

GUARD

TAILOR-MADE FORMULATIONS
FOR BRAIN, EYES, HEART,
NERVES AND SLEEP.



www.guard-your-life.com

THE GUARD PHILOSOPHY

Our **GUARD series** was developed specifically for everyone who engages in a hectic everyday lifestyle with plenty of screen time and stress. Since we know just what kind of a toll the demands of modern life can take on the body, we have developed customised products to support health.

Our formulas are based on the latest scientific findings and designed to support important areas such as the brain, eyes, heart, nerves, and sleep. We choose our plant-based ingredients with great care and deliberately avoid adding any unnecessary ingredients to ensure that our products are a perfect match. Each component is customised to individual requirements.

Our clean-label principle warrants that our products are free from any colourants and have vegan formulas. The excellent quality of our products promises to prevent overdosing. We are committed to well-being and offer integrated support for everyday life.



**Without any colourants
or preservatives.**



**With herbal
ingredients.**



**Suitable for a
vegan diet.**

All products in our **GUARD series** are also perfectly harmonised in their formulations and effects. This not only guarantees optimal care for the body, but also ensures that users can rely on the well-being of their health without any worries. The harmonious combination of our products will let you benefit from balanced support without any risk of overdosing.

GUARD – convincing product quality.



DISCOVER PERFECTLY COORDINATED GUARD SERIES PRODUCTS

These five products with their customised formulas to support the brain, eyes, heart, nerves, and sleep respectively are perfectly coordinated to facilitate health and performance.

BlueLight GUARD®

Vitamin A contributes to the maintenance of normal vision. Further ingredients include lutein and zeaxanthin from marigold extract, mangiferin from mango leaf extract, and anthocyanidins from blueberry fruit extract.

Sleep GUARD®

Melatonin contributes to the reduction of time taken to fall asleep¹ and contributes to the alleviation of subjective feelings of jet lag.² Further ingredients include valerian root extract, camomile blossom extract, hop blossom extract, and saffron blossom extract.



Cardio GUARD®

Thiamine contributes to the normal function of the heart. Further ingredients include coenzyme Q10, cocoa, trans-resveratrol, OPC from grape seed extract, and garlic extract.

Mental GUARD®

Pantothenic acid contributes to normal mental performance and to the reduction of tiredness and fatigue. Further ingredients include L-tyrosine, bacopa-sides from brahmi extract, L-theanine from green tea leaf extract, flavonoids from ginkgo leaf extract, and rhodiola rosea extract.

Neuro GUARD®

Niacin contributes to normal functioning of the nervous system, to normal psychological function and it also contributes to normal energy-yielding metabolism. Further ingredients include lemon balm extract, passionflower extract, ashwagandha root extract, and curcuminoids from turmeric root extract.

The **GUARD** product range offers an holistic concept to preserve well-being. Every product has been carefully developed to meet individual needs in different situations of life. Our teams of researchers have worked hard to optimise the high-quality ingredients to ensure best possible support – for an all-round active and healthy life.

Our products are carefully selected and of the highest quality to provide the best support possible for your well-being at all times.

¹The positive effect is achieved by taking 1 mg of melatonin shortly before bedtime.

²The positive effect is achieved by taking 0.5 mg melatonin on the first day of travel and on the following days after arrival at the destination shortly before going to bed.



TAKE
CARE!



FOR THE MAINTENANCE OF NORMAL VISION

Our eyes are exposed to many external influences every day that may strain our eyes' health. In particular, extended TV watching, screen work, or extended use of mobile end devices stress our eyes. Free radicals also pose an additional strain.

The useful combination of valuable **vitamin A** and high-quality extracts from **marigold blossom**, **mango leaves**, and **blueberry**.



Vitamin A – not only contributes to maintaining normal vision but is involved in the process of cell specialisation. Vitamin A also contributes to the maintenance of normal mucous membranes and the normal function of the immune system. Beyond this, Vitamin A contributes to a normal iron metabolism. Iron is another essential component of many enzymes and proteins in the retina that are necessary for the visual process.

Marigold flower extract – lutein and zeaxanthin are highly concentrated in the area of sharpest vision (macula) in the retina. They are mainly found in plant foods such as green vegetables. Lutein is the main carotenoid in marigold flowers.

Blueberry fruit extract – Blueberries contain anthocyanins and ascorbic acid, among other things. Anthocyanins are phytochemicals that bind free radicals produced during oxidative stress in the plant sap.

Mango leaf extract – many cultures value the leaves of the mango tree (*mangifera indica*). Amongst other things, they contain the phytochemical mangiferin.

