

ResverChron®

The first chronobiological broad-spectrum anti-aging preparation against the three mega threats of aging – cardiovascular diseases, dementia, uncontrolled cell growth. Well-balanced combination of the best researched anti-inflammatory and anti-oxidative secondary plant substances from four millennia of anti-aging medicine.

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 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-praised 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 have 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.

Inositol: 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 phytochemicals of all existing phytoprotectants. 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.

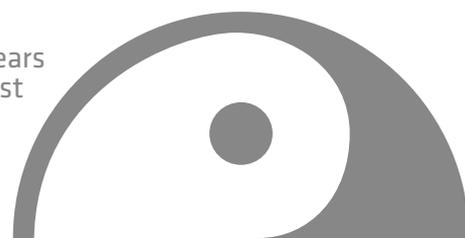
Grape seed extract: prevents inflammation and oxidation of blood lipids, thereby curbing the accretion of plaque lining the walls of blood vessels.

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 wholemeal 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.



The first chronobiological broad-spectrum anti-aging preparation: All-in-one

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.

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	7 mg
Vitamin D	10 mcg
Vitamin E	100 mg
Cholin (bitartrate)	45 mg
Vitamin B6	10 mg
Inositol	45 mg
Vitamin C	350 mg
Vitamin K	100 mcg
Chromium (Cr)	200 mcg
Lycopene	6 mg
Bioperine®	2,5 mg

1 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

All ingredients in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate, SiO₂, calcium carbonate, microcrystalline 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	14 mg
Vitamin B2	15 mg
Niacinamide	40 mg
Pantothenic acid	60 mg
Biotin	300 mcg
Folic acid	400 mcg
Vitamin B12	50 mcg
Magnesium (Mg)	200 mg
Royal jelly extract	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

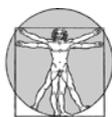
1 softgel «Omega 3»

	per softgel
Fish oil concentrate	1000 mg
(contains EPA 500 mg, DHA 250 mg)	

All ingredients in pharmaceutical grade. Other ingredients: rice flour, magnesium stearate, SiO₂, calcium carbonate, microcrystalline cellulose, tricalcium phosphate, 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.

Manufacturer:



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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.

Subject to alterations and printing errors. Version May 2020