



Living Foods Matrix

KAROSHIL®

CEREBRAL METABOLISM ACTIVATOR

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KAROSHIL

**A tablet
To help you know what you would do
if you were free.**

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KAROSHIL

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1. Introduction

Karoshil: A Window of Opportunity

Karoshil represents a new 'window of opportunity', a 'reflection of the mind', an opening up of consciousness.

It has a valuable role to play for those who have problems managing their lives, who feel stresses and pressurised by events in their day-to-day lives and who can no longer cope with them.

In particular, Karoshil helps them to realise 'what they no longer want in their lives' and to recognise 'what they do want' so that they, themselves, can make the positive changes necessary.

Why a New Product?

Karoshil is not just another product on the market. It is a real innovation which meets very specific requirements. The value of Karoshil is that it provides people with everything they need to properly relax, to have regular and reparative sleep once more and to cope with their anxieties.

By enabling them to feel calm, serene and relaxed, in particular it helps them to take the necessary steps to reach their full potential.

It is rapidly effective as it gives results in a very short time, from just a few hours to a few days.

2. Phosphorylated Glucose Principle:

a. Definition of Phosphorylation

In order to understand how Karoshil works, the capital importance of the process of glucose phosphorylation must be stressed.

Phosphorylation consists of adding the element phosphorus to another chemical element.

This process generates numerous chemical actions in the body. It was discovered in the 1950s and, until recently, was thought to mainly concern function of muscle cells. “When adrenaline is released into the body, usually in response to an attack or threat, it passes through the blood stream before reaching the muscle cells”, explains Prof. Philipp Cohen, Dean of Dundee University. “The adrenaline then closes the receptors on the cell surfaces, an action which triggers the activation of specific enzymes towards the cells”. One of these enzymes then continues phosphorylation by binding chemical substances, known as phosphates, to another enzyme. Thus armed with phosphates, this second enzyme then separates glycogen, the energy storage material of muscle cells. This process then releases the energy to enable muscle cells to contract and allows the person to react, either by fighting or by fleeing, for example.

Phosphorylation is like loading a gun: it primes the cell so that it can act or change function. A crucial breakthrough was the discovery that phosphorylation is involved in the function of

b. Phosphorylated glucose

Human beings require a basic fuel: glucose, a monosaccharide. Everything else that we use to produce energy must first of all be converted into glucose by means of biochemical processes.

The first essential stage in the production of energy from glucose consists of phosphorylation itself. This stage requires energy to be completed. This happens thanks to a specific control enzyme and the reaction is reversible. This means that the body can just as easily dephosphorylate monosaccharides. These are ready for direct use by the body.

The presence in the cell of glucose which has already been phosphorylated stimulates a series of energy-production cascades, along with the chemical processes resulting from total decomposition of glucose, with the resulting energy production. In other words, this one process enables release of all the body's energy.

There are also other nutrient ingredients in our phosphorylated glucose, which help to promote the release of additional stored energy, in the form of fatty acids taken from the

body's fat reserves. The glucose circulating in the blood and from the cells is used. Another advantage of our phosphorylated glucose in the production and release of energy is that as it contains a relatively low level of monosaccharides, it stimulates the use of the body's reserves and, as a result, does not induce any rebound effect with respect to hypoglycaemia.

Our phosphorylated glucose is directly obtained from vegetables and fruit grown on live yeast: it contains complex polysaccharides, glycosides and phosphorus, which are incorporated into the sugar's native molecules.

It is thought that the binding of insulin activates a kinase associated with the receptor and that this primes phosphorylation reactions, activating intra-cellular enzymes. After the glucose enters the target cells, binding of insulin provokes enzymatic reactions which:

1. Catalyse oxidation of glucose for ATP production.
2. Unite glucose molecules to form glycogen.
3. Transform glucose into fatty acids and glycerol, the molecules needed for the synthesis of triglycerides (particularly in the adipose tissue).

As a general rule, energy requirements are met first, after which there is glycogen synthesis. Insulin thus draws glucose from the blood, so that it can be used to produce energy or be converted into glycogen or fats (for storage), and it promotes the synthesis of proteins.

NOTE:

Blood glucose is generally reserved for the neurons of the nervous system, which can only use this fuel to produce their ATP.

