

Dietary food for special medical purposes

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Information for patients

Vital(ity) instead of stress

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Your Health!

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Modern life and stress

Hectic, nervous, pressed for time – this is how many people feel every day in our modern high-performance society. This leaves its mark on all of us, for example in the form of nervousness, listlessness, exhaustion or sleeplessness. Being subjected to prolonged stress can result in muscle tension, chronic exhaustion and even burn-out syndrome. However, it can also lead to cardiovascular diseases.

Accordingly, stress symptoms should not be taken lightly. The World Health Organization (WHO) has also declared stress to be one of the greatest health hazards of the 21st century. In this brochure, we aim to give you help and advice on dealing with stressful situations and replenishing your energy reserves.

Orthomol® Vital f/m Team



Stress: When your energy reserves are exhausted

How often have you complained that there are not enough hours in the day? So many things left unticked on your to-do list, and certainly no time left for relaxation. Situations such as these are more than some people can cope with on an ongoing basis. And when your energy reserves are permanently exhausted, problems start to appear and stress becomes the cause of many serious illnesses.

Men and women are equally affected by stress because both are subjected to many different demands at work and at home, but also during their leisure time. Many people are affected in particular by constant time pressure and trying to please everyone at the same time. In addition to this, there are numerous external stress factors such as environmental stress, changes in the weather, noise, smoke, alcohol, and many others besides. Also highly relevant are personal factors such as relationship problems, divorce, the death of someone close, or the emotional strain involved in caring for sick or aged relatives.

Stress alarm in your body

Signs of the times: Exhaustion and burn-out

Our bodies are normally perfectly capable of coping with brief bursts of stress. It even has a stimulating effect and helps to keep the immune system in check. Permanent stress, however, can make you ill. Plummeting performance, weariness and tiredness, as well as chronic exhaustion and burn-out – these are typical consequences of stress. An Emnid survey from 2004 documents that 40% of the workforce now feel burned out.

Extra tip:

Switch off from time to time! Short breaks create opportunities for relaxation. This is also possible when you work at a computer: stretch out your arms and legs, tense your muscles and then relax them again. Breathe in and out deeply a few times.

Stress triggers a huge number of physical reactions in which hormones are released:

Large quantities of oxygen are required for these processes – the **bronchial tubes** expand, the **breathing rate** increases. The **muscular system** is under continual strain. **Pulse** and **blood pressure** rise – the **heart** is forced to increase its pumping rate. Additional **stress hormones** such as adrenaline, cortisol and noradrenaline are released. **Digestion** and **bowel movements**, on the other hand, are restricted, as the body does not have sufficient energy reserves for such “unimportant” work. The next stage is when exhaustion sets in. If this is not followed by a relaxation phase, the situation turns into what is called “permanent stress”. In order to replenish its energy reserves, the body needs relaxation, moderate exercise and a sufficient supply of micro-nutrients, such as vitamins, minerals and trace elements.



The two faces of stress

For a short time, stress hormones can trigger a burst of energy that can motivate a person to deliver top performance for a short period of time – this is described as “eustress”. By contrast, many everyday pressures lead to what is termed “distress”. If this negative stress is sustained over weeks or months, the energy and micronutrient reserves in the body are increasingly depleted. This in turn can lead to chronic exhaustion, burn-out syndrome or other stress-related illnesses.

Extra tip:

End a hectic day on a calm note. A relaxing bath or a good book in the evening will help you to relax and have a good night's sleep.



Extra tip:

Get out into the fresh air! Exercise and fresh air eliminate stress hormones, and a sufficient amount of daylight keeps your spirits up. Try to plan at least three walks per week into your schedule.

Stress and nutrition: Replenishing your reserves

People who are very busy and continually subjected to stress need a greater quantity of micronutrients. These vital nutrients are found in their natural form in fruit and vegetables. However, our bodies are not always given what they need. Due to long periods of storage and transportation in poor lighting, air and temperature conditions, the micronutrient content in food decreases. To make matters worse, many people attempt to compensate for stress situations by eating too much or too little or by looking for relaxation in excessive nicotine, coffee or alcohol consumption. This in turn can increase the amount of specific micronutrients required by the body because many social drugs such as these usurp the much-needed vitamins.

The organism then needs specific stress-related micronutrients to ensure that the body's deposits are replenished.

In particular, **B-complex vitamins** and the “anti-stress mineral” **magnesium** are required for energy utilization and ensuring the stability of nerves and muscles. Having a sufficient supply of **antioxidants** (radical scavengers) is also important given that an increased number of “free radicals” are produced when the body is under stress. These reactive molecular compounds can attack cell structures. Antioxidants such as **vitamins C and E**, and also **zinc and selenium**, are therefore essential for protection.

Extra tips:

Set your own individual goals!

On the whole, do you make your own decisions or are your actions determined mainly by your family, job or other factors? Examine your goals and desires on a regular basis. This helps to allow more room for personal needs.

Lower your sugar intake!

Sugary foods initially cause the blood sugar level to soar, but it isn't long before it falls again. If you feel the “munchies” coming on, it is better to reach for the healthy alternative: dried fruit and nuts.



