

PRODUCT INFORMATION

Vitachron® male

A chronobiological combination of active ingredients for ensuring the male body gets the best possible supply of all the essential vitamins, trace elements, minerals and plant-based active ingredients it needs. It increases vitality and performance.

Basic Facts

Sixty-four (64) percent of men over the age of 50 (occasionally) take a multi-vitamin-mineral supplement. That figure is not as high as that for women (74 percent), and they are most effectively made aware of this issue with mathematical examples (How many kiwis contain as much vitamin B12 as a single capsule of Vitachron® male? 40). But even the supposedly stronger sex cannot ignore the laws of nature. At each single moment, the human organism has to have specific micronutrients at specific times of day so that it can correctly cope with its major biological tasks. For a while, any deficiency is compensated from stores in the muscles and bones, skin and liver. In the long term, however, severe deficiency symptoms can develop. A lack of vitamins interferes primarily with the conversion of food into energy. Each deficit of minerals or trace elements affects the support or protection from disease guaranteed by the vital substance in question. The same is generally true for enzymes, co-enzymes, amino acids, vegetable fatty acids, secondary plant substances and other vital food constituents. Multi-vitamin/mineral nutrients are called bio-catalysts, because they induce, speed up or slow down biological changes in each cell.

The effects of individual phytochemicals are similar to our hormones or mimic them in a mild form.

Green medicine

Even early human civilizations followed the strategy of using medicinal herbs to eliminate and counteract the negative effects of chronic inflammation and oxidative stress – despite not possessing any scientific knowledge.

Anti-inflammatory phytochemicals thus constitute an important pillar of Ayurvedic medicine.

We are fully aware of this these days.

Plants produce approximately 70,000 to 100,000 phytochemicals. They are acids, fats, phenols, amines, sulphur compounds and polysaccharides. They also include lycopene in tomatoes, isoflavones in soy and the flavonoids found in many fruits.

With their effects, these phytochemicals reflexively substitute the tasks of the brain that the plant is lacking. A large part helps with metabolic tasks, such as storing the energy obtained from sunlight in the form of carbohydrate molecules. The rest explains the amazing capabilities of their immune system, such as surviving heat shock and night frost.

A single plant may contain various phytochemicals, an orange, for example, contains carotenoids, limonoids and phenols.

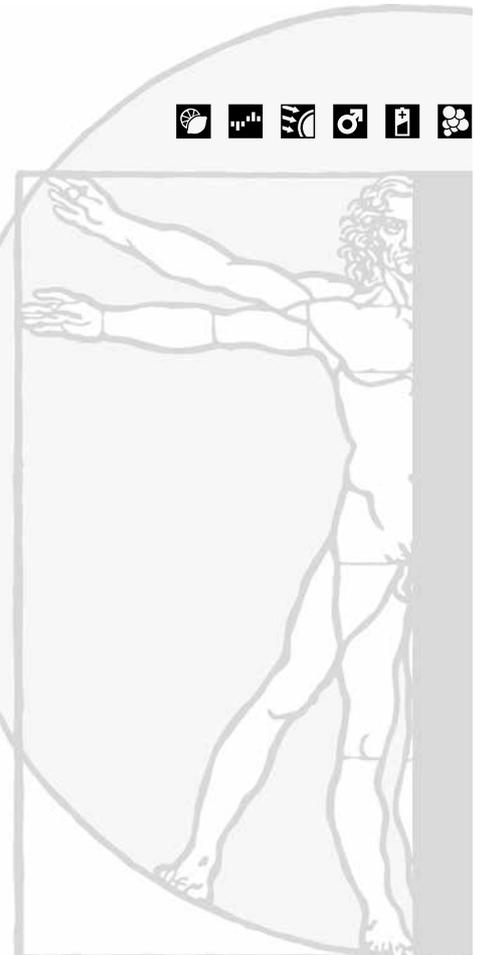
We humans can benefit from eating more of three groups of extremely highly active phytochemicals:

Only **enzymes** can break down our food into the tiniest components so that they can be transported through the intestinal walls. Plant-based foods cleverly contain precisely those kinds of enzymes that are needed so they can be utilized: olives and bananas contain lipase enzymes because of their fats; wheat and peaches contain amylase enzymes to help digest the carbohydrates in them. Conversely, inhibiting the activity of amylase enzymes can slow down the absorption of carbohydrates which helps with weight regulation.

Even **vitamins and pre-vitamins** are mainly plant-derived compounds that are vital for our organ functions. Without them, we are at risk from life-threatening deficiencies. This is also true for the minerals and trace elements taken up via roots.

