

ImmunoChron® is a chronobiological composition of micronutrients to supplement all the vital substances that are nutritionally deficient or that are increasingly needed due to certain lifestyles, in order to support normal immune system function and protect the cells from oxidative stress.

Basics:

An intact immune system is crucial for our physical and mental well-being. Our immune system is constantly on duty to protect us from foreign pathogens that try to invade our body and damage our immune system if necessary. In order for our immune system to function optimally, it is important that we follow a positive lifestyle. In addition to getting enough exercise, restful sleep and enough relaxation, a balanced diet is also essential for a strong immune system. In order to develop resistant defenses, our organism needs a number of important vitamins, minerals and trace elements.

The following nutrients can have a positive effect on the immune system:

Immuno LP-20™: Immuno LP-20™ is the heat-treated *Lactobacillus plantarum* L-137, originally isolated from fermented fish and subjected to a specific heat treatment under optimal time and temperature conditions. Thus, it is considered an alternative to live probiotics, which are known to normalize the intestinal flora and ultimately support the immune system.

Beta-glucan: This natural substance is a compound of several glucose molecules that occurs in the cell walls of fungi and plants. However, it is also found in cereals, yeasts, as well as in other plant foods. Beta-1,3 / 1,6 D-glucan can contribute to the maintenance of a normal cholesterol level as well as promote the body's own defenses.

Barley grass: Barley is considered the oldest grain cultivated by man. As early as 7000 BC, this cereal, which not only has satiating but also beneficial effects, was cultivated. Cereals contain numerous vitamins and minerals that have positive effects on the body. The insoluble dietary fiber beta-glucan is found in barley in particular. In addition, barley contains valuable B vitamins, protein and trace elements that can help support a normal immune system.

Hop flower: Hops (the main ingredient in beer) are used and valued for their mild sedative properties for sleep problems, which is why they are often combined with valerian. However, the bitter substances contained in hops can also positively support digestion and the immune system.

Pyrroloquinoline quinone disodium salt - PQQ: PQQ is found in many foods, such as some fruits and vegetables, soy products and tea. In fact, the highest amounts of this ingredient are found in natto (fermented soybeans). The importance of PQQ for humans was only discovered in 2003. Besides regulating the general metabolism, it can also enhance many effects of other vitamins.

Vitamin C: Citrus fruits are considered the classic main sources of vitamin C. However, many vegetables such as peppers, broccoli and cabbage are also rich in vitamin C. This vitamin can contribute to a normal basic function of the immune system but also help to maintain the normal function of the immune system during and after intense physical activity or stress. It also contributes to normal energy metabolism and can reduce tiredness and fatigue. Vitamin C also serves as cell protection. Last but not least, vitamin C can contribute to the regeneration of the reduced form of vitamin E and thus support the positive function of this vitamin on the immune system.

Vitamin E: As a fat-soluble substance, it is mainly present in cell membranes. It can help protect cells and positively influence the function of the immune system. Foods that contain a lot of vitamin E include various oils, nuts, seeds as well as green vegetables.

Vitamin D: In addition to maintaining normal bones and muscles, vitamin D can also support normal immune system function.

Zinc: Zinc is found in meat, dairy products, fish, whole grains, legumes and nuts, among other things. It is a component of many enzymes and their co-factors. It can contribute to normal DNA synthesis and normal protein synthesis. In addition, it can protect cells and promote a normal immune system.

Selenium: Foods such as legumes, asparagus, broccoli, mushrooms, white cabbage, garlic, onions and Brazil nuts are rich in selenium. The important trace element can contribute to normal thyroid function and cell protection. The immune system also needs selenium to maintain its resilience and performance.

Alpha lipoic acid is a vitamin-like substance that is both water and fat soluble. Lipoic acid is produced in the liver and other tissues where it acts as a natural co-factor of multi-enzyme dehydrogenase complexes such as the pyruvate hydrogenase complex. This ingredient is also found in various foods such as spinach, broccoli, tomatoes as well as meat and offal. Among other things, lipoic acid is important for normal energy production and for protecting the cells in the body.

Resveratrol: It was originally extracted from the skin of grapes and has been proven to have a high cell-protective potential. Cocoa, peanuts, pistachios and berries also contain this nutrient. The highest content of resveratrol, on the other hand, 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 and strengthen the immune system.

Ingredients:

AM capsule (morning)

	per capsule	daily dose
Barley grass juice powder	100 mg	200 mg
Beta-1,3/1,6 D-glucan	75 mg	150 mg
Alpha lipoic acid	50 mg	100 mg
Vitamin C	275 mg	550 mg
Vitamin E (as D-alpha tocopheryl acid succinate)	15 mg	30 mg
BioPQQ™ Pyrroloquinoline Quinone Disodium Salt	1 mg	2 mg
Selenium (Se)	50 mcg	100 mcg
Vitamin D3 (as cholecalciferol)	5 mcg	10 mcg

Other ingredients:

Stearic Acid, Microcrystalline Cellulose, Magnesium Stearate, SiO₂.

PM capsule (evening)

	per capsule	daily dose
Resveratrol	60 mg	120 mg
Immuno LP-20™ (Heat-treated lactobacillus plantarum)	25 mg	50 mg
Hops flower extract (Xanthohumol)	10 mg	20 mg
Zinc (Zn)	7,5 mg	15 mg

Other ingredients:

Microcrystalline Cellulose, Magnesium Stearate, SiO₂.

Recommended consumption:

Normally, you should take 2 AM capsules (yellow) in the morning and 2 PM capsules (blue) in the evening with meals and plenty of fluids.

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.

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



by LHP Inc.

www.vitabasix.com | info@vitabasix.com