Coping with stress using micronutrients

People with extremely active lives need a greater quantity of micronutrients. It is a good idea to take additional micronutrients during prolonged stress phases. And because stress takes its toll on many different functions of your body, it is not just a case of taking any kind of micronutrients. Only a complex and well-balanced combination of micronutrients can help to meet the increased need brought on by stress. In this way, the body receives the back-up that it needs to “recharge its batteries” and face up to stress more effectively.

Micronutrients	Characteristics and features
Nerves and energy metabolism	
Vitamin-B complex, chromium, zinc	<ul style="list-style-type: none"> • Regeneration of the nervous system • Promoting energy metabolism • Chromium is important for cell division and carbohydrate metabolism
Cardiovascular system	
Magnesium	<ul style="list-style-type: none"> • Stability for nerves and muscles • Assisting heart functions

Micronutrients	Characteristics and features
Cardiovascular system	
Omega-3 fatty acids (higher proportion in Orthomol® Vital m)	<ul style="list-style-type: none"> • Regulation of the fat metabolism (triglycerides) • Protection for heart and vessels
Folic acid, vitamin B ₁₂ , vitamin B ₆	<ul style="list-style-type: none"> • Lowering homocysteine which damages blood vessels
Folic acid, vitamin B ₁₂ , vitamin B ₆ , iron, copper	<ul style="list-style-type: none"> • Important for cell growth and the build-up of red blood cells
Immune system	
Vitamin E, C and A, mixed carotenoids, selenium, zinc	<ul style="list-style-type: none"> • Antioxidants for protection against the stress-related increase in free radicals • Strengthening the immune system
Bioflavonoids	<ul style="list-style-type: none"> • Natural antioxidants support the effect of Vitamin C
Others	
Vitamin A, pantothenic acid, biotin, zinc	<ul style="list-style-type: none"> • Important for skin, hair and mucous membranes
Vitamin D ₃ , K und calcium (Orthomol® Vital f)	<ul style="list-style-type: none"> • Strengthening bones
Manganese	<ul style="list-style-type: none"> • Structure and stability of connective tissue



Extra tip:

Set aside one day per month just for yourself. Make sure that you plan in time for your own individual needs:

At least once every four weeks, plan one day into your schedule that is yours and yours alone, and spend that day doing whatever your heart desires. Anything goes – as long as it's fun!

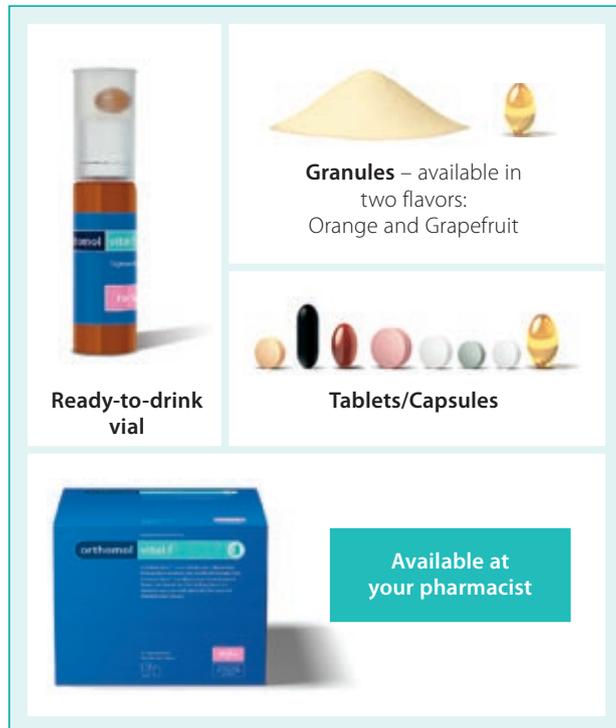


Micronutrients for “her” and for “him”

Orthomol® Vital f – for “her”

With selected vitamins, minerals and trace elements, omega-3 fatty acids, and calcium for strong bones, the specially tailored orthomolecular micronutrient combination Orthomol® Vital f is designed to help you to meet the increased need for micronutrients brought on by stress.

Depending on how it is taken, Orthomol® Vital f is available in a pack with 7, 15 or 30 daily servings:



Orthomol® Vital f is a dietary food for special medical purposes. Orthomol® Vital f is suitable for the dietary management of women with chronic exhaustion, burn-out syndrome and stress-related illnesses with a metabolic disorder.



Orthomol® Vital m – for “him”

With selected vitamins, minerals, trace elements and omega-3 fatty acids, the specially tailored orthomolecular micronutrient combination Orthomol® Vital m is designed to help you to meet the increased need for micronutrients brought on by stress.

Depending on how it is taken, Orthomol® Vital m is available in a pack with 7, 15 or 30 daily servings:



Orthomol® Vital m is a dietary food for special medical purposes. Orthomol® Vital m is suitable for the dietary management of men with chronic exhaustion, burn-out syndrome and stress-related illnesses with a metabolic disorder.

