

» An increasing number of people are suffering from chronic fatigue, apathy, decreased sexual drive, disturbed sleep and muscle aches. The reason behind these symptoms is often a combination of too much physical and mental stress, which lowers the amount of neurotransmitters disrupts the hormonal balance.

NutriVision has therefore developed a product that corrects these stress induced detrimental shifts in the body's physiology and that assists in regaining a healthy balance. Administration of the product can almost immediately be noticed in terms of improved well-being and performance -mentally, physically and sexually! To accomplish this feat, an ingredient used by the Vikings and Laplanders is used in conjunction with a high-tech compound that has been thoroughly investigated in large European clinical trials.

In Virilazer only the finest sources of raw materials are used. The ingredients have been chosen to support different metabolic pathways, creating a very powerful formula without harmful side effects. No ingredients, including the capsules, are derived from animal sources. The Nordic Secret Increases performance – mentally, physically and sexually!

Rhodiola rosea (a.k.a. Artic root and Golden root) is an adaptogen, but in contrast to e.g. ginseng, the effects are, for most people, noticeable within 30 minutes. R. rosea grows primarily in dry sandy

ground at high altitudes in the Arctic areas of Europe and Siberia, but also in Alaska and northern Canada. This was the favourite herb of the great Swedish physician and naturalist Linnaeus, who gave it the name *Rhodiola rosea* in the 18:th century. He noticed it was used by Laplanders to increase stamina, but actually the Vikings had used this herb some 500 years earlier to enhance their physical strength and endurance. In 1755 R. rosea was included in the Swedish Pharmacopoeia.



Between 1725 and 1960 various medicinal applications of *R. rosea* appeared in the scientific literature of Sweden, Norway, France, Germany, the Soviet Union, and Iceland. Since 1960, more than 180 pharmacological, phytochemical, and clinical studies have been published [4]. Although *R. rosea* has been extensively studied as an adaptogen with various health-promoting effects, its properties remain largely unknown in the West. This may be due in part to the fact that the bulk of research

has been published in Slavic and Scandinavian medical journals.

One mechanism by which *R. rosea* exerts its effect is via an increased production and release of various neurotransmitters and beta-endorphins. Beta-endorphins are morphine like substances that improve well-being and reduce pain in a natural way without harmful side effects. Beta-endorphins are also released during exercise and this can explain why you feel good by being →



→ physically active regularly. When the release of beta-endorphins and neurotransmitters fail, your energy level and mood starts to decline. Activities, such as sex, are no longer enjoyable. Several human studies show that *R. rosea* indeed works. For instance, it has been shown to enhance both cognitive performance and physical performance.

It is remarkable that *R. rosea* improves performance as early as 1 to 24 hours after intake. In contrast, other adaptogens take several weeks before one can see an effect, and then only in conditions such as chronic fatigue, and in elderly. Recently it has been shown that *R. rosea* also has anti-inflammatory properties. This is great news since inflammation increases the risk of cardiovascular disease. Intake of *R. rosea* facilitates the synthesis of ATP, i.e. improves the energy status of the muscle. Lack of ATP is a common feature of fibromyalgia. Furthermore, supplementation with *R. rosea* improves quality of sleep and reduces sleepiness. In Scandinavia, *R. rosea* is often used as an aphrodisiac. Research supports this use. For instance, in one study, 26 out of 35 men with sexual dysfunction responded to *R. rosea* with

substantially improved sexual function, normalization of prostatic fluid, and an increase in 17-ketosteroids in urine.

Acetyl-L-Carnitine (ALC) is a natural substance. About one fourth of the total amount of ALC in your body is food derived, while the rest is synthesised by the body. During stressful conditions ALC helps keeping the balance between catabolic and anabolic hormones. Otherwise the catabolic hormones would take over, which in turn contribute to development obesity and muscle breakdown. Japanese researchers have recently found that chronically fatigued patients are ALC deficient, both in the body and certain parts of the brain.

It has been shown that supplementation with ALC works well in treating the chronic fatigue syndrome, even better than the regular pharmaceutical treatment. Multiple sclerosis (MS) patients suffer from fatigue, and also in this case ALC seems to be more effective than medicines in regard to mental status. ALC is also effective in polyneuropathy, a condition with uncomfortable pain and numbness. This is great news because there is



no other effective treatment (unless the reason of the condition is lack of vitamin B12). Furthermore, ALC can protect the mitochondria (“the cellular power plants”) in muscles and help them to burn fat. Dysfunctional mitochondria is today considered to underlie both muscle pain, type 2 diabetes and early ageing.

Other evidence regarding the powerful effect of ALC was recently demonstrated in 120 Italian men. They received ALC, testosterone or placebo. Due to the effect on well-being and erection quality the researchers concluded: Testosterone and especially carnitines proved to be active drugs for treating symptoms associated with male ageing. Like R. rosea, ALC improves learning, sleep quality and memory.

Zinc deficiency is common today, especially in patients with muscle pains. There is a correlation between low serum concentration of zinc and pain in patients with fibromyalgia. By ingesting *Rhodiola rosea* together with ALC and zinc gluconate, several synergistic mechanisms occur. This leads to improved well-being and mental focus, increased desire to exercise, increased fat burning and less muscle soreness and pain. Last, but not least, sexual drive is enhanced in both men and women, and erection quality is improved in men. Undoubtedly, the powerful and synergistic natural compounds in Virilazer are beneficial for a large amount of people. Virilizer, the “Nordic secret”, will easily help you regain health and well-being – mentally, physically and sexually! ●

ETIKETT (fick inte med den från kontoret)