

## **Q&A (WHAT YOU SHOULD KNOW) ABOUT GEROVITAL H3**

1. Are there any side-effects using GH3?
2. Are there any adverse interactions with other medications?
3. Are there any risks for overdosing GH3?
4. Cancer: does GH3 cure it?
5. Are there any allergies caused by the use of GH3?
6. Are there any physical/psychological reactions?
7. Why does depression go away using GH3?
8. When do you start taking GH3?
9. Is the GH3 phenomena nothing more than "placebo effect"?
10. Neurological diseases: are there any benefits achieved by GH3 usage?
11. What is the correct description for GH3, is it a drug or a vitamin?
12. What if no change is felt say, after one month?

1. Through the 48 years of research and usage, it has never shown adverse side-effects.

2. Where other medication has a sulphur base (some antibiotics for instance), GH3 has been found to neutralise them.

3. Research shows that even when test subjects were given many times the normal daily dose, they suffered no side-effects. Bear in mind that when a product is "natural"; that is to say its active ingredients are natural to the body, the immune system provided by the body will eliminate unrequired excess quantities. With an "unnatural" product (many drugs for instance) the body has no defence against them, and may well suffer irreversible damage and even death.

4. No! Research shows that laboratory subjects first treated with GH3 successfully resisted attempts to establish the disease in them through the injection of live cancer cells but it is not a cure.

5. The Romanians researchers indicate that 1 person in 6,000 is allergic. The allergy is not severe; usually just a prickling sensation of the skin and a slight rash.

6. Research shows that some have a mild headache and slight feeling of nausea for two to three days. This is explained as arising from the system "adjusting" to the new input and in particular being detoxified by the potent antioxidant element of GH3.

7. The depression in old people is often caused by a build up in the brain of a substance called MAO. This is a vital substance to the body's correct functioning, but when it is present in excessive quantities depression follows automatically. The DEAE factor in GH3 balances MAO out to a correct level thus overcoming

depression. It is the only "safe" product capable of doing this without damaging the mechanism which produces MAO.

8. According to Professor Aslan GH3 will not pass the placental barrier, which she considered unfortunate, because "it could only benefit the unborn infant". However, as it will stimulate the healthy condition of the mother, this in itself will obviously benefit the baby.

9. In individual cases, the placebo effect is a factor in all forms of medication and treatment, dependant on the patient's susceptibility to suggestion. Obviously GH3 is no different in this respect. However, as research shows conclusively that many patients suffering from complete senility have "come back" to total mental recall after receiving GH3, it is reasonable to assume that the placebo effect was not present in their cases. They had in effect "no mind" on which it could work. (Aslan 1972).

10. There are many recorded cases of significant benefits with this type of problems. GH3 appears to have a particular affinity for nerve tissue and has on many occasions achieved results without side-effects, in advance of alternative treatments. (Aslan 1972).

11. It is neither. It is specifically a nutrient, which operates in exactly the same manner as any other food, i.e. by being absorbed into the circulatory system, thereby enriching the blood in a manner which stimulates cellular growth and well being, thus strengthening the myriad systems within the body - not forgetting the immune system which is designed to resist infection.

12. Metabolism and absorption rates differ from person to person. An intestinal cleanser might clean the colon and intestine to a greater extent, so GH3, or any other medication, could be more effectively absorbed into a cleaner gut.

The above statement is not verified and authenticated by FDA.

## **Gerovital GH3 – tablets**

Protection of the organism against aging phenomena. Depressive syndrome, in precocious stages, when conventional therapy it has contraindications

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*"Protection of the organism against aging phenomena. Depressive syndrome, in precocious stages, when conventional therapy it has contraindications."*

*It is a medicament elaborated by the Romanian scientist Prof. Dr. Ana Aslan, together with her collaborators and disciples, as a result of their researches concerning procaine effects on the organism. The product has been used for many years, as well as it is today, for treating thousands of patients all around the world and at the National Institute Gerontology of and Geriatrics in Bucharest, that nowadays received the name of the famous Romanian lady.*

*The Romanian original product GEROVITAL H3, is manufactured after the Ana Aslan's formula by the pharmaceuticals producer - ZENTIVA N.V.*

