



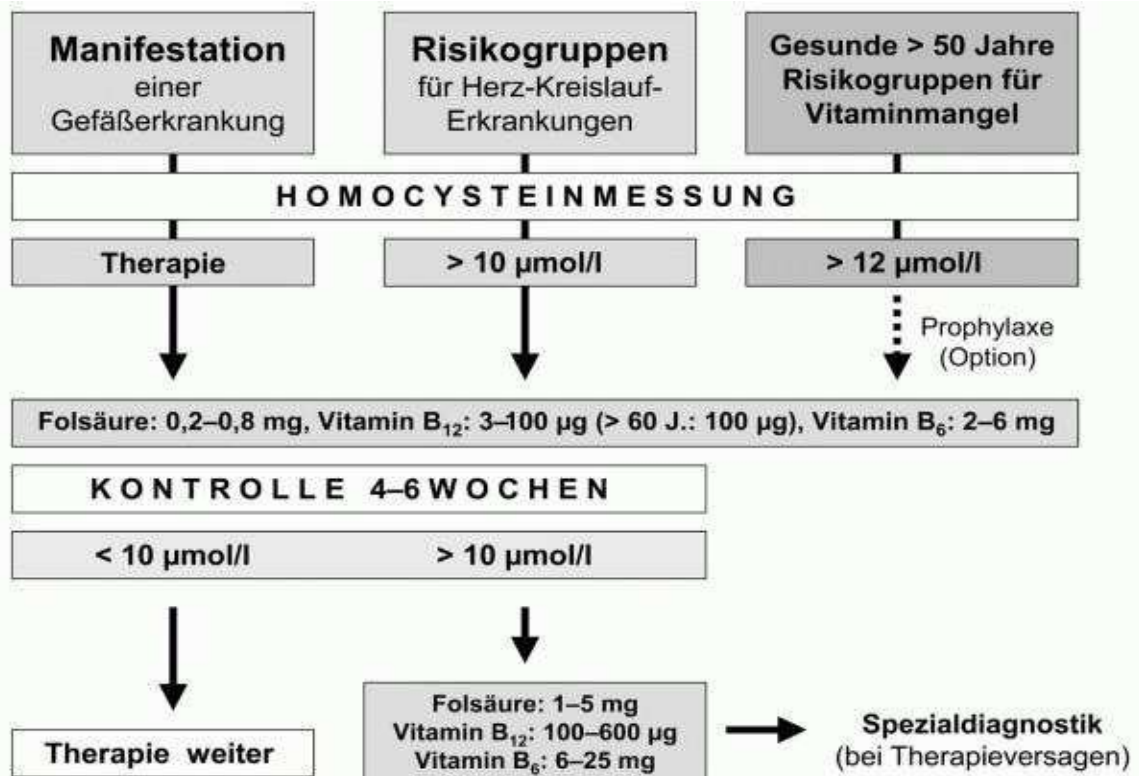
Homocysteine is considered to be the "new cholesterol": If the homocysteine level in the blood is increased, the risk of cardiovascular diseases, high blood pressure, thrombosis, stroke and atherosclerotic vascular and neurodegenerative diseases such as cognitive disorders, depression or Alzheimer's dementia increases, but also for complications in pregnancy. Hyperhomocysteinemia can also be associated with an increased risk of tumors.

Homocysteine is a sulfur-containing amino acid that is not found in food. It arises as an intermediate product of the cell metabolism when methionine is broken down into cysteine. If the methionine metabolism is disturbed due to an enzyme and / or vitamin deficiency (folic acid, vitamin B12, B6), homocysteine accumulates more intensely in the blood plasma and an increased excretion of the oxidation product homocysteine can also be detected in the urine: the result is called hyperhomocysteinemia.

Homocysteine levels generally increase with age, and men typically have higher levels than women at younger ages. Older people in particular have a tendency to hyperhomocysteinemia due to frequent vitamin deficiencies, which, however, can easily be treated with an appropriate dose of vitamins.



and / or with  
congenital  
tendency, with  
birth control pills  
and if you want to have children:  
**Lower your homocysteine!**



Stanger O et al. Journal für Kardiologie 2003; 10 (5): 190-199 ©