

PRODUCT INFORMATION

Vitachron® female

Vitachron® female is a multivitamin preparation enriched with minerals to support a health-conscious diet. Vitachron® female was formulated based on the idea that specific vitamins and minerals are required by the body at certain times of the day, providing a unique and perfect chronobiological complement to a healthy diet.

Basic Facts

Vitamins are the fundamental elements of life. They are of essential importance for health, as the human body simply couldn't function without them. Along with minerals, vitamins are involved in most of the chemical reactions that take place in the body. Vitamin and mineral deficiencies are often at the root of many symptoms and health conditions.

It is crucial that the female body has access to certain micronutrients at specific times of the day in order to perform basic daily biological tasks. In cases of vitamin or mineral deficiencies, the body will compensate temporarily by using nutrients stored in the muscles, bones, skin and liver. However, in the long term, symptoms of severe deficiency will eventually develop. A lack of vitamins and minerals primarily interferes with the conversion of food into energy. Additionally, each vitamin or mineral deficiency present will affect the level of support or protection from disease guaranteed by that particular vital substance.

Certain micronutrient deficiencies can build up, undetected, for years. Others are brought to light by the presence of inflammation, fatigue or loss of appetite or can contribute to a decline in performance or the development of depression. Researchers have identified nearly fifty mild-to-moderate health conditions that respond favorably to supplementation with vital micronutrients.

Vitamins and minerals are known as biocatalysts because they have the ability to induce, speed up or slow down biological changes within each cell. The same is generally true for enzymes, co-enzymes, amino acids, vegetable fatty acids, secondary plant substances and other vital food

constituents, while the many phytonutrients (nutrients obtained from plants) can weakly mimic various hormones. In fact, phytochemicals that are known to help support healthy cellular inflammatory processes are an important pillar of Ayurvedic (eastern Indian) medicine.

Humans can benefit from incorporating into their daily diet foods or supplements that provide nutrients from three groups of particularly highly active phytochemicals:

Enzymes: Only enzymes can break our food down into the tiniest components that can be transported through the intestinal walls. Plant-based foods cleverly contain precisely the types of enzymes needed in order for the plant to be utilized as food.

Vitamins and pre-vitamins: These are mainly plant-derived compounds that are vital for organ function in humans. Without them, we are at a higher risk of suffering from life-threatening deficiencies.

Phytoalexins: Without phytoalexins, good health and a long life would be impossible. They primarily possess antimicrobial and antioxidant actions and inhibit growth, proliferation and propagation.

In essence, they act as an anti-aging remedy that has been specially developed to combat the two main enemies of cellular health, which are the result of the typical modern lifestyle: silent inflammation and oxidative stress from free radicals.

Largely unknown to the public are very special phytohormones called adaptogens. **Adaptogens** can help support a healthy immune system and healthy hormone balance, promote proper neural communication and help the body to better adapt to external stressors.

Studies show that individual phytonutrients can support the body's processes in roughly a dozen areas that relate to good health. These areas include protecting the genetic material of the cells from toxic damage, promoting a healthy immune system, encouraging healthy hormone balance, protecting cardiovascular and bone health, supporting healthy vision, promoting healthy cellular inflammatory processes and protecting against oxidative stress.



Vitachron® female

- ▶ Chronobiological multivitamin formula for women
- ▶ Enhances vitality and energy
- ▶ Supports optimal performance levels

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Effects

Like all active substances, enzymes, vitamins, trace elements and all other phytochemicals have certain times of day when their biochemical properties are best able to achieve the desired therapeutic effect. The morning is a time of activity, whereas nighttime is a time for regenerative processes to occur. Today, thanks to the science of chronobiology, we are familiar with the effects of therapeutic interventions on our internal body clocks. Chronopharmacology determines which substance can achieve the greatest effect with the fewest side effects at what time of day. The more intelligently we orient ourselves with the state of our internal organs, the more we can reap the benefits of the vitamins, minerals and nutrients we ingest.

With Vitachron® female, the **vitamins A, B1, B2, B6, B12, folic acid, niacinamide, pantothenic acid (vitamin B5), biotin (vitamin H), C, D, E and K** are supplied at the most beneficial time of day – whether it be morning or evening – with all ingredients in each dose carefully combined for optimal efficacy. Vitachron® female provides:

The Classic Vitamins

- ▶ **Vitamin A (palmitate) and vitamin A (as beta-carotene)**, to support healthy growth and blood flow while protecting the cells
- ▶ **Vitamin B1 (thiamine)**, to help maintain energy levels while supporting healthy cognition and appetite
- ▶ **Vitamin B2 (riboflavin)**, for strong hair, skin and nails and to support healthy cellular inflammatory processes
- ▶ **Niacinamide**, to support nervous system health and help maintain cholesterol levels already within normal ranges
- ▶ **Vitamin B6 (pyridoxine)**, to support healthy production of blood and bile acid, healthy digestion and to soothe premenstrual complaints
- ▶ **Folic acid**, to support healthy red blood cell production and protect against anemia while also supporting fertility

