

Chapter Two: All of the nutritional products with a list of every ingredient under each product. Under each ingredient is information about that ingredient.

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### ***Caffeine, Natural:***

- Stimulating ingredient.
- Enhances fat oxidation by increasing circulating fatty acids.

### ***Calcium Carbonate:***

- Maintains regular heart beat.
- Instrumental in blood clotting and balancing acid / alkali in blood.
- Important in muscle growth and contraction.
- Prevents cramps.
- Critical in the formation of strong bones, teeth.
- Affects sleep patterns and the transmission of nerve impulses.
- Contributes to the permeability of cell membranes.

### ***Corn Starch:***

- Used because of its absorbency.
- Helps soothe irritated membranes such as the colon.
- Used as a safe diuretic.
- Used as a thickening agent.
- Sometimes used to line containers to keep products from sticking to the sides of the container.

### ***DL-Phenylalanine:***

- Contains 50% D-Phenylalanine and 50% L-Phenylalanine.
- Helps with depression.
- Alleviates pain.
- Useful in Parkinson's Disease.
- Alleviates osteoarthritis and rheumatoid arthritis.
- Suppresses the appetite.
- Increases mental alertness.
- ★Caution: High blood pressure, diabetes, anxiety attacks.

### ***DMAE:***

- A potent antioxidant and subtly raises metabolism.
- Helps to tone skin by stimulating and decreasing sagging by keeping the muscles short and tight like they were in youth.
- Increases your ability to think more clearly by being the building block to the neurotransmitter acetylcholine.

## ***Herbal Blend:***

### ***Alfalfa (Leaves):***

- King of restorative, nourishing herbs.
- Roots of plant are very deep which enables it to reach minerals other plants cannot.
- Great for all chronic and acute digestive problems.
- Excellent for arthritic and rheumatoid conditions as well as bursitis and gout.
- Useful in alleviating allergies.
- Helps anemia.
- Blood purifier.
- Decreases morning sickness.
- Diminishes nausea.
- Helps control diabetes.
- Aids the pituitary gland.
- Promotes healthy teeth.
- May help improve halitosis.
- Good for ulcers.

### ***Astragalus (Root):***

- Powerfully increases metabolic rate and increases energy.
- Protects immune system.
- Helps adrenals.
- Is diuretic and promotes healing.
- Legendary aphrodisiac.
- Chinese studies show that it helps with cancer by increasing killer cells (LAK).
- Used for diabetes.
- Shown in Chinese studies to reduce and shorten colds.
- Aids by stimulating activity of T-helper cells without activating T-suppressor cells.
- Helps offset immune damage from numerous drugs.
- ★Caution for people taking beta blockers and warfarin after heart attacks. Should not be used.
- ★Caution should be used with people on immuno-suppressive treatment and people who have had transplants.

### ***Black Pepper Extract, Dried (Fruit) (Bioperine®):***

- Patented black pepper extract.
- Improves nutrient absorption.
- Helps nutrients become more bioavailable by increasing blood flow to the intestinal tract, by increasing emulsifying content of the stomach, and by increasing the active nutrient transport.

### ***Celery (Seed):***

- Used to reduce blood pressure.
- Known for its diuretic effect.
- May act as an antioxidant.
- A safer diuretic

- Used to help with muscle spasms.
- Helpful for arthritis.

***Cinnamon Extract, Dried (Bark):***

- Stimulates peripheral circulation.
- Relieves spasms.
- Helps lower fevers.
- Lowers blood pressure.
- Helps to control bleeding.
- Helps control infections.
- Improves digestion.
- Treatment for diarrhea.
- Helps check candida.
- Relieves pain of arthritis and rheumatism.
- Helps alleviate high blood pressure.
- Works to relieve cold and flu symptoms.

***Citrus Aurantium Extract, Dried (Fruit):***

- Promotes the bodies ability to burn fat and increase energy.
- Contains Optomine which is known to control appetite.
- Studies indicate the increase in metabolic rate does not increase stimulation to the central nervous system like ephedra does.
- Used to lower blood pressure.
- Improves digestion.
- Has diuretic properties.
- Zhi shi, a chinese herb known as bitter orange, sour orange, and green orange.

***Cacao Extract, Dried (Theobroma Cacao) (Seed):***

- Used as a diuretic.
- Known to dilate blood vessels.
- Works on the nervous system and brain to feel better emotionally.
- Is a mild stimulant.
- Used in pharmacy for coating pills.

***Coleus (Coleus Forskohlia):***

- Known to break down fat by stimulating lipolysis.
- Has energy increasing properties.
- Improves respiratory function with no side effects.
- Useful in treating Aids virus.
- Most potent herbal for asthma.
- Helps with cardiovascular disease, like agina and hypertension.
- May benefit those with psoriasis.
- Clinical studies have shown it to reduce glaucoma pressure and increase eye blood flow.
- Has increased thyroid hormone production.
- Stimulates digestive juices.
- Promotes nutrient absorbtion.
- Clinical studies have shown powerful immune system enhancers.

***Damiana Extract, Dried (Leaves):***

- Scientific name Turnera aphrodisiac.
- Leaves are said to be an aphrodisiac to increase sex drive in women and erectile dysfunction in men.
- Used as a stimulant and laxative.
- Very safe to use for an aphrodisiac effect.
- Used to treat urinary infections as a urinary antiseptic.
- May help with depression as it inhibits monoamine oxidase (MAO).
- Used for hot flashes.
- Known to decrease appetite.
- Do not take with iron. It interferes with iron absorption.
- ★Caution: May lower blood sugar in Type 1 diabetics.
- ★Caution: May cause gastrointestinal distress.

