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SANUM NEWSLETTER



ALKALA® "N" - Keep your acid-base level in balance

› For a well-functioning metabolism, one needs a balanced acid-base balance. However, disturbances in the acid-base balance, e.g. due to the excessive intake of acids, especially through diet, lead to health problems in the long term. Acidosis impairs many important metabolic reactions (e.g. in the immune and hormone systems) and is causally involved in diseases such as osteoporosis, muscle atrophy, high blood pressure and metabolic diseases such as insulin resistance and type 2 diabetes (Carnauba et al. 2017).

THEMENÜBERBLICK

- ALKALA® "N" – Keep your acid-base level in balance
- THROMBOSOL aktiv®
- Dry eyes?
Common phenomenon of digitalization

Products with a carbonate base, such as ALKALA® "N", are well suited to support the acid-base balance. Orally ingested sodium hydrogen carbonate can directly and indirectly increase the bicarbonate concentration in the blood. This improves the buffering capacity of the blood and acids can also be removed from the interstitial space (Flück J. 2016).

An important enzyme in bicarbonate-carbonic acid metabolism is carbonic anhydrase. This enzyme converts carbon dioxide into the basic bicarbonate in two steps and vice versa. Depending on the pH in the tissue, acid-forming dissolved carbon dioxide or basic bicarbonate is then formed. The co-factor of carbonic anhydrase is zinc, which is why zinc has an important function in the acid-base balance. In order to specifically support this important zinc-dependent enzyme in the future, zinc gluconate has been added to the proven formulation of ALKALA® "N". This organic zinc compound has good bioavailability. As a result, zinc is added to the body in a form in which it can utilize it well for metabolism.



With ALKALA® "N" you can therefore not only support the bicarbonate buffer in the blood, but also provide the body with the trace element zinc for an important enzyme in the acid-base balance, carbonic anhydrase. In the daily dose for adults of 3 g ALKALA® "N" now contains 10 mg zinc in the form of zinc gluconate.

ALKALA® "N" Pulver 150 g Powder

Dosierung

1x 1 Measuring spoon daily mix in warm water
For more information, see the package insert.

THROMBOSOL aktiv®

› Tomato has always attracted and delighted people because of its bright red color. Considering that it is also called the apple of paradise, it is reasonable to assume that it made hearts beat faster when given such a wonderful and rare fruit. Now who would have thought that it also has an influence on the cardiovascular system from a medical point of view. Its valuable ingredients such as vitamins C and B, high content of minerals (Ca, Fe, Mg, Na, P, K, Si) and secondary plant compounds (lycopene, carotene, lutein and others) make it a healthy food with a delicious taste.

The beneficial effects from tomato extract are mainly attributed to lycopene, which is further enhanced in health value by the cooking process. The carotenoid lycopene is particularly used for its antioxidant properties and its healing power for certain types of cancer.

Recent studies have now shown that, independent of lycopene, there are other forces hidden in tomatoes that have a strong aggregation-inhibiting effect on platelets. The tendency of platelets to clump together is attributed primarily to the interaction of ADP (adenosine diphosphate), arachidonic acid and collagen. This triggers the release of PF4 (platelet agglutinating factor 4), which causes platelet aggregation. A water-soluble fruit extract obtained from the pulp in the immediate vicinity of the tomato seeds can be used to curb the release of PF4 while stimulating the synthesis of cAMP (cyclic adenosine mono-phosphate). This reaction is attributed to the nucleotides/nucleosides, polyphenols and flavonoids contained in the near-nucleus fruit extract. Among the latter, special mention should be made of rutin, an important component also of other medicinal plants with antithrombotic and vascular stabilizing properties, such as buckwheat or red vine leaves.

One capsule of THROMBOSOL aktiv® contains 150 mg of pure tomato extract. This corresponds to the daily amount recommended by the EFSA (European Food Safety Authority) to be taken together with 200 ml of warm water.



THROMBOSOL aktiv® can be used in naturopathic treatment and prophylaxis of diseases associated with thickening of blood, reduced fluidity and increased tendency to clotting.

It can usefully support MUCOKEHL® and SANKOMBI® in therapy or be used as a mono-preparation.

THROMBOSOL aktiv®
60 capsules

Dosierung
1x 1 capsules per day with water

Thrombosol aktiv® and other dietary supplements are available in the Biofrid online store.

Dry eyes? COMMON PHENOMENON OF DIGITIZATION

› In recent months, a large part of the population has seen a sharp increase in work on

computer screens. Work meetings, lessons at school and even leisure activities only take place virtually. However, this also increases the risk that the eyes burn more often, are reddened and feel dried out at the end of the day. One of the reasons for this is that people blink significantly less than normal during intensive PC work. Researchers have been able to show that instead of blinking up to 20 times per minute, we sometimes only blink 5 times per minute when we look intently at a screen for a longer period of time. Conscious blinking and regular looking into the distance help to prevent dry eye. Sometimes, however, this is not enough.

MUCOKEHL® D5 eye drops have been proven to support dry eyes.

MUCOKEHL® D5 Eye Drops

5 ml Eye Drops

Dosierung

2x 1 drops daily

For more information, see the package insert.

DIGITAL DETOX IN EVERYDAY

› ANALOG ZONES

Allow yourself several small time-outs per day with short offline walks.

› REST

Reflect on your inner peace and free yourself from the stress, how about a digital-free dinner?

› OFFLINE MODE

The smartphone has been proven to disrupt sleep - so why let it disturb your rest? Activate the offline mode at night.
