

Amoril™

Amoril™ is a revolutionary dietary supplement like no other and is specifically formulated to help enhance female sex drive, boost desire, increase frequency of orgasm and improve sexual satisfaction. Manufactured using the proprietary **B.E.E.®** (Bio-Enhanced Extraction) technology, this product offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, which quickly releases the active ingredients into the bloodstream for superior, fast results.

How Amoril™ Works:

Amoril™ is designed to help nourish the female reproductive system and promote the natural production of certain important hormones that help increase female libido and rejuvenate vigor and increase sexual pleasure.

Amoril™ helps to balance the female hormones estrogen, progesterone and testosterone as well as the circadian cycle of these hormones. Recent research shows that fluctuating levels of estradiol, progesterone, and testosterone play a key role in female sexual function. **Amoril™** also increases moisture in the vagina, helps a woman attain an orgasm, increases fertility and prevents common reproductive infections, such as yeast infection. **Amoril™** should be taken on a daily basis for best results.

Applications

Amoril™ has been used to:

- Stimulate and increase libido and mood.
- Balance key female hormones as well as their circadian cycles.
- Rejuvenate and increase sexual pleasure.
- Increase levels of estrogen and testosterone.
- Help a woman attain an orgasm.
- Prevent yeast infections.
- Increase fertility and prolactin levels.
- Help regulate a woman's cycle.
- Increase heat, circulation and moisture in the vaginal area.
- Act as a relaxant and relieve nervousness and anxiety.
- Decrease bloating.
- Improve sexual energy.

Wild Yam Root B.E.E.®: contains natural steroids that rejuvenate and give vigor to lovemaking. Saponins from wild yam can be converted into cortisone, estrogens, and progesterone-like compounds. The active ingredient in wild yam is *diosgenin*, an

organic compound found in high concentrations in the plant. Diosgenin's chemical structure is similar to that of progesterone. Diosgenin stimulates the adrenal glands, which increases the natural production of progesterone and other sex hormones. Diosgenin thus helps to restore hormonal balance primarily lost by progesterone deficiency. Wild Yam also contains antispasmodic properties, which help to relax muscles and reduce inflammation.

Myrtle Herb B.E.E.®: may normalize hormonal imbalances of the thyroid and ovaries. Research has shown that Myrtle helps the respiratory system and may help the immune function in fighting infectious disease. Myrtle oil's mono and sesquiterpenes display antibacterial, fungicidal and disinfectant activity. Known as the "Herb of Fertility".

Cinnamon Bark B.E.E.®: contains various terpenoids within the volatile oils. Important among these compounds are eugenol and cinnamaldehyde, which are potent anti-fungal compounds. It may also serve to act as a sexual stimulant to the female. Cinnamon is known for its warming and stimulating effects. It has historically been used as a female sexual stimulant. Cinnamic aldehyde, the principle constituent of cinnamon oil, has been shown to produce cutaneous vasodilation when applied to the skin. Cinnamon also has a mildly positive estrogen effect on the genital system of animals in tests.

Pomegranate Fruit B.E.E.®: acts as a hormone stimulant for the testosterone hormone, which controls the sexual drive. Also contains a form of oestrogen called oestrone.

Passion Flower Herb B.E.E.®: contains a group of harman alkaloids and flavonoids that enhance passion by relieving tension, anxiety, nervousness and muscular discomfort. It also helps relieve pain and cramps. It has a very mild hypnotic affect and can help ease mental barriers and increase focus. It naturally leads to better sexual function and enjoyment. This herb is named so because of its long history of traditional use as a female tonic, producing increased sexual receptivity. It also contains L-arginine, an amino acid that causes dilation of blood vessels, similar to the same principle on which Viagra is based.

Damiana Leaves B.E.E.®: contains volatile oils, flavonoids, beta-sitosterol and other miscellaneous constituents that benefit sexual ability and help to reduce nervous tension. It facilitates an overall feeling of wellness and vitality and adds to the body's energy, including sexual energy. It is also believed to balance hormones. It helps increase the female's libido and raise sexual desire and improve performance and may also help with following conditions: sexual impotence, sexual frigidity, infertility and menstrual associated problems. Primarily used for treating female disorders, Damiana is considered a sexual restorative, a remedy for menopause and a reproductive system tonic. It is also considered a central nervous system stimulant. Clinical studies have found that Damiana benefits sexual ability and nervous tension. Damiana has also been used to treat depression as a stimulating nervine. It has been applied in cases of chronic fatigue and mental exhaustion. **Damiana B.E.E.®** contains beta-sitosterol, a

compound that could have some stimulant effect on the sexual apparatus or could help build sexual health and reproductivity. Damiana has also proven to benefit woman with genito-urinary problems. This natural overall tonic herb has been treasured by many cultures worldwide. It is not hard to see why: **Damiana B.E.E.**[®] nourishes a woman's libido. Women with low libido or frigidity have experienced improvements after taking this herbal tonic. **Damiana B.E.E.**[®] supports and nourishes the nervous system, and can also give a woman long-term energy. It has a regulatory effect on the pituitary gland, the master gland that controls the production of many hormones in the body. It can bring about a wide ranging rebalancing of female hormones, which can be very effective for correcting the symptoms associated with premenstrual syndrome (PMS) and menopause.

SUGGESTED USE:

Take 1-2 capsules per day for maintenance; can also take one dose 30-60 minutes prior to sexual activity.

Continol™

Continol™ contains a total of three active **B.E.E.™** ingredients to act as a natural alternative to antibiotics for Urinary Tract & Bladder Infections and drugs or surgery for Urinary Incontinence (Overactive Bladder). **Continol™** can eliminate more than 90% of all Urinary Tract & Bladder Infections and restore the bladder function (Incontinence) to normal within 1 to 2 days with guaranteed positive results!

Continol™ is designed to help clear and clean the urinary tract by preventing bacteria from adhering to the wall of the urinary tract, increasing urine flow and inhibiting kidney stone formation, thereby fighting urinary tract infections and promoting healthy urinary tract and kidney function.

Applications:

Continol™ has been successfully used to:

- Promote smooth urination for people who have urinary tract infections that cause pain
- Promote normal urination in people with incontinence
- Provide an alternative solution to prescription medication and surgery
- Improve the abnormal smell, color and appearance of urine in people who might have UTI's
- Increase urine flow and inhibit kidney stone formation
- Control muscle contraction of the urinary bladder
- Keep urine clear of mucous buildup
- Help infected urinary track recover sooner in comparison to drugs
- Help maintain a normal urine flow and reduce the chances of getting urinary track infections

Continol™ also helps to keep a stable balance of salts and other substances in the blood. It may also normalize the pH of the urine. This aids in preventing crystallization (stones), which can cause irritation or infection.

Pumpkin Seed B.E.E.™: contain abundant essential fatty acids that are responsible for diuretic activity, which relieves bladder discomfort. The phytosterol constituents are also believed to increase urine flow. It is helpful for dysuria (difficulty of urination) secondary to Benign Prostatic Hyperplasia (BPH), bladder irritation and pyelonephritis (kidney inflammation). It also helps prevent the most common type of kidney stone by reducing the levels of substances that promote stone formation in the urine and increasing levels of substances that inhibit stone formation. **Pumpkin Seed B.E.E.™ (*Curcubita pepo*)** may also decrease frequency of urination.

Pumpkin seeds are a natural source of Zinc and Linoleic Acid (Vitamin F), which has been purported to be important in helping to lessen residual urine.

Historically, pumpkin seeds have been used to treat urinary tract infections.

Eating a ground-up mixture of the seeds--or simply snacking on a small handful of seeds once or twice a day--can calm the irritated and overactive bladder occasionally associated with bedwetting. Germany's Commission E has approved using pumpkin seeds for bedwetting and other bladder problems.

Today, a number of European countries (including Germany) approve of their use for lessening urination problems in men. The exact mechanism for the seeds' effectiveness is uncertain but it may involve a fatty oil in the seeds that promotes urine flow. (The fatty oil appears to block the action of the hormone dihydrotestosterone).

In one of the few clinical trials on cucurbita seeds (pumpkin specifically), significant improvements in such symptoms as post-void dribbling, weak urine flow and time spent urinating were reported in many of the participants.

Native Americans also commonly used pumpkin seeds to treat a variety of kidney problems.

Eclectic physicians (doctors who recommended herbal medicine) at the end of the 19th century used pumpkin seeds to treat urinary tract problems.

Animal studies have shown that pumpkin seed extracts can improve the function of the bladder and urethra.

Two trials in Thailand have reportedly found that eating pumpkin seeds as a snack can help prevent the most common type of kidney stone. Pumpkin seeds appear to both reduce levels of substances that promote stone formation in the urine and increase levels of substances that inhibit stone formation.

Cranberry Fruit B.E.E.™: contains fructose, polysaccharides and proanthocyanidins that help relieve Urinary Tract Infection (UTI), prevent recurrence by reducing the activities of bacteria (E.coli.), which help to cause UTI and prevent and eliminate bacteria from adhering to the cells lining the wall of the bladder, probably also through its diuretic and antiseptic activities. **Cranberry B.E.E.™** also helps people with urostomies and enterocystoplasties (2 terms of urinary tract surgical operations) keep their urine clear of mucus buildup and possibly reduce the risk of UTI. In addition, it also has anti-carcinogenic and urine deodorizing activities.

In test tube studies, cranberry prevented E. coli, the most common bacterial cause of UTIs, from adhering to the cells lining the wall of the bladder. This anti-adherence action is thought to reduce the ability of the bacteria to cause a UTI. The proanthocyanidins in the berry have exhibited this anti-adherence action. Cranberry has been shown to reduce bacteria levels in the urinary bladders of older women significantly better than placebo, an action that may help to prevent UTIs. A small double-blind trial with younger women ages 18–45 years with a history of recurrent urinary tract infections, found that

daily treatment with an encapsulated cranberry concentrate (400 mg twice per day) for three months significantly reduced the recurrence of urinary tract infections compared to women taking a placebo. Other preliminary trials in humans suggest cranberry may help people with urostomies and enterocystoplasties to keep their urine clear of mucus buildup and possibly reduce the risk of UTIs.

In traditional North American herbalism, cranberry has been used to prevent kidney stones and “bladder gravel” as well as to remove toxins from the blood.

Cranberries are rich in polyphenols, a potent antioxidant.

Barley Bran B.E.E.™: is rich in magnesium and low in calcium, which helps reduce the risk of kidney stones.

A traditional approach from Britain for soothing the urinary tract is barley water. This has been used in the way that cranberry juice has in North America. They work in different ways but achieve similar results. It may be used in all cases where frequency, dysuria or other distressing symptoms occur.

Barley water is also a wonderful way to control Urinary Tract Infection during pregnancy. Upon regular usage, the foul smell of urine as well as burning sensation totally disappear.

Barley has a cooling, anti-inflammatory action on the urinary tract.

Barley Bran B.E.E.™ also improves sleeping patterns and increases strength and stamina. It is a booster for the immune system, has anti-inflammatory, antioxidant and wound-healing properties and protects cells from free-radical damage.

SUGGESTED USE:

Take 1-2 capsules up to 3 times daily with a glass of water. Use every day to maintain a healthy urinary tract.

Energy Max™

Energy Max™ contains a total of two active **B.E.E.®** ingredients to help promote enhance energy and vitality in the body.

How Energy Max™ Works:

Energy Max™ is uniquely designed to promote the cellular production of energy while supporting the normal function of the hypothalamic-pituitary-adrenal axis. **Energy Max™** also plays an immuno-modulating role, thereby boosting energy to combat fatigue and stress and enhancing intellectual and physical performance.

Applications:

Energy Max™ has been used to:

- Promote the cellular production of energy
- Support the normal functioning of the hypothalamic-pituitary-adrenal axis
- Combat fatigue and stress
- Modulate and enhance the immune system
- Enhance intellectual and physical performance
- Improve concentration and mental alertness
- Improve the muscular use of oxygen enabling longer aerobic exercise and quicker recovery/increase stamina and endurance
- Act as an adaptogen in the body
- Help the body produce ATP (Adenosine Triphosphate) - the immediate source of cellular energy
- Build muscular density and increase muscular strength
- Minimize sore muscles after physical exertion and preserve muscle fibers

Eleuthero Root B.E.E.®: Eleuthero contains phenolics, polysaccharides and eleutherosides A-G. Eleutherosides B, B1, and E are representative of three classes of compounds collectively called eleutherosides. Other constituents include phenylpropanoids, lignans, coumarins, polysaccharides and sugars. Eleuthero's eleutherosides and complex polysaccharides (complex sugar molecules) function as an adaptogen, which means that it helps the body adapt to any situation, which normally would alter its function and helps the body to adapt to various kinds of stress such as heat, cold, exertion, or sleep deprivation. The eleutherosides have been shown to be responsible for the adaptogenic properties of the plant. The eleutherosides are the active components in Eleuthero and are a range of glycosides with aromatic alcohol aglycones. The glycosides appear to act on the adrenal glands, helping to prevent adrenal hypertrophy and excess corticosteroid production in response to stress. The eleutherosides additionally help reduce the exhaustion phase of the stress response, and return the adrenals to normal function faster. As a result, Eleuthero Root has a beneficial effect on the heart and circulation. It has been shown to increase energy and stamina, and to help the body resist viral infections, environmental toxins, radiation, and

chemotherapy. Used as a tonic for invigoration and fortification in times of fatigue and debility or declining capacity for work and concentration, also during convalescence. Eleuthero is a proven stress fighter. Taking the herb has been shown to boost the body's capacity to handle stresses ranging from heat exposure to extreme exertion. Eleuthero also has been shown to boost disease resistance and overall energy level. Eleuthero optimizes the adrenal secretion of stress-fighting hormones. Eleuthero has been shown to enhance mental acuity and physical endurance without the letdown that comes with caffeinated products. There is little doubt that Eleuthero can heighten mental alertness and improve concentration. It may be helpful in the early stages of Alzheimer's. Eleuthero has been shown to improve the muscular use of oxygen, enabling longer aerobic exercise and quicker recovery. It can relieve chronic fatigue syndrome and Fibromyalgia. Together with complex polysaccharides, Eleuthero is extremely helpful in promoting energy as it spares glycogen while utilizing fatty acids for energy in the body. It also improves the use of oxygen in a working muscle to help maintain activity for longer periods of time, while shortening recovery. Additionally, preliminary research has shown Eleuthero binds to estrogen, progestin, and mineralocorticoid receptors, and stimulates T-lymphocyte and natural killer cell production to enhance immune activity. In Chinese Medicine, it has been used to prevent bronchial and other respiratory infections, as well as viral infections. The Chinese used the root to provide energy & vitality, to increase resistance, and to treat rheumatic diseases and heart ailments. Eleuthero Root has also been used in cardiovascular & neuro-vascular conditions to help restore memory, concentration, and cognitive abilities, which may be impaired from poor blood supply to the brain. Additionally, Eleuthero Root is a popular herbal remedy for debility, depression, fatigue, and nervous breakdowns. There is a relatively small number of controlled clinical trials performed with eleuthero. A single-blind, placebo-controlled, crossover trial lasting eight days investigated the effect of eleuthero extract on working capacity and fatigue of six male athletes, ages 21–22. Oxygen uptake, heart rate, total work, and exhaustion time were measured. Significant results were observed in all parameters, particularly the 23.3% increase in total work noted in the eleuthero test group compared with 7.5% of the placebo group. A randomized, placebo-controlled, double-blind, crossover study compared cognitive function measurements in 24 subjects who took eleuthero or a placebo. At the end of each three-month dose period, concentration, selective memory, cognitive function, and well-being were measured. Significant improvements in selective memory of the eleuthero group versus the placebo group were demonstrated.

Ginseng Root B.E.E.®: is uniquely extracted from Asian Ginseng by a certain proportion that has stronger effects than any single extract. Asian Ginseng's actions in the body are thought to be due to a complex interplay of constituents. The primary group is the ginsenosides, which are believed to counter the effects of stress, enhance intellectual and physical performance and have anti-inflammatory, antioxidant and anticancer properties. Thirteen ginsenosides have been identified in Asian ginseng. Two of them, ginsenosides Rg1 and Rb1, have been closely studied. Other constituents include the panaxans, which may help lower blood sugar, and the polysaccharides (complex sugar molecules) and eleutherosides, which are thought to support the immune and the hypothalamic-pituitary-adrenal function. It improves the use of oxygen

by the muscles, thus maintaining longer endurance during exercise and helping to aid in a quicker post-workout recovery. In addition enhancing physical endurance, it also enhances mental acuity and counter effects the symptoms of stress. Because the root has a human-like shape, it is considered by Orientals to be an overall body tonic. Traditionally, the wild root was consumed to vitalize, strengthen, and rejuvenate the entire body. Widely cultivated, Asian Ginseng is now used as a natural preventive, restorative remedy and valued for its adaptogenic properties. Used for centuries in China, Asian Ginseng was believed to be an anti-aging herb. Today, Ginseng is a favorable herb because of its ability to be used long-term without toxic effects on the body. Asian Ginseng contains adaptogens that have been known to return the body's system levels back to normal. By equalizing the system levels in the body, Asian Ginseng has been used to lower cholesterol, balance the metabolism, increase energy levels, and stimulate the immune system. It has also been used to alleviate fatigue and reduce nervousness and stress on the body. Asian Ginseng also increases oxygenation to the cells and tissues, promoting detoxification, and stimulating the regeneration of damaged cells. Asian Ginseng also enhances the feeling of overall well being by stimulating the nervous system, brain, and heart, as well as healthy liver functions. Long-term intake of Asian ginseng may be linked to a reduced risk of some forms of cancer. In addition, a double-blind trial found that 200 mg of Asian ginseng per day improved blood sugar levels in people with type 2 (non-insulin-dependent) diabetes. One preliminary trial suggests it may help those in poor physical condition to tolerate exercise better. In combination with some vitamins and minerals, 80 mg of ginseng per day was found to effectively reduce fatigue in a double-blind trial. Another double-blind trial also found it helpful for relief of fatigue and, possibly, stress. Although there are no human clinical trials, adaptogenic herbs such as Asian ginseng may be useful for people with chronic fatigue syndrome. This may be because these herbs are thought to have an immuno-modulating effect and also help support the normal function of the hypothalamic-pituitary-adrenal axis, the hormonal stress system of the body. Asian ginseng may also prove useful for male infertility. A double-blind trial with a large group of infertile men found that 4 grams of Asian ginseng per day for three months led to an improvement in sperm count and sperm motility. Asian ginseng may also help men with erectile dysfunction. A double-blind trial in Korea found that 1,800 mg per day of Asian ginseng extract for three months helped improve libido and the ability to maintain an erection in men with erectile dysfunction. This finding was confirmed in another double-blind study, in which 900 mg three times a day was given for eight weeks.

CoQ10: is present in the mitochondria, which are the energy factories within cells that convert food into energy. It plays a crucial role in the generation of cellular energy, because it carries into the cells the energy-laden protons and electrons that are used to produce Adenosine Triphosphate (ATP), which is the immediate source of cellular energy. ATP increases energy and stamina, builds muscular density, increases muscular strength, buffers lactic-acid buildup (the reason for sore, achy muscles after physical activity), delays fatigue and preserves muscle fibers. CoQ10 is also a powerful antioxidant that is beneficial for the enhancement of the immune system and the protection of the cardiovascular system. It is an enzyme found in all cells of the body. It occurs naturally, and is the co-factor in the electron transport chain between cells. If it is

lacking, the body's most important source of cellular energy is depleted, and many medical conditions are aggravated. It is most concentrated in the heart and liver, and is a vital component of the mitochondria, the body's metabolic factories. And although our bodies can make CoQ10, its production tends to decline as we age.

Beta 1, 3 Glucan: is a polysaccharide (a complex type of carbohydrate molecule) with immune-stimulating properties. It is useful for treating many bacterial, viral and fungal diseases that are common problems for people with Chronic Fatigue Syndrome (CFS). As CFS often results in serious damage to the immune system, beta glucan is thought to provide very effective protection for the immune system.

Vitamin B Complex (Pyridoxine, Folic Acid, Cyanocobalamin): is a natural energy booster and essential for increased energy levels and normal brain function. It is responsible for providing energy to the body during the conversion of glucose, from carbohydrates. It is also critically required for the metabolism of both fats and proteins, as well as the health and maintenance of the body's nervous system.

SUGGESTED USE:

Take 1-4 capsules as needed. Please take **Energy Max™** during daytime hours only in order to avoid wakefulness at night

Femapause™

Femapause™ contains a total of five active **B.E.E.®** ingredients to help reduce menopausal symptoms.

Femapause™ is a revolutionary dietary supplement like no other, since it is manufactured using the proprietary **B.E.E.®** (Bio-Enhanced Extraction) technology. **B.E.E.®** offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, which quickly releases the active ingredients into the bloodstream for superior, fast results.

Femapause™ is designed for women whose estrogen and progesterone levels have begun to decline. **Femapause™** is especially suited for women suffering from some perimenopausal or menopausal symptoms, such as hot flashes, night sweats, vaginal dryness, insomnia, headaches, anxiety, emotional changes and sexual disinclination. In addition, **Femapause™** also helps combat the aging process and restores a youthful and vigorous life.

Femapause™ works by stimulating and balancing a number of key female hormones from the pituitary gland all the way to the adrenals.

Femapause™ will either cause the body to naturally secrete more of the needed hormones or it will reduce certain high hormone levels in order to bring the woman's body into proper hormonal balance.

