

Neurosp^{er}min[®]

A combination of plant extracts, vitamins and minerals supports healthy brain function and promotes the cell's own recycling mechanism. This is said to slow down the age-related decline of cognitive functions and improve memory.

Basic Facts

Dementia is the epidemic of the 21st century. Due to increasing life expectancy, more and more people are developing senile dementia. According to expert forecasts, the number of people affected could double, if not quadruple, by 2050. Despite intensive research, it has not yet been possible to develop an effective therapy. Alzheimer's disease is the most common form of dementia, accounting for around two-thirds of all cases, and is associated with the loss of cognitive abilities. Special nerve cells in our brain ensure the functioning transmission of information so that we can perform highly complex tasks on a daily basis. In people with dementia, the function of some nerve cells is increasingly lost so that they are no longer able to communicate properly with each other. Possible causes for this include deposits of certain proteins in the brain, e.g. amyloid plaques and tau fibrils, which cannot be broken down by the body. As a result of the dysfunctions, memory and orientation disorders, disturbances of language, thinking and judgement as well as personality changes occur. Once nerve cells have been lost, they can only be replaced with great difficulty, if at all.

Effects

Spermidine

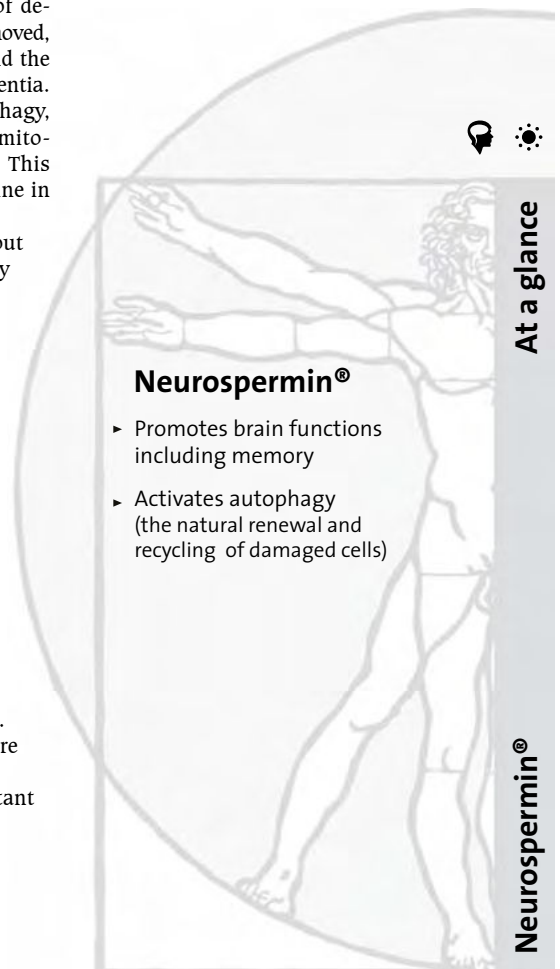
Some foods contain certain substances that have the ability to stimulate the self-cleaning processes in the brain, which can counteract neurodegenerative diseases. Spermidine in particular has proven to be effective in this regard, as it positively influences brain functions and has become a kind of superstar among brain boosters in recent years. It belongs to a group of secondary plant substances called "sirtuin activators". The name of the substance is based on the fact that it was first detected in male seminal fluid. However, there are other sources of spermidine. Certain foods such as wheat germ, dried soybeans, ripened cheese, kidney beans and many mushrooms are particularly rich in this natural substance.

One of the most important tasks of spermidine is a process known as autophagy. Autophagy refers to the natural process of cell renewal, purification and regeneration. In this process, defective cell components and/or pathogenic proteins are broken down and the resulting building blocks are recycled. The body's own "recycling system" also breaks down molecular waste that has accumulated over the years. While this process still works very well when we are young, this system no longer works as effectively with advanced age. More and more molecular waste accumulates in the cells, which promotes the development of serious diseases. In the brain, for example, beta-amyloid plaques accumulate, i.e. the protein deposits that are primarily responsible for the development of Alzheimer's disease and other forms of dementia. If these deposits cannot be removed, the result is a reduced ability to think and the gradual development of pronounced dementia. Spermidine not only ensures proper autophagy, but also has a positive effect on the mitochondria, the power plants of every cell. This can also slow down the age-related decline in cognitive functions.