PRODUCT INFORMATION AT A GLANCE

- Food supplement with plant extracts and vitamin A
- Contains lutein and zeaxanthin from marigold extract, mangiferin from mango leaf extract and bilberry extract

**2 capsules
per day**

**60 capsules
per pack**

Vegan



AVERAGE AMOUNT IN 2 CAPSULES		% NRV ¹
Vitamin A	800 µg	100
Marigold flower extract	100 mg	— ²
> thereof Lutein	20 mg	— ²
> thereof Zeaxanthin	2.5 mg	— ²
Mango leaf extract	80 mg	— ²
> thereof Mangiferin	60 mg	— ²
Bilberry fruit extract	50 mg	— ²
> thereof anthocyanidins	12.5 mg	— ²

¹ Nutrient Reference Value according to Regulation (EU) 1169/2011.

² No reference value available.

Health Claim:

- Vitamin A contributes to the maintenance of normal vision.

Please note:

- During pregnancy Vitamin A should be consumed only after medical consultation.



FOR NORMAL HEART FUNCTION

Pressure to succeed at work and during one's free time, as well as a high daily workload, may trigger some stress reactions in the body and anxiety. Lack of sleep and a lack of exercise will intensify such reactions.

The useful combination of valuable **vitamin B1**, **coenzyme Q10**, rich cocoa powder and high-quality plant extracts from **garlic** and **grape seed**.



Thiamine – also known as vitamin B1, is a water-soluble vitamin and a component of enzymes that are crucial in the production of energy in the body and the transmission of stimuli in the nervous system. Since the body can only store very small amounts of thiamine, it must be ingested regularly with food. Thiamine is found in both plant- and animal-based foods. Wholemeal products, legumes, and garlic are some things that contain thiamine.

Cocoa powder – even the Aztecs and the Maya valued cocoa greatly. Cocoa contains the secondary plant compounds flavonoids. Flavonoids help the plant protect itself from UV radiation, stress, and pests. They also regulate the growth and development of the plant, among other things.

Grape seed extract – the OPCs (oligomeric proanthocyanidins) contained in grape seed extract are powerful antioxidants that help strengthen the plant's cell walls, making them more resistant to disease and pest attack.

Garlic – the sulphur compounds in garlic (*allium sativum*) are part of the plant's defence mechanism against diseases and predators, amongst other things.

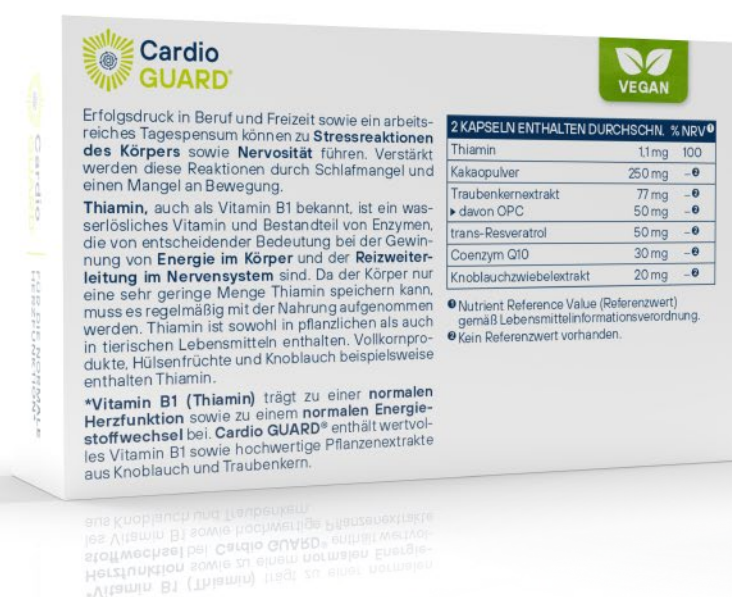
PRODUCT INFORMATION AT A GLANCE

- Food supplement with plant extracts, thiamine and coenzyme Q10
- Contains coenzyme Q10, cocoa, trans-resveratrol from Japanese knotweed, oligomeric proanthocyanidins (OPC) from grape seeds and garlic bulb extract

**2 capsules
per day**

**60 capsules
per pack**

Vegan



AVERAGE AMOUNT IN 2 CAPSULES	% NRV ¹
Thiamine	1.1 mg 100
Cocoa powder	250 mg — ²
Grape seed extract	77 mg — ²
> thereof OPC	50 mg — ²
trans-Resveratrol	50 mg — ²
Coenzyme Q10	30 mg — ²
Garlic bulb extract	20 mg — ²

¹ Nutrient Reference Value according to Regulation (EU) 1169/2011.

² No reference value available.

Health Claim:

- Thiamine contributes to the normal function of the heart as well as to normal energy metabolism.

Mandatory warning according to Regulation (EU) 2017/2470:

- People using medicines should only consume the product under medical supervision.



