

# CRGNOS<sup>Diet</sup>

## AESTHETIC COMPLEMENTARY TREATMENTS

*Timeless health*

*Aesthetic Health approaches skin health from both the outside and the inside.*

**Cronos Aesthetic Complementary Treatments** a unique nutritional kit specifically designed to complement your skincare routine and aesthetic treatments. Formulated with the best nutritional supplements in the market including vitamins, peptides, growth factors, and botanical extracts.



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Products	Ingredients	Timing
<b>Bodydrain</b>	Mango (seed extract) 200 mg, Orthosiphon ( <i>Orthosiphon stamineus</i> ) (dry extract 0,2% sinenstetine) 200 mg, dandelion ( <i>Taraxacum officinalis</i> root extract) 140 mg, hawthorn ( <i>Crataegus monogyna</i> ) (plant powder) 100 mg, <i>Silybum marianum</i> (80% silymarin) 100 mg , 15:1 aqueous extract of Quercetine dihydrate ( <i>Sophorae japonica</i> L.) 10 mg, chromium picolinate 0,1 mg.	Two Cps/day
<b>Kollagen</b>	Hidrolyzed collagen porcine powder (10 g, hidroxiprolina >1g, ) vitamin C (1030 mg), ( <i>Equisetum arvense</i> extract (850 mg, organic silica 7%), MSM (500 mg), <i>Urtica dioica</i> extract (150 mg), fermented polifloral polen (organic silica, 150 mg), maritime pine dry extract (60 mg, 95% in OPC), vitamin E (50 IU)	1 Sachet Before Bed
<b>Stressless</b>	Ashwagandha root extract (KSM-66®, 600 mg, 5% withanolides) <i>Bacopa monnieri</i> leaf extract (50 mg, 20% Bacosides)	Empty stomach
<b>Alkaline</b>	Clay-white powder 3690 mg, aqueous extract of Acerola fruit ( <i>Malpighia glabra</i> L) with 17% ascorbic acid 1580 mg, calcium-coral powder, with 98,5% natural calcium 800 mg, potassium citrate 500 mg, magnesium lactate 300 mg	Empty stomach

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## Reduce extra fluid in the body (edema)

The edema is one of the pathologies of microcirculation caused by an accumulation of liquid in the interstitial space. The occurrence of edema and swelling of tissues after surgical operations is common, and is one of the main causes of post-operative pain. Also cellulite is caused by an alteration of the microcirculation and water retention



**Postoperative oedema** occurs in part as a result of the cytokine response to surgical injury, which increases the permeability of the capillary membrane to proteins such as albumin, and results in a redistribution of plasma proteins and fluid from the intravascular to the interstitial space. The main reason why patients swell after surgery is because of the trauma incurred to the tissue. The occurrence of swelling of tissues after surgical operations is common, and is one of the main causes of post-operative pain.

**Cellulite** Water retention and cellulite are closely related. The probability of accumulating cellulite due to prolonged periods of stagnation of liquids is very high. It is caused by an alteration of the microcirculation. Suffer from water retention is the primary factor that contributes to the formation of cellulite because it alters the normal circulation of blood, lymph, oxygen and nutrients.

**Lymphatic leakage** can be seen as a detrimental phenomenon associated with fluid retention and deposition as well as gain of weight. Moreover, lymphatic dysfunction is associated with an inflammatory environment and can be a substrate for other health conditions.



## BODYDRAIN



### Bodydrain: A natural phytotherapeutic complex for the treatment of water retention

**Cronos Bodydrain**, Biologically Active phytotherapeutic complex, with diuretic and draining (**ortosiphon and dandelion**), cardiogenic (**hawthorn**) and metabolic (**mango and quercetin**) action and with **chromium** trace element, which act as enzymatic activator. To complete the complex also the presence **silymarin** that protects the liver from the free radical and increases protein synthesis.

**Cronos Bodydrain**, a balanced formulation that promote the depurative physiological process in the body, and is indicated in particular for the treatment of the physiopathology of water retention in postoperative edema and in panniculopathies. Useful to ameliorate conditions of altered lymphatic vasculature and to support the physiological functionality of the lymphatic endothelium.

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## Smoothing of wrinkles, Firmness, Elasticity, Hydration

Collagen restructures the skin from within: improves elasticity, reduces wrinkles and hydrates the skin (of face and body). Drinking hydrolyzed collagen stimulates your own collagen production and improves the quality of the skin.



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## KOLLAGEN

Each sachet contains a harmonious blend of high quality hydrolyzed Collagen (10g), Vitamin C and E, Silicon, Oligomere Pro-Cyanidine (OPC) and MSM

**Kollagen.** A pleasant, soluble, tropical-flavored powder based on high quality hydrolyzed Collagen, Vitamin C and E, Silicon, Oligomere Pro-Cyanidine (OPC) and MSM formulated to rejuvenate the skin, restore skin hydration prevent and reduce signs of aging, such as wrinkles and fatigue, protects the joints and prevents injuries.