Applications

Femapause™ has been used to:

- Increase the levels of estrogen and progesterone in the body
- Relieve menopausal symptoms such as hot flashes, night sweats, vaginal dryness, insomnia, headaches, anxiety, emotional disturbances, sexual disinclination, etc.
- Balance the entire female hormonal system
- Reduce levels of luteinizing hormone (LH)
- Help combat the aging process and prevent age-related diseases
- Improve cardiovascular health
- Modulate the central nervous system
- Protect against breast cancer and osteoporosis
- Boost the immune system
- Help increase the production of red blood cells
- Improve the health of the skin
- Prevent LDL cholesterol oxidation
- Lower high blood pressure and improve levels of good cholesterol (HDL)

Pomegranate Fruit B.E.E.[®]: contains flavonoids, polyphenol and phytoestrogen that helps prevent and provides relief from most perimenopausal and menopausal symptoms, such as hot flashes, cold sweats, breathing difficulties, osteoporosis, headaches, dizziness and anxiety. As a powerful antioxidant, it also helps slow the aging process and prevents age-related diseases, such as cardiovascular disease, diabetes and cancers. **Pomegranate Fruit B.E.E.[®]** contains a natural source of ellagic acid and powerful antioxidants, which are traditionally used to scavenge free-radicals, and are known for their anti-aging properties. **Pomegranate Fruit B.E.E.[®]** contains the estrogens (estrodial, estrone, and estriol) the ovaries no longer produce. Animal-based estrones are often used to treat symptoms of the natural changes in menopause, but many women are reluctant to use them. Pomegranate estrone mimics the positive affects of estrogens and may reduce the negative health symptoms associated with menopause. Many cultures have considered the pomegranate a symbol of fertility and rejuvenation. The plentiful seeds of the fruit are a clear indication that it will increase fertility, and therefore desire. And the seeds do indeed contain a natural estrogen, which is close in composition to that formed in the human ovaries. According to a study from Japan, Pomegranate is known to contain estrogens and show estrogenic activities in mice. Administration of pomegranate extract (juice and seed extract) for 2 weeks to ovariectomized mice prevented the loss of uterus weight and shortened the immobility time compared with 5% glucose-dosed mice (control). In addition, the ovariectomy-induced decrease of BMD was normalized by administration of the pomegranate extract. The bone volume and the trabecular number were significantly increased and the trabecular separation was decreased in the pomegranate-dosed group compared with the control group. Some histological bone formation/resorption parameters were significantly increased by ovariectomy but were normalized by administration of the pomegranate extract. These changes suggest that the pomegranate extract inhibits ovariectomy-stimulated bone turnover. It is thus conceivable that pomegranate is clinically effective on a depressive state and bone loss in menopausal syndrome in women.

Black Cohosh Root B.E.E.[®]: contains plant estrogens that act like mild estrogens in your own body. Thus, it can help with many of the symptoms resulting from estrogen deficiency—including hot flashes, night sweats, heart palpitations, headaches, vaginal dryness, depression, anxiety, and sleep disturbances; with none of the side effects of HRT (Hormone Replacement Therapy). The primary active constituent of the Black Cohosh root is believed to be the terpene glycoside fraction, including actein and cimifugoside. The rhizome also contains other potentially biologically active substances, including alkaloids, flavonoids, and tannins. It is classified as a phytoestrogen. The active components of the natural form include: acetin, cimicifugoside, acetylactal, 27-deoxyactin, cimigenol, deoxyacetylactal. Long recommended for "female complaints", this herb contains estrogenic substances that help relieve menopause discomforts, especially hot flashes. Studies on animals and women have shown that its various components act on the hormonal system in at various levels. Some do bind to estrogen receptors in the body. It causes LH, but not

FSH suppression. (Estrogens cause both to be suppressed, when they both rise they are signs of menopause). In one study of 110 menopausal women, half were given Black Cohosh root extract, while the other half took an inactive preparation (a placebo). After eight weeks, blood tests showed significant estrogenic activity in the women taking the herb. In another study, women with vaginal dryness due to menopause experienced similar relief whether taking Black Cohosh or pharmaceutical estrogen. A compound recently identified in Black Cohosh-fukinolic acid-was shown to have estrogenic activity in vitro. Other active compounds appear to include triterpene glycosides (including actein and cimicifugoside), resins (including cimicifugin), and caffeic and isoferulic acids. A randomized, double-blind, placebo-controlled trial in 80 menopausal women compared 8 mg/day of a Black Cohosh extract with placebo or conjugated estrogens. At 12 weeks, scores on the Kupperman index and the Hamilton anxiety scale were significantly lower in the treated groups than in the placebo group; the scores of participants using Black Cohosh were somewhat better than the scores of those receiving the estrogen treatment. This is one of the few studies in which hot flashes were scored separately from other symptoms. Daily hot flashes decreased from 4.9 to 0.7 in the Black Cohosh group, 5.2 to 3.2 in the estrogen group, and 5.1 to 3.1 in the placebo group. Another randomized, 12-week study of 55 menopausal women compared an ethanolic extract of Black Cohosh with conjugated estrogens or diazepam. Regardless of the treatment, all symptoms improved as measured by the Kupperman index, a depression scale, and an anxiety scale. A 1991 study women found that Black Cohosh may also help to minimize hot flashes by reducing levels of luteinizing hormone (LH), a compound produced by the brain's pituitary gland that regulates the activities of a woman's ovaries. The rise in LH has been been implicated as a cause of hot flashes.

Red Clover Flower B.E.E.®: contains natural isoflavones that help women maintain estrogen levels and cardiovascular health during menopause. This herb contains 1 to 2.5 percent isoflavones (a type of phytoestrogen found in a various plants). Phytoestrogens have mild estrogenic properties that block estrogen receptors. This is believed to be the key to Red Clover's ability to modify symptoms of menopause. (Isoflavones have also been shown to play a part in lowering the risk of heart disease and may also help prevent osteoporosis). Red Clover is also a source of many valuable nutrients including calcium, chromium, magnesium, niacin, phosphorus, potassium, thiamine, and vitamin C. Red Clover belongs to the legume family and contains phytoestrogens (formononetin, biochanin A, daidzein, coumestrol, and genistein). Several studies of a proprietary extract of Red Clover isoflavones suggest that it may significantly reduce hot flashes in menopausal women. In one study, postmenopausal women who ingested Red Clover for two weeks had demonstrably higher estrogen levels, which declined when they went off the special diet. With this new study, a team of researchers in The Netherlands wanted to determine if the frequency of hot flashes could be reduced, using a standardized extract of Red Clover. A group of 30 menopausal women, 49 to 65 years old, were divided into two groups. One group received a placebo for three months, while the other group received 80 mg per day of the Red Clover extract. The subjects agreed to eliminate any items from their diets that contained isoflavones (such as soy products, grains and cabbage). When the results were analyzed, the researchers found that the women in the placebo group experienced

no change in the frequency of their hot flashes. The women who received Red Clover, however, enjoyed a 44% reduction in their hot flash frequency. Furthermore, once the maximum decrease was fully established (after about 8 weeks of use), the reduction of frequency was maintained for the remaining 4 weeks of the study. Because it contains the phytoestrogens (biochanin, daidzein, formononetin, and genistein), some researchers speculate that it may have an estrogenic effect on the breast and/or endometrium with long-term use (greater than 3-months, the duration of the clinical trials on Red Clover). Another double-blind trial also found that Red Clover improved cardiovascular function in menopausal women.

Angelica Root B.E.E.®: contains various coumarins and flavonoids that contribute to balancing the female hormonal system and having adaptogen-like effects, thus helping to relieve menopausal symptoms. The principal active constituents appear to be groups of coumarins, ferulic acid and ligustilide. **Angelica Root B.E.E.®** also modulates the central nervous system, thus helping with symptoms such as depression, anxiety and insomnia. Angelica has been shown to increase sexual activity in females, enhance red blood cell count and circulation, help reduce the risk of high cholesterol and high blood pressure, protect the liver and stimulate the immune system. It also has been used as an analgesic, a sedative and a menstruation regulator. Predominantly regarded as a female remedy, Angelica has been used to alleviate dysmenorrhea (painful menstruation), amenorrhea (absence of menstruation), metrorrhagia (abnormal menstruation), menopausal symptoms (especially hot flashes) and to assist in a healthy pregnancy. It also has been used to address abdominal discomfort, anemia, injuries, arthritis, migraine headaches and many other conditions. Angelica seems to be most useful in alleviating the discomforts of menstruation, menopause (particularly hot flashes) and uterine cramps. Studies conducted on older women using this plant extract showed that it helped alleviate depression and hot flashes commonly associated with menopause. Angelica works by relaxing the uterus and aids in reducing menopause symptoms. Although some popular literature suggests that Angelica acts as a phytoestrogen in the body (similar to isoflavones), there does not appear to be any estrogenic compounds present in the plant. Instead, Angelica relaxes the uterine muscles, enhances metabolism, improves liver function (which improves the excretion of hormones), aids in the use of Vitamin E, stabilizes heart rhythms, lowers blood pressure by dilating blood vessels and has a mild sedative activity.

Soy Bean B.E.E.: contains isoflavones that have an estrogenic activity that help combat hot flashes, as well as protect against breast cancer and osteoporosis. Soy isoflavones have been shown to ameliorate the effects of menopause. Soy isoflavones bear a strong chemical resemblance to the female hormone estrogen. It has been used by some to offset the estrogen fluctuations and imbalances brought on by menopause, and post-menopause conditions. Hot flashes are one of the more common ailments that accompany the onset of menopause, and Soy isoflavones are considered by some to be particularly effective as a response. A recent six-year study involving 1,106 women in Japan demonstrated that Soy does appear to reduce the occurrence of hot flashes associated with menopause. In Japan, where Soy foods are commonly consumed daily, women are only one-third as likely to report menopausal symptoms as in the

United States or Canada. In fact, there is no word in the Japanese language for "hot flashes". Even though their estrogen activity is weak, isoflavones may be potent enough to reduce menopausal symptoms. In fact, research has shown that women who ate Soy flour daily experienced about a 40 percent reduction in menopausal symptoms. Since estrogen helps protect against osteoporosis and heart disease, women are at greater risk for both of these problems after menopause. Several studies have shown that women who consume large amounts of Soy-based phytoestrogens have fewer menopausal complaints. Asian diets typically contain 40 to 80 milligrams of Soy isoflavones per day, compared to 3 milligrams per day for American diets. A scientific study of 104 postmenopausal women examined the consumption of 60 grams of isolated Soy protein with 60 grams of the common milk protein (casein) per day for 12 weeks. Women receiving the Soy experienced a 45% reduction in hot flashes, which was significantly different from the milk protein group. This difference was noted by the fourth week of treatment.

Vitamin A Palmitate: helps boost the immune system, protecting against invaders that may cause disease and fatigue. It's also needed for the normal production of red blood cells, helping prevent fatigue caused by anemia or heavy menstrual bleeding. It helps improve the health of the skin, suppressing premenstrual acne and oily skin. Vitamin A also keeps the eyes and bones healthy and some studies have even shown that vitamin A may help fight cancer.

Vitamin C: As an antioxidant, vitamin C helps prevent LDL cholesterol oxidation, which is the process that can result in clogged arteries, heart attacks and strokes. It also lowers blood pressure, increases HDL cholesterol (the "good," protective type of cholesterol) and helps maintain levels of vitamin E. It also has an antihistamine effect, which can help women whose allergies worsen just before their periods. And, by bolstering the immune system, it helps prevent fatigue caused by infections. Vitamin C also helps the body absorb iron — critical in preventing fatigue. Vitamin C is known for its beneficial effect on the immune system, strengthening blood vessels and also for its role as an antioxidant in the body. So not only is Vitamin C important for preventing illness, and for encouraging good health in general, but it also has specific benefits during menopause. Giving women vitamin C with bioflavonoids has been shown to help reduce hot flashes. Vitamin C also helps to build up collagen which gives skin its elasticity and it is therefore helpful in the prevention and treatment of vaginal dryness (which can cause discomfort when the vagina loses some of its 'stretch'). It can also help retain the elasticity in the urinary tract and so prevent leakage or stress incontinence, which is common during menopause. Collagen is also important for your bones. Vitamin C is known to stimulate collagen and bone synthesis.

Vitamin E: Helps to relieve hot flashes, balances mood, restores energy and helps keep tissues and skin healthy. A 1997 National Institute on Aging study found that supplementing with 2,000 IU of vitamin E daily even slowed the progression of Alzheimer's disease. Many years ago, researchers studied the effects of vitamin E in reducing symptoms of menopause. Most studies have found vitamin E to be helpful. Many nutritionally oriented doctors suggest that women going through menopause take

800 IU per day of vitamin E for a trial period of at least 3 months to see if symptoms are reduced. If helpful, this amount may be continued. Using lower amounts for less time has led to statistically significant changes, but only marginal clinical improvement. Over many years clinical studies have shown its effect on reducing hot flashes. Vitamin E is also helpful for vaginal dryness and one study showed that just 400iu taken daily for between 1 and 4 months helped 50 percent of the women given supplemental vitamin E. Although most women fear breast cancer, their biggest killer is heart disease. There is now such a wealth of information on the effects of nutrition on heart disease that taking HRT to prevent this condition is illogical and, in fact, has not been proved. In 1996 a study published in the Lancet showed that 2000 patients with arteriosclerosis (fatty deposits in the arteries) had a 75 percent reduction in their risk of heart attack when given vitamin E. At the time, researchers claimed that vitamin E was even more effective than aspirin in reducing heart attacks.

SUGGESTED USE:

Take 1-2 capsules 1-2 times daily with a meal or after a meal.

Femasooth™

Femasooth™ contains a total of four active **B.E.E.®** ingredients to help reduce premenstrual symptoms and discomfort.

Manufactured using the proprietary **B.E.E.®** (Bio-Enhanced Extraction) technology, **Femasooth™** offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, which quickly releases the active ingredients into the bloodstream for superior, fast results.

How Femasooth™ Works:

Femasooth™ is designed to help rejuvenate the hormonal balance in women while providing relief from PMS-related symptoms such as anxiety, depression, fatigue, headache, breast tenderness and swelling.

Applications

Femasooth™ has been used to:

- Balance two key hormones: Estrogen and Progesterone
- Decrease high levels of Prolactin in the body
- Relieve PMS Symptoms such as anxiety, depression, fatigue, cramps, bloating, headache, breast tenderness, swelling, etc.
- Increase Luteinizing hormone levels
- Promote ovulation
- Relax the smooth muscles of the uterus
- Stimulate the central nervous system
- Act as an anti-inflammatory and antispasmodic
- Reduce mood swings and fluid retention
- Normalize the menstrual cycle and reduce menstrual pain

Chasteberry Fruit B.E.E.®: helps bring estrogen and progesterone back into balance and promotes ovulation. Extracts of Chasteberry also cause the brain to produce less of the hormone prolactin. Prolactin's chief role in the body is the regulation of glands that secrete breast milk after pregnancy. Inappropriately increased production of prolactin may be a factor in cyclic breast tenderness, as well as other symptoms of PMS. Elevated prolactin levels can also cause a woman's period to become irregular and even stop. High prolactin levels can also cause infertility in women. Treatment with Chasteberry lowers blood concentrations of this hormone. That action may diminish PMS symptoms such as breast tenderness. In a recent study of premenstrual women, 90% of those who took the herb reported that they experienced a reduction in PMS symptoms. Many women suffer from the premenstrual breast tenderness and pain associated with fibrocystic breasts. Chasteberry's ability to lower prolactin concentrations as well as to restore the estrogen-progesterone balance may offer

significant relief. A woman with too much prolactin and too little progesterone in her body may not ovulate regularly. Obviously, it would be difficult to become pregnant under these conditions. Chasteberry can help to lower prolactin levels and aid in the normal functioning of the ovaries, thus providing opportunities for conception. The herb works best for women whose progesterone levels are mildly or moderately low. High prolactin levels can also cause amenorrhea (absent menstrual cycles). In such cases Chasteberry may be useful in reestablishing a normal monthly cycle. Women suffering from infertility due to not only to an imbalance of estrogen and progesterone but also to high prolactin levels may benefit from Chasteberry, too. In a 1988 study, 48 women (ages 23 to 39) with infertility and this type of condition--called a luteal phase defect--were given Chasteberry once a day for three months. Of the 45 women who completed the study, seven became pregnant during the study. And in 25 of the women, progesterone levels returned to normal, a situation that improved the chances for future conception. In another recent study done in Germany, 86 patients with PMS were treated daily with Chasteberry extract during three menstrual cycles. At the end of the study, many PMS-related symptoms were significantly reduced by treatment with Chasteberry in the majority of the participants. Monthly periods involve hormonal shifts that can also lead to acne. By helping to stabilize hormone levels, Chasteberry may help to keep skin clear. Chasteberry contains several different constituents, including flavonoids, iridoid glycosides, and terpenoids. Singly or in combination these constituents stimulate the pituitary gland in the brain to secrete luteinizing hormone, which helps control the function of the male and female sex organs. In women this leads to increased progesterone hormone, necessary for the healthy operation of the female reproductive system and more regular menstrual cycles. Chasteberry acts on the hypothalamus and pituitary glands by increasing luteinizing hormone (LH) production and mildly inhibiting the release of follicle stimulating hormone (FSH). The result is a shift in the ratio of estrogen to progesterone, in favor of progesterone. The ability of Chasteberry to raise progesterone levels in the body is an indirect effect, so the herb itself is not a hormone. New research indicates that certain compounds in Chasteberry may have activity similar to the brain chemical dopamine. Double-blind placebo-controlled studies also indicate that one of the most common premenstrual symptoms, i.e. premenstrual mastodynia (mastalgia) is beneficially influenced by a Chasteberry extract. Premenstrual mastodynia is most likely due to a latent hyperprolactinemia, i.e. patients release more than physiologic amounts of prolactin in response to stressful situations and during deep sleep phases, which appear to stimulate the mammary gland. Premenstrually this unphysiological prolactin release is so high that the serum prolactin levels often approach heights, which are misinterpreted as prolactinomas. Since Chasteberry extracts were shown to have beneficial effects on premenstrual mastodynia, serum prolactin levels in such patients were also studied in one double-blind, placebo-controlled clinical study. Serum prolactin levels were indeed reduced in the patients treated with the Chasteberry extract. The search for the prolactin-suppressive principle(s) in Chasteberry yielded a number of compounds with dopaminergic properties. The search for the chemical identity of the Chasteberry dopaminergic compounds resulted in isolation of a number of diterpenes of which some clerodadienols were most important for the prolactin-suppressive effects. They were almost identical in their prolactin-suppressive properties than dopamine itself. Hence, it

is concluded that dopaminergic compounds present in Chasteberry may clinically be the important compounds, which improve premenstrual mastodynia and possibly also other symptoms of the premenstrual syndrome.

Angelica Root B.E.E.®: contains isoflavone and plant-based estrogens, which help modulate the effects of the more powerful estrogens a woman's body produces, reducing mood swings, fluid retention, and headaches. **Angelica Root B.E.E.®** enhances estrogenic effects when estrogen levels are too low, and compete when levels are too high. Angelica's reputation as a female tonic rests largely with its ability to reduce the symptoms of PMS and regulate the menstrual cycle. Countless women have used it to treat amenorrhea (irregular or absent periods), dysmenorrhea (painful menstruation) and menorrhagia (heavy bleeding or prolonged periods). The herb's long-standing popularity for reducing menstrual cramps has been ascribed to its anti-inflammatory and antispasmodic actions. Angelica works well to restore the hormonal imbalances that can cause the often-severe pain of this disorder. Angelica's constituents can also act to stimulate the central nervous system, which can remedy weakness and headaches associated with menstrual disorders. It strengthens internal reproductive organs, helps with endometriosis and internal bleeding or bruising. Some researchers contend that active ingredients called coumarins (derivatives ferulic acid and ligustilide) are responsible for its effectiveness. Coumarins dilate blood vessels, stimulating the central nervous system and increasing blood flow throughout the body. They may also relax the smooth muscles of the uterus, which would help to explain the herb's traditional use for menstrual cramps. Other experts claim that Angelica's powers should be attributed to its phytoestrogens, which are weaker than the estrogens produced by the body but do manage to bind to estrogen sites on human cells.

Peppermint Leaves B.E.E.®: helps normalize the menstrual cycle and relieves menstrual pain. It is also helpful for maintaining a healthy, balanced mood. The menthol in **Peppermint Leaves B.E.E.®** helps soothe stomach lining, fend off nausea and vomiting and encourages digestion by stimulating the gallbladder and liver. Menthol is traditionally used in medicine to relieve pain. Peppermint Leaves also have pleasant cooling properties and muscle relaxing effects. It acts as a counterirritant and analgesic with the ability to reduce pain, tension and migraines. Peppermint is also reputed to have a calming, sedative effect. The menthol in Peppermint Leaves can actually numb irritated nerves in the digestive system, thus relieving nausea, flatulence, and cramping. Peppermint Leaves also help oxygenate the blood - therefore it assists invaluablely in: healing of circulatory disorders, nervousness, insomnia, flu, headaches, fevers, PMS, stress and tension. During painful periods and at times of PMS, it assists against cramps, relieves pain, eases tension and lessens fatigue associated with premenstrual syndrome.

Pine Bark B.E.E.®: contains Pycnogenol that helps reduce bloating, fluid retention, and breast tenderness. In a clinical study, Japanese scientists have found that women with either endometriosis or severe menstrual pain have found that 73% of women suffering PMS experienced significantly reduced menstrual cramping and abdominal, pain with Pycnogenol. Pycnogenol has also been awarded a US patent for use of

proanthocyanidins in the reduction of the pain and discomfort associated with menstruation (PMS). Abdominal pain due to endometriosis was reduced in 80% of the patients and cramps disappeared in 77% of the women taking Pycnogenol, according to a study published in the European Bulletin of Drug Research and submitted as part of the patent application. Endometriosis is a common gynecological disorder with varied symptoms including chronic pelvic pain, dysmenorrhea and infertility. Pycnogenol is a natural complex of water-soluble bioflavonoids. When compared against 20 other antioxidants sources, Pycnogenol was shown to be the most powerful antioxidant among them. The antioxidants in Pycnogenol may counteract cramps by reducing inflammatory action. The mode of action, by which Pycnogenol reduces the clinical findings of endometriosis and chronic pelvic pain, is thought to be a combined action of its individual components. Scientists believe that the extract from Pine Bark works partly by fighting inflammation inside the body. But Pycnogenol also contains two types of acid - called caffeic acid and ferulic acid - shown to reduce contractions of the uterus. This could explain why it appears to relieve menstrual cramps.

