



### Cytofit®

For athletes and everyone active in sports stabilised and bioavailable coenzyme 1 (NADH).

### Cytowell®

Support for your ability to perform. Supply of energy throughout the day.

### Cytogolf®

Energy supply especially for golfers. To ensure that you can play the final holes with full concentration!



**Cytowell  
Deutschland  
GmbH** Produkte für  
Fitness  
Wellness und  
Gesundheit

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**cytofit**  
Energy for athletes



## Cytofit – the energy source for every cell of your body

All living cells in our body require energy in order to do what they are supposed to. Muscles need energy to move. The brain needs energy for memorising and remembering. The heart needs energy to continue-pumping. Lungs cannot breathe without energy. The ability to produce energy is the prerequisite for a cell to live. Without energy, all cells die.

## In modern society, it is important for people of all ages to remain active and exercise.

Irrespective of whether we expend our energy in physical or mental activities: there are times when we get to our limits. Exercise and other physical activities lead to an increase in the energy metabolism. At times of increased demand, such as during a sports competition or an active hobby, Cytofit supports body and mind. Concentration and endurance are increased and new energy mobilised. Doctors also recommend these dietary supplements for sleep disorders and jet lag.

## More than 1000 metabolic reactions in the human body are controlled by NADH

- NADH is the energy fuel in each cell
  - NADH helps cells to remain intact
  - NADH supports the body's own defence system
- In a process known as cellular respiration which goes on in each individual cell within the body, a special fuel usable by the cells is produced from glucose, namely NADH. In a cascade of metabolic processes, NADH reacts with oxygen, producing water and energy. This energy is stored chemically as ATP (adenosine triphosphate).

## Cytofit increases athletes' performance

In 1995, a study was conducted on cyclists taking part in international competitions. For one month, these athletes took a tablet containing NADH. The result was an improvement in their reaction time as well as their concentration and mental astuteness. These athletes had a greater oxygen capacity and on average 7% more muscular energy. In terms of nutrition, the important result of this study was an improvement in cellular energy provision. **Cytofit is not doping!**

## Expert opinion by Dr Djimjadi

ATP (adenosine triphosphate) is the chemical name for energy in our bodies. In order to produce this, the cells in our body absolutely require coenzyme 1. Without ATP, our bodies cannot function. As the fast pace of our modern lives requires significantly more energy (ATP) and coenzyme 1 than anticipated by nature, people in modern society suffer from an imbalance between energy production and energy consumption.

Impairments to health in our time can mostly be traced back to the imbalance between energy (ATP) supply or production:

- Physical exhaustion
- Circulatory disorder affecting the whole body
- Headache and migraine
- Tiredness
- Burn-out syndrome
- Hyperactivity
- Sleep disorders and depressive moods
- Forgetfulness/lack of concentration

A healthy body can only function with an additional supply of NADH (Cytofit).

