



## HEALTH FOCUS INGREDIENT GLOSSARY



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## BLOOD PRESSURE HEALTH

### Acerola Cherry

Possibly the richest source of vitamin C among fruits, the acerola cherry contains 65 times more vitamin C than an orange. Acerola contains anthocyanins - substances which are highly anti-inflammatory in nature—as well as antioxidant-packed carotenoids and flavonoids. The cherry is an excellent source of vitamin A, which is a potent antioxidant. This tiny berry is also rich in vitamin B, calcium, magnesium, folate, potassium and phosphorous.

### Banana

This high-fiber fruit contains no fat, sodium or cholesterol, and it is a great source of potassium, vitamin B6, vitamin C, and magnesium. The nutritional properties of bananas are known to promote blood cell health and nervous system health. Bananas' potassium levels offer quick relief for muscle cramps and support healthy blood pressure.

### Borojo

Borojo fruit has high nutritional value, and is an excellent source of vitamin C, calcium, fiber and iron. It is one of the best fruit sources of phosphorus, which can provide energy, support memory and concentration, and contribute to the strength of teeth and bones. The essential amino acids contained in borojo are three times that found in meat. Borojo may help maintain healthy levels of blood sugar, blood pressure and cholesterol.

### Garlic

Garlic has long been considered an herbal “wonder drug.” Its powerful antioxidant properties make garlic a great nutrient for the maintenance of heart health as well as a strengthened immune system. Studies also suggest that garlic helps maintain healthy blood pressure.

### Hawthorne Berry

The hawthorne berry bush, found in Europe, North Africa, and Western Asia, is a rich source of antioxidant bioflavonoids. This remarkable herb offers powerful support for heart and circulatory system health. It also appears to be beneficial to digestive system health and the maintenance of healthy sleep patterns. Hawthorne berry also helps support the maintenance of healthy cholesterol and blood pressure levels.

### Onion

Onions offer a wealth of health benefits, including the support of digestive, respiratory, and autoimmune system health. Onions are a rich source of flavonoids, substances known to provide support of cardiovascular health. They also support the maintenance of healthy blood pressure levels, as well as healthy cholesterol and triglyceride levels.

### Orange

Just one orange supplies 116.2% of the daily value for vitamin C. Vitamin C is the primary water-soluble antioxidant in the body, disarming harmful free radicals both inside and outside cells. Oranges are also a great source of beta carotene, calcium, magnesium, potassium, thiamin, and folic acid. They are also rich in citrus bioflavonoids. The health benefits of oranges include support of cardiovascular health, cellular energy, and maintenance of healthy cholesterol and blood pressure levels.

## BLOOD SUGAR HEALTH

### Amalaki

The fruit of the Amalaki tree is part of the Ayurvedic pharmacopeia. For centuries, it has been used as a potent rejuvenative for the entire body. Its properties appear to stimulate the production of red blood cells, enhance cellular regeneration, increase lean body mass, and support proper function of the liver, spleen heart and lungs. Amalaki fruit also is a rich source of antioxidants and helps to maintain a healthy blood sugar level.

### Biotin

This B vitamin is required for healthy cell growth, the production of fatty acids, metabolism of fats, and proteins. It plays a role in the Krebs cycle, which is the process in which energy is released from food. Biotin is also vital for healthy hair and skin, healthy sweat glands, nerve tissue, and bone marrow. It is also helpful in maintaining a steady blood sugar level.

### Bladderwrack

Bladderwrack is a type of brown sea vegetable that grows on the northern Atlantic and Pacific coasts of the United States and on the northern Atlantic coast and Baltic coast of Europe. Its benefits include controlling LDL (“bad“ cholesterol) levels, the maintenance of healthy blood sugar levels, and even appears to be useful in weight maintenance efforts. Bladderwrack also helps support joint health as well as healthy thyroid gland activity.

### Borojo

Borojo fruit has high nutritional value, and is an excellent source of vitamin C, calcium, fiber and iron. It is one of the best fruit sources of phosphorus, which can provide energy, support memory and concentration, and contribute to the strength of teeth and bones. The essential amino acids contained in borojo are three times that found in meat. Borojo may help maintain healthy levels of blood sugar, blood pressure and cholesterol.

### Brussels Sprouts

Brussels sprouts are loaded with vitamin A, folic acid, potassium, and calcium. Plus, this cruciferous vegetable is an excellent source of fiber. Brussels sprouts are also extremely high in Vitamin C, which is a potent antioxidant. Its nutritional properties are beneficial in the maintenance of digestive health as well as immune system health, and regulation of both blood sugar and cholesterol levels.

### Carrot

Carrots are an excellent source of antioxidant compounds and are the richest vegetable source of pro-vitamin A carotenes. Carrots’ antioxidant compounds support cardiovascular and autoimmune system health. Their nutritional properties also support good eye health, especially night vision. Carrots offer outstanding benefits in the form of supporting healthy blood sugar levels.

### Cherry

Cherries are one of today’s hottest “Super Fruits.“ In addition to being packed with powerful antioxidants, cherries also contain other important nutrients such as beta carotene (19 times more than blueberries or strawberries), vitamin C, potassium, and fiber. Cherries appear to be of benefit in the reduction of inflammation, as well as the support of cardiovascular and bone health. They even help support the maintenance of healthy blood sugar levels.

### Chlorella

Chlorella, a single-celled algae, gets its name from the high amount of chlorophyll it possesses. Chlorella contains more chlorophyll per gram than any other plant. Chlorophyll is a highly effective nutrient that naturally cleanses the bowel and other elimination systems such as the liver and the blood. Chlorella’s properties also support enhanced immune system health, and even helps balance the body’s pH and blood sugar levels.

## Chromium

A naturally occurring, plant-derived trace mineral. It aids in glucose metabolism and helps support healthy blood sugar levels.

## Korean Ginseng

Korean ginseng is a perennial herb grown on moist and shaded mountainsides in China, Korea, and Russia. Some of its remarkable benefits include the support of healthy cholesterol and blood sugar levels, antioxidant protection, increased stamina, and immune system support. Additionally, Korean ginseng has been shown to reduce the intensity of the body's response to stresses.

## L-Alanine

Alanine is a non-essential amino acid and is used by the body to build protein. It aids in and is required for the metabolism of glucose, a simple carbohydrate that the body uses for energy. Alanine also appears to be of benefit in supporting prostate health in men.

## L-Glutamic Acid

Another amino acid, glutamic acid is actually fuel used by the brain. It aids in the transportation of potassium across the blood-brain barrier. Additionally, glutamic acid is used to build proteins and is important in the metabolism of sugars and fats.

## L-Isoleucine

Isoleucine, another amino acid, is used in the formation of hemoglobin. It enhances energy, increases endurance, and aids in healing and repair of muscle tissue. Isoleucine also helps stabilize and regulate blood sugar levels.

## Manganese

Manganese is an essential trace mineral required to manufacture enzymes necessary for the metabolism of proteins and fat. It also supports immune system health as well as healthy blood sugar balance.

Manganese is involved in the production of cellular energy, reproduction and bone growth. This micronutrient activates the enzymes responsible for DNA and RNA production.

## Noni

Noni fruit, which is native to the South Pacific, is an excellent source of nutrients including vitamin C, niacin, potassium, vitamin A, calcium, and sodium. Research has identified the presence of 10 essential vitamins, 7 dietary minerals, and 18 amino acids in noni. It supports healthy blood sugar levels and digestive system health as well as enhanced immune system health. Noni is also beneficial in supporting autoimmune system and joint health.

## Pomegranate

Pomegranate fruit is well-known for its nutritional properties, and it is one of nature's most powerful antioxidant sources. One pomegranate contains three times the antioxidant properties of red wine or green tea. It is also a rich source of ellagic acid and essential amino acids. The polyphenols and vitamins A, C, E, and folic acid contained in pomegranates have been shown to promote cardiovascular health as well as healthy blood sugar levels.

## Stevia

Stevia is an herb native to Paraguay and Brazil. It is nutrient-rich, containing substantial amounts of calcium, phosphorous, magnesium, zinc, rutin, vitamin A, vitamin C, and over 100 phytonutrients. Stevia helps maintain healthy blood sugar levels and also supports digestive system health.

## CELLULAR HEALTH

(Including Cancer-Preventive Properties)

### Acerola Cherry

Possibly the richest source of vitamin C among fruits, the acerola cherry contains 65 times more vitamin C than an orange. Acerola contains anthocyanins - substances which are highly anti-inflammatory in nature—as well as antioxidant-packed carotenoids and flavonoids. The cherry is an excellent source of vitamin A, which is a potent antioxidant. This tiny berry is also rich in vitamin B, calcium, magnesium, folate, potassium and phosphorous.

### Alpha Lipoic Acid (ALA)

Alpha lipoic acid is a fatty acid found naturally inside every cell in the body. It is needed by the body to produce energy for normal body functions. ALA converts glucose (blood sugar) into energy. It is also a powerful antioxidant, neutralizing potentially harmful chemicals called free radicals. ALA appears to recycle antioxidants such as vitamin C and glutathione after they have been used up.

### Amalaki

The fruit of the Amalaki tree is part of the Ayurvedic pharmacopeia. For centuries, it has been used as a potent rejuvenative for the entire body. Its properties appear to stimulate the production of red blood cells, enhance cellular regeneration, increase lean body mass, and support proper function of the liver, spleen, heart and lungs. Amalaki fruit also is a rich source of antioxidants and helps to maintain a healthy blood sugar level.

### Ashwagandha

Also known as Winter Cherry, ashwagandha is considered the “ginseng of Ayurvedic medicine.” Ashwagandha has many beneficial elements, including flavonoids and members of the withanolide class. Numerous modern studies have found that ashwagandha is a powerful antioxidant that appears

to be effective in reducing inflammation, treating tumors, decreasing stress, increasing mental activity, and invigorating the body. Traditionally, it has also been used to boost the immune system, improve memory and cognition, relieve anxiety, and to promote overall wellness.

### Asparagus

Asparagus is a nutrient-dense food which is high in folic acid and is a good source of potassium, fiber, and vitamins A, B6, C, and E. It also contains useful amounts of calcium, magnesium and iodine. Asparagus has no fat, contains no cholesterol, and is low in sodium. The exceptional antioxidant properties of asparagus promote the maintenance of heart health, digestive system health, and immune system health.

### Bacopa

Bacopa has been revered for centuries in the Ayurvedic herbal traditions of India for its ability to enhance clear thinking and support memory function. Traditionally, bacopa extract is reported to be a “brain tonic.” The phytochemicals found in the bacopa leaves include alkaloids, saponins, flavonoids, beta-sitosterol and betulinic acid. A powerful antioxidant, bacopa helps maintain the structural and functional integrity of the membranes surrounding the mitochondria, a portion of cellular DNA that can degenerate with age. It also protects gastrointestinal health by raising mucosal defensive factors.

### Biotin

This B vitamin is required for healthy cell growth, the production of fatty acids, metabolism of fats, and proteins. It plays a role in the Krebs cycle, which is the process in which energy is released from food. Biotin is also vital for healthy hair and skin, healthy sweat glands, nerve tissue, and bone marrow. It is also helpful in maintaining a steady blood sugar level.

## Blueberry

Blueberries consistently rank very high in antioxidant activity when compared to other fresh fruits and vegetables. The blueberry's antioxidants, vitamins, and minerals are responsible for its potent health benefits, which include the support of heart health, urinary tract health, and even improved mental focus. Studies also show that blueberries appear to have a protective effect against DNA damage.

## Broccoli

This “must-have“ cruciferous vegetable is rich in dozens of nutrients. In fact, it packs the most nutritional punch of any vegetable. Broccoli's noteworthy nutrients include vitamin C, vitamin A (mostly as beta-carotene), folic acid, calcium, and fiber. It is also a rich fiber source. Broccoli is particularly helpful in supporting cardiovascular health as well as immune system and eye health.

## Brussels Sprouts

Brussels sprouts are loaded with vitamin A, folic acid, potassium, and calcium. Plus, this cruciferous vegetable is an excellent source of fiber. Brussels sprouts are also extremely high in Vitamin C, which is a potent antioxidant. Its nutritional properties are beneficial in the maintenance of digestive health as well as immune system health, and regulation of both blood sugar and cholesterol levels.

## Cabbage

Cabbage, a cruciferous vegetable, is a potent source of vitamin C, fiber, potassium, and other nutrients. The phytonutrient compounds in cabbage signal the body's genes to increase production of enzymes involved in detoxification, the cleansing process through which our bodies eliminate harmful compounds.

## Camu Camu

Camu camu, a fruit native to Peru, is a rich source of potassium, amino acids, vitamin C, and flavonoids. Its properties offer powerful immune system support as well as increased energy levels. Camu camu also contains several potent antioxidant compounds.

## Carrot

Carrots are an excellent source of antioxidant compounds and are the richest vegetable source of pro-vitamin A carotenes. Carrots' antioxidant compounds support cardiovascular and autoimmune system health. Their nutritional properties also support good eye health, especially night vision. Carrots offer outstanding benefits in the form of supporting healthy blood sugar levels.

## Cauliflower

Cauliflower, a cruciferous vegetable, contains allicin, which provides powerful heart health support, and selenium, a chemical that works well with vitamin C to strengthen the immune system. Cauliflower can also help to maintain healthy cholesterol levels. The B vitamin folic acid, which is needed for cell growth and replication, is also found in cauliflower. Cauliflower is a rich source of fiber.

## Cherry

Cherries are one of today's hottest “Super Fruits.” In addition to being packed with powerful antioxidants, cherries also contain other important nutrients such as beta carotene (19 times more than blueberries or strawberries), vitamin C, potassium, and fiber. Cherries appear to be of benefit in the reduction of inflammation, as well as the support of cardiovascular and bone health. They even help support the maintenance of healthy blood sugar levels.

## Citrus Bioflavonoid

Bioflavonoids are plant pigments responsible for the colors of many flowers and fruits. Citrus bioflavonoids are the bioflavonoids found in citrus fruits, such as lemons, oranges, tangerines, grapefruit, etc. Citrus bioflavonoids are extremely high in antioxidant activity, which helps optimize good health and fight premature aging. They also help support circulatory system health and possess anti-allergy, anti-viral, and anti-inflammatory properties.

## Cobalt

A naturally occurring, plant-derived trace mineral. It promotes the formulation of red blood cells and serves as a component of the vitamin B-12.

## Co-Enzyme Q10

Co-enzyme Q10 (CoQ10) is a fat-soluble, vitamin-like substance found in every human cell. It is involved in key biochemical reactions that produce energy in cells. It also acts as an antioxidant and offers powerful cardiovascular health support. CoQ10 is capable of regenerating other antioxidants and provides important protection against oxidative damage to DNA. Recent studies also show that CoQ10 is involved in human cell signaling, metabolism, and transport.

## Copper

A naturally occurring, plant-derived trace mineral. It is essential to normal red blood cell formation and connective tissue formation. Copper also helps support healthy central nervous system function.

## Coral Calcium Complex

Coral calcium complex (as found in Trévo) is much more bio-available than other forms of calcium. Coral calcium complex also contains an optimal mix of both major minerals and trace minerals. It helps support healthy muscle and nerve function, as well as helps

to balance pH levels in the body for better health. It is also well-known for its support of heart, bone, and immune system health.

## Ellagic Acid

Ellagic acid is an antioxidant-rich chemical compound found in fruits and vegetables such as raspberries, strawberries, pomegranates, cranberries, walnuts, and other plant foods. Its natural properties strengthen the immune system, support heart health, and even strengthen connective tissue. Ellagic acid appears to promote wound healing and is widely touted for its suggested anti-carcinogenic properties.

## Folate (Folic Acid)

Essential for normal cell growth and healthy blood, folate is the form of vitamin B found naturally in foods. One of the most well-researched areas of the benefits of folate concerns the proper development of a fetus. Folate is critical to neural tube health in newborns. It also provides powerful cardiovascular system support and even appears to help promote DNA health.

## Fulvic Acid

Fulvic acid is one of the world's most complex and diverse substances. The DNA of every living or extinct species of organism on earth, whether plant, animal or micro-organism, has eventually become a highly-refined component of fulvic acid. It is one of the most crucial factors in the maintenance of good health. When fulvic is present in the body, nutrients are dissolved into their simplest ionic form and quickly transported into the body's cells. Fulvic acid is so powerful that one single fulvic molecule is capable of carrying 60 or more minerals and trace elements directly into cells. It is also a powerful antioxidant.

## Gac Fruit

Popular in South East Asia, gac fruit is packed full of beta carotene, lycopene, vitamin C, and other strong antioxidants that not only help to support the immune system, but also help retard the effects of aging.

Laboratory testing and scientific research have shown that gac fruit contains 70 times more lycopene than tomatoes, 20 times more beta carotene than carrots, 40 times more vitamin C than oranges, and 40 times more zeaxanthin than yellow corn. Gac fruit supports eye health, immune system health, joint health, and cardiovascular health.

## Glutathione

Glutathione is a powerful antioxidant found within every cell. Glutathione plays a role in nutrient metabolism and regulation of cellular events including gene expression, DNA and protein synthesis, cell growth, and immune response. It provides immune system and cardiovascular system support as well as neurological system support. Food sources of glutathione are primarily fruits and vegetables.

## Glycine

Glycine is a sweet-tasting, non-essential amino acid found in the protein of all living organisms. It is an important factor in the body's manufacture of hormones responsible for a strong immune system. Glycine also helps make DNA, skin proteins, collagen, and phospholipids (which make cell membranes). It helps the body absorb calcium and supports nervous system health.

## Goji Fruit

Found in Tibet and Mongolia, goji berries contain more protein than whole wheat, more beta carotene than carrots, and 500 times more vitamin C by weight than oranges. Goji is known as the "longevity fruit" because it contains powerful antioxidants that help defend against premature aging and fight free radical

damage. It appears to stimulate the release of human growth hormone (hGH), sometimes called the "youth hormone." The nutritional properties of goji fruit also support a healthy immune system, digestive system, cardiovascular system, and even liver and kidney health.

## Grape Seed Extract

Grape seed extract is derived from red grape seeds, and it contains a vast array of health-giving ingredients, such as protein, lipids, carbohydrates, and polyphenols (which come mainly in the form of flavonoids, also known as bioflavonoids). Grape seed extract offers excellent cardiovascular system support as well as circulatory system support. As a powerful antioxidant, grape seed extract helps protect the body against free radical damage.

