






PROBLEM AREA

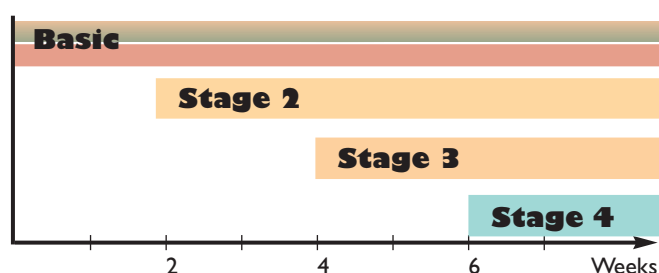
# Abnormal Cells

The formation of abnormal cells is not particularly unusual. It happens all the time, and is normally kept under control by the body's own defence mechanisms. However, if abnormal body cells elude these control mechanisms they may multiply rapidly and, with the help of collagen-digesting enzymes, spread

throughout the body. At all stages, from cellular degeneration to the spread of abnormal cells throughout the body, vitamins and other cellular nutrients assume protective functions. They support healthy cell functioning, promote the structure of stable connective tissue and block collagen-digesting enzymes.

RECOMMENDED ACTION (STAGES)	MAIN CONSTITUENTS OF THE SYNERGY TEAM	ADVANTAGES OF OPTIMUM CELL NUTRITION
 <b>Basic programme</b>	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>
 <b>Healthy cell function</b>	Vitamin C, lysine, proline, arginine, polyphenols (EGCG)	<ul style="list-style-type: none"> <li>Maintains stable connective tissue</li> <li>Inhibits collagen-digesting enzymes</li> </ul>
 STAGE 2 <b>Protecting connective tissue</b>	Vitamin C, lysine	<ul style="list-style-type: none"> <li>Protects and builds up connective tissue</li> </ul>
 STAGE 3 <b>Building up the connective tissue</b>	Vitamin C, lysine, proline	<ul style="list-style-type: none"> <li>Builds up and stabilises the connective tissue</li> </ul>
 STAGE 4 <b>Additional connective tissue stability</b>	Vitamin C, lysine, proline, N-acetyl glucosamine, chondroitin sulphate, copper	<ul style="list-style-type: none"> <li>Binding agents for the connective tissue</li> </ul>

## RECOMMENDED CELLULAR NUTRIENT INTAKE:



Begin by taking the basic nutrient programme every day at mealtimes (Stage 1). Then supplement these cellular nutrients after 2 weeks with special nutrients to protect the connective tissue (Stage 2). If required then go on, at fortnightly intervals, first to stage 3 and then stage 4 to build up and further stabilise the connective tissue.




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# Allergic Reactions

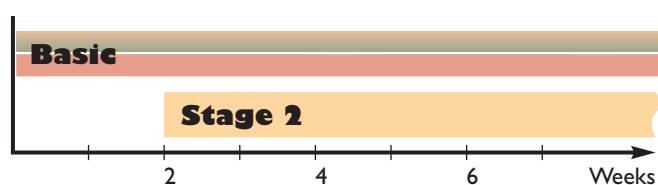
An allergy is a hypersensitive reaction by the body's immune system to either foreign or bodily substances. The immune system identifies the substances as foreign and hazardous and thus sets an immune response in motion.

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
 <b>Basic programme</b>	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>
 <b>Healthy cell function</b>	Vitamin C, lysine, proline, arginine, polyphenols (EGCG)	<ul style="list-style-type: none"> <li>Supports healthy cell function</li> <li>Inhibits collagen-digesting enzymes</li> <li>Maintenance of stable connective tissue</li> </ul>
 STAGE 2 <b>Protecting connective tissue</b>	Vitamin C, lysine	<ul style="list-style-type: none"> <li>Protects connective tissue</li> </ul>

