

Chronoslim® 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 a normal energy metabolism and the maintenance of a normal blood sugar level.

Basics:

Nowadays, more and more people rely on different plant substances to achieve their goal of positively influencing their weight.

Nutrition experts are currently focusing on the ingredients from the plants that can positively influence the effects of the food we eat on our bodies - for example, by promoting normal lipid and sugar metabolism.

These ingredients work by supporting the optimal function of certain organs in the body. Promoting normal thermogenesis and fat storage involves the simultaneous activation, inhibition and regulation of certain processes that can result in increased resilience for your body.

Due to our sedentary modern lifestyles and the oversupply of food in developed countries, millions of people are unable to maintain a normal body weight and are thus trapped in a vicious cycle. Every day, excess energy (in the form of calories) is converted into fat and stored forever.

Most people have already lost the battle practically from the start. Simply initiating a calorie reduction by decreasing food intake or increasing physical activity is a solution that cannot be easily integrated into a modern lifestyle.

However, specific plants can help achieve what lifestyle changes alone may not be able to do: They can help break down fat molecules and initiate their burning by supporting optimal metabolism.

Some of these plant extracts include the following:

African mango: The West African plant *Irvingiagabonensis* was for centuries the main ingredient in the diet of characteristically slender tribes in Cameroon and Nigeria. Under the trivial name African mango, it gained international attention. Its ingredients can have a positive effect on metabolism and fat burning.

Citrus aurantium: Also known as bitter orange, it can support regular blood flow in the blood vessels and promote a normal basal metabolic rate within the cells. The active molecules in *Citrus aurantium* belong to the group of synephrines. The high tolerance is explained by the fact that the body can also produce this substance itself from amino acids, but only in minute quantities.

Hawthorn: The procyanidins, flavonoids and amines contained in this plant can support normal blood flow and help keep blood pressure in the normal range.

Green tea contains many micronutrients that can help support fat burning.

Ginkgo biloba: The leaves of this plant contain two ingredients - ginkgolides and glycosides, which can support normal weight management.

Chromium: The trace element is mainly found in whole grain products, but also in meat, offal, fish and shellfish. It is involved in many metabolic processes and regulates, among other things, insulin sensitivity and thus the burning of carbohydrates and fats.

Additional helpers on the weight front: the enzyme papain in **papaya**, the catechols in the leaves of the **java tea** plant (also called cat's whiskers) and the digestive enzyme **bromelain** (found in pineapple, among others), which has the ability to split various molecules and thus stimulate the metabolism.

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
African mango seed extract (<i>irvingia gabonensis</i>)	150 mg
Citrus aurantium (bitter orange) fruit extract	100 mg
Hawthorn leaf, flower and stem extract	60 mg
Vitamin C	60 mg
Green tea leaf extract	240 mg
Ginkgo biloba leaf extract	20 mg
Chromium (from chromium polynicotinate)	100 mcg

Other ingredients:

Rice Flour, Magnesium Stearate, SiO₂.

PM capsule (evening)	daily dose
African mango seed extract (<i>irvingia gabonensis</i>)	150 mg
Citrus aurantium (bitter orange) fruit extract	100 mg
Hawthorn leaf, flower and stem extract	60 mg
Centella asiatica extract (gotu kola)	18 mg
Papaya fruit extract	25 mg
Java tea leaf extract (<i>orthosiphon aristatus</i>)	60 mg
Bromelain	100 mg

Other ingredients:

Rice Flour, Magnesium Stearate, 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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