

Carnosin lipid

Decrease of the side effects of the ageing process

Ingredients per capsule:

- 500 mg carnosine
- 100 mg extract of green tea
- 15 mg vitamine E
- 71,5 mg zinc gluconate = 7,5 mg zinc
- 0,15 mg chromium III-chloride = 30 µg chromium
- 1,5 mg sodium = 15µg selenium
- 2,25 µg vitamine D

Consummation reference:

2 capsules a day, taken with water during a meal.

Common description:



Carnosine is a natural dipeptid (a combination of the amino acids beta alanine and histidine) and a natural part of our nutrition. The major supplier of carnosine is the the flesh of our muscles. During the ageing process less and less meat is eaten and at the same time the carnosine level sinks. That is why an additional ingestion is important. Carnosine protects and regenerates the celles. By neutralisation of high reactive oxygen radicals is the effect anti-oxidative and protects against oxidative stress. Carnosine stabilises the lipids in the cell - membrane and protects from oxidative damages of the chromosomes. In the field of the retard of ageing processes carnosine has reached a high significance. It is a capable substance which is well chosen for prevention.

Extract of green tea contains a series of important antioxidants, of which the catechin-gallate is the main important. The effect of constitution lifting, the stimulation of fatburning, anti-inflammatory and anti-carcinogen were scientifically proved in many studies.

Vitamine E has a share of building up muscles and for the function of the celles.

Vitamine D3 is an important factor for the regulation of the normal celle growth (e.c the construction of bones, teeth; calcium and the phosphate balance; counteract to the formation of tumour celles.)

Zinc activates different enzymes and is important for controlled growth and development. Moreover it is anti-inflammatory, stabilises the immune system also against the diabetic foot and ulcus cruris.

Chromium is needed to regulate the blood glucose and the cholesterol level. If it is missing the will be disturbances with the application of glucose and symptoms of diabetes can appear. These are very seldom and only appeared with patients who were total parenteral nutritioned.

Selenium protects the cells from unhealthy exposure and poisonous impact.