

### Herbals & Nutraceuticals Products & Info

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#### **5-HTP**

This neurochemical is a precursor to serotonin, and according to literature it raises the serotonin levels in the brain.

#### **7-Keto**

Awarded patents for its use in immune system function, cognitive function and weight loss.

#### **Acerola**

Acerola is rich in Vitamin C as well as carotene, thiamin, riboflavin, niacin, proteins, mineral salts, iron, calcium, and phosphorous. Acerola has been used as a remedy against flus and colds, pulmonary disturbances, liver ailments and irregularities with the gall bladder.

#### **Acetyl-L-Carnitine**

Acetyl-L-carnitine is similar in form to the amino acid carnitine and also has some similar functions, such as being involved in the metabolism of food into energy. The acetyl group that is part of acetyl-L-carnitine contributes to the production of the neurotransmitter acetylcholine.

#### **Active Hexose Correlated Compound (ImmPower™)**

Japanese immune enhancing supplement that has been the subject of more than 30 articles in peer-reviewed journals showing that it supports peak Natural Killer (NK) cell function and associated immune system activity (including enhanced cytokine production and optimal t-cell and macrophage activity.) It has gained the endorsement of leading doctors and experts in natural and nutritional medicine because of its outstanding research. The full text of many studies are available at the website, [www.ahccresearch.com](http://www.ahccresearch.com) and by searching the websites of the National Library of Medicine at

[www.pubmed.gov](http://www.pubmed.gov)

using the search term: active hexose correlated compound. Product information can be found at

[www.theharmonycompany.com/immpower-dg.html](http://www.theharmonycompany.com/immpower-dg.html)

### **Aloe Vera**

Extracts have antibacterial and antifungal properties. A. vera extracts have been shown to inhibit the growth of fungi.

### **Alpha Lipoic Acid and Lipoic Acid**

Is a "non-vitamin" nutrient that is essential to life; it is a strong antioxidant.

### **Astaxanthin**

A carotenoid produced by specific strains of algae and yeast. A potent antioxidant and possible immune booster.

### **Avemar (Avé)**

Avemar is a proprietary nutritional ingredient made by the fermentation of wheat germ through a patented process. It is standardized on the compound DMBQ (di-methoxy-substituted benzoquinones), and has been the subject of close to 100 studies in cell lines resulting in more than 20 articles in peer reviewed medical journals. Avemar helps regulate cell metabolism, inhibiting non-oxidative, while enhancing oxidative, glucose metabolism and supports many mechanisms of immune system regulation. The full text of the myriad studies is available at the website, [www.avemarresearch.com](http://www.avemarresearch.com), and by searching the websites of the National Library of Medicine, [www.pubmed.gov](http://www.pubmed.gov) and the American Society of Clinical Oncology, [www.asco.org](http://www.asco.org) with the search term, Avemar. Product information can be found at [www.theharmonycompany.com/ave-dg.html](http://www.theharmonycompany.com/ave-dg.html)

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### **Barley Grass**

Super green foods.

### **Bee Pollen**

Effective for combating fatigue, depression, cancer and colon disorder. Has an anti microbial effect. Honey is an antiseptic and salve for burns.

### **Bee Propolis**

As a supplement, it is an excellent aid against bacterial infections. Stimulates phagocytosis,

helps white blood cells to destroy bacteria. Good results against inflammation of the mucous membranes of the mouth and the throat and for stimulating immune system function.

### **Beta Carotene**

Beta Carotene acts as an antioxidant, trapping and neutralizing single oxygen molecules and other free-radicals.

### **Beta Glucan**

Beta-D-Glucan is a polysaccharide, or soluble fiber, component found in a variety of cereals. Beta-Glucans occur in highest amounts in the endosperm of barley and oats.

### **Beta Sitosterol**

Research has shown that phytosterols interfere with cholesterol absorption and thus prevent the rise in serum cholesterol.

### **Bilberry**

Eye, Visual help.

### **Bioperine®**

Extensive human clinical studies have been conducted using Bioperine ® that underline its patented composition and methods for improving gastrointestinal absorption and systemic utilization of nutrients. Clinical research has shown increased bioavailability of CoQ-10 when taken with bioperine.

### **Black Currant Seed Oil**

Essential Fatty Oil

### **Boswellia**

India Herb, Ayurvedic medicine for anti-inflammation, anti-arthritis on joint.

### **Broccoli Sprouts**

Cruciferous vegetables may reduce the risk of cancer by inducing extra protection of the enzymes involved in detoxifying carcinogens and flushing them out of the body.

### **Bromelain**

Bromelain is a powerful anti-inflammatory and protein-digesting enzyme.

### **Butcher's Broom**

Research has shown that these ruscogenins possess vaso-constrictive and anti-inflammatory properties.

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