Injury, anxiety, anger or any other stress factors which induce the fight or flight reaction, including a reduction in serum glucose levels which affects the central receptors for glucose in the hypothalamus, all trigger the following regulation process: these stimuli are responsible for mobilising lipids and glycogenolysis, i.e. essentially the same effects as glucagon (= compensation of insulin secretions).

3. How Karoshil works

Karoshil is a functional food supplement which stimulates the efficient use of nutrients absorbed by the body.

In the previous section, we saw how important the phosphorylation of glucose is.

The other ingredients in Karoshil – the plant extracts (Ginkgo biloba and Eleutherococcus) as well as the vitamins and minerals – also benefit from the process described above in terms of assimilation and efficacy. The brain is thus provided with valuable nutrients, enabling it to function at optimum level.

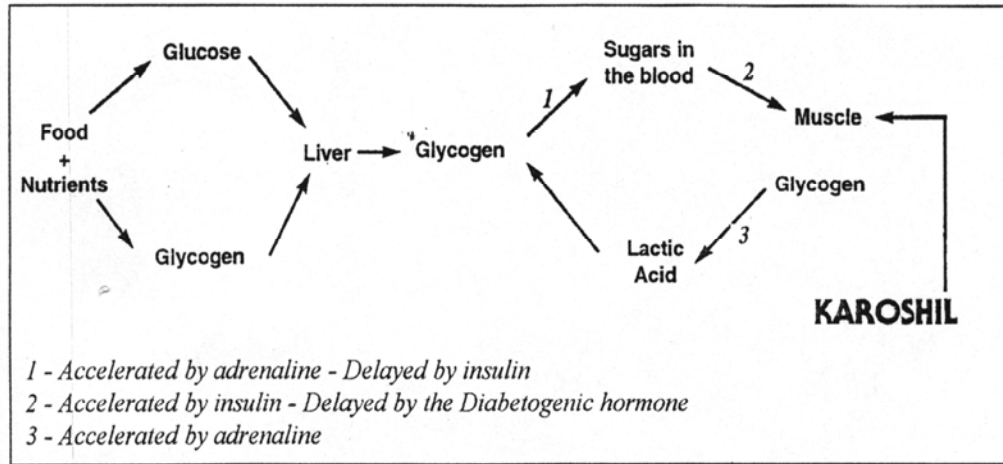
In contrast with other simple sugars, the sugar in Karoshil is absorbed slowly so that blood sugar levels reach a peak after two hours and slowly return to normal levels after four hours. At no time does the blood sugar concentration fall below normal levels.

Karoshil thus enters the blood stream without causing any insulin stimulation.

Moreover it appears that the organic phosphorus contained in Karoshil, combined with the plant structure from which it derives, is capable of activating glucose mobilisation from the muscles' glycogen stores. It is thus a functional food supplement which stimulates the efficient use of nutrients absorbed by the body.

Conclusion

The phosphorus present in Karoshil is nothing like the initial phosphorus (before incorporation in the plant extracts by the process), but falls into the same category as, or a similar category to, the group of sugars bound to phosphorus (i.e. glucose 6 phosphate), one of the body's energy sources.



