

Oncochron® 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 cell metabolism.

### Basics:

There are a number of phytochemicals that are not only said to have cell-protective effects, but also have a positive effect on cell growth or cell differentiation. Thanks to them, healthy cell growth can be supported.

These nutrients include, among others:

**Diallyl sulphide:** This germ-inhibiting sulphur compound extracted from garlic can help protect cells from external and internal damage. Garlic also has disinfecting, antibacterial and anti-inflammatory effects.

The plant substance **indole-3-carbinol**, mainly contained in broccoli and other cabbage varieties, facilitates the body's own production of all the active substances that are produced by the respective messenger substances required or needed at the respective right moment to regulate adequate cell growth.

**Curcumin:** The active ingredient in the Asian spice turmeric (*Curcuma longa*), a relative of ginger, is curcumin. Curcumin has antioxidant and anti-inflammatory effects, which enables it to protect cells. **Capsaicin**, from the fruit of the red cayenne pepper, which is contained in hot chilli, also shows similar effects.

**Ginger:** The body produces certain enzymes to both eliminate toxins and regulate cell growth. It turns out that two other phenols, namely gingerol and 6-shogaol, are very helpful in increasing this enzyme activity. Both phenols are found in ginger and give it its pungency.

**Catechins:** For certain cells, especially in the intestine and breast, insulin acts as a growth factor. Catechins, such as those found in green tea, can help maintain normal levels of the enzymes that regulate insulin levels in the blood. In this way, the polyphenolic plant constituents can help maintain normal levels of this hormone and thus regulate cell growth.

**Ecdysone:** A more natural support for normal cell growth comes from **20-hydroxyecdysone**, a special protein-forming steroid that, among other things, controls cell proliferation, e.g. of muscles. This ingredient is found in green leafy vegetables such as spinach, but also in a variety of herbs. In addition, these substances are said to have a certain anabolic effect.

**Resveratrol:** Plants have genes, just like we do. Any disturbance of their activation and deactivation processes can negatively affect the cells, because the affected cells produce certain proteins either in excess or not at all, thus preventing the reading of essential genetic information. This is where resveratrol can have a regulatory effect. The polyphenol resveratrol is a natural, highly efficient nutrient. It was originally extracted from the skin of grapes, but cocoa, peanuts, pistachios and berries also contain this nutrient. The highest content of resveratrol, however, is found in Japanese knotweed.

**Propolis:** Bees use their phytomix **propolis**, which is specially produced for the queen and consists of vitamins, amino acids, minerals, resins and bioflavonoids, to protect their narrow habitat from germs and bacteria. Propolis, which is contained in natural honey, can also have a positive effect on the cells.

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)	per capsule	daily dose
Curcumin (from turmeric root extract)	25 mg	50 mg
Capsaicin (from red cayenne pepper fruit)	30 mg	60 mg
20-hydroxyecdysone (from cyanotis vaga herb extract)	37,5 mg	75 mg
Propolis	50 mg	100 mg
Sulforaphane glucosinolate (from broccoli seed extract)	8,5 mg	17 mg
Catechins (from green tea leaf extract)	100 mg	200 mg
Indole-3-carbinol	100 mg	200 mg
Coral Calcium®	12,5 mg	25 mg

### Other ingredients:

Stearic Acid, Magnesium Stearate, Tricalcium Phosphate.

PM Kapsel (Abend)	per capsule	daily dose
Lycopene	10 mg	20 mg
Resveratrol	60 mg	120 mg
Sulforaphane glucosinolate (from broccoli seed extract)	8,5 mg	17 mg
Diallylsulfide	100 mg	200 mg
Gingerols / 6-Shogaols (from ginger root extract)	6,25 mg	12,5 mg
Coral Calcium®	12,5 mg	25 mg

### Other ingredients:

Microcrystalline Cellulose, Magnesium Stearate, Tricalcium Phosphate.

### Recommended consumption:

In normal cases take 2 capsules AM (yellow) in the morning and 2 capsules PM (blue) in the evening with plenty of fluid.

---

## 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



**VitaBasix®**

by LHP Inc.

[www.vitabasix.com](http://www.vitabasix.com) | [info@vitabasix.com](mailto:info@vitabasix.com)