

The background of the page is a dark green color with a repeating pattern of light green icons. The icons include a glass with a drop, a stylized leaf or flower, and a spiral. The text is centered and reads "SOUL" in a large, white, sans-serif font, followed by "ayurvedic superfood shot" in a smaller, white, sans-serif font. Below this is a line of text: "- PRODUCT SHEET -".

SOUL

ayurvedic superfood shot

- PRODUCT SHEET -

PRODUCT SHEET



Soul is a synergistic blend of concentrated superfoods to bring balance and harmonize the body with pH levels, weight loss, and eliminating inflammation while supporting the liver.*

Listed ingredient highlights and benefits are a small sample of the available data on the ingredients found in Soul. We encourage you to do your own additional research into each individual ingredient.

TURMERIC ROOT

Reducing inflammation as much as possible should be a top priority in any diet or lifestyle system sincerely aiming for optimal performance and vibrant health.

Inflammation is a ubiquitous process in the body. Its evolutionary purpose was primarily to protect damaged tissues against further injury. In our modern world, however, inflammatory pathways are constantly over-stimulated by environmental toxins, poor diet, and stress. The anti-inflammatory power of turmeric comes from one compound in particular called curcumin. The list of benefits from consuming curcumin is impressive.

Studies have shown curcumin to have anti-tumor and anti-oxidant activity in addition to its powerful anti-inflammatory effects. The anti-inflammatory action of curcumin comes from its ability to inhibit the body's production of pro-inflammatory signaling compounds called eicosanoids. Using turmeric to slow the body's production of eicosanoids brings their levels in the body back to normal levels and as a result, chronic systemic inflammation in the body decreases significantly.

- **Phyllanthus** is also known as Chanca piedra or Stonebreaker. It helps promote healthy liver action and kidney health by preventing the formation of calcium oxalate crystals which can cause kidney stones.
- **Bringaraj** helps support the kidneys and liver, as well as promoting skin, hair, and heart health. Phytonutrients present include the alkaloid ecliptinen, wedelolactone, wedelic acid, apigenin, luteolin, b-amyrin, volatile oils, saponineclalbatin, alpha-amyrin, ursolic acid and oleanolic acid.
- **Guduchi** is known for its ability to support the immune system, to promote joint health and prevent stress. A clinical study showed that it plays an important role in normalizing liver functions. Guduchi contains alkaloids, diterpenoid lactones, glycosides, steroids, sesquiterpenoid, phenolics, aliphatic compounds, and polysaccharides.

PRODUCT SHEET



- **Tephrosia Purpurea** helps support the liver, kidneys, blood, and heart, and may also assist in wound healing. Contains antioxidants, flavonoids, glycosides, rotenoids, isoflavones, flavanones, alkaloids, carbohydrates, tannins and phenols, gums and mucilage, fixed oils and fats, saponins and lipids. Supports a healthy liver, kidney, blood and heart, may assist in wound healing.
- **Nirgundi** not only supports liver health but also promotes digestion and metabolism and respiratory, muscular and mental health . Nurgundi contains phenol, dulcitol, alkaloid-vitricine, B-sitosterol, camphene, A- and B Pinenes, angoside, acunbin, casticin, artemetin, orientin.

INGREDIENT HIGHLIGHTS

Bhringraj (Eclipta alba) Extract

- *Pelagia Research Library, Allahabad, India. Status of medicinal plants (Eclipta alba, Sushma Department of Biochemistry and Biochemical Engineering, JSBB, SHIATS. Several studies have described the antioxidant properties of medicinal plants which are rich in phenolic compounds. Natural antioxidant mainly comes from plants in the form of phenolic compounds such as flavonoids, phenolic acids, tocopherols. Eclipta alba(Bhringraj), traditionally used as medicinal plants. Their different preparations are used for the treatment of remittent fever, oxidative stress and as a cooling laxative to children and as a refresher remedy for liver and heart. These are also reported in treatment of jaundice, ophthalmic diseases, skin diseases, ulcers, rheumatism, bronchitis and degenerative diseases .The medicinal properties of these plants have been attributed to different organic compounds like flavonoids and phenols, which acts as natural antioxidant.*

www.pelagiaresearchlibrary.com

Guduchi (Tinospora cordifolia) Extract

- *International Journal of Ayurveda Research Publication of Department of AYUSH Govt. of India. Scientific validity through modern research adopting "reverse pharmacological" approach. Potential medicinal properties reported by scientific research include anti-diabetic, antipyretic, antispasmodic, anti-inflammatory, anti-arthritic, antioxidant, anti-allergic, anti-stress, anti-leprotic, antimalarial, hepato-protective, immuno-modulatory and anti-neoplastic activities. This review brings together various properties and medicinal uses of T. cordifolia described in Ayurveda, along with phytochemical and pharmacological reports.*

Journal List Int J Ayurveda Resv.1(2); Apr-Jun 2010 PMC2924974

Nirgundi (Vitex negundo) Extract

- *MEDICAL RESEARCH HIGHLIGHTS: Department of Pharmaceutical Chemistry, L. R. Institute of Pharmacy; Solan, Himachal Pradesh, India; Department of Pharmacognosy, University Institute of Pharmaceutical Sciences, Panjab University, Chandigarh, India.*
- *Nirgundi – Vitex negundo is a very good muscle relaxant, pain relieving, which helps to relieve inflammation, anti-mosquito, anti-anxiety, anti-asthma and so on, herb of Ayurveda. There are very less herbs as multi-talented and as versatile as Nirgundi is. Used both for external application in the form of paste / oil, and also for oral administration in the form of powder, leaf juice extract or water decoction.*

PRODUCT SHEET



INGREDIENT HIGHLIGHTS cont'd

Nirgundi (*Vitex negundo*) Extract cont'd

Skin diseases, anti-inflammatory, anti-androgenic, widely used to treat rheumatism, to relieve pain. It is second most important treatment for chronic bronchitis and cold, sedative, tonic, possess potent mosquito repelling activity, anti-tumor activity. It has hepato protective action against carbon tetra chloride which induces liver and has analgesic activity. The present study was under taken to evaluable anti fungal activity of the fruits of Vitex negundo Linn.

