

KIMUN®

Food supplement with selenium



Consumer information:
please read carefully

KIMUN® supports the immune system with selenium

- on aging
- in convalescence

KIMUN® provides selenium

KIMUN® is a food supplement containing the trace element selenium, which contributes to a normal function of the immune system and can support the body's natural defense system. The regular daily intake of KIMUN® is therefore recommended as a supporting nutritional measure, especially in stressful situations.

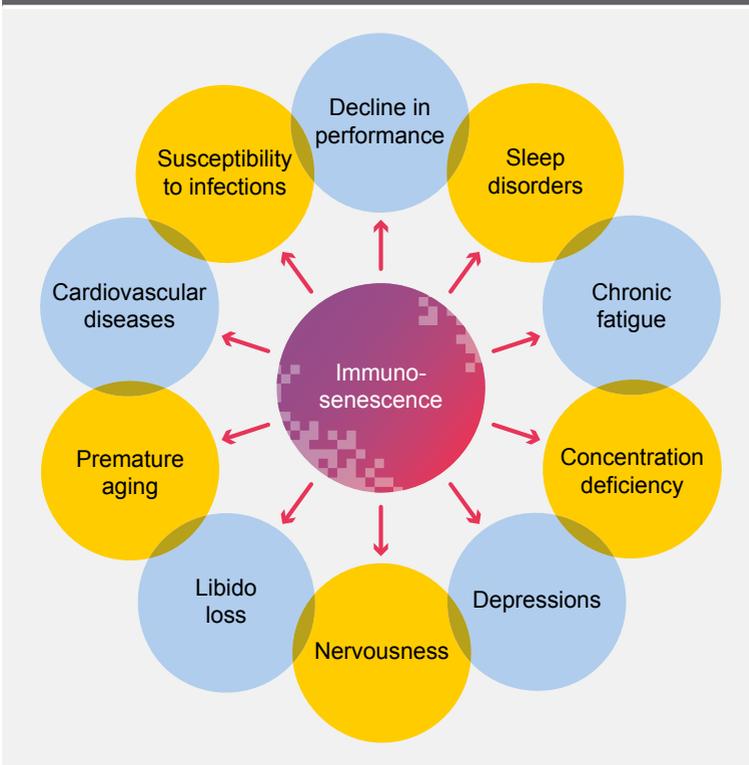
Recommended intake

Swallow 1 capsule per day approx. 1 hour before a meal with a little liquid. If you have difficulty swallowing, open the capsule and take the contents with a little liquid.

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research



Symptoms of an immunosenescence



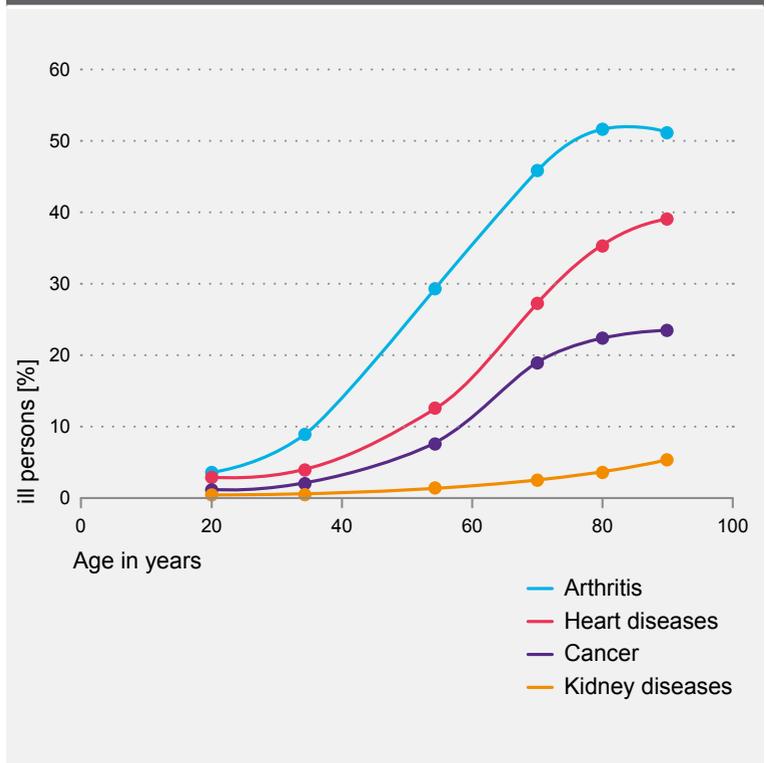
What is immunosenescence?

