

## PRODUCT INFORMATION

# ResverChron®

*ResverChron® is the first chronobiological regimen that offers broad-spectrum support for healthy aging, based on four millennia of knowledge from both Eastern and Western sources. ResverChron® is a well-balanced combination of the best-researched vitamins, minerals, nutrients and plant substances for supporting healthy cellular inflammatory processes, helping to protect against oxidative stress, maintaining a healthy cardiovascular and nervous system and promoting healthy cell growth.*

### Basic Facts

Even necessary biological processes like the transformation of food into energy have a downside; as we age, it gets harder and harder for our bodies to cope with the residual damage these processes ultimately cause. Along with nutritional deficiencies, the unavoidable side effects of these processes trigger 50 to 70 percent of the health concerns which affect us today. Meanwhile, aging itself has become the most critical risk factor for all of the ailments that will determine our fates in the 21<sup>st</sup> century: cardiovascular disease, dementia, diabetes, osteoporosis and even cancer.

Promoting healthy aging naturally requires protecting against the two major contributors to failing health: hidden unhealthy inflammatory responses within the body and oxidative cell damage caused by free radicals.

### Enemy Number One: Cellular Inflammatory Processes

Internal stress triggered by silent unhealthy cellular inflammatory processes can go unnoticed for many years. These unhealthy processes, however, can play an essential role in paving the way for many major age-related ailments. Our cardiovascular system is particularly affected, and the relationship between these processes, cardiovascular disease and a weakened immune system has been thoroughly investigated. Inflammatory markers in the blood can also serve as indicators of other issues such as decreased cognitive function, unhealthy cell growth and function, metabolic concerns and conditions like osteoporosis.

Healthy cellular inflammatory processes are normal mechanisms of healing which the body employs to ward off infections and pathogens. These healthy processes are triggered by certain food molecules, namely omega 6 fatty acids, and halted via their natural antagonists, omega 3 fatty acids. The problem is that in our modern human

diet, the pro-inflammatory omega 6 fatty acids, especially those found in industrially processed vegetable oils, outweigh omega 3 fatty acids such as those found in cold-water fish, walnuts, linseed, rapeseed and hemp, by as much as twenty-to-one! This imbalance contributes to unhealthy cellular inflammatory processes in each of the body's organs.

### Enemy Number Two: Oxidative Stress

The vital process of metabolic energy production involving the use of oxygen is naturally accompanied by the risk of continuous cell damage from oxidative stress. Oxidative stress, which occurs when the cell is attacked by aggressive oxygen molecules, may be compared to the rusting or oxidation of iron. The human body contains over 100,000,000,000,000 mitochondria, miniature «power plants» located inside each cell that are responsible for the formation of chemical energy carriers. In each of these tiny structures, every second of the day tens of thousands of oxygen atoms turn into explosive objects called free radicals, just because they're missing a single 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 lifestyles, environmental toxins, the electromagnetic radiation of laptops and TV screens, harmful effects of stimulants like coffee, alcohol, tobacco and even stress have the potential to multiply these aggressive molecules. Ultimately, oxidative stress can lead to cell destruction. When too many cells are affected too quickly, we age prematurely – if left to continue unchecked, entire organs may cease to function properly.

At some stage of their lives, millions of people will have to combat one or several

of the following three major threats: cardiovascular concerns, cognitive decline and unhealthy cell growth and function.

For the first time, modern scientific research has discovered ways to help promote healthy aging using special plant substances, or «new phytamines». These plant substances evolved to fulfill specific functions in plants, such as offering protection against heat and cold, but also help protect the plant against viral, bacterial and fungal pathogens and other disease factors. Plants have developed these phytochemicals throughout time because they are physically unable to



**ResverChron®**

- ▶ Promotes healthy cellular inflammatory processes and healthy cell growth
- ▶ Helps protect against oxidative stress
- ▶ Supports a healthy cardiovascular and nervous system
- ▶ Combines four millennia of healthy aging experience from Eastern and Western sources

At a Glance

ResverChron®

evade attacks. Ancient civilizations revered Nature's treasure trove of herbs and plants and have understood their significance for some 10,000 years, during which they have been able to achieve astonishing effects by using these botanical substances.

## Effects

The ResverChron® regimen is focused around bioactive secondary plant substances with strong antioxidant properties, many of which also promote healthy cellular inflammatory processes. In keeping with the most valuable findings of Far Eastern and Western medicine, ResverChron® successfully combines several dozens of standardized and pharmaceutically pure constituents together in one unique scientific formula.