Pak. J. Bot., 41(4): 1941-1943, 2009

Organic Wheatgrass Powder

- *Medical Research HIGHLIGHTS: Drug Discovery Laboratory, Shri Ram Institute of Technology-Pharmacy, Jabalpur, Madhya Pradesh, India; Pharmaceutics Research Laboratory, Shri Ram Institute of Technology-Pharmacy, Jabalpur, Madhya Pradesh, India.*

Wheat grass (Triticum aestivum) is a gift of nature given to mankind. A number of scientific research studies on wheatgrass establishes its anticancer and antioxidant potential. Current work was focused to determine antileukemic effect of wheat grass.

Phytochemical screening revealed the presence of flavonoids, phenolics, carbohydrates, and amino acids. From acute toxicity studies, it was found that the methanol extract of wheatgrass was safe up to a dose level of 2000 mg/kg of body weight. Outcomes of hematological parameters in various experimental groups of murine model demonstrated antileukemic effect of extract. Methanol extract of wheatgrass aroused the process of phagocytosis of killed Candida albicans and also demonstrated a significant chemotactic activity at all tested. Wheat grass demonstrated antileukemic potential that might be due to the presence of flavonoids and polyphenolics in it.

Drug Discovery Laboratory, Shri Ram Institute of Technology-Pharmacy, Jabalpur, Madhya Pradesh, India

Pharmaceutics Research Laboratory, Shri Ram Institute of Technology-Pharmacy, Jabalpur, Madhya Pradesh, India

Alfalfa (Grass) Powder

Alfalfa is used for kidney conditions, bladder and prostate conditions, and to increase urine flow. It is also used for high cholesterol, asthma, osteoarthritis, rheumatoid arthritis, diabetes, upset stomach, and a bleeding disorder called thrombocytopenic purpura. People also take alfalfa as a source of vitamins A, C, E, and K4; and minerals calcium, potassium, phosphorous, and iron.

ALFALFA: Uses, Side Effects, Interactions and Warnings - WebMD

PRODUCT SHEET



INGREDIENT HIGHLIGHTS

Organic Ashwagandha (*Withania somnifera*) Root Powder

Ashwagandha, an adaptogenic herb popular in Ayurvedic medicine, is known in India as the "strength of the stallion" since it has traditionally been used to strengthen the immune system after an illness. It has shown incredible results for lowering cortisol and balancing thyroid hormones.

Sometimes referred to as Indian Ginseng, Ashwagandha can enhance stamina and possesses extraordinary stress-relieving properties comparable to those of powerful drugs used to treat anxiety and depression. Ashwagandha has powerful antioxidant properties and may be a promising alternative treatment for a variety of degenerative diseases like Alzheimer's and Parkinson's.

Numerous studies have been conducted on Ashwagandha's ability to treat adrenal fatigue, improve thyroid function, reduce brain cell degeneration, boost immunity, reduce anxiety and depression, combat the effects of stress, increase stamina and endurance, prevent and treat cancer, stabilize blood sugar, and lower cholesterol.

[An Overview on Ashwagandha: A Rasayana \(Rejuvenator\) of Ayurveda](#)

[Studies on immunomodulatory activity of *Withania somnifera* \(Ashwagandha\) extracts in experimental immune inflammation](#)

[Combinations of Ashwagandha Leaf Extracts Protect Brain-Derived Cells against Oxidative Stress and Induce Differentiation](#)

[Water Extract of Ashwagandha Leaves Has Anticancer Activity: Identification of an Active Component and Its Mechanism of Action](#)

[Triethylene glycol, an active component of Ashwagandha \(*Withania somnifera*\) leaves, is responsible for sleep induction](#)

[*Withania somnifera* Root Extract Has Potent Cytotoxic Effect against Human Malignant Melanoma Cells](#)

Organic *Astragalus membranaceus* (Root) Powder

- Astragalus root is one of the most powerful immune-building plants on the planet. This adaptogenic herb lowers cortisol, aka the stress hormone, while fighting disease at the same time. In addition to pumping up your immune system, studies show it's vital for cardiovascular health and can even fight off tumors and alleviate symptoms of chemotherapy.

Astragalus is a plant within the Leguminosae (beans or legumes) family, with a very long history as an immune system booster and disease fighter meaning it helps the body fight off stress and disease. Today, Astragalus medicinal healing and treatment uses span many different illnesses and diseases. Saponins are known for their ability to lower cholesterol, improve the immune system and prevent cancer. Flavonoids, also found in Astragalus, provide health benefits through cell signaling. They show antioxidative qualities, control and scavenge free radicals, and can help prevent heart disease, cancer, and immunodeficiency viruses. Polysaccharides are known to have antimicrobial, antiviral and anti-inflammatory capabilities among other health benefits.

PRODUCT SHEET



INGREDIENT HIGHLIGHTS

Organic Astragalus membranaceus (Root) Powder cont'd

One of Astragalus' greatest strengths is preventing and protecting cells against cell death and other harmful elements, such as free radicals and oxidation.

