

# CAREIMMUN Basic®

Food supplement with vitamins, minerals, trace elements, coenzyme Q10 and secondary plant substances (lycopene and lutein)

- for normal metabolic processes
- for a normal function of the immune system
- for cell protection against oxidative stress

## Why CAREIMMUN Basic®?

- optimal dosage
- increased vitamin D<sub>3</sub> content
- additionally contains coenzyme Q10 and carotenoids
- folic acid in the form of methyltetrahydrofolate
- flexible intake
- only one capsule per day
- well-tolerated

### Optimal dosage

CAREIMMUN Basic® is a food supplement containing the most important vitamins, minerals and trace elements in an optimally dosed form for the daily basic supply of essential micro-nutrients.

### Increased vitamin D<sub>3</sub> content

The German Nutrition Society (DGE) recently increased the daily requirement of vitamin D<sub>3</sub> from 5 to 20 µg. CAREIMMUN Basic® therefore contains 20 µg vitamin D<sub>3</sub>.

### Additionally contains coenzyme Q10 and carotenoids

CAREIMMUN Basic® additionally contains secondary plant substances, so-called carotenoids, from tomato and marigold erecta extracts, as well as the vitamin-like substance coenzyme Q10.

### Folic acid in the form of methyltetrahydrofolate

CAREIMMUN Basic® contains folic acid in the bioactive form methyltetrahydrofolate. Up to 50 % of people cannot sufficiently utilize folic acid. Methyltetrahydrofolate ensures an adequate supply.

### Flexible intake

In CAREIMMUN Basic® the micronutrients are contained in a capsule with small pellets. This has the advantage that the various micronutrients do not interact and thus inactivate themselves. A further advantage is the special coating of the pellets, which ensures that the capsules can be opened and the pellets consumed, for example, sprinkled over food.

### Only 1 capsule per day – little effort

Due to the optimal dosage of CAREIMMUN Basic® and its special galenics, it is sufficient to take only one capsule a day with liquid to support the immune system.

### Well-tolerated

CAREIMMUN Basic® is free of lactose, gluten, gelatin, yeast, colorants and preservatives. The coloring of the pellets is based on the coenzyme Q10 content.

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## What effects do different micronutrients have?

Important for the following functions	Micronutrients
Function of the immune system	Vitamin B <sub>6</sub> , B <sub>12</sub> , folic acid, vitamin C, D <sub>3</sub> , copper, selenium, zinc
Reduction of fatigue and tiredness	Vitamin B <sub>2</sub> , B <sub>6</sub> , B <sub>12</sub> , folic acid, pantothenic acid, niacin, vitamin C
Cell protection against oxidative stress	Vitamin C, E, B <sub>2</sub> , copper, selenium, zinc
Contributes to normal DNA synthesis	Zinc
Function in cell division or cell specialization	Vitamin B <sub>12</sub> , folic acid, vitamin D <sub>3</sub> , zinc
Energy metabolism	Vitamin B <sub>1</sub> , B <sub>2</sub> , B <sub>6</sub> , B <sub>12</sub> , biotin, pantothenic acid, niacin, vitamin C, copper
Function of the nervous system	Vitamin B <sub>1</sub> , B <sub>2</sub> , B <sub>6</sub> , B <sub>12</sub> , biotin, niacin, vitamin C, copper
Mucous membranes	Vitamin B <sub>2</sub> , niacin, biotin
Teeth	Vitamin C, D <sub>3</sub>
Hair	Biotin, zinc, selenium
Skin	Vitamin B <sub>2</sub> , biotin, niacin, vitamin C, zinc

### Healthy and balanced nutrition

Nutritional supplements are increasingly viewed critically, because studies have been published that link supplementation of individual micronutrients to an increased incidence of various diseases. At the same time, the recurring mantra claims that a healthy and balanced diet more than meets the need for vitamins, minerals and trace elements.

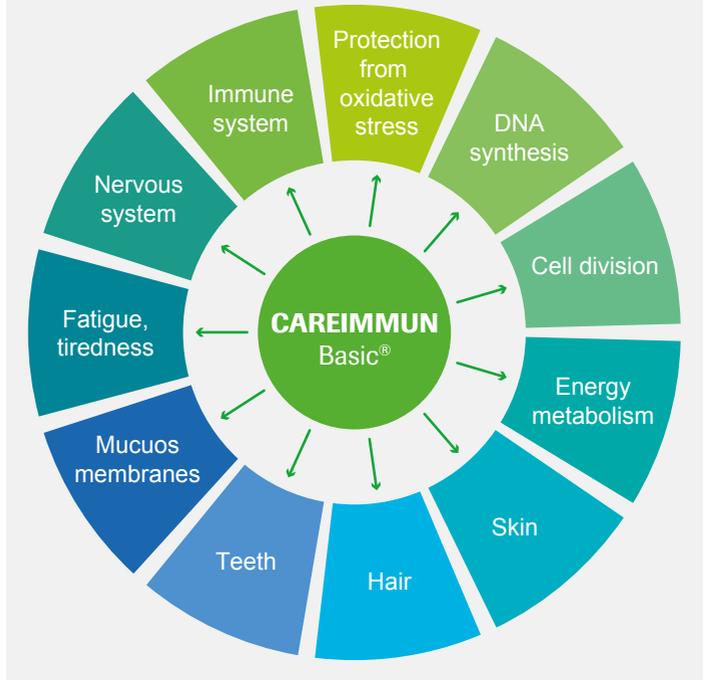
Reality shows, however, that most people do not manage this healthy and sufficient diet and therefore consume too few vitamins, trace elements and minerals. Especially when everyday life is so strenuous that the body needs more of these important substances, but there is less time and thought left for procuring and consuming a healthy, balanced diet.