## 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.

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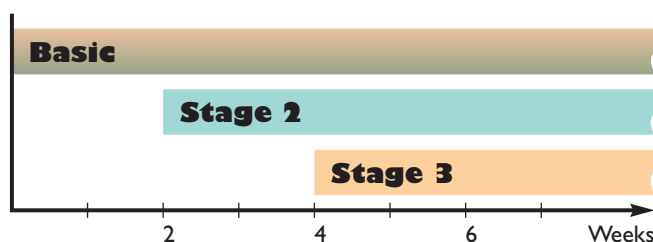
# Artery Walls and Connective Tissue

Connective tissue gives body tissues and organs strength and stability and is a vital protective factor against the spread of many different diseases. Natural stability and elasticity is achieved by optimum production of collagen, elastin and other connective tissue molecules, and this in turn is dependent on optimum supplies of cellular nutrients. The consequence of chronic vitamin deficiency is unstable connective tissue. The body reacts to

this by the production and deposition of repair factors such as cholesterol, and in blood vessels this can lead to atherosclerotic plaque. An optimum supply of cellular nutrients supports the maintenance and function of stable and elastic blood vessels as well as of connective tissue throughout the body and thus contributes to reducing atherosclerotic plaque.

RECOMMENDED ACTION (STAGES)	MAIN CONSTITUENTS OF THE SYNERGY TEAM	ADVANTAGES OF OPTIMUM CELL NUTRITION
 <b>Basic programme</b>	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>
 <b>STAGE 2</b> <b>Building up and stabilising the connective tissue</b>	Vitamin C, proline, lysine, N-acetyl glucosamine, chondroitin sulphate, copper	<ul style="list-style-type: none"> <li>Stability and elasticity of the blood vessels</li> <li>Protects and strengthens the connective tissue</li> <li>Binding agents for the connective tissue</li> </ul>
 <b>STAGE 3</b> <b>Additional strengthening of the connective tissue</b>	Vitamin C, proline, lysine	<ul style="list-style-type: none"> <li>Promotes collagen 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 to build up and stabilise the connective tissue (stage 2). If required add in stage 3, involving cellular nutrient supplements to further strengthen the connective tissue.





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# Bones and Hard Connective Tissue

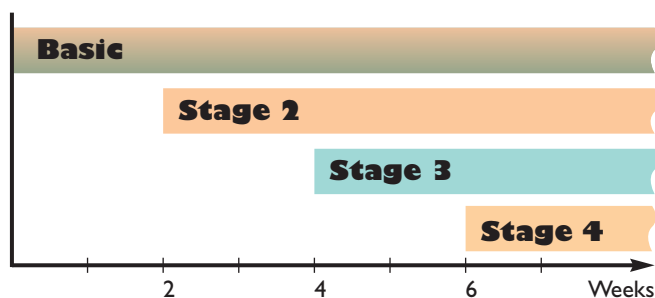
Collagen fibres form the basic structure of the connective tissue, which includes cartilage and bone. The strength of bones and teeth comes from the deposition of minerals and trace elements between the connective tissue structures.

This is particularly important for women in the

second half of their lives, after physical and hormonal changes have led to an increased requirement for minerals such as calcium and magnesium which are needed to maintain the function of bones, muscles, nerves and other bodily organs.

RECOMMENDED ACTION (STAGES)	MAIN CONSTITUENTS OF THE SYNERGY TEAM	ADVANTAGES OF OPTIMUM CELL NUTRITION
 <b>Basic programme</b>	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>
 STAGE 2 <b>Building up and maintaining bone stability</b>	Vitamin C, vitamin D3, folic acid, calcium, magnesium, boron, manganese	<ul style="list-style-type: none"> <li>Supports the bone metabolism</li> <li>Builds up and maintains hard connective tissue</li> </ul>
 STAGE 3 <b>Building up and stabilising the connective tissue</b>	Vitamin C, proline, lysine, N-acetyl glucosamine, chondroitin sulphate, copper	<ul style="list-style-type: none"> <li>Protects and strengthens the connective tissue</li> <li>Binding agents for the connective tissue</li> </ul>
 STAGE 4 <b>Additional strengthening of the connective tissue</b>	Vitamin C, proline, lysine	<ul style="list-style-type: none"> <li>Promotes collagen 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 to build up and maintain bone stability (stage 2). Either simultaneously or after 2 further weeks, supplement this with stage 3 to build up and stabilise the connective tissue and also optionally stage 4 to further strengthen the connective tissue.

