

*ResverChron® is a chronobiological composition of micronutrients to supplement all the vital substances that are nutritionally deficient or that are required more frequently due to certain lifestyles in order to support normal heart function, normal function of the nervous system and normal energy metabolism, and to protect the cells from oxidative stress.*

### **Basics:**

Even necessary biological processes, such as the conversion of food into energy, have a downside: as we age, it becomes increasingly difficult for our bodies to cope with the consequential damage. For the first time, modern scientific research has discovered ways to positively promote the ageing process with special plant substances, the "new phytamines". These phytochemicals evolved fulfil specific functions in plants, such as protection against heat and cold, but also to protect the plant against viral, bacterial and mycotic pathogens and other disease factors. Plants have evolved these phytochemicals over time because they are physically unable to evade these threats. Ancient civilisations nature's treasures in herbs and plants, and understood their importance for around 10,000 years, during which time they have been able to achieve amazing effects with these botanical natural substances. The focus is on bioactive secondary plant substances.

Many of these so-called medicinal plants either originate from traditional Asian medicine or have been used in Europe for centuries.

### These include:

#### **Acai berries:**

Largely unknown until recently, the acai berry is now recognised as a natural plant substance that can be used to against fine lines and wrinkles, promote skin regeneration and boost overall energy levels.

#### **Goji berries:**

A berry with antioxidant properties that is frequently used in traditional Chinese medicine. In addition to vitamin C and iron, the berries also contain polysaccharides, carotenoids, flavonoids and B vitamins. They can help to strengthen the immune system and protect the heart.

#### **Pyroloquinoline quinone disodium salt - PQQ:**

PQQ is found in many foods, such as some fruits and vegetables, soya products and tea. In fact, the highest amounts of this nutrient are found in natto (fermented soya beans). The importance of PQQ for humans was only discovered in 2003.

In addition to regulating the general metabolism, muscle function and the immune system, it can also enhance many of the effects of other vitamins.

#### **Grape seeds:**

Can have a positive effect on collagen production in the skin, as well as positively supporting skin ageing. Catechins are the most important antioxidants contained in green tea leaves. These colourless bitter substances with an excellent radical scavenging capacity develop synergetic effects with resveratrol. They can also regulate the enzymes that influence insulin levels and thus promote normal cell growth.

#### **Vitamin A:**

The most important of the 400 carotenoids is beta-carotene, a natural precursor of vitamin A - a vitamin that is typically lacking in people who consume a lot of alcohol and nicotine. In addition to liver and sausage products, eggs, dairy products and some types of fish also have a high content of the vitamin. It can also contribute to normal iron metabolism maintain normal vision and support the immune system.

#### **Lycopene:**

One of the most important "phytamines". Lycopene is found in high concentrations in red tomatoes and rose hips. Its benefits serve the cardiovascular and immune system as well as controlled cell growth.

---

**MSM:**

The biological sulphur compound is the main active ingredient in soothing sulphur baths. It is found in almost all foods (milk, fruit, vegetables, cereals, meat, fish, etc.), but is often by excessive heating. In its organic-bioactive form, MSM can also support normal cartilage renewal.

**Pancreatin, papain, serratiopeptidase, rutin, bromelain:**

These enzymes have important functions in the body. Normally, these enzymes are absorbed through plants and fruit. However, some of the enzymes are found in meat or offal.

**Calcium:** Certain calcium-containing mineral mixtures have numerous properties. They not only supply the body with minerals, but can also to regulate the body's pH value.

**Piperine** is found in black pepper and can increase the bioavailability of various micronutrients.

**Resveratrol:**

The polyphenol resveratrol is a natural, highly efficient nutrient. It was originally extracted from the skin of grapes, but cocoa, peanuts, pistachios and berries also contain this nutrient. The highest content of resveratrol, however, is found in Japanese knotweed. It is particularly beneficial for the blood vessels and the cardiovascular system. It can also help to positively support the ageing process.

**OPC:**

Refers to oligomeric procyanidins, a group with specific chemical bonds. In addition to grapes, peanuts, blueberries and cranberries are also rich in OPCs. OPC is said to have cell-protecting effects. In fact, it has a stronger effect than the combination of vitamin C and vitamin E. OPC helps to keep cholesterol levels within the normal range, support optimal memory and protect against the effects of stress.

**Quercetin:**

This yellow pigment is a water-soluble plant pigment from the large group of flavonoids. In addition to red wine, it is also found in green and black tea, apples and leafy vegetables.

