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**VISION**

INTERNATIONAL PEOPLE GROUP

# GRANATIN Q10



## YOUTH AND BEAUTY GUARANTY



- **ENABLES** cellular restoration
- **DEACTIVATES** free radicals
- **SLOWS DOWN** the aging processes
- **CONTROLS AND REDUCES** elevated arterial blood pressure
- **IMPROVES** brain activity
- **REDUCES** risk of myocardial infarction
- **PREVENTS** development of coronary heart disease

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# How long can we stay young?

“Another wrinkle appeared”, “gray hair is already seen”, “a tired look”... Who hasn't dreamt of eternal youth when looking in the mirror? Fairy tales and legends, fables and folk tales time and again praised balmy springs and rivers with living water, youth-giving apples, magic flowers and herbs, enchanting elixirs and other miraculous remedies aiding to retain youthful fervor, eye shine, elasticity of muscles and smooth skin. Folk healers, alchemists in dark castles and scientists in modern labs have struggled with the secret of youth. And all of them failed in one or another.

The issue of prolongation of youth became especially topical for us in the last decade. It is true that if in the XIX century a 55-year-old lady was

called “an old lady”, in the XX century - “an older woman”, then now she is called “a middle-aged lady”. But the very beginning of aging, the so-called middle age, has smoothly moved from 25-30 to the age of 40-45. And the popular expression “life only starts at 40” does not now sound at all as revolutionary as it did three decades ago.

We are ready to do a lot of things to have looks that do not conform with the age in our passport. Expensive cosmetics and new anti-aging products, diets, fitness, solariums, anti-aging procedures, plastic surgery – all these measures, if we invest sufficient amounts, are able to “rejuvenate” us for a couple of decades. Unfortunately, this refers only to our looks.





Youthful smooth skin and a young hairstyle without a trace of gray hair do not eliminate weariness in the morning and do not vitalize: this is because the internal state of our body often leaves something to be desired. The reason of its “breakage” and premature wear and tear of organs may be a number of factors that unfortunately are very usual for us: stress, malnutrition and irregular nutrition as well as strict diets, absence of physical activity, a lack of antioxidants required to fight aging.

Organs and systems of the body may wear out in different ways – their state does not always conform to our real age. The notion of the “biological age” of a person has become very popular now and reflects the real wear-and-tear on our body or its system.

Thus, the biological age of a 30-year-old person may approach 40 or even 50, but let’s say his heart may be worn out as if they were 60.

Statistics say that recently the cardio-vascular system has started to wear out faster: the number of people with heart disease is constantly growing and the occurrence of the diseases are happening at a younger age. Myocardial infarction now occurs even with 25-year-old people, but cardio-vascular diseases top the list of causes of death in the world! Moreover, after the age of 30 with every year we start complaining about higher fatigability, general aggravation, reduced attention concentration and working capacity, i.e. signs of approaching old age.



# Why does our body need the coenzyme Q10?

Not the least role in the ageing process belongs to the so called coenzyme Q10, also known as ubiquinone (meaning ever-present), to be more precise - to its level reduction. The coenzyme Q10 phenomenon was discovered comparatively recently, just half a century ago. At that time scientists became interested in an amazing substance present almost in all living cells. They found out that the

opportunities and perspectives” which was organized by the gerontological union of the RAS, data was presented that clearly acknowledged the perspectives of Q10 application for premature aging prophylaxis.

The coenzyme Q10 is the one that is responsible for formation of Adenosine Triphosphate (ATP) molecules – the most significant energy currency in the body. One ATP molecule lives for

Ubiquinone – an oil-soluble coenzyme. Its maximum presence is observed in such organs as the heart and liver. The coenzyme Q10 is an antioxidant and unlike other antioxidants is produced in the body. It restores the antioxidant activity of Vitamin E.

coenzyme Q10 plays a very significant role for energy balance of cells, health, youth of the entire body and in particular - of the cardio-vascular system.