In ResverChron®, this holistic «East-meets-West» philosophy spans a geographically wide range of phytochemicals including green tea, the well-known health-protective plant from Asia, certain berries used by Native American tribes and the red wine polyphenol resveratrol, the super-phytonutrient from Europe that promotes healthy aging. The results that can be achieved via the use of these substances are continuously validated by clinical trials and by traditional Western medicine.

What's more, the carefully formulated AM/PM doses in the ResverChron® regimen assure that essential vitamins, minerals and vital substances are administered in the optimal combination at the right time of day, in tune with the principles of chronobiology.

**Coenzyme Q10** is a vital component of the cells' power plants – the mitochondria – and offers a variety of beneficial effects. Above all, it helps maintain healthy blood flow, supporting the functioning of each respective organ. Coenzyme Q10 also promotes oxygen transport and healthy endurance in people with sedentary lifestyles. Coenzyme Q10 can be helpful in maintaining a healthy heart and immune system, and also helps maintain blood pressure levels already within normal ranges.

**Acai berry extract:** Largely unknown until recently, the acai berry is now recognized as a natural substance that can be used to soothe digestive and intestinal concerns, protect against fine lines and wrinkles and promote healthy skin, support vision and oral health, and help boost energy levels.

**Goji berry extract:** A berry with anti-oxidative properties commonly used in traditional Chinese medicine, goji berry supports a healthy immune system and healthy cell growth.

**Mangosteen fruit extract:** This «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 supporting seasonal respiratory health, protects against germs and supports healthy cell growth.

**Noni fruit extract:** The fruit of the Indian mulberry provides constituents which have proven to be beneficial in maintaining healthy mood, maintaining healthy weight, supporting healthy blood sugar levels already within normal ranges and protecting bone and joint health.

**Pomegranate fruit extract:** This «fruit of the gods» is known to help maintain a healthy immune system.

**BioPQQ™ pyrroloquinoline quinone disodium salt:** The importance of Bio-PQQ™, also known as pyrroloquinoline quinone, for human health was not discovered until 2003. This vitamin is involved in over 20,000 physiological processes and thus has an immensely important role in protecting against numerous diseases. Not only does it have a positive effect on general metabolism, muscular function, nerve conductivity and the immune system, but it also boosts many of the effects of other vitamins.

**Catechins (from green tea leaf extract)** are the principal antioxidants present in the leaves of green tea. These colorless amaroids with an excellent capacity for trapping free radicals develop synergetic effects with resveratrol.

**L-glutathione:** This particularly strong antioxidant consisting of three amino acids supports internal cellular repair processes.

Various **fruits** and **vegetable extracts** have cell-protective effects, among other things.

**Vitamin A (as beta-carotene):** The most important of a group of 400 carotenoids, beta-carotene is an essential precursor to vitamin A – a vitamin typically lacking in cases of heavy alcohol and nicotine consumption.

**Choline (bitartrate):** This is a fat-like substance from which neurotransmitters (chem-

ical messengers in the brain) are derived. It is recommended for promoting healthy mental performance.

**Inositol:** Formerly known as vitamin B2, this antioxidant is one of the most important nutrients found in muscle tissue.

**Chromium** helps the body to maintain blood sugar and cholesterol levels within normal ranges.

**Lycopene:** One of the most important «phytamines», lycopene is found in high concentration in red tomatoes and rosehips, and its active ingredients help maintain a healthy cardiovascular system and support healthy cell growth.

**Vitamin D3 (as cholecalciferol)** 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 (as D-alpha tocopheryl acid succinate)** is a fat-soluble substance and is mainly present in cell membranes, where it unfolds its anti-oxidative effect.

**Vitamin C** is capable of trapping free radicals in the body, rendering them innocuous and increasing the body's defenses.

**Vitamin K1:** This is an important active ingredient involved in bone metabolism and blood coagulation processes.

**Bioperine®:** As an extract, the active ingredients obtained from black pepper support the thermogenic activity of the human metabolism, which also helps improve the uptake of other substances.

**MSM:** This biological sulfur compound is the main active ingredient of soothing sulfur baths. In its organically bioactive form, MSM also supports healthy cartilage renewal.