Collagen synthesis is dependent on the Silicon and Vitamin C that influence the hydroxylation process of the proline in hydroxy-proline

Collagen is degraded by proteolytic enzymes, called metalloproteases, a degenerative phenomenon that increases with age, smoking, alcohol and a sedentary lifestyle. OPC acts as metalloprotease inhibitors.



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## KOLLAGEN



Kollagen enhances the results of aesthetic procedures



### Against Collagen loss!!

Collagen is the most abundant protein in human body giving the skin its strength and structures. Around the age of 25, cells begin to lose the ability to synthesize collagen, whose production drops by 1.5% annually. This process increases over the age of 45, and as we approach 60, collagen production has decreased by more than 65%.

Scientifically proven to promote collagen and elastin synthesis and slow collagen degradation





# Kollagen

## *Hair, Nail and Cartilage Support*

[Cronos Kollagen: Nourish your hair and nails from the inside!](#)

**Kollagen** nail and hair natural supplements are ideal for supporting stronger feeling nails and healthy looking hair, with a potent blend of quality, natural ingredients.

**Kollagen** with added Vitamin C and Silicon delivers intensive nourishment and maintain strong nourished nails and Hair

**Kollagen** may reduce aging-related changes of the extracellular matrix by stimulating anabolic processes in skin tissue.



**Scientifically proven to promote collagen and elastine synteshis and slow collagen degradation**



## **KOLLAGEN** *Beauty & Wellness*



### **Kollagen Supplementation**

- Improves improves the quality of the skin
- Reduce smoothing of wrinkles
- Maintain skin's elasticity and firmness
- influence microcirculation that might cause beneficial effect in edema
- Reduces wrinkles hydrates the skin (of face and body)
- promote collagen and elastine synteshis
- slow collagen degradation



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## Improve our internal and external pH levels

As we age, our skin becomes more acidic in response to our lifestyle and our environment.

Diet and Alkalizing food supplements play an important role in determining our internal and external pH levels.



**ALKALINE**



## Cronos Alkaline: Alkalizing, antioxidant and re-mineralizing properties

**Cronos Alkaline** is a nutritional supplement formulated on the basis of natural principles that work synergistically and in a complementary way, with alkalizing, anti-inflammatory, antioxidant and re-mineralizing properties. Cronos Alkaline improves the reserves of the buffer substances founded in the body and contains in balanced proportions alkalizing salts, natural Vitamin C with antioxidant activity as absorbent of toxins, but also functioning as astringent and diuretic.

Skin is naturally designed to fight infection and environmental stresses and its ability to do so is affected by its pH level. Our skin has a thin, protective layer on its surface, referred to as the acid mantle, made up of sebum (free fatty acids) excreted from the skin's sebaceous glands, which mixes with lactic and amino acids from sweat. As we age, our skin becomes more acidic in response to our lifestyle and our environment.

**Cronos Alkaline** plays an important role in determining our internal and external pH levels.

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## Reducing cortisol herbs

It is well known that stress slows the healing process, decreases inflammatory responses, and likewise increases fear and anxiety.

The increase in levels of circulating cortisol, secondary to an increase in the production of corticotropin releasing hormone and the action of the autonomic nervous system, can create harmful effects in different organs and tissues.



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## CRONOS STRESSLESS

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### Cronos Stressless: Helps lower cortisol levels in stressed individuals

**Cronos Stressless** play a positive role in the psycho-physical balance, with plants of proven activity and great tradition such as Ashwagandha and Bacopa capable of improving the physical and mental condition, increasing the capacity and defenses of the organism, stimulating it to react positively to stressful situations;

**KSM-66®**, an ashwagandha extract with the highest concentration of active compounds in the world. Improves memory, supports sexual functions, increases cellular immunity. Ashwagandha supplements help lower cortisol levels in stressed individuals.

**Bacopa monnieri** improves cognitive performance by stimulating synaptogenesis in different areas of the cerebral cortex and modulating neuroplasticity in the brain. Improved performance in working memory, information processing speed, and anxiety, Reduce cortisol levels.

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**Cronos Aesthetic Complementary Treatments:** The adjunctive therapy in medical skin clinics based on nutritional supplements to complement and optimise treatment outcomes.



The **Cronos Aesthetic Complementary Treatments** are nutritional supplements based on minerals, vitamins, peptides and plant extracts, and designed to reduce extra fluid in the body, to optimise skin-care regimes, to help support anti-ageing and healthy skin from the inside out, to improve collagen synthesis in the body.

## CONTAINS

Products	QTY
Bodydrain	1 (60 cps)
Kollagen	1 (30 sachets)
Stressless	1 (60 cps)
Alkaline	1 (30 sachets)

**€ 99,00**