

## PRODUCT INFORMATION

# Neurochron®

*The combination of plant extracts, vitamins and minerals in Neurochron® is specifically synchronized to suit the body's needs at the optimum time of day, allowing perfect integration into the daily diet from a chronobiological point of view and helping to maintain healthy mental fitness, cognition and concentration throughout the day.*

### Basic Facts

Aging is nearly always associated with a slow decrease in mental fitness, the ability to concentrate and memory. This poses challenges for the individual who must learn to cope with these changes; a struggle which may ultimately affect overall mood.

Nearly all cognitive complaints, if not caused by accidents, tumors or underlying diseases, progress very slowly and insidiously and are therefore difficult to recognize at the time of their onset. However, for mental abilities to remain optimal into advanced age, early recognition is important so that preventative measures may be successfully introduced.

Today, preventive and modern anti-aging medicine recognizes an integrated model for the maintenance of cerebral fitness. This model combines a balanced diet and moderate physical training with special exercises to train one's mental abilities and specific forms of meditation. Sometimes, if necessary, certain medications and/or hormones may also be used under the supervision of a doctor. A program of this type should always be accompanied by a high-grade food supplement to replace missing or deficient vitamins and minerals, along with active plant substances to help maintain brain health.

Furthermore, it's important to consider that certain substances have a stimulating effect and should be taken during the day while others have a soothing effect and are better administered in the evening. Thus, optimal results can be achieved with a food supplementation program based on chronobiological guidelines, to help maintain mental fitness and protect against age-related loss of memory.

### Effects

Neurochron® is a combination of vitamins, minerals, antioxidants, phospholipids and selected plant extracts. The formula's division into morning and evening capsules ensures a balanced combination of natural

substances to help maintain healthy brain function, in keeping with the most recent scientific findings.

The most important constituents for the day are:

**BioPQQ™ Pyrroloquinoline Quinone Disodium Salt:** The significance of Bio-PQQ™ (also known as pyrroloquinoline quinone) for the human body was not discovered until 2003. This vitamin is involved in more than 20,000 physiological processes and therefore plays an immensely important role in the prevention of many diseases. In addition to the positive effects it has on the general metabolism, muscle function, neuronal conduction and the immune system, it also enhances many effects of other vitamins.

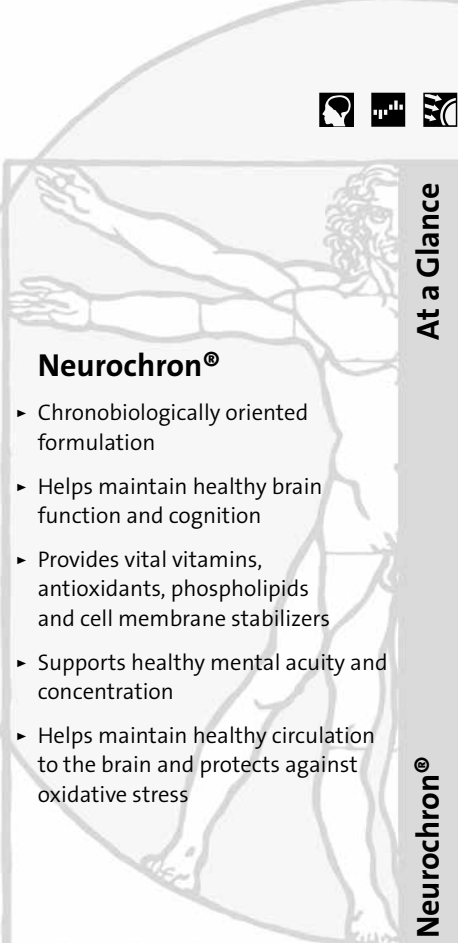
**Voacanga africana seed extract:** In addition to its anti-oxidative properties it promotes healthy blood circulation and oxygen levels in the brain, necessary for stimulating cerebral metabolism. Furthermore, it helps support healthy ATP levels in nerve cells, helping to ensure the brain is provided with the energy required for all of its metabolic processes and functions.

**Inositol:** Inositol and its derivatives play an important role in the transfer of signals within the cells. For example, signals that reach the cell from the outside are directed from the cell membrane into the cell nucleus with the help of inositol. In this way, the metabolism of cells is adjusted to external requirements and the cells are prompted to form specific hormones and other important substances as needed.

**Choline bitartrate and DMAE bitartrate:** Choline belongs to the group of biogenic amines and is present in nearly all life forms. It plays an important role in amino acid metabolism and is involved in the formation of important substances in the body, such as the phospholipid lecithin, which is involved in the formation of

cell membranes. Dimethylaminoethanol (DMAE) is also a biogenic amine with similar important functions. Like choline, it is necessary for the formation of cell membranes and serves as the basic material for the synthesis of choline. Acetylcholine, one of the most important neurotransmitters in the body, is also formed from choline. The decrease of this messenger substance in advancing age appears to contribute to several deficiency symptoms.