FOR THE MAINTENANCE OF NORMAL MENTAL PERFORMANCE

A high daily workload, pressure to succeed at work, tight deadlines, a hectic pace, sports, too many demands on oneself – all of these factors can cause stress. Lack of exercise and lack of sleep favour stress reactions of the body.

The body uses pantothenic acid, among other things, to maintain mental performance in phases of high strain and stress.

The useful combination of valuable **vitamin B5**, **L-tyrosine** and high-quality extracts from **brahmi**, **green tea**, **ginkgo**, as well as **rose root**.



Vitamin B5 (Pantothenic acid) – the body uses pantothenic acid, among other things, to maintain mental performance in phases of high strain and stress. Vitamin B5 (pantothenic acid) is a micronutrient that contributes to normal mental performance as well as normal energy metabolism and helps to reduce tiredness and fatigue.

Brahmi – Brahmi is a plant that traditionally sees use in Ayurveda. Ayurvedic teachings ascribe it a positive influence on cognitive performance.

Ginkgo – Ginkgo biloba is an ancient plant with leaves and seeds that are used in traditional Chinese medicine. Chinese teachings consider them to affect mental performance.

Rose root – Rhodiola rosea, or rose root, is a robust plant from the high mountains of Asia that also grows in Siberia. It finds use in Russian folk customs. It contains adaptogenic substances. Adaptogens are plant-based substances that can help plants even in adverse environmental conditions such as heat, cold, or drought. They protect the plant from stress and help it to adapt to changing conditions and survive.

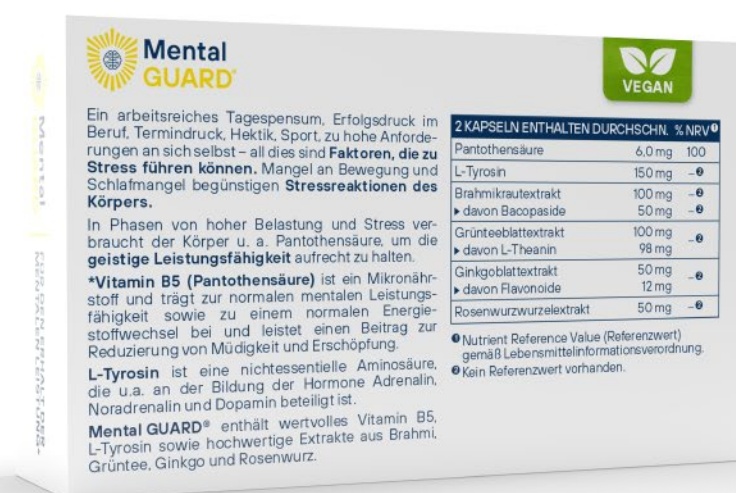
PRODUCT INFORMATION AT A GLANCE

- Food supplement with plant extracts, L-tyrosine and pantothenic acid
- Contains high-quality extracts from brahmi, green tea, ginkgo, and rose root

**2 capsules
per day**

**60 capsules
per pack**

Vegan



AVERAGE AMOUNT IN 2 CAPSULES		% NRV ¹
Pantothenic acid	6.0 mg	100
L-tyrosine	150 mg	— ²
Bacopa monnieri extract	100 mg	— ²
> thereof bacopasides	50 mg	— ²
Green tea leaf extract	100 mg	— ²
> thereof L-theanine	98 mg	— ²
Ginkgo biloba leaf extract	50 mg	— ²
> thereof flavonoids	12mg	— ²
Rhodiola rosea root extract	50 mg	— ²

¹ Nutrient Reference Value according to Regulation (EU) 1169/2011.

² No reference value available.

Health Claim:

- Pantothenic acid contributes to normal mental performance as well as normal energy metabolism and the reduction of tiredness and fatigue.



FOR NORMAL FUNCTION OF THE NERVOUS SYSTEM

Striving for self-optimisation and self-realisation goes hand in hand with a desire to achieve a good work-life balance and health. This can be seen in contrast to an everyday life characterised by pressure from deadlines, a high daily workload, professional and private pressure to succeed, and the excessive demands one places on oneself.

Meeting all of these demands often leads to stress, anxiety, irritability, exhaustion, and/or fatigue.

The useful combination of valuable **vitamin B3** and high-quality extracts of **lemon balm**, **passion flower**, **ashwagandha**, and **curcuma**.



Vitamin B3 (Niacin) – contributes to normal functioning of the nervous system and mental processes. It also helps maintain a normal energy metabolism and reduce tiredness and exhaustion.

Ashwaghandha – also referred to as Indian ginseng; this plant used in Ayurvedic teachings contains the precious phytochemical withanolides. Withanolides help protect the plant from stress, disease, and environmental stressors.