Vitamin B6 (Pyridoxine): helps relieve PMS symptoms including depression, breast tenderness and bloating. Taking low doses of Vitamin B6 daily may be effective in relieving the symptoms of premenstrual syndrome (PMS), including depression, according to British researchers. The researchers reviewed nine published trials in which Vitamin B6 was compared with (an inactive) placebo in more than 900 women with PMS. Doses of vitamin B6 up to 100 milligrams daily were significantly better than placebo in relieving overall premenstrual symptoms and in relieving depression associated with premenstrual syndrome. Numerous other clinical studies have demonstrated the efficacy of Vitamin B6 supplementation in treating PMS. In one double blind crossover trial, 84% of the subjects had a lower symptomology score during the B6 treatment period. Although PMS is of multifactorial origin, B6 supplementation alone appears to benefit most patients. In another study, premenstrual acne flare-up was reduced in 72% of 106 affected young women taking 50mg of Pyridoxine daily for one week prior and during the menstrual period. Pyridoxine acts as a mild diuretic, reducing the symptoms of premenstrual syndrome. In one study, women received 50mg per day of Vitamin B6 or a placebo for 3 months. Symptoms amongst these women included depression, irritability, tiredness, headache, breast tenderness and swollen abdomen/hands. At this dose depression, irritability and tiredness were the only symptoms to respond and they were reduced by 50%.

Calcium Citrate: helps reduce PMS-related moodiness, fluid retention, prevents cramps and muscle pain. By soothing emotional irritability, it also prevents the fatigue many women suffer. For example, three recent studies have pointed to Calcium deficiency as a main culprit causing premenstrual syndrome. Therefore, Calcium supplementation may go a long way toward helping to relieve PMS symptoms. In one study, researchers found that women who received 1,200 mg of Calcium each day for three menstrual cycles had a 50 percent reduction in PMS symptoms particularly mood swings or depression, pain, cravings, and water retention — plus many of the other symptoms, as well. Calcium deficiency triggers an elevation of female hormones in the

body to stabilize the imbalance. The relationship between the abnormal Calcium levels and female hormones triggers PMS symptoms.

Magnesium Citrate: Research finds that women with PMS symptoms are typically deficient in Magnesium, which helps relieve cramps and control premenstrual sugar cravings. Magnesium also helps stabilize moods by affecting brain chemistry. It also helps combat fatigue. In a study published in the *Journal of Women's Health and Gender-Based Medicine* comparing Magnesium to a placebo, the results suggest that modest amounts -- 200 milligrams per day -- could reduce water retention and bloating. A follow-up study, showed that the same dose of Magnesium paired with 50 milligrams of vitamin B-6 reduced mood symptoms like anxiety. Some other studies indicate that chronic intracellular Magnesium depletion can cause symptoms of PMS. One clinical trial of Magnesium in women with PMS found a reduction of nervousness in 89%, breast pain/tenderness in 96% and reduced weight gain in 95% of the women tested after Magnesium supplementation. Another double-blind study involving high-dosage Magnesium supplementation found that this therapy provided significant relief from PMS-related mood changes. Menstrual cramping, which is caused by hormone like substances called prostaglandins made by the endometrial cells, may subside with supplemental doses of Magnesium. Magnesium helps to lower the production of prostaglandins. Magnesium's muscle-relaxing properties probably have a beneficial effect on cramping of the uterine muscle as well. PMS sufferers tend to have lower levels of this mineral in their red blood cells, compared to women without PMS. Magnesium helps to restore optimal levels of neurotransmitters that are often low in PMS patients. These low neurotransmitter levels contribute significantly to the depression experienced during PMS. Magnesium is required for the normal metabolism of sugars (carbohydrates) and Magnesium deficiency can cause instability of blood sugar levels that often occur in PMS. It also exerts numerous other effects at a cellular level that contribute to the resolution of PMS symptoms.

SUGGESTED USE:

Take 1 to 2 capsules twice daily, 7 to 10 days before the onset of menstruation.

Flexoprin™

How Flexoprin™ Works:

Flexoprin™ works to restore normal movement and flexibility by removing excess acidity in the joints by first reducing the inflammation and then by increasing circulation and blood flow. **Flexoprin™** also aids in normalizing the affected neurons. Once the pain is reduced, the person is able to move more easily and flexibility is improved.

Flexoprin™ is designed to help with not only osteoarthritis, but also rheumatoid arthritis, lupus and other autoimmune-related conditions by inhibiting the enzyme cyclooxygenase-2 (COX-2). By doing so, **Flexoprin™** will reduce inflammation and decrease an overactive immune function, eliminate the destruction of the joint and rebuild the cartilage producing cells thereby restoring flexibility and mobility of bone joints.

Applications

Flexoprin™ has been successfully used to:

- Support normal activities on people who are suffering from arthritis pain and stiffness.
- Provide a quicker ease and comfort when pain strikes.
- Improve cartilage repair, promote the maximum mobility and flexibility of the damaged joints (when used for a long period of time).
- Act as a COX2 inhibitor
- Defend against autoimmune diseases and further minimize the chances of inflammation and pain.
- Help regain a normal life style without worrying about any side effects caused prescription medication.
- Be effective against rheumatoid arthritis, osteoarthritis, lupus and other autoimmune disorders
- Reduce inflammation and act as an anti-inflammatory
- Remove excess acidity in the body
- Eliminate harmful free-floating calcium
- Increase circulation and blood flow in the joints
- Protect joints from oxidative damage
- Act as an anti-spasmodic
- Act as an anti-cancer agent
- Destroy free radicals

Active Ingredients:

Chamomile Flower B.E.E.®: contains volatile oils including alpha-bisabolol, alpha-bisabolol oxides A & B and matricin (usually converted to chamazulene). Other active constituents include the flavonoids apigenin, luteolin and quercetin. These active ingredients contribute to chamomile's anti-inflammatory, antispasmodic and smooth muscle relaxing action. It also works as a powerful antioxidant to protect joints from oxidative damage.

Angelica Root B.E.E.®: contains flavonoids and glycosides that have anti-inflammatory and antispasmodic (muscle relaxant) properties. Angelica has 12 anti-inflammatory constituents, ten antispasmodic (muscle relaxant) constituents, and five anodyne (pain-relieving) ones. Angelica's calcium blocking compounds produce a relaxation of smooth muscle of visceral (internal) organs. Accompanying its calcium channel blocking action is an analgesic effect, producing both relief from pain and mild tranquilizing effects. This provides for further application to trauma, headaches, and arthritis.

Astragalus Root B.E.E.®: contains flavonoids, polysaccharides, triterpene glycosides and abundant amino acid and trace minerals that may benefit immune function acting as a double-direction regulator for immune system. It may help with rheumatoid arthritis and some other autoimmune diseases, such as Systemic Lupus Erythematosus (SLE) by decreasing overactive immune function. Astragalus' effects on immune system function are partially due to its ability to enhance the interferon response to viruses, and increase the white blood cell counts to naturally boost the body's defenses.

Echinacea Root B.E.E.®: contains polyacetylenes, caffeic acid derivatives and polysaccharides that fight inflammation and have benefits for the immune system. These constituents increase the production and activity of white blood cells, lymphocytes, and macrophages. Inulin and other high molecular weight polysaccharides such as heteroxylan, arabinogalactan, and fucogalactoxyloglucans stimulate macrophages and they possess anti-inflammatory activity. The anti-inflammatory properties of Echinacea have proven useful in treating rheumatoid arthritis. In one study, fifteen drops of *E. purpurea* extract three times a day reduced inflammation by 21.8%. While this decrease is approximately half of that associated with cortisone or prednisone, no side effects were noted as observed in the steroids. Much of echinacea's often reported anti-inflammatory activity is most likely due to its inhibition of hyaluronidase and its resultant changes in the inflamed tissue and prevention of the spread of the infection. However, the inhibition by polysaccharides and alkylamides of cyclooxygenase and 5-lipoxygenase is also important. These enzymes utilize arachidonic acid and enhance the production of prostaglandins and leukotrienes, which are powerful inflammatory mediators known to be involved in many chronic inflammatory conditions such as arthritis.¹⁸ Echinacea's anti-inflammatory activity has been useful in the treatment of rheumatoid arthritis.

Lemon Fruit B.E.E.®: a powerful free radical destroyer that also aids in pain relief because of its anti-inflammatory effect. Lemons are a most potent solvent for breaking up the calcified formations existing in the body and they also prevent the formation of crystals or stones.

MSM (Methylsulfonylmethane): Numerous studies have shown that sulfur levels in arthritic joints are lower than in healthy joints. MSM may help by delivering needed sulfur to the afflicted areas. It may exert an anti-inflammatory, analgesic effect similar to that of aspirin. It may also help to maintain or repair cartilage, which is the gel-like substance that cushions joints and that is a key ingredient of connective tissue. The beneficial effect of MSM is also due in part to its ability to sustain cell flow-through, allowing harmful substances to flow out while permitting nutrients to flow in, and thereby preventing pressure buildup in cells that causes inflammation in the joints and elsewhere, and translates to pain. MSM, by equalizing cell pressure, treats the cause of inflammation, unlike an aspirin that would treat the symptom by shutting off the nerve.

SUGGESTED USE:

Start by taking 2 capsules with dinner. An additional 1-2 capsules may be taken in the morning if symptoms still exist after waking.

Fibromya™

Fibromya™ is a revolutionary dietary supplement like no other and is specifically formulated to give relief from the pain and discomfort of Fibromyalgia. Manufactured using the proprietary **B.E.E.®** (Bio-Enhanced Extraction) technology, this product offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, which quickly releases the active ingredients into the bloodstream for superior, fast results.

How Fibromya™ Works:

Fibromya™ is an extremely unique formulation designed to help balance DHEA, Cortisol and Melatonin levels within the body. These three key hormones are considered by our scientists to have a strong connection to Fibromyalgia syndrome. In normal individuals, DHEA and Cortisol reach their highest concentrations during the day and their lowest levels at night, while Melatonin reaches its highest levels at night and its lowest during the day. Our scientists have discovered that these three hormone levels are completely reversed in people suffering from Fibromyalgia.

Cortisol is a steroid hormone that has significant effects on protein, carbohydrate and lipid metabolism, muscle tissue maintenance, myocardial integrity and the suppression of inflammation. However, continued over secretion of cortisol over an extended period of time can wear down the body and trigger symptoms of exhaustion.

DHEA is also a major steroid hormone that helps balance the body against stress, it increases energy levels during the day and it also helps combat chronic fatigue syndrome. DHEA also plays a vital role in modulating immune and inflammatory mechanisms in the body.

Melatonin is a powerful generative hormone that is linked to the sleep cycle and its levels strongly fluctuate throughout the day. It can help people with mood and behavior disorders by decreasing nocturnal levels in patients suffering from depression. Melatonin also has general stimulatory effects on a wide variety of immune system functions.

Fibromya™ is a very effective product that acts directly on Cortisol, DHEA and Melatonin levels in the body. Our formula contains the necessary Bio-Enhanced active ingredients, which will balance these three key hormone levels in the body.

Fibromya™ is designed not only to help relieve multiple symptoms of Fibromyalgia, such as widespread tenderness and pain in the fibrous tissues of the muscles, tendons, ligaments and the sciatica. **Fibromya™** not only works to offset chronic fatigue, poor sleep quality, anxiety, gastro-intestinal and urinary symptoms etc., but also target the possible causes of Fibromyalgia. **Fibromya™** is very helpful in the reduction of muscle tension, thereby relieving patients from the symptoms listed above and giving patients a feeling of greater energy and an improved sense of well-being.

In addition, **Fibromya™** works to help normalize neurological function by balancing amino acids that are the precursors of serotonin and also other amino acids that affect the neurological system. Further, once amino acids are normalized, there is less irritation to the nervous system. This, in turn, also helps to decrease muscle and nerve pain. This mechanism also helps to improve sleep patterns and individuals using this product awake feeling rested in the morning. Many individuals have also reported a substantial increase in overall energy levels as well as improvements in depression, mental alertness and cognition.

Applications

Fibromya™ has been used to:

- Provide muscle relaxation.
- Help patients overcome pain and suffering.
- Balances 3 key hormones: DHEA, Melatonin and Cortisol.
- Promote deep restorative sleep in patients with Fibromyalgia.
- Improve an overall sense of well-being; further help patients feel more cheerful, energetic and awake.
- Increases oxygen in the body
- Increase circulation
- Act as an anti-inflammatory
- Relieve muscle pain such as backaches, shoulder pain, etc.
- Accelerate the restoration of normal bowel activities when applied together with **Gastrol™** (Hamida Pharma's Product).
- Accelerate the restoration of normal bladder activities when applied with **UrinoI™** (Hamida Pharma's Product).
- Have a positive effect on sciatica, ringing in the ears, headaches and migraines.
- Target the specific causes and symptoms of Fibromyalgia.
- Reduce symptoms such as:
 - Chronic fatigue
 - Insomnia
 - Gastro-intestinal problems
 - Pain
 - Irritable bowel
 - Headache
 - TMJ

Daisy Flower B.E.E.: contains volatile oil, flavonoids and tannin that may help patients of Fibromyalgia find relief from multiple symptoms such as muscle and joint pain and body aches and in addition, improve sleep quality through its nerve calming properties. Daisy is traditionally associated with a wide number of medicinal claims, such as the reduction of multiple pains including migraines (a type of headache), nerve pain, stomachache etc. John Gerard, the 16th-century herbalist and surgeon, mentions the

Daisy, under the name of 'Bruisewort,' as an unfailing remedy in 'all kinds of aches and pains. It also is helpful for many such disorders such as gastro-intestinal, gallbladder and kidney problems, palpitations (quick heartbeat), edema (swelling), fever and night sweats.

Grape Leaves B.E.E. and Olive Pit B.E.E.: are rich in flavonoids including anthocyanins, oligomeric proanthocyanidins (OPCs), quercetin and isoquercitrin. They also contain flavones, tannin, glycosides, pigments and a variety of vitamins and minerals that help improve blood flow and circulation, which is a possible cause of Fibromyalgia, thus helping relieve muscle tension. (Tense muscles can press adjacent nerves, causing pain, tingling and numbness. Stressed nerves can create weakness in affected muscles and restrict motion in nearby joints). These herbs help improve symptoms caused by blood and energy deficiency, chronic fatigue syndrome, muscle, joint pain and stiffness, diarrhea, stomach aches, difficult urination and swelling. Grape leaves, especially the red leaves, have anti-inflammatory and astringent properties while certain constituents from olive pits exert a tranquilizing effect on nervous tension and act as a circulatory tonic as well as an astringent.

Pineapple Fruit and Stem B.E.E.: contains bromelain, a proteolytic enzyme, which has anti-inflammatory and muscle relaxing effects, can actually shut down the inflammation in the pancreas and the glands that are secreting hormones. By abating that inflammation, the body is able to balance its hormones and stop the neuro-endocrine pain loop. Pineapple is also helpful in healing muscle injuries as well as pain, swelling and tenderness.

Almond Powder: its properties are known to have a soothing, laxative herb that relaxes spasms; medicinally used for, when taken internally, kidney stones, gallstones, and constipation; also used externally for dry skin conditions. People suffering from Fibromyalgia, often have low magnesium levels and almonds have a very high magnesium content. Adequate amounts of magnesium promote proper cellular functioning and energy production.

Orange Juice Powder: contain flavonoids that help promote gastric juice secretion; its properties are also known to relieve tension, relax spasms, and improve digestion.

SUGGESTED USE:

Take 1-2 tablets when needed; best taken at 10 am each morning. Chew for better assimilation and absorption.

Flucare™

How Flucare™ Works:

More than 200 different viruses are known to cause the symptoms of the 500 million common colds suffered each year in the U.S. alone (2.5 per person average). The most common is the rhinovirus (from the Greek *rhin*, meaning “nose”), which causes about 35% of all “colds.” Influenza, commonly called the flu, is an acute, contagious, respiratory tract infection caused by one of the influenza viruses.

If an adult gets colds and flu often, it may be a sign that his or her immune system is not working properly. Antibiotics are useless against viral illnesses like influenza. The best way to get rid of the flu or any other infectious illness is to attack it head-on by strengthening the immune system. Maintaining a healthy immune system is the primary way to protect against getting an excessive number of colds.

Flucare™ works by activating and strengthening the immune system (immune cells, cytokines and antibodies) directly, causing it to build up its defense mechanisms so it is better able to protect you against invasion by foreign particles such as cold and flu viruses and other forms of viral and bacterial infections.

Flucare™ is also designed to help with the symptomatic relief of minor aches and pains, sneezing, sore throat, congestion, cough and nasal discharge resulting from the common cold and influenza.

Applications

Flucare™ has been used to:

- Help provide fast recovery from the common cold as well the influenza virus
- Boost the immune system
- Increase resistance against viral and bacterial infections
- Dramatically reduce cold and flu symptoms
- Increase the production and activity of white blood cells
- Increase the production of interferon
- Shorten the severity and duration of the common cold or flu

Echinacea Root B.E.E.®: contains alkylamides/polyacetylenes, caffeic acid derivatives and polysaccharides that work together to not only relieve the symptoms of colds, flu, bronchitis, strep throat and other upper respiratory infections, but also support the immune system by increasing the production and activity of white blood cells (lymphocytes and macrophages). It may also increase the production of interferon, an important part of the body’s response to viral infections. Herbalists consider Echinacea one of the best blood purifiers and an effective antibiotic. It activates the body's immune system increasing the chances of fighting off any disease. This popular herb has been used to help ward off the common cold and to relieve the symptoms of hay fever. The

constituents of Echinacea include essential oil, polysaccharides, polyacetylenes, betain, glycoside, sesquiterpenes and caryophyllene. It also contains copper, iron, tannins, protein, fatty acids and vitamins A, C, and E. The most important immune-stimulating components are the large polysaccharides, such as Inulin, that increase the production of T-cells and increase other natural killer cell activity. Fat-soluble alkylamides and a caffeic acid glycoside called echinacoside also contribute to the herb's immune empowering effects. It has been shown in animal and human studies to improve the migration of white blood cells to attack foreign microorganisms and toxins in the bloodstream. Research suggests that echinacea's activity in the blood may have value in the defense of tumor cells. Echinacea properties may offer benefit for nearly all infectious conditions. Studies show Echinacea prevents the formation of an enzyme, which destroys a natural barrier between healthy tissue and damaging organisms. Echinacea is considered an effective therapeutic agent in many infectious conditions including upper respiratory infections, the common cold and sinusitis. The herb is a mild antibiotic that is effective against staph and strep infections. It may reduce the severity of symptoms such as runny nose and sore throat and reduce the duration of illness. Echinacea increases the "non-specific" activity of the immune system. In other words, unlike a vaccine, which is active only against a specific disease, Echinacea stimulates the overall activity of the cells responsible for fighting all kinds of infection. Unlike antibiotics, which are directly lethal to bacteria, Echinacea makes our own immune cells more efficient in attacking bacteria, viruses and abnormal cells, including cancer cells. Over 500 scientific studies have documented the chemistry, pharmacology, and clinical applications of Echinacea. The most consistently proven effect of Echinacea is in stimulating phagocytosis, that is encouraging white blood cells and lymphocytes to attack invading organisms.

Specific actions:

- increases the number and activity of immune system cells, including anti-tumor cells
- promotes T-cell activation
- Mild antibiotic action: bacteriostatic, anti-viral, anti-fungal
- inhibits the bacterial enzyme hyaluronidase, to help prevent bacterial access to healthy cells

Almond B.E.E.®: contains various mono-saturated oils and essential oils that help relieve cold symptoms. Almonds were first referenced in Chinese medicinal writings as an herb for coughing and upset stomach. Almonds possess a very high nutritional profile and are revered for their ability to strengthen the body and soothe mucous membranes. According to Chinese medicine, almonds possess a neutral temperature and sweet taste and benefit the lungs, transform phlegm, soothe the intestines, aid in bronchial diseases and help to relieve tickling coughs and hoarseness. They also contain salicylic acid, which is essentially natural aspirin that can help to alleviate various kinds of headaches. In fact, a small handful of almonds contain as much pain killing power as a tablet of aspirin.

Lemon Fruit B.E.E.® , Ascorbic Acid and Zinc Gluconate: Lemons are the kings of citrus fruit and they contain various constituents, such as volatile oil, limonene, alpha-terpinene, alpha-pinene, beta-pinene, citral, coumarins, bioflavonoids, vitamins A, B1, B2, B3, and C and mucilage. Because of their high source of bioflavonoids, they are powerful in detoxifying the body. Lemons also have a tremendous ability to dissolve mucus and scour toxins from cellular tissue. The vaporized essence of lemon can kill meningococcus bacteria in 15 minutes, typhoid bacilli in just one hour, Staphylococcus aureus in two hours, and Pneumococcus bacteria within three hours. A mere 0.2 percent solution of lemon oil can eliminate diphtheria bacteria in 20 minutes and completely inactivate tuberculosis bacteria. Lemon oil has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. The volatile oil is antiseptic and antibacterial. Lemon is a valuable preventive medicine. Its antiseptic and cleansing actions make it valuable for infections and fevers (especially of the stomach, liver, and intestines). Lemons are wonderful for fevers and lemon juice in hot water has been widely advocated as a daily preventive of the common cold

Vitamin C helps to strengthen the immune system by boosting interferon (a natural antiviral substance) and antibody levels in the body and increasing the production of infection-fighting white blood cells. This vitamin is also a natural antihistamine and it helps to fight viruses. According to a study presented at the 60th Anniversary Meeting of the American Academy of Allergy, Asthma and Immunology (AAAAI), the number of NK cells (a cell that protects against viruses) in the peripheral blood increased after two weeks of supplementation with Vitamin C. The study also found that the number of T cells (also active in antiviral immunity) was more activated following vitamin C supplementation. The T cells also produced significantly more interferon-gama (an antiviral compound) and less interleukin-4 and interleukin-10 (both of which are associated with allergic disease) after two weeks of supplementation with vitamin C.

