

# A SELECTION OF PROPERTIES



## Sport

Especially recommended for **sport, performances, muscles recovery** (elderly, post-surgery) or **muscles body mass or recovery**. As sport induces a post-effort deficiency of the immune health, it may be interested to work on energy, power and after-sport.

- **Rhodioliife**® [*Rhodiola rosea*] Immunity post-exercise, protects muscle cells, improves endurance & recovery, adaptogenic, reduces fatigue, neurotransmission
- **Zynamite**® [*Mangifera indica*] Nutraingredient award 2018, higher peak power output, VO2 max and oxygenation, no jitters, nervousness, agitation
- **Promond**® [*Prunus amygdalus*] 50% protein from Indian almonds, 100% natural and vegan, free-flowing powder, good taste. Glu, Arg, Asp, Phe
- **Digezyme**® [Enzymes] Improves proteins intake, benefits on delayed onset muscle soreness
- **Beetroot** [*Beta vulgaris*] Natural nitrate, betalains & polyphenols (no nitrites nor synthetic nitrates), performance during heavy resistance exercise, stress tolerance
- **enXtra**® [*Alpinia galanga*] Energy booster by blocking adenosine (caffeine-like without side effects), release of dopamine, increases blood flow
- **C3 Complex**® [*Curcuma longa*] Anti-inflammatory, reduces muscle damage during exercise, optimizes recovery processes, weight and cholesterol
- **GliSODin**® [*Curcuma melo*, Gliadine] Immune system, protects against inflammation, DNA damages and induced lactate production, anti-inflammatory cytokine
- **Capsaicin** [*Capsicum annum*] Aches & pains in muscles / joints (TRPV1), sport endurance, increases muscle protein synthesis and adrenaline secretion
- **Cococin**® [*Cocos nucifera*] Unique profile of nutrients from tender coconut, isotonic nutrients, blood circulation
- **Fenusterols**® [*Trigonella foenum graecum*] Use of proteins in muscles rebuilt (increase deposition of prot., increasing muscle mass), muscle power, libido
- **Hesperidin** [*Citrus sinensis*] Inflammation reduction (5-LO, TNF-α, HLE), vasodilator, better blood flow, improves exercise performance (NO production)
- **Red Marine Algae** [*Gigartina skottsbergii*] Reduces inflammation and degeneration of cartilage, sport performance, anti-fatigue, prevention of obesity, immune
- **Bromelain** [*Ananas comosus*] Protein digestion, muscle repairment, inflammation management
- **Boswellin**® [*Boswellia serrata*] Decrease of inflammation, stimulation of immunity after exercise, muscle recovery, acts on 2 pro-inflammatory enzymes
- **Bioperine**® [*Piper nigrum*] Ultimate nutrient enhancer, only 5mg per dose to boost by 150% to 1 000% the bio assimilation
- **CaroTex**® [*Daucus carota*] Beta-carotene formulation with superior bioavailability for increased performance
- **Punicic** [*Punica granatum*] Adipose in muscles, anti-inflammatory (decrease in triacylglycerol deposits), produces a surge in testosterone, CLnA body weight
- **Resveratrol** [*Polygonum cuspidatum*] Antioxidant, inflammation, detoxifying
- **FruitOx** [Formulation] Strong and natural in-vivo antioxidant
- **Fucoxanthin** [*Undaria*] Fat burning in white adipose tissue, thermogenin
- **BGOV** bis-glycinato oxo vanadium, organic complex. Building material of bones and teeth. Increases energy / endurance (body builders)
- **Chrysin** 97% Dihydroxyflavone, Anti-inflammatory, Anxiolytic as well
- **Bacoside** [*Bacopa moniera*] microcirculation / neurotransmission
- **Tribullus terrestris** 45% saponins



## Mental, Alertness

The effects of stress on memory include interference with a person's capacity to encode memory and the ability to retrieve information. Age, daily stress and daily needs of attention lead us to seek support to fight anxiety, and strengthen brain alertness. Also includes mental alertness and performance.

