

PRODUCT INFORMATION

Androchron®

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 Ginkgo 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 rea-

son, 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 prostatic 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-dependant 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 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. During the past 20 years a wide variety of different studies have been performed. The results have shown that tribulus can boost the production of LH by up to 72% and of testosterone by up to 50%.

Ginkgo biloba: this special ginkgo extract promotes blood circulation in the entire body by widening the blood vessels and reducing the risk of blood clumping. It thus alleviates symptoms caused by insufficient blood circulation. As people grow older, these symptoms include, in particular, memory problems, declining muscular strength and metabolic disorders.

Vitamins C and E: vitamin C is a water-soluble vitamin responsible for protecting tissue structures, cell membranes and cellular constituents against oxidative damage caused by free radicals. Vitamin E also serves to protect against, or repair, oxidative damage. It supports the effect of vitamin C.

B vitamins: the various substances belonging to the vitamin B complex support a wide variety of enzymes directing various key steps in the body's metabolism. Deficiency states often cause disturbances in these processes.

Zinc: this trace element is a constituent of many enzymes – or of their co-factors – and thus plays an important role in our entire metabolism. It is important for cell division and protein metabolism. In addition, it is involved in the metabolism of growth and sexual hormones.

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.

Composition

AM capsule (morning)	
	daily dose
L-arginine HCl	200 mg
Taurine	100 mg
Saw palmetto extract	200 mg
HMR Lignans	30 mg
Vitamin B1	1,4 mg
Vitamin B2	1,6 mg
Vitamin B6	2 mg
Vitamin C	60 mg
Vitamin E	20 mg
Coral Calcium®	25 mg
Bioperine®	2,5 mg

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

PM capsule (evening)	
	daily dose
Tribulus terrestris extract	400 mg
Ginkgo biloba extract	50 mg
Niacinamide	18 mg
Vitamin B12	1 mg
Zink (Zn)	15 mg
Coral Calcium®	25 mg

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.

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.

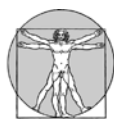
Store in a cool and dry environment, out of reach for children.

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**

Manufacturer:



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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.

Subject to alterations and printing errors. Version: May 2020