## Grape

Grapes are a rich source of flavonoids which provide this fruit's vibrant purplish color. Grapes are a quick source of energy, and have been identified as a "superfood" when it comes to supporting good heart health. The resveratrol content of grapes contribute to their strong heart health support. The potent antioxidant properties of grapes also support anti-aging and even help support the maintenance of healthy cholesterol levels.

## Graviola

Found deep within the Amazon rain forest, the graviola tree offers some of the most exciting nutritional discoveries in recent history. Graviola has a long history of use in herbal medicine as well as recorded indigenous use, and many of its uses in natural medicine have been validated by scientific research. Its benefits include the support of cardiovascular health and natural anti-bacterial properties. Much of the recent research on graviola, however, has been on phytochemicals found in the leaves, seeds, and stem of graviola which seem to be toxic to specific cancer cells.

### Green Tea (decaffeinated)

Green tea is a type of tea made solely with the leaves of *Camellia sinensis*, and is a caffeine-free, antioxidant-packed nutritional powerhouse. Its nutritional properties provide support for cardiovascular health, immune system health, joint health, anti-aging, and even weight management.

### Iodine

Iodine is an essential trace element that is vital for the body's normal growth and development. It supports healthy metabolic rates and also plays an important role in maintaining optimum energy levels of the body. Iodine also supports autoimmune system health, and even helps maintain healthy teeth, hair, and nails.

### Inositol

Inositol is a type of sugar related to glucose. It occurs naturally in the body and is present in many foods. Inositol is a fundamental ingredient of cell membranes and is necessary for proper function of nerves, brain, and muscles in the body. It is essential for helping the cells in the body communicate with one another, a process known as cell signaling. Used with choline, inositol helps to metabolize fats and cholesterol in the arteries and liver.

### Iron

Iron is a naturally occurring, plant-based trace mineral necessary for red blood cell formation and is required for transport of oxygen throughout the body. It also supports healthy brain function.

### L-Alanine

Alanine is a non-essential amino acid and is used by the body to build protein. It aids in and is required for the metabolism of glucose, a simple carbohydrate that the body uses for energy. Alanine also appears to be of benefit in supporting prostate health in men.

### L-Aspartic

Aspartic is an amino acid that is extremely beneficial for increased stamina and helps fight chronic fatigue. Aspartic aids cell function and the function of RNA and DNA, as well as enhances production of immunoglobulin and antibodies. Brussels sprouts are a rich source of the L-aspartic amino acid.

### L-Histidine

Histidine is an amino acid that is beneficial in maintaining the myelin sheaths that protect the body's nerve cells. Additionally, it is needed for the production of both red and white blood cells. Histidine provides powerful autoimmune system support, and is used for the growth and repair of tissues. It also offers benefit to digestive health.

### L-Isoleucine

Isoleucine, another amino acid, is used in the formation of hemoglobin. It enhances energy, increases endurance, and aids in healing and repair of muscle tissue. Isoleucine also helps stabilize and regulate blood sugar levels.

### L-Lysine

Lysine, another amino acid, assists in building muscle mass as well as collagen formation and tissue repair. It is also used in the production of antibodies, hormones, and enzymes, and helps the body absorb calcium. Lysine helps maintain proper nitrogen balance and supports improved concentration.

### L-Methionine

Another amino acid, methionine is a powerful antioxidant required for both nucleic acid formation and collagen formation. Methionine helps protect the nervous system and supports liver function. It also supports cardiovascular system health. Methionine is utilized in the production of choline, a vital nutrient for the brain.

## L-Ornithine

The amino acid ornithine is necessary for proper immune system and liver function. Additionally, it promotes healing and repair of damaged skin and connective tissue.

## L-Proline

Proline is an amino acid that is essential for the synthesis of collagen, the most abundant protein in mammals. Collagen is the main structural protein that constitutes all human connective tissues, including skin, tendons, ligaments, joints, bones, veins, and arteries.

## L-Serine

The amino acid serine is required for proper metabolism of fats and fatty acids and is also used in the growth of muscle tissue. It helps maintain a healthy immune system and aids in the production of immunoglobulin and antibodies.

## L-Threonine

Another amino acid, threonine is important in the formation of collagen and elastin. It helps prevent fatty acid build-up in the liver and maintains proper protein balance in the body. Threonine also supports immune system health by aiding in the production of antibodies.

## L-Valine

Valine is an essential amino acid that supports increased cognitive function and smooth nervous system functioning. Valine is also utilized in muscle metabolism, tissue repair, and the maintenance of a proper nitrogen balance in the body.

## Lycopene

Lycopene is the pigment that gives many fruits and vegetables (most notably tomatoes) their beautiful red color. It is also a powerful antioxidant offering a wealth of health benefits, including support for prostate, bone, and skin health.

## Maqui Berry

Maqui berries have astonishing levels of antioxidants, including anthocyanins, polyphenols and flavonoids. They are also a good source of calcium, vitamin C, potassium and iron. These berries support the cardiovascular system by encouraging blood flow, and even offer analgesic properties. Maqui berries also appear to support healthy levels of cholesterol and triglycerides. They have long been used by South American natives to promote strength, endurance and overall good health.

## Manganese

Manganese is an essential trace mineral required to manufacture enzymes necessary for the metabolism of proteins and fat. It also supports immune system health as well as healthy blood sugar balance. Manganese is involved in the production of cellular energy, reproduction and bone growth. This micronutrient activates the enzymes responsible for DNA and RNA production.

## Mangosteen

Mangosteen fruit, which comes from a tropical evergreen tree, is an off-the-charts antioxidant. Its properties offer potent support for cardiovascular system health, circulatory system health, immune system health, and may even offer enhanced cognitive benefits. Mangosteen also appears to possess anti-inflammatory properties.

## Magnesium

Magnesium is a mineral essential to many biological processes that occur in the body. It aids in the body's absorption of calcium and also plays a key role in the strength and formation of bones and teeth.

Magnesium is also vital for the maintenance of heart health and helps maintain proper muscle function.

## Milk Thistle

A nutrient-rich herb, milk thistle helps keep the liver, which is the toxic waste disposal plant of the body, healthy and nourished. It also helps boost immune system and heart health, and provides powerful antioxidant protection. Milk thistle is a rich source of tocopherol sterols, essential fatty acids, linoleic acid, and beta carotene as well as calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, and zinc.

## Molybdenum

A naturally occurring, plant-derived trace mineral. It supports normal growth and development.

Molybdenum is a key component in many enzyme systems, including enzymes involved in detoxification.

## N-Acetyl-L-cysteine

The amino acid cysteine is one of the key components in all living things. It has been shown to increase levels of the antioxidant glutathione, it supports digestive health, and it may even play an important role in the communication between immune system cells. N-Acetyl-L-cysteine is believed to play a role in the normal growth rate of hair and may offer anti-aging benefits to the skin. The body also uses this amino acid to produce taurine, another amino acid.

## Niacin (Vitamin B-3)

Niacin, or vitamin B3, combines with other B vitamins to release energy in the cells. It helps regulate circulation, hormones, glucose, and hydrochloric acid in the body. Niacin also works closely with riboflavin (vitamin B2) and pyridoxine (vitamin B6) to promote healthy skin and keep the nervous and digestive systems running smoothly.

## Orange

Just one orange supplies 116.2% of the daily value for vitamin C. Vitamin C is the primary water-soluble antioxidant in the body, disarming harmful free radicals both inside and outside cells. Oranges are also a great source of beta carotene, calcium, magnesium, potassium, thiamin, and folic acid. They are also rich in citrus bioflavonoids. The health benefits of oranges include support of cardiovascular health, cellular energy, and maintenance of healthy cholesterol and blood pressure levels.

## Pantothenic Acid (vitamin B5)

Pantothenic acid, or vitamin B5, is needed to make hormones and healthy red blood cells, convert carbohydrates and fat into energy, and aid in the formation of antibodies. It is also reputed to be a stamina enhancer. Pantothenic acid is sometimes called the "anti-stress vitamin" as there are indications that it may be helpful to sufferers of depression and anxiety.

## Parsley

Related to celery, parsley is much more than a garnish. This antioxidant-rich nutritional powerhouse contains three times as much vitamin C as oranges and twice as much iron as spinach. It is an excellent source of vitamin K, vitamin A, and folate as well. Parsley supports cardiovascular health and autoimmune system health.

## Pear

Pears provide a potent source of vitamin B2, C, E, copper, and potassium. They also contain more pectin, a water-soluble fiber, than apples. An antioxidant-rich fruit, the nutritional properties of pears provide effective support for intestinal and cardiovascular health, as well as healthy cholesterol levels.

## Pomegranate

Pomegranate fruit is well-known for its nutritional properties, and it is one of nature's most powerful antioxidant sources. One pomegranate contains three times the antioxidant properties of red wine or green tea. It is also a rich source of ellagic acid and essential amino acids. The polyphenols and vitamins A, C, E, and folic acid contained in pomegranates have been shown to promote cardiovascular health as well as healthy blood sugar levels.

## Potassium

All cells, tissues, and organs in the body rely on this mineral to function properly. Potassium helps regulate the balance of fluids and minerals in cells, and also facilitates the transmission of nerve impulses. It is required for normal body growth, supports the growth of muscle tissue, and even helps metabolize carbohydrates. Potassium also supports kidney function and heart health.

## Red Raspberry

Red raspberry is a rich source of ellagic acid as well as powerful antioxidants. Raspberries possess almost 50% higher antioxidant activity than strawberries, three times that of kiwis, and ten times the antioxidant activity of tomatoes. Red raspberries are rich in manganese, vitamin C, B vitamins, and fiber.

## Riboflavin (Vitamin B2)

Riboflavin, or vitamin B2, regulates red blood cell growth and helps maintain a strong immune system by protecting the body from free-radical damage. Riboflavin also supports healthy hair, skin, nails, and vision.

## Spinach

Spinach contains at least 13 different flavonoid compounds that function as antioxidants. These compounds also provide powerful autoimmune system support. Spinach is a potent source of vitamins K and A as well as manganese, folate, and magnesium. Its properties offer outstanding support for bones, the cardiovascular and digestive systems, brain function, and even eye health.

## Star Fruit

Star fruit, also known as the star apple or carambola, is a bright yellow fruit native to Indonesia and Malaysia. Its more notable health benefits include support of cardiovascular and bowel health. Star fruit is rich in vitamin C as well as fiber, and provides powerful antioxidant activity.

## Tomato

Tomatoes are one of the best sources of lycopene. The antioxidant function of lycopene has been linked in human research to the protection of DNA (our genetic material) inside of white blood cells. Tomatoes are also a great source of vitamins C and K. Their health benefits include support of cardiovascular health, autoimmune system health, bone strength, and even the maintenance of healthy cholesterol levels.

## Vitamin A

Vitamin A is vital for the maintenance of healthy skin, good vision, and a robust immune system. It is essential to overall good health, and individuals who do not get an adequate amount of vitamin A in their diets have been shown to be more vulnerable to infection and infectious diseases.

## Vitamin B12

Vitamin B12, also called cyanocobalamin, works with other B vitamins to turn food into energy. It is needed to form healthy blood cells. Vitamin B12 also supports the maintenance of heart health as well as memory and other cognitive skills. It also supports immune system health.

## Vitamin C

Vitamin C, also called ascorbic acid, is one of the more powerful and well-known antioxidants. It helps to maintain healthy collagen in the skin, repair damaged tissue, promote healthy teeth and bones, and boost the immune system. Vitamin C also offers powerful support for heart health, autoimmune system health, and even eye health.

## Vitamin E

Vitamin E, or alpha-tocopherol, is a leading antioxidant that supports eye health and immune system health. Vitamin E is also an effective anti-inflammatory and may help to prevent sun damage.

## Wheat Grass

Wheatgrass is young sprouted wheat one to two weeks of age, and is an excellent source of fiber. It is high in chlorophyll, calcium, vitamins C and E, B vitamins, magnesium, and potassium. Some 17 amino acids can be found in wheatgrass, including essential amino acids. Wheat grass helps support gastrointestinal health, cellular health, and autoimmune system health.

## Wolfberry Extract

Similar to the Tibetan goji berry, Chinese wolfberry is grown primarily in China and eastern Asia. The amazing properties of wolfberry extract enable it to support proper cellular DNA development as well as support the immune system and eye health. This extract also supports cardiovascular, immune system, and autoimmune system health. Wolfberry extract provides 18 amino acids and 21 trace minerals that are essential for good health.

## CENTRAL NERVOUS SYSTEM HEALTH

### Bilberry

Bilberry, a close cousin to the blueberry, contains impressive antioxidant properties and is historically linked to eye health. Bilberries are a natural source of resveratrol, which has been shown to support cardiovascular health by reducing the oxidation of LDL cholesterol and total cholesterol. Resveratrol is also believed to be a powerful anti-aging nutrient that supports neurological health.

### Copper

A naturally occurring, plant-derived trace mineral. It is essential to normal red blood cell formation and connective tissue formation. Copper also helps support healthy central nervous system function.

### Glutathione

Glutathione is a powerful antioxidant found within every cell. Glutathione plays a role in nutrient metabolism and regulation of cellular events including gene expression, DNA and protein synthesis, cell growth, and immune response. It provides immune system and cardiovascular system support as well as neurological system support. Food sources of glutathione are primarily fruits and vegetables.

### Glycine

Glycine is a sweet-tasting, non-essential amino acid found in the protein of all living organisms. It is an important factor in the body's manufacture of hormones responsible for a strong immune system. Glycine also helps make DNA, skin proteins, collagen, and phospholipids (which make cell membranes). It helps the body absorb calcium and supports nervous system health.

### Inositol

Inositol is a type of sugar related to glucose. It occurs naturally in the body and is present in many foods.

Inositol is a fundamental ingredient of cell membranes and is necessary for proper function of nerves, brain, and muscles in the body. It is essential for helping the cells in the body communicate with one another, a process known as cell signaling. Used with choline, inositol helps to metabolize fats and cholesterol in the arteries and liver.

### L-Asparagine

Asparagine is an amino acid that helps maintain balance within the central nervous system.

### L-Histidine

Histidine is an amino acid that is beneficial in maintaining the myelin sheaths that protect the body's nerve cells. Additionally, it is needed for the production of both red and white blood cells. Histidine provides powerful autoimmune system support, and is used for the growth and repair of tissues. It also offers benefit to digestive health.

### L-Methionine

Another amino acid, methionine is a powerful antioxidant required for both nucleic acid formation and collagen formation. Methionine helps protect the nervous system and supports liver function. It also supports cardiovascular system health. Methionine is utilized in the production of choline, a vital nutrient for the brain.

### Niacin (Vitamin B-3)

Niacin, or vitamin B3, combines with other B vitamins to release energy in the cells. It helps regulate circulation, hormones, glucose, and hydrochloric acid in the body. Niacin also works closely with riboflavin (vitamin B2) and pyridoxine (vitamin B6) to promote healthy skin and keep the nervous and digestive systems running smoothly.

## Potassium

All cells, tissues, and organs in the body rely on this mineral to function properly. Potassium helps regulate the balance of fluids and minerals in cells, and also facilitates the transmission of nerve impulses. It is required for normal body growth, supports the growth of muscle tissue, and even helps metabolize carbohydrates. Potassium also supports kidney function and heart health.

## Schizandra

Schizandra fruit is commonly used in traditional Chinese medicine for its adaptogenic properties and as a restorative remedy for immune enhancement. Traditionally used for enhancing the energy of the kidney and liver, schizandra is known for supporting central nervous system health and memory. It also appears to enhance both mental and physical capabilities.

## Thiamine (Vitamin B1)

Thiamin, or vitamin B1, is one of the substances the body must have in order to convert carbohydrates into energy. Thiamin helps the body make thiamin pyrophosphate (TPP), without which the body is unable to convert food into energy. Thiamin also supports heart health and is critical to the maintenance of a well-functioning brain and nervous system.

## CHOLESTEROL HEALTH

### Bilberry

Bilberry, a close cousin to the blueberry, contains impressive antioxidant properties and is historically linked to eye health. Bilberries are a natural source of resveratrol, which has been shown to support cardiovascular health by reducing the oxidation of LDL cholesterol and total cholesterol. Resveratrol is also believed to be a powerful anti-aging nutrient that supports neurological health.

### Bladderwrack

Bladderwrack is a type of brown sea vegetable that grows on the northern Atlantic and Pacific coasts of the United States and on the northern Atlantic coast and Baltic coast of Europe. Its benefits include controlling LDL (“bad” cholesterol) levels, the maintenance of healthy blood sugar levels, and even appears to be useful in weight maintenance efforts. Bladderwrack also helps support joint health as well as healthy thyroid gland activity.

### Borojo

Borojo fruit has high nutritional value, and is an excellent source of vitamin C, calcium, fiber and iron. It is one of the best fruit sources of phosphorus, which can provide energy, support memory and concentration, and contribute to the strength of teeth and bones. The essential amino acids contained in borojo are three times that found in meat. Borojo may help maintain healthy levels of blood sugar, blood pressure and cholesterol.

### Brussels Sprouts

Brussels sprouts are loaded with vitamin A, folic acid, potassium, and calcium. Plus, this cruciferous vegetable is an excellent source of fiber. Brussels sprouts are also extremely high in Vitamin C, which is a potent antioxidant. Its nutritional properties are

beneficial in the maintenance of digestive health as well as immune system health, and regulation of both blood sugar and cholesterol levels.

### Cauliflower

Cauliflower, a cruciferous vegetable, contains allicin, which provides powerful heart health support, and selenium, a chemical that works well with vitamin C to strengthen the immune system. Cauliflower can also help to maintain healthy cholesterol levels. The B vitamin folic acid, which is needed for cell growth and replication, is also found in cauliflower. Cauliflower is a rich source of fiber.

### Cranberry

Commonly recommended by doctors for urinary health, cranberries are loaded with vitamin C and a number of polyphenols (both of which are powerful antioxidants). Cranberries are also associated with cardiovascular health as they help maintain healthy cholesterol levels.

### Flaxseed Oil

Flaxseed oil is rich in alpha-linolenic acid (ALA), an Omega-3 essential fatty acid that offers powerful support for heart health. Additionally, it helps support the maintenance of healthy cholesterol levels. Flaxseed oil also provides anti-inflammatory joint health support and even helps support digestive health.

### Grape

Grapes are a rich source of flavonoids which provide this fruit’s vibrant purplish color. Grapes are a quick source of energy, and have been identified as a “superfood” when it comes to supporting good heart health. The resveratrol content of grapes contribute to their strong heart health support. The potent antioxidant properties of grapes also support anti-aging and even help support the maintenance of healthy cholesterol levels.