*GEROVITAL H3 is a procaine-based medicament for adults and elderly people. Researches made by the Romanian gerontologists showed that GEROVITAL H3 has an eutrophic effect on the organism as a whole, prolongs the active life span, delays onset and ameliorates the symptoms of age related diseases.*

**Pharmaceutical form:**

*-Sugar-coated tablets*

**Composition:**

*-One sugar-coated tablet contains:*

*-Procaine hydrochloride..... 100 mg*

*-Benzoic acid.....6 mg*

*-Disodium phosphate dodecahydrate.....0.5 mg*

*-Potassium metabisulfite..... 5 mg*

*-Excipients: maize starch, mannitol, gelatin, talc, magnesium stearate, sugar, povidone K30, sodium carboxymethylcellulose, -colloidal silicon dioxide, titanium dioxide, schellack, yellow wax, carnauba wax.*

**Pharmacotherapeutic group:**

*Alimentary tract and metabolism. Tonic preparations.*

**Therapeutic indications:**

*Protection of the organism against aging phenomena.*

- Depressive syndrome (light and moderate depression), in precocious stages, especially when conventional therapy is not well-tolerated or it has contraindications.
- Parkinsonian syndromes - where it can be used in monotherapy or associated with other antiparkinsonian drugs, especially with dopaminergic agents.
- Osteoarthritis (chronic degenerative rheumatism)
- Systemic arteriosclerosis with hypercholesterolemia, ischaemic heart disease, arteritis, cerebral atherosclerosis.

**Contraindications:**

- Hypersensitivity to procaine in antecedents or tested.
- Severe arterial hypotension.
- Associated treatment with sulfonamides (except the antidiabetic ones) and with acetylcholinesterase agents: neostygmine, eserine (physostigmine) and pyridostigmine.

**Precautions regarding medicinal product administration:**

- Before starting the treatment, a test for individual tolerance to procaine should be made (see under Posology and method of administration)
- The treatment must take place under medical supervision, mainly in the first series of treatment, in order to establish the optimal dose.
- The product should be administered with caution in patients with orthostatic hypotension.
- Although procaine medication is not carcinogenic, it is not recommended to the patients with cancer, as its stimulating effect on mitotic potential of the neoplastic cell is not excluded.

**Interactions with other medicinal products or other substances:**

- Gerovital H3 should not be administered simultaneously with sulphonamides (antagonistic mechanism of action) - except the antidiabetic ones, anticholinesterases: neostygmine, eserine (physostigmine) and pyridostigmine.

**Special warnings:**

- Pregnant and breast-feeding women:
  - The studies on animals did not show teratogenic effects. In absence of teratogenic effects on animals, malformative effects on humans are not expected. However, the clinical experience with Gerovital® H3 is mainly on patients over the procreation period. For these reasons we do not recommend the use of the product during pregnancy and lactation.

**Potential effect on the ability to drive or to use machines:**

- The product does not interfere with these abilities.

**Posology and method of administration:**

Before starting the treatment with Gerovital H3 it is compulsory to test individual sensitivity to procaine, as follows: 1 ml from the injectable solution of Gerovital H3 will be

administered subcutaneously and after 24 hours the test should be repeated with 1.5 ml solution intramuscularly. If any allergic reaction occurs, the treatment is not recommended.

For protection of the organism against aging phenomena (standard schedule), alternative courses of injections and tablets of Gerovital® H3 should be administered, as follows:

*Injectable solution:* 1 intramuscular injection, 3 times a week (one ampoule every other day), over a period of 4 weeks (12 ampoules).

*Sugar-coated tablets:* 2 sugar-coated tablets/ day, after meals, in the morning and in the afternoon, for 12 days.

Series of injections and sugar-coated tablets should be alternated yearly, continuously or with one-month pause between them. The schedule and the frequency of pauses will be decided by the geriatrist, according with the aging status of the patient.

**Curative treatment: Depressive syndrome:**

- 1-st week: 1 ampoule i.m. /day, 3 times a week (i.e., on Monday, on Wednesday and on Friday);

- 2-nd and 3-rd week: 1 1 ampoules i.m., 3 times a week;

- 4-th week: 2 ampoules i.m., 3 times a week.

The treatment should be repeated 4-6 times a year.

**-Parkinsonian syndromes:**

-Daily administration of 1 ampoule i.m. and two sugar-coated tablets, for 15 days.