Immunosenescence is the age-dependent reduction of immunological competence. This includes both the capacity of the immune system to respond to infections and the development of a long-term immune memory, especially for vaccinations. Immunosenescence is considered to be the most important factor for increased morbidity and mortality in old age. Together with the age-dependent regression of the thymus gland, this means that the body has hardly any native T-cells available, from which specific antibodies are formed. Therefore, people are much more susceptible to a variety of infections and non-infectious diseases in old age.

Is an adequate selenium supply important for the proper functioning of the immune system?

Selenium is an essential trace element and helps to protect the cells from oxidative stress. Its various biological effects are based on the incorporation into selenoproteins. The large number of selenoproteins in the human body plays a decisive role in the reduction of oxidative stress. Selenium is also important to initiate the body's immunity, but also to regulate the immune response. An adequate selenium supply ensures both the innate and adaptive immune defense system. Therefore, the immune system needs selenium for normal function. Selenium deficiency can lead to a weaker immune response.

Effect of immunosenescence on the frequency of illnesses



Does the uptake of nutrients change with age?

In old age, the composition of the body changes and directly influences nutrient uptake and metabolism. In addition to factors that can be influenced such as diet and exercise, factors that cannot be influenced also play a role. One reason for the reduced absorption of nutrients as well as micronutrients such as vitamins, minerals and trace elements can be age-specific changes in the gastrointestinal tract. One third of elderly people have undergone degenerative gastric mucosa changes (atrophic gastritis). Clinical symptoms are usually absent.

Among other things, the lack of gastric acid can lead to bacterial overgrowth of the gastrointestinal tract, which influences the absorption of micronutrients. The consequences of missing nutrients are often not obvious and can remain undetected in the symptom complexes of chronic diseases and aging. It is therefore important to think about the problem of malnutrition in old age at a sufficient early stage, as lack of nutrients can have consequences only years later, but these are usually irreversible.

Average nutrient content of KIMUN®

Nutrient	per capsule	Daily requirements*
Selenium	30 µg	55%

* Reference quantities for the daily intake of vitamins and minerals – nutrient reference values (NRV)

Ingredients

63.2% amino acid mixture (L-glutamic acid, L-aspartic acid, L-leucine, L-valine, L-lysine monohydrochloride, L-arginine, L-isoleucine, glycine, L-alanine, L-threonine, L-serine, L-proline, L-phenylalanine, L-methionine, L-histidine monohydrochloride, L-cystine, L-tyrosine); coating agent: hydroxypropyl methylcellulose, shellac; filler: microcrystalline cellulose; sodium selenite pentahydrate; colorants: E 101, E 131; release agent: magnesium salts of fatty acids.

Packages

Pack of 30 capsules

Please note

Food supplements should not be used as a substitute for a balanced and varied diet.

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

The recommended daily intake should not be exceeded.

Store out of the reach of small children.

Protect from heat and sunlight.

Further information

biosyn offers you a range of high-quality food supplements – including our selenium product selenase®.

Please consult: www.biosyn.de/produkte/nahrungsergaenzungsmittel

We would be pleased to send you our KIMUN® folder free of charge – please send us an e-mail: information@biosyn.de (keyword: CI KIMUN®),

call us at:
Tel. +49 (0) 711 - 575 3200,

or write to us:

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You can find more information about us on our [facebook](#) page and on our [YouTube](#) channel.