Inflammation is at the root of most diseases. From arthritis to heart disease, inflammation is often the culprit of the damage. Astragalus acts as an Anti-Inflammatory, and many studies show that thanks to its saponins and polysaccharides it can reduce inflammatory response in connection to a number of illnesses and conditions, from helping to heal wounds and lesions to reducing inflammation in diabetic kidney disease.

Astragalus boosts the immune system, regulating the body's immune responses. Although the full extent of the herb's capabilities has yet to be determined, there is sufficient evidence to suggest that Astragalus, used as an adjunct therapy, will someday be used to cure many diseases.

Many recent screenings have shown the success of Astragalus saponins, flavonoids, and polysaccharides in decreasing or eliminating tumors. In instances of chemoresistance treating liver cancer, Astragalus has shown potential in reversing multidrug resistance and as an addition to conventional chemotherapy, according to a study published in the Journal of Pharmacy and Pharmacology.

The flavonoids present in Astragalus are antioxidants that help prevent plaque buildup in arteries and the narrowing of vessel walls by protecting the inner wall of the vessel. In addition, a 2014 study published in the Chinese Journal of Integrative Medicine suggests an injection of Astragalus, combined with conventional treatment for viral myocarditis (inflammation of the middle layer of the heart wall), makes treatment more successful in heart conditions.

Other studies have shown its ability to reduce blood pressure and the level of triglycerides. High levels of triglycerides put individuals at risk for many forms of heart disease such as stroke, heart attack, and the hardening of artery walls. During a heart attack, heart muscle damage occurs when there is a lack of blood supply and oxygen. At that time, calcium overload creates secondary damage. Astragalus can prevent additional heart muscle damage by regulating calcium homeostasis in the heart.

Astragalus has been studied progressively as an antidiabetic. Studies show its ability to relieve insulin resistance and treat diabetes naturally. The herb's collection of saponins, flavonoids, and polysaccharides all are effective in treating and regulating Type 1 and Type 2 Diabetes. They're able to increase insulin sensitivity, protect pancreatic beta cells (the cells in the pancreas that produce and release insulin), and also act as anti-inflammatories in areas related to diabetic symptoms. Kidney disease in diabetics is also a common problem, and Astragalus has been used to treat kidney illness for many years. More recent studies have shown Astragalus can slow the progress of kidney problems in diabetics and protect the renal system.

In the United States, researchers have looked at Astragalus as a possible treatment for people whose immune systems have been weakened by chemotherapy or radiation. In these studies, astragalus supplements seem to help people recover faster and live longer.

PRODUCT SHEET



INGREDIENT HIGHLIGHTS

Organic Astragalus membranaceus (Root) Powder cont'd

Recent research suggests that because Astragalus is an antioxidant, it may help people with severe forms of heart disease; relieving symptoms, lowering cholesterol levels, and improving heart function. At low-to-moderate doses, Astragalus has few side effects. However, it does interact with a number of other herbs and prescription medications. Astragalus may also be a mild diuretic, meaning it helps rid the body of excess fluid.

[Astragalus Overview](#)

[A Review of Recent Research Progress on the Astragalus Genus](#)

[Saponins as cytotoxic agents: a review](#)

[Reversal of P-glycoprotein-mediated multidrug resistance of human hepatic cancer cells by Astragaloside II](#)

[Astragalus membranaceus injection combined with conventional treatment for viral myocarditis: a systematic review of randomized controlled trials](#)

[Pharmacological effects of Astragaloside IV: a literature review](#)

[Recent Advances in Astragalus membranaceus Anti-Diabetic Research: Pharmacological Effects of Its Phytochemical Constituents](#)

Organic Camu Camu (Berry) Powder

Camu camu is a shrub that grows in swampy or flooded areas of the Amazon rain forests of Peru, Brazil, Venezuela, and Colombia. The fruit and leaves are used as a medicine.

Camu camu can be used for viral infections including herpes, cold sores, shingles, and the common cold. It can also be used for eye conditions including cataracts and glaucoma. Other uses include treatment of asthma, "hardening of the arteries" (atherosclerosis), chronic fatigue syndrome, depression, gum disease (gingivitis), headaches, and osteoarthritis. Some people use Camu camu to increase energy and maintain healthy gums, eyes, and skin; and as an antioxidant and immune system stimulant.

Camu camu can have 60 times more Vitamin C than an orange and 56 times more than a lemon, making it a powerful immune system booster. The dense punch of Vitamin C from Camu camu may block free radicals and other pathogens from entering the body.

Camu camu's high Vitamin C content is especially central to its ability to improve liver health. The powerful antioxidants and phytochemicals in Camu camu can help fight against disease and liver malfunction. Animal research conducted in 2010 showed that animals given Camu camu showed significant signs of liver injury suppression. An active compound called 1-methylmalate was isolated from Camu camu juice, and the study concluded that the 1-methylmalate is one of the reasons Camu camu can aid liver health.

PRODUCT SHEET



INGREDIENT HIGHLIGHTS

Organic Camu Camu (Berry) Powder cont'd

The high levels of Vitamin C in Camu camu can also help your brain to produce more serotonin, which may assist with depression. A study conducted at Montreal's Jewish General Hospital showed that patients with decreased levels of Vitamin C reported signs of sluggishness and depression. They all responded with rapid and clinically significant improvement in mood after receiving doses of Vitamin C.

Powerful antioxidants like the Vitamin C in Camu camu have been shown to help with inflammation, particularly in those approaching old age. Inflammation can contribute to accelerated aging, and Camu camu has been studied for its possible ability to help slow and improve the aging process.

