

Neurospermine

PRODUCT INFORMATION

A combination of plant extracts, vitamins and minerals that can help to support brain function and promote the cell's own recycling mechanism.

Basics:

With increasing age, protein deposits build up in the brain, which impairs nerve conduction speed. Some foods contain nutrients that can have a positive effect on brain function.

These include spermidine. This substance has become something of a superstar in recent years.

It belongs to a group of secondary plant substances known as "sirtuin activators". The name spermidine is based on the fact that the substance was first detected in male seminal fluid.

However, there are also other sources of spermidine. Certain foods such as wheat germ, dried soya beans, mature cheese, kidney beans and many mushrooms are particularly rich in this natural substance.

One of the most important tasks of spermidine is a process also known as autophagy. While this process still works very well at a young age, this system no longer works as effectively with advanced age. More and more molecular waste accumulates in the cells. It is assumed that our body produces around a third of the spermidine it needs every day. Among other things, our intestinal bacteria produce a large proportion of this important nutrient. However, in order to boost the body's own recycling process even more, it is recommended to eat more foods that are rich in spermidine in order to ensure the daily requirement of spermidine and at the same time support brain functions.

These foods include

Wheat germ: The extract of these cereal sprouts is rich in protein, fatty acids and vitamins. Wheat germ also has a very high spermidine content.

It has been shown that a diet rich in wheat germ can increase the body's own spermidine levels after just three months and thus help to significantly improve memory performance.

Astaxanthin:

Is mainly found in shellfish, especially shrimps, crabs, lobsters and crabs as well as salmon and algae. This carotenoid can protect cells and support energy transfer.

Blueberries:

These fruits have a very high content of polyphenols, which primarily include the highly effective anthocyanins. These are known for their antioxidant and anti-inflammatory effects.

Green tea:

Is rich in valuable ingredients such as catechins. These can help to protect brain cells and thus increase cognitive performance.

This is mainly due to epigallocatechin gallate (EGCG), a flavonoid, which is said to have the ability to prevent the formation of plaques in the brain, a process that could protect against neurodegeneration.

Turmeric: The active ingredient of the Asian spice turmeric (*Curcuma longa*), a relative of ginger, is curcumin. The secondary plant substance from turmeric gives Indian curry dishes their characteristic yellow colour. Curcumin can also protect the mitochondria of brain cells against oxidative stress. It has also been shown that regular consumption of turmeric improves memory performance and can slow down the breakdown of nerve cells in the brain.

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

If the intake of these nutrients through the diet is not sufficient or there is an increased need, they can be supplemented with special dietary supplements.

Ingredients:

One capsule contains:

Wheat germ extract	505 mg
contains 1 mg spermidine	
Natural AAstxanthin	1 mg
Blueberry fruit extract	12.5 mg
Green tea leaf extract	50 mg
Turmeric root extract	50 mg
Bioperine®	2.5 mg

Other ingredients:

SiO₂ , magnesium stearate.

Recommended consumption:

Normally take one capsule daily with plenty of liquid.

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 away from light in a dry place at room temperature. The information published is not intended as a cure and is not intended as an invitation or suggestion to self-medicate.

Although some of the above statements on individual micronutrients are derived from scientific studies, they are recognised by official authorities such as the European Food Safety Authority (EFSA) as "not yet sufficiently proven", so 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-1-24

Manufacturer



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