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# Spermidin Longevity

*Data Sheet*

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## For Your Cell Renewal

Activate your cell renewal and rely on the natural polyamine spermidine as your secret ingredient!

**Spermidine is known to regulate cell division processes and promote cell renewal.**

The naturally occurring compound is found in all living cells and played a decisive role in the earliest stages of evolution.

- Natural Cell Regeneration
- Pure Natural Source
- Supports Cellular Metabolism
- Anti-Aging & Cell Protection
- Longevity & Energy Metabolism

## What is Spermidin Longevity?

**Spermidine is increasingly at the forefront of longevity research**

Spermidine is a natural messenger that is present in all body cells. However, with age, the proportion of this endogenous substance decreases. Spermidine is known to regulate cell division processes and promote cell renewal. As a result, it supports your body in autophagy processes, a type of recycling of cells.

## Longevity Formula for Your Cells

Recent studies show the antioxidant properties of spermidine, which help protect cells from oxidative stress. Our SPERMIDIN LONGEVITY is complemented with Vitamin B1 and Zinc. Thiamine plays an essential role in energy metabolism and supports the function of the nervous system<sup>1</sup>. Meanwhile, zinc is essential for many enzymatic processes in the body and strengthens immune function<sup>2</sup>. This innovative combination optimally supports your cell health and well-being.

## Why Spermidin Longevity from artgerecht?

- High-quality spermidine from natural wheat germ extract
- Promotes cellular regeneration and autophagy
- Developed and produced according to the highest scientific quality and safety standards for maximum effectiveness
- Free from synthetic additives and genetically modified organisms (GMO-free)
- With Vitamin B1 for energy metabolism<sup>1</sup> and protection against oxidative stress through zinc<sup>2</sup>
- Supports cell health & cell renewal
- Worldwide unique spermidine with EFSA approval (Novel Food Regulation)

## Scientific background to Spermidin Longevity?

**Spermidine and its Role in the Body:** Spermidine is a natural messenger that occurs in all body cells and is crucial for cellular health. As a polyamine, spermidine is a small molecule and is well absorbed. It supports, among other things, the process of autophagy, in which damaged cell components are broken down and recycled. As we age, the spermidine content in our cells decreases, which can promote age-related diseases. About one-third of spermidine is produced by our own cells, while the rest is absorbed through food and bacteria in the digestive tract. A balanced diet can help maintain spermidine levels in the body.

**Natural Sources and Novel Food Regulation:** Spermidine can be found in various concentrations in many foods such as fruits, vegetables, meat, and cheese. A particularly rich source is wheat germ. According to the Novel Food Regulation of the EFSA, wheat germ extract is currently the only approved raw material source for spermidine. This is why SPERMIDIN Longevity Formula is extracted from natural wheat germ. This production is carried out according to strict quality standards to ensure optimal dosage and the highest quality.

**Importance for Health:** Promoting cellular metabolism through spermidine helps maintain cell health and can aid in preventing age-related diseases. Regular intake through food, complemented by high-quality products like the SPERMIDIN Longevity Formula, can provide meaningful support for maintaining cellular functions. Thanks to its diverse sources in fruits, vegetables, and other foods, spermidine can be naturally integrated into daily life.

## Frequently Asked Questions

### What is SPERMIDIN and how does it work?

SPERMIDIN is a natural compound found in all living cells and is known for its antioxidant and autophagic properties. It supports cell health, promotes regeneration, and may enhance longevity by helping the body clear harmful deposits.

### What benefits does regular intake of SPERMIDIN offer?

Regular intake of SPERMIDIN can improve cell health, support metabolic health, strengthen the immune system, and reduce the risk of age-related diseases such as cardiovascular disease and neurodegenerative conditions. It can also boost physical and mental vitality.

### How is SPERMIDIN produced?

SPERMIDIN is extracted from natural sources like wheat germ, with wheat germ extract currently being the only approved raw material source under the Novel Food Regulation. Our SPERMIDIN Longevity Formula is produced under strict quality standards and contains high-quality SPERMIDIN in the optimal dosage.

