

We Have Immunity!...



The entire Guna range is available from:

Cyto-Solutions Ltd

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www.cyto-solutions.co.uk**



Cyto-Solutions Ltd
Quarterly News

Winter
2011/12



Merry Christmas!

We would like to take this opportunity to wish you all a Merry Christmas and a Happy New Year from us all at Cyto-Solutions Ltd.

Therapy Request Form

We have added a 'Therapy Request Form' to our website, you will find the link on the homepage at www.cyto-solutions.co.uk

New!

If you have any difficult cases you can follow this link, and fill in the form. This form will then be forwarded to the medical department of Guna for their professional opinion and a recommended treatment protocol.

New Addition - Omeoformula 5

Omeoformula 5 will soon be added to the Guna range available from Cyto Solutions Ltd. This new product contains various components which act specifically against venous insufficiency and blood vessel problems. Omeoformula 5 has the following actions due to its ingredients:

Coming Soon!!

- **Improvement in Vascular Tone and Permeability:**
Aesculus Hippocastanum, Arnica Montana, Hamamelis Virginiana, Urtica and Solidago Virgurea.
- **Anti-Inflammatory Action**
Arnica Montana, Hamamelis Virginiana and Solidago Vigaurea.
- **Anti-Microangiopathic Action**
Nicotiana Tabacum and Arnica Montana
- **Protection and Repair of Vascular Tissues**
Collagen and Hypericum Perforatum

Omeoformula 5 will be in stock and available from Cyto-Solutions Ltd from mid-December.



GUNA-BRAIN

FOOD SUPPLEMENT

6 Natural Ingredients Working in Synergy for Better Mental Efficiency

With a society which calls for more frantic lifestyles and stressful working conditions comes the requirement for better mental performance and stamina, whether it be in school, at work or in our social life. Hindering Ageing in general and **Brain Ageing** in particular is becoming more and more important. This new branch of medicine focuses scientific research on “nootropic” substances, or “**Brain Boosters**”.

Guna®-Brain contains N-Acetylcysteine (NAC), Selenium, Manganese, Coenzyme Q10, titrated plant extracts of Green tea and Withania somnifera. It is an innovative and unique formulation where the SYNERGISM AND THE COMPLEMENTARY ACTION of its ingredients are specifically aimed at:

- PREVENTING A PHYSIOLOGICAL COGNITIVE DECAY AT A FIRST OR A MODERATELY ADVANCED STAGE.
- IMPROVING MEMORY, CONCENTRATION AND ATTENTION QUICKLY
- IN CASE OF INTENSIVE MENTAL ACTIVITY: INTENSIVE STUDY, WORK, MENTAL FATIGUE.
- HELPING RECOVER THE BRAIN FUNCTION IN CASE OF TIA OUTCOMES, BY IMPROVING THE ARTERIAL MICROCIRCULATION.
- PROTECTING FROM THE OXIDATIVE DAMAGE THAT CAUSES THE CNS CELL AGING.



NAC (N-acetylcysteine)¹⁻³

Precursor of **Glutathione**. Together with **Selenium**, it makes up the **glutathione peroxidase** enzyme, a powerful intracellular antioxidant; the **glutathione peroxidase** has an important chelating action for toxic metals as well.

NAC acts through two mechanisms:

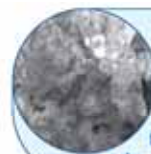
- Intracellular “scavenger” of free radicals together with a slowdown of cellular apoptosis.
 - Vasodilator action because of the association with nitric oxide causing an improvement of cerebral and peripheral function.
- One of the most important preventive action in case of **Alzheimer and Parkinson's diseases and atherosclerosis and cerebral ischemia** is fighting the oxidative stress affecting the brain.



SELENIUM⁶

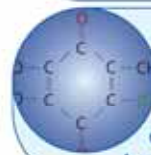
Selenium is an essential trace element for the **glutathione peroxidase** enzyme. It protects cells from environmental damages and pollution. It takes part in the metabolism of thyroid hormones (in particular TSH and T3. Their concentration diminishes during degenerative-cognitive or post-micro-ischemic processes).

Various studies have shown that a **Selenium** deficit speeds up cognitive impairment, whereas supplementing **Selenium** improves the brain function in predisposed subjects.



MANGANESE⁷

Manganese is an essential mineral which carries out an **antioxidant action**. It plays an important role in the **superoxide dismutase (SOD) enzymatic system**. Moreover, it is **essential** for brain activity both in the **control of neurotransmitters** and in the **neuron use of glucose**. A correct balance of the **central nervous system** depends on a good level of **Manganese**. A **Manganese** deficit reduces the **dopamine** levels.



COENZYME-Q10⁷

It protects tissues and cells from hypoxia which occurs due to aging and cerebral ischemia. **Q10 synthesis** begins to decrease gradually from **35-40 years of age**: even different chronic pathologies and a long-term use of synthetic drugs (such as statins) can negatively influence **Coenzyme Q10 synthesis**.
A wide list of publications show the beneficial effects of **Coenzyme Q10** against the onset of brain aging.



WITHANIA SOMNIFERA (ASHWAGANDHA)⁸⁻¹³

This plant is considered as **one of the most powerful natural adaptogens**; the biological and pharmacological effects of the root phytoextract must be ascribed to “**withanolides**”, i.e., steroidal molecules with a variety of pharmacological properties that help:

- improve neuronal trophism to regenerate axon and dendritic endings
- protect the hippocampal structures, i.e., the seats of memory, through an antioxidant action
- modulate the acetylcholinesterase enzyme involving an increase of the synaptic impulse.



CAMELLIA SINENSIS (GREEN TEA)¹⁴

The green tea (*Camellia sinensis*) extract contained in **Guna®-Brain** is particularly rich in tannins, alkaloids, saponins, vitamins, minerals and trace elements carrying out:

- an antioxidant action
- an anti-inflammatory action
- an hypocholesterolemic action
- a support action to the cardio-circulatory function.

GUNA-BRAIN
FOOD SUPPLEMENT

- ✓ HINDERS BRAIN AGING
- ✓ BOOSTS MEMORY AND COGNITIVE CAPACITIES
- ✓ HELPS A QUICK RECOVERY OF MENTAL EFFICIENCY
- ✓ IS AN EFFECTIVE FOOD SUPPLEMENT THAT SLOWS DOWN THE DEVELOPMENT OF NEUROLOGICAL PATHOLOGIES
- ✓ FIGHTS AGAINST FREE RADICALS IN THE BRAIN AND IN THE BLOOD VESSELS



Guna Brain is in stock and available from Cyto-Solutions Ltd.

Don't Forget....

To detox this year following the Christmas and New Year celebrations. Look at the combination of **Guna Cell**, **Guna Lympho** and **Guna Matrix**.....