**Enzyme complex (pancreatin, papain, serratiopeptidase, rutoside, bromelain):** This powerful enzyme «cocktail» 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 (from the variety vitis vinifera):** This ingredient promotes healthy oxidation of blood lipids, helping to maintain blood vessel health.



**Coral Calcium®:** This scientifically developed preparation comprised of 73 trace elements regulates the body's acid-base ratio and helps increase the pH value of the body's tissues, thereby enhancing the absorption of vitamins, minerals and nutrients.

**Beta-1,3/1,6 D-glucan:** This polysaccharide (also referred to as the «police of the blood») supports a healthy immune system and remains effective after passing through the digestive system.

**Vitamin B1 (thiamine)** is responsible for energy production in the brain. Being an enzyme-building substance, vitamin B1 supports healthy carbohydrate metabolism and helps to detoxify 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.

**Niacinamide:** To support nervous system health and help maintain cholesterol levels already within normal ranges.

**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 all important neurotransmitters for the brain.

**Vitamin B12 (cyanocobalamin)** is an essential factor for energy production, and also supports a healthy immune system.

**Pantothenic acid:** This enzyme constituent, also referred to as vitamin B5, enhances the biosynthesis of numerous metabolic processes. Pantothenic acid is therefore beneficial for numerous physical conditions, including boosting energy levels.

**Biotin:** This substance is also referred to as vitamin B7. It is involved in the regulation of gene functions and proves particularly beneficial when it comes to maintaining healthy mood and promoting healthy skin and muscles.

**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.

**Magnesium:** Salts of this chemical element were originally discovered in the eastern Greek region of Magnisia, and its properties

as a muscle relaxant were appreciated as far back as ancient Greece. Anti-aging and orthomolecular medicine find it valuable for its beneficial effects on kidney and intestinal health.

**Zinc:** The trace element zinc is a component of many enzymes or their cofactors and is therefore extensively involved in metabolic processes. Zinc also supports a healthy immune system.

**Royal jelly extract:** A honeybee secretion vital to the nutrition of the queen bee, royal jelly contains carbohydrates, proteins, B vitamins, trace elements, fats and amino acids.

**Resveratrol:** The polyphenol resveratrol is an extremely effective antioxidant that is usually obtained from the skins of grapes. Its general effects in the body are to help promote healthy cellular inflammatory processes and to protect cell health. Resveratrol's mechanism of action is particularly beneficial to the blood vessels and cardiovascular system in general, which is eminently threatened by the aging process.

Resveratrol has been shown to support healthy cognitive function and enhance energy production in the mitochondria, the «powerhouses» of the body's cells. It also protects cardiovascular health and supports healthy weight, healthy insulin levels and healthy blood sugar levels already within normal ranges. Moreover, so far, resveratrol is the only substance shown to prolong the lifespan of diverse organisms..

**Quercetin:** Because high concentrations of this flavonoid are also found in grape skins, red wine that matures in oak barrels is particularly rich in quercetin. Quercetin helps promote healthy cell growth and acts as a free radical scavenger.

**OPC:** Another free radical scavenger found in grape seeds, OPC is 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 healthy brain tissue, thus its reputation as a protector of healthy cognitive function.

**EPA, DHA:** The most important omega 3 fatty acids are obtained from algae and fat-rich sea fish. The average amount of these fatty acids typically obtained from food is far below the amount recommended by scientists. A dramatic imbalance between omega 3 and omega 6 fatty acids is asso-

ciated with an extremely high risk of disease. Omega 3 fatty acids EPA and DHA are available in pharmaceutically pure form in softgel capsules.

## Uses

ResverChron® was designed for broad-spectrum use to support healthy aging, in compliance with the results from countless scientific studies and treatment observations. The following overview shows some of the numerous ways secondary plant constituents have been found to produce positive changes subject to certain circumstances.

**Supporting healthy cellular inflammatory processes:** Protecting against inflammatory stress is crucial to healthy aging. Evidence of this type of stress is provided by easily detectable proteins in the blood called hs-CRP (high-sensitive C-reactive proteins). In combination with coagulation factors, unhealthy cellular inflammatory responses are the driving force behind an unhealthy cardiovascular system and poor cognitive health.

**Oxidative stress:** The substances in ResverChron® help protect against free radicals through different mechanisms of action.

**Supporting a healthy cardiovascular system:** The active ingredients in ResverChron® work to support healthy oxidation and LDL-cholesterol storage in body tissues.