***Fennel (Seed):***

- Strong appetite suppressant, stimulates energy production.
- Antacid, antispasmodic, and expectorant.
- Increases secretion of mother's milk.
- A safer diuretic.

***Green Tea Extract, Dried (Leaves):***

- Great cancer preventative.
- Increases energy thus helping to burn more calories and fat.
- Anti-viral and antioxidant effects.
- Enhances immunity and destroys bacteria.
- Helps shield against tumors of the liver, lung, skin, and digestive tract.
- Stabilizes blood lipids, lowers cholesterol, and aids diabetes.
- Extremely useful in cardiac care.
- Helps HIV.

***Hawthorn Berry (Fruit):***

- Dilates coronary vessels.
- Aids angina.
- Helps speed recovery from heart attack.
- Lowers cholesterol.
- Regenerates heart muscle walls.
- Increases calcium absorption, thus is excellent for broken bones, tissue, teeth, nails, and hair.
- Used for Alzheimers.
- Opens capillaries so more oxygen and nutrients get to the brain.
- Helps with attention deficit disorder.
- Laboratory studies show that it helps with diabetic retinopathy and other eye disorders.
- Lab studies show strong indications of helpfulness with leukemia, throat cancer, and lupus.
- ★Caution: Always use competent medical care with dealing with serious heart, and cancer situations, as well as when dealing with pregnant and nursing mothers.

***Licorice (Root):***

- Detoxifies blood.

- Natural sweetener for diabetics.
- Stimulates natural production of cortisone.
- Balances adrenal system.
- Excellent for stress, hypoglycemia, ulcers.
- Estrogen "like" effect on body.
- Helps with Herpes, Hepatitis, HIV/Aids, Flu, Measles.
- Immune enhancer.
- Helps with Chronic Fatigue Syndrome, Chron's Disease, Ulcers, Lyme Disease.
- Can help to fight Cancer toxins including chemotherapy toxins.

***Magnolia (Bark):***

- Is a spicy stimulant that tones and firms tissue, muscles and arteries.
- Stops or reduces fever.
- Relieves pain.
- Antibacterial properties.
- Helps with infections.

***Marshmallow Root:***

- Tranquilizing herb.
- Is a blood purifier and diuretic.
- Used commonly in cough medicines and as an eye bath.
- Protects skin and helps in healing wounds.

***Parsley (Leaves):***

- Very nutritious herb that is excellent for goiter, thyroid and obesity.
- Contains substance in which tumor cells cannot multiply.
- Good for the urinary tract and is a diuretic.
- Very high in iron.
- Helps with flatulence.
- Rich in vitamins and minerals.
- Because of the chlorophyll, it helps to utilize oxygen.
- The oil in parsley aids digestion by increasing circulation to the gastrointestinal tract.

***Suma (Root):***

- Brazilian Ginseng.
- Gives the body energy over a sustained period of time rather than short term.
- Tends to calm the body.
- Gives muscle mass and endurance.
- Contains high amounts of the trace element germanium.
- Commonly used for cancer remedies.
- Helps in immune system restoration.
- Enhances the action of oxygen in the body.
- May make one sleepy if you take too much.

***Yerba Maté Extract, Dried (Leaves):***

- Enhances healing power of other herbs.
- Good for allergies, blood purifier.
- Appetite controller and diuretic.

- Stimulates production of cortisone and helps depression, fatigue and stress.
- The plant contains 24 vitamins and minerals, 15 amino acids, potent anti-oxidants.
- Stimulates the body without nervous side effects.

***Hydroxypropyl Methylcellulose:***

- Substance derived from plants.
- A thickening agent.

***Magnesium Stearate (Magnesium):***

- Used as a dietary supplement in food.
- Oxide form is used as a foaming and anti-caking agent.
- Citrate form is used as a buffer and neutralizer in beverages.

***Maltodextrin:***

- A sugar derived from hydrolysis of starch.
- A flavoring agent.

***Polyethylene Glycol:***

- Anti foaming agent.
- Binder.
- Helps resist moisture and oxidation.

***Quercetin:***

- Potent inhibitor of cancer cell growth.
- A strong anti-oxidant that destroys damaging free radicals.
- Works in conjunction with the process of metabolizing fat.
- Work to balance the energizing effects of caffeine.
- Used extensively in athletic injuries.
- Enhances absorption of vitamin C.
- Decreases allergic reactions.
- Decreases the formation of plaque, lessening the threat of atherosclerosis.
- Protects the cells of the eye; retina and lens.
- Useful for inflammations such as Prostatitis, and Celiac Disease.
- Known to counteract the aging effects of the break down of collagen: wrinkles.
- Strengthens the immune system.
- Good for counteracting the symptoms of gout.

***Silicon Dioxide:***

- Trace mineral necessary for collagen formation and healthy nails, skin, and hair.
- Prevents cardiovascular degeneration by maintaining flexibility in arteries.

***Sodium Carboxymethylcellulose:***

- Made from a cotton by product.

- Used to stabilize, thicken, gel, and bulk up food products.
- Used as a laxative and anti-acid.

***Sodium Starch Glycolate:***

- Aids tablets and capsules to dissolve.

***Tyrosine:***

- Used to help depression.
- An amino acid.
- Helps to reduce appetite.
- Helps brain function and mental alertness.
- Promotes healthy thyroid, pituitary, and adrenal function.