive system in general.

Female fertility reaches its climax in the early twenties and, according to the latest findings, begins to decline around the age of 30, and even more significantly after the age of 35. By age 35, the number of egg follicles (which are present in the woman's body since birth and dormant until puberty) will have shrunk to only 12 percent of the original quantity, decreasing further to just over 3 percent by the age of 40.

This means that only three out of four, or 75 percent, of all healthy 30-year-old women who wish to conceive will get pregnant within one year without artificial intervention. This percentage drops to

66 percent of healthy 36-year-old women, and only 44 percent of healthy 40-year-old women. Additionally, while only 9 percent of pregnant women miscarry at age 20, this figure increases to over 50 percent by age 42.

In August 2013, the U.S. National Center for Health Statistics in Hyattsville, Maryland released some surprising figures. Their latest findings reveal that there are different development trends which relate to a woman's ability to get pregnant and to her wish for a successful delivery.

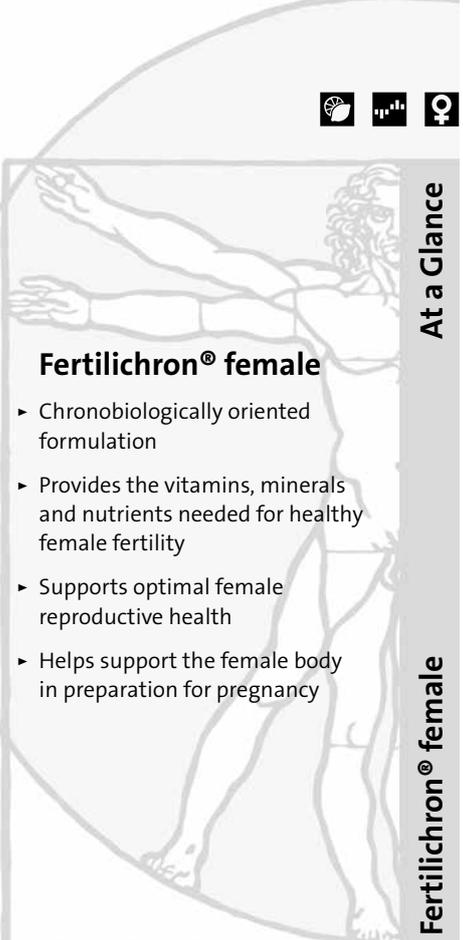
In a survey including 12,279 married women and men ranging up to age 44, the number of women with fertility disorders has actually decreased from 8.5 percent in 1982 to just 6 percent in 2010. Women are considered infertile when sex at least once a month for twelve consecutive months without contraception does not lead to pregnancy. While fertility increased, at the same time, the percentage of pregnancies with serious problems or an undesirable outcome rose from 11 percent (1982) to 15 percent.

It's hard to pinpoint definitively why one trend was positive and the other negative. Influencing factors may be a woman's age at the time of getting married and at the time of first delivery, but sexually-transmitted diseases, environmental toxins, lifestyle factors such as being overweight or the impact of the pronounced increase in infertility treatments might be factors. Neither the financial status nor the educational level of the women was found to have a statistical effect.

The impaired fertility characterized by severe pregnancy problems was shown clearly to be age-dependent; when compared to the group of women aged 24 to 44 years, only half as many women in the age 24-and-under age group were affected. When planning for a child, an important conclusion that can be drawn from this

information is to take advantage of the time span available for optimizing all key parameters.

While many factors which affect fertility are out of our control, it is possible to support optimal female fertility levels by addressing those lifestyle factors that are within our control. These include engaging in a moderate level of physical activity, maintaining a healthy weight, monitoring prescription drug use and curbing habits like smoking and excessive alcohol consumption.