- ▶ **Vitamin B12 (cobalamin)**, which promotes cellular energy production and energy storage in the muscles and DNA
- ▶ **Biotin**, for healthy glucose and lipid metabolism, and to protect against hair loss and skin complaints
- ▶ **Pantothenic acid**, to support a healthy nervous system, healthy skin and normal cellular growth and to protect against oxidative processes
- ▶ **Vitamin C (ascorbic acid)**, the «anti-aging vitamin», to support immune system health, normal hormone balance and protect against free radicals
- ▶ **Vitamin E (as D-alpha tocopheryl acid succinate)**, a free radical scavenger that promotes healthy cell membranes and helps support a healthy cardiovascular system
- ▶ **Vitamin K1 (phyloquinone)**, to support healthy blood flow and blood clotting processes

Plant Substances

Choline (bitartrate) is a fat-like substance present in the membranes of the cells. A component of lecithin, choline is often compared to the B vitamins, because it enhances the activity of folic and certain amino acids. Neurotransmitters – chemical messengers in the brain – are formed from choline. Choline may help promote healthy cognitive function, due to its role in assisting in the metabolism of fat, one of the main constituents of the brain. Choline also promotes detoxification and the excretion of chemicals from the body. In cases of choline deficiency, fat utilization is disturbed and the lipids from one's diet that remain in the bloodstream collect in the liver, where they can build up to dangerous levels.

There are approximately 4,000 different **flavonoids**, most of which are flower pigments. Scientific studies have proven the impressive biological actions of many of these – particularly in relation to their hormone-mimicking properties.

Citrus bioflavonoids are highly antioxidant substances that help ward off allergies and are crucial in protecting vitamin C against free radicals.

Natural carotenoids make up a large group of vegetable-coloring agents. Carotenoids are, in general, powerful free radical fighters, acting aggressively to protect against the threat posed by oxidative stress. Carotenoids also work to protect genetic components in cells, helping to maintain overall cellular health. The synergistic effect of several antioxidant substances found in carotenoids gives them the ability to help protect against free radicals from cigarette smoke, UV radiation, electromagnetic pollution and environmental toxins. Numerous scientific studies show that carotenoids may also offer protection against many conditions, with research relating to everything from atherosclerosis, cataracts and rheumatism to Alzheimer's and Parkinson's.

Beta-carotene is the yellow-orange to dark green pigment found in fruits such as peaches, apricots and mangoes and in vegetables like carrots, spinach and lettuce. Beta-carotene specifically protects cholesterol against oxidation, thus helping to promote cardiovascular health. It also exhibits a protective effect on the thymus, a gland that is essential for a well-functioning immune system. Among all carotenoids, beta-carotene possesses the highest vitamin A activity.

Lutein, one of the leading carotenoids, helps to protect against free radicals. Because of its presence and actions within the ocular tissue, a higher intake of lutein is associated with a reduced risk of age-related macular degeneration (ARMD). It has also been shown to protect the tissues of the airways and lungs in a similar manner.

Among all plant extracts, **lycopene** is regarded as perhaps the most important antioxidant. Found in high concentrations in both tomatoes and rose hips, lycopene's active substances help protect the respiratory tract, while also promoting cardiovascular and cellular health.

Dong quai root extract, also known as «women's ginseng», contains high levels of vitamins and minerals, and can help maintain healthy function of the female reproductive system.

Inositol supports the effectiveness of neurotransmitters such as the «happiness hormone» serotonin, which also has mood-stabilizing properties.

For thousands of years, the chaste tree berry extract **vitex agnus-castus** has been utilized in traditional folk medicine for thousands of years to help maintain healthy female fertility, promote menstrual regularity and soothe menopause symptoms.

Licorice root extract, the active substance found in licorice root, possesses antiviral properties, and can help promote healthy cellular inflammatory processes and blood pressure already within normal ranges.

Seaweed powder, an extract derived from brown algae, contains significant levels of iodine, iron and B vitamins along with a range of detoxifying micronutrients. Aside from its detoxifying properties, this potent extract may help maintain healthy cholesterol levels already within normal ranges. In traditional folk medicine, brown algae was boiled in water or milk and its gel-like dietary fiber (carrageenan) used to soothe stomach ulcers and intestinal concerns.

As a co-enzyme, **PABA (vitamin B10)** supports the functions of folic acid, important for brain health, and pantothenic acid, a stress-regulator.

Damiana leaf extract is more than just an herbal aphrodisiac from South America. Besides promoting a strong libido and supporting the health of the sexual organs, it also helps the body maintain a healthy supply of energy and stamina. Certain substances in damiana may also support a healthy mood, while helping to soothe stress, contributing to an overall feeling of well-being.

Minerals

Not only do important minerals and trace elements such as **magnesium, copper, zinc, iodine, iron, selenium, manganese, boron, potassium chloride, chromium** and **molybdenum** exhibit their own essential bio-active effects, they also support the efficacy of amino acids and enzymes.

