

The Bio-Strath® products

- are 100% natural
- free from synthetically produced additives
- are naturally preserved
- are free from undesirable side-effects
- have proven efficacy, based on scientific research



Building substances

• Lecithin	<i>Concentration, memory</i>
• Lecithin phosphate	<i>Concentration, memory</i>
• Choline	<i>Nervous system</i>
• Mannan	<i>Immune defence</i>
• Glucan	<i>Immune defence</i>
• Glutathione	<i>Antioxidant</i>
• DNA (desoxyribonucleic acid)	<i>Cellular building stones</i>
• RNA (ribonucleic acid)	<i>Cellular building stones</i>
• ATP (adenosine triphosphate)	<i>Energy transport</i>
• L-carnitine	<i>Metabolism of fats</i>
• Ubiquinone (coenzymes) Q6, Q7, Q9	<i>Metabolism, constituents of all aerobic cells</i>



Vitamins

• B₁ Thiamine	<i>Carbohydrate metabolism, nervous system</i>
• B₂ Riboflavin	<i>Metabolism of carbohydrates, fats, proteins</i>
• B₆ Pyridoxine	<i>Immune defence</i>
• Niacin	<i>Skin, intestinal and mouth mucous membranes, nerves</i>
• Biotin	<i>Metabolism, skin, hair, nails</i>
• Pantothenic acid	<i>Synthesis of fatty acids, vitamins A+D, steroids</i>
• Folic acid	<i>Hematopoiesis (blood building), synthesis of nucleic acids</i>
• B₁₂ Cobalamin	<i>Anaemia, geriatric disorders</i>
• C Ascorbic acid	<i>Immune defence</i>
• Inositol	<i>Growth, hair, skin, liver, muscles</i>
• Ergosterol (Provitamine D ₂)	<i>Bones, skeleton</i>

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Analysis - 61 Vital substances from nature

- 11 vitamins
- 19 minerals / trace elements
- 20 amino acids including the 8 essential ones
- 11 various vital substances



Minerals and trace elements

• Sodium (Na)	<i>Metabolism</i>
• Nickel (Ni)	<i>Activator of hormones and enzymes</i>
• Phosphorus (P ₂ O ₂)	<i>Bones, teeth</i>
• Sulphur (S)	<i>Building of amino acids and peptides</i>
• Selenium (Se)	<i>Antioxidant</i>
• Tin (Sn)	<i>Metabolism</i>
• Vanadium (V)	<i>Metabolism</i>
• Zinc (Zn)	<i>Immune defence, wound healing</i>



Amino acids

• Alanine	<i>Constituent of pantothenic acid</i>
• Arginine	<i>Oxygen supply for muscles, metabolism of fats</i>
• Asparagine	<i>Assists growth</i>
• Aspartic acid	<i>Metabolism</i>
• Cystine	<i>Hair and nails</i>
• Glutamine	<i>Metabolism of brain</i>
• Glutamic acid	<i>Nervous system (transmitter)</i>
• Glycine	<i>Metabolism</i>
• Histidine	<i>Hematopoiesis (building of blood), liver</i>
• Isoleucine*	<i>Metabolism</i>
• Leucine*	<i>Metabolism (present in plasma)</i>
• Lysine*	<i>Metabolism (present in plasma)</i>



Amino acids

- **Methionine*** *Biosynthesis of choline, creatine, adrenalin, RNA, DNA*
- **Phenylalanine*** *Metabolism*
- **Proline** *Metabolism*
- **Serine** *Metabolism*
- **Threonine*** *Metabolism of methionine*
- **Tryptophan*** *Metabolism of the vitamins (B₁, B₂, B₆)*
- **Tyrosine** *Metabolism of thyroid function*
- **Valine*** *Functions of the nerves and muscles*

*) essential amino acids



Advantages of Bio-Strath[®] Food Supplements

- **Special process**
- **Fed with more than 50 herbs**
- **Plasmolysed = Content ready for absorption**
- **100% natural = minimal risk of allergies for children and sensitive people**
- **Suitable for everybody**
- **Efficacy scientifically proven**