Macular degeneration, a leading cause of blindness in people over age 55, can also be assisted by Camu camu. The combination of Vitamin C and other essential nutrients found in Camu camu can slow the progression of age-related macular degeneration and visual acuity loss.

[Camu Camu Overview](#)

[Determination of anthocyanins from camu-camu \(Myrciaria dubia\) by HPLC-PDA, HPLC-MS, and NMR](#)

[Antioxidant and Associated Capacities of Camu Camu \(Myrciaria dubia\): A Systematic Review](#)

[Antioxidant compounds and antioxidant capacity of Peruvian camu camu \(Myrciaria dubia \(H.B.K.\) McVaugh\) fruit at different maturity stages](#)

[Anti-inflammatory effects of seeds of the tropical fruit camu-camu \(Myrciaria dubia\)](#)

[Effects of diet supplementation with Camu-camu \(Myrciaria dubia HBK McVaugh\) fruit in a rat model of diet-induced obesity](#)

[Antigenotoxic effect of acute, subacute and chronic treatments with Amazonian camu-camu \(Myrciaria dubia\) juice on mice blood cells](#)

[Tropical fruit camu-camu \(Myrciaria dubia\) has anti-oxidative and anti-inflammatory properties](#)

[1-methylmalate from camu-camu \(Myrciaria dubia\) suppressed D-galactosamine-induced liver injury in rats](#)

PRODUCT SHEET



INGREDIENT HIGHLIGHTS cont'd

Organic Barley (Grass) Powder

- *Arthritics Clinical Trials and Study - "Better Nutrition for Today's Living"*
Physicians have recommended green barley juice supplements as part of arthritis therapy.

"Leukemia Cancer Laboratory Studies" - In an experiment at George Washington University, A team of M.D.'s exposed leukemic cancer cells to dehydrated barley grass extract. The extract killed virtually all of them. Encouraged, the researchers then subjected brain cancer cells to the extract. It eradicated 30 to 50 percent of these cells. In a third trial, the extract inhibited the growth of three types of prostate cancer cells by 90 to 100 percent.

A clinical study that supplementation with barley grass helped reduce the levels of cholesterol and oxygen free-radicals in the blood of type 2 diabetics.

The researchers found that supplementation with barley grass reduced the levels of total cholesterol, LDL-cholesterol, and oxygen free-radicals, in addition to protecting LDL-vitamin E content and inhibiting LDL oxidation. The authors noted that barley grass "acts as a free radical scavenger." Particularly noteworthy are the data showing barley grass, when taken with vitamins C and E, more effectively lowers the level of free radicals than either barley grass or the vitamins when taken alone. The researchers concluded that supplementation with barley grass in combination with antioxidative vitamins may have a protective effect and promote healthy cardiovascular function.

The results of ongoing clinical studies appear to support and extend the findings that barley grass supplementation may lower blood levels of cholesterol and free radicals. results indicate that supplementation with barley grass juice may help to lower cholesterol, scavenge oxygen free radicals, spare the LDL-vitamin E content, and inhibit LDL oxidation. Furthermore, there appears to be a synergistic inhibition of small, dense-LDL oxidation with the combination of barley grass juice and vitamins C and E, an effect that may promote good vascular function.

"For individuals concerned about their cardiovascular health, this study indicates that they would be well advised to focus on a diet with lots of green foods, particularly organic barley grass." said Dr. Richard M. Gold, Ph.D., L.Ac., author and Professor at Pacific College of Oriental Medicine.

Diabetes and Metabolism (2002, Vol. 28, 107-114).

Clinical Research: Barley Grass Supports Cardiovascular Function

PRODUCT SHEET



INGREDIENT HIGHLIGHTS cont'd

Organic Lemon (Fruit) Powder

- *The health benefits of lemon include treatment of throat infections, indigestion, constipation, dental problems, and fever, internal bleeding, rheumatism, burns, obesity, respiratory disorders, cholera and high blood pressure, while it also benefits hair and skin care. Known for its therapeutic property since generations, lemons help to strengthen your immune system, cleanse your stomach, and it is considered a blood purifier.*

Lemon juice, especially, has several health benefits associated with it. It is well known as a useful treatment for kidney stones, reducing strokes and lowering body temperature. As a refreshing drink, lemonade helps you to stay calm and cool.

The health benefits of lemons are due to its many nourishing elements like vitamin C, vitamin B6, vitamin A, vitamin E, folate, niacin thiamin, riboflavin, pantothenic acid, copper, calcium, iron, magnesium, potassium, zinc, phosphorus and protein. Lemon is a fruit that contains flavonoids, which are composites that contain antioxidant and cancer fighting properties. It helps to prevent diabetes, constipation, high blood pressure, fever, indigestion and many other problems, as well as improving the skin, hair, and teeth. Studies conducted at the American Urological Association highlight the fact that lemonade or lemon juice can eliminate the occurrence of kidney stones by forming urinary citrate, which prevents the formation of crystals.