## Hawthorne Berry

The hawthorne berry bush, found in Europe, North Africa, and Western Asia, is a rich source of antioxidant bioflavonoids. This remarkable herb offers powerful support for heart and circulatory system health. It also appears to be beneficial to digestive system health and the maintenance of healthy sleep patterns. Hawthorne berry also helps support the maintenance of healthy cholesterol levels.

## Inositol

Inositol is a type of sugar related to glucose. It occurs naturally in the body and is present in many foods.

Inositol is a fundamental ingredient of cell membranes and is necessary for proper function of nerves, brain, and muscles in the body. It is essential for helping the cells in the body communicate with one another, a process known as cell signaling. Used with choline, inositol helps to metabolize fats and cholesterol in the arteries and liver.

## Korean Ginseng

Korean ginseng is a perennial herb grown on moist and shaded mountainsides in China, Korea, and Russia. Some of its remarkable benefits include the support of healthy cholesterol and blood sugar levels, antioxidant protection, increased stamina, and immune system support. Additionally, Korean ginseng has been shown to reduce the intensity of the body's response to stresses.

## Onion

Onions offer a wealth of health benefits, including the support of digestive, respiratory, and autoimmune system health. Onions are a rich source of flavonoids, substances known to provide support of cardiovascular health. They also support the maintenance of healthy blood pressure levels, as well as healthy cholesterol and triglyceride levels.

## Orange

Just one orange supplies 116.2% of the daily value for vitamin C. Vitamin C is the primary water-soluble antioxidant in the body, disarming harmful free radicals both inside and outside cells. Oranges are also a great source of beta carotene, calcium, magnesium, potassium, thiamin, and folic acid. They are also rich in citrus bioflavonoids. The health benefits of oranges include support of cardiovascular health, cellular energy, and maintenance of healthy cholesterol and blood pressure levels.

## Pear

Pears provide a potent source of vitamin B2, C, E, copper, and potassium. They also contain more pectin, a water-soluble fiber, than apples. An antioxidant-rich fruit, the nutritional properties of pears provide effective support for intestinal and cardiovascular health, as well as healthy cholesterol levels.

## Tomato

Tomatoes are one of the best sources of lycopene. The antioxidant function of lycopene has been linked in human research to the protection of DNA (our genetic material) inside of white blood cells. Tomatoes are also a great source of vitamins C and K. Their health benefits include support of cardiovascular health, autoimmune system health, bone strength, and even the maintenance of healthy cholesterol levels.

## CIRCULATORY SYSTEM HEALTH

### Acai Berry

Found in the Amazon rainforests, acai berries are rich in phytonutrients and antioxidants. They offer a blood-sugar-friendly glycemic index and are loaded with vitamins (especially vitamin E), trace minerals and Essential Fatty Acids. Great for increasing energy as well as promoting immune and circulatory system health.

### Borage Seed Oil

Borage is an annual plant that produces dark, oil-rich seeds from which borage seed oil is derived. Borage seed oil contains phospholipids, sterols, and other active phyto-compounds which may have immune system boosting properties. This oil is also a great source of vegetarian gamma-linolenic acid (GLA), an Omega-6 essential fatty acid that offers remarkable circulatory system benefits.

### Burdock Root

This herb found throughout Europe and Asia is a rich source of copper, iron, manganese, sulfur, biotin, zinc, iron, amino acids, mucilage, and vitamins B1, B6, B12, and E. Burdock is a strong detoxifier with powerful hormone-balancing benefits. Its properties support increased circulation to the skin, helping to detoxify skin tissue. This purification helps relieve some cleansing burdens from the kidneys and liver. Burdock also contains a carbohydrate called inulin, which strengthens the liver.

### Citrus Bioflavonoid

Bioflavonoids are plant pigments responsible for the colors of many flowers and fruits. Citrus bioflavonoids are the bioflavonoids found in citrus fruits, such as lemons, oranges, tangerines, grapefruit, etc. Citrus bioflavonoids are extremely high in antioxidant

activity, which helps optimize good health and fight premature aging. They also help support circulatory system health and possess anti-allergy, anti-viral, and anti-inflammatory properties.

### Gotu Kola

Gotu kola is a powerful herb from India where it is traditionally used to calm the nerves, increase mental and physical power, and enhance mental cognition and focus. Ancient Indian health practitioners also embraced gotu kola's ability to improve energy and increase longevity. This herb also appears to offer detoxification benefits as well as support for the immune system, circulatory system, and cardiovascular system.

### Grape Seed Extract

Grape seed extract is derived from red grape seeds, and it contains a vast array of health-giving ingredients, such as protein, lipids, carbohydrates, and polyphenols (which come mainly in the form of flavonoids, also known as bioflavonoids). Grape seed extract offers excellent cardiovascular system support as well as circulatory system support. As a powerful antioxidant, grape seed extract helps protect the body against free radical damage.

### Hawthorne Berry

The hawthorne berry bush, found in Europe, North Africa, and Western Asia, is a rich source of antioxidant bioflavonoids. This remarkable herb offers powerful support for heart and circulatory system health. It also appears to be beneficial to digestive system health and the maintenance of healthy sleep patterns. Hawthorne berry also helps support the maintenance of healthy cholesterol levels.

## Iron

Iron is a naturally occurring, plant-based trace mineral necessary for red blood cell formation and is required for transport of oxygen throughout the body. It also supports healthy brain function.

## Mangosteen

Mangosteen fruit, which comes from a tropical evergreen tree, is an off-the-charts antioxidant. Its properties offer potent support for cardiovascular system health, circulatory system health, immune system health, and may even offer enhanced cognitive benefits. Mangosteen also appears to possess anti-inflammatory properties.

## Niacin (Vitamin B-3)

Niacin, or vitamin B3, combines with other B vitamins to release energy in the cells. It helps regulate circulation, hormones, glucose, and hydrochloric acid in the body. Niacin also works closely with riboflavin (vitamin B2) and pyridoxine (vitamin B6) to promote healthy skin and keep the nervous and digestive systems running smoothly.

## DETOXIFICATION/NATURAL CLEANSING

### Alfalfa Leaf

This perennial herb provides beta-carotene and vitamins C, E, and K. Alfalfa not only helps keep calcium in bones, it helps keep calcium out of the linings of arteries. The properties of alfalfa leaf are helpful in maintaining kidney, liver, and urinary tract health. It is known as an excellent body detoxifier.

### Aloe Vera

Aloe vera juice has natural detoxifying abilities and also improves bowel regularity. Aloe increases protein absorption as it helps to decrease the amount of unfriendly bacteria and yeast in the digestive tract.

### Apple

Apples are a source of both soluble and insoluble fiber. Soluble fiber such as pectin helps to prevent cholesterol buildup in the lining of blood vessel walls, thus providing excellent cardiovascular health support. The insoluble fiber in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system. Apples are also a rich source of vitamins A and C as well as calcium and potassium.

### Beets

Beet juice has traditionally been used as a natural health remedy to detox and build the blood. It contains betaine, a natural substance that helps support optimum liver function. Betaine has also been found to help support lower homocysteine levels in the blood. Homocysteine is a substance that is known to damage blood vessels, and elevated levels can increase the risk of heart disease.

### Betaine-HCL

Betaine hydrochloride is also known as hydrochloric acid (HCL) or stomach acid. This plant-based nutrient helps the body digest food by breaking up fats and

proteins. Healthy stomach acid is needed for a healthy digestive tract. If you have low stomach acid, even the most nutrient-rich foods cannot be properly digested.

### Bladderwrack, Kelp and Other Edible Sea Vegetables

Bladderwrack, kelp and other edible sea vegetables can help prevent the absorption of dibenzo-p-dioxin-type carcinogens in the gastrointestinal tract. In one study, conducted at the Fukuoka Institute of Health and Environmental Sciences in Japan, rats were fed toxins and then given a seaweed chaser. Results showed that the seaweed accelerates toxin excretion, which reduces the amount of damage toxins can do. Kelp is also a great source of iodine, an essential mineral for the thyroid gland, which controls our metabolism.

### Broccoli

The phytonutrient compounds found in broccoli actually signal our genes to increase production of enzymes involved in detoxification, the cleansing process through which our bodies eliminate harmful compounds. One unique phytochemical called isothiocyanate appears to help boost your liver's ability to detoxify carcinogens to which you are exposed.

### Burdock Root

A potent blood purifier, burdock root removes heavy metals such as mercury along with other toxins. Containing up to 45% inulin along with arctiopicrin, arctiin and tannins, burdock helps to purify and strengthen the liver.

### Cabbage

Cabbage, a cruciferous vegetable, is a potent source of vitamin C, fiber, potassium, and other nutrients. The phytonutrient compounds in cabbage signal the body's genes to increase production of enzymes involved in detoxification, the cleansing process through which our bodies eliminate harmful compounds.

## Cauliflower

As a member of the cruciferous vegetable family, cauliflower contains the phytochemicals glucosinolate and thiocyanate (including sulforaphane and isothiocyanate), which increase the liver's ability to neutralize potentially toxic substances. Many enzymes found in cauliflower also help with the detoxifying process. These enzymes include glutathione transferase, glucuronosyl transferase, and quinone reductase.

## Chlorella

Chlorella, a single-celled algae, gets its name from the high amount of chlorophyll it possesses. Chlorella contains more chlorophyll per gram than any other plant. Chlorophyll is a highly effective nutrient that naturally cleanses the bowel and other elimination systems such as the liver and the blood. Chlorella's properties also support enhanced immune system health, and even helps balance the body's pH and blood sugar levels.

## Cranberries

Cranberries have long been hailed for their amazing health benefits, particularly in relation to urinary tract health. However, they also contain powerful antioxidants and a wealth of nutrients that naturally cleanse and flush out toxins from the body.

## Flaxseed Oil

Flax seed contains both soluble and insoluble fiber as well as mucilage. The fiber in flax seed oil cleans the colon of toxic material, metabolic waste and dried mucus. Flax fiber is an excellent food for the friendly intestinal bacteria which keep disease-causing organisms in check.

## Garlic

In addition to the cardiovascular benefits of garlic, it is also an important food that should be a part of any detox diet. Similar to cabbage, garlic helps activate liver enzymes that are responsible for filtering toxic materials from your system.

## Glutathione

Glutathione offers powerful, natural detox benefits. It is essential for handling environmental toxins as it detoxifies carcinogens (in particular arsenic) and helps the body to remove heavy metals such as cadmium, iron and mercury.

## Gotu Kola

Gotu kola is a powerful herb from India where it is traditionally used to calm the nerves, increase mental and physical power, and enhance mental cognition and focus. Ancient Indian health practitioners also embraced gotu kola's ability to improve energy and increase longevity. This herb also appears to offer detoxification benefits as well as support for the immune system, circulatory system, and cardiovascular system.

## Green Tea (decaffeinated)

Green tea contains a wealth of phytochemicals known as catechins. These catechins have demonstrated the ability to dramatically help increase the production of a group of key detoxification enzymes in the human body.

## L-Arginine

Arginine is one of the 20 amino acids that constitute protein. Some of arginine's health benefits include immune system support, cardiovascular system support, and weight management support. Arginine also appears to be of benefit in male fertility and aids in liver detoxification.

## L-Cystine

Cystine, another amino acid, plays an important role in the body's detoxification process and helps protect the liver from harmful toxins. It also aids in the production of collagen and is remarkably beneficial in the growth of strong nails, skin, and hair. Cystine is also a powerful antioxidant. It offers cardiovascular system support and even promotes fat burning.

## Lemon

You need to keep the fluids flowing to wash out the body and lemon is ideal for this. Its vitamin C, considered the detox vitamin, helps convert toxins into a water-soluble form that is easily flushed away.

## Magnesium

Magnesium is a crucial factor in the natural self-cleansing and detoxification responses of the body. This vital mineral is needed not only for the production of specific detoxification enzymes but is also important for energy production related to cell detoxification. A magnesium deficiency can affect virtually every system of the body.

## Milk Thistle

A nutrient-rich herb, milk thistle helps keep the liver, which is the toxic waste disposal plant of the body, healthy and nourished. It also helps boost immune system and heart health, and provides powerful antioxidant protection. Milk thistle is a rich source of tocopherol sterols, essential fatty acids, linoleic acid, and beta carotene as well as calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, and zinc.

## Molybdenum

A naturally occurring, plant-derived trace mineral. It supports normal growth and development. Molybdenum is a key component in many enzyme systems, including enzymes involved in detoxification.

## Onion

As a member of the Allium family, which also includes garlic, onions are an important food that should be a part of any detox diet. Similar to garlic, onions help activate liver enzymes that are responsible for filtering toxic materials from your system.

## Papaya

Papaya fruit is wonderful in the aid of digestion as it contains papain, an enzyme that breaks down protein in food. Papaya is also a rich source of antioxidant nutrients such as carotenes, vitamin C, vitamin A, and flavonoids as well as the B vitamins folate and pantothenic acid. It also provides the benefits of potassium, magnesium, and fiber. Together, these nutrients support cardiovascular health, digestive system health, and immune system support as well as autoimmune system and eye health support.

## Pau d'Arco

Pau D' Arco is often referred to as one of the premier detox herbs. Containing a rich source of lapachol, pau d'Arco supports detoxification and helps support the maintenance of a healthy circulatory system.

## Schizandra

Schizandra fruit is commonly used in traditional Chinese medicine for its adaptogenic properties and as a restorative remedy for immune enhancement. Traditionally used for enhancing the energy of the kidney and liver, schizandra is known for supporting central nervous system health and memory. It also appears to enhance both mental and physical capabilities.

## Selenium

Selenium is an essential trace mineral that functions as an antioxidant and promotes a healthy immune system. Required in remarkably small amounts (the RDA is measured in the millionths of a gram), selenium is known to help detoxify the body and remove heavy metals including mercury.

## Spirulina

Spirulina is a single-celled blue green algae containing 10 vitamins, 8 minerals, and 18 amino acids. Spirulina promotes the body's natural cleansing processes by compensating for deficiencies in your diet and stimulating your metabolism.

## Star Fruit

Star fruit, also known as the star apple or carambola, is a bright yellow fruit native to Indonesia and Malaysia. Its more notable health benefits include support of cardiovascular and bowel health. Star fruit is rich in vitamin C as well as fiber, and provides powerful antioxidant activity.

## Turmeric

Turmeric helps cleanse the liver, purify the blood, and promote good digestion and elimination. This antioxidant-rich herb provides a wealth of the phytochemical curcumin which helps increase bile flow, making turmeric a liver cleanser that can help rejuvenate liver cells and recharge their capability to break down toxins.

## Wheat Grass

Wheatgrass is a plant with many health benefits. According to the Hippocrates Health Institute, the plant nourishes the blood, helps support healthy blood pressure levels, removes toxins from the body and stimulates metabolism. Used for decades by healthcare professionals as well as laymen, the plant is an important part of any detox program designed to support good health and to help manage weight.

## Yellow Dock

Yellow dock is an effective natural laxative. Keeping the bowel moving regularly prevents the recirculation of stagnant digestive wastes back into the bloodstream. Its long history of use as a blood purifier and as a toner for all body systems really is not surprising when you consider that this herb is a rich source of iron, manganese and beta carotene. Yellow dock offers potent support for improved liver and colon function. Digestive and Gastrointestinal Health

## DIGESTIVE AND GASTROINTESTINAL HEALTH

### Alfalfa Leaf

This perennial herb provides beta-carotene and vitamins C, E, and K. Alfalfa not only helps keep calcium in bones, it helps keep calcium out of the linings of arteries. The properties of alfalfa leaf are helpful in maintaining kidney, liver, and urinary tract health. It is known as an excellent body detoxifier.

### Aloe Vera Gel

The health and nutrition benefits of aloe vera gel are well-documented. Aloe vera provides the body with 200 health-promoting compounds, including 20 minerals, 18 amino acids, and 12 vitamins. Its properties help maintain a healthy digestive system and a natural energy level. Aloe vera is also beneficial in maintaining immune system health.

### Amalaki

The fruit of the Amalaki tree is part of the Ayurvedic pharmacopeia. For centuries, it has been used as a potent rejuvenative for the entire body. Its properties appear to stimulate the production of red blood cells, enhance cellular regeneration, increase lean body mass, and support proper function of the liver, spleen heart and lungs. Amalaki fruit also is a rich source of antioxidants and helps to maintain a healthy blood sugar level.

### Apple

Apples are a source of both soluble and insoluble fiber. Soluble fiber such as pectin helps to prevent cholesterol buildup in the lining of blood vessel walls, thus providing excellent cardiovascular health support. The insoluble fiber in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system. Apples are also a rich source of vitamins A and C as well as calcium and potassium.

### Asparagus

Asparagus is a nutrient-dense food which is high in folic acid and is a good source of potassium, fiber, and vitamins A, B6, C, and E. It also contains useful amounts of calcium, magnesium and iodine. Asparagus has no fat, contains no cholesterol, and is low in sodium. The exceptional antioxidant properties of asparagus promote the maintenance of heart health, digestive system health, and immune system health.

### Bacopa

Bacopa has been revered for centuries in the Ayurvedic herbal traditions of India for its ability to enhance clear thinking and support memory function. Traditionally, bacopa extract is reported to be a “brain tonic.” The phytochemicals found in the bacopa leaves include alkaloids, saponins, flavonoids, beta-sitosterol and betulic acid. A powerful antioxidant, bacopa helps maintain the structural and functional integrity of the membranes surrounding the mitochondria, a portion of cellular DNA that can degenerate with age. It also protects gastrointestinal health by raising mucosal defensive factors.

### Barley Grass

Barley grass is the leaf portion of the barley plant. It is high in calcium, iron, all essential amino acids, antioxidant vitamins C and E, flavonoids, vitamin B12, and a number of enzymes and minerals. The properties of barley grass support cardiovascular and intestinal health as well as joint health.

### Betaine-HCL

Betaine hydrochloride is also known as hydrochloric acid (HCL) or stomach acid. This plant-based nutrient helps the body digest food by breaking up fats and proteins. Healthy stomach acid is needed for a healthy digestive tract. If you have low stomach acid, even the most nutrient-rich foods cannot be properly digested.

## Bromelain

Bromelain is an enzyme derived from the pineapple plant. More than 200 scientific papers have been written about bromelain since it was first introduced as a health-boosting substance in 1957. Much of the research has focused on its anti-inflammatory effects, but bromelain also offers very beneficial digestive system support as well as a myriad of other healthful benefits.