The main source of quercetin, however, is the onion. As an important antioxidant, it can help to support normal cell growth and protect the blood vessels. It can also improve athletic performance and promote physical recovery.

**EPA, DHA:**

The most important omega-3 fatty acids are obtained from algae and oily sea fish. The average amount of these fatty acids that should normally be obtained from food is often far below the amount recommended by scientists. Other micronutrients that have a positive influence on the normal ageing process include vitamins C, E, K, D, various minerals and phytochemicals from a wide variety of fruits such as apple, orange, watermelon, pineapple, lime, strawberry, pear, grapefruit, peach and papaya.

Other micronutrients that have a positive influence on the normal ageing process include vitamins C, E, K, D, various minerals and secondary plant compounds from a wide variety of fruits such as apple, orange, watermelon, pineapple, lime, strawberry, pear, grapefruit, peach and papaya.

If the absorption of these nutrients through the diet is not sufficient or there is an increased need, these nutrients can be supplemented with special dietary supplements. Some of these nutrients are better absorbed in the morning and activate the body, while others are better absorbed in the evening and support regeneration. Chronobiologically oriented products take this into account accordingly.

## Ingredients:

### Contents of the morning pack (AM):

1 capsule Co-Enzyme Q10, 1 capsule Superfruits, 1 capsule Green Cell Protection, 1 capsule Multivitamins AM, 1 capsule Anti Inflammation.

1 capsule Coenzyme Q10 (clear)	per capsule
Co-enzyme Q10	100 mg

1 capsule 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 (apple, orange, pineapple, watermelon, grapefruit, strawberry, peach, papaya, pear, lime, cherry, plum, blueberry, grape, sugar melon, raspberry, lemon, cranberry, mandarin peel, citrus bioflavonoids)	150 mg

1 capsule Green cellular protect (green/white)	per capsule
BioPQQ™ Pyrroloquinoline Quinone Disodium Salt	2 mg
catechins (from green tea leaf extract)	300 mg
L-glutathione	50 mg
Vegetable extracts (broccoli, cauliflower, kale, Brussels sprouts, spinach, radish, carrot, beetroot, tomato, celery, onion, leek, barley, garlic, cabbage, parsley, yellow pepper)	100 mg

1 capsule Multivitamins AM (yellow/white)	per capsule
Vitamin A (as beta-carotene)	750 mcg RAE
Vitamin D3 (as cholecalciferol)	10 mcg
Vitamin E (as D-alpha-tocopheryl 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 capsule Anti-inflammatory (brown/white)	per capsule
MSM	300 mg
Enzyme complex (pancreatin, papain, serratiopeptidase, rutin, bromelain)	25 mg
Grape seed extract (from the Vitis vinifera variety)	100 mg
Coral Calcium®	25 mg
Beta-1,3/1,6 D-glucan	100 mg

### Other ingredients AM:

Magnesium stearate, SiO<sub>2</sub>, rice flour, microcrystalline cellulose, tricalcium phosphate, calcium carbonate.

---

**Ingredients:****Contents of the evening pack (PM):**

1 capsule Multivitamins PM, 2 capsules Anti Inflammation, 1 capsule red wine complex Resverol®, 1 Omega 3 softgel.

1 capsule Multivitamins 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 capsules Anti-Inflammation (brown/white)	per capsule
Enzyme complex (pancreatin, papain, serratiopeptidase, rutin, bromelain)	300 mg
Grape seed extract (from the Vitis vinifera variety)	6 mg
Coral Calcium®	25 mg
Beta-1,3/1,6 D-glucan	100 mg

1 capsule red wine complex Resverol® (red/white)	per capsule
Resveratrol	120 mg
Quercetin	50 mg
Catechins (from green tea leaf extract)	30 mg
OPC	30 mg

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

**Other ingredients PM:**

Magnesium stearate, SiO<sub>2</sub>, rice flour, tricalcium phosphate, calcium carbonate.

**Omega 3 Softgel:** The softgel consists of gelatine, other ingredients: glycerine, purified water, natural mixed tocopherol (not genetically modified). Contains fish (from anchovies), the fish oil is a product from South America.

**Consumption recommendation:**

Normally take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening. If required, take 2 capsules AM (yellow) in the morning and 2 capsules PM (blue) in the evening with plenty of liquid at mealtimes.

**Notes:**

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature. The published information is not a cure and is not intended as a request or suggestion for self-medication. Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as "not yet sufficiently proven" by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed. The product described here has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease. Errors and typographical errors excepted. VBX-1-25

Manufacturer

**VitaBasix®**

by LHP Inc.

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