People use lemons to make lemonade by mixing lemon juice and water. Many people also use lemon as a washing agent, because of its ability to remove stains. The scent of lemons can also repel mosquitoes, while drinking lemon juice with olive oil helps to get rid of gall stones. Lemon is well known for its medicinal power and is used in many different ways. As per the results reported in a study by the Annals of the Rheumatic Diseases, lemon provides protection against inflammatory polyarthritis and arthritis.

www.organicfacts.net/health-benefits/fruit/health-benefits-of-lemon.html

PRODUCT SHEET



INGREDIENT HIGHLIGHTS cont'd

Organic Coconut (Fruit) Powder

- *Dr. Bruce Fife and his wife Leslie were invited to the Philippines to do a series of lectures and radio and TV interviews discussing the health benefits of coconut. Dr. Fife presented a special lecture on the "Potential Uses of Coconut Oils-Freeze dried powder in the Treatment of Neurodegenerative and Cardiovascular Diseases" to the students and faculty at University of the Philippines College of Medicine. Doctors and students in the neurology department were especially interested in Dr. Fife's knowledge and insights regarding the treatment of Alzheimer's using coconut oil. The faculty is currently in the process of designing a study based on Dr. Fife's research to further explore the use of coconut oil in treating neurodegenerative disease.*

Bruce Fife, N.D., Publisher, www.coconutresearchcenter.org

Organic Kale (Leaf) Powder

- *A member of the illustrious group of cancer-fighting cruciferous vegetables, kale is quickly becoming one of the most popular health foods today. Ornamental kale has also taken conventional landscapes by storm. With their brilliant blue, red and white interior, these varieties of kale are edible as well!*

In just one cup of chopped kale, you'll find: Vitamin K (684% recommended daily value), Vitamin A (206%), Vitamin C (134%), Manganese (26%), Copper (10%), Calcium (9%), Potassium (9%), Vitamin B6 (9%), Iron (6%), Magnesium (6%), Folate (5%), Riboflavin (5%), Thiamin (5%), Phosphorus (4%), Protein (4%), Niacin (3%), Zinc (2%), Pantothenic Acid (1%), Selenium (1%), Sodium (1%), Omega-3 fatty acids (121 mg), and Omega-6 fatty acids (92.4 mg)

A rich source of several vitamins and minerals, the vitamin K content in one cup of cooked kale stands out considerably amongst the rest of the nutrients. Playing a key role in blood clotting and excessive bleeding prevention, some experts are now looking to vitamin K as a natural way to treat osteoporosis, but the research is conflicting so the medical profession hasn't embraced it yet.

<http://draxe.com/health-benefits-of-kale/>

Organic Gotu Kola Powder

- *Gotu Kola is a well studied herb, and the vast majority of its healing and therapeutic properties, including its ability to measurably prolong life, have been documented and validated by the scientific community. Its life-extending properties are most likely due to a synergistic combination of its powerful effects on the mind, body and spirit - in every sense, the whole person. The plant's benefits range from greatly improving memory and restoring brain cell and nerve function to improving blood quality and circulation, restoring digestion, and speeding the healing of wounds.*

<http://www.organicfacts.net>

PRODUCT SHEET



INGREDIENT HIGHLIGHTS cont'd

Spirulina Powder

- *Spirulina increases production of antibodies, infection-fighting proteins, and other cells that improve immunity and help ward off infection and chronic illnesses, such as cancer. Spirulina, protects against allergic reactions by stopping the release of histamines, substances that contribute to allergy symptoms, such as a runny nose, watery eyes, hives, and soft-tissue swelling.*

Antibiotic-related Illnesses: Although antibiotics destroy unwanted organisms in the body, they may also kill "good" bacteria called probiotics, such as Lactobacillus acidophilus. This can cause diarrhea. In test tubes, spirulina has boosted the growth of L. acidophilus and other probiotics.

Infection: Test tube studies suggest that spirulina has activity against herpes, influenza, and HIV. But researchers don't know whether it would also work in people.

Oral Cancer: In one placebo-controlled study, taking spirulina seemed to reduce a precancerous lesion known as leukoplasia in people who chewed tobacco. Lesions were more likely to go away in the spirulina group than in the placebo group. More research in this area is needed.

Liver Disorders: Preliminary evidence suggests that spirulina may help protect against liver damage and cirrhosis (liver failure) in people with chronic hepatitis. Without more research, however, it is impossible to say whether spirulina offers any real benefit.

Eye Diseases: Spirulina contains a high concentration of zeaxanthin, an important nutrient linked to eye health. As such, spirulina may help reduce the risk of cataracts and age-related macular degeneration. More research is needed.

<http://umm.edu/health/medical/altmed/supplement/spirulina>

Organic Karela (Bitter Melon) Powder

- *Bitter melon is best known as a traditional medicine to treat diabetes. In lab tests, bitter melon seems to slow down some viruses like HIV and may kill cancer cells.*

Helps Normalize Blood Sugar Levels: Findings from both human and animal studies have demonstrated a hypoglycemic effect of concentrated bitter melon extract, meaning it helps to lower blood glucose (sugar) levels and regulate the body's use of insulin. In many ways, bitter melon extract acts just like insulin that the body produces naturally. The Journal of Ethnopharmacology reports that "Over 100 studies using modern techniques have authenticated its use in diabetes and its complications." Diabetic symptoms and complications that bitter melon extract can help to manage include insulin resistance and high blood sugar levels, nephropathy (kidney damage), eye disorders such as cataracts or glaucoma, hormonal irregularities and menstrual changes in women, and heart complications and blood vessel damage.

PRODUCT SHEET



INGREDIENT HIGHLIGHTS cont'd

Organic Karela (Bitter Melon) Powder cont'd

*While multiple studies have found that *Momordica charantia* can be beneficial in normalizing blood sugar and managing diabetes, its effects seem to depend on how it is consumed. A 2013 study published in the *Journal of Agricultural Food Studies* showed that bitter melon consumed in both raw or juice form helps to lower blood glucose levels in healthy and diabetic animals, although other studies have found that responsiveness differs depending on the individual.*

This study analyzed the hypoglycemic effects of bitter melon extract and seeds on mice with either normal or elevated blood sugar levels. The data showed that bitter melon extract (1 g/kg) significantly lowered the blood glucose level of both normal and diabetic mice. It did so primarily by regulating the insulin signaling pathways in muscles and fat cells (adipose tissues), helping cells to take up more glucose from the blood as needed. Bitter melon was shown to target insulin receptor sites and stimulate downstream pathways, leading researchers to conclude it can serve as a beneficial "regulator of glucose metabolism."

