Stabilium® 200

An Ancient Health Food Rediscovered

Item # 71150
Available in boxes of 30 individually packaged gel capsules

The Possible Benefits of Stabilium® 200, a Dietary Supplement

- Supports the body's response to symptoms of being over-stressed, including weakness and fatigue-related anxiety and depression
- Provides nutritional support for memory and cognitive function
- Provides neuropeptides similar to those found in human nerve cells, and other nutrients essential for optimal function of the nervous system, brain and eyes

"After using Stabilium for three years, I think that it is more useful than benzodiazepines, not only because of the complete lack of side effects, but the patients do not seem to get a sedating effect. A lot of people on drugs report that their overall enthusiasm is in decline. The opposite occurs with Stabilium." - Dr. Thomas Dorman, M.D.

Description

In today's fast-paced modern societies, most people engage less in physical labor and more in mental labor, which can result in psychological and emotional dysfunction, or "techno-stress". Ever since Hans Selye published his paper on stress, we now know what happens when the human body/mind is over-stressed: neuroendocrine and immune system stimulation and dysfunction, inflammatory reactions, blood vessel damage, and intestinal disorders. Medical treatments for chronic stress and fatigue can have adverse effects, and they usually don't address the other problems associated with stress and fatigue, including anxiety, depression, and memory and learning dysfunction.

However, stress has always been part of the human situation. In the third century BC, the Celts of Armorica, Ireland, discovered that an extract from the fish Garum Armoricum could improve resilience to physical and emotional stress. The knowledge of Garum spread in the ancient world when Scribonius Largus mentioned it in his writing, as later did the great nutritionist Galen. Used by women (especially pregnant women), children, athletes, and the elderly, Garum was also given to legionnaires before long and exhausting marches, and as part of their preparation for battle.

Garum was almost lost during the Middle Ages, but was subsequently rediscovered in France and used by the French army. It is now available in the United States exclusively through Allergy Research Group®, under the trade name Stabilium® 200. It has been found that ingesting Garum supports the body during modern stressful conditions, both mental and physical, just as it did in ancient times.

Garum Armoricum is an extract derived from just one type of fish: the Great Blue Fish found exclusively in deep waters off the Armorican Peninsula of Brittany. The blue fish has long been a prized catch; even its physical appearance is extraordinary, with enormous eyes and distinctive blue color. It lives at a depth of 1,000 to 1,500 meters, and because of the oxygen deficiency and extreme pressure and temperature at those depths, it has developed a highly specialized metabolism and physiology. In making Garum extract, the ancient Celts used their discovery of lysate manufacture from the organs of marine creatures. Lysates come from the cellular protoplasmic material in which most of the chemical activities of the cell occur. Stabilium® 200 is produced using controlled enzymatic autolysis of the viscera of the blue fish, a modern version of the original Celtic methods.

Stabilium® 200 contains a high concentration of small peptides similar to pituitary and hypothalamic stimulating peptides. These polypeptides act as hormone precursors, and as precursors to neurotransmitters such as gamma-aminobutyric acid (GABA), encephalins and endorphins. They can exert a regulatory effect on the nervous system, enabling the organism to better adapt to stressful conditions. Stabilium® 200 also contains 20 to 25% free amino acids, including glycine, glutamic acid, and tryptophan.

Thirty percent of the fats in Stabilium® 200 are the essential Omega-3 fatty acids, DHA and EPA. These are precursors of the prostaglandins and prostacyclins, cellular chemical mediators which help regulate the main biological functions of the body, including the noradrenergic functions of the central nervous system. They are found in cellular membranes throughout the body. Besides their importance for the function of the brain and nervous system, they are also considered essential for the proper development of infants, for functioning of the retina of the eye, and to have mood-stabilizing properties.

Blue fish obtain energy from these long-chain fatty acids. Unlike mammals, these fats are stored in the muscles of the fish, allowing them to be easily used for energy. The tissues of the blue fish also contain the natural antioxidants vitamin

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E and selenium, which protect the polyunsaturated fatty acids from oxidation and further protect cells from free radical damage. Garum also contains other essential vitamins and minerals. In discussing the active components of Garum (amino acids/peptides, vitamins, minerals, and essential fatty acids), researchers have noted that Garum's capacity to improve the general condition is likely due to the synergetic effect of its nutrient content.

According to current research, Stabilium® 200 has been shown to be useful for coping with stresses from work or personal life that lead to debility and/or depressive disorders, including lack of sleep, fatigue, memory problems, irritability, etc. One double blind, placebo controlled study concerned cognitive function, memory and fatigue in adults. The results, based on the Fatigue Study Group criteria, showed an average benefit of 50% for the ten functions that most accurately measure fatigue and depression, and which include sleep problems, muscular and mental fatigue, loss of appetite, depression, anxiety, somatic illness, headache and sensory symptoms.

Another study looked at Stabilium® 200 and the memory and cognitive consequences of chronic fatigue in adults. It showed that through its favorable effect on weakness and fatigue-related depression, Garum can help to improve memory and cognitive function as well. There was a clear improvement in motivation, concentration, learning, immediate memorization, and the capacity for differentiated memorisation (REY). The benefit was observed across all age groups, with increased benefit for the older members of the test population.

Stabilium® 200 has also undergone study involving normal, healthy people suffering from mild or "free floating" anxiety. In an eight week, double blind, placebo-controlled, cross-over study with college students, Stabilium® 200 was found to be effective in reducing the discomfort experienced before and during examinations. It was observed to have a mild, long-term anti-anxiety effect that is quite different from the short-term anxiolytic effects of drugs.

The anti-stress effect of Stabilium® 200 has been objectively confirmed by researchers in Japan. For 3 months, they gave Stabilium to patients who had no diseases of the CNS, and analyzed their alpha wave activity, which can serve as an index for determining the degree of stress. After 30 days, electroencephalography (EEC) measurements revealed a significant increase in alpha wave activity relative to that measured before the use of Stabilium® 200.

The composition of Stabilium® 200 is original and controlled, and has been subjected to thorough, high quality testing. It is extremely well-tolerated, with no contraindications, and with no cases of incompatibility or habituation. Rebound or dependence phenomena have not been observed. The benefits typically are maintained for fifteen days or more after stopping intake.

Product of France

Each two (2) softgels contain:		
	Garum Armoricum	210 mg
	Virgin Sunflower Oil	170 mg
	Lecithin	20 mg

Suggested Use: As a dietary supplement, four capsules daily, taken all at one time, with water, preferably on an empty stomach. For best results continue use for 15 days, thereafter 2 or 3 capsules every other day, as desired or as directed by a healthcare practitioner.

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