Zinc is a valuable mineral that increases the production of white blood cells that fight infection and helps them fight more aggressively. It also increases killer cells that fight against cancer and helps white cells release more antibodies. Zinc increases the number of infection-fighting T-cells, especially in elderly people who are often deficient in zinc, and whose immune system often weakens with age. Nutritionists suggest that one of the reasons that the immune system becomes weaker with age is because zinc levels are lower at this time of life. Studies have shown that patients with AIDS have significantly lower blood levels of zinc when compared with a control group.

SUGGESTED USE:

Take 1 to 4 capsules, depending on the severity of your symptoms, 3 times daily upon the initial signs of a cold. **Flucare™** can also be taken as a supplement (1-2 capsules daily) during cold and flu season in order to strengthen the body's resistance.

Flush 24™

Flush 24™ contains several active **B.E.E.®** ingredients to help remove various kinds of toxins, pollutants and heavy metals from the body.

How Flush 24™ Works:

Flush 24™ works to cleanse and normalize the liver, gall bladder as well as the entire gastro-intestinal system. It also helps to remove both water and fat-soluble toxic matters from the body. The **B.E.E.®** naturally processed constituents in **Flush 24™** will help support the main organs of detoxification and help to increase bile production in the gallbladder and bile flow in the liver. The liver eliminates toxins from the body by making them soluble and secreting them from the body in the form of bile. By increasing bile flow and production, the liver is encouraged to dump even more toxins from the body.

Flush 24™ is highly recommended to people who:

- Consume alcohol
- Are exposed to environmental pollutants or cigarette smoke
- Have been taking medications or drugs for extended periods
- Are overweight
- Have a history of liver or gallbladder problems
- Suffer from environmental illness due to sluggish livers

Flush 24™ brings essential added strength to the often overlooked yet vital internal organ, the liver. When the liver is over-stressed all other organs start to dysfunction. It is constantly working to break down not only the environmental and external toxins that invade our body through breathing and eating, but also those produced during normal metabolic processes in the body called internal toxins. Many common symptoms such as headaches, mental confusion, muscle aches, fatigue, poor coordination, nerve problems, skin irritations and emotional imbalances can be the result of overexposure to toxins.

Flush 24™ improves liver function to benefit the entire body. It contains a synergistic blend of carefully selected ingredients to help support and rejuvenate the liver that are obtained through a proprietary extraction process. Optimum health and even beautiful skin depend greatly on the health and vitality of the liver. So, let us suggest that you could live longer by cleaning up your internal environment and giving your liver the nutritional support it deserves.

Flush 24™ will remove thousands of toxins, poisons, chemicals, and drug residues while regenerating and healing liver cells.

Applications

Flush 24™ has been successfully used to help detoxify the entire body as well as the body's main organs: liver, gallbladder, kidneys, the skin, the heart and arteries and the lungs.

Flush 24™ has been used to:

- help control body weight and help to prevent certain diseases, especially when someone has prolonged exposure to chemicals or hormones (such as oral contraceptives).
- clean plaque from blocked arteries.
- flush stones from the liver and gallbladder.
- remove heavy metals such as mercury, lead and aluminum from the body.
- improve symptoms of low energy, joint pain, headache, general body pain, premenstrual syndrome, unhealthy skin, anxiety and irritability, frequent colds, heartburn, constipation and gas.
- treat diseases such as autoimmune disorders, multiple chemical sensitivity, Fibromyalgia, chronic fatigue syndrome, digestive disorders, heart disease, arthritis, attention deficit disorder and many other chronic degenerative diseases.
- improve overall liver function.
- stimulate bile production and the breakdown of dietary fat.
- boost the effectiveness of weight management programs.
- increase energy and stamina.
- improve the body's ability to fight disease by facilitating immune function.

Papaya Fruit B.E.E.®: Different types of enzymes are present in papaya. Papain, a substance present in papaya is an excellent aid to digestion. It is an enzyme, which helps to digest the protein in food. The unripe fruit is a rich source of papain, which is vegetable pepsin and is capable of digesting protein in acid, alkaline or neutral medium. Papaya is very soothing to the stomach as well as the entire digestive tract. During the Flush program, the **B.E.E.®** extract from the Papaya Fruit will help with the transit of nutrients to the various parts of the body as well as assist with the expulsion of various toxins from the system.

Pumpkin Seed B.E.E.®: Pumpkin seeds are a "superfood". The seeds are rich in the amino acids alanin, glycine and glutamic acid and also contain high amounts of zinc, beneficial linolenic acid and Omega 3 essential fatty acids. They contain high quantities of protein, iron and phosphorous and even a tablespoon a day would be a good addition to any healthy diet, particularly for vegans and vegetarians. Pumpkin seeds are also low in carbohydrates. Pumpkin seeds, and the oil they contain, have long been used as folk medicine. Studies have shown that pumpkin seeds may reduce hormonal damage to prostate cells, thus possibly reducing the risk of developing prostate cancer. The seeds have been used to treat urinary tract infections. Pumpkins are a tasty source of vitamins and minerals, particularly beta-carotene, vitamin C and potassium. The Pumpkin Seed BioEnhanced extract used in **Flush 24™** will also help to build up and strengthen the entire immune system. Two studies have found that eating pumpkin

seeds as a snack can help prevent the most common type of kidney stone, called a calcium oxalate stone. Pumpkin (*Cucurbita pepo*) seeds appear to reduce levels of substances that promote stone formation in the urine and increase levels of substances that inhibit stone formation. Pumpkin seeds have also purported effects against tapeworms, parasites and other intestinal disorders. Given their safety, they are often recommended as an addition to other, more reliable therapies.

Lemon Fruit B.E.E.®: Lemons are the kings of citrus fruit. Because of their high source of bioflavonoids and Vitamin C, they are powerful in detoxifying the body. They are also an excellent diuretic. Bioflavonoids and Vitamin C are also needed during times of stress or detoxification (i.e. "The Flush"). Both Vitamin C and Bioflavonoids will concentrate in the adrenal glands, which produces hormones in response to all types of stress (physical, mental and emotional). The normally high levels of Vitamin C in the adrenal glands are depleted when stress hormones are made. The greater the stress, the greater the requirements for Vitamin C and certain Bioflavonoids. Lemons also have a tremendous ability to dissolve mucus and scour toxins from cellular tissue. The lemon is a wonderful stimulant to the liver and is a dissolvent of uric acid and other poisons. Lemons also help to liquefy the bile.

Flax Seed B.E.E.®: Flax Seeds are a rich source of essential fatty acids. They contain alpha linolenic acid, omega 3 essential fatty acid and omega 6 essential fatty acid and Flax Seeds contain these 3 EFA's in just the right proportions. Flax Seeds are also a great source of lignans, vitamins and minerals. Their high content of alpha linolenic acids has made the ancient Flax Seed become our modern miracle food. Alpha linolenic acid is a type of omega 3 fatty acid, similar to those found in fish such as salmon. Benefits of Flax Seed as shown in many studies include lowering total cholesterol and LDL cholesterol levels. Other benefits show that Flax Seed may also help lower blood triglyceride and blood pressure. It may also keep platelets from becoming sticky therefore reducing the chance of a heart attack. Recent studies also showed positive benefits of Flax Seeds in IBD (Crohn's Disease and Colitis). Flax Seeds seem to be able to heal the inner lining of the inflamed intestines.

Apple Cider Vinegar Powder: raises the alkalinity of the extra cellular fluid that surrounds your cells. An alkaline, versus acidic, environment is believed to be one of the major deterrents to tissue damage, aging and the growth of disease organisms. When your body consists of a more neutral to alkaline environment, the body can then use its amazing ability to heal itself naturally. Apple Cider Vinegar is also an antibacterial and anti-fungal and gives the immune system a good boost. As a high potassium electrolyte balancer, it also remineralizes the body. Apple Cider Vinegar is proving most beneficial to people with arthritis because it breaks down calcium deposits in the joints while remineralizing the bones.

L-Arginine (from oats): The amino acids, L-Arginine, L-cysteine and L-glutamine are just some of the substances that support the GI system activity to provide a major route of toxin excretion via regular bowel movements. These amino acids help to eliminate the build-up of unhealthful microorganisms and internal toxins and provide a strong and

intact barrier to prevent the leaking of toxic materials from the intestines into the blood. Amino acids are also key factors in the body detoxification of endogenous and exogenous compounds. They also normalize the process of vasodilatation that can be converted into Nitric Oxide (NO). Nitric Oxide is intended to provide nutritional support for healthy heart and blood vessel function, including direct vasodilatation. L-Arginine also plays a vital role in ammonia detoxification.

Vitamin B6 (from Potatoes): Potatoes are rich in dietary fiber, vitamin C and vitamin B6. The two major forms of vitamin B₆ are pyridoxine and pyridoxamine. In the liver, they are converted to pyridoxal 5'-phosphate (PLP), which is a cofactor in many reactions of amino acid metabolism. PLP also is necessary for the enzymatic reaction governing the release of glucose from glycogen. Vitamin B6 is also needed for the metabolism of protein and for the health of red blood cells. It is further linked to cancer immunity and fights the formation of the toxic chemical homocysteine, which is detrimental to the heart muscle.

Vitamin B12 (from Dong Quai): Vitamin B12 can help detoxify environmental toxins or abnormal metabolic waste products, analogous to the known capacity of this vitamin to detoxify sulfites.

Folic Acid (from Spinach): is required for the phase one detoxification pathway in the liver and for cell repair and division. There is an increased need in alcohol excess. Some studies have shown that folic acid exerts an anti-cancer effect.

Vitamin E (from wheat germ): Wheat germ oil is very high in vitamin E and is often used as a source of vitamin E for internal use or for external application. The antioxidant properties of vitamin E make wheat germ oil more stable to oxidation or rancidity than many other oils. Vitamin E works to protect cells from pollutants including ozone, nitrogen dioxide, nitrites and metals such as lead, mercury, silver and cadmium. Vitamin E chelates heavy metals such as mercury. It is important in protecting cell membranes from oxidative destruction. It is the king of cardiovascular nutrients. It prevents the buildup of LDL cholesterol in the arterial wall. Vitamin E can decrease platelet adherence to damaged artery walls much like Vitamin C. While helping myocardium (heart muscle) use oxygen more efficiently vitamin E can even lift HDL (good) cholesterol levels. Protects against heart disease.

Biotin (from Mushrooms): Liver cells that lack biotin will be deprived of the energy they need to detoxify chemicals and drugs. Deficiency of this vitamin is not rare and can cause hair loss, dry flaky skin, rashes and fatigue. Those with a poor diet, alcoholism or long-term antibiotic use, are at risk of deficiency.

Carotene (from carrots): protects the body against skin, eye, liver and lung damage and has been shown to strongly inhibit the growth of human cancer cells.

MSM (Methylsulfonylmethane): MSM enables your cells and tissues to release toxins that have built up over the years. Sulfur is a vital part of our waste management system,

and if we do not have enough of it our bodies are not able to release some of the waste substances. MSM makes cell walls permeable, allowing water and nutrients to freely flow into cells and allowing wastes and toxins to properly flow out. MSM is a powerful detoxifier. In vitro and in vivo tests suggest that MSM also has ameliorating or curing activity against a variety of medically important parasitic, microbial, and fungal problems of the intestinal and urogenital tracts. MSM is active against Giardia lamblia (traveler's diarrhea), Trichomonas vaginalis, Nematodes, Enterobius and other intestinal worms, systemic infections by Histoplasma capsulation, Coccidioides Toxoplasm and other in vitro susceptible organisms. MSM may affect such infection by competing for binding or receptor sites at the mucous membrane surface presenting a blocking interface between host and parasite. MSM appears to augment immunological competence, which may also partly explain its effectiveness in treating parasitic infections.

Co Enzyme Q10 (from wheat germ): A vitamin-like substance that resembles Vitamin E, but which may be an even more powerful antioxidant. It plays a critical role in the effectiveness of the immune system and in the aging process. Testing has shown that CoQ10 reduces angina and improves cardiac function. It also improves circulation, lowers blood pressure and acts as a chelating agent.

Zinc (from chickpeas and pumpkin seeds): Zinc is important in normal growth and development, the maintenance of body tissues, sexual function, the immune system, and detoxification of chemicals and metabolic irritants. With regards to metabolism, zinc is part of alcohol dehydrogenase, which helps the liver detoxify alcohols, including ethanol, methanol, ethylene glycol and retinol (Vitamin A). Zinc is needed for lactate and malate dehydrogenase, both important in energy production. Zinc in carboxypeptidase (a digestive enzyme) helps in protein digestion.

Stevia: Stevia is an outstanding, sweet tasting herb that has remarkable health promoting qualities. The sweetness of Stevia is largely due to its complex stevioside molecule that is composed of glucose, sophorose and steviol. A second compound called rebaudioside, which is present in Stevia, also contributes to Stevia's sweetness. The sweetness of Stevia is much different than the sweetness of other natural sweeteners, sugar, or artificial sweeteners, but it is delicious. Stevia has many favorable and exciting health benefits and it is completely non-toxic. The herb is nutrient rich, containing substantial amounts of protein, calcium, and phosphorous, as well as sodium, magnesium, zinc, rutin, vitamin A, vitamin C, and over 100 phytonutrients.

SUGGESTED USE:

On the day of the flush, do not eat ANY food and TRY not to drink any liquids

throughout the entire day. If REALLY thirsty, some purified warm water can be

consumed in very small amounts. Again, it is BEST to not eat or drink any food

or liquids prior to beginning the flush.

Following the time schedule while doing the flush is very important, so try to drink the flush product at the specific times listed below.

Between 6pm-8pm: First drink one full pouch of Flush 24™ solution powder mixed in an 8-ounce glass of purified water.

EXACTLY two hours after having the first drink: Repeat by drinking another full pouch of Flush 24™ powder mixed in 8 ounces of purified water.

Within 30 minutes of having the second drink, go to bed. Try going to bed by 10:30pm in order to insure that the body gets proper rest.

Just before going to bed, a small amount of warm water should be consumed (6-8 ounces).

When going to bed, it is very important to lie on the back and try to remain still. Try to remain on the back and avoid tossing and turning throughout the night.

Next Day:

6am or 7am: Repeat the same step as above.

Exactly two hours after your first morning drink: Repeat the process one more time

Drink warm water for the rest of the day. At the end of the day, 4:00pm to 6:00pm, eat a very light dinner, no fried food, meat, bread, alcohol or sweets. Follow a vegetarian diet: only fruits, vegetables and whole grains. Also drink plenty of pure water. It is best to stay on this same diet for 72 hours. Try to eat smaller portions of food and keep the total daily caloric intake to about 50% of normal for the entire 72-hour period.

Some people may experience fatigue during the flush. These symptoms usually diminish after a few hours to a day. For this reason, many people take time off work to begin the flush or conduct the process over the course of a weekend.

Gastrol™

How Gastrol™ Works:

Gastrol™ works to normalize the gastrointestinal tract by restoring normal flora. This, in turn, helps normalize the gas content and decrease irritation of the gastrointestinal tract.

Gastrol™ is designed to cleanse, strengthen and protect the entire gastro-intestinal system. **Gastrol™** will also help to tone up and aid in recovering the favorable gastro-intestinal function through its multiple properties, which include soothing and protecting the mucous membrane lining of the entire digestive tract, stimulating muscular movement of the stomach and intestines, eliminating pathogenic bacteria and parasites, promoting healthy intestinal flora, increasing the flow of bile, which in turn cleanses the gall bladder, bile ducts and liver. **Gastrol™** is of great value for digestive disorders such as fever blister, ulcer, heartburn, acid reflux, stomach spasms, bowel cramps, flatulence/gas, frequent diarrhea and/or constipation, irritable bowel syndrome, bloody stools, gallbladder inflammation and gallstones.

Applications

Gastrol™ has been successfully used for the complete digestive malfunction, G.I. problems and their related symptoms. Satisfactory results have been reported to be within a relatively short time.

Gastrol™ has been used to:

- Provide an immediate solution to Canker sore and Fever Blister at any stage of their development.
- Act as a powerful and definite fighter for heartburn and acid reflux.
- Support friendly bacteria and promote a normal digestive function and bowel movement.
- Restore the G.I. function faster than any other products.
- Act as an absolute supplement for severe colon diseases.
- Cleanse, strengthen and protect the entire gastro-intestinal system
- Correct digestive tract malfunctions and G.I. (gastro-intestinal) problems
- Soothe and protect the mucous membrane lining of the entire digestive tract
- Stimulate muscular movement of the stomach and intestines
- Eliminate pathogenic bacteria and parasites
- Promote healthy intestinal flora
- Increase the flow of bile
- Cleanse the gall bladder, liver and bile ducts
- Act against heartburn and acid reflex
- Eliminate canker sores and fever blisters
- Promote normal bowel function
- Help people undergoing chemo or radiation treatments (6 capsules/day)

- Improves the health of the cells (Person will not lose hair)
- Act against colitis, Crohn's disease, bloody stools, diarrhea, ulcers, flatulence, stomach spasms, constipation, bloating, etc.
- Act as an anti-inflammatory
- Restore COX3 Levels
- Stimulate saliva secretion, which aids in carbohydrate digestion
- Be effective against nausea and vomiting
- Relax the GI tract muscle
- Help break down food and prevent digestive disorders and food allergies

Thyme Herb B.E.E.®: contains thymol, carvacrol and flavonoids that help eliminate gas and relieve spasms. It also stimulates saliva (mouth water) secretion helping preliminary digestion. In addition, **Thyme B.E.E.®** may also have an ability to kill *Helicobacteri Pylori*, which is a bacterium related to peptic ulcers, and protect mucous membrane lining of digestive tract. Thymol, its primary component, acts as a disinfectant to rid the body of bacteria, viruses and fungi. Thyme's volatile oil, composed of thymol and other constituents, prevents smooth muscle spasms and aids in proper gastrointestinal function. Thyme is known to be an expectorant, antispasmodic and carminative (relieves digestive gas). It makes a good tonic for the stomach and nerves, and is used for gastrointestinal problems such as mild gastritis, enteritis and stomach cramps.

Spearmint Herb B.E.E.®: contains spearmint volatile oil including carvone, cineole, limonene, myrcene, phellandrene and caryophyllene. It is non-toxic, a non-irritant and non-sensitizing. It is helpful with digestive problems like nausea, vomiting, gas/flatulence, diarrhea, constipation, irritable bowel syndrome, colic, upper gastrointestinal tract spasms (stomach aches) and indigestion symptoms. It also increases the flow of bile and is helpful for bile duct and gallbladder inflammation and gallstones. It is an excellent herb for the gastrointestinal tract. Spearmint helps to settle an upset stomach by soothing the stomach and intestines and increasing circulation in the stomach.

Spearmint helps to control vomiting due to morning sickness during pregnancy and it also relieves flatulence, gastrointestinal disorders, indigestion, muscular tension and poor circulation. The antibacterial effects of the essential oil of spearmint and of three major constituents of the essential oil were tested and were found to be very potent against the proliferation of several pathogenic bacteria including *Helicobacter pylori*, *Salmonella enteritidis*, *Escherichia coli*, methicillin-resistant *Staphylococcus aureus* (MRSA) and methicillin-sensitive *Staphylococcus aureus* (MSSA). The essential oils and the various constituents inhibited the proliferation of each strain in liquid culture in a dose-dependent manner and were almost the same against antibiotic-resistant and antibiotic-sensitive strains of *Helicobacter pylori* and *S. aureus*.

Barley Grass B.E.E.®: is high in enzymes, chlorophyll and other nutrients that help break down food and promote a healthy digestive system. The active enzymes in Barley Grass **B.E.E.®** can help promote and maintain growth of friendly bacteria in the

intestinal system thus promoting the proper digestion of food and preventing digestive disorders such as constipation and gas, as well as food allergies. Barley may also protect against colon cancer. Generally, the fiber in barley has been shown to help prevent colon cancer in laboratory animals. Barley Grass is high in calcium, iron, all the essential amino acids, vitamin C, the flavonoids, vitamin B-12, and many minerals, plus enzymes. Barley Grass is good for stomach and duodenum disorders, and for pancreatitis, and is an ideal anti-inflammatory substance. Because Barley Grass is high in enzymes, chlorophyll, and other nutrients that help break down food, it can promote a healthy digestive system. In addition it can help maintain favorable intestinal bacteria. The active enzymes in Barley Grass promote the growth of good bacteria in the intestinal system, which keep the digestive system clean and detoxified. Those using Barley Grass on a daily basis often report greater bowel regularity and better overall digestion. Barley Grass also helps with body detoxification and internal cleansing.

