

¿Could you eat this daily?



Ingredients from 22 countries

- | | |
|------------------------------------|----------------------------------|
| Cyanophyceae Algae: USA | Theanine: China |
| Astragalus: China | Guanabana: Costa Rica |
| Resveratrol: France | Lycopene: Mexico |
| Curcumine: India | Pygeum: South Africa |
| Green Tea: China | Grape Seed: France |
| Rosemary: Spain | Rhodiola Rosea: Iceland |
| Shiitake Mushroom: Korea | Polysaccharides: Thailand |
| Goji: Tibet | Spirulina: Mexico |
| Mangosteen: Indonesia | Chia: Guatemala |
| Noni: Polynesia | Watercress: Canada |
| Acai: Brazil | Coral Calcium: Japan |
| Astaxanthin: Atlantic Ocean | |

Research, science and Technology

Nrf2: Antonio Cuadrado Pastor, Professor, Researcher and Director of the Biochemistry Department at University of Madrid (UAM). **Resveratrol:** Dr. David Sinclair, Harvard University. **Chlorophyll:** Dr. Richard C. Heimsch from Idaho University. **Dandelion:** Research made by Maryland and Columbia Universities. **Curcume:** Harvard University. **Lycopene:** Harvard University. **Grape Seed:** Colorado University. **Noni:** Dr. Ralph Heinicke from Hawaii University. **Acai:** Florida University. **Coral Calcium:** Universities of Japan.

Take care of you Genes, your Chromosomes and your Nrf2



- ✓ **Anti-Aging System**
- ✓ **Antioxidant System**
- ✓ **Immune System**
- ✓ **Cellular Nutrition System**
- ✓ **Detoxification System**

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Protein Nrf2

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Protein Nrf2

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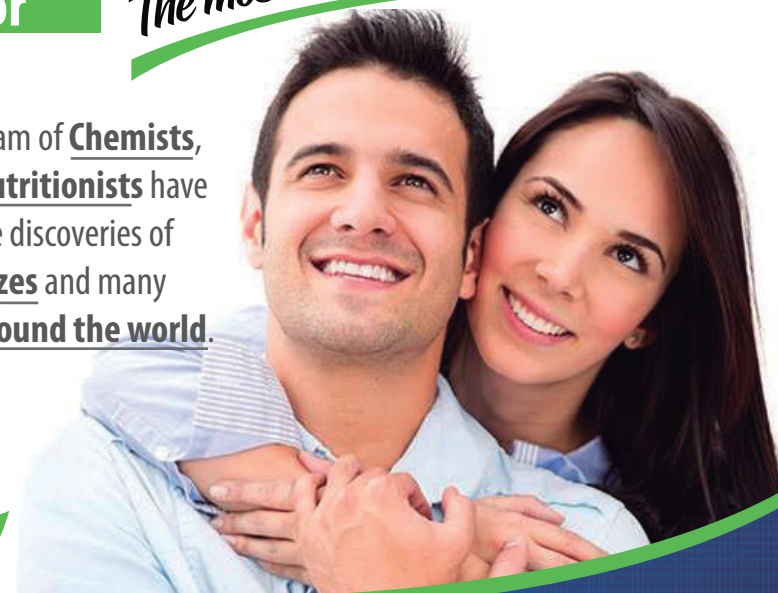
Nrf2

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Anti-Aging System

Stem Cells: Our bodies regenerate due to the amount of adult stem cells that circulate in our organism. Stem cells are produced in the bone marrow. **AFA blue-green algae:** Causes the release of adult stem cells which then regenerates the organism (which includes skin tissue), the higher the level of circulating stem cells, the better the ability of the body to RENEW itself. "New England Journal of Medicine". **Telomeres:** Each time our cells duplicate, the ends of the chromosomes (telomere) suffer a loss of genetic material. **Astralagus:** Contain a molecule (TA-65) which has the capability to activate the enzyme system and repair and lengthens again the telomere; therefore it delays the process of cellular aging. Patients treated with TA-65 exhibit a general overall wellness, sense of vitality and increased libido. **Sirtuins:** There are certain genes in the DNA that regulate the aging process, the repair and the longevity of the cells (sirtuins). **Resveratrol:** Dr. David Sinclair from Harvard University in various experiments demonstrated that resveratrol activates these genes. It demonstrated a significant up to a 40% increase in the life duration of the experimental organisms used. **Nrf2 Protein:** Is a vital intracellular protein that improves the function of the antioxidant cell system. It activates over 2,000 genes which regulate functions of the immune, anti-inflammatory, and antioxidant systems. Through the enzyme Catalase, SOD, and Glutathione, the Nrf2 Protein neutralizes 1 million of free radicals per second. As we stimulate the liberation of the Nrf2 Protein from the KEAP 1 Protein, these enzymes increase, which then regenerate the mitochondria, cell membrane, cytoplasm, DNA, and the organs which then influence cancer and chronic degenerative diseases. **Curcumine:** The active principle is the polyphenol curcumin, which is a Nrf2 protein activator that is vital for the well functioning of the cells antioxidant system. It is antioxidant, anti-inflammatory and anti-cancerous (and induces apoptosis). **Other Important Nrf2 Activators:** Green Tea and Rosemary. **Aging Antioxidants:** Free radicals are generated in the interior of our cells caused by the burning of nutrients damage intracellular organelles, membrane and genetic material causing multiple diseases. Free radicals trigger premature process of oxidation and aging.