Without **phytoalexins**, too, there would be no health or long life. They are called after the Greek words “phytos” (plant) and “alekein” (to ward off) and all plants produce them to protect themselves against pathogenic micro-organisms. After all, according to estimates, there are up to 29 million species of bacteria, insects and fungi.

Phytoalexins are formed within 24 hours after an injury, an attack, or tissue injury. They primarily have an anti-microbial and anti-oxidant action and inhibit growth, proliferation and propagation.



The more a plant growing in the wild or at higher altitudes is stressed, the more protective substances it needs and the more effective its substances are for us, too. Their most interesting molecules are concentrated in nutrient-rich tissues such as roots, tubers, leaves, flowers and seeds. The most famous phytoalexins are resveratrol found in the skin of the grape and allicin, the sulphur-containing compound found in garlic.

Phytoalexins also help to counteract the effects of incidences, for example, when temperature shocks or damaging UV rays threaten the organism of the plant. This means they act like an anti-ageing remedy that has been especially developed to combat the main enemies of our cellular health caused by our typical lifestyle: silent inflammation and free oxygen radicals.

Hundreds of phytoalexins are already known from about fifteen major plant families with about 8,000 species. Interesting groups are formed by the triterpenes, because they are the main constituents of essential oils, and saponins, which are called after the Latin word for soap, "sapo", because their protective substances produce a soapy foam when shaken in water. The most acute active ingredients are concentrated in the medicinal plants of folk medicines, in medicinal herbs and teas, and also in spices such as chili and curcumin. Their dosage in vegetable crops such as soybeans, peas, all varieties of cabbage, spinach, tomatoes, potatoes and garlic is dwindling all the time.

Largely unknown to the public are very special phytohormones to help the plant adapt to altered living conditions. They are called adaptogens and there are also tens of thousands of them in the plant world. After being ingested in the human body, these phytochemicals have regulating properties, which can bring an organism back into a healthy range. Their main sources are also stars of folk medicines. Many fit perfectly into the docking site on the outside of the cell designed to take the body's own hormone molecules. Such stimuli improve the ability of people weakened by illness to adjust their systems of immune defense, neural communication and glands and to adapt to disruptive pressures.

Studies show that individual phyto-substances can support the activities in roughly a dozen areas concerned with maintaining health. They include protecting the genetic material of the cells from toxic damage, boosting the immune system, the absorption of hormones by a cell, the prevention of heart disease, osteoporosis and macular degeneration in the eye, and again and again the countering of chronic inflammation and oxidative stress.

Today, the effects of micronutrients on bodily functions can be very well elucidated. The most important relate to the metabo-

lism and controlled cell growth, which is related to the regeneration of connective tissue and bone, the nerve impulse conductors and blood cells. Specific functions help with enzyme reactions, against oxidative and inflammatory stress and with the transmission of electric current. An example: the dispersion of potassium and magnesium is essential for the formation of electrical impulses in the sinus nodes, which are the pacemaker cells of the heart. Sluggish reactions are improved or restored.

A diet with an insufficient supply of micronutrients can lead to disease and accelerate age-related changes. Some build up, undetected, for years. Others are betrayed by the presence of inflammation, fatigue or loss of appetite or contribute to a decline in performance or the development of depression. Researchers have identified nearly fifty mild to moderate diseases that respond favorably to vital substances.

All active ingredients – including metals and salts – can pass through the mucous membrane of the digestive tract only in the form of a solution – oil, fats, water. We can eat to "stock up on" some vitamins such as vitamins A or D. They are stored in fat. Others, such as vitamin C and some B vitamins, are water-soluble and are excreted in the urine and in perspiration. They have to be continuously ingested. Today, this seems to be a huge problem, because almost no-one is able to accurately estimate what nutrients he or she is really ingesting and how well their body can absorb them. Besides gender and age, occupational and environmental factors, physical and mental pressures, stress, diet, surgery, illnesses, drugs, nicotine and alcohol can also increase the vitamin requirements of the body.

Like all active substances, enzymes, vitamins, trace elements and all other phyto-substances also have special times when their biochemical properties can achieve the desired therapeutic effect. The morning is a time of activity, whereas the night time is dominated by the regenerative processes. These days, thanks to chronobiology, we are now familiar with the effects of therapeutic interventions on our internal body clocks. Chronopharmacology determines what substance achieves the greatest effect with the minimum number side effects at what time of day, and what particular circumstances are thereby taken into better account. The more intelligently we orient ourselves on the state of our internal organs, the more we reap the benefits from doing so.

Multi-vitamin/mineral supplements in particular need an intelligent formulation. Chronobiological food supplements successfully take into account the time of day to ensure that the desired interactions of the nutrients with each other take place and adverse ones are avoided.

Effects

Vitachron® male, with its nearly three dozen substances, is based on the chronological knowledge of the specific nutrient requirements of the male organs during the day or at night.