Fertilichron[®] female

- ▶ Chronobiologically oriented formulation
- ▶ Provides the vitamins, minerals and nutrients needed for healthy female fertility
- ▶ Supports optimal female reproductive health
- ▶ Helps support the female body in preparation for pregnancy

At a Glance

Fertilichron[®] female

Perhaps the most important contributors to healthy fertility are diet and nutrition. Nourishing your body and reproductive organs with the proper vitamins, minerals and nutrients is one of the most important steps you can take to support optimal reproductive health, and is absolutely essential for a healthy pregnancy and for the health of your baby-to-be.

Since healthy fertility depends on several factors, a responsibly designed supplement regimen must include a variety of amino acids, vitamins, plant extracts and trace elements. The aim is to use the period of time preceding conception to optimize all relevant parameters, so that when conception finally takes place, the eggs are of satisfactory quality and all other preconditions for a successful pregnancy are also fulfilled. There is a better chance that the maternal and paternal gene pools will be successfully combined when as many components for a successful fertilization and subsequent implantation as possible are stimulated and optimized by natural means.

The interaction of all pertinent ingredients, combined in a scientific formula based on chronobiological principles, can support a healthy female reproductive system and fertility naturally.

Effects

When it comes to fertility supporting micro-nutrients, selecting the optimal dose as identified in scientific studies is a decisive factor. Another important factor in achieving successful conception is to consider the chronobiological needs of the female body, which can be done by administering a variety of activating substances – perfectly attuned to one another – in the morning hours, followed by regenerating substances in the evening hours.

Myo-inositol belongs to the comprehensive vitamin B complex. As a key component of the cellular membrane, inositol is an important bioactive substance when it comes to maintaining normal cell growth and healthy insulin production. This B vitamin supports the mother-to-be's healthy brain metabolism and promotes proper production of the «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, higher levels of myo-inositol in the follicular fluid is a factor that relates to improved egg quality.

Many women already appreciate the positive effect inositol has on the skin, but this vitamin is also highly beneficial for the rest of the body.

L-arginine HCl is an amino acid that supports healthy blood flow to the reproductive organs, helping to create optimal conditions for the implantation of an embryo. L-arginine also supports the healthy formation of protein-like mucus in the uterus.

Folic acid is one of only few micronutrients known to prevent developmental disorders in the posterior part of the embryonic spine. It is crucial, however, that at the time of fertilization the woman's body already contains a sufficient amount of folic acid, because it plays an essential role right from the start of pregnancy. Folic acid deficiency during the last months of pregnancy also increases the probability of a miscarriage. The bioavailability of the folic acid in **Fertilichron®** female assures optimal efficacy.

Natural carotenoids (beta-carotene, lutein, lycopene) provide the female body with a precursor to vitamin A. The first letter of the alphabet is dedicated to this vitamin for a good reason, as it fulfills important tasks related to human reproduction, cell division and growth. Beta-carotene, the precursor to vitamin A, belongs to a group of substances which primarily support a healthy immune system. Due to their great antioxidant potential, carotenoids are generally classified as powerful protective substances which help protect against free radicals. The human body uses beta-carotene to produce the exact amount of bioactive vitamin A needed at any given time, making an overdose unlikely.

The medicinal root maca was used by the Inca kings to boost sexual energy and appetite. Even in the early millennia of civilization, healers devoted much time and energy to addressing sexual concerns, and often resorted to their treasure trove of natural remedies. **Macaplex®**, the patented maca extract with a mixture of active substances, contains a wide variety of minerals, essential amino acids and trace elements. This potent extract not only boosts libido – it also helps support healthy overall hormone balance; the first step for a healthy and optimally functioning female reproductive system. In addition, **Macaplex®** enhances physical and mental energy, while also supporting a healthy immune system.

The special tomato molecules in **Fruitflow® (tomato concentrate)** were shown to produce convincing results in seven scientific

studies and were the very first botanical substances to be acknowledged by the European Food Safety Authority (EFSA) for their desirable health benefits. When trying to conceive, the challenge is to ensure optimized blood flow during this period of peak demand. There are three factors which generally contribute to poor cardiovascular health: an improper blood lipid ratio, hypertension and the 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, being overweight and LDL cholesterol may cause the platelets to become too sticky, which is dangerous. The constituents in **Fruitflow®**, derived from the substances with which tomatoes cover their seeds, help keep the platelets smooth without affecting their blood-clotting properties.

