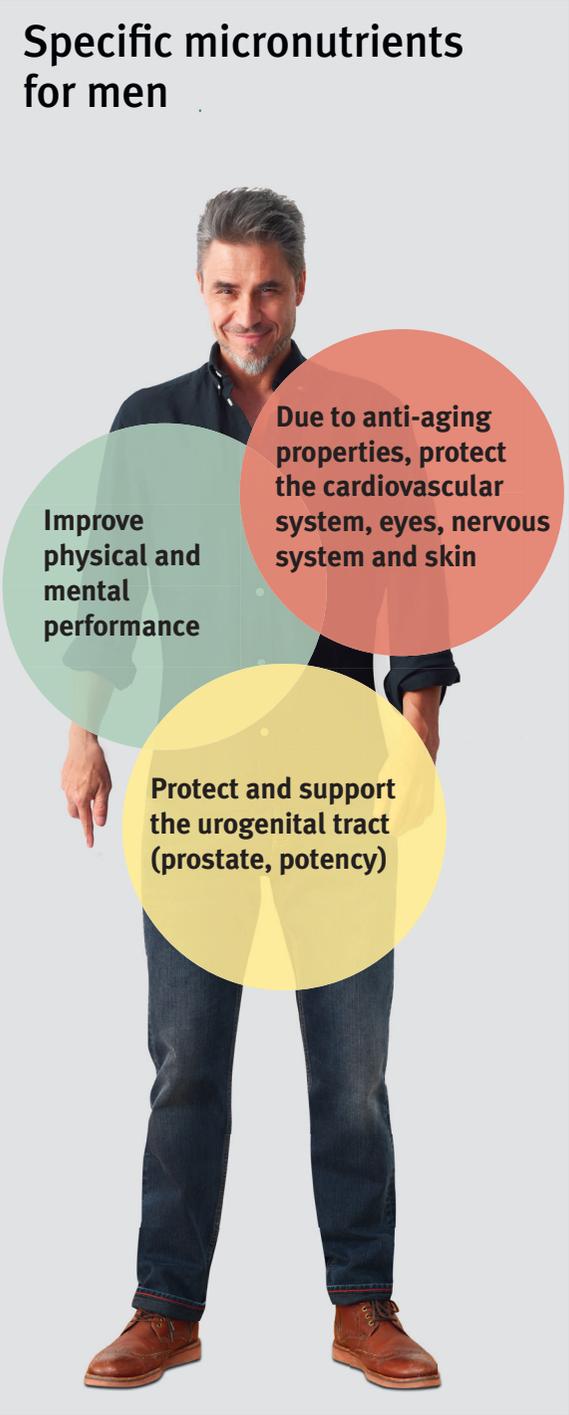


Specific micronutrients for men



Improve physical and mental performance

Due to anti-aging properties, protect the cardiovascular system, eyes, nervous system and skin

Protect and support the urogenital tract (prostate, potency)

Important anti-aging tips for healthy ageing:

- Drink 2 litres of water a day (washes away connective tissue harmful uric acid).
- Exercise in the fresh air several times a week. Duration at least 40 to 45 minutes.
- Enjoy fresh fish 2 times a week or Omega 3 fish oil or krill oil capsules.
- Sufficient protein (possibly due to a good tasting protein shake with L-carnitine and inulin). Together strength training will maintain the muscle mass.
- Enjoy lots of fresh fruit and vegetables.
- No smoking. Moderate wine consumption is recommended.
- High-quality oils such as olive oil or rapeseed oil for cooking.
- Sufficient dietary fibre (whole grain products with nutritional fibres).
- In case of prostate discomfort: 600 mg nettle root extract per day.



Vital substances for men

Energy metabolism • Testosterone
Immune system • Muscle function
Nervous system

Energy metabolism • Testosterone • Immune system • Muscle function • Nervous system

Even in old age, men want to stay strong, performance-oriented and resilient. However, the pressures of sustaining peak performance and mental tension can rob the body of its reserves of energy and nutrients. The body can only achieve optimal performance through a healthy lifestyle and a proper supply of vital substances.

Supplementary vital substances for improved quality of life

In certain situations (e.g. old age or stress), it is advisable to take specific vital substances in addition to a healthy diet in order to maintain mental and physical fitness, on the one hand, and to preventively protect and optimise blood vessels and the urogenital tract, on the other.

Taken both individually and in combination, the health-promoting benefits of the following vital substances have been demonstrated in several high-quality studies.

L-carnitine and coenzyme Q10: for improved performance

An effective pair to gain energy. Taken in combination, Q10, astaxanthin and L-carnitine help to combat tiredness and fatigue. Coenzyme Q10 is considered the cell's most important energy activator, and in combination with L-carnitine helps to improve physical fitness in stressful situations.



Lycopene – natural, tomato-derived cell protection for the prostate

The natural carotenoid lycopene serves as cell protection for the skin, and promotes prostate health when taken in combination with pomegranate extract and zinc.

L-arginine and OPC pine bark extract – potency from nature

The scientifically well-documented synergistic effect of the amino acid L-arginine with the antioxidant OPC pine bark extract increases the release of nitrogen (NO) and thus enhances microcirculation and blood flow through the vessels. In particular, it is possible to achieve good results for ED (erectile dysfunction). The B vitamins (B6, B12 and folic acid) are required in order for L-arginine to be well metabolised. Traditionally, extracts of maca and saffron also support virility. Saffron in particular is increasingly attracting scientific attention, as it also has a balancing effect on the psyche.

Astaxanthin and OPC pine bark extract – for a strong heart & nerves and mental strength

The anti-aging properties of natural astaxanthin and OPC pine bark extract primarily have an effect on the skin, cardiovascular system, immune system, nerves and visual acuity. They bring about a marked increase in physical performance and also help to combat fatigue. An aid to more energy, endurance and resilience!

Zinc, selenium and vitamin D – for normal testosterone levels

A sufficient supply of these vital substances has a positive impact on testosterone levels. Moreover, the immune system depends on sufficient quantities of these micronutrients. Deficiencies in selenium and vitamin D are extremely common – it is definitely advisable to take supplements!

The micronutrients should be taken over a longer period of time and with food.