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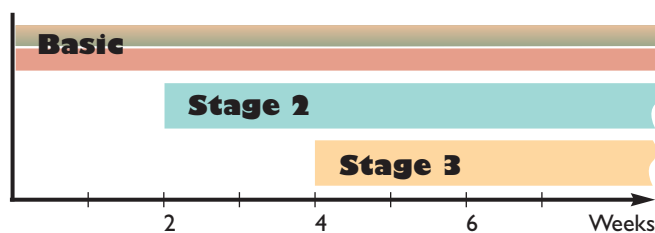
# Chronic Inflammation

We distinguish between acute and chronic inflammation, both of which are defensive reactions by the human body to chemical or physical irritants. Acute inflammation is sudden in onset and progresses rapidly, for instance due to infections. If inflammation persists, often as a result of a weakened immune system, this can lead to chronic

inflammation where the body's defensive reaction may persist for months or even years. Cellular nutrients support our bodies' main stages in this defensive struggle, promoting healthy cell function, contributing to the maintenance and strengthening of the connective tissue and inhibiting excessive production of collagen-digesting enzymes.

RECOMMENDED ACTION (STAGES)	MAIN CONSTITUENTS OF THE SYNERGY TEAM	ADVANTAGES OF OPTIMUM CELL NUTRITION
 <b>Basic programme</b>	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>
 <b>Healthy cell function</b>	Vitamin C, lysine, proline, arginine, polyphenols (EGCG)	<ul style="list-style-type: none"> <li>Inhibits collagen-digesting enzymes</li> <li>Maintenance of stable connective tissue</li> <li>Supports healthy cell function</li> </ul>
 STAGE 2 <b>Building up and stabilising the connective tissue</b>	Vitamin C, proline, lysine, N-acetyl glucosamine, chondroitin sulphate, copper	<ul style="list-style-type: none"> <li>Protects and strengthens the connective tissue</li> <li>Binding agents for the connective tissue</li> </ul>
 STAGE 3 <b>Protection of connective tissue</b>	Vitamin C, lysine	<ul style="list-style-type: none"> <li>Protects connective tissue</li> </ul>

## 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 and inhibit collagen-digesting enzymes. If required go on to stage 2 to build up and stabilise the connective tissue and then to stage 3 for the protection of connective tissue, at a later date incorporating nutrients to strengthen the immune system.

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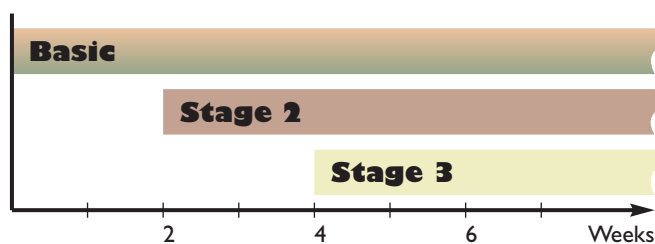
# Fat Metabolism

Did you know that most of the cholesterol circulating in our bloodstream is produced by our own bodies and that the cholesterol consumed in our diets only makes up about 1/3 of the total cholesterol in our bodies? In healthy individuals the cholesterol produced by the body is in balance with the quantity needed by the body. However, this changes if there is a chronic deficiency of cellular nutrients.

This leads to weakening of blood vessel walls, which prompts the body to increase its production of repair factors, including cholesterol. It is advisable in this case to take cellular nutrients which help to normalise cholesterol and blood fat production in the liver while simultaneously helping to stabilise the artery walls.

