




PROBLEM AREA

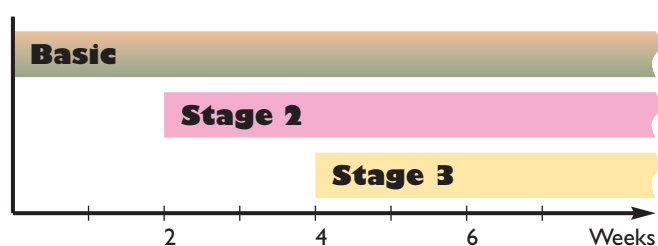
# Smooth Muscle Cells

Smooth muscle cells are a component of many organs in our bodies. They form part of the artery walls and have a regulatory influence on blood pressure. They also help form the smaller blood vessels and capillaries and are found throughout the gastrointestinal tract, in the bladder and gall bladder as well as the respiratory tract and eyes. A good supply of cellular nutrients is vital to the optimum function of the smooth muscle cells and

contributes to optimum tissue elasticity. A deficiency of cellular nutrients can lead to spasms of the smooth musculature, high blood pressure, asthma, glaucoma, PMS and other health problems. An optimum supply of cellular nutrients contributes to the relaxation and natural elasticity of blood vessels and all other organs of which smooth muscle cells form a part.

RECOMMENDED ACTION (STAGES)	MAIN CONSTITUENTS OF THE SYNERGY TEAM	ADVANTAGES OF OPTIMUM CELL NUTRITION
 <p><b>Basic programme</b></p>	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"> <li>Covers the body's basic needs for cellular nutrients as comprehensive as possible, thereby optimising its overall metabolism.</li> </ul>
 <p>STAGE 2 <b>Relaxation and elasticity of smooth muscle cells</b></p>	Vitamin C, arginine, magnesium, calcium	<ul style="list-style-type: none"> <li>Relaxation of spasms in smooth muscle cell areas such as blood vessels, eyes and the respiratory tract</li> </ul>
 <p>STAGE 3 <b>Meeting increased vitamin C requirement</b></p>	Vitamin C	<ul style="list-style-type: none"> <li>Protection against free radicals</li> <li>Better availability of relaxation factors</li> <li>Promotes connective tissue production</li> </ul>

## RECOMMENDED CELLULAR NUTRIENT INTAKE:



Begin by taking the basic nutrient programme every day at mealtimes. Then supplement these cellular nutrients after 2 weeks with special nutrients for the relaxation and elasticity of the smooth muscle cells (stage 2). If required go on to stage 3, involving the use of cellular nutrients to meet an increased vitamin C requirement.