Many properties of these minerals and trace elements are unknown to the general public. For example, **chromium**, a mineral of which no more than six milligrams normally exists in the body, is of the utmost importance for a variety of biological processes. Chromium encourages the healthy uptake of insulin by the body's cells, supporting healthy blood sugar levels already within normal ranges and helping to protect against insulin resistance. In certain cases, obesity has been related to insulin resistance. One clinical study found that ingesting a minimum dosage of chromium over ten weeks was associated to a reduction in weight. Chromium deficiency has been linked to atherosclerosis, hypertension, hypoglycemia, stroke, unhealthy weight and high cholesterol.

The mineral blend **Coral Calcium®** contains dozens of trace elements. Oceanic calcium is a product of the digestion of marine animals, which means it is organic, and more easily absorbed. The main effect of Coral Calcium® is helping to maintain healthy pH levels to help protect against an overly acidic system.

The black pepper extract **Bioperine®** helps to reinforce the effects of the other ingredients in the formula.

Uses

Health and well-being: Vitachron® female serves as a daily supplement to a healthy diet, helping to support and enhance general well-being.

Metabolic and digestive disorders: In cases of vitamin and mineral deficiency related to the diet (for example in cases of restricted diet or malnutrition) or conditions requiring large quantities of vitamins (for example during growth phases), it is advisable to supplement with Vitachron® female because it is designed to provide nutrients needed at the optimal time of day for ultimate absorption.

Prevention/integration: Many medications increase the body's need for specific nutrients. Timely supplementation of a daily multivitamin/multi-mineral formula can help reduce secondary effects related to lack of nutrients in these cases. The therapeutic effect of other food supplements adjusted to one's special needs can be both supported and enhanced by the simultaneous intake of appropriate chronobiological compositions of vitamins and minerals like Vitachron® female.

Composition Vitachron® female

AM capsule (morning)

| | per capsule / daily dose | |
|--|----------------------------|---------|
| Vitamin A (palmitate) | 300 mcg RAE / 600 mcg RAE | |
| Vitamin A (as beta-carotene) | 750 mcg RAE / 1500 mcg RAE | |
| Vitamin C | 175 mg | 350 mg |
| Lutein | 60 mcg | 120 mcg |
| Lycopene | 60 mcg | 120 mcg |
| Vitamin D3 (as cholecalciferol) | 5 mcg | 10 mcg |
| Vitamin E (as D-alpha tocopheryl acid succinate) | 50 mg | 100 mg |
| Choline (bitartrate) | 12.5 mg | 25 mg |
| Vitamin B6 | 5 mg | 10 mg |
| Inositol | 22.5 mg | 45 mg |
| Vitamin K1 | 50 mcg | 100 mcg |
| Citrus bioflavonoids | 12.5 mg | 25 mg |
| Calcium (Ca) | 72 mg | 144 mg |
| Magnesium (Mg) | 50 mg | 100 mg |
| Manganese (Mn) | 2 mg | 4 mg |
| Boron (B) | 0.5 mg | 1 mg |
| Chrome (Cr) | 100 mcg | 200 mcg |
| Selenium (Se) | 50 mcg | 100 mcg |
| Molybdenum (Mo) | 50 mcg | 100 mcg |
| Iodine (I) | 75 mcg | 150 mcg |
| Dong quai root extract | 50 mg | 100 mg |
| Damiana leaf extract | 50 mg | 100 mg |
| Coral Calcium® | 12.5 mg | 25 mg |
| Bioperine® | 1.25 mg | 2,5 mg |

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

PM capsule (evening)

| | per capsule / daily dose | |
|----------------------------|--------------------------|---------|
| Vitamin B1 | 7 mg | 14 mg |
| Vitamin B2 (riboflavin) | 7.5 mg | 15 mg |
| Niacinamide | 20 mg | 40 mg |
| Pantothenic acid | 30 mg | 60 mg |
| Calcium (Ca) | 7 mg | 14 mg |
| Biotin | 150 mcg | 300 mcg |
| Folic acid | 200 mcg | 400 mcg |
| PABA | 15 mg | 30 mg |
| Vitamin B12 | 25 mcg | 50 mcg |
| Magnesium (Mg) | 100 mg | 200 mg |
| Potassium chloride (KCl) | 17.5 mg | 35 mg |
| Zinc (Zn) | 7.5 mg | 15 mg |
| Iron (Fe) | 4.5 mg | 9 mg |
| Copper (Cu) | 0.5 mg | 1 mg |
| Vitex agnus-castus extract | 50 mg | 100 mg |
| Licorice root extract | 50 mg | 100 mg |
| Seaweed powder | 50 mg | 100 mg |
| Soy isoflavonoids | 50 mg | 100 mg |
| Coral Calcium® | 12.5 mg | 25 mg |
| Bioperine® | 1.25 mg | 2.5 mg |

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

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.

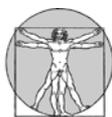
Store in a cool and dry environment, out of reach for children.

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**

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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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