## Brussels Sprouts

Brussels sprouts are loaded with vitamin A, folic acid, potassium, and calcium. Plus, this cruciferous vegetable is an excellent source of fiber. Brussels sprouts are also extremely high in Vitamin C, which is a potent antioxidant. Its nutritional properties are beneficial in the maintenance of digestive health as well as immune system health, and regulation of both blood sugar and cholesterol levels.

## Burdock Root

This herb found throughout Europe and Asia is a rich source of copper, iron, manganese, sulfur, biotin, zinc, iron, amino acids, mucilage, and vitamins B1, B6, B12, and E. Burdock is a strong detoxifier with powerful hormone-balancing benefits. Its properties support increased circulation to the skin, helping to detoxify skin tissue. This purification helps relieve some cleansing burdens from the kidneys and liver. Burdock also contains a carbohydrate called inulin, which strengthens the liver.

## Cabbage

Cabbage, a cruciferous vegetable, is a potent source of vitamin C, fiber, potassium, and other nutrients. The phytonutrient compounds in cabbage signal the body's genes to increase production of enzymes involved in detoxification, the cleansing process through which our bodies eliminate harmful compounds.

## Cat's Claw

Cat's claw is a natural extract of the inner bark of *Uncaria tomentosa*, an exciting herbal discovery from the Peruvian Rainforest. Also called *Una de Gato*, the cat's claw herb has been used for hundreds of years by the native Ashanica Indians. Cat's claw has long been used to support the immune system and promote kidney health. It also appears to be beneficial in the maintenance of joint health and may offer analgesic properties.

## Cauliflower

Cauliflower, a cruciferous vegetable, contains allicin, which provides powerful heart health support, and selenium, a chemical that works well with vitamin C to strengthen the immune system. Cauliflower can also help to maintain healthy cholesterol levels. The B vitamin folic acid, which is needed for cell growth and replication, is also found in cauliflower. Cauliflower is a rich source of fiber.

## Chlorella

Chlorella, a single-celled algae, gets its name from the high amount of chlorophyll it possesses. Chlorella contains more chlorophyll per gram than any other plant. Chlorophyll is a highly effective nutrient that naturally cleanses the bowel and other elimination systems such as the liver and the blood. Chlorella's properties also support enhanced immune system health, and even helps balance the body's pH and blood sugar levels.

## Flaxseed Oil

Flaxseed oil is rich in alpha-linolenic acid (ALA), an Omega-3 essential fatty acid that offers powerful support for heart health. Additionally, it helps support the maintenance of healthy cholesterol levels. Flaxseed oil also provides anti-inflammatory joint health support and even helps support digestive health.

## Goji Fruit

Found in Tibet and Mongolia, goji berries contain more protein than whole wheat, more beta carotene than carrots, and 500 times more vitamin C by weight than oranges. Goji is known as the “longevity fruit” because it contains powerful antioxidants that help defend against premature aging and fight free radical damage. It appears to stimulate the release of human growth hormone (hGH), sometimes called the “youth hormone.” The nutritional properties of goji fruit also support a healthy immune system, digestive system, cardiovascular system, and even liver and kidney health.

## Hawthorne Berry

The hawthorne berry bush, found in Europe, North Africa, and Western Asia, is a rich source of antioxidant bioflavonoids. This remarkable herb offers powerful support for heart and circulatory system health. It also appears to be beneficial to digestive system health and the maintenance of healthy sleep patterns. Hawthorne berry also helps support the maintenance of healthy cholesterol levels.

## L-Arginine

Arginine is one of the 20 amino acids that constitute protein. Some of arginine’s health benefits include immune system support, cardiovascular system support, and weight management support. Arginine also appears to be of benefit in male fertility and aids in liver detoxification.

## L-Cystine

Cystine, another amino acid, plays an important role in the body’s detoxification process and helps protect the liver from harmful toxins. It also aids in the production of collagen and is remarkably beneficial in the growth of strong nails, skin, and hair. Cystine is also a powerful antioxidant. It offers cardiovascular system support and even promotes fat burning.

## L-Histidine

Histidine is an amino acid that is beneficial in maintaining the myelin sheaths that protect the body’s nerve cells. Additionally, it is needed for the production of both red and white blood cells. Histidine provides powerful autoimmune system support, and is used for the growth and repair of tissues. It also offers benefit to digestive health.

## L-Methionine

Another amino acid, methionine is a powerful antioxidant required for both nucleic acid formation and collagen formation. Methionine helps protect the nervous system and supports liver function. It also supports cardiovascular system health. Methionine is utilized in the production of choline, a vital nutrient for the brain.

## L-Ornithine

The amino acid ornithine is necessary for proper immune system and liver function. Additionally, it promotes healing and repair of damaged skin and connective tissue.

## L-Serine

The amino acid serine is required for proper metabolism of fats and fatty acids and is also used in the growth of muscle tissue. It helps maintain a healthy immune system and aids in the production of immunoglobulin and antibodies.

## L-Threonine

Another amino acid, threonine is important in the formation of collagen and elastin. It helps prevent fatty acid build-up in the liver and maintains proper protein balance in the body. Threonine also supports immune system health by aiding in the production of antibodies.

## Lemon

Although lemons are often thought of as acidic, they are very beneficial in supporting digestive system health. They also offer powerful support for respiratory system health. Lemons are a rich source of vitamin C, magnesium, calcium, and potassium.

## Manganese

Manganese is an essential trace mineral required to manufacture enzymes necessary for the metabolism of proteins and fat. It also supports immune system health as well as healthy blood sugar balance. Manganese is involved in the production of cellular energy, reproduction and bone growth. This micronutrient activates the enzymes responsible for DNA and RNA production.

## Milk Thistle

A nutrient-rich herb, milk thistle helps keep the liver, which is the toxic waste disposal plant of the body, healthy and nourished. It also helps boost immune system and heart health, and provides powerful antioxidant protection. Milk thistle is a rich source of tocopherol sterols, essential fatty acids, linoleic acid, and beta carotene as well as calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, and zinc.

## Molybdenum

A naturally occurring, plant-derived trace mineral. It supports normal growth and development. Molybdenum is a key component in many enzyme systems, including enzymes involved in detoxification.

## N-Acetyl-L-cysteine

The amino acid cysteine is one of the key components in all living things. It has been shown to increase levels of the antioxidant glutathione, it supports digestive health, and it may even play an important

role in the communication between immune system cells. N-Acetyl-L-cysteine is believed to play a role in the normal growth rate of hair and may offer anti-aging benefits to the skin. The body also uses this amino acid to produce taurine, another amino acid.

## Niacin (Vitamin B-3)

Niacin, or vitamin B3, combines with other B vitamins to release energy in the cells. It helps regulate circulation, hormones, glucose, and hydrochloric acid in the body. Niacin also works closely with riboflavin (vitamin B2) and pyridoxine (vitamin B6) to promote healthy skin and keep the nervous and digestive systems running smoothly.

## Noni

Noni fruit, which is native to the South Pacific, is an excellent source of nutrients including vitamin C, niacin, potassium, vitamin A, calcium, and sodium. Research has identified the presence of 10 essential vitamins, 7 dietary minerals, and 18 amino acids in noni. It supports healthy blood sugar levels and digestive system health as well as enhanced immune system health. Noni is also beneficial in supporting autoimmune system and joint health.

## Onion

Onions offer a wealth of health benefits, including the support of digestive, respiratory, and autoimmune system health. Onions are a rich source of flavonoids, substances known to provide support of cardiovascular health. They also support the maintenance of healthy blood pressure levels, as well as healthy cholesterol and triglyceride levels.

## Papaya

Papaya fruit is a rich source of antioxidant nutrients such as carotenes, vitamin C, vitamin A, and flavonoids as well as the B vitamins folate and pantothenic acid. It also provides the benefits of potassium, magnesium, and fiber. Together, these nutrients support cardiovascular health, digestive system health, and immune system support as well as autoimmune system and eye health support. The active properties of papaya fruit even offer potent anti-inflammatory benefits.

## Pau d'Arco

The inner bark of the pau d'arco tree found in the rain forests of Latin America offers a rich source of nutrients. As an immune system booster, it ranks alongside echinacea. It also possesses potent anti-microbial, anti-inflammatory, and anti-fungal properties. Pau d'arco supports digestive system health as well as autoimmune system health.

## Pear

Pears provide a potent source of vitamin B2, C, E, copper, and potassium. They also contain more pectin, a water-soluble fiber, than apples. An antioxidant-rich fruit, the nutritional properties of pears provide effective support for intestinal and cardiovascular health, as well as healthy cholesterol levels.

## Potassium

All cells, tissues, and organs in the body rely on this mineral to function properly. Potassium helps regulate the balance of fluids and minerals in cells, and also facilitates the transmission of nerve impulses. It is required for normal body growth, supports the growth of muscle tissue, and even helps metabolize carbohydrates. Potassium also supports kidney function and heart health.

## Schizandra

Schizandra fruit is commonly used in traditional Chinese medicine for its adaptogenic properties and as a restorative remedy for immune enhancement. Traditionally used for enhancing the energy of the kidney and liver, schizandra is known for supporting central nervous system health and memory. It also appears to enhance both mental and physical capabilities.

## Sea Buckthorn

Sea buckthorn is a winter-hardy shrub containing 190 bio-active components. It is a rich source of vitamins E and C, beta-carotene, unsaturated fatty acids, essential amino acids, and flavonoids. Sea buckthorn's nutritional properties benefit the support of cardiovascular health as well as digestive system and immune system health.

## Spinach

Spinach contains at least 13 different flavonoid compounds that function as antioxidants. These compounds also provide powerful autoimmune system support. Spinach is a potent source of vitamins K and A as well as manganese, folate, and magnesium. Its properties offer outstanding support for bones, the cardiovascular and digestive systems, brain function, and even eye health.

## Star Fruit

Star fruit, also known as the star apple or carambola, is a bright yellow fruit native to Indonesia and Malaysia. Its more notable health benefits include support of cardiovascular and bowel health. Star fruit is rich in vitamin C as well as fiber, and provides powerful antioxidant activity.

## Stevia

Stevia is an herb native to Paraguay and Brazil. It is nutrient-rich, containing substantial amounts of calcium, phosphorous, magnesium, zinc, rutin, vitamin A, vitamin C, and over 100 phytonutrients. Stevia helps maintain healthy blood sugar levels and also supports digestive system health.

## Taurine

Taurine is a non-essential amino acid that supports heart muscle strength as well as eye health. It is the key component of bile, which is needed for the digestion of fats and is vital for the proper utilization of sodium, potassium, calcium and magnesium. Taurine helps support mental function as well as proper neurological function.

## Turmeric

Turmeric is a perennial shrub grown in India and other tropical areas of Asia. The health benefits of this antioxidant-rich herb lie in the active ingredient curcumin which helps support heart, liver, and digestive system health. Turmeric's anti-inflammatory benefits also help support joint health.

## Wheat Grass

Wheatgrass is young sprouted wheat one to two weeks of age, and is an excellent source of fiber. It is high in chlorophyll, calcium, vitamins C and E, B vitamins, magnesium, and potassium. Some 17 amino acids can be found in wheatgrass, including essential amino acids. Wheat grass helps support gastrointestinal health, cellular health, and autoimmune system health.

## Yellow Dock

Yellow Dock is a plant grown abundantly throughout North America. Rich in calcium, iron, and vitamins A and C, it supports healthy bladder, kidney, and liver function.

## Zinc

Zinc is a mineral that is vital to healthy living. It helps strengthen the immune system and supports a healthy white blood cell count. Zinc aids in the body's absorption of minerals, including calcium, and also supports good digestive health.

## ENERGY/MENTAL FOCUS/MEMORY/SENSE OF WELL-BEING

### Acai Berry

Found in the Amazon rainforests, acai berries are rich in phytonutrients and antioxidants. They offer a blood-sugar-friendly glycemic index and are loaded with vitamins (especially vitamin E), trace minerals and Essential Fatty Acids. Great for increasing energy as well as promoting immune and circulatory system health.

### Acerola Cherry

Possibly the richest source of vitamin C among fruits, the acerola cherry contains 65 times more vitamin C than an orange. Acerola contains anthocyanins - substances which are highly anti-inflammatory in nature —as well as antioxidant-packed carotenoids and flavonoids. The cherry is an excellent source of vitamin A, which is a potent antioxidant. This tiny berry is also rich in vitamin B, calcium, magnesium, folate, potassium and phosphorus.

### Aloe Vera Gel

The health and nutrition benefits of aloe vera gel are well-documented. Aloe vera provides the body with 200 health-promoting compounds, including 20 minerals, 18 amino acids, and 12 vitamins. Its properties help maintain a healthy digestive system and a natural energy level. Aloe vera is also beneficial in maintaining immune system health.

### Amalaki

The fruit of the Amalaki tree is part of the Ayurvedic pharmacopeia. For centuries, it has been used as a potent rejuvenative for the entire body. Its properties appear to stimulate the production of red blood cells, enhance cellular regeneration, increase lean body mass, and support proper function of the liver, spleen heart and lungs. Amalaki fruit also is a rich source of antioxidants and helps to maintain a healthy blood sugar level.

### Ashwagandha

Also known as Winter Cherry, ashwagandha is considered the “ginseng of Ayurvedic medicine.” Ashwagandha has many beneficial elements, including flavonoids and members of the withanolide class. Numerous modern studies have found that ashwagandha is a powerful antioxidant that appears to be effective in reducing inflammation, treating tumors, decreasing stress, increasing mental activity, and invigorating the body. Traditionally, it has also been used to boost the immune system, improve memory and cognition, relieve anxiety, and to promote overall wellness.

### Bacopa

Bacopa has been revered for centuries in the Ayurvedic herbal traditions of India for its ability to enhance clear thinking and support memory function. Traditionally, bacopa extract is reported to be a “brain tonic.” The phytochemicals found in the bacopa leaves include alkaloids, saponins, flavonoids, beta-sitosterol and betulinic acid. A powerful antioxidant, bacopa helps maintain the structural and functional integrity of the membranes surrounding the mitochondria, a portion of cellular DNA that can degenerate with age. It also protects gastrointestinal health by raising mucosal defensive factors.

### Blueberry

Blueberries consistently rank very high in antioxidant activity when compared to other fresh fruits and vegetables. The blueberry’s antioxidants, vitamins, and minerals are responsible for its potent health benefits, which include the support of heart health, urinary tract health, and even improved mental focus. Studies also show that blueberries appear to have a protective effect against DNA damage.

## Borojo

Borojo fruit has high nutritional value, and is an excellent source of vitamin C, calcium, fiber and iron. It is one of the best fruit sources of phosphorus, which can provide energy, support memory and concentration, and contribute to the strength of teeth and bones. The essential amino acids contained in borojo are three times that found in meat. Borojo may help maintain healthy levels of blood sugar, blood pressure and cholesterol.

## Burdock Root

This herb found throughout Europe and Asia is a rich source of copper, iron, manganese, sulfur, biotin, zinc, iron, amino acids, mucilage, and vitamins B1, B6, B12, and E. Burdock is a strong detoxifier with powerful hormone-balancing benefits. Its properties support increased circulation to the skin, helping to detoxify skin tissue. This purification helps relieve some cleansing burdens from the kidneys and liver. Burdock also contains a carbohydrate called inulin, which strengthens the liver.

## Camu Camu

Camu camu, a fruit native to Peru, is a rich source of potassium, amino acids, vitamin C, and flavonoids. Its properties offer powerful immune system support as well as increased energy levels. Camu camu also contains several potent antioxidant compounds.

## Choline Bitartrate

Choline bitartrate is an essential nutrient involved in many body functions, including brain function, memory, and heart health. Choline has also been shown to be essential for proper brain development in infants and children. Supplementation of animal diets with choline at particular times of brain development has been shown to permanently increase cognitive function.

## Gotu Kola

Gotu kola is a powerful herb from India where it is traditionally used to calm the nerves, increase mental and physical power, and enhance mental cognition and focus. Ancient Indian health practitioners also embraced gotu kola's ability to improve energy and increase longevity. This herb also appears to offer detoxification benefits as well as support for the immune system, circulatory system, and cardiovascular system.

## Iodine

Iodine is an essential trace element that is vital for the body's normal growth and development. It supports healthy metabolic rates and also plays an important role in maintaining optimum energy levels of the body. Iodine also supports autoimmune system health, and even helps maintain healthy teeth, hair, and nails.

## Inositol

Inositol is a type of sugar related to glucose. It occurs naturally in the body and is present in many foods. Inositol is a fundamental ingredient of cell membranes and is necessary for proper function of nerves, brain, and muscles in the body. It is essential for helping the cells in the body communicate with one another, a process known as cell signaling. Used with choline, inositol helps to metabolize fats and cholesterol in the arteries and liver.

## Iron

Iron is a naturally occurring, plant-based trace mineral necessary for red blood cell formation and is required for transport of oxygen throughout the body. It also supports healthy brain function.

## Korean Ginseng

Korean ginseng is a perennial herb grown on moist and shaded mountainsides in China, Korea, and Russia. Some of its remarkable benefits include the support of healthy cholesterol and blood sugar levels, antioxidant protection, increased stamina, and immune system support. Additionally, Korean ginseng has been shown to reduce the intensity of the body's response to stresses.

## L-Alanine

Alanine is a non-essential amino acid and is used by the body to build protein. It aids in and is required for the metabolism of glucose, a simple carbohydrate that the body uses for energy. Alanine also appears to be of benefit in supporting prostate health in men.

## L-Aspartic

Aspartic is an amino acid that is extremely beneficial for increased stamina and helps fight chronic fatigue. Aspartic aids cell function and the function of RNA and DNA, as well as enhances production of immunoglobulin and antibodies. Brussels sprouts are a rich source of the L-aspartic amino acid.

## L-Glutamic Acid

Another amino acid, glutamic acid is actually fuel used by the brain. It aids in the transportation of potassium across the blood-brain barrier. Additionally, glutamic acid is used to build proteins and is important in the metabolism of sugars and fats.

## L-Isoleucine

Isoleucine, another amino acid, is used in the formation of hemoglobin. It enhances energy, increases endurance, and aids in healing and repair of muscle tissue. Isoleucine also helps stabilize and regulate blood sugar levels.

## L-Leucine

Leucine is one of three amino acids that are useful in controlling a behavioral problem known as Phenylketonuria (PKU). This amino acid helps change the way the body responds to trauma.