*Other research has identified a mixture of active constituents within bitter melon that are responsible for its anti-diabetic abilities. These include: steroidal saponins (known as charantins), insulin-like peptides and alkaloids, which are most heavily concentrated in fruit of the *Momordica charantia* plant.*

*Fights Bacterial Infections & Viruses: Research has demonstrated that bitter melon contains several forms of antibacterial as well as antiviral agents. These agents are capable of lowering susceptibility to such infections as *Helicobacter pylori* (a very common bacteria tied to the formation of stomach ulcers when someone's immune function is low), along with viruses including HIV.*

*A report printed in the *International Journal of Microbiology* states that powdered bitter melon has been used in Ayurveda for centuries "for dusting over leprous and other intractable ulcers and in healing wounds. In recent years, bitter melon extract has been successfully used against pylorus ligation, aspirin and stress-induced ulcers, showing significant reductions in ulcer symptoms.*

Additionally, studies have identified anthelmintic agents within bitter melon, a group of anti-parasitic compounds that help expel parasitic worms and other internal parasites from the body. Anthelmintic work by killing parasites internally, without causing significant damage to the host (the person or animal carrying the parasite).

Improves Digestive & Liver Health: There's evidence that bitter melon extract can help reduce stomach and intestinal disorders, decrease kidney stones, help prevent liver disease and improve liver function, help treat parasitic worms that enter the GI tract, reduce symptoms of inflammatory bowel disease (including colitis) and improve overall digestive health. (Research done at Annamali University in India showed that extract from bitter melon increased levels of glutathione peroxidase (GPx), superoxide dismutase (SOD) and catalase, helping to improve detoxification and prevent liver damage.

*Bitter melon also has natural laxative effects, and therefore helps to relieve constipation. A traditional use of bitter melon was for reducing stomach pains and ulcers. Recently, it has even been discovered that it can help act against *Helicobacter pylori* bacteria that contributes to ulcer formation.*

PRODUCT SHEET



INGREDIENT HIGHLIGHTS cont'd

Organic Oat (Grass Powder)

- *Oat grass joins other powerhouse grasses such as wheatgrass and alfalfa. ... A study of elderly volunteers with below average cognitive performance scores published in the Journal of Alternative and Complementary Medicine showed that oat ... whole food benefits of oats is to take it in its grass form -- usually as a powder, ... The results of Organic Oat Grass Powder experimental studies show that green foods have marked beneficial effects on cholesterol, blood pressure, immune response and cancer prevention. These effects are attributed in part to their high concentrations of chlorophyll. Chlorophyll, the phytochemical that gives leaves, plants and algae their green hues, is the plant equivalent of the oxygen-carrying red pigment hemoglobin in red blood cells. Dietary chlorophyll inhibits disease bacteria and exerts therapeutic effects on bad breath and internal odors.*

<http://www.oprah.com/health/barley-grass-wheatgrass-and-green-foods-superfood-no-6#ixzz4W5dhSvFf>

Organic Chlorella Powder

- *Native to Taiwan and Japan, this superfood is rich with phytonutrients, including amino acids, chlorophyll, beta-carotene, potassium, phosphorous, biotin, magnesium and the B-complex vitamins. Chlorella is a blue-green algae like its cousin spirulina.*

Studies have shown that chlorella benefits the entire body by supporting healthy hormonal function, promoting cardiovascular health, helping to negate the effects of chemotherapy and radiation, lowering blood pressure and cholesterol, and aiding in the detoxification of our bodies. Chlorella's rich green color comes from a high concentration of chlorophyll.

Here are seven scientifically proven chlorella benefits you can expect to receive by incorporating this superfood into your daily diet.

Detoxifies Heavy Metals: If you have mercury fillings in your teeth, have been vaccinated, eat fish regularly, have been exposed to radiation or consume foods from China, you may have heavy metals lurking in your body. It is important for your overall health and wellness to be proactive in detoxing heavy metals and toxins.

One of chlorella's most significant health benefits is that it wraps itself around even stubborn toxins residing in our bodies, such as lead, cadmium, mercury and uranium, and keeps them from being reabsorbed. Regular consumption of chlorella can even help keep heavy metals from accumulating in our bodies' soft tissues and organs in the first place.

Detoxifies Radiation and Chemotherapy: Radiation therapy and chemotherapy are the most common forms of cancer treatment today. Anyone who has gone through either of these treatments, or knows anyone who has, knows what a toll they take on the body. Chlorella's high levels of chlorophyll have been shown to protect the body against ultraviolet radiation treatments while removing radioactive particles from the body.

PRODUCT SHEET



INGREDIENT HIGHLIGHTS cont'd

Organic Chlorella Powder

According to researchers from Virginia Commonwealth University Medical College, "Cellular components and functions of the immune system remain at or near normal levels and are less adversely affected when patients are undergoing chemotherapy and/or taking immunosuppressive medications such as steroids."

The university's two-year study allowed researchers to observe that glioma-positive patients have fewer respiratory infections and flu-like illnesses when taking chlorella.

Supports Your Immune System: Research published in 2012 in the Nutrition Journal found that after 8 weeks of chlorella intake, NK cell activity improved. Researchers from the Yonsei University in Seoul Korea studied healthy individuals and their immune system's response to chlorella supplements. The results showed that chlorella supports a healthy immune system response and helps "natural killer" cell activity.