- **Zynamite**® [*Mangifera indica*] Nutraingredient award 2018, alertness, focus & concentration, faster reaction time, caffeine-like with no jitters, nervousness, agitation
- **Rhodioliife**® [*Rhodiola rosea*] Cognitive function under stress and fatigue, antidepressant effects, good mood, adaptogenic
- **Centellin**® [*Centella asiatica*] Memory and concentration while reducing anxiety, slows brain aging and helps regenerate neurons (cognitive impairment)
- **Satiereal**® [*Crocus sativus*] Acts on the production of neurotransmitters and hormones (serotonin, melatonin and dopamine) via the adrenal glands (SRI)
- **enXtra**® [*Alpinia galanga*] Caffeine amplifier, focus and mental energy, alertness (sharpens alertness and focus for upto 5 hours), dopamine release
- **GliSODin**® [*Curcuma melo* L. + Gliadine] Prevents impairment memory induced by stress, promotes antioxidant defences in the brain
- **Bacopin**® [*Bacopa moniera*] Memory and neurotransmission enhancer, decrease anxiety level, increase dopamine level, neuroprotector effect
- **Shagandha**® [*Withania somnifera*] Increase GABA A receptors activity, reduces stress and relieve anxiety, neurons protection
- **Mucuna** [*Mucuna pruriens*] Natural source of L-dopa, precursor of dopamine, action on the nervous balance (mood disorders, age-related tremors, sleep ...)
- **Curcuma C3 Complex**® [*Curcuma longa*] Protective action (reduce inflammation in the brain), associated with Alzheimer's disease / depression improvements
- **Saberry**® / **Amla** [*Emblica officinalis*] Excellent brain tonic, central nervous system
- **Alpha-lipoic acid** Powerful antioxidant, heavy metal chelator, essential cofactor
- **5-HTP** [*Griffonia simplicifolia*] Serotonin precursor (the 'happiness hormone'), involved in the regulation of sleep, appetite and mood
- **Ginkgo** [*Ginkgo biloba*] Reduces the symptoms of anxiety / dementia of vascular or degenerative origin, including memory loss, attention disorders and depression
- **SelenoMethionine** Low plasma Se associat. selenity and cognitive decline

NUTRITION

 Anti-inflammatory, Bones, Joints, Arthritis

 Weight control, Satiety

 Digestion, Appetite, Transit, Colon

 Memory, Attention, Anxiety, Stress

 Wellness, Family health, Adaptogen

 Cardiovascular health, Blood circulation

 Immune System, Cold, Flu, Antibacterial

 Skin, Hair, Nails

 Sun protection, Tanning

 Blood sugar, Cholesterol

 Antioxidant, ADN

 Sport, Performance, Tonic, Energy

 Water soluble, Instant

 Minerals, Synthetic, Intermediates



## Inflammation

Inflammation is a complex process involving a series of actions and/or reactions and a broad range of biologically active substances triggered by the body's immunological response to tissue damage.

- **Boswellin®** [*Boswellia serrata*] Inhibits the synthesis of leukotrienes, constriction of the bronchi in response to allergens, AKBBA reduced proliferation of leukemic cells
- **C3 Complex®** [*Curcuma longa*] Anti-inflammatory (COX-2 inhibitor, without side effects unlike NSAIDs.), increases the speed of remission of cancerous cells (NF-κB)
- **Nigellin®** [*Nigella sativa*] Anti-inflammatory, positive effect in the context of asthmatic (stud.), anti-bacterial (Gram + germs), anti-fungal, anti-parasitic and anti-viral
- **GliSODin®** [*Curcumis melo*, Gliadine] Immune system, induction Th-1, INF-α IL-4, regulate cytokines productions, DNA damages, red. allergic asthma and house dust
- **Lactospore®** [*Bacillus coagulans*] Improves Gut Microflora, production of Short-chain Fatty Acids, beneficial activities in gastroenteritis or irritable bowel syndrome
- **Hesperidin** [*Citrus sinensis*] Inhibition pain, oxidative stress, inflammatory cytokine production and TRPV1, reduction of allergy and hay fever symptoms
- **Bromelain** [*Ananas comosus*] Inflammation management of the gut and joints
- **Andrographis** [*Andrographis paniculata*] Stimulates effects on the immune system, anti-inflammatory and antipyretic properties
- **Mango** [*Mangifera indica*] inhibition of inflammatory modulators in the synovial tissues, hypouricemic effect (decrease serum urate levels).
- **Punicic** [*Punica granatum*] Anti-inflammatory (decrease in triacylglycerol deposits), inhibit prostate cancer metastasis, pro-apoptotic
- **Resveratrol** [*Polygonum cuspidatum*] Antioxidant, anti-inflammatory effects (inhibition of NFκB and AP-1), mitochondrial activ., activation of the PPARγ pathway
- **Capsaicin** [*Capsicum annum*] Relieves pain by activating the TRPV1 receptor "subst. P", triggers apoptosis of cancer cells in the stomach, pancreas and colon
- **Ginger** [*Zingiber officinale*] Anti-inflammatory effect (leukotrienes, prostaglandins)
- **Eldeberry** [*Sambucus nigra*] Boosts immune system, sinus pain, excellent sources of antioxidants, helps reduce inflammation and oxidative tissue damage
- **Polysal** helps manage inflammation and improve mechanical strengths of bones
- **Ursolic / Ursolate** Inhibition of histamine, lipoxigenase and COX
- **Pygeum** alleviate discomfort caused by prostatic inflammation
- **Xymenynic** stimulates conversion of arachidonic into eicosanoids in the dermis



## Protection, Allergy

The immune system's ability to fight infectious disease may be compromised by fatigue, aging, stress, diseases (and some related medications), and even sport. Different plant extracts exist to strengthen the immune system and assist the body to increase its defenses.