**-Osteoarthritis:**

-1 ampoule i.m. / day, for 15-21 days and then 1 ampoule i.m. 3 times a week (every other day), for 4 weeks, repeated of 4-5 times /year. During the pauses in injections series, 1-2 sugar-coated tablets/ day, 12-18 days / month, can be administered.

**-Systemic arteriosclerosis:**

-Depending of the intensity and the localization of the process, the treatment should be as follows: 1 ampoule i.m. / day, 3 times a week, 4 weeks (12 ampoules), repeated 5-6 times /year.

Between the injections series, oral treatment may be added - 2 sugar-coated tablets /day, 12 days.

In some cases the treatment can be exclusively oral: 3 sugar-coated tablets/ day, 21 days in 6-8 series / year.

**Adverse reactions, which can occur during the use of the medicinal product:**

Administration of Gerovital H3 may produce allergic reactions in patients with hypersensitivity to procaine like skin rash or pruritus. These effects impose an immediate stop of the treatment.

Minor effects may occur especially at the beginning of the treatment like: dizziness, weakness and palpitations. These effects can be avoided if after the injection the patient rests in bed for 10-15 minutes.

**Overdose:**

There are no reports of overdose related to administration of Gerovital H3. In case of accidentally injection of high doses, severe hypotension, convulsions, coma, respiratory arrest may occur.

The treatment is symptomatic and support of vital functions.

**Storage:**

- Store below 25 degree C.
- Keep the recipient tightly closed.
- Keep out of the reach of children.
- Do not use after the expiry date printed on the package.

**Packaging:**

Polyethylene bottle with 25 sugar-coated tablets.

**Caution: If the seal of the cap is broken, please do not buy or use it.**

## **Gerovital H3 - Injectable Solution 5ml amps**

"Protection of the organism against aging phenomena. Depressive syndrome, in precocious stages, when conventional therapy it has contraindications."

**Pharmaceutical form:** Injectable solution - intramuscular

**Composition:**

One ampoule contains:

- Procaine hydrochloride (100 mg)
- Benzoic acid (6 mg)
- Disodium phosphate dodecahydrate (0.5 mg)
- Potassium metabisulfite (5 mg)
- Distilled water for injectable solutions (up to 5 ml)

**Pharmacotherapeutic group:** Alimentary tract and metabolism. Tonic preparations.

ATC code: A13 AN01

**Therapeutic indications:**

**DEPRESSIVE SYNDROME:** light and moderate depression, in precocious stages,

especially when conventional therapy is not well-tolerated or it has contraindications;

**PARKINSONIAN SYNDROMES:** where it can be used in monotherapy or associated with other antiparkinsonian drugs, especially with dopaminergic agents;

**OSTEOARTHRITIS:** chronic degenerative rheumatism;

**SYSTEMIC ARTERIOSCLEROSIS:** with hypercholesterolemia, ischaemic heart disease, arteritis, cerebral atherosclerosis;

**PROTECTION AGAINST AGING PHENOMENA;**

**Posology and method of administration:**

Before starting the treatment with Gerovital® H3 it is compulsory to test individual sensitivity to procaine, as follows: 1 ml from the injectable solution of Gerovital® H3 will be administered subcutaneously and after 24 hours the test should be repeated with 1.5 ml solution intramuscularly. If any allergic reaction occurs, the treatment is not recommended.

**DEPRESSIVE SYNDROME:**

Injectable solution:

1-st week: 1 ampoule (5 ml) intramuscular injection/day, 3 times a week (i.e., on Monday, on Wednesday and on Friday);

2-nd week: 1.5 ampoules (7.5 ml) intramuscular injection/day, 3 times a week;

3-rd week: 1.5 ampoules (7.5 ml) intramuscular injection/day, 3 times a week;

4 - th week: 2 ampoules (10 ml) intramuscular injection/day, 3 times a week.

The treatment should be repeated 4-6 times a year.