## L-Lysine

Lysine, another amino acid, assists in building muscle mass as well as collagen formation and tissue repair. It is also used in the production of antibodies, hormones, and enzymes, and helps the body absorb calcium. Lysine helps maintain proper nitrogen balance and supports improved concentration.

## L-Methionine

Another amino acid, methionine is a powerful antioxidant required for both nucleic acid formation and collagen formation. Methionine helps protect the nervous system and supports liver function. It also supports cardiovascular system health. Methionine is utilized in the production of choline, a vital nutrient for the brain.

## L-Tyrosine

The amino acid tyrosine helps with normal functioning of the adrenal, thyroid, and pituitary glands. It also suppresses appetite and reduces body fat. Tyrosine serves as a natural mood elevator and may be helpful in addressing chronic fatigue.

## L-Valine

Valine is an essential amino acid that supports increased cognitive function and smooth nervous system functioning. Valine is also utilized in muscle metabolism, tissue repair, and the maintenance of a proper nitrogen balance in the body.

## Mangosteen

Mangosteen fruit, which comes from a tropical evergreen tree, is an off-the-charts antioxidant. Its properties offer potent support for cardiovascular system health, circulatory system health, immune system health, and may even offer enhanced cognitive benefits. Mangosteen also appears to possess anti-inflammatory properties.

## Maqui Berry

Maqui berries have astonishing levels of antioxidants, including anthocyanins, polyphenols and flavonoids. They are also a good source of calcium, vitamin C, potassium and iron. These berries support the cardiovascular system by encouraging blood flow, and even offer analgesic properties. Maqui berries also appear to support healthy levels of cholesterol and triglycerides. They have long been used by South American natives to promote strength, endurance and overall good health.

## Noni

Noni fruit, which is native to the South Pacific, is an excellent source of nutrients including vitamin C, niacin, potassium, vitamin A, calcium, and sodium. Research has identified the presence of 10 essential vitamins, 7 dietary minerals, and 18 amino acids in noni. In addition to noni's mood-lifting properties, it supports healthy blood sugar levels and digestive system health as well as enhanced immune system health. Noni is also beneficial in supporting autoimmune system and joint health.

## Pantothenic Acid (vitamin B5)

Pantothenic acid, or vitamin B5, is needed to make hormones and healthy red blood cells, convert carbohydrates and fat into energy, and aid in the formation of antibodies. It is also reputed to be a stamina enhancer. Pantothenic acid is sometimes called the "anti-stress vitamin" as there are indications that it may be helpful to sufferers of depression and anxiety.

## Schizandra

Schizandra fruit is commonly used in traditional Chinese medicine for its adaptogenic properties and as a restorative remedy for immune enhancement. Traditionally used for enhancing the energy of the kidney and liver, schizandra is known for supporting central nervous system health and memory. It also appears to enhance both mental and physical capabilities.

## Spinach

Spinach contains at least 13 different flavonoid compounds that function as antioxidants. These compounds also provide powerful autoimmune system support. Spinach is a potent source of vitamins K and A as well as manganese, folate, and magnesium. Its properties offer outstanding support for bones, the cardiovascular and digestive systems, brain function, and even eye health.



## Taurine

Taurine is a non-essential amino acid that supports heart muscle strength as well as eye health. It is the key component of bile, which is needed for the digestion of fats and is vital for the proper utilization of sodium, potassium, calcium and magnesium. Taurine helps support mental function as well as proper neurological function.

## Thiamine (Vitamin B1)

Thiamin, or vitamin B1, is one of the substances the body must have in order to convert carbohydrates into energy. Thiamin helps the body make thiamin pyrophosphate (TPP), without which the body is unable to convert food into energy. Thiamin also supports heart health and is critical to the maintenance of a well-functioning brain and nervous system.

## Vitamin B12

Vitamin B12, also called cyanocobalamin, works with other B vitamins to turn food into energy. It is needed to form healthy blood cells. Vitamin B12 also supports the maintenance of heart health as well as memory and other cognitive skills. It also supports immune system health.

## EYE HEALTH

### Acerola Cherry

Possibly the richest source of vitamin C among fruits, the acerola cherry contains 65 times more vitamin C than an orange. Acerola contains anthocyanins—substances which are highly anti-inflammatory in nature—as well as antioxidant-packed carotenoids and flavonoids. The cherry is an excellent source of vitamin A, which is a potent antioxidant. This tiny berry is also rich in vitamin B, calcium, magnesium, folate, potassium and phosphorous.

### Amalaki

The fruit of the Amalaki tree is part of the Ayurvedic pharmacopeia. For centuries, it has been used as a potent rejuvenative for the entire body. Its properties appear to stimulate the production of red blood cells, enhance cellular regeneration, increase lean body mass, and support proper function of the liver, spleen heart and lungs. Amalaki fruit also is a rich source of antioxidants and helps to maintain a healthy blood sugar level.

### Broccoli

This “must-have” cruciferous vegetable is rich in dozens of nutrients. In fact, it packs the most nutritional punch of any vegetable. Broccoli’s noteworthy nutrients include vitamin C, vitamin A (mostly as beta-carotene), folic acid, calcium, and fiber. It is also a rich fiber source. Broccoli is particularly helpful in supporting cardiovascular health as well as immune system and eye health.

### Carrot

Carrots are an excellent source of antioxidant compounds and are the richest vegetable source of pro-vitamin A carotenes. Carrots’ antioxidant compounds support cardiovascular and autoimmune system health. Their nutritional properties also support good eye health, especially night vision. Carrots offer outstanding benefits in the form of supporting healthy blood sugar levels.

### Gac Fruit

Popular in South East Asia, gac fruit is packed full of beta carotene, lycopene, vitamin C, and other strong antioxidants that not only help to support the immune system, but also help retard the effects of aging. Laboratory testing and scientific research have shown that gac fruit contains 70 times more lycopene than tomatoes, 20 times more beta carotene than carrots, 40 times more vitamin C than oranges, and 40 times more zeaxanthin than yellow corn. Gac fruit supports eye health, immune system health, joint health, and cardiovascular health.

### Kale

Though greens in general are nutritious foods, kale stands above the rest. Not only is it one of the best sources of beta carotene, a powerful antioxidant that supports heart health and immune system health, it also provides other important nutrients. For example, kale possesses the important carotenoids lutein and zeaxanthin, which are vital to eye health. According to recent research results, kale is also a potent source of well-absorbed calcium.

### Papaya

Papaya fruit is a rich source of antioxidant nutrients such as carotenes, vitamin C, vitamin A, and flavonoids as well as the B vitamins folate and pantothenic acid. It also provides the benefits of potassium, magnesium, and fiber. Together, these nutrients support cardiovascular health, digestive system health, and immune system support as well as autoimmune system and eye health support. The active properties of papaya fruit even offer potent anti-inflammatory benefits.

## Riboflavin (Vitamin B2)

Riboflavin, or vitamin B2, regulates red blood cell growth and helps maintain a strong immune system by protecting the body from free-radical damage. Riboflavin also supports healthy hair, skin, nails, and vision.

## Spinach

Spinach contains at least 13 different flavonoid compounds that function as antioxidants. These compounds also provide powerful autoimmune system support. Spinach is a potent source of vitamins K and A as well as manganese, folate, and magnesium. Its properties offer outstanding support for bones, the cardiovascular and digestive systems, brain function, and even eye health.

## Taurine

Taurine is a non-essential amino acid that supports heart muscle strength as well as eye health. It is the key component of bile, which is needed for the digestion of fats and is vital for the proper utilization of sodium, potassium, calcium and magnesium. Taurine helps support mental function as well as proper neurological function.

## Turnip

Turnips are a “starch” vegetable, but provide only one third the amount of calories as an equal amount of potatoes. Turnips provide an excellent source of vitamin C, fiber, folic acid, manganese, pantothenic acid, and copper as well as thiamine, potassium, niacin, and magnesium. In addition, they are a good source of vitamins B6 and E as well as riboflavin. The health benefits of turnips include support of cardiovascular health, respiratory health, autoimmune system health, and eye health.

## Vitamin A

Vitamin A is vital for the maintenance of healthy skin, good vision, and a robust immune system. It is essential to overall good health, and individuals who do not get an adequate amount of vitamin A in their diets have been shown to be more vulnerable to infection and infectious diseases.

## Vitamin C

Vitamin C, also called ascorbic acid, is one of the more powerful and well-known antioxidants. It helps to maintain healthy collagen in the skin, repair damaged tissue, promote healthy teeth and bones, and boost the immune system. Vitamin C also offers powerful support for heart health, autoimmune system health, and even eye health.

## Vitamin E

Vitamin E, or alpha-tocopherol, is a leading antioxidant that supports eye health and immune system health. Vitamin E is also an effective anti-inflammatory and may help to prevent sun damage.

## Wolfberry Extract

Similar to the Tibetan goji berry, Chinese wolfberry is grown primarily in China and eastern Asia. The amazing properties of wolfberry extract enable it to support proper cellular DNA development as well as support the immune system and eye health. This extract also supports cardiovascular, immune system, and autoimmune system health. Wolfberry extract provides 18 amino acids and 21 trace minerals that are essential for good health.

## HEART HEALTH

### Acerola Cherry

Possibly the richest source of vitamin C among fruits, the acerola cherry contains 65 times more vitamin C than an orange. Acerola contains anthocyanins - substances which are highly anti-inflammatory in nature —as well as antioxidant-packed carotenoids and flavonoids. The cherry is an excellent source of vitamin A, which is a potent antioxidant. This tiny berry is also rich in vitamin B, calcium, magnesium, folate, potassium and phosphorous.

### Alfalfa Leaf

This perennial herb provides beta-carotene and vitamins C, E, and K. Alfalfa not only helps keep calcium in bones, it helps keep calcium out of the linings of arteries. The properties of alfalfa leaf are helpful in maintaining kidney, liver, and urinary tract health. It is known as an excellent body detoxifier.

### Alpha Lipoic Acid (ALA)

Alpha lipoic acid is a fatty acid found naturally inside every cell in the body. It is needed by the body to produce energy for normal body functions. ALA converts glucose (blood sugar) into energy. It is also a powerful antioxidant, neutralizing potentially harmful chemicals called free radicals. ALA appears to recycle antioxidants such as vitamin C and glutathione after they have been used up.

### Apple

Apples are a source of both soluble and insoluble fiber. Soluble fiber such as pectin helps to prevent cholesterol buildup in the lining of blood vessel walls, thus providing excellent cardiovascular health support. The insoluble fiber in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system. Apples are also a rich source of vitamins A and C as well as calcium and potassium.

### Asparagus

Asparagus is a nutrient-dense food which is high in folic acid and is a good source of potassium, fiber, and vitamins A, B6, C, and E. It also contains useful amounts of calcium, magnesium and iodine. Asparagus has no fat, contains no cholesterol, and is low in sodium. The exceptional antioxidant properties of asparagus promote the maintenance of heart health, digestive system health, and immune system health.

### Barley Grass

Barley grass is the leaf portion of the barley plant. It is high in calcium, iron, all essential amino acids, antioxidant vitamins C and E, flavonoids, vitamin B12, and a number of enzymes and minerals. The properties of barley grass support cardiovascular and intestinal health as well as joint health.

### Beet

Beets contain a wealth of fiber - half soluble and half insoluble. Both types play roles in fighting fat. Beets are also particularly rich in folic acid, calcium, and iron. These colorful root vegetables contain powerful nutrient compounds that support heart health, immune system health, and even reproductive health.

### Bilberry

Bilberry, a close cousin to the blueberry, contains impressive antioxidant properties and is historically linked to eye health. Bilberries are a natural source of resveratrol, which has been shown to support cardiovascular health by reducing the oxidation of LDL cholesterol and total cholesterol. Resveratrol is also believed to be a powerful anti-aging nutrient that supports neurological health.

## Blueberry

Blueberries consistently rank very high in antioxidant activity when compared to other fresh fruits and vegetables. The blueberry's antioxidants, vitamins, and minerals are responsible for its potent health benefits, which include the support of heart health, urinary tract health, and even improved mental focus. Studies also show that blueberries appear to have a protective effect against DNA damage.

## Borojo

Borojo fruit has high nutritional value, and is an excellent source of vitamin C, calcium, fiber and iron. It is one of the best fruit sources of phosphorus, which can provide energy, support memory and concentration, and contribute to the strength of teeth and bones. The essential amino acids contained in borojo are three times that found in meat. Borojo may help maintain healthy levels of blood sugar, blood pressure and cholesterol.

## Broccoli

This “must-have“ cruciferous vegetable is rich in dozens of nutrients. In fact, it packs the most nutritional punch of any vegetable. Broccoli's noteworthy nutrients include vitamin C, vitamin A (mostly as beta-carotene), folic acid, calcium, and fiber. It is also a rich fiber source. Broccoli is particularly helpful in supporting cardiovascular health as well as immune system and eye health.

## Brussels Sprouts

Brussels sprouts are loaded with vitamin A, folic acid, potassium, and calcium. Plus, this cruciferous vegetable is an excellent source of fiber. Brussels sprouts are also extremely high in Vitamin C, which is a potent antioxidant. Its nutritional properties are beneficial in the maintenance of digestive health as well as immune system health, and regulation of both blood sugar and cholesterol levels.

## Calcium

A lack of this vital mineral means more than just weak bones. Key organs and bodily functions, like your heart and metabolism, require calcium to operate at their best. Yet, according to federal government statistics, only 21% of us are getting the recommended amount of calcium. Calcium also helps with weight management efforts.

## Camu Camu

Camu camu, a fruit native to Peru, is a rich source of potassium, amino acids, vitamin C, and flavonoids. Its properties offer powerful immune system support as well as increased energy levels. Camu camu also contains several potent antioxidant compounds.

## Carrot

Carrots are an excellent source of antioxidant compounds and are the richest vegetable source of pro-vitamin A carotenes. Carrots' antioxidant compounds support cardiovascular and autoimmune system health. Their nutritional properties also support good eye health, especially night vision. Carrots offer outstanding benefits in the form of supporting healthy blood sugar levels.

## Cauliflower

Cauliflower, a cruciferous vegetable, contains allicin, which provides powerful heart health support, and selenium, a chemical that works well with vitamin C to strengthen the immune system. Cauliflower can also help to maintain healthy cholesterol levels. The B vitamin folic acid, which is needed for cell growth and replication, is also found in cauliflower. Cauliflower is a rich source of fiber.

## Cherry

Cherries are one of today's hottest "Super Fruits." In addition to being packed with powerful antioxidants, cherries also contain other important nutrients such as beta carotene (19 times more than blueberries or strawberries), vitamin C, potassium, and fiber. Cherries appear to be of benefit in the reduction of inflammation, as well as the support of cardiovascular and bone health. They even help support the maintenance of healthy blood sugar levels.

## Choline Bitartrate

Choline bitartrate is an essential nutrient involved in many body functions, including brain function, memory, and heart health. Choline has also been shown to be essential for proper brain development in infants and children. Supplementation of animal diets with choline at particular times of brain development has been shown to permanently increase cognitive function.

## Co-Enzyme Q10

Co-enzyme Q10 (CoQ10) is a fat-soluble, vitamin-like substance found in every human cell. It is involved in key biochemical reactions that produce energy in cells. It also acts as an antioxidant and offers powerful cardiovascular health support. CoQ10 is capable of regenerating other antioxidants and provides important protection against oxidative damage to DNA. Recent studies also show that CoQ10 is involved in human cell signaling, metabolism, and transport.

## Coral Calcium Complex

Coral calcium complex (as found in Trévo) is much more bio-available than other forms of calcium. Coral calcium complex also contains an optimal mix of both major minerals and trace minerals. It helps support healthy muscle and nerve function, as well as helps to balance pH levels in the body for better health. It is also well-known for its support of heart, bone, and immune system health.

## Cranberry

Commonly recommended by doctors for urinary health, cranberries are loaded with vitamin C and a number of polyphenols (both of which are powerful antioxidants). Cranberries are also associated with cardiovascular health as they help maintain healthy cholesterol levels.

## Dulse Leaf

A sea vegetable treasured for its high nutrient content. Sea vegetables, including dulse, offer the broadest range of minerals of any food, containing virtually all the minerals found in the ocean—the same minerals found in human blood. Sea vegetables are an excellent source of iodine and vitamin K, a great source of folic acid and magnesium, as well as a good source of iron, calcium, the B-vitamins riboflavin, and pantothenic acid. Their nutritional properties support healthy thyroid function, cardiovascular health, and even offer weight management benefits. The carbohydrate-like substances called fucans found in sea vegetables provide powerful anti-inflammatory benefits.

## Ellagic Acid

Ellagic acid is an antioxidant-rich chemical compound found in fruits and vegetables such as raspberries, strawberries, pomegranates, cranberries, walnuts, and other plant foods. Its natural properties strengthen the immune system, support heart health, and even strengthen connective tissue. Ellagic acid appears to promote wound healing and is widely touted for its suggested anti-carcinogenic properties.

## Flaxseed Oil

Flaxseed oil is rich in alpha-linolenic acid (ALA), an Omega-3 essential fatty acid that offers powerful support for heart health. Additionally, it helps support the maintenance of healthy cholesterol levels. Flaxseed oil also provides anti-inflammatory joint health support and even helps support digestive health.

## Folate (Folic Acid)

Essential for normal cell growth and healthy blood, folate is the form of vitamin B found naturally in foods. One of the most well-researched areas of the benefits of folate concerns the proper development of a fetus. Folate is critical to neural tube health in newborns. It also provides powerful cardiovascular system support and even appears to help promote DNA health.

## Gac Fruit

Popular in South East Asia, gac fruit is packed full of beta carotene, lycopene, vitamin C, and other strong antioxidants that not only help to support the immune system, but also help retard the effects of aging. Laboratory testing and scientific research have shown that gac fruit contains 70 times more lycopene than tomatoes, 20 times more beta carotene than carrots, 40 times more vitamin C than oranges, and 40 times more zeaxanthin than yellow corn. Gac fruit supports eye health, immune system health, joint health, and cardiovascular health.

## Garlic

Garlic has long been considered an herbal “wonder drug.” Its powerful antioxidant properties make garlic a great nutrient for the maintenance of heart health as well as a strengthened immune system.

## Glutathione

Glutathione is a powerful antioxidant found within every cell. Glutathione plays a role in nutrient metabolism and regulation of cellular events including gene expression, DNA and protein synthesis, cell growth, and immune response. It provides immune system and cardiovascular system support as well as neurological system support. Food sources of glutathione are primarily fruits and vegetables.