Antioxidant System

Glutathione: Modulates the immune system (elevates lymphocytes, neutrophils and NK cells). Involved in the synthesis and DNA repair and its deficiency is related with Autoimmune conditions, Cancer, Parkinson, Alzheimer and other Chronic Degenerative diseases (ECD). **Glutathione Inductors:** Alpha Lipoic Acid, Cysteine, Silymarin and Curcumin. **Shiitake Mushroom:** Its active ingredient Lentinan, has antitumor, antioxidant and antibacterial properties. **Goji:** Is one of the most effective anti-aging fruits (355,000 ORAC per gr.) The oldest people on earth live in the Himalaya. It stimulates the growth hormone, increases sleepiness, improves alertness, restores libido and it increases physical endurance. **Mangosteen:** 53,000 ORAC Rich in Xanthones (the most powerful phytonutrient that has been discovered to date) Useful in Fibromyalgia, Arthritis, Diabetic Neuropathy, Asthma and Depression. **Noni:** 18,000 ORAC. Its anthocyanins and polyphenols interact conferring adaptogenic properties. The Damnacanthal can inhibit cancer activity, including lung, colon, pancreas and various leukemias. **Acai:** It contains Polyphenols, Anthocyanins, Proanthocyanidins and Resveratrol. The University of Florida demonstrated that its antioxidants may induce death of leukemia cells in vitro (apoptosis). **Astaxanthin:** Is 65 times more powerful than Vitamin C and 54 times more than Beta Carotene. Regarding mitigation of Singlet Oxygen (which oxidizes the cells) it is 800 times more efficient than CoQ10. It is 6,000 times better than Vitamin C and 550 times more powerful than Green Tea catechins and 11 times stronger than Beta Carotene. **Theanine:** Elevates the immune capacity of the T cells and it lowers the size of tumor cells.

Immune System

Green Tea: Experiments with rats have demonstrated that breast and prostate tumors may be reduced with catechins. It is an Nrf2 Protein activator. **Guanabana:** An investigation in the Peruvian University of Cayetano Heredia, demonstrated it has a cytotoxic effect over cell cultures of gastric adenocarcinoma and lung. Another study made by the Purdue University in California, demonstrated that acetogenins can inhibit the growth of cancer cells. **Lycopene:** A study made at Harvard University revealed that lycopene reduced in a 45% the possibilities of developing prostate cancer. It decreased the incidence of lung and digestive tract cancer. It also prevents macular degeneration syndrome. **Pygeum:** Useful for benign prostatic hypertrophy (BPH) and improves urinary associated symptoms. **Peel and Grape Seed Extract:** It is a much superior antioxidant than Vitamin C (20 times more) and to Vitamin E (50 times more). Its active ingredient (OPC) remains in the body during 3 days eliminating free radicals. Its protein (Cip 1/p21) leads to cancer cells to self-destruct. **Rhodiola Rosea:** Contains Adaptogens. It reduces mental fatigue and strengthens the immune system. It improves availability of Serotonin and Dopamine (which cause a feeling of pleasure and well-being). **Nrf1 Protein Stimulators:** Green tea, Rhodiola Rosea and Grape Seed Extract (benefits mitochondrial biogenesis).

Cellular Nutrition System

Polysaccharides Peptides: They come for the Valley of Sian in Thailand. It increases cellular energy (ATP), cell renewal, improves memory, regulates hormonal functions, Multiple Sclerosis, Alzheimer, Lupus, autoimmune disease and Diabetes. **Spirulina Algae:** it is the richest source of Vitamin B12 and Iron. It contains 10 times more than Beta Carotene and carrots and over 60 substances (chlorophyll, enzymes and antioxidants). **Chia:** Contains proteins, vitamins, minerals, Omega 3 and antioxidants. It has 5 times more calcium than milk and 2 times more potassium than a banana. It has 3 times more antioxidants than blueberries and 3 times more iron than spinach. It has 7 times more Omega 3 than salmon. It is useful to lower cholesterol and glucose levels. **Watercress:** It helps eliminate toxins and agents harmful to the liver. Diabetes, Anemia, Goiter and may prevent Cancer. **Rosemary:** It is antioxidant, anti-inflammatory, liver detoxifying and it activates the Nrf2 protein. **Vitamin B Complex:** Contributes to optimal metabolism in our organism. **Antioxidant Vitamins:** A, E, C, and Beta Carotene. **Minerals:** Among them the ones that have antioxidants (selenium, magnesium, zinc and copper). **Coral Calcium:** Is has approximately 74 minerals. It has calcitonin hormone which binds calcium. It has minerals in a similar proportion as the human body. As it is of organic origin, it does not produce kidney stones. It prevents Osteoporosis. **Cysteine:** It is a precursor of Glutathione. It also forms part of the insulin molecule. **Tryptophan:** Involved in the growth and synthesis of Serotonin (which forms melatonin). It molecularly interferes in the synthesis of tryptamine, similar to Serotonin. (involved in relaxation and sleep). **Arginine:** It transforms into nitric oxide which causes vasodilation and it increases blood flow. It helps with: angina, atherosclerosis, erectile dysfunction, and vascular headaches. It increases production of the growth hormone.

Detoxification System

Boldo: Favors digestion because it stimulates the salivary and gastric glands. **Chlorophyll:** It neutralizes some of the effects of mutagens (always present in our foods). It adheres to tobacco smoke molecules, lead and other contaminants allowing our organism to discard them through the urine. It reduces the risk of cancer and it helps with Anemia. **Dandelion:** In 2008 the "International Journal of Oncology" published that dandelion was able to decrease malignant cells in breast cancer and prostate. Investigations made by the University of Maryland and Columbia have demonstrated that it helps in conditions related to the liver, digestive, kidneys, Diabetes and some types of cancers