Pomegranate Fruit B.E.E.®: is an extract complex of whole plant including bark, root, stem, peel and fruits of the pomegranate. It is helpful for patients suffering from colitis and mucous. It binds the stools and tones up the intestines. It can give beneficial results in bilious vomiting. The chief value of the Pomegranate **B.E.E.®** is its astringent properties, which cause cells to shrink and it is also valuable for diarrhea and bloody stools. This extract contains alkaloid punicine that has anthelmintic properties, which can help in destroying parasitic worms. It is also highly beneficial in the treatment of anal itching that may result from unhygienic habits or from worm infection. In India, a preliminary study screening for antimicrobial activities of pomegranate seeds shows them to have potent antimicrobial activities against laboratory test organisms *Bacillus subtilis*, *Escherichia coli* and *Saccharomyces cerevisiae*.

SUGGESTED USE:

- Generally, **Gastrol™** can be taken anytime when feeling the first signs of discomfort. Take 2-6 tablets when feeling discomfort, depending on the severity of the symptoms.
- For maintenance: Take 2 tablets daily: 1 capsule before breakfast and 1 capsule before dinner.

Glucosan™

Glucosan™ contains a total of four active **B.E.E.®** ingredients to help enhance glucose metabolism and promote healthy blood sugar levels in people with pre-diabetes, type 1 or type 2 diabetes.

Diabetes is caused by many factors; the principal factor being related to the hormonal functions within the body. In men with diabetes, our scientists believe that the testosterone levels are not properly balanced and in women, the estrogen hormone needs to be properly balanced. Yeast infections, which can cause the gallbladder to malfunction, will also have an effect on the secretion of the pancreas juice. The main focus however, is to correct the hormonal functions within the body while paying close attention to the health of the digestive system.

Glucosan™ helps control blood sugar in a number of ways. Not only does it help to properly balance key hormones within the male and female body, it also helps the body respond better to insulin that it makes naturally decreasing the amount of sugar the liver makes and the intestines absorb. It also helps enhance glucose uptake and inhibit glycosylation (the abnormal attachment of sugar to protein).

Glucosan™ also reduces the daily insulin requirement of patients with Type I diabetes. In addition,

Glucosan™ helps with various diabetes complications. It helps lower blood triglycerides and cholesterol levels, but it does not lower HDL ("good") cholesterol levels. It also helps protect the membranes of the lens of the eyes and improves diabetic nerve damage and reduces pain associated with that nerve damage.

Glucosan™ may not reduce blood sugar levels in healthy, non-diabetic people.

Applications

Glucosan™ has been successfully used to:

- Control blood sugar levels by improving insulin response
- Promote cardiovascular health and minimize the possible risk of degenerative complications.
- Improve the metabolism of glucose (carbohydrates), protein and fat and enhances uptake
- Help the body respond better to naturally produced insulin
- Reduce the daily insulin requirement of people with Type 1 Diabetes

- Protect the membranes of the lens of the eye
- Improve diabetic nerve damage
- Stimulate insulin production by the pancreas
- Help lower blood triglyceride and cholesterol levels
- Replace all other supplements for diabetes problems.

Fenugreek Seed B.E.E.®: contains alkaloids (mainly trigonelline), steroidal saponins, mucilaginous fiber and protein high in lysine, L-tryptophan and isoleucine. It helps stimulate insulin and lower blood sugar levels in people with atherosclerosis and non-insulin-dependent diabetes (type II), while reducing the daily insulin requirement in people with type I diabetes. It also improves lipid levels and inhibits cholesterol absorption and synthesis.

In India, fenugreek seeds have traditionally been used as a treatment for diabetes. Various studies have identified hypoglycemic activity of various fenugreek seed extracts in rabbits, rats, and dogs. The effects have been attributed to a number of components, including a defatted seed fraction, nicotinic acid, coumarin, and trigonelline. Fenugreek does contain a number of steroidal saponins, including yamogenin and diosgenin, which could contribute to some traditional therapeutic applications for the herb. Several small, and mostly uncontrolled, human studies have shown a reduction in plasma glucose concentrations and insulin responses in non-insulin-dependent diabetics. The mechanism of action is not clearly understood. A recent study showed that fenugreek seeds significantly lowered serum cholesterol levels (14 percent reduction) in a twenty-four-week study with sixty non-insulin-dependent diabetics.

In two small studies of individuals with either type 1 or type 2 diabetes, fenugreek seed powder lowered blood glucose and improved levels of blood cholesterol and triglycerides, among other beneficial effects. The seeds are rich in dietary fiber, which may be the main reason that fenugreek can lower blood sugar levels in diabetes.

Other preliminary and double-blind trials have found that fenugreek helps improve blood sugar control in patients with insulin-dependent (type 1) and non-insulin-dependent (type 2) diabetes. Double-blind trials have shown that fenugreek lowers elevated cholesterol and triglyceride levels in the blood. This has also been found in a controlled clinical trial with diabetic patients with elevated cholesterol.

The effect of fenugreek seeds (*Trigonella foenum graecum*) on blood glucose and the serum lipid profile was evaluated in insulin-dependent (Type I) diabetic patients. Isocaloric diets with and without fenugreek were each given randomly for 10 d. Defatted fenugreek seed powder (100 g), divided into two equal doses, was incorporated into the diet and served during lunch and dinner. The fenugreek diet significantly reduced fasting blood sugar and improved the glucose tolerance test. There was a 54 per cent reduction in 24-h urinary glucose excretion. Serum total cholesterol, LDL and VLDL cholesterol and triglycerides were also significantly reduced. The HDL cholesterol

fraction, however, remained unchanged. These results indicate the usefulness of fenugreek seeds in the management of diabetes.

Incorporation of fenugreek seeds for 20 days in the diets of 5 diabetic patients resulted in similar changes of higher magnitude in all the above parameters.

Siberian Ginseng Root (Eleutherococcus Senticosus) B.E.E.®: mainly contains eleutherosides and some polysaccharides that help reduce blood sugar levels, increase general resistance to disease and relieve chronic fatigue and stress. It also benefits the immune system. Siberian ginseng helps to stabilize blood sugar and reduce cravings for sweets.

In a double-blind placebo-controlled study involving 36 diabetic (NIDDM) patients. The subjects were treated for 8 weeks with ginseng (100 or 200 mg) or placebo and efficacy was evaluated through a variety of standard psychophysical tests. They found that ginseng use was associated with elevated mood, improved psychophysical performance, and reduced fasting blood glucose (FBG) and body weight. Subjects who were given the 200 mg dose of ginseng also demonstrated improved glycated hemoglobin, serum PIIINP, and physical activity. (Sotaniemi EA, et al. *Diabetes Care*. 1995 Oct;18(10):1373-1375.)

The hypoglycemic action of ginseng may render it a therapeutically efficacious adjunct in the treatment of diabetics.

Onion Bulb (Allium Cepa) B.E.E.®: contains certain sulfur compounds, such as allyl propyl disulphide (APDS) and flavonoids including quercetin that help to block the breakdown of insulin by the liver and possibly stimulate insulin production by the pancreas, thus increasing the amount of insulin and reducing sugar levels in the blood. It also helps protect the membranes of the lens of the eye from accumulations of polyols as a result of high glucose levels.

Several uncontrolled human studies and at least one double blind clinical trial have shown that large amounts of onion can lower blood sugar levels in people with diabetes. Onion does not reduce blood sugar levels in healthy nondiabetic people.

Experimental and clinical evidence suggests that APDS lowers glucose levels by competing with insulin for insulin-inactivating sites in the liver. This results in an increase of free insulin. APDS administered in doses of 125 mg/kg to fasting humans was found to cause a marked fall in blood glucose levels and an increase in serum insulin. Allicin doses of 100 mg/kg produced a similar effect.

Onion extract was also found to reduce blood sugar levels during oral and intravenous glucose tolerance. The effect improved as the dosage was increased; however, beneficial effects were observed even for low levels that used in the diet (eg., 25 to 200 grams). The effects were similar in both raw and boiled onion extracts. Onions affect the hepatic metabolism of glucose and/or increases the release of insulin, and/or prevent insulin's destruction.

The additional benefits of onions are their beneficial cardiovascular effects. They are found to lower lipid levels, inhibit platelet aggregation and are antihypertensive. So, liberal use of onions is recommended for diabetic patients.

Rice Husk (Oryza Sativa) B.E.E.®: contains a wide variety of vitamins, minerals and fibers. It helps reduce the absorption of sugar.

One of the most astounding results of Oryza Sativa currently under study is the effect on blood glucose and insulin levels in those with Diabetes Mellitus Types I and II. Initial reports indicate that Oryza Sativa can aid in the regulation of glucose levels in Types I and II diabetes. Research also indicates a lowering of LDL cholesterol (or "bad cholesterol"), and increases of HDL cholesterol (or "good cholesterol"). In addition to these studies are those, which show the regulation of blood sugar for individuals with hypoglycemia.

In a recent trial, Oryza Sativa was able to lower blood glucose by up to 30% in a small group of patients with type 1 or 2 diabetes participating in a pilot study.

Researchers report that one out of four diabetics taking part in the 57-subject study were able to reduce their daily injection of insulin or medication dosages after adding stabilized rice bran to their diets for just two months. The findings were reported in the March issue of the *Journal of Nutritional Biochemistry*.

Researchers also found that patients with elevated cholesterol who consumed 20 grams per day of stabilized rice bran lowered their total serum cholesterol and triglyceride levels between 5% and 15%.

Alpha Lipoic Acid (ALA): is a vitamin-like antioxidant that is capable of regenerating several other antioxidants back to their active states, including vitamin C, Vitamin E, etc. Alpha Lipoic Acid enhances glucose uptake in type 2 diabetes, inhibits glycosylation and has been used to improve diabetic nerve damage.

One of alpha-lipoic acid's primary uses is to treat nerve damage, including diabetic neuropathy, a dangerous long-term complication of diabetes that causes pain and loss of feeling in the limbs. The nerve condition may be partly due to free-radical damage to nerve cells caused by runaway levels of sugar (glucose) in the blood. Alpha-lipoic acid may play a role in countering nerve damage through its antioxidant effects. In addition, it can help people with diabetes respond to insulin, the hormone that regulates glucose. In a study of 74 people with type 2 diabetes who were given 600 mg or more of alpha-lipoic acid daily, all benefited from lowered glucose levels. Studies in animals also show that alpha-lipoic acid increases blood flow to the nerves and enhances the conduction of nerve impulses. These effects may make alpha-lipoic acid suitable for the treatment of numbness, tingling and other symptoms of nerve damage from any cause, not just diabetes.

Preliminary and double blind trials have found that supplementing 600–1,200 mg of lipoic acid per day improves insulin sensitivity and the symptoms of diabetic neuropathy. In a preliminary study, supplementation with 600 mg of alpha-lipoic acid per day for 18 months slowed the progression of kidney damage in patients with type 1 and type 2 diabetes.

Alpha-lipoic acid is purported to improve insulin's action of skeletal muscle glucose transport and metabolism. Insulin resistance of muscle glucose is a prominent feature of type 2 diabetes and therapeutic interventions using alpha-lipoic acid have demonstrated impressive results. Enhanced glucose uptake and utilization (62%-64% and 33% increase respectively), reduced blood glucose levels and protein glycosylation (the process of combining a sugar and a protein), and amelioration of symptoms associated with diabetic neuropathy are apparent. Alpha-lipoic acid is easily absorbed and assimilated in the body with no apparent side effects.

SUGGESTED USE:

Start with 1 capsule twice daily and either increase or decrease the dosage until your blood sugar is controlled. Take Glucosan™ with meals.

Goutrol™

Goutrol™:

Probably our fastest acting product.
Normally, two capsules solves the problem!
Relieves pain within 1/2 hour to 1.5 hours.
Reduces inflammation within the same length of time.

Goutrol™ is a revolutionary dietary supplement like no other and is specifically formulated to support normal tissue metabolism in and around the muscles and joints. Manufactured using the proprietary **B.E.E.®** (Bio-Enhanced Extraction) technology, this product offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, then released quickly into the bloodstream for superior, fast results.

How Goutrol™ Works:

Goutrol™ helps the body break down uric acid build-up in the infected area, increases kidney excretion of uric acid and acts as an enzyme to metabolize the kidney function.

Goutrol™ is designed to help reduce uric acid levels in the blood, help to relieve the pain of joints and muscles and increase the mobility of the affected body parts through its anti-inflammatory activities and mood enhancement properties. **Goutrol™** utilizes herbs that are traditionally employed for their diuretic and anti-swelling action and that facilitate the removal of uric acid.

Pharmacist Thomas G. Pendergast, R.P.H., M.S., C.N.C. recently did an article for Natural Health Magazine, Volume 6, Number 5 and wrote "My uric acid was (also) very high. If I ate one shrimp, I would experience swelling in my left leg that would require draining the knee of one to two ounces of fluids for relief. It would not reduce with colchicines for seven days.

"However, now that I am taking **Goutrol™**, about a month ago, I enjoyed a meal with a large shrimp salad and lobster tail stuffed with crab meat and red wine. I had absolutely no adverse reaction. I had a blood test within a week on either side of that meal, and my doctor is now recommending **Goutrol™** to all his gout patients.

"I had a talk with a group of 22 doctors last Saturday and showed them my lab results and then my own personal physician discussed my results" continues the pharmacist. "The other seven patients have stated they all have had great results and they have repeatedly (told) me they hope I never run out of my supply of **Goutrol™**."

Applications

Goutrol™ has been used to:

- Reduce uric acid levels in the blood.
- Instantly reduce pain and inflammation in the joints.
- Increase mobility of the affected body parts.
- Assist the liver process and maintain a normal uric acid level.
- Maintain a normal uric acid level both in gout patients and healthy people who do not know they have elevated uric acid levels.
- Provide an alternate solution to prescription medication without side-effects such as nausea, vomiting and/or diarrhea.
- Enhance overall mood.
- Improve circulation.
- Reduce edema (water retention).
- Improve sleeping patterns.

Mint Leaves B.E.E.®: helps to relieve pain and may also be able to reduce uric acid levels by possibly improving the renal tubular secretion of acid. In addition, it may help with mood enhancement.

Garden Thyme Herb B.E.E.®: contains thymol, carvacrol and flavonoids. It helps improve circulation, reduces edema and lessens the pain of joints and muscles.

Kelp B.E.E.®: contains complete protein and vital minerals to reduce serum uric acid levels.

Calcium Citrate: helps reduce stress caused by the disorder and improves sleeping patterns.

SUGGESTED USE:

Take 2-3 capsules when a gout attack occurs. For maintenance, take 1 capsule daily.

Hepacol™

Hepacol™ is a revolutionary dietary supplement like no other and is specifically formulated to help boost sluggish, deficient liver function and help to detoxify and regenerate liver cells. Manufactured using the proprietary **B.E.E.®** (Bio-Enhanced Extraction) technology, this product offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, which quickly releases the active ingredients into the bloodstream for superior, fast results.

How Hepacol™ Works:

Hepacol™ is a powerful antioxidant formula that helps revitalize and optimize liver function by protecting the cells of the liver, blocking the entrance of harmful toxins, removing these toxins from the liver cells and counteracting the harmful actions of viruses, alcohol, drugs and chemicals on the liver. **Hepacol™** helps the liver return to a healthy state, while enhancing immune function and aiding in the prevention of cancer. It also helps lower cholesterol levels and reduces the risk of gallstones. Good results have been obtained in patients with Hepatitis C, alcoholic cirrhosis of the liver, and autoimmune hepatitis. Patients waiting for a liver transplant may even regain sufficient liver function so as to not require a liver transplant.

Hepacol™ is a unique combination of botanical extractions from ginger and pomegranate along with a mineral complex. The botanical extractions are bio enhanced with the patent-pending **B.E.E.®** technology. **Hepacol™** is designed to protect the liver from alcohol, smoking, prescribed drug medications, pesticides and other environmental pollutants and viruses.

Hepacol™ helps boost sluggish, deficient liver function. A sluggish liver can cause symptoms of poor digestion, nausea, sensitivity to alcohol and drugs, irritability and tiredness. **Hepacol™** helps to detoxify and regenerate liver cells.

The liver's optimal function is crucial to overall health because it helps to detoxify and excrete substances that would otherwise be poisonous for the body and the blood. **Hepacol™** is a powerful formula that contains the primary active constituents of the herbs Ginger and Pomegranate, which have been traditionally used to help to stimulate the immune system.

Hepacol™ has been used to help promote a healthier liver function, regain energy that the body needs for daily activities, rejuvenate liver cells and improve its function of processing all of the nutrients the body requires, including protein, glucose, vitamins, and fat, and assist an infected liver in processing toxic substances including alcohol, ammonia, nicotine, and drugs. **Hepacol™** also helps improve the liver's ability in removing old red blood cells and recycles iron to the bone marrow to make new red blood cells.

Applications

Hepacol™ has been used to:

- Promote a healthier liver function.
- Help regain energy that the body needs for daily activities.
- Help rejuvenate liver cells and improve its function of processing all of nutrients the body requires, including protein, glucose, vitamins and fat.
- Assist infected liver in filtering toxic substances including alcohol, ammonia, nicotine, drugs, etc.
- Improve liver's ability in removing old red blood cells and recycle iron to the bone marrow to make new red blood cells.
- Protect the cells of the liver.
- Block the entrance of harmful toxins.
- Act as a powerful anti-oxidant.
- Enhance immune function.
- Aid in the prevention of liver cancer.
- Help lower cholesterol and reduce risk of gallstones.
- Increase bile secretion.
- Inhibit nausea and vomiting.
- Cleanse the liver and bloodstream.
- Counteract the hepatitis virus.
- Promote the synthesis of liver cell protein.

Ginger Root B.E.E.®: Ginger is a spicy aromatic, carminative, diaphoretic, stimulant; diuretic herb that removes pain, spasms, inflammation and excess fluid and cleanses waste from the stomach, intestines, liver, joints, and muscles while increasing circulation. It contains volatile oils and aromatic constituents that increase bile secretion and inhibit nausea and vomiting, thus improving appetite and digestion. It also helps lower cholesterol and reduces the formation of gallstones. Ginger brings heat into the system, which stimulates digestion. And it also impairs cholesterol absorption and stimulates the conversion of cholesterol to bile acids, which further cleanses the liver and gall bladder. In addition, ginger is a great detoxifier. It contains more than 12 antioxidant compounds. Ginger has also been shown to shrink liver tumors in animal testing. Ginger also inhibits platelet aggregation. The substance called 6-gingerol is the main active compound in ginger root and the one that gives ginger its distinctive flavor. Moreover, ginger helps build a powerful antioxidant-based resistance in the blood and liver. By protecting the body from free-radical damage, ginger strengthens the body's defenses against harmful carcinogens as well as subsequent tissue degeneration.

Pomegranate Fruit B.E.E.®: Pomegranates have substances, such as polyphenols, that have antioxidant, anti-viral, and anti-tumor activity. The fruit works as a powerful antioxidant that neutralizes damaging superoxide free radicals, cleanses the liver and bloodstream thereby, rejuvenating the liver's natural detoxification and cleansing functions and improving the health of the entire liver. Preliminary studies suggest that pomegranates may contain almost three times the total antioxidant ability compared

with the same quantity of green tea or red wine. It also provides a substantial amount of potassium, is high in fiber, and contains vitamin C and niacin. It also soothes the nerves and stimulates the liver. Specific extracts from pomegranates protect levels of the antioxidant enzymes catalase, peroxidase, and superoxide dismutase. The pomegranate extracts also help to protect the liver from the toxic effects of carbon tetrachloride. Pomegranates also provide minerals to the liver and assimilate vitamin A from food intake.

Vitamin and Mineral Complex (Thiamine, Ascorbic Acid, d-alpha Tocopherol, Selenium Yeast, Zinc Gluconate): in addition to enhancing antioxidant activities, they work together to counteract the hepatitis virus and reduce the toxic effects of alcohol, smoking, drugs and chemicals. They improve amino acid metabolism, detoxify harmful hepatotoxins and promote the synthesis of liver cell protein, which will benefit damaged liver cells by recovering their normal structure and function. They also regulate cholesterol levels and enhance immune function and protect against liver cancer.

Thiamine - Giving the B vitamin thiamine (Vitamin B1) to patients with chronic hepatitis B infection improves signs of the disease, a small preliminary study has found. While patients were on thiamine treatment, their aminotransferase levels fell from abnormally high to normal levels; these levels increased when thiamine was subsequently withdrawn. And in subsequent liver biopsies after thiamine treatment, HBV DNA was undetectable. This is the first study to investigate thiamine for treating hepatitis B infection. There are several potential ways that the vitamin might fight the infection. For example, thiamine binds to iron and thus reduces the iron load in the liver. Past studies have linked high iron levels in the liver to more severe HBV infection, as well as a worse response to interferon.

Ascorbic Acid - Vitamin C (Ascorbic Acid) is an antioxidant, which helps protect the body from free oxygen radicals, which are by-products of the normal activity of cells, stimulates the healing process and is essential for healthy immune function. It is involved in antibody production and white blood cell function and activity as well as the production of natural interferon, an antiviral substance. Although the exact mechanism of liver disease and fibrosis in Hepatitis C is not completely understood, it is known that free oxygen radicals caused by oxidative stress contribute to the disease progression. Antioxidants have been shown to scavenge free radicals and prevent tissue injury. For this reason, a diet that is rich in antioxidants, and/or antioxidant supplements may work as a supportive therapy to combat liver damage caused by oxidative stress. Vitamin C in the amount of 2 grams per day was reported in a preliminary trial to prevent hepatitis infection in individuals receiving blood transfusions. This report was followed up by a double-blind trial, in which vitamin C actually reduced the incidence of hepatitis by 29%. An older trial also suggested that injections of vitamin C may be helpful in treating viral hepatitis.