The **vitamins A, B1, B2, B6, B12, folic acid, niacin, pantothenic acid** (vitamin B5), **biotin** (vitamin H), **C, D, E, and K** are supplied either in the morning or the evening, with all substances finely attuned to each other.

The classic vitamins

- ▶ **Provitamin A** (carotenoids), greatest effects: growth, blood flow, cell protection.
- ▶ **Vitamin A**, greatest effects: growth, blood flow, cell protection.
- ▶ **Vitamin B1** (thiamine), greatest effects: against fatigue, cognitive weakness, loss of appetite.
- ▶ **Vitamin B2** (riboflavin), greatest effects: hair, skin and nails; against inflammation, growth inhibition.
- ▶ **Vitamin B3** (niacin), greatest effects: nervous system, blood pigment, against cholesterol.
- ▶ **Vitamin B5** (panthenol), greatest effects: against inflammation, protects against premature ageing.
- ▶ **Vitamin B6** (pyridoxine), greatest effects: blood pigment hemoglobin, bile acid; against intestinal disorders, premenstrual complaints.
- ▶ **Vitamin B9** (folic acid), greatest effects: red blood cells; against anemia, sterility.
- ▶ **Vitamin B12** (cobalamin), greatest effects: In the cell nucleus, energy storage in muscles and DNA.
- ▶ **Biotin**, greatest effects: glucose metabolism, lipid metabolism; against hair loss, dermatitis.
- ▶ **Pantothenic acid**, greatest effects: skin regeneration, cell regrowth; against oxidative processes, disorders of the nervous system.
- ▶ **Vitamin C** (ascorbic acid), greatest effects: anti-ageing vitamin, immune system, hormones; against free radicals.
- ▶ **Vitamin E** (tocopherol), greatest effects: radicals scavenger, cell membrane, against coronary heart disease, hardening of the arteries, environmental stress and cancer risks.
- ▶ **Vitamin K** (phylloquinone), greatest effects: blood clotting.

The following is the case with most nutrients: as a consequence of altered planting and breeding practices, people cannot be sure that the fruit, vegetables and meat they eat can adequately supply their body with all that it needs.

Plant substances

The cell membrane substance called **choline** is a component of lecithin, and is often compared with the B vitamins, because it enhances the activity of folic acid and certain amino acids. Neurotransmitters – chemical messengers in the brain – are formed from this fat-like substance. Recommended to promote cognitive performance. Choline assists in the metabolism of fat, the major constituent of the grey matter. With disturbed utilization due to choline deficiency, the lipids from one's diet that remain in the blood collect in the liver, where they can build up to a dangerous level. Further desirable choline functions include detoxification and the excretion of chemicals.

Among the approximately 4,000 flavonoids, mainly flower pigments, some of them have proven to be particularly impressive in scientific studies – particularly because of their favorable hormonal and non-hormonal properties.

Citrus bioflavonoids are anti-allergic and highly antioxidant and crucial to protect vitamin C against oxygen radicals.

Carotenoids constitute the large group of vegetable coloring agents and generally act very powerfully against aggressive oxygen radicals and the threat posed by the oxidative stress generated by them. Scientific studies show that they are capable of preventing many diseases, including atherosclerosis, Alzheimer's, Parkinson's, cataracts and rheumatism. The protection of genetic components in cells that they offer leads to a reduction in the onset of cellular abnormalities and is a result of the synergistic effect of several antioxidant substances. Above all, carotenoids neutralize certain toxic and highly reactive oxygen molecules that are released when solid double bonds are split by cigarette smoke, UV radiation, electromagnetic pollution and environmental toxins.

Beta-carotene is the yellow-orange to dark green pigment found in fruits such as peaches, apricots and mangoes and in vegetables such as carrots, spinach and lamb's lettuce. These phytochemicals specifically inhibit the oxidation of cholesterol and thus help to reduce the risk of heart diseases. The thymus in particular, essential for a well-functioning immune system, is preserved from damage caused by oxygen molecules. Among all carotenoids, beta-carotene has the highest vitamin A activity.

Lutein is also one of the leading representatives of the carotenoid group that generally offers very effective protection against aggressive oxygen radicals. Lutein, in particular, is an antioxidant found in the ocular tissue, and a higher intake of this carotenoid is associated with a reduction in the risk of age-related macular degeneration. Similar protection has been demonstrated in the tissues of the airways and lungs.

Among all plant extracts, **lycopene** is regarded as one of the most important antioxidants of all! It can also render certain radical oxygen molecules harmless. Found in high concentrations in tomatoes and rose hips, its active substances protect, among other things, the respiratory tract, and also reduce the chance of heart and circulatory disease and cancers, especially prostate cancer.

