



Spermidine 3,5mg

GERMINATED POWER FROM NATURE

FOOD SUPPLEMENT WITH SPERMIDINE 3,5 MG

Perfectly dosed Spermidine according to the TERRA-BIOS-Concept in flour from seedlings of selected wheat seeds.

Every single seed that germinates is a small miracle of nature.

The concentrated force of nature drives the seedling out of grain, the youthful plant burst with vitality. One of the special nutrients in the seedling is spermidine. With this seedling powder we have captured this power and dosed it for you as a dietary supplement.

Spermidine is a vital substance for all living beings with a cell nucleus (eukaryotes, plants and animals). The basal cell effects of spermidine are well understood. The most important are antioxidant effects and autophagy-stimulation (cell renewal).

Autophagy means the removal and recycling of the unneeded cell components. In the figurative sense, it can be considered a „garbage disposal function“ to promote the cells „self-rejuvenation“. Both basal effects – antioxidant and autophagy, establish and underline the designation as an „anti-aging“ mediator. In plants (e.g. wheat, etc.), added spermidine not only increases the spermidine content of the particular plant, but also increases stress resistance and increases robustness and yield.

There are many plausible and proven uses for human supplementation therapy, most if not all are based on the anti-oxidant activity and autophagy stimulation.

THE SPECIFIC RESEARCH FOCUSES ON

- Protection against cardiac aging, improved diastolic function, improved left ventricular elasticity, mitochondrial function, reversal of age-associated vascular stiffness, positive effect on atherosclerotic plaques, reduction of hypertension
- Positive effect on metabolic syndromes, obesity and type 2 diabetes. In animal studies spermidine reduces weight gain and concomitant obesity by autophagy induction in adipose tissue.
- Neuroprotective effects are mainly due to the autophagy induction, spermidine protects against neurodegeneration and memory loss, slows dementia development
- Increase of life-time

Expert review of research results/Effect, metabolism, toxic result, etc., created by A.o. Univ. Prof. Dr. med. Wilhelm Mosgöller, Institut für Krebsforschung, Klinik Innere Medizin I, Medizinische Universität Wien, November 2019



**VEGAN
GLUTEN FREE
NON NOVEL FOOD**

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