The EFSA became convinced of the desirable effect of these special substances after implementing a highly sophisticated testing method. In the study, 27 men and women ranging in age from 40 to 65 ingested either a powdered tomato extract or a placebo, then vice versa. Concurrently, they agreed to have blood withdrawn 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. Only 90 minutes later the group that had taken the tomato extract showed an improvement in their blood, whereas the placebo group didn't. This positive effect on the blood lasted for 18 hours.

This outcome prompted the EFSA to approve 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 special tomato substances were honored with the international «**NutrAward**». **Fruitflow®** is an important ingredient in the morning dose of **Fertilichron®** female.

Coenzyme Q10, a co-enzyme involved in a variety of biological processes, also plays a key role in the successful fertilization and implantation of the woman's eggs. Thanks to the latest developments and the use of high-quality raw materials, both bioavailability and efficiency of this ingredient have been greatly enhanced.

The polyphenol **resveratrol** is a natural, highly-efficient nutrient. It is extracted from the skin of grapes and has been shown to have high antioxidant potential. Not only does resveratrol help protect against reactive oxygen molecules; it also helps maintain the mother-to-be's cardiovascular health, especially by promoting healthy cholesterol levels already within normal ranges. Resveratrol is also beneficial to the unborn baby as it supports many cellular processes and functions.

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 supplement Pregnachron®, which has been specially developed for pregnant and breast-feeding women, is included in the morning and evening Fertilichron® female packets and assures that all vital substances needed during these stages of life are chronobiologically attuned to each other. At a later stage, these substances will be passed on from the mother to her baby.

Here is an overview of Fertilichron® female's most important ingredients:

Vitamin C, also known as 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 from free radicals. The risk of this damage is especially pronounced in times of increased metabolic activity, as occurs during physical strain, disease and pregnancy.

Vitamin E (Tocopherol) also serves to protect the body from oxidative stress and to help heal damage that has already occurred. This fat-soluble substance is found mainly in cell membranes, where it supports the active properties of vitamin C.

Natural carotenoids, which have been touched on above, are an additional class of fat-soluble nutrients with antioxidant properties that serve as natural coloring agents in plant-based foods. The graduated and coordinated action of several antioxidants is needed to optimally protect the body from oxidative damage.

Vitamin A, also mentioned above, has several effects including supporting the growth and differentiation of monolayer or multi-layer tissues and of bone mass, support of placental and embryonic development and supporting a healthy 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 occur mainly at times when the body needs larger quantities of this substance, for instance when the rapidly-growing embryonic tissue during pregnancy requires a high turnover of nutrients.

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 promotes the intestinal absorption of calcium and phosphate from food, facilitates the activation of both of these substances in bone, enhances mineralization and helps maintain the required calcium levels in blood by increasing the absorption of calcium from food and minimizing its loss through the kidneys.

MCHC®, or microcrystalline hydroxylapatite, is an exceptional substance. Hydroxylapatite forms the foundation of the hard substance of all vertebrates, including humans. It makes up 40 percent of bone and almost 100 percent of tooth enamel. In addition to calcium and phosphate, MCHC® contains all minerals required for healthy bones, in the proper ratios. The special microcrystalline form of administration allows optimal absorption, helping to prevent a state of deficiency in the developing infant that could lead to skeletal deformation. A healthy calcium balance is also needed to assure that the fertilized egg implants into the lining of the uterus, resulting in pregnancy.

Like folic acid, **Biotin** is a co-enzyme involved in several metabolic processes. The need for this co-factor is very high during the days leading up to 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 also included in Fertilichron® female. It's important that iodine, selenium, calcium and other bone nutrients are stored in sufficient quantities 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 in the correct chronobiological combination.