## Goji Fruit

Found in Tibet and Mongolia, goji berries contain more protein than whole wheat, more beta carotene than carrots, and 500 times more vitamin C by weight than oranges. Goji is known as the “longevity fruit” because it contains powerful antioxidants that help defend against premature aging and fight free radical damage. It appears to stimulate the release of human growth hormone (hGH), sometimes called the “youth hormone.” The nutritional properties of goji fruit also support a healthy immune system, digestive system, cardiovascular system, and even liver and kidney health.

## Gotu Kola

Gotu kola is a powerful herb from India where it is traditionally used to calm the nerves, increase mental and physical power, and enhance mental cognition and focus. Ancient Indian health practitioners also embraced gotu kola’s ability to improve energy and increase longevity. This herb also appears to offer detoxification benefits as well as support for the immune system, circulatory system, and cardiovascular system.

## Grape Seed Extract

Grape seed extract is derived from red grape seeds, and it contains a vast array of health-giving ingredients, such as protein, lipids, carbohydrates, and polyphenols (which come mainly in the form of flavonoids, also known as bioflavonoids). Grape seed extract offers excellent cardiovascular system support as well as circulatory system support. As a powerful antioxidant, grape seed extract helps protect the body against free radical damage.

## Grape

Grapes are a rich source of flavonoids which provide this fruit's vibrant purplish color. Grapes are a quick source of energy, and have been identified as a "superfood" when it comes to supporting good heart health. The resveratrol content of grapes contribute to their strong heart health support. The potent antioxidant properties of grapes also support anti-aging and even help support the maintenance of healthy cholesterol levels.

## Graviola

Found deep within the Amazon rain forest, the graviola tree offers some of the most exciting nutritional discoveries in recent history. Graviola has a long history of use in herbal medicine as well as recorded indigenous use, and many of its uses in natural medicine have been validated by scientific research. Its benefits include the support of cardiovascular health and natural anti-bacterial properties. Much of the recent research on graviola, however, has been on phytochemicals found in the leaves, seeds, and stem of graviola which seem to be toxic to specific cancer cells.

## Green Tea (decaffeinated)

Green tea is a type of tea made solely with the leaves of *Camellia sinensis*, and is a caffeine-free, antioxidant-packed nutritional powerhouse. Its nutritional properties provide support for cardiovascular health, immune system health, joint health, anti-aging, and even weight management.

## Hawthorne Berry

The hawthorne berry bush, found in Europe, North Africa, and Western Asia, is a rich source of antioxidant bioflavonoids. This remarkable herb offers powerful support for heart and circulatory system health. It also appears to be beneficial to digestive

system health and the maintenance of healthy sleep patterns. Hawthorne berry also helps support the maintenance of healthy cholesterol levels.

## Inositol

Inositol is a type of sugar related to glucose. It occurs naturally in the body and is present in many foods. Inositol is a fundamental ingredient of cell membranes and is necessary for proper function of nerves, brain, and muscles in the body. It is essential for helping the cells in the body communicate with one another, a process known as cell signaling. Used with choline, inositol helps to metabolize fats and cholesterol in the arteries and liver.

## Kale

Though greens in general are nutritious foods, kale stands above the rest. Not only is it one of the best sources of beta carotene, a powerful antioxidant that supports heart health and immune system health, it also provides other important nutrients. For example, kale possesses the important carotenoids lutein and zeaxanthin, which are vital to eye health. According to recent research results, kale is also a potent source of well-absorbed calcium.

## Kelp

A sea vegetable treasured for its high nutrient content. Sea vegetables, including kelp, offer the broadest range of minerals of any food, containing virtually all the minerals found in the ocean - the same minerals found in human blood. Sea vegetables are an excellent source of iodine and vitamin K, a great source of folic acid and magnesium, as well as a good source of iron, calcium, the B-vitamins riboflavin, and pantothenic acid. Their nutritional properties support healthy thyroid function, cardiovascular health, and even offer weight management benefits. The carbohydrate-like substances called fucans found in sea vegetables provide powerful anti-inflammatory benefits.

## Korean Ginseng

Korean ginseng is a perennial herb grown on moist and shaded mountainsides in China, Korea, and Russia. Some of its remarkable benefits include the support of healthy cholesterol and blood sugar levels, antioxidant protection, increased stamina, and immune system support. Additionally, Korean ginseng has been shown to reduce the intensity of the body's response to stresses.

## L-Arginine

Arginine is one of the 20 amino acids that constitute protein. Some of arginine's health benefits include immune system support, cardiovascular system support, and weight management support. Arginine also appears to be of benefit in male fertility and aids in liver detoxification.

## L-Cystine

Cystine, another amino acid, plays an important role in the body's detoxification process and helps protect the liver from harmful toxins. It also aids in the production of collagen and is remarkably beneficial in the growth of strong nails, skin, and hair. Cystine is also a powerful antioxidant. It offers cardiovascular system support and even promotes fat burning.

## L-Methionine

Another amino acid, methionine is a powerful antioxidant required for both nucleic acid formation and collagen formation. Methionine helps protect the nervous system and supports liver function. It also supports cardiovascular system health. Methionine is utilized in the production of choline, a vital nutrient for the brain.

## Mangosteen

Mangosteen fruit, which comes from a tropical evergreen tree, is an off-the-charts antioxidant. Its properties offer potent support for cardiovascular system health, circulatory system health, immune system health, and may even offer enhanced cognitive benefits. Mangosteen also appears to possess anti-inflammatory properties.

## Magnesium

Magnesium is a mineral essential to many biological processes that occur in the body. It aids in the body's absorption of calcium and also plays a key role in the strength and formation of bones and teeth. Magnesium is also vital for the maintenance of heart health and helps maintain proper muscle function.

## Maqui Berry

Maqui berries have astonishing levels of antioxidants, including anthocyanins, polyphenols and flavonoids. They are also a good source of calcium, vitamin C, potassium and iron. These berries support the cardiovascular system by encouraging blood flow, and even offer analgesic properties. Maqui berries also appear to support healthy levels of cholesterol and triglycerides. They have long been used by South American natives to promote strength, endurance and overall good health.

## Milk Thistle

A nutrient-rich herb, milk thistle helps keep the liver, which is the toxic waste disposal plant of the body, healthy and nourished. It also helps boost immune system and heart health, and provides powerful antioxidant protection. Milk thistle is a rich source of tocopherol sterols, essential fatty acids, linoleic acid, and beta carotene as well as calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, and zinc.

## Onion

Onions offer a wealth of health benefits, including the support of digestive, respiratory, and autoimmune system health. Onions are a rich source of flavonoids, substances known to provide support of cardiovascular health. They also support the maintenance of healthy blood pressure levels, as well as healthy cholesterol and triglyceride levels.

## Orange

Just one orange supplies 116.2% of the daily value for vitamin C. Vitamin C is the primary water-soluble antioxidant in the body, disarming harmful free radicals both inside and outside cells. Oranges are also a great source of beta carotene, calcium, magnesium, potassium, thiamin, and folic acid. They are also rich in citrus bioflavonoids. The health benefits of oranges include support of cardiovascular health, cellular energy, and maintenance of healthy cholesterol and blood pressure levels.

## Papaya

Papaya fruit is a rich source of antioxidant nutrients such as carotenes, vitamin C, vitamin A, and flavonoids as well as the B vitamins folate and pantothenic acid. It also provides the benefits of potassium, magnesium, and fiber. Together, these nutrients support cardiovascular health, digestive system health, and immune system support as well as autoimmune system and eye health support. The active properties of papaya fruit even offer potent anti-inflammatory benefits.

## Parsley

Related to celery, parsley is much more than a garnish. This antioxidant-rich nutritional powerhouse contains three times as much vitamin C as oranges and twice as much iron as spinach. It is an excellent source of vitamin K, vitamin A, and folate as well. Parsley supports cardiovascular health and autoimmune system health.

## Pear

Pears provide a potent source of vitamin B2, C, E, copper, and potassium. They also contain more pectin, a water-soluble fiber, than apples. An antioxidant-rich fruit, the nutritional properties of pears provide effective support for intestinal and cardiovascular health, as well as healthy cholesterol levels.

## Pineapple

Pineapple contains a protein-digesting enzyme mixture called bromelain, which offers potent anti-inflammatory benefits. Bromelain helps break down the amino acid bonds in proteins, promoting good digestion. The benefits of bromelain are similar to those of papaya. This delicious tropical fruit is also a rich source of the antioxidant vitamin C as well as manganese. Pineapple supports bone and connective tissue health, cardiovascular health, and immune system health.

## Pomegranate

Pomegranate fruit is well-known for its nutritional properties, and it is one of nature's most powerful antioxidant sources. One pomegranate contains three times the antioxidant properties of red wine or green tea. It is also a rich source of ellagic acid and essential amino acids. The polyphenols and vitamins A, C, E, and folic acid contained in pomegranates have been shown to promote cardiovascular health as well as healthy blood sugar levels.

## Potassium

All cells, tissues, and organs in the body rely on this mineral to function properly. Potassium helps regulate the balance of fluids and minerals in cells, and also facilitates the transmission of nerve impulses. It is required for normal body growth, supports the growth of muscle tissue, and even helps metabolize carbohydrates. Potassium also supports kidney function and heart health.

## Schizandra

Schizandra fruit is commonly used in traditional Chinese medicine for its adaptogenic properties and as a restorative remedy for immune enhancement. Traditionally used for enhancing the energy of the kidney and liver, schizandra is known for supporting central nervous system health and memory. It also appears to enhance both mental and physical capabilities.

## Sea Buckthorn

Sea buckthorn is a winter-hardy shrub containing 190 bio-active components. It is a rich source of vitamins E and C, beta-carotene, unsaturated fatty acids, essential amino acids, and flavonoids. Sea buckthorn's nutritional properties benefit the support of cardiovascular health as well as digestive system and immune system health.

## Selenium

Selenium is a trace mineral found in soil, water, and some foods. It is required for the body to function normally. Selenium helps support both immune system and autoimmune system health, as well as cardiovascular system health.

## Spinach

Spinach contains at least 13 different flavonoid compounds that function as antioxidants. These compounds also provide powerful autoimmune system support. Spinach is a potent source of vitamins K and A as well as manganese, folate, and magnesium. Its properties offer outstanding support for bones, the cardiovascular and digestive systems, brain function, and even eye health.

## Star Fruit

Star fruit, also known as the star apple or carambola, is a bright yellow fruit native to Indonesia and Malaysia. Its more notable health benefits include support of cardiovascular and bowel health. Star fruit is rich in vitamin C as well as fiber, and provides powerful antioxidant activity.

## Taurine

Taurine is a non-essential amino acid that supports heart muscle strength as well as eye health. It is the key component of bile, which is needed for the digestion of fats and is vital for the proper utilization of sodium, potassium, calcium and magnesium. Taurine helps support mental function as well as proper neurological function.

## Thiamine (Vitamin B1)

Thiamin, or vitamin B1, is one of the substances the body must have in order to convert carbohydrates into energy. Thiamin helps the body make thiamin pyrophosphate (TPP), without which the body is unable to convert food into energy. Thiamin also supports heart health and is critical to the maintenance of a well-functioning brain and nervous system.

## Tomato

Tomatoes are one of the best sources of lycopene. The antioxidant function of lycopene has been linked in human research to the protection of DNA (our genetic material) inside of white blood cells. Tomatoes are also a great source of vitamins C and K. Their health benefits include support of cardiovascular health, autoimmune system health, bone strength, and even the maintenance of healthy cholesterol levels.

## Turmeric

Turmeric is a perennial shrub grown in India and other tropical areas of Asia. The health benefits of this antioxidant-rich herb lie in the active ingredient curcumin which helps support heart, liver, and digestive system health. Turmeric's anti-inflammatory benefits also help support joint health.

## Turnip

Turnips are a “starch” vegetable, but provide only one third the amount of calories as an equal amount of potatoes. Turnips provide an excellent source of vitamin C, fiber, folic acid, manganese, pantothenic acid, and copper as well as thiamine, potassium, niacin, and magnesium. In addition, they are a good source of vitamins B6 and E as well as riboflavin. The health benefits of turnips include support of cardiovascular health, respiratory health, autoimmune system health, and eye health.

## Vitamin B12

Vitamin B12, also called cyanocobalamin, works with other B vitamins to turn food into energy. It is needed to form healthy blood cells. Vitamin B12 also supports the maintenance of heart health as well as memory and other cognitive skills. It also supports immune system health.

## Vitamin C

Vitamin C, also called ascorbic acid, is one of the more powerful and well-known antioxidants. It helps to maintain healthy collagen in the skin, repair damaged tissue, promote healthy teeth and bones, and boost the immune system. Vitamin C also offers powerful support for heart health, autoimmune system health, and even eye health.

## Wolfberry Extract

Similar to the Tibetan goji berry, Chinese wolfberry is grown primarily in China and eastern Asia. The amazing properties of wolfberry extract enable it to support proper cellular DNA development as well as support the immune system and eye health. This extract also supports cardiovascular, immune system, and autoimmune system health. Wolfberry extract provides 18 amino acids and 21 trace minerals that are essential for good health.

## IMMUNE SYSTEM HEALTH

### Acai Berry

Found in the Amazon rainforests, acai berries are rich in phytonutrients and antioxidants. They offer a blood-sugar-friendly glycemic index and are loaded with vitamins (especially vitamin E), trace minerals and Essential Fatty Acids. Great for increasing energy as well as promoting immune and circulatory system health.

### Acerola Cherry

Possibly the richest source of vitamin C among fruits, the acerola cherry contains 65 times more vitamin C than an orange. Acerola contains anthocyanins—substances which are highly anti-inflammatory in nature—as well as antioxidant-packed carotenoids and flavonoids. The cherry is an excellent source of vitamin A, which is a potent antioxidant. This tiny berry is also rich in vitamin B, calcium, magnesium, folate, potassium, and phosphorous.

### Aloe Vera Gel

The health and nutrition benefits of aloe vera gel are well-documented. Aloe vera provides the body with 200 health-promoting compounds, including 20 minerals, 18 amino acids, and 12 vitamins. Its properties help maintain a healthy digestive system and a natural energy level. Aloe vera is also beneficial in maintaining immune system health.

### Amalaki

The fruit of the Amalaki tree is part of the Ayurvedic pharmacopeia. For centuries, it has been used as a potent rejuvenative for the entire body. Its properties appear to stimulate the production of red blood cells, enhance cellular regeneration, increase lean body mass, and support proper function of the liver, spleen heart and lungs. Amalaki fruit also is a rich source of antioxidants and helps to maintain a healthy blood sugar level.

### Ashwagandha

Also known as Winter Cherry, ashwagandha is considered the “ginseng of Ayurvedic medicine.” Ashwagandha has many beneficial elements, including flavonoids and members of the withanolide class. Numerous modern studies have found that ashwagandha is a powerful antioxidant that appears to be effective in reducing inflammation, treating tumors, decreasing stress, increasing mental activity, and invigorating the body. Traditionally, it has also been used to boost the immune system, improve memory and cognition, relieve anxiety, and to promote overall wellness.

### Asparagus

Asparagus is a nutrient-dense food which is high in folic acid and is a good source of potassium, fiber, and vitamins A, B6, C, and E. It also contains useful amounts of calcium, magnesium and iodine. Asparagus has no fat, contains no cholesterol, and is low in sodium. The exceptional antioxidant properties of asparagus promote the maintenance of heart health, digestive system health, and immune system health.

### Astragalus Root

Astragalus root is derived from a perennial plant that grows in northern China and Mongolia. The herb is a staple of Chinese medicine, where it has been used for centuries to boost the immune system and treat a variety of ailments.

## Bacopa

Bacopa has been revered for centuries in the Ayurvedic herbal traditions of India for its ability to enhance clear thinking and support memory function. Traditionally, bacopa extract is reported to be a “brain tonic.” The phytochemicals found in the bacopa leaves include alkaloids, saponins, flavonoids, beta-sitosterol and betulinic acid. A powerful antioxidant, bacopa helps maintain the structural and functional integrity of the membranes surrounding the mitochondria, a portion of cellular DNA that can degenerate with age. It also protects gastrointestinal health by raising mucosal defensive factors.

## Beet

Beets contain a wealth of fiber - half soluble and half insoluble. Both types play roles in fighting fat. Beets are also particularly rich in folic acid, calcium, and iron. These colorful root vegetables contain powerful nutrient compounds that support heart health, immune system health, and even reproductive health.

## Borage Seed Oil

Borage is an annual plant that produces dark, oil-rich seeds from which borage seed oil is derived. Borage seed oil contains phospholipids, sterols, and other active phyto-compounds which may have immune system boosting properties. This oil is also a great source of vegetarian gamma-linolenic acid (GLA), an Omega-6 essential fatty acid that offers remarkable circulatory system benefits.

## Broccoli

This “must-have“ cruciferous vegetable is rich in dozens of nutrients. In fact, it packs the most nutritional punch of any vegetable. Broccoli’s noteworthy nutrients include vitamin C, vitamin A

(mostly as beta-carotene), folic acid, calcium, and fiber. It is also a rich fiber source. Broccoli is particularly helpful in supporting cardiovascular health as well as immune system and eye health.

## Burdock Root

This herb found throughout Europe and Asia is a rich source of copper, iron, manganese, sulfur, biotin, zinc, iron, amino acids, mucilage, and vitamins B1, B6, B12, and E. Burdock is a strong detoxifier with powerful hormone-balancing benefits. Its properties support increased circulation to the skin, helping to detoxify skin tissue. This purification helps relieve some cleansing burdens from the kidneys and liver. Burdock also contains a carbohydrate called inulin, which strengthens the liver.

## Camu Camu

Camu camu, a fruit native to Peru, is a rich source of potassium, amino acids, vitamin C, and flavonoids. Its properties offer powerful immune system support as well as increased energy levels. Camu camu also contains several potent antioxidant compounds.

## Cat’s Claw

Cat’s claw is a natural extract of the inner bark of *Uncaria tomentosa*, an exciting herbal discovery from the Peruvian Rainforest. Also called *Una de Gato*, the cat’s claw herb has been used for hundreds of years by the native Ashanica Indians. Cat’s claw has long been used to support the immune system and promote kidney health. It also appears to be beneficial in the maintenance of joint health and may offer analgesic properties.

## Cauliflower

Cauliflower, a cruciferous vegetable, contains allicin, which provides powerful heart health support, and selenium, a chemical that works well with vitamin C to strengthen the immune system. Cauliflower can also help to maintain healthy cholesterol levels. The B vitamin folic acid, which is needed for cell growth and replication, is also found in cauliflower. Cauliflower is a rich source of fiber.