**Huperzine (Huperzia serrata)** inhibits cholinesterase, slowing the degeneration of acetylcholine. It also helps maintain a healthy mood.



**Neurochron®**

- ▶ Chronobiologically oriented formulation
- ▶ Helps maintain healthy brain function and cognition
- ▶ Provides vital vitamins, antioxidants, phospholipids and cell membrane stabilizers
- ▶ Supports healthy mental acuity and concentration
- ▶ Helps maintain healthy circulation to the brain and protects against oxidative stress

At a Glance

Neurochron®

**NADH® (Panmol)** is related to vitamin B3, which is present in all cells and is involved in redox processes. Its most important function is to regulate the energy balance in cells. Reduced levels of NADH have been shown to be associated with loss of memory and degenerative symptoms in the brain.

**Coenzyme Q10 and vitamin E (as D-alpha tocopheryl acid succinate):** Both of these highly potent antioxidants act on the cell membrane. In the respiratory chain, coenzyme Q10 also serves as an electron transporter in the mitochondrial cell membrane and is therefore essential for the derivation of energy from cells.

The most important substances for the nocturnal activity of the brain are:

**Vitamin B1 (thiamine) und B2 (riboflavin):** These vitamins protect the nerve cells by protecting against free radicals. Furthermore, vitamin B1 helps maintain healthy blood circulation in the brain while B2 has a positive effect on cell respiration – both of which are essential prerequisites for storing information in long-term memory.

**Folic acid and ginkgo biloba leaf extract:** Folic acid is a coenzyme involved in several metabolic reactions that is absolutely essential for optimal functioning of the body. It is particularly significant in differentiated cell growth and the formation of red blood cells, which are responsible for oxygen transport. The flavonoids contained in ginkgo biloba help protect against free radicals. Ginkgo biloba also supports healthy circulation, helping to promote healthy blood flow to cerebral structures.

**Acetyl-L-carnitine HCl** is an ester of the amino acid L-carnitine which, in turn, acts as a transport molecule for fatty acids through the mitochondrial membrane. Acetyl-L-carnitine is metabolized in the mitochondria of cells – a process by which energy is derived for the body's cellular balance. In addition, it supports the formation of certain neuronal growth factors in specific parts of the brain.

**Phosphatidylserine** is an essential component of all cell membranes and plays a significant role in the brain, particularly during the release of neurotransmitters and, consequently, in the transmission of impulses between nerve cells. Its relative deficiency

in advanced age is a frequent cause of reduced intellectual performance and less-than-optimal memory.

**Panax ginseng root extract:** This herb's anti-oxidative potential and ability to affect specific brain receptors allow it to help maintain healthy mood and intellectual functioning.

**Coral Calcium®:** This substance regulates the pH value of the body; the more balanced the body's pH, the better its ability to absorb the active ingredients in Neurochron®.

**Bioperine®:** This extract, derived from black pepper, boosts the bioavailability of the active ingredients in Neurochron®.

## Uses

Neurochron® serves to support healthy brain function, concentration and memory into advanced age. Taking Neurochron® as a preventative measure is especially recommended, because although they may not be immediately detectable, degenerative concerns relating to brain health may start as early as age 45.

## Composition

AM capsule (morning)	
	daily dose
BioPQQ™ Pyrroloquinoline Quinone Disodium Salt	2 mg
Voacanga africana seed extract	15 mg
Inositol (as hexanicotinate and hexaphosphate)	230 mg
Choline bitartrate	50 mg
DMAE bitartrate	50 mg
Huperzine (Huperzia serrata)	0.4 mg
Vitamin E (as D-alpha tocopheryl acid succinate)	80 mg
NADH® (Panmol)	2 mg
Coenzyme Q10	10 mg
Coral Calcium®	25 mg
Bioperine®	2 mg

in pharmaceutical grade. Other ingredients: microcrystalline cellulose, magnesium stearate, SiO<sub>2</sub>.

PM capsule (evening)	
	daily dose
Vitamin B1 (thiamine)	10 mg
Vitamin B2 (riboflavin)	10 mg
Vitamin B12	15 mcg
Folic acid	400 mcg
Pantothenic acid	50 mg
Ginkgo biloba leaf extract	120 mg
Acetyl-L-carnitine HCl	100 mg
Phosphatidylserine	30 mg
Panax ginseng root extract	20 mg
Coral Calcium®	25 mg
Bioperine®	2 mg

in pharmaceutical grade. Other ingredients: microcrystalline cellulose, magnesium stearate, SiO<sub>2</sub>.

## Dosage

In normal cases take 1 capsule AM (yellow) in the morning and 1 capsule PM (blue) in the evening with plenty of fluid.




## 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.

## Neurochron® Product Groups

Neurochron® can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

-  **Brain & Memory**
-  **Chronobiology**
-  **Immune system, Cell Protection & Antioxidants**

Manufacturer:



**VitaBasix®**

by LHP Inc.

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

Tel.: 00800-7030 7060 | Fax: 00800-1570 1590

## 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.

Subject to alterations and printing errors. Version: VBX1-22