Coenzyme Q10 was used for treatment of cardio-vascular diseases for the first time in 1965 but in less than ten years, a work devoted to ubiquinone received the Nobel Prize in Chemistry. Now a special International Ubiquinone Research Center operates in the world. In 2005, at the symposium “Prophylaxis of premature aging:



less than one minute; therefore there are no ATP “energy” reserves in the body. This means that they must be constantly renewed.

The biggest coenzyme Q10 concentration is observed in the cardiac muscle because ATP is required for constant traction of the heart. The ubiquinone maintains at a required level for the metabolism, whose



dysfunction leads to diabetes and other endocrine disorders, cholesterol accumulation and weight problems.

Scientists have calculated that a young healthy body produces up to 300 mg of ubiquinone a day. However, after the age of 30 the amount of coenzyme Q10 reduces in the body every year: by the age of 40 its content decreases by 30% but by the age of 60 – by 50%. At the same time pep, energy and trust in

lowering medications. They are used for prophylaxis of cardio-vascular diseases, improving sleep, increase of a level of perception of physical and intellectual activity, normalization of mechanisms of vegetative regulation.

Another reason for the steady aging of the body – free radicals. This combination designates “defective” compounds with a lacking electron. In their attempt to compensate for this



one’s own powers diminish.

In addition, the amount of ubiquinone in the body may be reduced due to various diseases: hyperthyroidism, hepatitis or bronchial asthma – people with such problems are in particular exposed to a deficit of coenzyme Q10. Its level also decreases when using statin drugs, which are drastic cholesterol-

lack, “free” radicals take a required electron away from healthy cells in our body thus destroying them. First of all, free radicals dispose of diseased cells (which is even good for our body) and then tackle the healthy ones.

Free radicals are to blame for oncologic diseases, atherosclerosis and diabetes mellitus.

# GRANATIN Q10 – the modern elixir of youth

Of course, not a single remedy can give us eternal life. However, there is a method to put the inexorable time on hold: now we can agree with it to “get rid of” ten and more years.

**GRANATIN Q10** – the very same elixir of not eternal, but a long youth, which ancient alchemists and last century’s scientists struggled to discover. In the new century the best world professionals developed it for - Vision.

Vitamin complexes on the coenzyme Q10 basis are very popular now and demanded in the market of health products.

But only **GRANATIN Q10** from Vision developed in France has combined the power and energy of coenzyme Q10 with the most powerful natural

antioxidant - pomegranate extract. The latter component is a know-how of the youth formula.

In ancient times the pomegranate was a symbol of immortality, eternal fertility and a fortunate future. It is rich in A, C, E, B vitamins and minerals: calcium, silicon, ferrous, potassium and iodine. The pomegranate is a source of folic acid, a lack of which also facilitates premature aging. In the opinion of Dutch scientists, the increased consumption of this acid helps to slow down reduction of mental capacity, which is inevitable in old age.

People have been aware of the healing properties of the pomegranate (or the apple of Carthage as Romans used to call it) for many thousands of





years. And this apple is really a youth-giving one: the pomegranate is a very powerful antioxidant which in its activity outdoes blueberries, grapes and green tea. Thanks to these properties the pomegranate extract protects skin from the aggression of the environment.

Products on the basis of natural antioxidants, also a pomegranate, combine efficacy and a natural origin. And this is of great importance: according to studies, “chemical” antioxidants are inherent for serious trouble for health.

The synergy of coenzyme Q10 and pomegranate powder provide powerful protection for the entire body. Together they form a serious rejuvenating tandem which enables reproduction and regeneration of cells.

The food supplement **GRANATIN Q10** slows down the aging process, controls and reduces elevated arterial blood pressure, prevents development of coronary heart disease and myocardial infarction.

Apart from ubiquinone and pomegranate powder, the unique **GRANATIN Q10** formula includes - the grape marc extract, vitamins C and E. These components provide the body with the required vitamin charge. The grape marc extract strengthens the walls of capillaries and improves microcirculation. Vitamin C prevents development of cardio-vascular diseases. Vitamin E (alpha-tocopherol) helps to maintain the structural entity of cellular membranes, protects low

density lipoproteins from oxidation, preventing the increase of the “bad” cholesterol levels and the formation of blood clots.