### Man – an adaptation artist

Over the millennia, humans have adapted to a wide variety of habitats – from the dust-dry desert to the icy landscapes of the Arctic. This was possible because humans, as omnivores, can survive with both very meaty and plant-rich food. In Europe it has long been a survival advantage to be able to digest milk and dairy products without any problems, whereas in other parts of the world it was not very important and therefore a high proportion of the population in these areas cannot easily break down lactose contained in milk.

Although the Mediterranean diet differs greatly from the traditional Japanese diet, both diets are considered to have a particularly high health benefit based on scientific results and the high average age of the human population.

## Where and how does CAREIMMUN Basic® work?



### **Nutrition recommendations – more confusion than help**

Most countries now make recommendations for a healthy and balanced diet in the form of a food pyramid or food circle. However, some of these recommendations differed considerably. Sometimes fruit and vegetables should make up the largest proportion, sometimes cereal products. In addition, some foods are assigned to different groups and are therefore evaluated differently, such as nuts. In Croatia, nuts are assigned to the sugar group, in Switzerland to the fat group, whereas in Spain and England they are grouped together with meat, fish, beans and eggs in a protein group. Greece, on the other hand, recommends nuts together with olives and legumes in a separate group.

Food consumed much more frequently is also affected: depending on the country, beans, peas and lentils are grouped together with meat, vegetables, fruit or potatoes. Potatoes belong to the so-called homeless foods, which can be found in many different categories.

### **Nutrition recommendation in Germany**

The German Nutrition Society (DGE) has now introduced a three-dimensional nutrition pyramid which, however, gives no information about the daily recommended amounts. The nutrition circle must also be used for this purpose.

### **General information**

A varied and balanced diet as well as a healthy lifestyle are of great importance.

## Average nutrient content of CAREIMMUN Basic®

Nutrient	per capsule	NRV*	Nutrient	per capsule	NRV*
Coenzyme Q10	20 mg		Pantothenic acid	6 mg	100 %
Lycopin	1.3 mg		Vitamin B12	2 µg	80 %
Lutein	1.3 mg		Biotin	70 µg	140 %
Vitamin A	317 µg RE / 1056 IU	40 %	Folic acid	200 µg	100 %
of which: β-carotene	167 µg RE / 556 IU		Niacin	16 mg NE	100 %
Vitamin C	100 mg	125 %	Chrome	30 µg	75 %
Vitamin E	12 mg	100 %	Copper	1 mg	100 %
Vitamin D <sub>3</sub>	20 µg	400 %	Molybdenum	50 µg	100 %
Vitamin B <sub>1</sub>	1 mg	91 %	Selenium	70 µg	127 %
Vitamin B <sub>2</sub>	1.2 mg	86 %	Zinc	10 mg	100 %
Vitamin B <sub>6</sub>	1.2 mg	86 %			

\* Reference quantities for the daily intake of vitamins and minerals – nutrient reference values (NRV);  
IU = International Units, NE = Niacin Equivalent, RE = Retinol Equivalent

### National Consumption Study II – actual micronutrient status

The National Consumption Study II (n = 15,371) published in 2008 provides an overview of the micronutrient intake of Germans.

#### *Critical vitamins: vitamin D and folic acid*

The average daily intake of most vitamins was the recommended amount. The exceptions were vitamin D and folic acid. 79 % of men and 86 % of women were below the recommended level for folic acid, with the proportion increasing with age. With vitamin D, 82 % of men and 91 % of women fell short of the recommended 5 µg vitamin D per day – whereby the recommendation was meanwhile raised to 20 µg and the proportion of undernourished Germans was probably close to 100 %.

#### *Critical minerals and trace elements: iodine, iron and calcium*

With minerals, the supply of iodine, iron and calcium is critical. The actual iodine uptake is difficult to estimate, as it depends strongly on the amount of iodized salt absorbed. Iron intake is problematic in women of childbearing age. However, additional iron intake should only be taken if there is a proven iron deficiency. Surprisingly, calcium is also a critical nutrient in young women between 14 and 18 years of age and in older men and women (65–80 years).

#### *What about selenium?*

Data on daily selenium intake were not collected in the National Consumption Study II – with reference to the strongly fluctuating selenium levels in food. The daily selenium intake in studies was only 42 µg selenium in men and 30 µg selenium in women. The DGE recommends a daily selenium intake of 70 µg (men) or 60 µg (women).