Vitamin E - Scientists have found that vitamin E improves the function of the liver and thereby strengthens the body's defense system. Vitamin E significantly stimulates the hepatic (liver) production of glutathione, which is the body's major line of defense

against free radicals and potentially harmful agents and metabolites. Vitamin E supplementation might be effective in the treatment of chronic hepatitis B. Studies have shown that people with Hepatitis C have a decrease in this antioxidant. It is also possible that vitamin E can be a useful adjunct to interferon therapy. Some other studies have confirmed a lowering in the liver enzymes in response to antioxidant supplementation.

Selenium - Selenium is a powerful antioxidant mineral that works synergistically to assist in protection against further damage to liver cells. Researchers in Taiwan report that low blood levels of Selenium, an important antioxidant that protects the immune system by preventing the formation of dangerous free radicals, may contribute to an increased risk of liver cancer in those with Hepatitis B and C. Selenium levels have been found to be low in people with liver cirrhosis and the need for antioxidants has been found to be increased. A small, preliminary trial suggested that 100 mcg per day of selenium may improve liver function in people with alcoholic cirrhosis. Selenium has also been found to be effective in reducing liver inflammation. Selenium is essential for healthy immune functioning. A large-scale study has shown that selenium supplementation reduces the incidence of viral hepatitis in selenium-deficient populations, presumably by enhancing immune function. In one study, selenium supplementation reduced the incidence of hepatitis-B-induced hepatoma among those with low selenium status.

Zinc - Zinc is another essential nutrient and acts as a co-factor for many enzyme systems. Zinc deficiency can cause a whole range of consequences. One important role that zinc plays is in the functioning of an enzyme alcohol dehydrogenase involved in the conversion of alcohols to aldehydes in Phase I detoxification. Therefore anyone who drinks alcohol should ensure they have optimum amounts of zinc in their diet. In this study, supplementation with zinc (in the form of a zinc complex of L-carnosine) enhanced the response to interferon-alpha therapy in patients with chronic hepatitis C. Zinc has antiviral and immune-enhancing properties, which may explain the observed beneficial effects. Zinc deficiency may occur due to poor dietary intake, reduced intestinal absorption, and increased urinary losses. Zinc is an important cofactor involved in the detoxification of ammonia via the urea cycle. Zinc deficiency may result in increased blood ammonia concentrations. Dietary zinc supplementation may inhibit collagen production in the liver and reduce hepatic fibrosis. Zinc may also protect hepatocytes from free radical injury. Most importantly, zinc inhibits the absorption of copper from the small intestine through induction of metallothionein. Alcoholic liver cirrhosis is associated with zinc deficiency. In a double-blind trial, zinc acetate supplementation (200 mg three times daily, providing a total of 215 mg of elemental zinc per day), given to cirrhosis patients for seven days, significantly improved portal-systemic encephalopathy (PSE). A second trial achieved similar results after three months of treatment. People with cirrhosis sometimes have impaired taste function, and it has been suggested that zinc deficiency may be the cause of this abnormality. Although one study demonstrated that taste problems in cirrhosis are due to the disease process itself and not to zinc deficiency, a double-blind trial showed that 200 mg three

times per day of zinc sulfate (providing 135 mg of elemental zinc per day) for six weeks significantly improved taste function in people with alcoholic liver cirrhosis.

SUGGESTED USE:

Take 3 **Hepacol™** capsules per day for the first 7 days, taking one dose right before bedtime. Take 2 **Hepacol™** capsules right before bedtime every day thereafter until condition subsides or liver enzymes become normal. For general maintenance and protection, take one capsule daily before right before bedtime.

The use of **Immunol™** may enhance the benefits of **Hepacol™**. Clinics using this combination have reported excellent results.

Hypertril or Hypertenol™

Hypertril™ or Hypertenol™ is a revolutionary dietary supplement like no other and is specifically formulated to help people suffering from pulmonary hypertension. Manufactured using the proprietary **B.E.E.®** (Bio-Enhanced Extraction) technology, this product offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, which quickly releases the active ingredients into the bloodstream for superior, fast results.

How Hypertril™ or Hypertenol™ Works:

A number of studies have demonstrated that increased free radical activity plays an important role in all cases of high blood pressure, because increased free radicals cause cellular damage and inactivate nitric oxide. Nitric oxide, an important molecular regulator of blood pressure, helps control blood pressure by dilating blood vessels. Antioxidants, powerful free radical scavengers, may help restore activities of nitric oxide and help to control blood pressure. This is the main theoretical basis of **Hypertril™ or Hypertenol™ or Hypertenol™**. In addition to antioxidant activities, **Hypertril™ or Hypertenol™** also provides essential nutrients to support blood pressure control and improve circulation.

In Asian and European folk medicine, there were many precedents for using chamomile for people who were suffering from high blood pressure. While conducting our own research, our staff scientifically determined that hypertension is related to impaired vascular endothelial nitric oxide and that nitric oxide and increased super oxide anion production may be controlled by certain antioxidants. We then extracted active parts from chamomile that act as very powerful antioxidants. We also scientifically determined that chamomile's antioxidant properties were only part of the reason why this plant is successful in normalizing high blood pressure. Through testing, we were able to determine the other parts of the chamomile plant that helped to decrease high blood pressure, so we extracted those properties as well. We also selected certain vitamins and minerals to support chamomile's effect. Recently, through the demonstration of pharmacological tests, **Hypertril™ or Hypertenol™** has an excellent effect on hypertension.

In addition to its antioxidant function, **Hypertril™ or Hypertenol™** also helps the kidneys excrete excess sodium in a short period of time (approx. 5 min), dilates specific blood vessels in order to increase blood flow and oxygen to the brain, dilutes excess acid and calcium in the blood thereby relaxing vessel contraction, acts as an enzyme to metabolize and repair kidney function and breaks down plaque deposits in blood vessel walls to improve circulation.

In a study we performed at the Institut de Cardiologie de Montreal, Canada, **Hypertril™ or Hypertenol™** demonstrated a significant reduction in MAP (Mean Arterial Pressure)

and ventricular function. Amazingly, right ventricular weight/body weight ratio was also decreased. **Hypertril™ or Hypertenol™** treatment also significantly improved LVSP (Left Ventricular Systolic Pressure) and left ventricular relaxation as assessed by left ventricular end diastolic pressure (LVEDP) was also significantly reduced by **Hypertril™ or Hypertenol™** treatment. **Hypertril™ or Hypertenol™** reduction of LVEDP was associated with a decrease in lung weight/body weight ratio. Consistent with this latter result, right ventricular hypertrophy was also reduced with **Hypertril™ or Hypertenol™** therapy. Thus, **Hypertril™ or Hypertenol™** may be beneficial in the treatment of pulmonary hypertension via its therapeutic action on LVEDP.

Applications

Hypertril™ or Hypertenol™ has been used to:

- Normalize blood pressure levels.
- Help obtain and maintain desirable blood pressure levels in people who have not responded adequately to prescribed hypertension medication.
- Help obtain and maintain further desirable blood pressure levels (<130/85 mmHg) in patients who have been under control of prescribed hypertension medication.
- Help obtain and maintain normal blood pressure levels in patients who suffer the side effects from conventional hypertension medication and wish to discontinue it.
- Help improve and maintain a normal heart beat in people who suffer from arrhythmia either with or without hypertension.
- Improve breathing in people who complain of breathing difficulties caused from obesity or high blood pressure.
- Act as a potent Anti-oxidant.
- Destroy free radicals.
- Improve circulation.
- Reduce the weight of the lungs.
- Reduce the size of the right ventricle in the heart.

Chamomile B.E.E.®: contains volatile oils and flavonoids, which exert powerful antioxidant activities and may have direct benefits on the cardiovascular system.

Calcium Citrate: is important in the maintenance of a regular heartbeat and in the transmission of nerve impulses. It may lower blood pressure and cholesterol levels and helps prevent cardiovascular disease. Calcium intake is helpful for high blood pressure, which develops due to pregnancy. Increasing calcium intake appears to possess a greater blood pressure-lowering effect in hypertensive than normotensive individuals. Scientists are attempting to isolate the mechanism by which calcium appears to lower blood pressure. Studies have shown that calcium may also reduce the risk of pregnancy-induced hypertension and preeclampsia. Some studies have found that calcium supplements can keep blood pressure in check. A few studies even indicate

that a diet rich in calcium derived from low-fat dairy products, fruits, and vegetables may be as effective as some prescription medications at lowering high blood pressure. Because calcium helps muscles to contract, it also keeps the heart and blood vessels performing efficiently. Calcium becomes a potent assistant to decrease blood pressure due to diuretic properties that help the kidneys release sodium and water, causing some experts to suggest that some forms of high blood pressure may be due to calcium deficiency rather than surplus sodium. In the Nurses Health Study, a four year study of 60,000 women, those who consumed more than 800 milligrams a day were at less risk of developing high blood pressure compared to those who consumed less than 400 milligrams a day.

Magnesium Citrate: assists in calcium and potassium uptake. Research has shown that magnesium may help prevent cardiovascular disease and reduce cholesterol levels. There is some evidence from clinical studies that a high magnesium intake lowers blood pressure and reduces the incidence of stroke. It is also useful for high blood pressure, which develops due to pregnancy. Magnesium plays a part in reducing elevated blood pressure by relaxing the muscles that control blood vessels, allowing blood to flow more freely.

Potassium Gluconate: is important for a healthy nervous system and a regular heart rhythm. It helps prevent stroke, aids in proper muscle contraction and works with sodium to control the body's water balance. Potassium is important for chemical reactions within the cell and aids in maintaining stable blood pressure. Studies showed that low potassium intake might be a significant factor in the development of high blood pressure. Potassium is an important dietary electrolyte that helps maintain blood pressure levels. Studies indicate that people who consume optimal amounts of foods high in potassium generally have lower blood pressure than those whose potassium intake is low.

Ascorbic Acid (Vitamin C): Vitamin C is a very powerful antioxidant and free radical scavenger that also recharges other antioxidants, such as vitamin E to keep them potent. Studies have shown that Vitamin C improves endothelial function of coronary arteries and restores nitric oxide activity in patients with hypertension. Vitamin C lowers cholesterol and reduces the risk of cardiovascular complications. Vitamin C may widen blood vessels, thus helping to lower blood pressure. Scientists speculate that constricted arteries may be partly caused by the type of cell damage that vitamin C corrects. The study of 45 people with high blood pressure (hypertension) had the levels fall by about 9.1% if they consumed a 500-milligram supplement of vitamin C each day for a month.

Vitamin E (d-alpha Tocopherol): Vitamin E is an antioxidant that is important in the prevention of cardiovascular disease. It improves circulation and reduces blood pressure. Studies demonstrate exogenous Vitamin E supplementation brings about significant changes in subsequent recovery and rehabilitation of stroke patients.

SUGGESTED USE:

Start with 1 capsule twice daily and either increase or decrease dosage based on your blood pressure readings.

Immunol™

How Immunol™ Works:

The immune system is composed of many interdependent cell types that collectively protect the body from bacterial, parasitic, fungal, viral infections and from the growth of tumor cells. Many of these cell types have specialized functions. The cells of the immune system can engulf bacteria, kill parasites or tumor cells, or kill viral-infected cells. Often, these cells depend on the T helper subset for activation signals in the form of secretions formally known as cytokines, lymphokines, or more specifically interleukins.

Immunol™ works by enhancing the body's production of Immunoglobulin A (IgA), a sticky mucosal material, which is one of the most common of the five major classes of immunoglobulins and the chief antibody in the membranes of the gastrointestinal and respiratory tracts. IgA protects the body's mucosal surfaces from infection by binding to intruders such as allergens and preventing them from passing the surface layer of the body.

Immunol™ is mainly designed as an immune-modulator to help enhance and balance the entire immune system. When necessary, **Immunol™** helps activate the body's own defense systems against viral, bacterial, fungal, parasitic and other harmful organisms, while providing balanced nutrition and helping to relieve stress, thus improving and achieving optimal immune function. **Immunol™** also assists the body in fighting allergies.

Immunol™ is a unique combination of botanical extractions from date fruit, olive leaf and astragalus, which are then bio-enhanced with the patent pending **B.E.E.®** technology.

Applications

Immunol™ has been used to:

- Enhance and balance the entire immune system
- Act as an immune modulator
- Activate the body's own defenses against viral, bacterial, fungal and other harmful organisms
- Strengthen the body's natural immunity and resistance to allergies
- Promote liver and cardiovascular function
- Increase proliferation of bone marrow stem cells
- Increase antibody levels of IgA and IgG
- Potentiate the effects of interferon
- Help people with autoimmune disorders
- Enhance the body's ability to cope with stress

- Support adrenal gland function

Date Fruit B.E.E.[®]: contains maleic acid, oleanolic acid and abundant and balanced nutrients that work as an immune tonic to support the body's regulatory balance, adaptability and strengthen the body's natural immunity and resistance to allergies and other immune imbalances. **Date Fruit B.E.E.[®]** also promotes the production of blood cells. Dates may be considered as an almost ideal food, providing a wide range of essential nutrients and potential health benefits. Fruits of the date palm (*Phoenix dactylifera* L. *Arecaceae*) are very commonly consumed in many parts of the world and are a vital component of the diet in most of the Arabian countries. The protein in dates contains 23 types of amino acids, some of which are not present in the most popular fruits such as oranges, apples and bananas. Dates contain at least six vitamins including a small amount of vitamin C and vitamin A. They also contain in higher amounts thiamine, riboflavin, niacin, vitamin B-6, and pantothenic acid. These vitamins have a variety of functions that help maintain a healthy body. They help metabolize carbohydrates and maintain blood glucose levels and fatty acids for energy. They also help make hemoglobin, the red and white blood cells. Selenium, another element believed to help prevent cancer and important in immune function, is also found in dates. Dates are considered demulcent, expectorant and laxative and are used in respiratory diseases and fever. In ancient times, dates were highly medicinal. They had an enormous amount of use for infections and for tumors. The relationship between dates and humans goes back to antiquity, so it is not surprising that the fruit has been used in several dozen folk remedies. Ailments treated include everything from asthma and bronchitis to cancer and venereal disease. Saharan people that consume large quantities of dates have low cancer rates, which is claimed to be due to their high magnesium content. While debatable, there are several other compounds in dates known to have medicinal value: tannins used as astringents for coughs or sore throat, fiber for a digestive aid, serotonin which affects mood, emotion, sleep, and appetite, anthocyanins that act against cancer and as antioxidants, and estrones, which act as estrogenic hormones in mammals. Research today has even shown that dates can possibly reverse the progression of prostate cancer. Another preliminary study documents for the first time dates' antioxidant and antimutagenic properties in vitro. There was a dose-dependent inhibition of superoxide and hydroxyl radicals by an aqueous extract of date fruit. The results of the study indicated that antioxidant and antimutagenic activity in date fruit is quite potent and implicates the presence of compounds with potent free-radical-scavenging activity.

Olive Leaves B.E.E.[®]: contains oleuropein that can be converted into elenolic acid, which has antibiotic properties without being an actual antibiotic. It helps the immune system fight dangerous viruses, fungi, parasites, bacteria and other invaders without building antibiotic resistance and at the same time, helping to strengthen the immune system. Olive leaves (*Olea europaea* L.) contain the flavonoids: apigenin, luteolin, chrysoeriol, hesperidin, rutin, quercetin and kaempferol. Oleuropein, the monounsaturated fatty acid that is particularly concentrated in the leaves, is a potent antimicrobial that has inhibited the growth of every human pathogen it has been tested against, including viruses, bacteria, protozoa, fungi and yeast. The extract of olive

leaves operates in a multifaceted fashion. It helps the body overcome microbial invasions by bringing about:

- * A critical interference with certain amino acid production procedures necessary for a specific virus, bacterium, or microbe to thrive.
- * Interference with viral infection and/or spread by inactivating viruses or by preventing virus shedding, budding, or assembly at the cell membrane.
- * Direct penetration into infected host cells and irreversible inhibition of microbial replication.
- * Neutralization of the retrovirus' production of reverse transcriptase and protease. These particular enzymes are critical for a retrovirus such as human immunodeficiency virus (HIV) to alter the ribonucleic acid (RNA) of a healthy cell.
- * Direct stimulation of phagocytosis as an immune system response to microbes of all types. This multifaceted approach is why Olive leaf extract is so efficacious against so many diseases that involve the immune system. But other diseases also respond to the extract. Coronary artery disease seems to respond well to the introduction of Olive leaf extract. According to laboratory and preliminary clinical studies, extract of Olive leaf alleviates numerous disorders related to insufficient arterial blood flow, including angina pectoris and intermittent claudication. It helps eliminate atrial fibrillation (arrhythmia), lowers high blood pressure, and inhibits LDL cholesterol from oxidizing.

Olive leaf extracts have been reported by leading clinicians to offer significant benefit when included as part of an immune system anti-aging enhancement program designed to combat microorganisms. **Olive Leaves B.E.E.[®]** contains a complex structure of active constituents, which act to directly inhibit the formation of resistance by disease causing organisms (that is, olive leaf extract weakens the organisms and makes them subject to effective attack by your body). **Olive Leaves B.E.E.[®]** also has a powerful immune system boosting effect by means of increasing phagocytosis in white blood cells (the effect is the destruction of foreign bacteria and viruses that are literally gobbled up).

Astragalus Root B.E.E.[®]: contains flavonoids, polysaccharides, triterpene glycosides, amino acids and trace minerals. It can promote immune, liver and cardiovascular function through its multiple effects. It may increase proliferation and differentiation of bone marrow stem cells and progenitor cells. It has antibiotic activities and increases antibody levels of IgA and IgG. It benefits immune function in a double-direction. Namely, it helps increase the immune response and potentiates the effects of interferon in people with weak immune systems, thus fighting and preventing bacterial and viral infections and other harmful factors attacks, while at the same time, decrease the immune response in people with some autoimmune disease, such as Systemic Lupus. Research confirms this herb's immune-potentiating actions. Astragalus appears to restore T-cell (a specific type of white blood cell that is part of the lymphocyte family)

counts to relatively normal ranges in some cancer patients. In studies performed at the National Cancer Institute and five other leading American Cancer Institutes over recent years, it has been positively shown that while astragalus does not directly attack cancers, it does however strengthen the cancer patient's immune system, thereby allowing the patient to recover significantly faster and live longer. Researchers believe on the basis of cell studies that astragalus augments those white blood cells that fight disease and removes some of those that make the body more vulnerable to it. In these same studies, both in the laboratory and with 572 patients, it was found that Astragalus promotes adrenal cortical function, which also is critically diminished in cancer patients. Astragalus also ameliorates bone marrow suppression and gastrointestinal toxicity caused by chemotherapy and radiation. Astragalus is presently being looked upon as a possible treatment for people living with AIDS and other viral conditions as it also increases interferon production and enhances NK and T cell function. Astragalus shows support for peripheral vascular diseases and peripheral circulation. Health practitioners have prescribed astragalus to treat shortness of breath, general weakness, and lack of appetite, and have recommended it as a diuretic as well as to treat colds, flu, stomach ulcers, and diabetes. Astragalus strengthens the body's resistance and invigorates and promotes tissue regeneration via photo chemicals in the plant such as polysaccharides, especially astragalans I, II, and III, and saponins and triterpenes. A number of clinical studies have been reported regarding the use of astragalus for colds and upper respiratory infections. A prophylactic effect against the common cold was reported in an epidemiological study in China involving 1,000 subjects. Administration of astragalus, given either orally or as a nasal spray, decreased the incidence of illness and shortened the length of its course.

Eleuthero Root B.E.E.®: is an extract from Siberian Ginseng and contains eleutherosides and polysaccharides that play a critical role in supporting immune function. Also, eleuthero is an "adaptogen" (an agent that helps the body adapt to stress). It helps support adrenal gland function when the body is challenged by stress, thus improving immune function, because stress can run the immune system down. In addition, it helps enhance intellectual and physical performance and promote general health. Chinese herbal tradition has Eleuthero as a defense against colds and flu. A recent Russian study of 13,000 auto workers given Eleuthero one winter showed that participants developed 40% fewer respiratory tract infections than they had in previous winters. A placebo-controlled study of the effect of an *Eleutherococcus senticosus* extract on the immune system was performed with 36 healthy volunteers utilizing quantitative multi-parameter flow cytometry with monoclonal antibodies directed against specific surface markers of human lymphocyte subsets. The most salient feature in the verum group was a drastic increase in the absolute number of immunocompetent cells, with an especially pronounced effect on T lymphocytes, predominantly of the helper/inducer type, but also on cytotoxic and natural killer cells. In addition, a general enhancement of the activation state of T lymphocytes was observed. Some researchers believe that *Eleutherococcus Senticosus* induces increased interferon biosynthesis (interferon is a powerful chemical which boosts immune-system activity), while others believe that polysaccharides (long-chain sugar molecules) naturally found in *Eleutherococcus Senticosus* stimulate the activity of special white blood cells called

macrophages. These macrophages play a number of roles in the immune system, including the breakdown of infected cells and the stimulation of other immune cells. In perhaps the most convincing of these studies carried out so far, researchers in Heidelberg, West Germany looked at immune parameters in 18 individuals who took one tablespoon of Eleutherococcus Senticosus extract three times daily and 18 placebo subjects who received no ES. Overall, the Eleutherococcus Senticosus group showed an absolute increase in all immune cells measured. Total T-cell numbers advanced by 78 per cent, T helper/inducer cells went up by 80 per cent, cytotoxic Ts by 67 percent, and NK cells by 30 per cent, compared to the control group. B lymphocytes, which are cells that produce antibodies against infectious organisms, expanded by 22 per cent in the Eleutherococcus Senticosus subjects, compared to controls. Most importantly, no side effects were noted in the Eleutherococcus Senticosus subjects up to five months after Eleutherococcus Senticosus administration ended.

SUGGESTED USE:

Take 2 capsules daily for the continuous support of the immune system. Take 2 capsules twice daily for at least 3 consecutive days when your immune system needs additional support.

