
The Possible Benefits of Stabilium® 200, a Dietary Supplement

- Supports the body's healthy response to stress
- Provides nutritional support for optimal memory and cognitive function

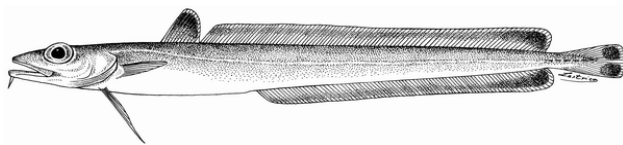
"After using Stabilium for three years, I think that it is more than useful, not only because of the complete lack of side effects, but the patients do not seem to get a sedating effect."

- Dr. Thomas Dorman, M.D.

Description

In the third century BC, the Celts of Armorica, Ireland, discovered that an extract from the deep-sea Great Blue Fish could improve resilience to physical and emotional stress. This fish extract, called Garum Armoricum, became famous in the ancient world through the writings of the great Galen, as well as others. Used by women (especially pregnant women), children, athletes, and the elderly, Garum was also given to legionnaires before long and exhausting marches, and before 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 created from the fish Blue Ling (*Molva dypterygia*), found in deep waters off the Armorican peninsula of Brittany. This blue fish has long been a prized catch; even its physical appearance is extraordinary, with enormous eyes and distinctive blue color. It lives at depths of 1500 to 3000 feet, where the oxygen deficiency and extreme pressure and temperature have made it develop a highly specialised metabolism and physiology.

The ancient Celts discovered how to manufacture lysates from the organs of marine creatures, and

they used this to make Garum extract. 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), enkephalins and endorphins. They can exert a regulatory effect on the nervous system, potentially enabling the organism to 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. These fats 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-stabilising properties.

Blue fish obtain energy from these long-chain fatty acids. Unlike mammals, blue fish store these fats in their muscles, allowing the fats to be easily used for energy. The tissues of the blue

fish also contain the natural antioxidants vitamin 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. It appears that the active components in Garum – amino acids, peptides, vitamins, minerals, and essential fatty acids – may work synergistically as well as individually.

Research confirms that Stabilium® 200 may be useful for coping with stresses from work or personal life, and can support healthy sleep patterns, energy, memory and mood. One double blind, placebo controlled study showed support for cognitive function, memory and fatigue in adults. Another study showed that Stabilium® 200 specifically supported motivation, concentration, learning, immediate memorisation, and the capacity for differentiated memorisation (REY) across all age groups, and especially for the older members of the test population. In an

eight week, double blind, placebo-controlled, cross-over study with college students, Stabilium® 200 was found to be effective in supporting comfort levels before and during examinations. The anti-stress effect of Stabilium® 200 has been objectively confirmed by researchers in Japan, through electroencephalography (EEG) measurement of alpha waves, which can serve as an index for determining the degree of stress. They found 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.

Serving Size: 2 Capsules
Servings Per Container: 15

Amount Per Serving:

Garum Armoricum®	210 mg
Virgin Sunflower Oil	170 mg
Lecithin	20 mg

Other ingredients: Fish gelatin, vegetable glycerin, and water (capsule). Contains fish (Blue ling) and soybeans (lecithin).

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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