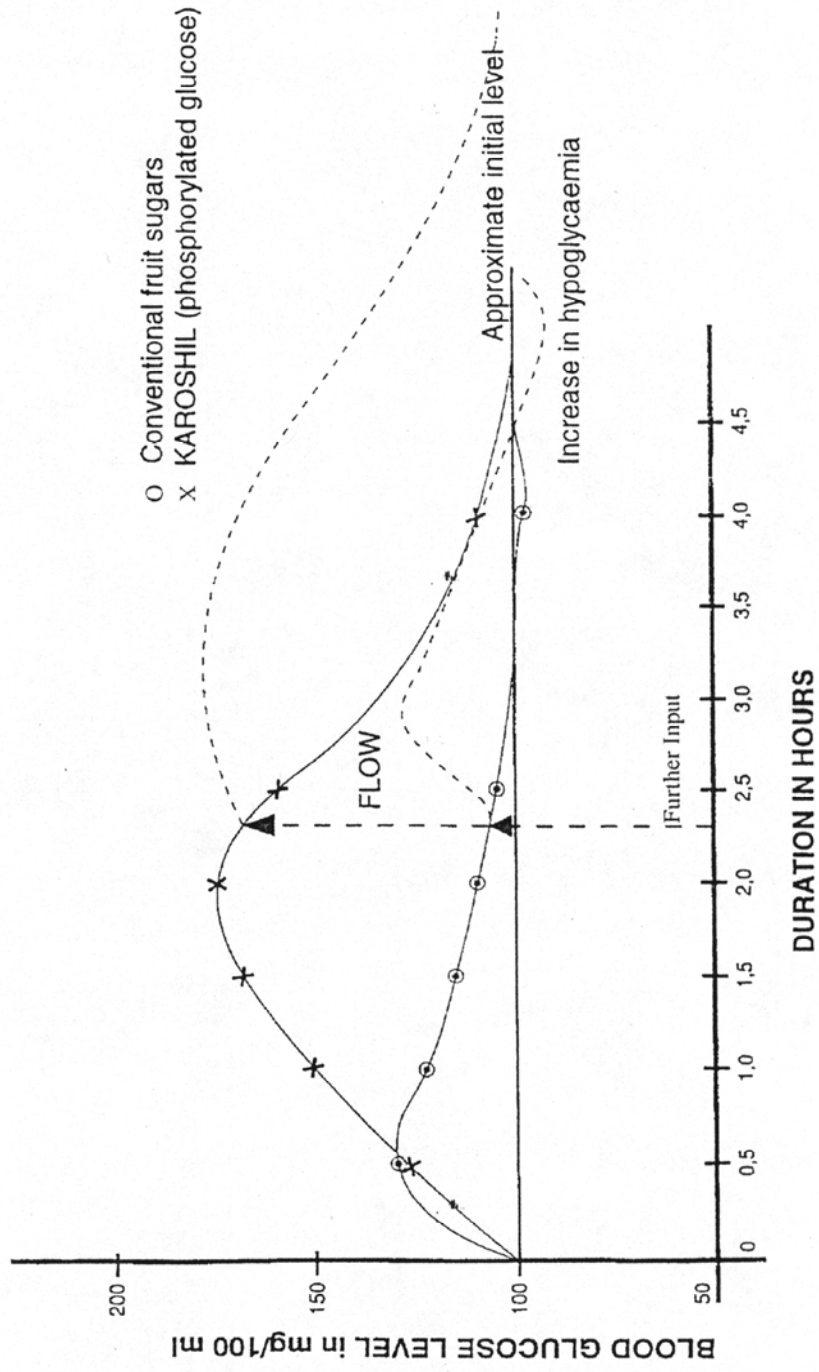
This compound represents a unique alternative for the production of energy when the sources for ATP production are deficient or under anaerobic conditions. In addition, it avoids the production and accumulation of lactic acid in the muscles and the introduction of this acid into the Krebs's cycle; this therefore prevents cramp in prolonged exertion.

Karoshil contains few calories, is taken in small quantities and enables energy production.