It is assumed that our body produces about one third of the spermidine it needs every day itself. Among other things, our intestinal bacteria produce a large part of this important substance. However, in order to boost the body's own recycling process even more, it is recommended to make more use of foods that are rich in spermidine in order to supplement the daily requirement of spermidine. A special food supplement such as Neurosp^{er}min[®] provides spermidine and other important substances in an optimal form to effectively support brain and other important body functions.

Wheat germ extract: This extract is rich in protein, fatty acids and vitamins. Vitamin E and certain plant proteins are essential for muscle growth and maintenance. Folic acid plays an important role for the nerves and blood formation.

In addition, wheat germ has a very high content of spermidine, which helps to slow down the ageing process, especially in the brain, in order to counteract memory loss and neurodegenerative diseases. Studies show that a diet rich in wheat germ raised the body's spermidine levels after only three months, significantly improving memory performance. In addition, research suggests that spermidine also has a positive effect on the cardiovascular system and promotes healthy cell growth, among other things.



Neurosp^{er}min[®]

- ▶ Promotes brain functions including memory
- ▶ Activates autophagy (the natural renewal and recycling of damaged cells)

At a glance

Neurosp^{er}min[®]

Astaxanthin: This vitamin-like substance protects cells from free radicals and supports energy transfer. It is up to 500 times more effective than vitamin E in scavenging free radicals and 40 times more effective than beta-carotene. Because astaxanthin is a fat-soluble molecule, it is very good at crossing the blood-brain barrier and effectively protecting the brain from the damage thanks to its powerful antioxidant properties. For this reason, astaxanthin may prove effective in preventing neurodegenerative diseases, as it reduces the concentration of e.g. phospholipid hydroperoxide (PLOOH) in the brain.

Blueberry fruit extract: These fruits have a very high content of polyphenols, which include above all the highly effective anthocyanins. Due to their antioxidant and anti-inflammatory effects, blueberries protect the brain from age-related damage and promote neurogenesis, i.e. the formation of new nerve cells. Research suggests that a diet rich in blueberries may reduce the risk of cognitive problems in later life and improve memory.

Green tea leaf extract: Is rich in valuable substances such as catechins. These colorless bitter substances have an excellent radical scavenging capacity. They protect the brain cells, increase cognitive performance and can thus inhibit the development of neurodegenerative diseases. This is mainly due to the substance epigallocatechin gallate (EGCG), a flavonoid, which has the ability to prevent the formation of plaques. In addition, EGCG can stimulate the formation of new nerve cells in the brain.

Turmeric root extract: The active ingredient in 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 color. In the brain, it mainly unfolds antioxidant and anti-inflammatory properties. Curcumin has the ability to inhibit enzymes that accelerate inflammatory processes and supports special scavenger cells to dissolve the dangerous β -amyloid plaques that accumulate in the brain. In addition, curcumin protects the mitochondria of brain cells against oxidative stress. Research shows that regular consumption of turmeric improves memory and slows down the degradation of neurons in the brain.

Bioperine®: This extract derived from black pepper increases the bioavailability of the ingredients in Neurospermin® and has also antioxidative effects.

Uses

Brain function and memory:

As we age, there are more and more protein deposits in the brain, affecting nerve conduction velocity. If these are not eliminated, the ability to think, among other things, suffers and the development of neurodegenerative diseases is promoted. Spermidine activates the body's own autophagy, removes pathological cell components and restores normal conditions.

Composition

One capsule contains:

Wheat germ extract (contains 1 mg Spermidine)	505 mg
Natural Astaxanthin	1 mg
Blueberry fruit extract	12,5 mg
Green tea leaf extract	50 mg
Turmeric root extract	50 mg
Bioperine®	2,5 mg

in pharmaceutical grade.
Other ingredients: SiO₂, magnesium stearate.

Dosage

Normally take one capsule daily with plenty of liquid.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

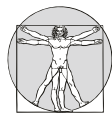
Store in a cool and dry environment, out of reach for children.

Neurospermin® Product Groups

Neurospermin® can be found in the following product groups (www.vitabasis.com):

- 🧠 **Brain And Memory**
- 🛡️ **Immune System, Cell Protection and Antioxidants**

Manufacturer:



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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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