

S.O.D.-Complex

SUPEROXIDE DISMUTASE



Cod. FE2193 – 30 vegetable capsules

S.O.D.-Complex is a formula that strengthens cells to improve energy production and resistance to oxidative stress. Healthy and efficient cells will collectively prolong cell life to slow down the ageing process and protect against the devastating effects of the wide range of age-related degenerative diseases.

S.O.D has been formulated with complementary ingredients that strengthen cell membranes to resist environmental toxins, enhance nutrient absorption, increase cellular energy production and protect the DNA that may be damaged during cell replication.

Our S.O.D. formula is protected by a special PH5D enteric coating, preserving the potency and efficacy of the enzymes and other ingredients and protecting them from stomach acid.

Ingredients: Superoxide dismutase (from *Ci Li*, *Rosa roxburghii*), goji fruit extract (*Lycium barbarum*), N-acetyl-L-cysteine, alpha-lipoic acid, hydrolyzed **wheat** protein (*Triticum aestivum*), catalase, L-cysteine hydrochloride, L-glutathione, anticaking agent (magnesium salts of fatty acids and silicon dioxide), alpha-tocopheryl acid succinate (vit. E), riboflavin (vit. B₂), L-selenomethionine, calcium-L-methylfolate, enteric vegetable capsule (glazing agent: hydroxypropylmethylcellulose; aqueous solution for enteric protection; humectant: purified water).

Nutritional information:	1 caps (833 mg)
Superoxide dismutase (from <i>Rosa roxburghii</i>)	7.250 UI SOD
Catalase	112,5 Baker Units
Goji (<i>Lycium barbarum</i>) (30% polysaccharides)	40 mg
N-acetyl-L-cysteine	25 mg
Riboflavin (vit. B ₂)	5 mg (357%*)
Vit. E (DL-alpha-tocopheryl acid succinate) (5 IU)	3,35 mg α-TE (28%*)
Folate (calcium-L-methylfolate)	60 µg (30%*)
Selenium (from L-selenomethionine)	11 µg (20%*)
L-Cysteine (hydrochloride)	10 mg
DL-alpha-lipoic acid	25 mg
L-Glutathione (reduced)	10 mg
Hydrolyzed wheat protein	25 mg

**NRV: Nutrient Reference Value in %

Size and format:

30 vegetable capsules

Recommended daily dose:

1 capsule daily with food.

Consult a health-care practitioner for use beyond 6 months.

Do not exceed the stated recommended daily dose.

Indications and uses:

- Helps accelerate the use of nutrients by cells to increase energy, strengthen cell membranes to improve resistance to toxins and environmental diseases.
- Extend cellular longevity to slow down the signs of ageing.
- Improve energy production by removing the by-products (hydrogen peroxide) of cellular metabolism.
- Protect cellular DNA from free radical damage and the potential disease-causing mutations and neutralise lactic acid build-up to improve strength and reduce muscle soreness in those under physical stress.

Cautions: Consult a health-care practitioner before using if you are pregnant or breast-feeding, if you have any special medical condition (e.g. asthma or diabetes) or are treated with medication (e.g. antibiotics). If you are treated with glucoselowering medication, consult your health-care practitioner before taking this product. Do not give to children under the age of 3 years.

Known adverse reactions: This product may cause allergic reactions. Stop taking this product and consult a health care professional in case of allergy, nausea or vomiting.

SUPEROXIDE DISMUTASE (from *Rosa roxburghii*): superoxide dismutase of plant origin protects cells from harmful exposure to free radicals and the abundance of toxins present in our body that can cause cell death leading to the early onset of many age-

related degenerative diseases. The protection provided offsets the reduction in the levels of this powerful antioxidant that results from ageing. It also enhances cellular uptake of trace-metals that actively protect the mitochondria from free radical damage to prevent the reduction in energy levels common with age.⁽¹⁻³⁾

CATALASE: The primary function of the enzyme catalase is to prevent the accumulation of hydrogen peroxide, a toxic by-product of cellular metabolism.⁽³⁾

GOJI: is a rich source of phytonutrients, bioflavonoids and 18 amino acids. It promotes better vision, supports the immune system function and promotes cellular metabolism.^(5,6)

N-ACETYLCYSTEINE: the acetylated form of L-cysteine, it increases glutathione levels and is more biologically active than L-cysteine. This amino acid provides detoxification in the liver and cells by neutralising certain toxins and by-products of metabolic and hormonal waste. Both alone or as part of glutathione, it neutralises free radicals very effectively. It also increases levels of lipoic acid, vitamin C and selenium, all of them antioxidants.⁽⁷⁻⁹⁾

RIBOFLAVIN (VIT. B2): vital for the production of antibodies. Vitamin B2 also exerts an antioxidant action to combat free radicals that can accelerate the ageing process and contribute to many age-related degenerative diseases.⁽¹⁰⁾

VITAMIN E: this powerful antioxidant helps prevent cell damage by inhibiting lipid (fat) oxidation and preventing the formation of free radicals. Vitamin E also works concomitantly with L-selenomethionine to protect cell membranes from free radicals.^(11,12)

FOLATE: Also called vitamin B9, it is necessary for cellular DNA synthesis and repair. Its role in the formation and healthy functioning of red and white blood cells, along with cellular metabolism, makes this vitamin critical for vigour and resistance to disease.⁽¹³⁻¹⁵⁾