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>Reduction and breaking down of blood fats</b></p>	Vitamin C, B vitamins, folic acid, biotin, carnitine, betaine	<ul style="list-style-type: none"> <li>Optimises the fat metabolism</li> <li>Regulates the body's own cholesterol production</li> <li>Supports the breakdown of homocysteine</li> </ul>
 <p>STAGE 3 <b>Additional support for the metabolism</b></p>	Vitamin C, roughage (chitosan, psyllium), carob flour	<ul style="list-style-type: none"> <li>Binds superfluous fats in the gastrointestinal tract</li> </ul>

RECOMMENDED CELLULAR NUTRIENT INTAKE:






Begin by taking the basic nutrient programme every day at mealtimes. Then after 2 weeks supplement these cellular nutrients with special nutrients for reducing and breaking down blood fats (stage 2). To further support the metabolism with vitamin C and roughage add in stage 3 if required.

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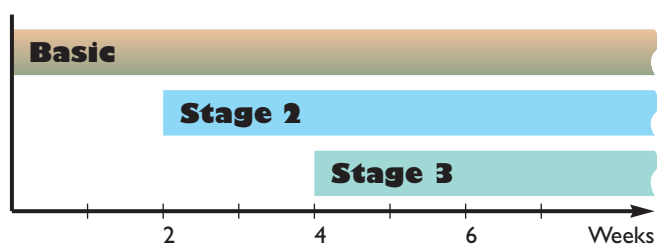
# Heart Muscle Cells

The heart and the circulatory system make up the most mechanically active organ in our bodies. Every day the heart beats 100,000 times, pumping up to 10,000 litres of blood around the body. This fact alone makes clear that heart muscle cells need particularly large amounts of micronutrients in order

to ensure a strong and rhythmic heartbeat. The heart is the engine of our bodies and must have a continuous supply of biological fuel, or cellular energy. Cellular nutrient synergies supply the heart muscle cells with precisely this bioenergy and thus promote the efficient working of the heart.

RECOMMENDED ACTION (STAGES)	MAIN CONSTITUENTS OF THE SYNERGY TEAM	ADVANTAGES OF OPTIMUM CELL NUTRITION
 <b>Basic programme</b>	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>
 STAGE 2 <b>Energy supply for muscle cells</b>	Vitamin C, B-vitamins, carnitine, coenzyme Q10, taurine	<ul style="list-style-type: none"> <li>Improves the cell's energy supply</li> <li>Promotes stamina</li> </ul>
 STAGE 3 <b>Supporting healthy circulation</b>	Vitamin C, proline, lysine, N-acetyl glucosamine, chondroitin sulphate, copper	<ul style="list-style-type: none"> <li>Stabilises blood vessel walls</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 optimum supply of muscle cells (Stage 2). If required go on to stage 3, involving cellular nutrients to support the circulation.

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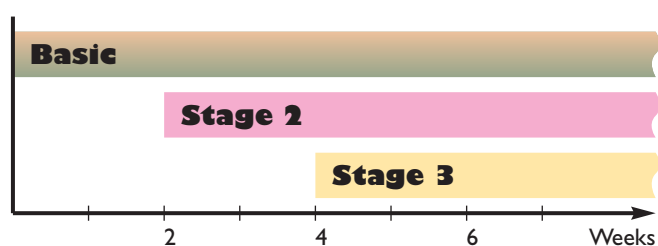
# Smooth Muscle Cells

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.

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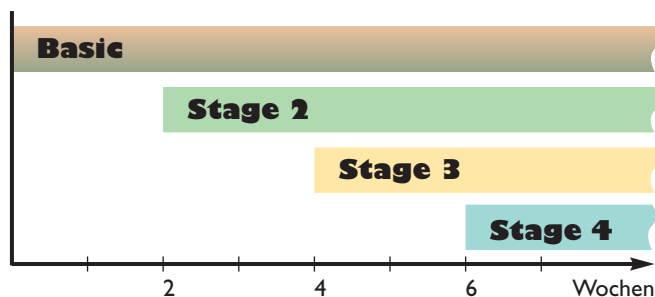
# Sugar Metabolism

Glucose molecules and vitamin C molecules are extremely similar in structure and use the same cellular uptake mechanism (biological pump systems). Because of this, the increased blood sugar levels typical of the diabetic metabolism lead to increased uptake of sugar molecules into cells and consequently to reduced uptake of vitamin C.

