

Neuro balance

To provide support for the frame of mind

Ingredients per capsule:

200 mg theanine
150 mg magnesium gluconate
vitamine B complex with
20 mg niacinamid (vitamine B3)
1, 5 mg vitamine B1
1, 5 mg vitamine B2
1, 5 mg vitamine B6

Consummation reference:

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

Common description:

The **amino acid L-theanine** is one of the main agents in green tea. The positive effects of green tea on the health are the reasons for many scientific researches. Since the 90s scientists work intensively in this field and there are often reports on prophylactic possibilities concerning severe diseases. The temporarily result of a study has shown that L-theanine stimulates the Killer- T- cells of the human immune system (these cells have a kind of overseer function and can recognise and attack cells, which are infected with viruses). Moreover, theanine has a positive impact on the nervous system and relaxes the psyche. So it is suitable for an "awake serenity in the stressful daily routine". Another interesting aspect is the stimulation of the thermogenesis can be mentioned. The result is a higher basal metabolic rate and the thought is that theanine can be a good companion for the fight for the desired weight.

Magnesium gluconate is part of many enzymes. It is necessary for the development of bones and the function of muscles and nerves.

Vitamine- B-complex is important for growth, progression and metabolism, here especially regarding the function of the nervous system and muscles.

Selenium protects the cells from unhealthy exposure and poisonous impact.

