

These vital substances help

Astaxanthin and Q₁₀ – greater energy, physical performance and endurance

The anti-aging properties of natural astaxanthin act first and foremost on the skin, immune system and eyesight.

Astaxanthin markedly increases physical performance and combats fatigue! Helps achieve greater energy, endurance and powers of resistance!

Natural coenzyme Q₁₀ is indispensable for generating energy. 95% of the body's entire energy is activated by coenzyme Q₁₀. The Q₁₀ content in important organs declines significantly after the age of 40! Supplements are useful and help the body achieve greater energy and drive!

For greater endurance, energy and powers of resistance!

Vitamins D₃, C, E and selenium, manganese and zinc – protective substances to combat the aging process

Vitamins D₃: 80% of the population is deficient in this «anti-aging hormone» of our immune system.

Strengthens muscles and bones. Protects nerve cells.

Vitamin C: vital for collagen renewal. Strongly water-soluble antioxidant in conjunction with vitamin E and coenzyme Q₁₀. Important detox function in the body. Reduces fatigue.

Vitamin E: most important fat-soluble protective vitamin. Important for the formation of good quality connective tissue. Protects blood cells, eyes, nerves and brain against aggressive free radicals. Improves the circulation of blood and the oxygen supply to the blood vessels.

Selenium: indispensable trace element for detoxification of the body. Selenium deficiency is very common. That's why you need to supplement!

Courses of treatment with the above-mentioned vital substances should last at least 60 days. It is advisable to take them every day over an extended period!

Tips

Important anti-aging tips for growing older healthily

- Drink two litres of water a day (flushes out uric acid that would otherwise damage the connective tissues).
- Exercise in the open air several times a week. Duration at least 40 to 45 minutes.
- Eat fresh fish at least 2 times a week or take omega-3 fish oil or krill oil capsules.
- Get sufficient protein (possibly by means of a tasty protein shake containing L-carnitine and inulin). This, in conjunction with strength training, will retain muscle mass.
- Eat plenty of fresh fruit and vegetables.
- Do not smoke. Moderate wine consumption is beneficial.
- Use high-quality oils such as olive oil or rapeseed oil for cooking.
- Eat sufficient fibre (whole grain products with dietary fibre).



Growing older while feeling young and full of vigour!

Hyaluronic acid • Collagen UC-II • Astaxanthin
OPC pine bark • Q₁₀ • MSM

Ideal in capsules

Skin appearance • Vitality • Energy • Zest for life

The quintessence of beauty and energy

The synergy between different vital substances helps you achieve greater energy, better skin appearance and more zest for life in general. There are natural substances that have to be taken in the form of a drink because of the intake required, such as collagen hydrolysate (daily dose: 10 g). Other vital substances are unsuitable for drinks because of their very bitter taste, such as OPC pine bark extract.

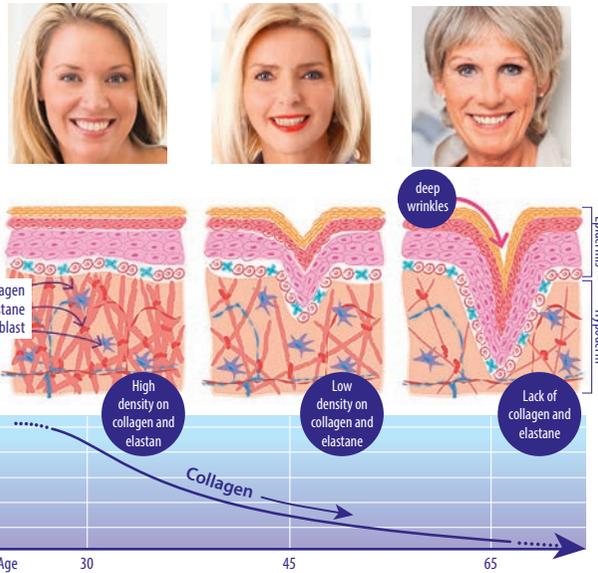
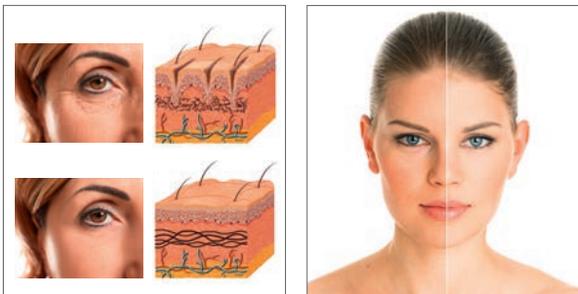
Accordingly, it is often the combination that determines the form in which a product is best suited to you. Ask a specialist retailer for advice.

Below is a description of a number of vital substances that have been well researched scientifically as true anti-aging substances and vitality enhancers. Natural and effective.

Hyaluronic acid – filling material for skin and joints

Hyaluronic acid is a natural, high molecular weight, long-chain substance in the body that performs many roles – it regulates the water content in connective tissue and ensures that our skin remains smooth and elastic. In addition, taking hyaluronic acid has a positive effect on joints, tendons and ligaments.

For a smooth, fresh and elastic skin – anti-wrinkle effect – combats skin aging – beneficial for joints.



Collagen UC-II

An undenatured collagen that serves as a catalyst for the regeneration of collagen fibres and hyaluronic acid. Supplements the effect of hyaluronic acid. For soft, smooth and supple skin. Also contributes to healthy joints.



Catalyst for collagen fibre renewal in the skin and joints

MSM (methylsulfonylmethane) – the mineral substance of connective tissue

MSM is an organic, biologically active, natural sulphur compound that is present in all living organisms and optimally bioavailable. For example, the function of enzymes and proteins and the structure and strength of connective tissue, nails and hair are directly dependent on the concentration of sulphur and its compounds. MSM is an activator for the body's own collagen synthesis. Combats dry, chapped and stressed skin. With additional detox effect.

For skin, hair and nails. Hypoallergenic. Combats weak connective tissue. Detox.

OPC pine bark extract

OPCs (oligomeric proanthocyanidins) from pine bark belong to the health-promoting polyphenols. OPCs are an antioxidant plant substance with scientifically well-documented effects on the skin ("beauty from the inside"), the immune system, eyes, blood vessels (veins and cardiovascular system) and mental health. Improves the self-synthesis of elastin and collagen in the skin. Reduces age spots and improves skin circulation. Improves skin elasticity and hydration. Good synergistic effect with other vital substances.



Improves skin structure. Combats skin blemishes. Activates the body's defences. Protects the blood vessels.