Accordingly, supplementing the diet with vitamin C and other cellular nutrients contributes to correcting a deficiency of these micronutrients in the cells of the blood vessel walls, restoring the equilibrium between the vitamin and sugar metabolisms and optimising the functioning of the insulin-producing pancreas.

RECOMMENDED ACTION (STAGES)	MAIN CONSTITUENTS OF THE SYNERGY TEAM	ADVANTAGES OF OPTIMUM CELL NUTRITION
 <b>Basic programme</b>	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>
 <b>STAGE 2</b> <b>Optimising the glucose metabolism</b>	Vitamin C, vitamin E, B vitamins, biotin, chromium, inositol, choline	<ul style="list-style-type: none"> <li>Supports the glucose metabolism</li> <li>Balances an increased cellular nutrient demand</li> <li>Protects the cells against free radicals</li> </ul>
 <b>STAGE 3</b> <b>Meeting an increased need for vitamin C</b>	Vitamin C	<ul style="list-style-type: none"> <li>Rights imbalances</li> <li>Protects against free radicals</li> <li>Promotes connective tissue production</li> </ul>
 <b>STAGE 4</b> <b>Building up and stabilising the connective tissue</b>	Vitamin C, proline, lysine, N-acetyl glucosamine, copper chondroitin sulphate	<ul style="list-style-type: none"> <li>Protects and strengthens blood vessels</li> <li>Binding agents for the connective tissue</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 to optimise the glucose metabolism (stage 2). If required go on to stage 3, involving vitamin C intake to cover increased requirements. If damage has already been done to the arteries or capillaries, a further stage can involve supporting the structure and stability of the connective tissue. Cellular nutrients to protect the eyes can also be important.

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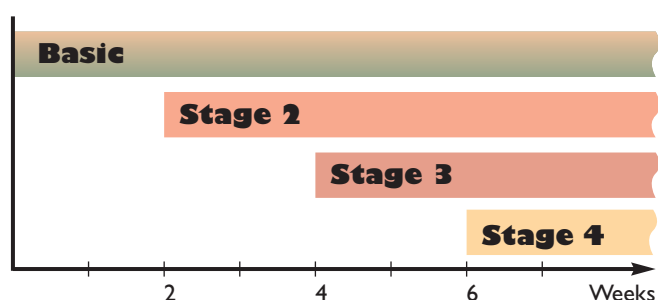
# Weakened Immune System

A healthy diet and an optimum supply of cellular nutrients are essential foundations for healthy body function. However, many different factors can significantly increase the need for cellular nutrients and cause deficiencies. This frequently leads to increased susceptibility to colds and other infectious diseases. The best protection against these diseases is a healthy immune system.

To ensure this we need the defence cells in our blood to be functioning optimally. Apart from the targeted strengthening of the immune system to defend against disease agents, cellular nutrients also contribute to the blocking of collagen-digesting enzymes, thus stabilising the connective tissue and assisting it in inhibiting the spread of disease agents.

RECOMMENDED ACTION (STAGES)	MAIN CONSTITUENTS OF THE SYNERGY TEAM	ADVANTAGES OF OPTIMUM CELL NUTRITION
 <b>Basic programme</b>	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>
 STAGE 2 <b>Strengthening the immune system</b>	Vitamin C, beta carotene, vitamin E, vitamins B6 and B12, folic acid, iron	<ul style="list-style-type: none"> <li>Strengthens the natural immune system</li> <li>Protects cells against free radicals</li> <li>Promotes oxygen transport</li> </ul>
 STAGE 3 <b>Healthy cell function</b>	Vitamin C, lysine, proline, arginine, polyphenols (EGCG)	<ul style="list-style-type: none"> <li>Supports healthy cell function</li> <li>Inhibits collagen-digesting enzymes</li> <li>Maintains stable connective tissue</li> </ul>
 STAGE 4 <b>Protecting connective tissue</b>	Vitamin C, lysine	<ul style="list-style-type: none"> <li>Protects connective tissue</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 to strengthen the immune system (stage 2). If required go on to stage 3 to support healthy cell function and stage 4 for the protection of connective tissue against the spread of disease agents.