Promotes Weight Loss: Losing weight is difficult, especially as we age. In a study published in the Journal of Medicinal Food, researchers state, "Chlorella intake resulted in noticeable reductions in body fat percentage, serum total cholesterol, and fasting blood glucose levels".

Chlorella benefits you by helping to regulate hormones, helping with metabolism, improving circulation, and promoting higher levels of energy. It also helps to reduce weight and body fat, and removes stored toxins.

As our bodies lose weight, toxins are released, and can be reabsorbed. It is important to flush these toxins out of our system as quickly as possible. Chlorella's ability to surround the toxins and heavy metals resident in our bodies helps facilitate elimination and prevent reabsorption.

Makes You Look Younger: Research continues to reveal that chlorella may also slow the aging process, making you look younger. A study published in the journal Clinical Laboratory revealed that chlorella greatly reduces oxidative stress, that can be caused from pollution, stress and a poor diet.

The reason chlorella is so effective at giving you younger looking skin is because it naturally increases levels of vitamin A, vitamin C and glutathione in your body which eliminates free-radicals and protects your cells. By just taking 1 teaspoon or a couple capsules daily of a chlorella supplement, you can see results in as little as 2 weeks.

Fights Cancer: It is believed that all human bodies at some time develop cancer cells. Properly functioning immune systems have the ability to attack and destroy these cells, before they have the chance to take hold and create cancer. A recent medical study found that chlorella helps fight cancer in several ways.

First, when taken preemptively, it strengthens the immune system, so our bodies respond properly.

Second, because it removes heavy metals and toxins from our body, we are less likely to get environmentally based cancers.

PRODUCT SHEET



INGREDIENT HIGHLIGHTS cont'd

Organic Chlorella Powder cont'd

Third, studies have shown that individuals once diagnosed with cancer, chlorella enhances the action of T cells helping to fight new abnormal cells. And, as mentioned above, if cancer is diagnosed, and chemotherapy or radiation therapy is used, chlorella can help to fight the side effects and be used in addition to natural cancer treatments.

Lowers Your Blood Sugar and Cholesterol: Type 2 diabetes and high cholesterol are two of the serious chronic conditions facing many Americans today. Years of improper eating, stress and a lack of sleep have led many to one or both of these diagnoses. In a study published the Journal of Medicinal Food, researchers found that doses of 8,000 mg of chlorella per day (divided into 2 doses), helps lower cholesterol and blood glucose levels. Researchers observed first a decline in cholesterol levels, and then the improvement in blood glucose. They believe that chlorella activates a number of genes at the cellular level that improve insulin sensitivity, encouraging a healthy balance.

<http://draxe.com/7-proven-chlorella-benefits-side-effects/>

Organic Turmeric (Root) Powder

- *According to some estimates, as much as USD \$10 billion is spent every year on alternative therapies. Over USD \$650 million is spent on botanical supplements that are used for chronic inflammatory diseases such as chronic obstructive airways disease (COPD), asthma, and rheumatoid arthritis. Turmeric is one such herb.*

Turmeric is used as an herbal medicine for rheumatoid arthritis, chronic anterior uveitis, conjunctivitis, skin cancer, small pox, chicken pox, wound healing, urinary tract infections, and liver ailments. It is also used for digestive disorders; to reduce flatulence, jaundice, menstrual difficulties, and colic; for abdominal pain and distension; and for dyspeptic conditions including loss of appetite, postprandial feelings of fullness, and liver and gallbladder complaints. It has anti-inflammatory, choleric, antimicrobial, and carminative actions. The main clinical targets of turmeric are the digestive organs: in the intestine, for treatment of diseases such as familial adenomatous polyposis; in the bowels, for treatment of inflammatory bowel disease and in the colon for treatment of colon cancer. For arthritis, as well as to open blood vessels in order to improve blood circulation. The anticancer activities of turmeric include inhibiting cell proliferation and inducing apoptosis of cancer cells. Turmeric has been reported to exhibit activity against the development of skin cancer, breast cancer, oral cancer, and stomach cancer. It prevents carcinogenesis at various steps, including inhibiting mutation, detoxifying carcinogens, decreasing cell proliferation, and inducing apoptosis of tumor cells. Topical application of turmeric was found to decrease multiplicity and onset of skin tumors. The FDA has declared turmeric and its active component curcumin as GRAS (generally regarded as safe).

The activities of turmeric include antibacterial, antiviral, anti-inflammatory, antitumor, antioxidant, antiseptic, cardioprotective, hepatoprotective, nephroprotective, radioprotective, and digestive activities. Phytochemical analysis of turmeric has revealed a large number of compounds, including curcumin, volatile oil, and curcuminoids, which have been found to have potent pharmacological properties.