Inositol influences the effectiveness of neurotransmitters such as the happiness hormone serotonin, which has mind-stabilizing properties.

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

Damiana is more than an herbal aphrodisiac from South America. Besides the libido, it also boosts the body's energy supply and stamina and is of benefit to more than just the sexual organs. The substances in damiana also act as an antidepressant. They also have psychoactive and anxiety-relieving effects and contribute to mental well-being.

Muirapuama – known as the potency wood in Brazil – is a sandalwood tree with stone fruits. An extract of it promotes testosterone production, supports erectile function and increases sexual desire.

Sarsaparilla (Smilax extract) has mildly hormonal effects of plant origin that, thanks to saponins, help to increase energy and purify the blood. In various folk medicines, it is regarded as an aphrodisiac and anti-inflammatory and antibacterial remedy for inflammation.

Ginger was originally praised for its relaxing effects, while also being able to boost the functions of the male sexual organ thanks to its aphrodisiac effects.

With its medicinal plant potentials, **ginseng** stimulates testosterone levels and supports the normalizing effects of the stress hormones secreted by the adrenal glands. Various studies confirm the potential to increase the libido and to mitigate potency problems.

Minerals

Important minerals and trace elements such as **magnesium, copper, zinc, iodine, iron, selenium, manganese, boron, potassium, chromium** and **molybdenum** have not only their own essential bio-active effects, but also support the efficacy of amino acids and enzymes.

Some of their effects are completely unknown to the general public. For example, chromium, of which we normally have no more than six milligrams in the body, is of the utmost importance in a variety of biological processes. Chromium increases the response of a cell to insulin-mediated signaling. Only then can blood glucose levels be lowered as necessary. A weakening of the so-called glucose tolerance factor (GTF) – which is guaranteed by chromium – may result in insulin resistance. Conversely, a clinically verified experiment with a minimum dosage of chromium over ten weeks led to a reduction in weight of up to two and a half kilos. Obesity is considered to be a co-factor of insulin resistance. The following are lifestyle diseases linked to a chromium deficiency: atherosclerosis, high blood pressure, hypoglycemia, stroke, weight problems and high cholesterol.

Similar preventive and supportive effects may be cited for all minerals.

The patented mineral mix **Coral Calcium**[®] contains dozens of trace elements. The oceanic calcium mineral is a product of the digestion of marine animals, which means it is organic, and easily absorbable in this form. Its main effect is that it causes an increase in the pH value to combat harmful chronic acidosis.

The black pepper extract **Bioperine**[®] reinforces the effect.

Two-thirds of the ingredients satisfy the same basic requirements of both men and women. For scientific reasons, the dosage of individual ingredients for him or for her is higher.

Composition Vitachron® male

AM capsule (morning)

	per capsule / daily dose	
Vitamin A	300 mcg	600 mcg
Natural carotenoids (beta-carotene, lutein, lycopene)	3,5 mg	7 mg
Vitamin D	5 mg	10 mg
Vitamin E	50 mg	100 mg
Choline (bitartrate)	22,5 mg	45 mg
Vitamin B6	5 mg	10 mg
Inositol	22,5 mg	45 mg
Vitamin C	175 mg	350 mg
Vitamin K	50 mcg	100 mcg
Citrus bioflavonoids	50 mg	100 mg
Calcium (Ca)	150 mg	300 mg
Magnesium (Mg)	40 mg	80 mg
Manganese (Mn)	1,5 mg	3 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)	100 mcg	200 mcg
Muira puama extract	37,5 mg	75 mg
Damiana extract	37,5 mg	75 mg
Bioperine®	1,25 mg	2,5 mg
Coral Calcium®	12,5 mg	25 mg

PM capsule (evening)

	per capsule / daily dose	
Vitamin B1	7,5 mg	15 mg
Vitamin B2	7,5 mg	15 mg
Niacinamide	20 mg	40 mg
Pantothenic acid	30 mg	60 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 (K)	35 mg	70 mg
Zinc (Zn)	7,5 mg	15 mg
Iron (Fe)	7,5 mg	15 mg
Copper (Cu)	0,5 mg	1 mg
Smilax extract	37,5 mg	75 mg
Ginger extract	37,5 mg	75 mg
Ginseng extract	37,5 mg	75 mg
Bioperine®	1,25 mg	2,5 mg
Coral Calcium®	12,5 mg	25 mg

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

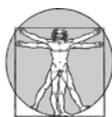
Store in a cool and dry environment, out of reach for children.

Vitachron® male Product Groups

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

-  **Vitamins & Food supplements**
-  **Chronobiology**
-  **Immune system, Cell protection & Antioxidants**
-  **Men's health**
-  **Power & Energy**
-  **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