

## PRODUCT INFORMATION

# Androchron®

*Androchron® is a chronobiological food supplement for men over 50 that supports healthy testosterone levels and libido while also promoting healthy performance levels and muscle mass. Androchron® contains a unique combination of vital ingredients for optimal efficiency and absorbency.*

### Basic Facts

As we grow older, the body's production of sex hormones begins to decrease. In women this process triggers menopause, also known as the «change of life.» Similarly, this decrease in sex hormones causes a host of less-recognized symptoms in men. This period in a man's life is frequently referred to as «andropause.» During andropause, decreased hormone levels have an impact on fat metabolism, muscle mass and libido. In addition, men in this age group are increasingly affected by disorders of the prostate, kidneys and cardiovascular system, as well as a decline in general fitness. Therefore, the aim of a good food supplement for this stage of life should be to naturally offset the hormone deficiency that is developing, helping to counteract the resulting changes.

The combination of L-arginine and L-tyrosine has been used for many years as a natural way to boost low libido regardless of its cause, and to support healthy heart and kidney function. Saw palmetto fruit extract (*Serenoa repens*), the subject of numerous clinical studies, supports prostate health. Along with ginkgo biloba leaf extract, this combination works to support physical and mental fitness by helping to maintain healthy circulation. Additionally, the lignans present in Androchron® possess gentle, estrogen-like properties and help support healthy hormonal balance while at the same time supporting heart health.

Androchron® also contains tribulus, a natural non-hormonal plant substance obtained from the medicinal herb *tribulus terrestris*. Tribulus supports healthy testosterone levels by promoting the release of luteinising hormone (LH), which is necessary for healthy testosterone production.

Androchron® is rounded out by other vital ingredients specifically targeted for the time of day (morning or evening) at which they are taken, for optimal bioavailability and efficacy.

### Effects

**L-tyrosine and L-tyrosine HCl:** L-tyrosine is an aminosulfonic acid, and L-tyrosine is an amino acid. Both substances can be produced by the human body and are also taken in with food, and both help support cardiovascular health. The mechanism of action of L-tyrosine is known; in a nutshell, L-tyrosine is converted to nitrogen monoxide (NO), a substance known to exert a vasodilating effect. L-tyrosine also plays an important role in maintaining healthy hormonal balance. L-tyrosine participates in the formation of bile acids, exerting a positive impact on the body's energy balance.

**Saw palmetto fruit extract:** Saw palmetto extract contains valuable oils and polysaccharides as well as phytosterines, flavonoids and carotenoids (secondary plant substances). This extract has been used by practitioners of herbal medicine for centuries. Its benefits to prostate health are well-known. In addition, saw palmetto helps maintain a healthy cardiovascular system.

**HMR Lignans:** Derived from the Latin word for wood (*lignum*), lignans are a special class of antioxidants, polyphenols and isoflavones that are structurally similar to sex hormones. Their ability to dock at certain hormone receptor sites enables them to help maintain overall healthy hormonal balance. In this way they can help promote cellular health, as well as help to maintain a healthy heart.

**Tribulus extract** contains active ingredients called saponins, which are special secondary plant substances. Saponins (a word derived from *sapo*, the Latin word for soap) are water-soluble natural glycosidic substances that occur in certain plants. The main active component in tribulus is a steroid-like compound called protodioscine. This substance is responsible for the effect tribulus has on the release of luteinising hormone (LH), which promotes the body's own production of testosterone, in the pro-

cess helping to support healthy levels of free testosterone. During the past 20 years a wide variety of different studies have been performed verifying the testosterone-supporting effects of tribulus.

**Ginkgo biloba leaf extract** promotes healthy circulation throughout the entire body by supporting healthy blood flow. This can help protect against symptoms of aging such as memory problems, declining muscular strength and metabolic disorders.

**Vitamins C and E (as D-alpha tocopheryl acid succinate):** Vitamin C is a water-soluble vitamin responsible for protecting tissue structures, cell membranes and cellular con-



**Androchron®**

- ▶ Plant-based chronobiological formula that supports healthy testosterone levels
- ▶ Promotes healthy muscle mass, endurance levels, mental fitness and libido
- ▶ Protects prostate health

At a Glance

Androchron®

stituents against oxidative damage caused by free radicals. Vitamin E also serves to protect against oxidative damage, while supporting the effects of vitamin C.

**B vitamins:** B vitamins support a wide variety of enzymes directing various key steps in the body's metabolism. B vitamin deficiencies often cause disturbances in these metabolic processes.

**Zinc:** This trace element is a constituent of many enzymes – or of their co-factors – and thus plays an important role in the body's overall metabolism. It is important for cell division and protein metabolism and is also involved in the metabolism of growth and sex hormones.

**Coral Calcium®:** This substance regulates the pH value of the body; the more balanced the body's pH, the better its ability to absorb the active ingredients in Androchron®.

**Bioperine®:** This extract, derived from black pepper, boosts the bioavailability of the active ingredients in Androchron®.

## Uses

**General fitness:** Clinical studies have confirmed that the ingredients in Androchron® help support a healthy heart, while also protecting kidney health and helping to support a healthy immune system. Taken together, the ingredients in Androchron® work to support general well-being and physical and mental fitness.

**Healthy testosterone levels (andropause):** The ingredients in Androchron® support healthy hormonal balance, helping to soothe the symptoms related to the declining testosterone levels that occur during andropause. Clinical studies have found that the ingredients in Androchron® support healthy testosterone levels while also boosting libido and supporting sexual health. The ingredients in Androchron® have also been shown to support a general feeling of well-being.

**Sports:** The active ingredients in Androchron® have been shown to help support healthy energy and endurance levels during athletic activities by promoting healthy muscular function, without unwanted side effects.

## Composition

AM capsule (morning)	
	daily dose
L-arginine HCl	200 mg
L-taurine	100 mg
Saw palmetto fruit 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 (as D-alpha tocopheryl acid succinate)	20 mg
Coral Calcium®	25 mg
Bioperine®	2.5 mg

in pharmaceutical grade. Other ingredients: microcrystalline cellulose, magnesium stearate, SiO<sub>2</sub>.

PM capsule (evening)	
	daily dose
Tribulus extract	400 mg
Ginkgo biloba leaf extract	50 mg
Niacinamide	18 mg
Vitamin B12	1000 mcg
Zinc (Zn)	15 mg
Coral Calcium®	25 mg

in pharmaceutical grade. Other ingredients: dicalcium phosphate, magnesium stearate, SiO<sub>2</sub>.

## 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](http://www.vitabasix.com)):

 **Hormones & Hormone-like Substances**

 **Chronobiology**

 **Cardiovascular System**

 **Brain & Memory**

 **Men's Health**

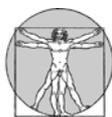
 **Power & Energy**

 **Sexuality & Libido**

 **Sports & Muscles**

 **Metabolism & Weight**

Manufacturer:



**VitaBasix®**

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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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