Omega-3 fatty acids are needed by the body for many diverse, vital functions. They are key components for healthy fetal brain development, are indispensable for the formation of healthy nerve cells and are an integral component of the cell walls. Omega-3 fatty acids also help maintain healthy blood flow, thereby supporting the maintenance of healthy blood pressure within normal ranges. They also support healthy blood lipid levels already within normal range, and are among the most important vital substances for cardiovascular health. Among the most important essential fatty acids are DHA and EPA. They cannot be produced by the body and therefore must be obtained from an outside source such as food or supplementation. If they are present in sufficient quantities before a woman gets pregnant, the probability of a successful pregnancy is much higher.

Uses

Fertilichron® female supports ideal conditions for healthy fertilization, promotes optimal egg quality, supports normal hormone balance and, in general, encourages healthy female fertility.

The intelligent interaction of the ingredients in Fertilichron® female benefits the entire reproductive system, helping to prepare the body for pregnancy with a specially formulated selection of bioactive vital substances. Maintaining proper levels of vitamins and minerals also promotes regular production of the body's own «happiness hormone», serotonin, which can aid in mental preparation for pregnancy as well.

Additionally, the chronobiological administration of over three dozen high-quality ingredients promotes healthy female fertility by helping to protect against certain reproductive concerns.

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	5 mcg	

2 caps. Pregnachron® (yellow)

	Per capsule Daily dose	
Natural carotenoids (beta-carotene, lutein, lycopene)	3.5 mg	7 mg
Vitamin B6	1 mg	2 mg
Vitamin C	75 mg	150 mg
Vitamin D	2.5 mcg	5 mcg
Vitamin E	50 mg	100 mg
Vitamin K	33 mcg	66 mcg
MCHC®	100 mg	200 mg
Manganese (Mn)	1 mg	2 mg
Chromium (Cr)	20 mcg	40 mcg
Molybdenum (Mo)	50 mcg	100 mcg
Iodine (I)	85 mcg	170 mcg
Selenium (Se)	35 mcg	70 mcg
Omega 3 complex (containing EPA 30 mg, DHA 20 mg)	50 mg	100 mg
Calcium (Ca)	150 mg	300 mg
Coral Calcium®	12.5 mg	25 mg
Bioperine®	1.25 mg	2.5 mg

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

Composition

Fertilichron® female PM (evening)

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 mg	
Macaplex®	300 mg	

1 caps. Redwine complex (red/white)

	Per capsule	
Resveratrol	120 mg	
Quercetin	50 mg	
Catechins	30 mg	
OPC	30 mg	

2 caps. Pregnachron® (blue)

	Per capsule Daily dose	
Vitamin B1	7,5 mg	15 mg
Vitamin B2	7,5 mg	15 mg
Niacinamide	9 mg	18 mg
Pantothenic acid	6 mg	12 mg
Vitamin B12	2 mcg	4 mcg
Folic acid	300 mcg	600 mcg
Biotin	100 mcg	200 mcg
MCHC®	100 mg	200 mg
Magnesium (Mg)	75 mg	150 mg
Iron (Fe)	7,5 mg	15 mg
Copper (Cu)	0,5 mg	1 mg
Zinc (Zn)	7,5 mg	15 mg
Omega 3 complex (containing EPA 30 mg, DHA 20 mg)	50 mg	100 mg
Calcium (Ca)	100 mg	200 mg
Coral Calcium®	12.5 mg	25 mg
Bioperine®	1.25 mg	2.5 mg

1 Softgel Omega 3

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

All ingredients in pharmaceutical grade. Other ingredients: rice flour, SiO₂, magnesium stearate, stearic acid, calcium carbonate, glycerin, water and vitamin E as natural D-alpha tocopherol.

The omega 3 softgel contains gelatin, traces of anchovies and vitamin E (from soy). The fish oil is a product from Chile and Peru.

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.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

Store in a cool and dry environment, out of reach for children.

Fertilichron® female Product Groups

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

 **Vitamins & Food Supplements**

 **Chronobiology**

 **Women's Health**

Manufacturer:



VitaBasix®

by LHP Inc.

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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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