

# LyCin™ & LyCin<sup>TAB</sup>

## The additional benefit of an extra supply of the essential amino acid lysine and vitamin C

Connective tissue is a general term for the body's connecting and supporting system. Connective tissue encloses the nerves, blood vessels and organs, and connects all the components to each other, e.g. as an enveloping tissue (the fibrous capsules around the organs), as the parenchyma (the organ-free spaces), and as a structural tissue (the organs). "Soft" connective tissue includes cartilage, ligaments, tendons, blood vessels, fibrous capsules and joint capsules. In the form of ligaments, it serves, for example, to stabilize the joint; as tendons it serves to transmit force. "Hard" connective tissue (bones) contains additional mineral deposits. Because of its great strength, collagen has an important function in supporting the structure of bones and teeth.

At the same time, connective tissue also functions in protecting the body. Therefore, the formation and maintenance of collagen

fibers and connective tissue are important metabolic processes for general health. One of the major collagen molecules is lysine. This amino acid is essential, i.e. it cannot be synthesized by the body and, therefore, must be supplied from food or dietary supplements.

Vitamin C makes an important contribution to the production and optimum structure of collagen fibers. Similarly to lysine, vitamin C is not produced in the human body and must be supplied in our diet. The formation of collagen fibers and connective structures forms the basis for the good functioning of all organs (for example, blood vessels, cartilage, bones etc.) and the entire body.

## One measuring spoon contains\*:

Vitamin C from:		
Ascorbic acid .....	200	mg
Calcium ascorbate .....	400	mg
Magnesium ascorbate .....	400	mg
L-lysine .....	1000	mg
Citric bioflavonoids .....	200	mg

## Special Formula

LyCin™ is a special formula in the Dr. Rath Cellular Nutrient Program. Our special formulas have been designed to supply an extra amount of selected micronutrients. They make it possible to specifically increase intake of individual nutrient factors.

LyCin™ and LyCin<sup>TAB</sup> can be combined with both our basic formulas and our basic and reconstructive formulas.

Also available in tablet form, with half the dosage of LyCin (excluding citrus bioflavonoids). One tablet of LyCin<sup>TAB</sup> contains 500 mg vitamin C and 500 mg L-lysine.

### Recommended allowance LyCin™:

Adults: 1 measuring spoonful 3 times per day.  
\*1 measuring spoon = ca. 4.2 g

Contents: 420 g powder per container  
Order No.: 030

### Recommended allowance LyCin<sup>TAB</sup>:

Adults: 1 tablet 3 times per day.  
Take at mealtimes with plenty of liquid (water, juice, tea).

Contents: 90 tablets\*\* per container  
Order No.: 03011

\*\*Suitable for vegetarians.

### How to take it:

Stir a measuring spoonful of LyCin™ into a drink. LyCin™ is tasteless and mixes well with fruit juice, tea or other drinks. Please stir well before drinking. Increased bowel movements may ensue if large amounts of vitamin C are consumed, a sign that your body has reached the upper limit for this nutrient. For further information about the tolerance limit for vitamin C, see page 90.