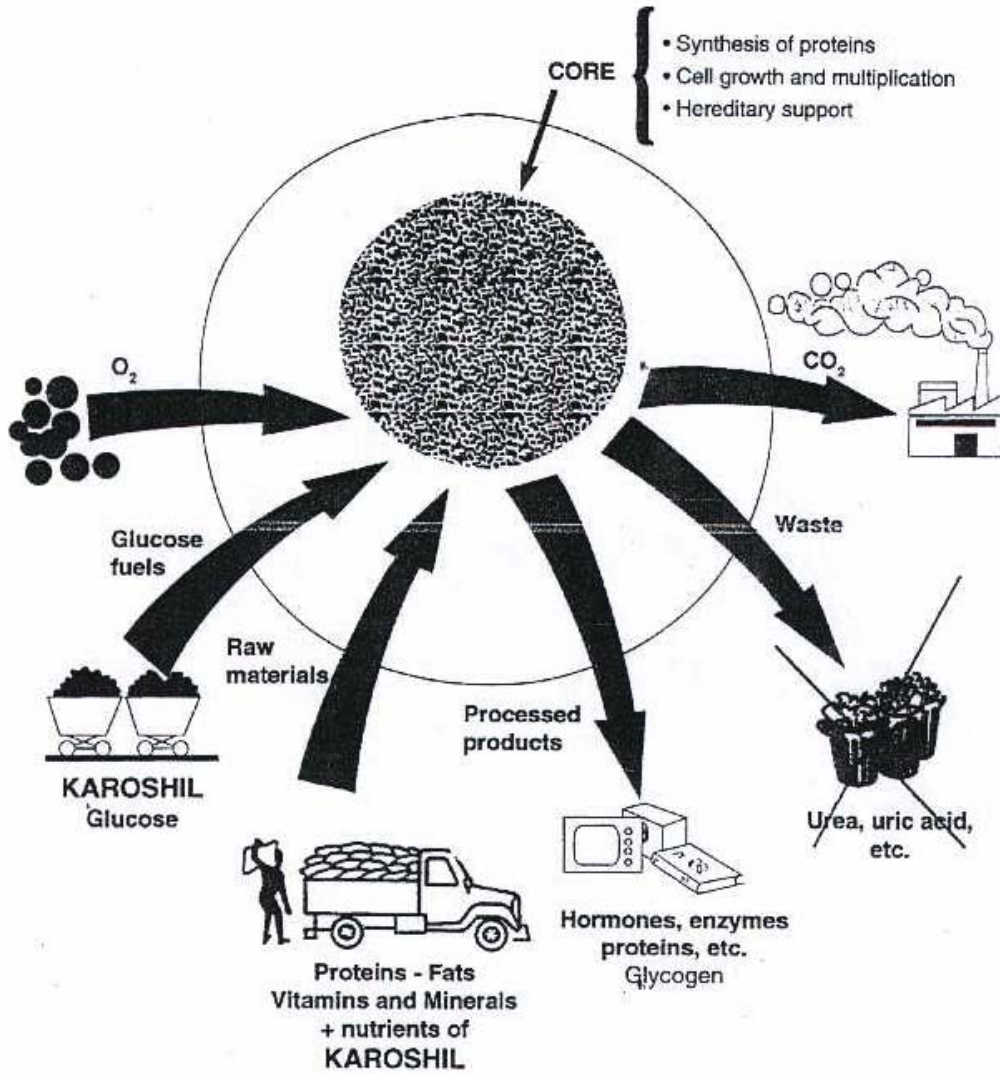
It appears that the organic phosphorus contained in it, combined with the plant structure from which it derives, is capable of activating glucose production from the muscles' glycogen stores. This is only necessary if glycogen requires phosphorylation in the muscle cells to reduce ATP and ADP and thus to produce energy.

If glycogen is already provided in a form which can be used by the body (in phosphorylated form), as is the case in Karoshil, the lactic acid stage, as in the reaction above can be bypassed.

Various aspects of Glucose flow after 2h, 2h30min



ATP



KAROSHIL provides energy and allows glycogen to be produced while bypassing the lactic acid stage.

4. The other ingredients in Karoshil

DESCRIPTION

A. **Ginkgo biloba**

Brought to Europe by the Compagnie des Indes (founded in Lorient).

It withstood Hiroshima.

It withstands the smoke which blackens the lungs of city-dwellers.

A symbol of strength.

Contains Ginkgolides B, which inhibits aggregation and degranulation.

Ginkgolides B combats P.A.F. (Acetyl Platelet Activating Factor) = platelet aggregation which increases venous stasis.

Ginkgolides B inhibits coronary vascularization induced by P.A.F.

Traditionally recognised and documented indications:

- 1- Problems of venous circulation.
- 2- Cerebral ageing: psycho-behavioural problems.
- 3- Alzheimer's disease, degeneration.
- 4- Equilibrium problems with no obvious medical or surgical aetiology.
- 5- Migraines (frequency and severity)

The Ginkgo biloba extract in Karoshil contains 24% Ginkgolides B

B. **Eleutherococcus (Siberian Red Ginseng)**

Increases the body's resistance to attack = true anti-stress treatment.

Traditionally used in functional asthenia and transient fatigue.

Eleutherosides may exert activity on the capacity of skeletal muscles to work, to oxidise proportionally more free fatty acids at a level below maximum effort, thus saving the body's sugars = capacity to provide greater effort with the same fatigue level.

Adaptogenic effect of Eleutherosides, both physically and intellectually with, moreover, stimulation of the cerebral cortex, better circulation and improved clarity of thought.

It stimulates the Yang.

c. **The Vitamins and Minerals In Karoshil**

Advantages of the vitamins and minerals in a complete binding system, contained in Karoshil:

Bound together as closely as possible and as integrated in the food chain.

Suitable for vegetarian and vegans.

Very high bioavailability.

Require only small dosages (physiological dosages).

Contain their own carbohydrates, proteins, amino acids, fibre, fats and nutritional vectors.

Carefully studied disintegration time.

Filtered water only used during production.