<https://www.ncbi.nlm.nih.gov> › NCBI › Literature › Bookshelf by S Prasad - 2011

PRODUCT SHEET



INGREDIENT HIGHLIGHTS cont'd

Rhodiola rosea (Root) Powder

- *Rhodiola has been proven to have four major health benefits including burning belly fat, increased energy and athletic performance, lowering cortisol, fighting depression, and improving brain function.*

<http://draxe.com/draxe.com/rhodiola-benefits-burning-fat-for-energy-and-beating-depression/>

Triphala Powder

- *Indian gooseberry is taken by mouth for high cholesterol, "hardening of the arteries" (atherosclerosis), diabetes, pain and swelling of the pancreas (pancreatitis), cancer, upset stomach, eye problems, joint pain, diarrhea, bloody diarrhea (dysentery), osteoarthritis, obesity, and "organ restoration." It is also used to kill germs and reduce pain and swelling caused by the body's reaction to injury or illness (inflammation).*

<http://www.webmd.com/search/2/results?query=%09Amlaki++Berry++Powder>

- *For disorders of the heart and blood vessels (cardiovascular disease), including heart disease and related chest pain, high blood pressure, and high cholesterol. It is also used as "a water pill," and for earaches, dysentery, sexually transmitted diseases (STDs), diseases of the urinary tract, and to increase sexual desire.*

Terminalia bellerica and Terminalia chebula are both used for high cholesterol and digestive disorders, including both diarrhea and constipation, and indigestion. They have also been used for HIV infection. Terminalia bellerica is used to protect the liver and to treat respiratory conditions, including respiratory tract infections, cough, and sore throat.

<http://www.webmed.com>

- *Uses include the natural treatment of cancer, infections, gastrointestinal issues, inflammation, high cholesterol, immune system malfunction and even cancer. Bibhitaki is another powerful ancient rejuvenator with detoxifying qualities. It is extensively used in traditional Indian Ayurvedic medicine for the treatment of diabetes, high blood pressure and rheumatism.*

<http://www.draxe.com/triphala/>

PRODUCT SHEET



SUGGESTED USE

Can be taken as a shot in warm water or fruit juice followed by 8 to 16 ounces of water. Can also be taken in 8 or more ounces of water or smoothie, or encapsulated. May be sweetened to taste with preferred sweetener. Traditionally taken 1 to 2 scoops daily or as part of the Heart & Body Naturals Cleanse. Stir well.

Supplement Facts

Serving Size: one scoop (2.5 grams)

Servings per container: approximately 46

	Amount Per Serving	% Daily Value*	
			100% Natural Whole Food Ingredients without additives or preservatives. Contains no added synthetic vitamins or synthetic minerals.
Calories	13		Inflammation Superfood Juice Complex 1.55mg†
Calories from fat	2		Organic Turmeric (Root) Powder, Phyllanthus niruri (Seed) Extract, Bhoringraj (Eclipta alba) Extract, Guduchi (Tinospora cordifolia) Extract, Tephrosia purpurea (Fabaceae) Extract, Nirgundi (Vitex negundo) Extract, Bhumyamalaki Powder, Organic Gotu Kola Powder
Total Fat	2g	3%	
Total Carbohydrate	3g	1%	Alkalinizing Superfood Juice Complex 0.55mg†
Dietary Fiber	0g	0%	Organic Wheatgrass Powder, Organic Alfalfa (Grass) Powder, Organic Barley (Grass) Powder, Organic Lemon (Fruit) Powder, Organic Kale (Leaf) Powder, Organic Spirulina Powder, Organic Karela (Bitter Melon) Powder, Organic Oat (Grass) Powder, Organic Chlorella Powder
Sugars	1.24g	4.9%	
Protein	2g	0%	
Vitamin A	159 IU	5.3%	Adaptogen Superfood Juice Complex 0.39mg†
Vitamin C	152mg	168%	Organic Camu Camu (Berry) Powder, Organic Coconut (Fruit) Powder, Organic Ashwagandha (Withania somnifera Root) Powder, Rhodiola rosea (Root) Powder, Panax Ginseng (Root) Powder, Organic Astragalus membranaceus (Root) Powder, Triphala Powder
Vitamin K	0mcg	0%	
Riboflavin	.37mg	28%	
Niacin	1.4mg	8.75%	Ingredients: Organic Turmeric (Root) Powder, Organic Wheatgrass Powder, Phyllanthus niruri (Seed) Extract, Bhoringraj (Eclipta alba) Extract, Guduchi (Tinospora cordifolia) Extract, Tephrosia purpurea (Fabaceae) Extract, Nirgundi (Vitex negundo) Extract, Bhumyamalaki Powder, Organic Camu Camu (Berry) Powder, Organic Alfalfa (Grass) Powder, Organic Astragalus membranaceus (Root) Powder, Organic Barley (Grass) Powder, Organic Lemon (Fruit) Powder, Organic Coconut (Fruit) Powder, Organic Kale (Leaf) Powder, Organic Gotu Kola Powder, Organic Spirulina Powder, Organic Karela (Bitter Melon) Powder, Organic Oat (Grass Powder), Organic Chlorella Powder, Organic Ashwagandha (Withania somnifera Root) Powder, Rhodiola rosea (Root) Powder, Triphala Powder
Vitamin B6	8mcg	47%	
Folate	62mcg	12.4%	
Vitamin B12	2.0mcg	83%	
Calcium	30mg	3.2%	Other Ingredients: Luo han guo (Fruit) Powder
Iron	2mg	2.5%	*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
Iodine	12mcg	8%	†Daily Value not established.
Sodium	7.02mg	0.3%	
Potassium	430mg	11.3%	
Magnesium	94mg	22%	

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Important information: This is not a medicinal product. If in doubt consult a doctor before taking food supplements. Food supplements must not be used as a substitute for a varied & balanced diet & a healthy lifestyle. If you are pregnant, breastfeeding, or on any medication, please consult a doctor before use. Store in a cool dry place. Keep away from children. Discontinue use if any adverse reactions occur.

Allergen information: This product is manufactured in a facility that produces other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs and may contain traces of all of the above.

Product of the USA with select ingredients thoughtfully curated from around the world.

Manufactured Exclusively For

Heart & Body Naturals, LLC • 461 E Pike Street • Morrow, Ohio 45152

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.