In combination, the vitamins E or C ensure an increased effect on the body.

All food supplements are notable for their natural origin and top quality of raw materials.

For processing of natural preparations such innovative methods as cryogranulation are used i.e. granulation of crude materials in a low-temperature environment in the atmosphere of a neutral nitrogen gas. Cryogranulation allows maintaining all original valuable properties and vitamins.

### WONDER-FRUIT

The **ORAC (Oxygen Radical Absorbance Capacity) index of a pomegranate comprises 3.307 units, in comparison, blueberries – 2.400 and raspberries – 1.220.**

**ORAC – an index of antioxidant capacities to absorb free radicals.** This index shows the antioxidant capacity of food products. Food with high ORAC is necessary to suppress the activity of free radicals. The ORAC measurement system was developed by scientists from the National Institute of Aging in USA in 1992, tested and accepted by the world scientific community as a complete and sufficient tool for the measurement of the benefit of fruits, vegetables and other antioxidant products and food supplements for health.

# GRANATIN Q10

## HEALTHY YOUTH AND BEAUTY GUARANTOR

Specialists recommend taking a food supplement with Q10 starting from the age of 30-35.


**GRANATIN Q10** has a long-term effect and **does** not cause side effects or addiction.

**"You look so young!"**

Thanks to **GRANATIN Q10** this compliment will accompany you for your entire long and happy life.

**Ingredients:**  
 Calcium phosphate – Grape marc extract  
 (Vitis vinifera) – Vitamin C – Potassium  
 fruit powder (Punica granatum: concentrate  
 juice, malodorousness) – Vitamin E (tocopherol,  
 sodium caseinate) – Cellulose – Dextrose  
 – Sorbitol – Coenzyme Q10 (5 mg per  
 capsule) – Binding agent: magnesium  
 stearate, silicon dioxide, Capsule shell  
 (gelatine) – Colouring agents: Iron oxide,  
 Titanium dioxide.

**SPECIFIC USE:**  
 Take one capsule twice a day during meals  
 with a large glass of water.



**VISION**  
INTERNATIONAL PEOPLE GROUP

**For any questions contact:**  
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 Nicosia, Cyprus. Tel: +357 22 468956

Average nutritional analysis	Per 2 capsules
Energy value	1.6 kcal / 6.7 kJ
Proteins	0.75 mg
Carbohydrates	150 mg
Fats	22 mg
Potassium fruit powder	25 mg
Grape marc extract	100 mg
Vitamin C	10 mg (88%)*
of which: PFC <sup>†</sup>	12 mg (100%)*
Vitamin E (α-TE)	10 mg (100%)*
Coenzyme Q10	10 mg
Calcium	120 mg (100%)*

**Precautions:**  
 Food supplements should not be used as substitute for a  
 varied and balanced diet and a healthy lifestyle.  
 The recommended daily intake should not be exceeded.  
 Keep out of reach of young children.  
 Store in a dry, cool place, protected from light.  
 Best before end date: see bottom flap.

**Store in a dry cool place, protected from light.**  
**FOOD SUPPLEMENT**  
 Net weight: **32.2 g**  
**Best before end date: see bottom flap.**

**Manufactured by:**  
 Nutriforma Ltd, Unit 507, Western  
 Estate, Waterford Industrial Estate,  
 Waterford, Ireland.

**GRANATIN Q10**

Direct hit

FOOD SUPPLEMENT with  
 grape marc extract,  
 grape marc powder,  
 grape marc concentrate  
 (of which "PFC"),  
 Calcium, Vitamins C & E  
 and Coenzyme Q10

**60 capsules**

10028810

3 578830 412159



### Your independent Vision consultant

Full name \_\_\_\_\_

\_\_\_\_\_

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**It is recommended to consult a physician  
before application**

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