

Cerachron® 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 support the maintenance of normal hair and nails.

Basics:

Bright, shiny hair is a sign of attractiveness. Blow-drying hair at a too high temperature, constant coloring and excessive sun exposure can cause damage to hair and hair roots. Nails are made up of 100 to 150 layers of a tough protein called keratin. Brittle nails are most likely a sign of poor vitamin and nutrient supply, especially to the keratin-producing cells. Improving the condition of brittle hair and nails can only be done from the inside out.

The hair on the head grows at a density of about 200 to 900 hairs per square centimeter. People with blonde hair usually have twice as many hairs (150,000) as redheads (75,000). Hair normally grows a third of a millimeter a day. 90 per cent of your head hair is constantly in a growth or production phase. As we age, hair growth tends to slow down, especially in men. This is mainly due to hormonal changes, but may also be related to reduced nutrient intake.

Fingernails grow four times faster than toenails. They are made up of 100 to 150 layers of keratin. When your body lacks nutrients, these layers are thinner, more brittle and can become discolored, resulting in a fingernail that is no longer strong and beautiful.

There is no doubt that our diet plays as important a role in the health of our skin, hair and nails as it does for the rest of our body. Healthy hair and nails need vitamins and minerals to keep them strong and shiny. Many proven micronutrients have been shown to effectively protect against deficiencies.

These include, among others:

Biotin: It was only 40 years after the discovery of this vital ingredient from the B vitamin family that it was recognized as a vitamin. Offal, dairy products, nuts, seeds, legumes and mushrooms are rich in this nutrient.

Biotin is a co-factor of important enzymes, essential for the production of certain amino acids and for normal fatty acid metabolism. Positive outcomes associated with biotin are hair regrowth, stronger hair thickness and reversal of greying.

Horsetail: This ancient medicinal plant from the dinosaur era contains ingredients in its brownish cones that have surprising properties, especially a high content of easily absorbed, natural silicon. Silicon is a chemical element and a semimetal whose name is derived from the Latin word for pebble (silex). Horsetail contains up to 7 percent bioavailable silicic acid. Silicon has a high binding capacity, which is useful and necessary for particularly resilient tissues (e.g. cartilage) as well as for strong teeth, hair and nails.

MSM (Methyl-Sulfonyl-Methane): Sulphur is a mineral element that is indispensable for human metabolism. There are about 150 grams of Sulphur in our body, mainly in the hair, nails and cartilage, whose structure and strength depend directly on the Sulphur content. MSM is found in almost all foods (milk, fruit, vegetables, cereals, meat, fish, etc.), but is often destroyed by excessive heating.

Hyaluronic acid: Foods such as meat, bone broth and potatoes contain a lot of hyaluronic acid. This glycosaminoglycan is not only a basic building block of cartilage, but also an important component of connective tissue as well as hair.

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

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

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
Vitamin B6	2 mg
Vitamin C	60 mg
Vitamin E (as D-alpha tocopheryl acid succinate)	9 mg
Selenium (Se)	50 mcg
Horsetail extract (equisetum arvense)	150 mg
MSM	300 mg
Hyaluronic acid	12 mg
Coral Calcium®	25 mg
Bioperine®	2,5 mg

Other ingredients:

Magnesium Stearate, Microcrystalline Cellulose, SiO₂.

PM capsule (evening)	daily dose
Vitamin B1 (thiamine)	1,4 mg
Vitamin B2 (riboflavin)	1,6 mg
Vitamin B12	50 mcg
Niacinamide	18 mg
Biotin	500 mcg
DL-methionine	20 mg
Zink (Zn)	15 mg
Horsetail extract (equisetum arvense)	150 mg
L-cysteine	100 mg
MSM	300 mg
Hyaluronic acid	12 mg
Coral Calcium®	25 mg
Bioperine®	2,5 mg

Other ingredients:

Magnesium Stearate, Microcrystalline Cellulose, SiO₂.

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

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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