Immunol™ can be taken with and may enhance the benefits of other products such as **Arthritol™**, **Fibromyol®**, **Respirol®**, **Gastrol™**, **Hepacol™** and **Glucosan™**.

Kleerhead™

Kleer Head™ contains a total of four active **B.E.E.®** ingredients to help relieve the pain caused by headaches and migraines.

Manufactured using the proprietary **B.E.E.®** (Bio-Enhanced Extraction) technology, **Kleer Head™** offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, which quickly releases the active ingredients into the bloodstream for superior, fast results.

Headaches

According to the National Headache Foundation, over 45 million Americans suffer from chronic, recurring headaches and of these, 28 million suffer from migraines.

Headache pain results from signals interacting between the brain, blood vessels, and surrounding nerves. During a headache, specific nerves of the blood vessels and head muscles are activated and send pain signals to the brain.

Scientists have yet to completely unravel the cause or causes of headaches. It was once believed that constriction and dilation of blood vessels caused migraine headache, while muscle contraction caused tension headache. The constriction of vessels in the head was thought to cause the aura of migraine, as well as the nausea and vomiting. The subsequent relaxing, or dilation, of the vessels then brought on the pounding pain associated with migraine.

These changes are still thought to play a big role in head pain, but a much more complicated explanation is beginning to emerge from recent scientific findings. Many experts now speculate that migraine and tension headache have the same origin in the brain.

How Kleer Head™ Works:

Kleer Head™ is formulated to help alleviate migraine and other types of headaches in a number of ways including:

- Thinning the blood, which reduces pain and allows beneficial blood flow
- Relaxing muscles and soothing tension
- Enhancing cerebral circulation and increasing the cerebral flow of oxygen
- Modulating hormonal balance
- Reducing anxiety and stress and promoting sound sleep

Applications

Kleer Head™ has been used to:

- Alleviate migraines and other types of headaches
- Thin the blood
- Allow for beneficial blood flow
- Relax muscles and soothe tension
- Enhance cerebral circulation and increase oxygen flow to the brain
- Balance key hormones
- Reduce anxiety, stress and promote sound sleep
- Have anti-inflammatory, anti-spasmodic and muscle relaxing properties

Chamomile Flower B.E.E.®: contains volatile oils, flavonoids, apigenin, luteolin and quercetin that contribute to anti-inflammatory, antispasmodic and muscle relaxing actions that help reduce headaches, soothe tension and promote restful sleep. Chamomile also has a sedative effect, which can help to alleviate a tension headache. For migraines with nausea and other stomach complaints, Chamomile is quite suitable. Chamomile relaxes the nervous system and can thereby also bring relief for a tension headache. The anti-inflammatory effect is due to the chemical constituent Chamazulene. Chamomile can also be of good help in cases of headaches caused by gall bladder deficiency and general digestive problems and nausea. Chamomile can be helpful as well for bilious headaches, a dull throbbing pain on the top of the head, often caused by over-eating or indigestion or for sinus headaches caused by mucous membrane inflammations.

Red Clover Flower B.E.E.®: chronic headache is more prevalent in women than in men. This fact has been linked to the decline in estradiol (a female hormone). **Red Clover B.E.E.®** contains high percentages of isoflavones, which have mild estrogen-like properties that may modulate and balance sexual steroids and help to alleviate nervousness and stress-related symptoms, thereby helping to reduce headaches, especially migraine and tension-type headaches. In addition, it may also thin and dilate the blood, thus allowing for beneficial blood flow to the tissues. Red Clover also prevents and relaxes muscle spasms.

Ginger Root B.E.E.®: contains volatile oils that contribute benefits to a wide variety of health conditions. It helps to relieve headaches and migraines and it also has shown anti-bacterial properties. Ginger may prove to be beneficial due to its ability to inhibit inflammation in blood vessels. When taken after the onset of a migraine attack, Ginger offers some relief of symptoms by reducing inflammation and platelet aggregation. Ginger may also reduce nausea brought on by a headache or migraine. Ginger has a small amount of antihistamine and anti-inflammatory action and that may be the basis for its effectiveness. The anti-inflammatory activity of Ginger is as functional as ASA, without the analgesic activity. This is accomplished by inhibition of arachidonic acid metabolism and thus some prostaglandins. This has given more evidence for the Chinese uses in rheumatism and arthritis. The action Ginger has on reducing migraines seem to follow the same action. It plays a role as a circulatory stimulant, peripheral vasodilator, and antispasmodic.

Vitamin B2 (Riboflavin): is an important nutrient in the prevention of headaches. For many migraine sufferers, taking Riboflavin may help decrease the frequency and shorten the duration of migraine headaches. Migraine headaches have also been linked to a reduction of energy production in the blood vessels of the brain. B2 is water soluble and essential to tissue respiration and generation of energy metabolism from carbohydrates, proteins, and fats. Recent studies show that it is helpful in the treatment of migraines. Migraines can also occur because of a reduction of energy in the mitochondria and B2 can help increase energy production and efficiency in this area. B2 is also vital to the conversion of tryptophan to B3. For many migraine sufferers, taking Riboflavin regularly may help decrease the frequency and shorten the duration of migraine headaches. Vitamin B2 is required for cells to efficiently use energy. When it is not available, the energy "powerhouses" of the cell, the mitochondria, cannot function properly -- and in some patients, this may trigger migraines. Previous reports have suggested that migraine patients' brains have reduced energy reserves between attacks. Patients on vitamin B2 had 37% fewer migraines with a dose of 400 mg of B2 daily for three months. The effect of Vitamin B2 was most pronounced on attack frequency and the number of days with migraine headache. According to a 3-month double-blind placebo-controlled study of 55 people with migraines, Riboflavin can significantly reduce the frequency and duration of migraine attacks. This study found that, when given at least 2 months to work, a daily dose of Riboflavin (400 mg) can produce dramatic migraine relief. The majority of the participants experienced a greater than 50% decrease in the number of migraine attacks as well as the total days with headache pain.

Calcium Citrate and Magnesium Citrate: Calcium helps with stress, nervous tension, anxiety and fatigue. Calcium is also good for pain. When taken alone, it tends to quiet nerves and ease pain. In 1923, a London doctor had migraine patients take a soluble form of Calcium as soon as they felt a migraine headache coming on. He found that 18 of 20 patients had their migraines stopped by taking Calcium tablets.

Magnesium helps prevent migraine headaches and is thought to work like the calcium channel blocking agent in preventing vascular changes. Scientific evidence shows that Magnesium can help prevent and treat migraine and cluster headaches. Magnesium relaxes the constriction of blood vessels and helps to lower blood pressure. Some studies have shown that 200 mg of Magnesium helps relieve migraines. Magnesium deficiencies have been observed in people with both tension-type and migraine headaches. Researchers have noted a drop in Magnesium levels before or during a migraine attack. Magnesium plays a role in nerve cell function; reduced levels could be a destabilizing factor, causing the nerves in the brain to misfire, possibly even accounting for the auras that many sufferers experience.

Magnesium and Calcium work together and may promote each other and provide a more restful sleep.

SUGGESTED USE:

Take 1 to 3 tablets, when needed, depending on the severity of your symptoms.

Libidonol™

Manufactured using the proprietary **B.E.E.®** (Bio-Enhanced Extraction) technology, **Libidonol™** offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, which quickly releases the active ingredients into the bloodstream for superior, fast results.

How Libidonol™ Works:

Libidonol™ is formulated to help adult men find relief from the vexation of impotency, premature ejaculation, erectile dysfunction and at the same time, increase sexual endurance and improve performance. In addition, Best Man is also helpful for male infertility. The main mechanisms of **Libidonol™** have been designed to:

1. Stimulate the testosterone hormone in order to increase the male's libido.
2. Improve blood flow to the genital area and expand the blood vessel in the penis.
3. Promote the production of NO (Nitric Oxide) to increase potency.
4. Increase sperm count and activity in order to increase fertility.
5. Improve the male's overall general health situation.

Applications

Libidonol™ has been used to:

- Help men who suffer from impotence, premature ejaculation, erectile dysfunction, etc.
- Help improve overall sexual performance and endurance.
- Be effective against male infertility by helping to increase sperm count.
- Raise the levels of testosterone in the body.
- Target blood flow to the genital area and expand the blood vessels in the penis.
- Warm the body and act as an aphrodisiac.
- Stimulate the production of androgens (sex hormones) and increase libido.
- Improve a man's ability to hold and maintain an erection.

Pomegranate Fruit B.E.E.®: acts as a stimulant for the testosterone hormone, which controls the male's sexual drive. In addition, **Pomegranate B.E.E.®** is a good natural source of zinc for normal prostate functioning and normal sperm count. The name pomegranate comes from the Latin for "fruit of many seeds." Because of its numerous seeds and its red color, the pomegranate has been linked with fertility since ancient times. Preliminary studies suggest that pomegranate juice may contain almost three times the total antioxidant ability compared with the same quantity of green tea or red wine. It also provides a substantial amount of potassium, is high in fiber, and contains vitamin C and niacin.

Red Clover Flower B.E.E.®: decreases the platelets in the blood and increases blood flow to the genital area.

Wild Yam Root B.E.E.®: contains natural steroids that rejuvenate and give vigor to lovemaking. Wild Yam is a tropical herb whose roots contain natural plant hormones, a progesterone precursor, that is readily absorbed by the body. According to many experts, progesterone can be very beneficial for men in the balancing of male hormones, enhancing libido, and in counteracting the effects of excess estrogen in men (thought to be responsible for symptoms of aging and sexual dysfunction).

Epimedium Herb B.E.E.®: (Horny Goat Weed) is a Chinese herb often referred to as a "Yang tonic". This herb produces a warm, almost euphoric effect on the body. Epimedium is commonly used as an aphrodisiac and aids in relieving sexual dysfunction. The Epimedium herb stimulates the production of androgens (sex hormones) and has been used successfully in men suffering from impotence and a low sperm count. It has been shown to aid in increasing libido and erectile ability. This plant is used in Chinese medicine to enhance male sexual function and performance and to correct reproductive disorders. It is being prescribed for impotence, infertility, premature ejaculation, low sperm count, and reduced sex drive and is used to nourish the male sexual area. Epimedium has been studied extensively and has been demonstrated to increase the levels of corticosterone, cortisol, and testosterone. These studies have concluded that its androgen-like effects stimulate sexual activity, increase sperm production, and heighten sexual desire.

Ginseng Root B.E.E.®: helps improve libido and the ability to maintain an erection in men with erectile dysfunction. In addition, it may lead to an improvement in sperm count and sperm motility, thus proving useful for male infertility. Ginseng has traditionally been used as a supportive herb for male potency. A double-blind trial found that 1,800 mg per day of Asian ginseng extract for three months helped improve libido and the ability to maintain an erection in men with ED. The benefit of Asian ginseng confirmed in another double-blind study, in which 900 mg three times a day was given for eight weeks. Asian ginseng may also prove useful for male infertility. One preliminary study found that 4 grams of Asian ginseng per day for three months led to an improvement in sperm count and sperm motility.

L-Arginine: helps increase NO. NO (Nitric oxide) is the newest and most effective means of increasing sexual performance in both normal males and in males whose libidos are compromised. Researchers believe that nitric oxide “can correct up to 90% of all penile dysfunction.” Erections are the result of an increase in blood supply to the penis. NO allows for the vasodilation required for an erection to occur and, it has also been shown that impotence can be caused by a lack of nitric oxide. In a preliminary trial, men with ED were given 2,800 mg of arginine per day for two weeks. Six of the 15 men in the trial were helped, though none improved while taking placebo. In a larger double-blind trial, men with ED were given 1,670 mg of arginine per day or a matching placebo for six weeks. Arginine supplementation was found to be particularly effective at improving ED in men with abnormal nitric oxide metabolism. Although little is known about how effective arginine will be for men with ED or which subset of these men would be helped, available research looks promising and suggests that at least some men are likely to benefit. Research, most of which is preliminary also shows that several months of L-arginine supplementation increases sperm count, quality and fertility. While some pregnancies have been attributed to arginine supplementation in preliminary reports, no controlled research has confirmed these claims. For infertile men with sperm counts greater than 10 million per milliliter, many doctors recommend up to 4 grams of L-arginine per day for several months.

Ascorbic Acid (Vitamin C): helps boost testosterone levels. For treatment of male infertility caused by sperm abnormalities or clumping, vitamin C supplementation has been shown to be as effective as several fertility-enhancing drugs.

Vitamin E (d-alpha tocopherol): increases circulation. Vitamin E deficiency in animals leads to infertility. In a preliminary human trial, 100–200 IU of vitamin E given daily to both partners of infertile couples led to a significant increase in fertility. Vitamin E supplementation may enhance fertility by decreasing free-radical damage to sperm cells. In another preliminary study, men with low fertilization rates in previous attempts at *in vitro* fertilization were given 200 IU of vitamin E per day for three months. After one month of supplementation, fertilization rates increased significantly, and the amount of oxidative stress on sperm cells decreased.

Zinc Gluconate: important in prostate gland function and reproductive organ growth. Zinc also helps boost testosterone levels. Zinc deficiency leads to reduced numbers of sperm and impotence in men. The correlation between blood levels of zinc and sperm quality remains controversial. Infertile men have been reported to have lower levels of zinc in their semen, than do men with normal fertility. Similarly, men with normal sperm density tend to have higher amounts of zinc in their semen, than do men with low sperm counts. A few studies have shown that oral zinc supplementation improves both sperm count motility, and the physical characteristics of sperm in some groups of infertile men. For infertile men with low semen zinc levels, a preliminary trial found that zinc supplements (240 mg per day) increased sperm counts and possibly contributed to successful impregnation by 3 of the 11 men. In a controlled trial, 100 men with low sperm motility received either 57 mg of zinc twice daily or a placebo. After three months, there was significant improvement in sperm quality, sperm count, sperm

motility, and fertilizing capacity of the sperm. The ideal amount of supplemental zinc remains unknown, but some doctors recommend 30 mg two times per day.

SUGGESTED USE:

Take one capsule per day for maintenance purposes and 1-2 capsules 30-60 minutes prior to sexual activity.

Lipidol™

Lipidol™ is a revolutionary dietary supplement like no other and is specifically formulated to help support normal cholesterol production and metabolism, including lipoprotein fractions and triglyceride concentrations. Manufactured using the proprietary **B.E.E.®** (Bio-Enhanced Extraction) technology, this product offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, which quickly releases the active ingredients into the bloodstream for superior, fast results.

How Lipidol™ Works:

Lipidol™ is designed to balance cholesterol and cholesterol ester levels and improve the ratio of HDL to LDL. It also uniquely reduces C-Reactive Protein (a sign of inflammation and a new important factor for assessing cardiovascular disease risk). **Lipidol™**'s powerful anti-oxidant and anti-inflammatory activities highly contribute to its overall effectiveness.

Lipidol™ oxidizes directly with LDL causing it to be easily removed from the bloodstream and it also interrupts the formation of LDL. **Lipidol™** acts as an enzyme within the liver, stimulating it to produce more HDL. This unique formulation also improves the liver's metabolism, maintaining its function of making balanced cholesterol and restricts the liver from producing more cholesterol so the liver can absorb more LDL from the bloodstream and excrete it.

Lipidol™ can be used for the comprehensive correction of the following heart disease risk factors: blood cholesterol, triglycerides, homocysteine and C-reactive protein. Angina heart pains are also corrected.

Lipidol™ is particularly suited to persons who require a natural alternative to prescribed drugs, which can cause side effects. Cholesterol-lowering drugs (such as the 'statins') can cause muscle pains, blurred vision, headache, chest pain and heartburn.

Applications

Lipidol™ has been used to:

- Balance cholesterol levels.
- Improve the ratio of HDL to LDL.
- Reduce triglyceride levels.
- Reduce C-Reactive protein.
- Improve the overall health of the cardiovascular system.
- Exhibit powerful anti-inflammatory properties.
- Help to protect the delicate lining of the arteries.

- Inhibit lipid peroxidation.
- Decrease the risk of arteriosclerosis and heart disease.
- Promote conversion of cholesterol to bile in the liver.
- Decrease the absorption of cholesterol from food.
- Lower blood cholesterol by reducing cholesterol biosynthesis.
- Lower LDL ('bad' cholesterol).
- Raise HDL ('good' cholesterol).
- Lower blood homocysteine levels.
- Reduce plasma fibrinogen (a measure of clotting in the blood).

Chamomile Flower B.E.E.®: contains volatile oils, flavonoids, apigenin, luteolin and quercetin that account for both anti-inflammatory and anti-oxidative activities. It neutralizes free radicals and prevents them from damaging LDL cholesterol. In addition, because of its anti-inflammatory activity, it also helps in lowering C-reactive protein levels.

Daisy Leaves B.E.E.®: Daisy was historically used as a "blood purifier". **Daisy Leaves B.E.E.®** has anti-oxidant activities, it helps lower cholesterol and LDL levels, clears free radicals to protect endothelium (the delicate lining of the arteries) and polyunsaturated fatty acids from oxidation and inhibits lipid peroxidation, thereby decreasing the risk of arteriosclerosis and heart disease.

Almond B.E.E.®: contains a high percentage of monounsaturated fatty acids and helps lower blood total cholesterol, triglyceride and LDL levels. A new study, published in the American Heart Association's publication *Circulation*, reconfirms a growing body of research that almonds may lower "bad" cholesterol levels and help reduce risk of heart disease. A clinical trial conducted at the University of Toronto, found that women and men who ate about one ounce (or a handful) of almonds each day lowered their LDL cholesterol by 4.4 percent from baseline. The study showed an even greater decrease of 9.4 percent in LDL cholesterol in those who ate about two handfuls of almonds a day, indicating that almonds' effect increases with increased consumption. The study also found that all of the people in the study, both those who ate only ounce servings and those who ate more, maintained their weight. Almonds are a good source of vegetable protein and the combination of monounsaturates with some polyunsaturates in nuts is an ideal combination of fats, all of which may have a beneficial effect on blood cholesterol. Almonds are a leading source of vitamin E and magnesium and offer protein, fiber, potassium, calcium, phosphorus and iron. Almonds also contain phytochemicals, which are plant chemicals that may provide powerful protection against heart disease, stroke, and other chronic diseases.

Botanical Resin: helps lower blood cholesterol and LDL levels and increases HDL levels by promoting the conversion of cholesterol to bile acid and decreasing the absorption of cholesterol from food.

SUGGESTED USE:

Take one capsule twice daily. For best results, take **Lipidol™** with a full glass of water on an empty stomach, or thirty minutes before a meal.

Prostatol™

Prostatol™ is a revolutionary dietary supplement like no other and is specifically formulated to help prevent prostate inflammation and support normal prostate health. Manufactured using the proprietary **B.E.E.®** (Bio-Enhanced Extraction) technology, this product offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, which quickly releases the active ingredients into the bloodstream for superior, fast results.

How Prostatol™ Works:

Prostatol™ is designed to be a powerful prostate protector that keeps the prostate free from damage due to bacteria, viruses, toxins and free radicals.

Prostatol™ accomplishes this through its powerful antioxidant activities and anti-inflammatory properties, while effectively diminishing pain, inflammation and enlargement of the prostate. This unique formulation also helps to promote urinary track health and it powerfully supports normal blood levels of PSA (Prostate Specific Antigen), needed for healthy prostate function.

Prostatol™ also provides fast-acting support for the body's natural ability to maintain normal testosterone levels. Recent research has concluded that increased testosterone levels in the blood appear to be associated with an increased risk of developing prostate cancer in men aged 55 years and older. Testosterone is also a big concern for those diagnosed with hormone-dependent prostate cancer. As a result, as long as the body produces certain levels of testosterone, prostate cancer will most likely continue to grow and possibly spread.

Applications

Prostatol™ has been used to:

- Reduce inflammation (Prostatitis) and enlargement of the prostate.
- Decrease the levels of serum PSA (Prostate Specific Antigen).
- Lower unhealthy testosterone levels.
- Help decrease certain risks of malignancy and reduce the size of prostate tumors.
- Relieve pain and discomfort associated with an enlarged prostate.
- Reduce dribbling and/or straining.
- Help to eliminate incontinence.
- Protect the prostate from damage due to: bacteria, viruses, toxins and free radicals.
- Act as a powerful anti-oxidant.
- Increase urine flow.
- Reduce kidney stones.

- End frequent middle-of-the-night trips to the bathroom.

Tomato Fruit B.E.E.®: The main active ingredient of **Tomato Fruit B.E.E.®** is Lycopene, which is a powerful antioxidant that has remarkable power fighting against degenerative diseases. It helps lessen the risk of prostate cancer and decreases the levels of serum PSA (Prostate Specific Antigen, a common marker used to detect prostate cancer). It can also help decrease certain risks of malignancy and reduce the size of prostate tumors. A well-known Harvard University study showed a clear link between lycopene consumption and lower rates of prostate cancer. Men with the highest levels of lycopene consumption had a 21% lower risk of developing the disease, and eating ten or more servings of tomato-based products a week correlated with a 35% lower risk. In another study of prostate cancer, researchers looked at blood levels of lycopene and found that the risk of developing prostate cancer, especially aggressive cancer, decreased with increasing blood lycopene levels.

Pumpkin Seed B.E.E.®: contains abundant essential fatty acids, which are responsible for diuretic activity that relieves discomfort and causes the perception of reduced swelling without reducing the gland size. The phytosterol constituents are also believed to increase urine flow. It is helpful for dysuria (difficulty of urination) secondary to Benign Prostatic Hyperplasia (BPH), bladder irritation and pyelonephritis (kidney inflammation). It also helps prevent the most common types of kidney stones by reducing the levels of substances that promote stone formation in the urine and increasing levels of substances that inhibit stone formation. Pumpkin Seeds are also rich in zinc, a mineral higher in the prostate than anywhere else and has been shown to be effective in reducing the size and symptoms of an enlarged prostate by inhibiting the activity of the enzyme that converts testosterone to DHT, the hormone that causes over production of prostate cells. Preliminary studies have shown that pumpkin seeds may reduce hormonal damage to prostate cells, thus possibly reducing the risk of developing prostate cancer.

