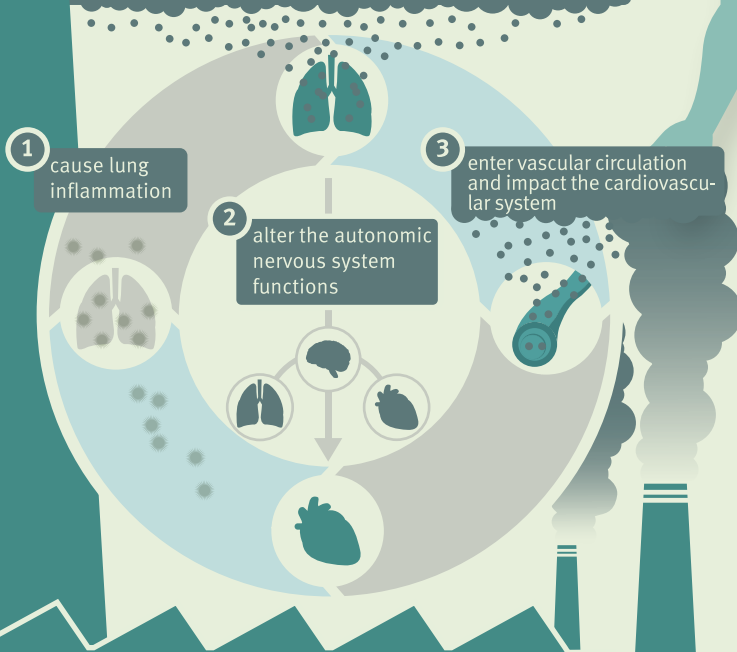


NUTRITIONAL SOLUTIONS TO COUNTERACT THE IMPACT OF AIR POLLUTION

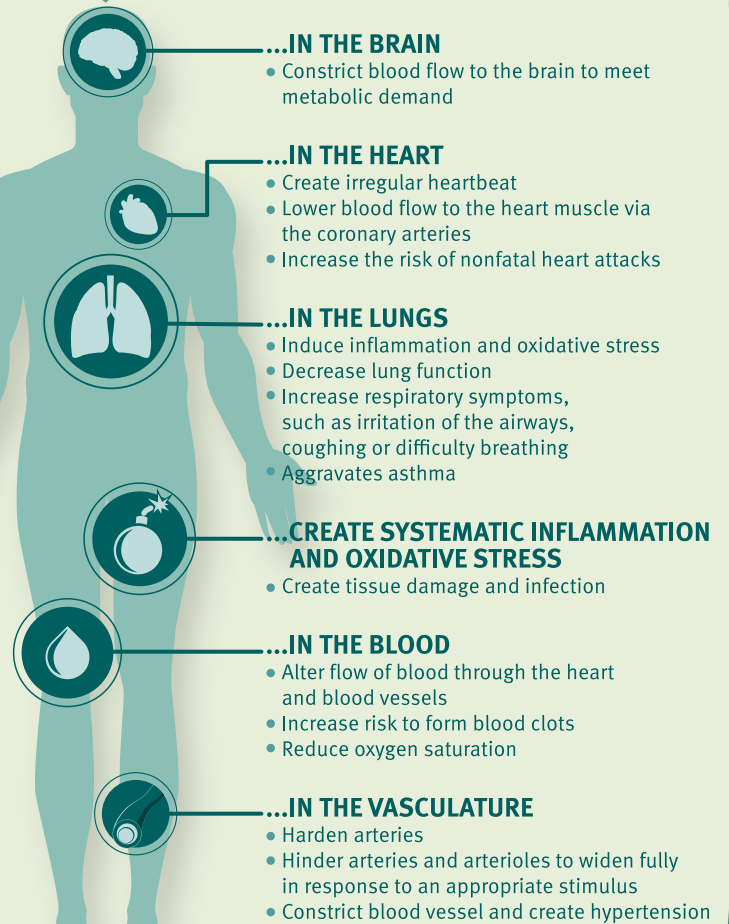
PARTICULATE MATTER MATTERS!

“Particulate matter”, also known as particle pollution or PM, is a mixture of extremely small particles and liquid droplets. Particles are produced by combustion and engines. The WHO rates that 80% of people worldwide live in areas with air pollution. Some particles are so small they can only be detected using an electron microscope. The size of particles is directly linked to their potential to affect health. Exposure to “fine particles” (such as those found in smoke and haze), which are 2.5 micrometers in diameter and smaller, can get deep into the lungs and cause serious health problems.

BY INHALING POLLUTED AIR, FINE PARTICLES ENTER THE LUNG SYSTEM AND...



FINE PARTICULATE MATTER AFFECTS HUMAN HEALTH



NUTRIENTS THAT COUNTERACT THE IMPACT OF AIR POLLUTION

B VITAMINS

Reduce the decline of heart rate variability caused by particle matter, which is relevant for good health.



VITAMIN C

Protects against high blood pressure, can be helpful in preventing asthma and acts together with **vitamin E** as antioxidant system.



VITAMIN D3

Lowers high blood pressure, the thickening of the arterial walls, and the risk of respiratory infections. Air pollution can lower your **vitamin D** status.



VITAMIN E

Protects against free radical damage and has an important role in anti-inflammatory processes, inhibition of platelet aggregation, and immune enhancement.



OMEGA-3s PUFA

Improve cardiovascular health, help counteract inflammation, and lower the risk of asthma incidents.



BCDEF Recipe

Vitamin B6	4 mg / day
Vitamin B9	0.4 mg / day
Vitamin B12	0.01 mg / day
Vitamin C	500 mg / day
Vitamin D	0.025 mg / day
Vitamin E	400mg / day
Omega-3 Pufa	2'000 mg / day

PROTECT YOURSELF WITH THESE DAILY GUIDELINES

A **BCDEF recipe** helps reduce the damage induced by air pollution. A conclusive dose depends on the individual constitution and life circumstances.