Passion flower extract – Passion flower originates in South America. It contains valuable flavonoids, phytochemicals that protect plants, among other things by warding off UV rays and pests and protecting the plant from oxidative stress and infections.

Lemon balm extract – Lemon balm has been known since ancient times. Over the centuries, it has developed into a tried and tested household remedy for restlessness and nervousness.

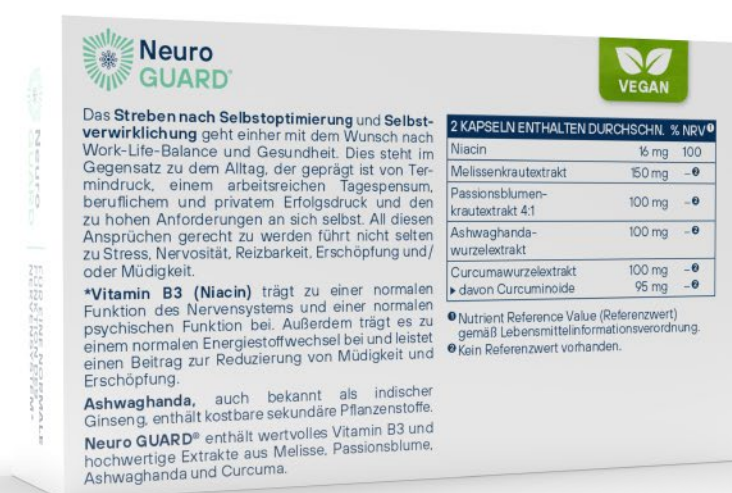
PRODUCT INFORMATION AT A GLANCE

- Food supplement with plant extracts and niacin
- Contains high-quality extracts of lemon balm, passion flower, ashwagandha, and curcuma

**2 capsules
per day**

**60 capsules
per pack**

Vegan



AVERAGE AMOUNT IN 2 CAPSULES		% NRV ¹
Niacin	16 mg	100
Melissa herb extract	150 mg	— ²
Passionflower extract 4:1	100 mg	— ²
Ashwagandha root extract	100 mg	— ²
Turmeric root extract	100 mg	— ²
> thereof curcuminoids	95 mg	— ²

¹ Nutrient Reference Value according to Regulation (EU) 1169/2011.

² No reference value available.

Health Claim:

- Niacin contributes to normal functioning of the nervous system, normal psychological function as well as normal energy-yielding metabolism.



FOR A SHORTENED TIME TO FALL ASLEEP

Regular rest and good sleep are essential for our daily well-being. Good sleep strengthens the immune system and is vital for our performance after all. Sleeping well at night leaves us fit and able to perform during the day.

People who travel a lot on business often must be rested and mentally active in spite of suffering from jet lag.

The useful combination of **melatonin** and high-quality extracts of **valerian**, **chamomile**, **hops**, and **saffron**.



Melatonin is a hormone produced from serotonin in the pineal gland. It controls the day-night rhythm of the human body. It contributes to the reduction of time taken to fall asleep.³ Melatonin also helps to alleviate the subjective sensation of jet lag.⁴

Valerian root extract – contains, among other things, the phytochemical iridoid glycosides, which are responsible, e.g., for protecting the plant from predators and pathogens. Historically, medicinal use of valerian dates back many centuries, all the way to ancient Greece

Chamomile flower extract – contains a flavonoid that not only protects the plant against pests and UV radiation, but that also serves as a signalling substance. Chamomile flowers are highly popular as a tea plant.

Hops (*humulus lupulus*) – has been known as a household remedy since the Middle Ages and was used predominantly by monks.

PRODUCT INFORMATION AT A GLANCE

- Food supplement with plant extracts and melatonin
- Contains traditionally used plant extracts from saffron, chamomile, valerian and hops

**2 capsules
per day**

**60 capsules
per pack**

Vegan



AVERAGE AMOUNT IN 2 CAPSULES		% NRV ¹
Melatonin	1.0 mg	– ²
Valerian root extract 4:1	150 mg	– ²
Chamomile flower extract 4:1	100 mg	– ²
Hops flower extract 4:1	50 mg	– ²
Saffron flower extract 4:1	10 mg	– ²

¹ Nutrient Reference Value according to Regulation (EU) 1169/2011.

² No reference value available.

³ The positive effect is achieved by taking 1 mg of melatonin shortly before bedtime.

⁴ The positive effect is achieved by taking 0.5 mg melatonin on the first day of travel and on the following days after arrival at the destination shortly before going to bed.

Health Claims:

- Melatonin contributes to the reduction of time taken to fall asleep.³
- Melatonin also helps to alleviate the subjective sensation of jet lag.⁴

**For more information about our company,
please don't hesitate to get in touch with us.**

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