

Prevention of chronic diseases:

One multivitamin capsule per day for everyone

Health recommendations:

- ✓ 2–3 exercise sessions that are easy on the joints, duration at least 40–45 minutes.
- ✓ Eat more fresh fruit and vegetables.
- ✓ Too much fat makes you fat! Reduce total fat intake. Use olive oil or cold-pressed rapeseed oil.
- ✓ Eat fish (e.g. salmon or tuna) twice a week or take omega-3 fish oil capsules.
- ✓ Reduce sweet foods.
- ✓ Drink sufficient liquid (about 2 litres per day in the form of water, green tea).
- ✓ Limit meat consumption to 2–3 times a week.
- ✓ Choose wholegrain products containing dietary fibre.
- ✓ Reduce table salt to 5–6 grams per day.
- ✓ Lose weight if you are overweight. Pay attention to your abdominal girth.
- ✓ Don't smoke.
- ✓ Moderate wine consumption is recommended.
- ✓ Regular monitoring of
 - Blood pressure (guideline value at 135/85 mmHg).
 - Blood sugar (fasting guideline value at 110 mg/dl or 6.1 mmol/l)

A balanced diet with five portions of fruit, vegetables and additionally a multivitamin preparation: this is the recommendation of two American nutrition researchers after evaluating the literature from the previous 35 years on the topic, «vitamins for the prevention of chronic diseases». Besides vitamins, minerals and trace elements, green tea extract and coenzyme Q10 play an important role in the prevention of diseases.

Green tea (*Camellia sinensis*) – a fountain of youth

Black tea is produced by the fermentation of green tea. To ensure that the green tea remains natural and no fermentation takes place, the freshly harvested leaves are briefly heated. The main ingredients of green tea are polyphenols (especially catechins). Numerous studies prove the health-promoting and **immune system strengthening properties** of green tea and its extract.

The stimulating effect is well documented for **tiredness and lack of energy**. Polyphenols from green tea protect the vessels and the cardiovascular system from arteriosclerosis and the skin from damage caused by UV rays. They help it to regenerate and delay skin aging. Recent studies show that green tea reduces body fat and lowers body fat mass when consumed as part of a suitable diet.

Coenzyme Q10 (CoQ10) – the energy activator

CoQ10 is a vitamin-like substance that occurs naturally in the body and is essential for **endogenous energy production**. Every cell needs CoQ10, a large amount of which is found in the heart, muscles, kidneys, liver and brain. However the concentration in these organs decreases continuously after the age of 40, due to a decrease in the body's own production. Since CoQ10 is found in food only in very small quantities, a continuous supply of 30–60 mg daily is highly recommended in the form of a food supplement. Regular intake of CoQ10 benefits the **heart, nervous system, energy metabolism** and the **immune system**. Together with vitamin E, CoQ10 is the most important fat-soluble antioxidant and thus an important cell protection factor.



<https://swisshealthproducts.com/en/products/22/vita-benefit-q10-120-capsules>



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Vital substances for your health, vitality and immune system

Green tea - extract (contains natural polyphenols):

- ✓ **strengthens the immune system** and increases your resistance to flu-like infections for example
- ✓ increases fat burning and supports weight loss
- ✓ has a **psychologically balancing effect** and helps to reduce stress and fear
- ✓ slows down the aging process (**anti-aging**)
- ✓ **protects the heart** and has a favourable effect on cholesterol and lipid metabolism
- ✓ **improves your memory performance**
- ✓ protects the skin from free radicals and combats **skin-aging** and the formation of wrinkles



Vitamins & minerals and trace elements = motors of the metabolism

Vitamins (building blocks of life):

Important metabolic catalysts that cannot be produced by the human body or can only be produced insufficiently.

Minerals & trace elements:

Indispensable for water and electrolyte balance, for nerve and muscle function as well as for the development of bones and teeth.

Attention: Calcium and magnesium are highly dosed in multivitamin mineral capsules.

Coenzyme Q₁₀ - the energy activator:

- ✓ helps combat **stress** and **physical strain**
- ✓ is the key to human **energy**
- ✓ is a cell protection factor (anti-aging)
- ✓ is indispensable for the **heart** and **immune system**
- ✓ has a neuroprotective effect, i.e. **protects the nervous system**

Attention: Simultaneous intake of fat improves bioavailability, therefore take it with meals.



Common reasons for taking an increased supply of vital substances:

- Occupational and emotional stress
- Insufficient fresh fruit and vegetables
- Wrong cooking of vegetables & fruits
- Competitive sports or and heavy physical work
- Irregular eating and skipping meals
- Pregnancy and breast-feeding
- Malnutrition in old age
- Long-term medicinal use of laxatives, birth control pill, diuretics, cortisone and hormone preparations for example
- Fasting cures & diets
- Chronic diseases of the gastrointestinal tract
- Stimulants such as alcohol and tobacco