# Practice of Chronobiology

### Chronobiological Practice: A New Medical Understanding To Guide Your Day - Basic Supplementation

To perform its myriad of tasks, our body needs to take in valuable substances at very specific times of the day. Even people with a healthy diet may experience nutritional deficiencies, especially so when they are exposed to everyday stress, environmental toxins, or metabolic disorders. Scientific research has provided us with accurate information on which nutrients the body needs and when and at what dosage they provide optimal support for food digestibility. While some nutrients ideally have a mutually enhancing effect, others may even hamper the desired  effect. Chronobiological practice improves the ability of our organs to take up vital biosubstances. The vitamins, minerals, trace elements and phytopharmaceuticals provided are supplied in a smart combination at the right point in time. The morning capsule, for instance, helps the body to keep its energy balance. The evening capsule helps to burn fats during the night and remove toxins from the body. Gender-specific formulas take into account the different metabolism of the female and male organs.

### Chronobiology of Vitamins: Which of them are effective in the morning, which in the evening?

Most people regard vitamins as the givers of good health and swallow them at any time, thinking that they can do no wrong. Far from it! The stringent rules of chronobiology also apply when you seek to remedy vitamin or mineral deficiencies. Vitamins? Look at the clock first! The time point is crucial: First of all, because the effect of some vitamins in the morning simply differs from their effect in the evening. Secondly, because their effect on the metabolism may disturb the 24-hour rhythm of our body’s organs. Taking a multi-component formulation in a chronobiological form is simply essential–and choosing a different regime for men and women is even better.

### Mindless intake of vitamins and minerals without a clear concept bears its risks:

#### Intake is Disturbed



A vitamin or mineral gets blocked by another organic substance.

#### No Synergy Effect



Individual vitamins will not be effective unless taken concurrently with other vitamins or trace elements.

#### Each Organ



Each organ has its individual peak time during the day.

#### The Biological Effects



The biological effects of vitamins and trace elements shows major daily fluctuations and influences the body’s shifts of activity.

Vitamins which are taken with food or in the form of food supplements require fats or water to be transported to their target areas. Let us look at the fat-soluble vitamins first: Once they have dissolved inside the fat molecules, these vitamins first of all reach the lymphatic vessels, the primary vascular system of tissue fluid. The lymphatic vessels are directly linked to only few organs. The relevant vitamins accumulate primarily in fatty tissue and in the liver. Once inside the body, they cannot easily be eliminated. As the storage capacity of fat is huge, such vitamins should only be taken with utmost care. There are only four fat-soluble vitamins: A, D, E, and K. They are best taken in the morning after a plentiful breakfast, and are less effective when taken later in the day.Water is distributed all over the body: inside the cells, in the blood, and in the interstitial tissue. Vitamin substances dissolved in water are therefore virtually universally effective, but also much more volatile. They are regularly eliminated in the urine.

Consistent daily dosage helps to avoid vitamin deficiencies or metabolic disorders. There are seven water-soluble vitamins in the B group: folic acid (B9), pantothenic acid (B5), thiamine (B1), cyanocobalamin (B12), riboflavin (B2), niacin (B3) and pyridoxine (B6). Other water-soluble vitamins are vitamin C (ascorbic acid), biotin (vitamin H), choline and myo-inositol. Most vitamins have no direct effect and play only a contributory role in certain functions. This is why they are commonly classified as co-enzymes or co-factors. The remaining tasks are taken care of by other substances–and this only works if these are simultaneously available in their active form.

The more researchers become involved in this issue, the more criteria have to be fulfilled. The challenge is to apply two strictly separate but equally intelligent multi-vitamin-mineral products: one in the morning, the other at bedtime.