

# Androchron®

## PRODUCT INFORMATION

Androchron® is a chronobiological composition of micronutrients to supplement all the vital substances that are nutritionally lacking or that are increasingly needed due to certain lifestyles in order to maintain normal testosterone levels in men over 50, as well as to support the normal function of the immune system and energy metabolism.

### Basics:

The aim of a good diet especially for this stage of life should be to naturally compensate for any drop in testosterone that may occur and to counteract the resulting changes.

The following nutrients can have a positive effect on testosterone levels and the associated libido, as well as promoting muscle building:

**L-aurine and L-arginine:** L-aurine is an amino sulphonic acid, while L-arginine is an amino acid. Although both can be produced by the human body, they are also absorbed through food. L-arginine is found in foods such as meat, nuts and legumes. Pumpkin seeds are particularly rich in this nutrient. L-aurine is found in scallops, shrimps, salmon, cow's milk and turkey, among others. Together with ginkgo biloba leaf extract, the combination of L-arginine and L-aurine can also promote physical and mental fitness by helping to maintain normal blood circulation.

**Ginkgo biloba:** This tree species, which traditionally comes from China, can promote circulation throughout the body by supporting blood flow.

**Saw palmetto:** The extract of the saw palmetto, a bush palm with fan-shaped leaves, contains valuable oils, polysaccharides as well as phytosterols, flavonoids and carotenoids (secondary plant substances). The extract has been used in naturopathy for centuries.

**Lignans:** Derived from the Latin term for wood (lignum), refers to a special class of antioxidants, polyphenols and isoflavones that are structurally similar to sex hormones. They can help maintain hormonal balance.

**Tribulus terrestris** contains certain vital substances, also called secondary plant substances or saponins. Saponins (a word derived from sapon, the Latin word for soap) are water-soluble natural glycosidic substances present in certain plants. It has been known for 20 years that tribulus extracts support LH release and thus influence testosterone levels.

**Piperine** is found in black pepper and can increase the bioavailability of various micronutrients. In addition, other vitamins and micronutrients are of great importance in this stage of a man's life and should therefore be taken in more through the diet.

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:

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 (thiamine)	1,4 mg
Vitamin B2 (riboflavin)	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

### Other ingredients:

Microcrystalline Cellulose, Magnesium Stearate, SiO<sub>2</sub>.

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

### Other ingredients:

Dicalcium Phosphate, Magnesium Stearate, SiO<sub>2</sub>.

### Recommended consumption:

In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid.

The product is vegetarian, gluten-free, lactose-free, not genetically modified.

Capsule shell vegetarian.

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## 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 selfmedication.

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 herein 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-1-24

Manufacturer



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