**Total treatment: aprox 110 ampoules/year**

**PARKINSONIAN SYNDROMES:**

Injectable solution: 1 ampoule (5 ml) intramuscular injection/day for 15 days

**Total treatment: aprox 180 ampoules/year**

Sugar-coated tablets: 2 tablets/daily for 15 days

**Total treatment: aprox 360 tablets/year**

**OSTEOARTHRITIS:**

Injectable solution: 1 ampoule (5 ml) intramuscular injection/ day, for 15-21 days and then

1 ampoule (5 ml) intramuscular injection/3 times a week (every other day), for 4 weeks;

The treatment should be repeated 4-5 times a year.

**Total treatment: aprox 160 ampoules/year**

Sugar-coated tablets: during the pauses in injections series, 1-2 tablets/day for 12-18 days/month, can be administrated.

**Total treatment: aprox 180 tablets/year**

**SYSTEMIC ARTERIOSCLEROSIS:**

Depending of the intensity and the localization of the process, the treatment should be as follows:

*Injectable solution: 1 ampoule (5 ml) intramuscular injection/day 3 times a week for 4 weeks.*

*The treatment should be repeated 5-6 times a year.*

**Total treatment: aprox 72 ampoules/year**

*Sugar-coated tablets: between the injections series, oral treatment may be added - 2 sugar-coated tablets/day, 12 days.*

**Total treatment: aprox 150 tablets/year**

*Sugar-coated tablets: in some cases the treatment can be exclusively oral; 3 sugar-coated tablets/day, 21 days in 6-8 series/year*

**Total treatment: aprox 500 tablets/year**

**PROTECTION AGAINST AGING PHENOMENA:**

*Injectable solution: 1 ampoule (5 ml) intramuscular injection/day, 3 times a week (one ampoule every other day), over a period of 4 weeks*

**Total treatment: aprox 100 ampoules/year**

*Sugar-coated tablets: 2 sugar-coated tablets/ day, after meals, in the morning and in the afternoon, for 12 days.*

**Total treatment: aprox 150 tablets/year**

*Series of injections and sugar-coated tablets should be alternated yearly, continuously or with one-month pause between them. The schedule and the frequency of pauses will be decided by the geriatrist, according with the aging status of the patient.*

**Contraindications:**

*\*Hypersensitivity to procaine in antecedents or tested.*

*\*Severe arterial hypotension.*

*\*Associated treatment with sulfonamides (except the antidiabetic ones) and with acetylcholinesterase agents: neostygmine, eserine (physostigmine) and pyridostigmine.*

**Precautions regarding medicinal product administration:**

*Before starting the treatment, a test for individual tolerance to procaine should be made (see under Posology and method of administration).*

*The treatment must take place under medical supervision, mainly in the first series of treatment, in order to establish the optimal dose.*

*The product should be administered with caution in patients with orthostatic hypotension.*

*Although procaine medication is not carcinogenic, it is not recommended to the patients with cancer, as its stimulating effect on mitotic potential of the neoplastic cell is not excluded.*

**Interactions with other medicinal products or other substances:**

*Gerovital® H3 should not be administered simultaneously with sulphonamides*



*(antagonistic mechanism of action) - except the antidiabetic ones, anticholinesterases: neostygmine, eserine (physostigmine) and pyridostigmine.*

**Special warnings:**

*Pregnant and breast-feeding women: the studies on animals did not show teratogenic effects. In absence of teratogenic effects on animals, malformative effects on humans are not expected. However, the clinical experience with Gerovital® H3 is mainly on patients over the procreation period. For these reasons we do not recommend the use of the product during pregnancy and lactation.*

*Potential effect on the ability to drive or to use machines: the product does not interfere with these abilities.*

**Adverse reactions, which can occur during the use of the medicinal product:**

*Administration of Gerovital® H3 may produce allergic reactions in patients with hypersensitivity to procaine like skin rash or pruritus.*

*These effects impose an immediate stop of the treatment.*

*Minor effects may occur especially at the beginning of the treatment like: dizziness, weakness and palpitations. These effects can be avoided if after the injection the patient rests in bed for 10-15 minutes.*

**Overdose:**

*There are no reports of overdose related to administration of Gerovital® H3. In case of accidentally injection of high doses, severe hypotension, convulsions, coma, respiratory arrest may occur.*

*The treatment is symptomatic and support of vital functions.*

**Storage:**

*\*Store below 25 C.*

*\*Keep out of the reach of children.*

*\*Do not use after the expiry date printed on the label*

**Packaging:**

*Folding box with 10 brown ampoules of 5 ml*