SELENIUM (L-SELENOMETHIONINE): this highly bioavailable source of the trace mineral selenium is a critical component in the synthesis of the body's main cellular antioxidant, glutathione peroxidase. Glutathione peroxidase actively protects cells from oxidative stress that can damage DNA and leave cells prone to disease.⁽¹⁶⁾

L-CYSTEINE: essential for maintaining intercellular glutathione levels. It also scavenges free radicals to increase cellular health.⁽⁶⁾

DL-ALPHA-LIPOIC ACID: known as the universal antioxidant, it is water-soluble and fat-soluble. It enhances cellular energy production and neutralises free radicals to prolong cell life and combat the signs of ageing.⁽¹⁷⁾

GLUTATHIONE: this powerful antioxidant is present in all cells. Its major position within cells makes it the most important of all antioxidants. Glutathione levels decrease with age and reduce the ability of cells to maintain metabolic and detoxification functions which are important for intracellular health.⁽¹⁸⁻¹⁹⁾

HYDROLYZED WHEAT PROTEIN: a nutrient-rich wheat protein complex that helps strengthen cell membranes for additional resistance to free radicals and the effects of oxidative stress.⁽²⁰⁾

References:

1) Raha, Sandeep, and Brian H. Robinson. "Mitochondria, oxygen free radicals, disease and ageing." Trends in biochemical sciences 25.10 (2000): 502-508.

- 2) Mruk, Dolores D., et al. "Antioxidant superoxide dismutase-a review: its function, regulation in the testis, and role in male fertility." *Contraception* 65.4 (2002): 305-311.
- 3) Greenwald, Robert A. "Superoxide dismutase and catalase as therapeutic agents for human diseases a critical review." *Free Radical Biology and Medicine* 8.2 (1990): 201-209.
- 4) Gaetani GF, et al. Predominant role of catalase in the disposal of hydrogen peroxide within human erythrocytes. *Blood*. 1996; 87(4): 1595–1599.
- 5) Potterat, Olivier. "Goji (*Lycium barbarum* and *L. chinense*): phytochemistry, pharmacology and safety in the perspective of traditional uses and recent popularity." *Planta medica* 76.01 (2010): 7-19.
- 6) Yang, Ri-fu, et al. "Chemical properties and bioactivities of Goji (*Lycium barbarum*) polysaccharides extracted by different methods." *Journal of Functional Foods* 17 (2015): 903-909.
- 7) Domenighetti, G., C. Quattropiani, and M. D. Schaller. "Therapeutic use of N-acetylcysteine in acute lung diseases." *Revue des maladies respiratoires* 16.1 (1999): 29-37.
- 8) Kelly, Gregory S. "Clinical applications of N-acetylcysteine." *Alternative medicine review: a journal of clinical therapeutic* 3.2 (1998): 114-127.
- 9) Cotgreave, Ian A. "N-Acetylcysteine: Pharmacological Considerations and Experimental and Clinical Applications." *Advances in pharmacology*. Vol. 38. Academic Press, 1996. 205-227.
- 10) Institute of Medicine (US) Standing Committee on the Scientific Evaluation of Dietary Reference Intakes. Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin, and choline. National Academies Press (US), 1998.
- 11) Traber, Maret G. "Vitamin E regulatory mechanisms." *Annu. Rev. Nutr.* 27 (2007): 347-362.
- 12) Cheung, Marian C., et al. "Antioxidant supplements block the response of HDL to simvastatin-niacin therapy in patients with coronary artery disease and low HDL." *Arteriosclerosis, thrombosis, and vascular biology* 21.8 (2001): 1320-1326.
- 13) Duthie SJ. Folic acid deficiency and cancer: mechanisms of DNA instability. *British Medical Bulletin*. 1999; 55(3): 578-592.
- 14) Scott JM and Weir DG. Folic acid, homocysteine and one-carbon metabolism: a review of the essential biochemistry. *Journal of Cardiovascular Risk*. 1998; 5(4): 223-227.
- 15) Swain RA and St Clair L. The role of folic acid in deficiency states and prevention of disease. *Journal of Family Practice*. 1997; 44(2): 138-145.
- 16) Fischer, Joshua L., et al. "Chemotherapeutic selectivity conferred by selenium: a role for p53-dependent DNA repair." *Molecular cancer therapeutics* 6.1 (2007): 355-361.
- 17) Liu, Jiankang. "The effects and mechanisms of mitochondrial nutrient α -lipoic acid on improving age-associated mitochondrial and cognitive dysfunction: an overview." *Neurochemical research* 33.1 (2008): 194-203.
- 18) Cisneros Prego, Elio, Judith Pupo Balboa, and Ela Céspedes Miranda. "Enzimas que participan como barreras fisiológicas para eliminar los radicales libres: III. Glutatión peroxidasa." *Revista cubana de investigaciones biomédicas* 16.1 (1997): 10-15.
- 19) Zamora, Juan Diego. "Antioxidantes: micronutrientes en lucha por la salud." *Revista chilena de nutrición* 34.1 (2007): 17-26.
- 20) Konigsberg, M. "Radicales libres y estrés oxidativo." *Aplicaciones médicas. El manual moderno*. México (2008): 636.