




PROBLEM AREA

Allergic Reactions

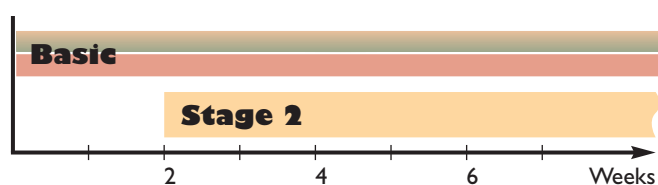
An allergy is a hypersensitive reaction by the body's immune system to either foreign or bodily substances. The immune system identifies the substances as foreign and hazardous and thus sets an immune response in motion.

Substances which can trigger an allergy are known as allergens. Most commonly they are either breathed in, consumed with our food or

cause allergic reactions when they come into contact with the skin. The most important preventive measure is of course to avoid contact with the allergen. In addition, an optimum supply of cellular nutrients strengthens the natural immune system, supports healthy cell function and can thus contribute to alleviating or preventing allergic reactions.

RECOMMENDED ACTION (STAGES)	MAIN CONSTITUENTS OF THE SYNERGY TEAM	ADVANTAGES OF OPTIMUM CELL NUTRITION
 Basic programme	Cellular nutrient synergy of over 30 vitamins, minerals, amino acids and trace elements, extended by biologically active plant substances (phytobiologicals).	<ul style="list-style-type: none"> Covers the body's basic needs for cellular nutrients as comprehensive as possible, thereby optimising its overall metabolism.
 Healthy cell function	Vitamin C, lysine, proline, arginine, polyphenols (EGCG)	<ul style="list-style-type: none"> Supports healthy cell function Inhibits collagen-digesting enzymes Maintenance of stable connective tissue
 STAGE 2 Protecting connective tissue	Vitamin C, lysine	<ul style="list-style-type: none"> Protects connective tissue

RECOMMENDED CELLULAR NUTRIENT INTAKE:



Begin by taking the basic nutrient programme every day at mealtimes. Then supplement these cellular nutrients with special nutrients to support healthy cell function. If required add in the next stage for the protection of connective tissue (stage 2). A further possible supportive measure is to protect the cells against free radicals.