

PRODUCT INFORMATION

Cardiochron®

*Optimal combination of natural substances to enhance cardiovascular health.
Chronobiological administration in form of morning and evening capsules.*

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 spasmolytic 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 cardiovascular 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 bioavailability of substances.

A further potent antioxidant in Cardiochron® is **lycopene**. This agent, which is mainly contained in tomatoes, is a substance 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.

Composition

AM capsule (morning)	
	daily dose
L-carnitine	100 mg
Alpha lipoic acid	100 mg
Calcium (Ca)	100 mg
Coenzyme Q10	50 mg
L-arginine HCl	20 mg
Lycopene	1,5 mg
Vitamin B6	5 mg
Grape seed extract	150 mg
Coral Calcium®	25 mg
Bioperine®	1,25 mg

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

PM capsule (evening)	
	daily dose
Biotin	500 mcg
Folic acid	400 mcg
L-cysteine HCl	20 mg
L-proline	75 mg
L-lysine HCl	75 mg
Magnesium (Mg)	40 mg
Niacinamide	50 mg
Vitamin B1	5 mg
Vitamin B2	5 mg
Vitamin B5	2,5 mg
Vitamin B12	2 mcg
Nattokinase (20.000 FU)	50 mg
Coral Calcium®	25 mg
Bioperine®	1,25 mg

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.

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.

Cardiochron® Product Groups

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

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

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.

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