TEMERO GENERO - for neuroendocrine and immune systems

Description

TEMERO GENERO - complex components for improving the work of the neuroendocrine and immune systems. Its action is aimed at achieving active aging by harmonizing the work of the pineal gland, the thymus, liver, spleen and brain.

TEMERO GENERO - the two regulating drugs in the same complex.

TEMERO - Modulator work pineal gland and brain, has neuroendocrine effects as well as beneficial effects on metabolism and liver function. It is designed for reception of the morning - while the physiological activity of the pineal gland.

GENER0 - a modulator of the immune system and regenerative processes. It is designed for reception of the evening.

TEMERO GENERO and complement each other, creating a solid foundation for health and active longevity.

Action:

- biorhythms and restores immunity,
- regulates the neuro-endocrine balance,
- normalizes metabolism of neurotransmitters,
- stimulates tissue regeneration,
- promotes detoxification,
- prolongs youth and slows down aging.

Application method

Adults and children over 14 years old: take 1 tablet TEMERO in the morning and 1 tablet
GENERO in the afternoon during the meal. Duration of reception - 4-6 weeks. If necessary, the reception may be repeated. Possible receptions throughout the year.

Recommended application:

- to strengthen the immune system when neuroendocrine disorders
- in a complex correction of depressive disorders
- to enhance the overall vitality
- to stimulate the processes of regeneration
- sleep disorders
- in a complex correction of menopausal disorders
- programs for the treatment of alcohol and drug addiction
- program to achieve active longevity

Main components

**Glutamic acid**

It refers to the number of essential amino acids, but for some tissues of the human body is indispensable. The body has many functions: synthesis of amino acids, carbohydrates, stimulation of nitrogen metabolism, synthesis of nucleic acids, neutralization and output of ammonia, neuromediatory function. In addition, it is involved in oxidative processes of brain cells to form energy (ATP) provides increased permeability of the muscle tissue for potassium ions, the synthesis of serotonin is involved in the synthesis of enzymes (NAD), c-AMP, c-GMP.

**Aspartic acid**

It has a very beneficial effect on the human body. It participates in the synthesis of essential amino acids such as threonine and methionine. It plays an important role in the removal of toxic substances from the body (including ammika), in the activity of RNA and DNA metabolism, synthesis imunnoglobulinov. With a deficit of aspartic acid in the body reduces stress, decreases the activity of basic life, a feeling of enduring fatigue.

**Glycine**

It stimulates the pituitary gland, improves the body's supply of creatine necessary for muscle function, stimulates the formation of glucose from glycogen, accelerates cell division bone. Glycine is a part of collagen - an essential component of tendons, skin, cartilage, blood vessels. Glycine is a neurotransmitter in the central type of brake. It has a sedative effect, improves metabolic processes in the tissues of the brain, has a positive effect in muscular dystrophy, the function of the prostate. It is found that glycine enhances the activity of the immune system and reduces the elevated levels of cholesterol and triglycerides in the blood. It also helps to normalize blood pressure and blood sugar levels. It is recommended as a means of weakening attraction to alcohol, diminishing the phenomenon of withdrawal, depressive disorders, increased irritability, normalizing sleep.

**Alanine**

It is an important source of energy for the brain and central nervous system; It strengthens the immune system and is actively involved in the metabolism of sugars and organic acids. Alanine can be raw materials for the synthesis of glucose in the body. This makes it an
important source of energy and control blood sugar levels. Prevents sharp release of inflammatory mediators - histamine, but it does not block histamine receptors. It eliminates the peripheral vasodilation that causes vegetative reactions by type of tides, sensations of heat, fever, headaches.

**Lysine**

Indispensable primary aliphatic amino acid. It catalyzes the enzymatic reactions, is involved in the metabolism of proteins and carbohydrates. L-lysine content reduces serum triglycerides, promotes calcium absorption and maintains nitrogen balance in the adult organism, is involved in the production of antibodies, enzymes and hormones, enhances immunity to viral infections contributes to formation of collagen and tissue repair.

Lysine is assisting in the prevention of osteoporosis, cataracts, maintaining muscle tissue, relieving stress. Together with vitamin C participates in the formation of carnitine.

**Proline**

Promotes healing, improves the ability to learn, is the main component of collagen, important for the functioning of the cartilage surface of joints, strengthens the ligaments, tendons and heart muscle, improves skin condition.

**5-HTP (5-hydroxytryptophan)**

It acts as a chemical intermediate in the processes of transformation of the amino acid tryptophan to serotonin, melatonin, and niacin. Tryptophan is involved in the conservation of nitrogen balance in the human body, and it is extremely important for overall health and for the recruitment of muscle mass in particular. Further, serotonin is synthesized from tryptophan deficiency which leads to depression and insomnia.

Of 5-HTP promotes the synthesis of melatonin, a positive effect on the regulation of the sleep cycle. Melatonin is a natural regulator of circadian rhythms and melatonin deficiency, as well as the lack of serotonin, often leads to insomnia.

**Choline**

This is a natural precursor to the main neurotransmitter - acetylcholine, with the direct participation which takes up 70 percent of reactions in the central and peripheral nervous system. Through it made switching - connection to each other neurons. This applies to the normal course of nervous processes, podderzheniya muscle tone, the regulation of metabolic processes. In recent years, choline vitamin is also considered relevant to the oxidation of fat in the body.

**Folic acid (vitamin B9)**

A sufficient amount of folic acid in the body provides normal blood composition, and also its quality; normalizes fat and carbon exchange. Deficiency of vitamin B9 may cause anemia.

Folic acid is essential for the synthesis of nucleic acid molecules which contain important genetic information. This vitamin is also very important for the growth, development and renewal of all cells of the human body.

The ability to increase appetite and ensure the normal digestive process, to ensure the
stability of the gastrointestinal tract to infectious agents, parasites. It participates in the production of serotonin - the hormone of joy.

**Calcium**

It participates in all vital processes in the body. Normal blood coagulation, occurs only in the presence of calcium salts. Calcium plays an important role in neuromuscular excitability of tissue. With an increase in the blood concentration of calcium and magnesium ions neuromuscular hyperexcitability decreases, while increasing the concentration of sodium and potassium ions - increases.

**Magnesium**

It is a necessary component of all cells and tissues, participating in maintaining the ion equilibrium of body fluids; part of the enzymes associated with the exchange of phosphorus and carbohydrates; activate the plasma and bone phosphatase and is involved in neuromuscular excitability.

**Zinc**

It has impact on sexual activity and pituitary gonadotropins. It increases the activity of enzymes of intestinal and bone phosphatases, which catalyze the hydrolysis. Zinc is also involved in fat, protein and vitamin metabolism, in the process of hematopoiesis.

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**Production**

Scientific and Production Center of Revitalization and Health  
St. Petersburg University of Bioregulation and Gerontology