### Is SPERMIDIN safe to consume?

Yes, SPERMIDIN is considered safe for human consumption and is present in many foods. Our

formula has been carefully developed to meet the highest safety standards and is manufactured in accordance with the recommendations of the European Food Safety Authority (EFSA) and the Novel Food Regulation. Currently, there are no known side effects from consuming spermidine, as it is naturally produced by the body as well as taken in through daily food.

## How should SPERMIDIN be taken?

The recommended dosage of SPERMIDIN may vary depending on individual needs. Our SPERMIDIN Longevity Formula is offered in capsule form (2 capsules per day), which are easy to swallow and can seamlessly be integrated into your daily routine. It is recommended to take SPERMIDIN with a meal to improve bioavailability.

## When can I expect results?

The time it takes to notice results can vary from person to person. Many people report feeling improved vitality and mental clarity within weeks of regular use. However, optimal benefits may take longer, as the body undergoes natural processes like autophagy and cellular regeneration.

## More about Spermidin Longevity

Der CelVio® Complex steht für 100% Natürlichkeit und höchste Qualität. Der Weizenkeimextrakt wird ohne jegliche Behandlung oder den Zusatz von künstlichem Spermidin verarbeitet. Dies macht ihn weltweit einzigartig.

Der natürliche Spermidinegehalt der Weizenkeime wird durch einen speziell entwickelten, schonenden Extraktionsprozess bewahrt und aufkonzentriert. Dabei bleiben alle wertvollen Inhaltsstoffe wie Spermin, ungesättigte Fettsäuren, Vitamine und Mineralstoffe im natürlichen Verbund erhalten. Die Weizenkeime stammen aus streng kontrolliertem Anbau und werden sowohl intern als auch von unabhängigen Instituten umfassend auf Spermidinegehalt und Mikrobiologie geprüft.

Die sorgfältige Verarbeitung basiert auf jahrelanger Forschung in Zusammenarbeit mit der Universität Graz. Der Extraktionsprozess kommt ohne chemische Lösungsmittel aus und garantiert höchste Reinheit. Das Ergebnis ist ein natürlicher Flüssigextrakt, der keinerlei synthetische Stoffe enthält. Künstliches Spermidin, das einige Wettbewerber verwenden, ist weder als Lebensmittel zugelassen noch auf Sicherheit geprüft. Daher setzen wir bewusst nur auf natürliche Inhaltsstoffe, um die Gesundheit unserer Kunden zu schützen.

Der CelVio® Complex erfüllt zudem die strengen Anforderungen der Europäischen Behörde für Lebensmittelsicherheit (EFSA). Auch dies weltweit als Einziger. Die EFSA hat in einem umfangreichen Verfahren die Sicherheit und Verträglichkeit des Weizenkeimextrakts bestätigt. Zudem wurde der CelVio® Complex in der vorliegenden Dosierung und Konzentration in Studien an Menschen verwendet, bei denen die Charité Universitätsmedizin Berlin die Sicherheit und Verträglichkeit bestätigt hat.

Mit dem CelVio® Complex vertraust Du auf ein Produkt, das natürliche Reinheit, wissenschaftliches Fundament und Qualität ohne Kompromisse vereint.

## Ingredients

Wheat germ extract with high spermidine content (2mg). Zinc gluconate. Thiamine hydrochloride. Coating agents: Hydroxypropylmethylcellulose, acetylated starch, calcium carbonate, glycerin. Anti-caking agent: Magnesium stearate.

Content	Per Daily Dose (2 Capsules)
Wheat Germ Extract	1,300 mg
Of which:	
Spermidine	2 mg
Thiamine (Vitamin B1)	0.17 mg
Zinc	1.5 mg

## Recommended intake

It is best to take two capsules daily with a meal—whether in the morning, at lunch, or in the evening, depending on your personal preference. However, we recommend taking them at regular, consistent times each day.

## Additional information

- SKU/MPN: 15579
- Content: 60 Capsules
- Net filling quantity: 49 g
- EAN/GTIN: 4260656120590
- PZN (DE): 19345434
- PZN (AT): 5885138
- Customs tariff number: 21069092
- Origin: AT
- Version: 17.12.2025



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<sup>1)</sup> Vitamin B1 contributes to the normal function of the nervous system and normal energy metabolism.<sup>2)</sup> Zinc contributes to the normal function of the immune system (bodys defense) and helps protect cells from oxidative stress.