**Supporting healthy cognitive function:** Markers such as hs-CRP also correlate with vascular concerns relating to the brain and cognitive function.

**Promoting healthy glucose metabolism:** ResverChron® helps maintain healthy glucose and insulin levels in the blood.

**Maintaining healthy genes and cells:** DNA, our genetic material, and the cell structures of RNA (ribonucleic acid) are particularly threatened by aggressive oxygen molecules. Ingredients in ResverChron® protect against free radicals while supporting healthy functioning of the cells.

**Promoting healthy cell growth:** The secondary plant substances contained in ResverChron® help promote healthy cell growth through various mechanisms of action.

**Supporting healthy bones and joints:** Healthy cellular inflammatory processes are important for the maintenance of healthy bones.



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

## Composition ResverChron® AM (morning)

The perfectly balanced ResverChron® morning supplement comprises five different capsules:

### 1 caps. «Coenzyme Q10» (orange)

	per capsule
Coenzyme Q10	100 mg

### 1 caps. «Superfruits» (orange/white)

	per capsule
Acai berry extract	200 mg
Goji berry extract	150 mg
Mangosteen fruit extract	100 mg
Noni fruit extract	100 mg
Pomegranate fruit 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 peel, citrus bioflavonoids)

### 1 caps. «Green cellular protect» (green/white)

	per capsule
BioPQQ™ Pyrroloquinoline	2 mg
Quinone Disodium Salt	
Catechins	300 mg
(from green tea leaf extract)	
L-glutathione	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
Vitamin A	750 mcg RAE
(as beta-carotene)	
Vitamin D3 (as cholecalciferol)	10 mcg
Vitamin E (as D-alpha tocopheryl acid succinate)	100 mg
Choline (bitartrate)	45 mg
Vitamin B6	10 mg
Inositol	45 mg
Vitamin C	350 mg
Vitamin K1	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 (pancreatin, papain, serratiopeptidase, rutoside, bromelain)	25 mg
Grape seed extract	6 mg
(from the variety vitis vinifera)	
Beta-1,3/1,6 D-glucan	100 mg
Coral Calcium®	25 mg

All ingredients in pharmaceutical grade. Other ingredients: magnesium stearate, SiO<sub>2</sub>, rice flour, microcrystalline cellulose, tricalcium phosphate, calcium carbonate.

## Composition ResverChron® PM (evening)

The perfectly balanced ResverChron® evening supplement comprises one softgel and three different capsules:

### 1 caps. «Multivitamin PM» (blue/white)

	per capsule
Vitamin B1 (thiamine)	14 mg
Vitamin B2 (riboflavin)	15 mg
Niacinamide	40 mg
Pantothenic acid	60 mg
Biotin	300 mcg
Folic acid	400 mcg
Vitamin B12	50 mcg
Magnesium (Mg)	200 mg
Zinc (Zn)	15 mg
Royal jelly extract	200 mg
Bioperine®	2.5 mg

### 2 caps. «Anti-inflammatory» (beige/white)

	per capsule
MSM	300 mg
Enzyme complex (pancreatin, papain, serratiopeptidase, rutoside, bromelain)	25 mg
Grape seed extract	6 mg
(from the variety vitis vinifera)	
Beta-1,3/1,6 D-glucan	100 mg
Coral Calcium®	25 mg

### 1 caps. «Redwine complex» (clear)

	per capsule
Resveratrol	120 mg
Quercetin	50 mg
Catechins	30 mg
(from green tea leaf extract)	
OPC	30 mg

### 1 softgel «Omega 3»

	per softgel
Omega 3 fatty acid complex	1250 mg
(contains EPA 450 mg, DHA 300 mg)	

All ingredients in pharmaceutical grade. Other ingredients: magnesium stearate, SiO<sub>2</sub>, rice flour, tricalcium phosphate, calcium carbonate.

Omega 3 Softgel: Other Ingredients: gelatin (softgel), glycerol, purified water, natural mixed tocopherol (non-GMO). Contains fish (from anchovies), the fish oil is a product from Peru.

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

 Immune System, Cell Protection & Antioxidants

 Chronobiology

 Pain & Inflammation

 Vitamins & Food Supplements

Manufacturer:



**VitaBasix®**

by LHP Inc.

[www.vitabasix.com](http://www.vitabasix.com) | [uk@vitabasix.com](mailto:uk@vitabasix.com)

### 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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