## Chlorella

Chlorella, a single-celled algae, gets its name from the high amount of chlorophyll it possesses. Chlorella contains more chlorophyll per gram than any other plant. Chlorophyll is a highly effective nutrient that naturally cleanses the bowel and other elimination systems such as the liver and the blood. Chlorella's properties also support enhanced immune system health, and even helps balance the body's pH and blood sugar levels.

## Citrus Bioflavonoid

Bioflavonoids are plant pigments responsible for the colors of many flowers and fruits. Citrus bioflavonoids are the bioflavonoids found in citrus fruits, such as lemons, oranges, tangerines, grapefruit, etc. Citrus bioflavonoids are extremely high in antioxidant activity, which helps optimize good health and fight premature aging. They also help support circulatory system health and possess anti-allergy, anti-viral, and anti-inflammatory properties.

## Coral Calcium Complex

Coral calcium complex (as found in Trévo) is much more bio-available than other forms of calcium. Coral calcium complex also contains an optimal mix of both

major minerals and trace minerals. It helps support healthy muscle and nerve function, as well as helps to balance pH levels in the body for better health. It is also well-known for its support of heart, bone, and immune system health.

## Echinacea

Echinacea, also known as the purple cone flower, is very beneficial for promoting and maintaining immune system health. The active constituents of echinacea work together to help inhibit influenza and cold viruses by increasing the body's natural production of interferon. Echinacea has no known side effects.

## Ellagic Acid

Ellagic acid is an antioxidant-rich chemical compound found in fruits and vegetables such as raspberries, strawberries, pomegranates, cranberries, walnuts, and other plant foods. Its natural properties strengthen the immune system, support heart health, and even strengthen connective tissue. Ellagic acid appears to promote wound healing and is widely touted for its suggested anti-carcinogenic properties.

## Gac Fruit

Popular in South East Asia, gac fruit is packed full of beta carotene, lycopene, vitamin C, and other strong antioxidants that not only help to support the immune system, but also help retard the effects of aging. Laboratory testing and scientific research have shown that gac fruit contains 70 times more lycopene than tomatoes, 20 times more beta carotene than carrots, 40 times more vitamin C than oranges, and 40 times more zeaxanthin than yellow corn. Gac fruit supports eye health, immune system health, joint health, and cardiovascular health.

## Garlic

Garlic has long been considered an herbal “wonder drug.” Its powerful antioxidant properties make garlic a great nutrient for the maintenance of heart health as well as a strengthened immune system.

## Glutathione

Glutathione is a powerful antioxidant found within every cell. Glutathione plays a role in nutrient metabolism and regulation of cellular events including gene expression, DNA and protein synthesis, cell growth, and immune response. It provides immune system and cardiovascular system support as well as neurological system support. Food sources of glutathione are primarily fruits and vegetables.

## Glycine

Glycine is a sweet-tasting, non-essential amino acid found in the protein of all living organisms. It is an important factor in the body’s manufacture of hormones responsible for a strong immune system. Glycine also helps make DNA, skin proteins, collagen, and phospholipids (which make cell membranes). It helps the body absorb calcium and supports nervous system health.

## Goji Fruit

Found in Tibet and Mongolia, goji berries contain more protein than whole wheat, more beta carotene than carrots, and 500 times more vitamin C by weight than oranges. Goji is known as the “longevity fruit” because it contains powerful antioxidants that help defend against premature aging and fight free radical damage. It appears to stimulate the release of human growth hormone (hGH), sometimes called the “youth hormone.” The nutritional properties of goji fruit also support a healthy immune system, digestive system, cardiovascular system, and even liver and kidney health.

## Gotu Kola

Gotu kola is a powerful herb from India where it is traditionally used to calm the nerves, increase mental and physical power, and enhance mental cognition and focus. Ancient Indian health practitioners also embraced gotu kola’s ability to improve energy and increase longevity. This herb also appears to offer detoxification benefits as well as support for the immune system, circulatory system, and cardiovascular system.

## Graviola

Found deep within the Amazon rain forest, the graviola tree offers some of the most exciting nutritional discoveries in recent history. Graviola has a long history of use in herbal medicine as well as recorded indigenous use, and many of its uses in natural medicine have been validated by scientific research. Its benefits include the support of cardiovascular health and natural anti-bacterial properties. Much of the recent research on graviola, however, has been on phytochemicals found in the leaves, seeds, and stem of graviola which seem to be toxic to specific cancer cells.

## Green Tea (decaffeinated)

Green tea is a type of tea made solely with the leaves of *Camellia sinensis*, and is a caffeine-free, antioxidant-packed nutritional powerhouse. Its nutritional properties provide support for cardiovascular health, immune system health, joint health, anti-aging, and even weight management.

## Iodine

Iodine is an essential trace element that is vital for the body’s normal growth and development. It supports healthy metabolic rates and also plays an important role in maintaining optimum energy levels of the body. Iodine also supports autoimmune system health, and even helps maintain healthy teeth, hair, and nails.



## Kale

Though greens in general are nutritious foods, kale stands above the rest. Not only is it one of the best sources of beta carotene, a powerful antioxidant that supports heart health and immune system health, it also provides other important nutrients. For example, kale possesses the important carotenoids lutein and zeaxanthin, which are vital to eye health. According to recent research results, kale is also a potent source of well-absorbed calcium.

## Korean Ginseng

Korean ginseng is a perennial herb grown on moist and shaded mountainsides in China, Korea, and Russia. Some of its remarkable benefits include the support of healthy cholesterol and blood sugar levels, antioxidant protection, increased stamina, and immune system support. Additionally, Korean ginseng has been shown to reduce the intensity of the body's response to stresses.

## L-Arginine

Arginine is one of the 20 amino acids that constitute protein. Some of arginine's health benefits include immune system support, cardiovascular system support, and weight management support. Arginine also appears to be of benefit in male fertility and aids in liver detoxification.

## L-Aspartic

Aspartic is an amino acid that is extremely beneficial for increased stamina and helps fight chronic fatigue. Aspartic aids cell function and the function of RNA and DNA, as well as enhances production of immunoglobulin and antibodies. Brussels sprouts are a rich source of the L-aspartic amino acid.

## L-Histidine

Histidine is an amino acid that is beneficial in maintaining the myelin sheaths that protect the body's nerve cells. Additionally, it is needed for the production of both red and white blood cells. Histidine provides powerful autoimmune system support, and is used for the growth and repair of tissues. It also offers benefit to digestive health.

## L-Lysine

Lysine, another amino acid, assists in building muscle mass as well as collagen formation and tissue repair. It is also used in the production of antibodies, hormones, and enzymes, and helps the body absorb calcium. Lysine helps maintain proper nitrogen balance and supports improved concentration.

## L-Ornithine

The amino acid ornithine is necessary for proper immune system and liver function. Additionally, it promotes healing and repair of damaged skin and connective tissue.

## L-Serine

The amino acid serine is required for proper metabolism of fats and fatty acids and is also used in the growth of muscle tissue. It helps maintain a healthy immune system and aids in the production of immunoglobulin and antibodies.

## L-Threonine

Another amino acid, threonine is important in the formation of collagen and elastin. It helps prevent fatty acid build-up in the liver and maintains proper protein balance in the body. Threonine also supports immune system health by aiding in the production of antibodies.

## Manganese

Manganese is an essential trace mineral required to manufacture enzymes necessary for the metabolism of proteins and fat. It also supports immune system health as well as healthy blood sugar balance.

Manganese is involved in the production of cellular energy, reproduction and bone growth. This micronutrient activates the enzymes responsible for DNA and RNA production.

## Mangosteen

Mangosteen fruit, which comes from a tropical evergreen tree, is an off-the-charts antioxidant. Its properties offer potent support for cardiovascular system health, circulatory system health, immune system health, and may even offer enhanced cognitive benefits. Mangosteen also appears to possess anti-inflammatory properties.

## Milk Thistle

A nutrient-rich herb, milk thistle helps keep the liver, which is the toxic waste disposal plant of the body, healthy and nourished. It also helps boost immune system and heart health, and provides powerful antioxidant protection. Milk thistle is a rich source of tocopherol sterols, essential fatty acids, linoleic acid, and beta carotene as well as calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, and zinc.

## N-Acetyl-L-cysteine

The amino acid cysteine is one of the key components in all living things. It has been shown to increase levels of the antioxidant glutathione, it supports digestive health, and it may even play an important role in the communication between immune system cells. N-Acetyl-L-cysteine is believed to play a role in the normal growth rate of hair and may offer anti-aging benefits to the skin. The body also uses this amino acid to produce taurine, another amino acid.

## Noni

Noni fruit, which is native to the South Pacific, is an excellent source of nutrients including vitamin C, niacin, potassium, vitamin A, calcium, and sodium. Research has identified the presence of 10 essential vitamins, 7 dietary minerals, and 18 amino acids in noni. It supports healthy blood sugar levels and digestive system health as well as enhanced immune system health. Noni is also beneficial in supporting autoimmune system and joint health.

## Onion

Onions offer a wealth of health benefits, including the support of digestive, respiratory, and autoimmune system health. Onions are a rich source of flavonoids, substances known to provide support of cardiovascular health. They also support the maintenance of healthy blood pressure levels, as well as healthy cholesterol and triglyceride levels.

## Pantothenic Acid (vitamin B5)

Pantothenic acid, or vitamin B5, is needed to make hormones and healthy red blood cells, convert carbohydrates and fat into energy, and aid in the formation of antibodies. It is also reputed to be a stamina enhancer. Pantothenic acid is sometimes called the “anti-stress vitamin” as there are indications that it may be helpful to sufferers of depression and anxiety.

## Papaya

Papaya fruit is a rich source of antioxidant nutrients such as carotenes, vitamin C, vitamin A, and flavonoids as well as the B vitamins folate and pantothenic acid. It also provides the benefits of potassium, magnesium, and fiber. Together, these nutrients support cardiovascular health, digestive system health, and immune system support as well as autoimmune system and eye health support. The active properties of papaya fruit even offer potent anti-inflammatory benefits.

## Parsley

Related to celery, parsley is much more than a garnish. This antioxidant-rich nutritional powerhouse contains three times as much vitamin C as oranges and twice as much iron as spinach. It is an excellent source of vitamin K, vitamin A, and folate as well. Parsley supports cardiovascular health and autoimmune system health.

## Pau d'Arco

The inner bark of the pau d'arco tree found in the rain forests of Latin America offers a rich source of nutrients. As an immune system booster, it ranks alongside echinacea. It also possesses potent anti-microbial, anti-inflammatory, and anti-fungal properties. Pau d'arco supports digestive system health as well as autoimmune system health.

## Pineapple

Pineapple contains a protein-digesting enzyme mixture called bromelain, which offers potent anti-inflammatory benefits. Bromelain helps break down the amino acid bonds in proteins, promoting good digestion. The benefits of bromelain are similar to those of papaya. This delicious tropical fruit is also a rich source of the antioxidant vitamin C as well as manganese. Pineapple supports bone and connective tissue health, cardiovascular health, and immune system health.

## Propolis

Propolis is a mainly resinous substance that bees collect from trees and plants, and its health benefits have been recognized for centuries. Propolis is probably best known for its natural antibiotic-like properties. Additionally, it supports immune and autoimmune system health. The natural properties of propolis also appear to offer anti-inflammatory benefit.

## Riboflavin (Vitamin B2)

Riboflavin, or vitamin B2, regulates red blood cell growth and helps maintain a strong immune system by protecting the body from free-radical damage. Riboflavin also supports healthy hair, skin, nails, and vision.

## Sea Buckthorn

Sea buckthorn is a winter-hardy shrub containing 190 bio-active components. It is a rich source of vitamins E and C, beta-carotene, unsaturated fatty acids, essential amino acids, and flavonoids. Sea buckthorn's nutritional properties benefit the support of cardiovascular health as well as digestive system and immune system health.

## Selenium

Selenium is a trace mineral found in soil, water, and some foods. It is required for the body to function normally. Selenium helps support both immune system and autoimmune system health, as well as cardiovascular system health.

## Spinach

Spinach contains at least 13 different flavonoid compounds that function as antioxidants. These compounds also provide powerful autoimmune system support. Spinach is a potent source of vitamins K and A as well as manganese, folate, and magnesium. Its properties offer outstanding support for bones, the cardiovascular and digestive systems, brain function, and even eye health.

## Tomato

Tomatoes are one of the best sources of lycopene. The antioxidant function of lycopene has been linked in human research to the protection of DNA (our genetic material) inside of white blood cells. Tomatoes are also a great source of vitamins C and K. Their health benefits include support of cardiovascular health, autoimmune system health, bone strength, and even the maintenance of healthy cholesterol levels.

## Turnip

Turnips are a “starch“ vegetable, but provide only one third the amount of calories as an equal amount of potatoes. Turnips provide an excellent source of vitamin C, fiber, folic acid, manganese, pantothenic acid, and copper as well as thiamine, potassium, niacin, and magnesium. In addition, they are a good source of vitamins B6 and E as well as riboflavin. The health benefits of turnips include support of cardiovascular health, respiratory health, autoimmune system health, and eye health.

## Vitamin A

Vitamin A is vital for the maintenance of healthy skin, good vision, and a robust immune system. It is essential to overall good health, and individuals who do not get an adequate amount of vitamin A in their diets have been shown to be more vulnerable to infection and infectious diseases.

## Vitamin B12

Vitamin B12, also called cyanocobalamin, works with other B vitamins to turn food into energy. It is needed to form healthy blood cells. Vitamin B12 also supports the maintenance of heart health as well as memory and other cognitive skills. It also supports immune system health.

## Vitamin C

Vitamin C, also called ascorbic acid, is one of the more powerful and well-known antioxidants. It helps to maintain healthy collagen in the skin, repair damaged tissue, promote healthy teeth and bones, and boost the immune system. Vitamin C also offers powerful support for heart health, autoimmune system health, and even eye health.

## Vitamin E

Vitamin E, or alpha-tocopherol, is a leading antioxidant that supports eye health and immune system health. Vitamin E is also an effective anti-inflammatory and may help to prevent sun damage.

## Wheat Grass

Wheatgrass is young sprouted wheat one to two weeks of age, and is an excellent source of fiber. It is high in chlorophyll, calcium, vitamins C and E, B vitamins, magnesium, and potassium. Some 17 amino acids can be found in wheatgrass, including essential amino acids. Wheat grass helps support gastrointestinal health, cellular health, and autoimmune system health.

## Wolfberry Extract

Similar to the Tibetan goji berry, Chinese wolfberry is grown primarily in China and eastern Asia. The amazing properties of wolfberry extract enable it to support proper cellular DNA development as well as support the immune system and eye health. This extract also supports cardiovascular, immune system, and autoimmune system health. Wolfberry extract provides 18 amino acids and 21 trace minerals that are essential for good health.

## Zinc

Zinc is a mineral that is vital to healthy living. It helps strengthen the immune system and supports a healthy white blood cell count. Zinc aids in the body's absorption of minerals, including calcium, and also supports good digestive health.

## JOINT AND BONE HEALTH

### Amalaki

The fruit of the Amalaki tree is part of the Ayurvedic pharmacopeia. For centuries, it has been used as a potent rejuvenative for the entire body. Its properties appear to stimulate the production of red blood cells, enhance cellular regeneration, increase lean body mass, and support proper function of the liver, spleen heart and lungs. Amalaki fruit also is a rich source of antioxidants and helps to maintain a healthy blood sugar level.

### Barley Grass

Barley grass is the leaf portion of the barley plant. It is high in calcium, iron, all essential amino acids, antioxidant vitamins C and E, flavonoids, vitamin B12, and a number of enzymes and minerals. The properties of barley grass support cardiovascular and intestinal health as well as joint health.

### Bladderwrack

Bladderwrack is a type of brown sea vegetable that grows on the northern Atlantic and Pacific coasts of the United States and on the northern Atlantic coast and Baltic coast of Europe. Its benefits include controlling LDL (“bad” cholesterol) levels, the maintenance of healthy blood sugar levels, and even appears to be useful in weight maintenance efforts. Bladderwrack also helps support joint health as well as healthy thyroid gland activity.

### Bromelain

Bromelain is an enzyme derived from the pineapple plant. More than 200 scientific papers have been written about bromelain since it was first introduced as a health-boosting substance in 1957. Much of the research has focused on its anti-inflammatory effects, but bromelain also offers very beneficial digestive system support as well as a myriad of other healthful benefits.

### Calcium

A lack of this vital mineral means more than just weak bones. Key organs and bodily functions, like your heart and metabolism, require calcium to operate at their best. Yet, according to federal government statistics, only 21% of us are getting the recommended amount of calcium. Calcium also helps with weight management efforts.

### Cat’s Claw

Cat’s claw is a natural extract of the inner bark of *Uncaria tomentosa*, an exciting herbal discovery from the Peruvian Rainforest. Also called *Una de Gato*, the cat’s claw herb has been used for hundreds of years by the native Ashanica Indians. Cat’s claw has long been used to support the immune system and promote kidney health. It also appears to be beneficial in the maintenance of joint health and may offer analgesic properties.

### Cherry

Cherries are one of today’s hottest “Super Fruits.” In addition to being packed with powerful antioxidants, cherries also contain other important nutrients such as beta carotene (19 times more than blueberries or strawberries), vitamin C, potassium, and fiber. Cherries appear to be of benefit in the reduction of inflammation, as well as the support of cardiovascular and bone health. They even help support the maintenance of healthy blood sugar levels.

### Citrus Bioflavonoid

Bioflavonoids are plant pigments responsible for the colors of many flowers and fruits. Citrus bioflavonoids are the bioflavonoids found in citrus fruits, such as lemons, oranges, tangerines, grapefruit, etc. Citrus bioflavonoids are extremely high in antioxidant activity, which helps optimize good health and fight premature aging. They also help support circulatory system health and possess anti-allergy, anti-viral, and anti-inflammatory properties.

## Coral Calcium Complex

Coral calcium complex (as found in Trévo) is much more bio-available than other forms of calcium. Coral calcium complex also contains an optimal mix of both major minerals and trace minerals. It helps support healthy muscle and nerve function, as well as helps to balance pH levels in the body for better health. It is also well-known for its support of heart, bone, and immune system health.

