



MODERN BIOLOGY

How do you know that your future health is on the right track?

More than 8 out of 10 people with prediabetes do not know that they have it. Research shows that changes in the body's energy management and blood sugar regulation can begin many years before a diagnosis is made. It's perhaps not so strange. For most people, the changes come creeping, so slowly that you almost get used to them.

The energy is not as even as before. The waist size increases a little every year. Recovery takes longer. The body does not respond quite as it did before. Many accept this as a natural part of getting older. The body often sends signals long before the problems show up on tests or lead to a diagnosis, but the question is whether we see and detect the signals?

Researchers are increasingly interested in another question: **How well does the body age biologically?** This question is asked more and more often, and even among young 30-year-olds, a new awareness is emerging.





Biological Age - more than the number on your passport?

Chronological age is how many years we have lived. Biological age is about how well the body functions. It is affected by many factors:

- How the body handles energy and blood sugar
- Physical activity and muscle mass
- Sleep and recovery
- Oxidative stress and inflammation
- Diet and nutritional status

That's why two people who are the same age on paper can experience completely different levels of energy, vitality and quality of life.



How do you want to feel in 10 years?

The British doctor David Unwin lectures on metabolic health and blood sugar regulation in connection with the concept of "Health Future".

The idea is simple:

The choices we make today, including how we relate to our blood sugar, not only affect how we feel now, but also what conditions the body has in five, ten or twenty years.

It's not just about avoiding disease.

It's about preserving **energy, strength, mental sharpness and quality of life as long as possible.**

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What happens behind the scenes?

In recent years, researchers have gained an increasingly better understanding of the processes that affect metabolic health. One of these involves oxidative stress - the strain that occurs when the body's defense system cannot fully meet the challenges of everyday life. Here, an important biological system comes into the picture: **Nrf2**.

Nrf2 is often described as a regulator of the body's own protection and defense systems. When Nrf2 is activated, genes that help the body cope with oxidative stress and support normal cellular function are stimulated.

For this reason, Nrf2 has become one of the most studied areas in research on healthy aging and metabolic health.



What does the research say about sulforaphane?

In a scientific review article on prediabetes and diabetes, sulforaphane from broccoli is highlighted as one of the most studied natural activators of Nrf2.

Researchers describe how Nrf2 plays a central role in the body's ability to handle metabolic load and oxidative stress.



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Research discovers more.

At Sahlgrenska University Hospital, researchers showed that sulforaphane can affect genes linked to glucose regulation in the liver. In studies on people with type 2 diabetes, improvements in fasting blood sugar and long-term blood sugar (HbA1c) were seen.

Newer research from the same research environment has also shown that sulforaphane can affect blood sugar regulation in people with prediabetes. The results suggest that the body's own protection and defense systems may play a larger role in metabolic health than previously thought.



Longevity =
The body's ability to protect, adapt and recover
throughout life.
Turn on your protection system.



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Scientific Publications

Why is blood sugar balance important?

Stable blood sugar regulation is about more than energy. Research shows that long-term imbalances can be linked to:

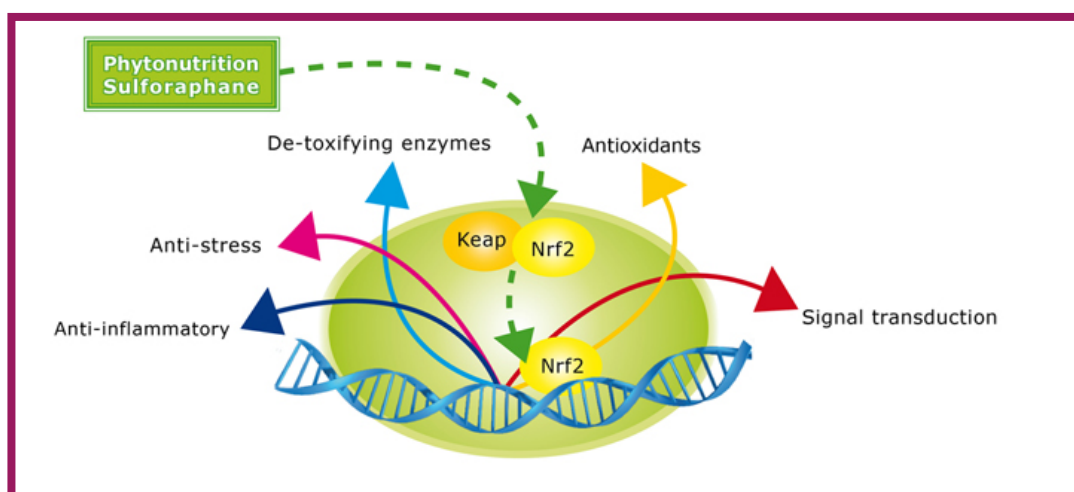
- Increased oxidative stress
 - Low-grade inflammation
 - Impaired metabolic health
 - Accelerated biological aging
-
- *Effect of broccoli sprout extract and baseline gut microbiota on fasting blood glucose in prediabetes, Rosengren et al. 2025*
 - *Sulforaphane rewires central metabolism to support antioxidant response and achieve glucose homeostasis, Federico Bernuzzi et al, 2023*
 - *Sulforaphane reduces hepatic glucose production and improves glucose control in patients with type 2 diabetes, Axelsson et al 2017*
 - *Natural Nrf2 activators in diabetes, Jiménez-Osorio, 2015*
 - *Nrf2 and redox status in prediabetic and diabetic patients, Jiménez-Osorio, 2014*
 - *Multi-Omic Analysis Reveals Effects of Sulforaphane on the Microbiome and Metabolome*

(Published in scientific journals and available via PubMed.)

Sulforaphane and the Biological Challenge

Sulforaphane is a natural substance, but the molecule is unstable and volatile. In order to function biologically, it must reach the cells in an active form.

Broccoli greens contain a precursor to sulforaphane, which must first be converted in the body - a process that is uncertain and varies between different individuals depending on factors such as microbiome and metabolism.



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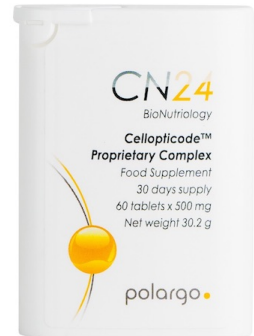
Choose an Active form of sulforaphane

We have long experience with sulforaphane. Through joint work with researchers, we developed a formulation where sulforaphane could:

- be stabilized
- be encapsulated in a protective structure
- be preserved in a **biologically active** and **signaling** form.

The result was a formulation that forms the basis for **CN24**.

P.S. Also take care of the skin in the summer with **CN24** - for external and internal cell health!



Long, healthy and joyful life

Modern biology is increasingly showing something important:
**the health of cells and their signals affect biological age
and how the body functions over time.**

Longevity does not start in the future.

What we do today affects how our cells function tomorrow.

Thank you for sharing our passion.

Making Connections • Making Sense • Making Winners™

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