

# Spermidin Superior



## News from modern aging and cell research

What is no longer needed or broken, we usually throw in the trash. However, recycling is a much more sustainable way to reuse valuable materials. Nature has long since perfected such recycling processes: Autophagy is an endogenous cell recycling and cell renewal process in which cellular waste is disposed of. Building blocks that are damaged or defective are selectively degraded and recycled as building material in a resource-saving manner. Aging and cellular research is currently focusing intensively on the process of autophagy. For the discovery of this important mechanism, the Japanese cell biologist Yoshinori Ohsumi received the Nobel Prize in Medicine in 2016. In the course of life, however, autophagy diminishes. A conscious lifestyle and healthy diet - ideally with periods of fasting - can support the autophagy process.

## Spermidine - an endogenous substance in the focus of science

Spermidine is also currently the focus of research. Spermidine is a natural messenger substance that occurs in all our body cells. However, the content of this endogenous substance in the cells also decreases with age. We can get a spermidine boost from food or supplements. Soybeans are considered to be a particularly valuable source for the external supply of spermidine.

## Biogena Spermidin Superior: spermidin of the extra class in capsule form

While the spermidine content in food is subject to strong fluctuations, the standardized premium soybean extract provides guaranteed consistent quality and amounts of valuable spermidine (2.5 mg per daily dose). With Spermidin Superior, Biogena has thus launched a spermidine product in a class of its own.


## Possible uses

- For the targeted supply of spermidine in a consistent dosage
- For the intake of a standardized premium soybean extract in high quality

## Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours and flavours
- Gluten-free
- Lactose-free
- Vegetable capsule shell
- 100 % vegan
- Quality tested

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**BIOGENA**  
WELCOME TO YOURSELF

INGREDIENTS per daily dose	2 capsules	% NRV*
Soybean extract	1250 mg	-
containing: spermidine	2.5 mg	-

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

## INGREDIENTS

**Soybean extract**, hydroxypropyl methyl cellulose (capsule shell), bulking agent: powdered cellulose.

## RECOMMENDED DOSAGE

2 capsules daily taken with plenty of liquid.

## NOTE

Food supplement in accordance with EU Directive 2002/46/EC

## IMPORTANT NOTICE

This food supplement should only be taken by adults, with the exception of pregnant and breastfeeding women.

## PACKAGE SIZE AND CONTENT

60 capsules (1 month supply), 45 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version: 26.8.2021.



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