## Dulse Leaf

A sea vegetable treasured for its high nutrient content. Sea vegetables, including dulse, offer the broadest range of minerals of any food, containing virtually all the minerals found in the ocean—the same minerals found in human blood. Sea vegetables are an excellent source of iodine and vitamin K, a great source of folic acid and magnesium, as well as a good source of iron, calcium, the B-vitamins riboflavin, and pantothenic acid. Their nutritional properties support healthy thyroid function, cardiovascular health, and even offer weight management benefits. The carbohydrate-like substances called fucans found in sea vegetables provide powerful anti-inflammatory benefits.

## Flaxseed Oil

Flaxseed oil is rich in alpha-linolenic acid (ALA), an Omega-3 essential fatty acid that offers powerful support for heart health. Additionally, it helps support the maintenance of healthy cholesterol levels. Flaxseed oil also provides anti-inflammatory joint health support and even helps support digestive health.

## Fucusvesiculosus Whole Leaf

A sea vegetable treasured for its high nutrient content. Sea vegetables, including fucusvesiculosus, offer the broadest range of minerals of any food, containing virtually all the minerals found in the ocean—the same minerals found in human blood. Sea vegetables are an excellent source of iodine and vitamin K, a great source of folic acid and magnesium, as well as a good source of iron, calcium, the B-vitamins riboflavin, and pantothenic acid. Their nutritional properties support healthy thyroid function, cardiovascular health, and even offer weight management benefits. The carbohydrate-like substances called fucans found in sea vegetables provide powerful anti-inflammatory benefits.

## Gac Fruit

Popular in South East Asia, gac fruit is packed full of beta carotene, lycopene, vitamin C, and other strong antioxidants that not only help to support the immune system, but also help retard the effects of aging. Laboratory testing and scientific research have shown that gac fruit contains 70 times more lycopene than tomatoes, 20 times more beta carotene than carrots, 40 times more vitamin C than oranges, and 40 times more zeaxanthin than yellow corn. Gac fruit supports eye health, immune system health, joint health, and cardiovascular health.

## Green Tea (decaffeinated)

Green tea is a type of tea made solely with the leaves of *Camellia sinensis*, and is a caffeine-free, antioxidant-packed nutritional powerhouse. Its nutritional properties provide support for cardiovascular health, immune system health, joint health, anti-aging, and even weight management.

## Kelp

A sea vegetable treasured for its high nutrient content. Sea vegetables, including kelp, offer the broadest range of minerals of any food, containing virtually all the minerals found in the ocean—the same minerals found in human blood. Sea vegetables are an excellent source of iodine and vitamin K, a great source of folic acid and magnesium, as well as a good source of iron, calcium, the B-vitamins riboflavin, and pantothenic acid. Their nutritional properties support healthy thyroid function, cardiovascular health, and even offer weight management benefits. The carbohydrate-like substances called fucans found in sea vegetables provide powerful anti-inflammatory benefits.

## L-Proline

Proline is an amino acid that is essential for the synthesis of collagen, the most abundant protein in mammals. Collagen is the main structural protein that constitutes all human connective tissues, including skin, tendons, ligaments, joints, bones, veins, and arteries.

## L-Serine

The amino acid serine is required for proper metabolism of fats and fatty acids and is also used in the growth of muscle tissue. It helps maintain a healthy immune system and aids in the production of immunoglobulin and antibodies.

## Lycopene

Lycopene is the pigment that gives many fruits and vegetables (most notably tomatoes) their beautiful red color. It is also a powerful antioxidant offering a wealth of health benefits, including support for prostate, bone, and skin health.

## Manganese

Manganese is an essential trace mineral required to manufacture enzymes necessary for the metabolism of proteins and fat. It also supports immune system health as well as healthy blood sugar balance. Manganese is involved in the production of cellular energy, reproduction and bone growth. This micronutrient activates the enzymes responsible for DNA and RNA production.

## Mangosteen

Mangosteen fruit, which comes from a tropical evergreen tree, is an off-the-charts antioxidant. Its properties offer potent support for cardiovascular system health, circulatory system health, immune system health, and may even offer enhanced cognitive benefits. Mangosteen also appears to possess anti-inflammatory properties.

## Magnesium

Magnesium is a mineral essential to many biological processes that occur in the body. It aids in the body's absorption of calcium and also plays a key role in the strength and formation of bones and teeth. Magnesium is also vital for the maintenance of heart health and helps maintain proper muscle function.

## Maqui Berry

Maqui berries have astonishing levels of antioxidants, including anthocyanins, polyphenols and flavonoids. They are also a good source of calcium, vitamin C, potassium and iron. These berries support the cardiovascular system by encouraging blood flow, and even offer analgesic properties. Maqui berries also appear to support healthy levels of cholesterol and triglycerides. They have long been used by South American natives to promote strength, endurance and overall good health.

## Noni

Noni fruit, which is native to the South Pacific, is an excellent source of nutrients including vitamin C, niacin, potassium, vitamin A, calcium, and sodium. Research has identified the presence of 10 essential vitamins, 7 dietary minerals, and 18 amino acids in noni. It supports healthy blood sugar levels and digestive system health as well as enhanced immune system health. Noni is also beneficial in supporting autoimmune system and joint health.

## Papaya

Papaya fruit is a rich source of antioxidant nutrients such as carotenes, vitamin C, vitamin A, and flavonoids as well as the B vitamins folate and pantothenic acid. It also provides the benefits of potassium, magnesium, and fiber. Together, these nutrients support cardiovascular health, digestive system health, and immune system support as well as autoimmune system and eye health support. The active properties of papaya fruit even offer potent anti-inflammatory benefits.

## Pau d'Arco

The inner bark of the pau d'arco tree found in the rain forests of Latin America offers a rich source of nutrients. As an immune system booster, it ranks alongside echinacea. It also possesses potent anti-microbial, anti-inflammatory, and anti-fungal properties. Pau d'arco supports digestive system health as well as autoimmune system health.

## Pineapple

Pineapple contains a protein-digesting enzyme mixture called bromelain, which offers potent anti-inflammatory benefits. Bromelain helps break down the amino acid bonds in proteins, promoting good digestion. The benefits of bromelain are similar to those of papaya. This delicious tropical fruit is also a rich source of the antioxidant vitamin C as well as

manganese. Pineapple supports bone and connective tissue health, cardiovascular health, and immune system health.

## Potassium

All cells, tissues, and organs in the body rely on this mineral to function properly. Potassium helps regulate the balance of fluids and minerals in cells, and also facilitates the transmission of nerve impulses. It is required for normal body growth, supports the growth of muscle tissue, and even helps metabolize carbohydrates. Potassium also supports kidney function and heart health.

## Propolis

Propolis is a mainly resinous substance that bees collect from trees and plants, and its health benefits have been recognized for centuries. Propolis is probably best known for its natural antibiotic-like properties. Additionally, it supports immune and autoimmune system health. The natural properties of propolis also appear to offer anti-inflammatory benefit.

## Tomato

Tomatoes are one of the best sources of lycopene. The antioxidant function of lycopene has been linked in human research to the protection of DNA (our genetic material) inside of white blood cells. Tomatoes are also a great source of vitamins C and K. Their health benefits include support of cardiovascular health, autoimmune system health, bone strength, and even the maintenance of healthy cholesterol levels.

## Turmeric

Turmeric is a perennial shrub grown in India and other tropical areas of Asia. The health benefits of this antioxidant-rich herb lie in the active ingredient curcumin which helps support heart, liver, and digestive system health. Turmeric's anti-inflammatory benefits also help support joint health.

## Vitamin C

Vitamin C, also called ascorbic acid, is one of the more powerful and well-known antioxidants. It helps to maintain healthy collagen in the skin, repair damaged tissue, promote healthy teeth and bones, and boost the immune system. Vitamin C also offers powerful support for heart health, autoimmune system health, and even eye health.

## Vitamin D

Vitamin D is best known for its role in the development and maintenance of healthy teeth, bones, and cartilage in children and adults. It helps the body keep bones and teeth strong by increasing absorption of calcium and phosphorus from the small intestine.

## Vitamin E

Vitamin E, or alpha-tocopherol, is a leading antioxidant that supports eye health and immune system health. Vitamin E is also an effective anti-inflammatory and may help to prevent sun damage.

## MEN'S HEALTH

### L-Alanine

Alanine is a non-essential amino acid and is used by the body to build protein. It aids in and is required for the metabolism of glucose, a simple carbohydrate that the body uses for energy. Alanine also appears to be of benefit in supporting prostate health in men.

### L-Arginine

Arginine is one of the 20 amino acids that constitute protein. Some of arginine's health benefits include immune system support, cardiovascular system support, and weight management support. Arginine also appears to be of benefit in male fertility and aids in liver detoxification.

### Lycopene

Lycopene is the pigment that gives many fruits and vegetables (most notably tomatoes) their beautiful red color. It is also a powerful antioxidant offering a wealth of health benefits, including support for prostate, bone, and skin health.

## RESPIRATORY SYSTEM HEALTH

### Lemon

Although lemons are often thought of as acidic, they are very beneficial in supporting digestive system health. They also offer powerful support for respiratory system health. Lemons are a rich source of vitamin C, magnesium, calcium, and potassium.

### Onion

Onions offer a wealth of health benefits, including the support of digestive, respiratory, and autoimmune system health. Onions are a rich source of flavonoids, substances known to provide support of cardiovascular health. They also support the maintenance of healthy blood pressure levels, as well as healthy cholesterol and triglyceride levels.

### Turnip

Turnips are a “starch” vegetable, but provide only one third the amount of calories as an equal amount of potatoes. Turnips provide an excellent source of vitamin C, fiber, folic acid, manganese, pantothenic acid, and copper as well as thiamine, potassium, niacin, and magnesium. In addition, they are a good source of vitamins B6 and E as well as riboflavin. The health benefits of turnips include support of cardiovascular health, respiratory health, autoimmune system health, and eye health.

## URINARY TRACT HEALTH

### Blueberry

Blueberries consistently rank very high in antioxidant activity when compared to other fresh fruits and vegetables. The blueberry's antioxidants, vitamins, and minerals are responsible for its potent health benefits, which include the support of heart health, urinary tract health, and even improved mental focus. Studies also show that blueberries appear to have a protective effect against DNA damage.

### Cranberry

Commonly recommended by doctors for urinary health, cranberries are loaded with vitamin C and a number of polyphenols (both of which are powerful antioxidants). Cranberries are also associated with cardiovascular health as they help maintain healthy cholesterol levels.

### Goji Fruit

Found in Tibet and Mongolia, goji berries contain more protein than whole wheat, more beta carotene than carrots, and 500 times more vitamin C by weight than oranges. Goji is known as the “longevity fruit” because it contains powerful antioxidants that help defend against premature aging and fight free radical damage. It appears to stimulate the release of human growth hormone (hGH), sometimes called the “youth hormone.” The nutritional properties of goji fruit also support a healthy immune system, digestive system, cardiovascular system, and even liver and kidney health.

## WEIGHT MANAGEMENT

### Amalaki

The fruit of the Amalaki tree is part of the Ayurvedic pharmacopeia. For centuries, it has been used as a potent rejuvenative for the entire body. Its properties appear to stimulate the production of red blood cells, enhance cellular regeneration, increase lean body mass, and support proper function of the liver, spleen heart and lungs. Amalaki fruit also is a rich source of antioxidants and helps to maintain a healthy blood sugar level.

### Beet

Beets contain a wealth of fiber—half soluble and half insoluble. Both types play roles in fighting fat. Beets are also particularly rich in folic acid, calcium, and iron. These colorful root vegetables contain powerful nutrient compounds that support heart health, immune system health, and even reproductive health.

### Bladderwrack

Bladderwrack is a type of brown sea vegetable that grows on the northern Atlantic and Pacific coasts of the United States and on the northern Atlantic coast and Baltic coast of Europe. Its benefits include controlling LDL (“bad” cholesterol) levels, the maintenance of healthy blood sugar levels, and even appears to be useful in weight maintenance efforts. Bladderwrack also helps support joint health as well as healthy thyroid gland activity.

### Blue Green Spirulina

Blue green spirulina is a microscopic aquatic plant that is often called nature’s perfect food because of its abundant nutritional profile. It is known as a particularly rich source of protein, carotenoids, vitamins, minerals, and essential fatty acids. Spirulina’s properties have long been associated with successful weight management and overall good health.

### Calcium

A lack of this vital mineral means more than just weak bones. Key organs and bodily functions, like your heart and metabolism, require calcium to operate at their best. Yet, according to federal government statistics, only 21% of us are getting the recommended amount of calcium. Calcium also helps with weight management efforts.

### Chromium

A naturally occurring, plant-derived trace mineral. It aids in glucose metabolism and helps support healthy blood sugar levels.

### Dulse Leaf

A sea vegetable treasured for its high nutrient content. Sea vegetables, including dulse, offer the broadest range of minerals of any food, containing virtually all the minerals found in the ocean - the same minerals found in human blood. Sea vegetables are an excellent source of iodine and vitamin K, a great source of folic acid and magnesium, as well as a good source of iron, calcium, the B-vitamins riboflavin, and pantothenic acid. Their nutritional properties support healthy thyroid function, cardiovascular health, and even offer weight management benefits. The carbohydrate-like substances called fucans found in sea vegetables provide powerful anti-inflammatory benefits.

### Green Tea (decaffeinated)

Green tea is a type of tea made solely with the leaves of *Camellia sinensis*, and is a caffeine-free, antioxidant-packed nutritional powerhouse. Its nutritional properties provide support for cardiovascular health, immune system health, joint health, anti-aging, and even weight management.

## Iodine

Iodine is an essential trace element that is vital for the body's normal growth and development. It supports healthy metabolic rates and also plays an important role in maintaining optimum energy levels of the body. Iodine also supports autoimmune system health, and even helps maintain healthy teeth, hair, and nails.

## Kelp

A sea vegetable treasured for its high nutrient content. Sea vegetables, including kelp, offer the broadest range of minerals of any food, containing virtually all the minerals found in the ocean - the same minerals found in human blood. Sea vegetables are an excellent source of iodine and vitamin K, a great source of folic acid and magnesium, as well as a good source of iron, calcium, the B-vitamins riboflavin, and pantothenic acid. Their nutritional properties support healthy thyroid function, cardiovascular health, and even offer weight management benefits. The carbohydrate-like substances called fucans found in sea vegetables provide powerful anti-inflammatory benefits.

## L-Arginine

Arginine is one of the 20 amino acids that constitute protein. Some of arginine's health benefits include immune system support, cardiovascular system support, and weight management support. Arginine also appears to be of benefit in male fertility and aids in liver detoxification.

## L-Cystine

Cystine, another amino acid, plays an important role in the body's detoxification process and helps protect the liver from harmful toxins. It also aids in the production of collagen and is remarkably beneficial in the growth of strong nails, skin, and hair. Cystine is also a powerful antioxidant. It offers cardiovascular system support and even promotes fat burning.

## L-Tyrosine

The amino acid tyrosine helps with normal functioning of the adrenal, thyroid, and pituitary glands. It also suppresses appetite and reduces body fat. Tyrosine serves as a natural mood elevator and may be helpful in addressing chronic fatigue.

## Maqui Berry

Maqui berries have astonishing levels of antioxidants, including anthocyanins, polyphenols and flavonoids. They are also a good source of calcium, vitamin C, potassium and iron. These berries support the cardiovascular system by encouraging blood flow, and even offer analgesic properties. Maqui berries also appear to support healthy levels of cholesterol and triglycerides. They have long been used by South American natives to promote strength, endurance and overall good health.

## Potassium

All cells, tissues, and organs in the body rely on this mineral to function properly. Potassium helps regulate the balance of fluids and minerals in cells, and also facilitates the transmission of nerve impulses. It is required for normal body growth, supports the growth of muscle tissue, and even helps metabolize carbohydrates. Potassium also supports kidney function and heart health.

## WOMEN'S HEALTH

### Beet

Beets contain a wealth of fiber—half soluble and half insoluble. Both types play roles in fighting fat. Beets are also particularly rich in folic acid, calcium, and iron. These colorful root vegetables contain powerful nutrient compounds that support heart health, immune system health, and even reproductive health.

### Burdock Root

This herb found throughout Europe and Asia is a rich source of copper, iron, manganese, sulfur, biotin, zinc, iron, amino acids, mucilage, and vitamins B1, B6, B12, and E. Burdock is a strong detoxifier with powerful hormone-balancing benefits. Its properties support increased circulation to the skin, helping to detoxify skin tissue. This purification helps relieve some cleansing burdens from the kidneys and liver. Burdock also contains a carbohydrate called inulin, which strengthens the liver.

### Calcium

A lack of this vital mineral means more than just weak bones. Key organs and bodily functions, like your heart and metabolism, require calcium to operate at their best. Yet, according to federal government statistics, only 21% of us are getting the recommended amount of calcium. Calcium also helps with weight management efforts.

### Coral Calcium Complex

Coral calcium complex (as found in Trévo) is much more bio-available than other forms of calcium. Coral calcium complex also contains an optimal mix of both major minerals and trace minerals. It helps support healthy muscle and nerve function, as well as helps to balance pH levels in the body for better health. It is also well-known for its support of heart, bone, and immune system health.

### Folate (Folic Acid)

Essential for normal cell growth and healthy blood, folate is the form of vitamin B found naturally in foods. One of the most well-researched areas of the benefits of folate concerns the proper development of a fetus. Folate is critical to neural tube health in newborns. It also provides powerful cardiovascular system support and even appears to help promote DNA health.

### Kale

Though greens in general are nutritious foods, kale stands above the rest. Not only is it one of the best sources of beta carotene, a powerful antioxidant that supports heart health and immune system health, it also provides other important nutrients. For example, kale possesses the important carotenoids lutein and zeaxanthin, which are vital to eye health. According to recent research results, kale is also a potent source of well-absorbed calcium.

### L-Lysine

Lysine, another amino acid, assists in building muscle mass as well as collagen formation and tissue repair. It is also used in the production of antibodies, hormones, and enzymes, and helps the body absorb calcium. Lysine helps maintain proper nitrogen balance and supports improved concentration.

### Manganese

Manganese is an essential trace mineral required to manufacture enzymes necessary for the metabolism of proteins and fat. It also supports immune system health as well as healthy blood sugar balance. Manganese is involved in the production of cellular energy, reproduction and bone growth. This micronutrient activates the enzymes responsible for DNA and RNA production.

## Magnesium

Magnesium is a mineral essential to many biological processes that occur in the body. It aids in the body's absorption of calcium and also plays a key role in the strength and formation of bones and teeth.

Magnesium is also vital for the maintenance of heart health and helps maintain proper muscle function.

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