Pineapple Fruit and Stem B.E.E.®: is valuable in particular for the precious enzymes it contains. Enzymes help to digest food when taken with meals. When ingested in between meals, they have many therapeutic functions including anti-inflammatory activities and anti-cancer activities. They also seem to help prevent metastases. The most active of which are the bromelains, which facilitate the digestion of protein, drainage of fluids, toxins and fat. Bromelain is a proteolytic enzyme that has anticancer activities and it also may enhance the effect of antibiotics in people with a urinary tract infection. It also helps the body fight prostatitis, especially noninfectious forms of prostatitis.

Vitamin C (Ascorbic Acid), Vitamin E (d-alpha Tocopherol), Zinc Gluconate and Selenium Yeast: help reduce the risk of prostate cancer and maintain healthy prostate function. Vitamin C would almost certainly be of benefit to the enlarged prostate. At the very least, infection would be avoided and vitamin C's modest diuretic effect would probably make urination easier. It has also been shown that combinations of C and E vitamins modulate the antioxidant network and blocks survivin gene expression in

androgen-responsive and non-responsive human prostate cancer cell (HPCC) lines. Vitamins C and E are both antioxidant vitamins protective for cancer in general. Vitamin C inhibits prostate cancer from spreading in the laboratory and Vitamin E in doses as low 50 international units daily decreases the incidences of prostate cancer in smokers by 32 percent. The prostate cannot function properly without adequate zinc. The prostate gland contains more zinc than any other organ in the body. Zinc is a trace metal needed in only very small amounts, but a deficiency can lead to major medical problems. Some patients with benign prostatic hypertrophy have actually had a reduction in prostate size from taking zinc, and many have a reduction in the congestion of chronic prostatitis. Quite a few promising studies published in 2004 showed the potential benefits of selenium in prevention of prostate cancer. One particular epidemiological study published in May 2004 in the Journal of National Cancer Institute revealed that men with high blood levels of selenium were about half as likely to develop advanced prostate cancer as the men with lower blood selenium.

SUGGESTED USE:

Take 1 capsule up to 3 times daily with or after meals.

Relaxall™

Manufactured using the proprietary **B.E.E.®** (Bio-Enhanced Extraction) technology, **Relaxall™** offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, which quickly releases the active ingredients into the bloodstream for superior, fast results.

How Relaxall™ Works:

Relaxall™ works by regulating and balancing certain hormones and providing proper nutritional support to the body in order to support the hypothalamus-pituitary-adrenal axis.

Relaxall™ is designed to relieve nervous tension, calm anxiety, reduce stress and promote sound sleep without causing next-day grogginess by mildly regulating the irritability of the nervous system.

Relaxall™ has been used to:

- Relieve nervous tension
- Calm anxiety
- Promote sound sleep
- Relax the body without causing grogginess
- Regulate the entire nervous system
- Provide support to the adrenal glands
- Balance certain hormone levels in the body
- Reduce various body pain

Chamomile Flower B.E.E.®: contains volatile oils including alpha-bisabolol, alpha-bisabolol oxides A & B and matricin (usually converted to chamazulene). Other active constituents include the flavonoids apigenin, luteolin and quercetin. These active ingredients contribute to Chamomile's anti-inflammatory, antispasmodic and smooth muscle relaxing action, particularly in the gastrointestinal tract. These active compounds in Chamomile work similar to anti-anxiety medications, which promote relaxation in the brain and nervous system. Besides being beneficial for the digestive system, Chamomile is also helpful with anxiety and insomnia. It has been found that Chamomile can be especially helpful in relieving the symptoms of mild insomnia (a.k.a. transient insomnia). Chrysin, a flavonoid component of Chamomile, is the chemical attributed to Chamomile's ability to relieve anxiety and promote sleep. Chamomile is known for its sedative and hypnotic effects. In a psychological study, images were used to induce slight negative and positive moods in 22 subjects. Subjects visualized 20 positive and 20 negative scenes while under the influence of either Chamomile oil or a placebo. Chamomile oil significantly increased the latency of all images and shifted the mood ratings and frequency judgments in a positive direction. Other studies have

shown that Chamomile exhibits anxiolytic (anti-anxiety) and anti-spasmodic activity as well as anti-inflammatory properties. Chamomile has also shown to be an extremely efficacious remedy for hysterical and nervous affections in women and is used also as an emmenagogue. It has a wonderfully soothing, sedative and absolutely harmless effect. It is considered a preventive and the sole certain remedy for nightmares. It will also cut short an attack of delirium tremens in the early stage. Chamomile's action and influence is rapid upon the circulation, stomach and uterus, and also relaxes nerves. It promotes normal monthly periods and relieves muscular pain and spasms, including colic. It's also soothing to babies, but is also beneficial as a general tonic, assisting the appetite, digestion, and relieving some cases of lumbago, neuralgia, insomnia and rheumatic problems. The Germans state that the curative powers of Chamomile are immense and call it *alles zutraut*, which means capable of anything. Apigenin may also be responsible for Chamomile's anti-anxiety and sedative effects. A recent clinical review of apigenin suggests that it acts similar to a sedative and may possess anti-anxiety properties in the central nervous system that may be partially responsible for the soothing and calming effects of this herb when orally ingested. The anti-spasmodic effects of the other Chamomile flavonoids may help to relieve muscle tension, thus contributing to Chamomile's ability to help calm some types of stress. There are far reaching benefits with Chamomile as a calming agent for children with control problems involving impulsivity and hyperactive behavior.

Passion Flower Herb B.E.E.®: contains a group of alkaloids and flavonoids that have relaxing and anti-anxiety effects on the body. The most well-known and studied constituents in Passion Flower are vitexin, chrysin, orientin and isovitexin, all of which are believed to contribute to Passion Flower's synergistic, anti-anxiety effects. It primarily works on the nervous system, particularly for anxiety due to mental worry and overwork. It is also good for insomnia and several varieties of pain. Passion Flower is a very effective herb for many nerve conditions. It sedates, soothes and relaxes and helps relieve muscular spasms. Passion Flower assists in insomnia, with no associated side effects such as stupor, depression, and confusion; as often occurs with various drugs used to treat insomnia. Nervous tensions, nervous agitation, anxiety, hysterical behavior, hyper-activity in children, poor mental concentration, Parkinson's disease, epilepsy, neuralgia, shingles, high blood pressure, spasmodic asthma and nervous conditions associated with menstrual periods, child birth and menopause may all be relieved by this wonderful, safe, gentle nervine herb. For many years, plant researchers believed that a group of harman alkaloids were the active constituents in Passion Flower. Recent studies, however, have pointed to the flavonoids in Passion Flower as the primary constituents responsible for its relaxing and anti-anxiety effects. The European literature involving Passion Flower recommends it primarily for the treatment of mild to moderate anxiety. Passion Flower is a wonderfully relaxing remedy and one of the best tranquilizing herbs for chronic insomnia, having no addictive effects and allowing you to awake refreshed and alert in the morning. Passion Flower has a sedative and antispasmodic action, relaxing spasm and tension in the muscles, and calming the nerves and lessening pain. Passion Flower exerts its beneficial effects on the nerves by toning the sympathetic nerve center, and improving circulation and nutrition to the nerves. Occasionally, it is also used for convulsions. Its ability to reduce

anxiety makes Passion Flower valuable for many nervous states, and Passion Flower is used to treat conditions as diverse as asthma, palpitations, high blood pressure, and muscle cramps. In each case, its antispasmodic and tranquilizing properties are the key to its usefulness, reducing the over activity responsible for the disorder. One multi center, double-blind, placebo controlled study with patients who experienced anxious mood and symptoms of anxiety as measured by the HAM-A suggests that Passion Flower was superior to placebo and confirmed its effectiveness as an anxiolytic. The study was conducted over a period of twenty-eight days. A subsequent study published in the Journal of clinical Pharmacy and Therapeutics involved patients who were diagnosed with generalized anxiety. Over a four-week period, 38 patients took either Passiflora extract or Oxazepam, a medication used to treat anxiety. The study concluded that the effectiveness of Passiflora extract as an anxiolytic agent was very similar to that of the benzodiazepine, Oxazepam. On the other hand, significantly more problems relating to impairment of job performance were encountered with subjects on oxazepam. The results suggest that Passion Flower extract is an effective herb for the management of generalized anxiety disorder, and the low incidence of impairment of job performance with Passion Flower extract compared to oxazepam is an advantage. Based on pharmacological data, the experiences of traditional use and the use in combinations, Passiflora extracts are an important factor in the phytotherapy of tenseness, restlessness and irritability with difficulty in falling asleep. Many pharmacological investigations have been able to confirm the sedative effects. In clinical tests, chrysin has been shown to possess anxiolytic activity without inducing sedation or muscle relaxation. And, though the exact mechanism of chrysin's action is not yet known, researchers believe that this natural monoflavonoid is an agonist of the central benzodiazepine receptors in the brain.

Hops Herb B.E.E.®: is high in two bitter constituents, humulone and lupulone. Other primary chemical constituents of this herb include valerianic acid, flavonoids (*quercetin*, *rutin*), choline, phytoestrogens, and tannin. Hops is rich in vitamin C and B-complex, and also contains various minerals. It also contains volatile oils. It has sedative and anti-anxiety properties and helps with insomnia, particularly for those with insomnia resulting from an upset stomach. The German Commission E recommends the use of Hops Herb for discomfort due to restlessness or anxiety and sleep disturbances. Hops Herb has also been used to improve appetite and digestion. Hops have a somewhat sedative effect and have been used to soothe and calm the nervous system.

Albizzia Fruit B.E.E.®: Albizzia is a traditional Chinese herb that is used to relieve stress, calm the spirit and help ease sleep problems. The flowers and bark of the mimosa tree (*Albizzia julibrissin*) are one of the most valued Chinese botanicals for relieving anxiety, stress and depression. Albizzia works by enhancing all aspects of neuro transmitter secretion and regulation. The active constituents of albizzia are saponins and tannins, while specifically it contains albitocin, b-sitosterol, amyirin, 3,4,7-trihydroxyflavone, spinasterylglucoside, machaerinic acid, lactone, methyl ester, acaci acid lactone. Several compounds of Albizzia Fruit called flavonol glycosides, have demonstrated sedative activity. Quercetrin and isoquercetrin are also a part of its constituents. In one animal study examining the sedative effects of a methanol fresh-

flower extract, two isolated compounds from albizzia, quercetrin and isoquercetrin (flavonol glycosides), were both found to increase pentobarbital-induced sleeping time in a dose-dependent manner in mice.

SUGGESTED USE:

Take 1-2 capsules when needed. Taking 2-3 capsules 30-60 minutes before bedtime may help with sleep.

Renacare™

Manufactured using the proprietary **B.E.E.®** (Bio-Enhanced Extraction) technology, **Renacare™** offers optimal benefits whereby only the beneficial constituent of the herb is isolated by weight and structure, which quickly releases the active ingredients into the bloodstream for superior, fast results.

How Renacare™ Works:

Renacare™ is designed to improve kidney and liver function, especially kidney function, by enhancing immune function, aiding in the excretion of the kidney's and liver's waste products and improving detoxification, thus reducing the burden of the kidney and benefiting overall kidney health.

Applications

Renacare™ has been used to:

- Enhance the overall function of the kidneys.
- Help the kidneys excrete waste products and improve detoxification.
- Strengthen immune function.
- Help to dissolve stones in the kidneys.
- Stimulate urine flow.
- Help with water retention disorders.
- Lower cretonne levels in the body.
- Stop the loss of protein in the urine.
- Be very effective for people undergoing dialysis.
- Help fight off infections/acts as an antiseptic/destroys bacteria.
- Cleanse the urinary tract.
- Deodorize the urine.
- Be very beneficial for kidney inflammation.

Date Fruit B.E.E.®: contains maleic acid, oleanolic acid and abundant and balanced nutrients that work as a immune tonic to support the body's regulatory balance, adaptability and help to strengthen the body's natural immunity and resistance to allergies and other immune imbalances.

Cranberry Fruit B.E.E.®: contains fructose, polysaccharides and proanthocyanidins that help destroy bacteria buildup and promote healing of the bladder. It also has antiseptic and diuretic activities that help to clean the kidneys and urinary tract, keeping it healthy and reducing water retention as well. In addition, it also has anti-carcinogenic and urine deodorizing activities.

Dandelion Root B.E.E.®: contains taraxacin and abundant vitamins and minerals. It aids in the excretion of the kidney's waste products and is very beneficial for nephritis (kidney inflammation).

Artichoke Leaves B.E.E.®: contains cynarin, 1,3 dicaffeoylquinic acid, 3-caffeoylquinic acid and scolymoside. It helps maintain proper liver, gall bladder and kidney function. Due to its diuretic activities, it can help with kidney disease. It also helps reduce high cholesterol levels thus indirectly improving kidney function.

SUGGESTED USE:

For general maintenance, take 1 capsule once or twice daily on an empty stomach with a full glass of water. For more severe conditions, take 4 capsules in the evening: 2 with dinner, 2 before bed.

Respirol™

Respirol™ contains a total of three active **B.E.E.®** ingredients to help promote a healthy respiratory function in adults and children with asthma, bronchitis, emphysema and other respiratory problems.

Asthma, emphysema and bronchitis are all related disorders, but on the other hand have different causes. They are related because all three diseases affect the lungs, but each disorder definitely is caused by its own set of conditions. Asthma is an allergy problem that comes from many different sources, such as birth defects, weak lungs, repeated infections, etc. Emphysema is caused by tar from smoking, toxic emissions from industrial manufacturing, etc. The immune cells in the lung, whose job it is to prevent and fight infection, are also affected by cigarette smoke and toxins expose the lower side of the lungs and they become very inflexible. Bronchitis is caused by a virus, bacteria, smoking, the inhalation of chemical pollutants or dust and also repeated infections. The cells of the bronchial lining tissues become irritated and the tiny hairs (cilia) within them, which normally trap and eliminate pollutants, stop functioning and the air passages become clogged by mucus debris.

Respirol™ is designed to help with asthma and other allergic respiratory conditions through an anti-inflammatory process and by blocking the release of histamine and stabilizing the membranes of mastocyte (a cell closely related to allergic reactions). **Respirol™** helps to prevent an asthma attack, provides relief caused by shortness of breath and reduces cough and expels phlegm.

Respirol™ also helps to normalize the asthmatic condition by allowing the person to clear the lungs of the excess mucus caused by the asthma and normalize the muscles and airway itself.

Good results have been obtained both in children and adults with asthma. During the first 2-3 days of taking **Respirol™**, the patient usually coughs up larger amounts of mucus. This cleanses the infected and inflamed respiratory systems (lungs and respiratory pipes) and clears the airways, improves lung function and makes breathing easier. Satisfactory results are normally obtained within a week, but the patient should feel the positive effects of our product within the first 24 hours.

Applications

Respirol™ has been successfully used to:

- Help maintain normal activity levels, including exercise
- Help children and adults with asthma without causing any adverse side effects
- Help prevent chronic and troublesome symptoms caused from bronchitis.
- Help maintain normal breathing

- Help in minimizing the need for emergency room visits or hospitalization caused by asthma attacks
- Provide alternative medication therapy with no adverse effects
- Boost and balance the immune system
- Expel mucous from the respiratory tract

Flax Seed B.E.E.®: is high in essential fatty acids such as alpha-linolenic acid, linoleic and oleic acids. These essential fatty acids are needed for the production of anti-inflammatory prostaglandines. Linoleic acid and alpha-linolenic acid are also required for the structural integrity of all cell membranes, which is very important for maintaining the normal physiological function of cell thereby speeding healing and strengthening resistance to infection in the body. A great many anaphylactic diseases such as Asthma, Allergic Pollenosis and Allergic Nasitis are closely related to the change of the structural integrity and permeability of cell membranes of mastocyte (a type of cell). Flax seed has a long history of medicinal use, its main effects being as an expectorant that soothes irritated tissues, controls coughing and relieves pain. The seed, or the oil from the seed is normally used. An infusion of the seed contains a good deal of mucilage and is a valuable domestic remedy for coughs and colds. The oil in the seed contains 4% L-glutamic acid, which has soothing and lubricating properties and is used in medicines to soothe tonsillitis, sore throats, coughs and colds. Preliminary research suggests that omega-3 fatty acids (including flaxseeds) may decrease inflammation and improve lung function in adults with asthma.

Pine Bark B.E.E.®: is extracted from the bark of the French Maritime Pine and it contains phytochemicals known scientifically as Oligomeric Proanthocyanidin complexes (OPC's) that appear to stabilize the walls of blood vessels, reduce inflammation and have anti-allergic qualities. These activities occur on the basis of OPC's antioxidant activity (purported to be a very powerful immune stimulator and more effective than Vitamins E, C and Beta-carotene as an antioxidant), for free radicals can immediately stir up inflammations. In addition to allergen activation, allergies and asthma both involve histamine release. In the United States, allergies are often treated with antihistamines. **Pine Bark B.E.E.®** acts to prevent histamine release in the first place, thereby reducing all adverse effects of histamine and not just interfering with their effects on target cells. It is suggested that OPC's are a better approach to allergy and asthma management than antihistamines. Pine bark extract was also found to improve the breathing ability of patients with asthma in a double blind placebo-controlled study conducted at the University of Arizona.

Pine Sprout B.E.E.®: contains an essential oil that can stimulate serous bronchial gland function, suppress mucous gland function and aid with expectoration (hawking up of phlegm). Pine sprouts can also help to dry secretions. They demonstrate mild antiseptic effects. They are also useful for upper and lower respiratory tract mucous membrane inflammation, common cold symptoms, coughs or bronchitis, nasal congestion, hoarseness, fever and people who have a tendency towards infection. In

folk medicine, pine sprout has been used to treat uncomplicated coughs and acute bronchial disease, nasal congestion and hoarseness.

CoQ10: In addition to benefiting immune function, CoQ10 is also a powerful free radicals cleaner and has the ability to counter histamine, which is involved in both allergies and asthma. CoQ10 is also pivotal in cellular energy production, aids circulation and tissue oxygenation and acts as an antihistamine. If you have asthma, you may have low levels of this antioxidant in your blood. In the September, 2002 issue of the journal Allergy, CoQ10 levels were measured in patients with asthma. In recent years, free radical damage has been thought to underlie the pathogenesis of bronchial asthma. It has been speculated by some researchers that taking adequate doses of antioxidants can have a beneficial effect in patients with asthma. In the study from this journal, 56 men and women between the ages of 19 to 72 suffering with allergic asthma were enrolled. There was a control group of 25 healthy volunteers, ages 25 to 50. It was found that the concentrations of CoQ10 were significantly decreased in both plasma and whole blood of asthmatic sufferers compared with that of the healthy volunteers. The researchers speculated that sub-optimal concentrations of CoQ10 might play a possible contribution in patients with asthma and provide a rationale for its supplementation.

SUGGESTED USE:

Take 1- 2 capsules twice daily. For best results, use **Respirol™** for at least 8 consecutive weeks. Please leave a 3-4 hour interval between taking **Respirol™** and prescription medication.

Thinshape™

Thinshape™ is a revolutionary dietary supplement like no other and is specifically formulated to effectively suppress the appetite and accelerate the body's metabolism function.

How Thinshape™ Works:

Thinshape™ is designed to support weight management in a safe and effective way by sustaining normal gland function, suppressing the appetite, increasing metabolism and cleansing the digestive tract, while increasing muscle mass and decreasing body fat including bad cholesterols.

Applications

Thinshape™ has been used to:

- Act as an appetite suppressor
- Increase metabolism
- Help the body sustain normal gland function
- Help cleanse the digestive tract
- Increase lean muscle mass
- Convert unhealthy white fat to healthy brown fat
- Reduce bad cholesterol (LDL)
- Improve thyroid function
- Cleanse the body of excess toxins and purify the blood
- Help the bowels to move frequently thereby cleansing the colon

Walnut Hull extract: contains rich organic iodine, which improves thyroid function and aids in weight loss. It also has oxygenating abilities, which may help to burn excess fat, clean off excess toxins and purify the blood. **Walnut Hull extract** helps relieve constipation, and is also used to balance sugar levels and burn up excessive toxins and fatty materials. The chief known constituent of black walnuts is juglone, which has demonstrated both antibacterial and antifungal properties. Herbalists have also traditionally used the hulls as a nutritional aid for the intestinal system.

L-Arginine: aids in weight loss because it facilitates an increase in muscle mass and a reduction of adipose body fat. Obesity is characterized by increased levels of insulin (high glycemic foods and drinks) and by subnormal growth hormone (GH) release. Insulin promotes fat and carbohydrate storage while GH stimulates lipolysis (fat-

burning). The insulin/growth hormone ratio is significantly higher in obese humans than in lean humans. The combination of high insulin and low GH exacerbates the obese condition. L-arginine is the main oral agent responsible for restoration of GH in humans.

Almond Extract: contains a high percentage of monounsaturated fatty acids that help lower cholesterol levels.

Vitamin C (Ascorbic Acid): are necessary for normal glandular function. They can speed up a slow metabolism, prompting it to burn more calories.

Magnesium Sulfate: helps move bowels and helps to clean the colon, which is an important factor in stabilizing the body's overall weight.

SUGGESTED USE:

Take 1-2 capsules three times daily with a full glass of water, 30 minutes before a meal.