GUARANTEED FREE FROM: Wheat, Starch, Gluten, Dairy products.

Laboratory tested to ensure that:

Candida albicans and live yeasts are absent.

The amino acids improve absorption and are not present in the other non-dietary forms.

Part of the success of the vitamins and minerals in a complete binding system lies in the presence of the following amino acids:

Alanine, arginine, aspartic acid, glutamic acid, glycine, histidine, isoleucine, lysine, methionine, phenylalanine, serine, tyrosine, valine.

5. Results obtained with Karoshil in 27 people treated at an Alternative Medicine Practice.

A study of 27 people (18 women and 9 men) lasting two months yielded very convincing and highly significant results.

These people came from very different socio-cultural environments:
Managers, teachers, housewives, manual workers, retired people.

All these people were suffering either from nervous disorders, anxiety, stress, various worries or problems to cope with, disturbed sleep, loss of concentration.

Statistics by Sex and Age group

Ages (years)	Men	Women	TOTAL
10-15	1	0	1
16-20	2	1	3
21-30	1	2	3
31-40	0	1	1
41-50	2	5	7
51-60	2	6	8
61-70	1	2	3
71-80	0	1	1
TOTAL	9	18	27

The results obtained speak for themselves:

- 60% of people recorded a total result
- 22% of people recorded a partial result
- 11% of people recorded mixed results
- 7% did not have any success.

N.B. Approximately another hundred people, both in France and England recorded the same results as these although they are not documented.

Karoshil gives rapid results on psychological condition, sometimes even within a few hours. At this time, the following are observed:

- Relaxation of nervous tension in its widest sense.
- Worry disappears, leaving in its place a sense of calm.
- Subjects deal with events in a more positive manner.

The results are also reinforced in other areas:

Improved, more peaceful, more reparative sleep.

Appetite regained, binge eating curbed.

'Lump in the throat' disappears.

Nervous pains are soothed.

In children Karoshil has been shown to be a valuable adjuvant treatment in nervousness, lack of attention at school and aggressive behavior.

With respect to sleep and, in particular, difficulties falling asleep or waking up through the night, Karoshil has a soothing effect.

Interesting results have also been obtained with hot flushes in post-menopausal women.

Similarly, the results obtained are convincing and immediate:

Following accidents

Following trauma, with psychological or physical

Following an emotional shock

For preparation for surgery (relaxation)

CONSUMER INFORMATION

KAROSHIL is a food supplement to support physical, psychological and intellectual well-being.

It provides the body with the extra nutrients that it needs to work at its best.

KAROSHIL enables the body to activate and mobilize its own energy reserves.

It aimed at all those wishing to equip themselves to cope with the various stresses and strains involved in modern living.

PACKAGING

Each box contains 4 blister packs of 15 x 515mg tablets

USE

2 to 4 tablets per day

1 to 2 in the morning and 1 to 2 in the afternoon.

Total net weight 30.9g

Our multidisciplinary team of research scientists and therapists (French, British, Swiss and American) has greatly helped in designing this concept.

Our objective, and our way of rewarding this effort, is improved resistance in the face of stress and its multitude effects on the lives of our fellow man.

You too have the chance to share in our enthusiasm and passion.

INGREDIENTS

Phosphorylated glucose and fructose, hydrolysed yeast extracts, citrus pulp concentrate, carrot concentrate, vegetable proteins and oil concentrate, plant extracts, silicon dioxide, magnesium stearate.

Mean tablet analysis:

Nutritional values per 100g

Proteins: 41.3%

Fat: 3.3%

Carbohydrates: 35.9%

	per 100g	per tablet
Kilojoules (kJ)	1415	7.28
Kilocalories (kcal)	339	1.74

Betacarotene	42mg	0.21mg
Vitamin B1	200 mg	1.03 mg
Vitamin B2	210 mg	1.08 mg
Niacinamide	2300 mg	11.84 mg
Pantothenic acid	1648 mg	8.48 mg
Vitamin B6	147 mg	0.75 mg
Vitamin B12	95 µg	0.48 µg
Vitamin C	790 mg	4.06 mg
Vitamin E	186 mg	0.95 mg
Calcium	810 mg	4.17 mg
Magnesium	590 mg	3.03 mg
Phosphorus	3000 mg	15.45 mg
Potassium	960 mg	4.94 mg
Selenium	1 mg	5.15 µg
Zinc	80 mg	0.41 mg

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