- **Rhodioliife®** [*Rhodiola rosea*] Stimulates and protects the immune system (homeostasis), increases the natural killer cells (NK), adaptogenic
- **GliSODin®** [*Curcumis melo*, Gliadine] regulate the immune response Induction of Th1). In-vivo studies on FIV infected system and children (allergy)
- **Andrographis** [*Andrographis paniculata*] Indian Ph. for colds, flu, fever (even cancer), powerful antioxidant, anti inflammatory and immune
- **C3 Complex®** [*Curcuma longa*] antineoplastic and immune modulating (tyrosine)
- **Nigellin®** [*Nigella sativa*] Anti-inflammatory, positive effect in the context of asthmatic (stud.), anti-bacterial (Gram + germs), anti-fungal anti-parasitic and anti-viral
- **Hesperidin** [*Citrus sinensis*] Inhibition pain, oxidative stress, inflammatory, reduction of allergy and hay fever symptoms (inhib. histamine release)
- **Hot Sip** [*Adhatoda vasica*, *Alpinia galanga*, *Glycyrrhiza glabra*, *Piper longum*] Ayurvedic formulation cold and cough
- **Red Marine Algae** [*Gigartina skottsbergii*] Improve functions of the human immune response by the sulfated polysaccharides
- **Adhatoda** management of breathlessness, cold and coughs, antimicrobial
- **Eldeberry** [*Sambucus nigra*] Boosts immune system, sinus pain, excellent sources of antioxidants, helps reduce inflammation and oxidative tissue damage
- **Barley β-glucans** [*Hordeum vulgare*] immunomodulator
- **Lactospore®** [*Bacillus coagulans*] Improves Gut Microflora, production of Short-chain Fatty Acids, beneficial activities in gastroenteritis or irritable bowel syndrome
- **Selenomethionine** Bioavailable and unique composition of selenium
- **Ginger** [*Zingiber officinale*] Anti-inflammatory (leukotrienes and prostaglandins)
- **Fenusterol®** [*Trigonella foenum graecum*] Expectorant, antifungal and antiparasitic properties
- **Shagandha®** [*Withania Somnifera*] Adaptogenic



## Digestion

Digestion may mean different actions, with possible combinations : Maximize the uptake of nutrients, Improvement of the digestive wellness, as well as the welfare of the intestinal tract, Allow people eating less or just make the most of their diet, Prevent heartburn, ulcers, fatigue, nausea and irritations related to weak digestion + all adaptogenic products :

- **Digezyme®** [Multi-enzyme complex] Multi enzyme complex, studied enzymatic profile: α-Amylase, Protease, Lipase, Cellulase, Lactase
- **Bromelain** [*Ananas comosus*] Proteolytic activity, helps to better digest., reduces gastric acidity, reduces swelling and flatulence, reduces cellulite (anti-oedematous)
- **Papain** [*Carica papaya*] Proteolytic activity, helps digest proteins and fats, diuretic and antioxidant properties
- **Lactospore®** [*Bacillus coagulans*] Improves gut microflora, production of Short-Chain Fatty Acids, beneficial activities in gastroenteritis or irritable bowel syndrome
- **Licorice DGL®** [*Glycyrrhiza glabra*] Decreases the acidity of the stomach, calms the irritation of the lining of the stomach
- **Elim'Real®** [*Formulation*] Help to detoxify the body, assist renal elimination, increase urinary elimination and volume
- **Berberine** [*Berberis aristata*] Indolent ulcers, stomach concerns (supports the healthy bacteria)
- **Triphala** [*Terminalia bellerica*, *Terminalia chebula* & *Emblica officinalis*] support digestion
- **Pomegranate** [*Punica granatum*] useful against flatulence, difficult digestion, diarrhea, bloating
- **Nigellin®** [*Nigella sativa*] Draining effect helps in the elimination of toxins in the intestines and lungs, stimulates the digestive/intestinal systems
- **Saberry® / Amla** [*Emblica officinalis*] Improve the stimulation of gastric juices and also support detoxification, antisecretory, antiulcer, and cytoprotective properties
- **Ginger** [*Zingiber officinale*] Antiemetic effects by reducing the movements of the stomach
- **Curcuma C3 Complex®** [*Curcuma longa*] Allows to make fat soluble, digestion and elimination of fat cells, helps cells with glucose absorption, remove gallstones
- **Capsaicin** [*Capsicum annum*] Stimulates metabolism, fat burning, decreases appetite (GLP-1), anti-inflammatory effects on H. pylori-induced gastritis
- **Fenufiber and galactomannans** stimulates digestion
- **Acticissus** protection against ulcers
- **Citrin** slow conversion of sugars
- **Boswellia** inflammation of intestinal tracts
- **Asparagus** gastric secretion / ulcers



## Weight, Detox

Weight may be managed through different ways: 1. Decrease of the amount of certain nutrients, especially fats (less intake, different degradation and digestion/absorption), 2. Reduction of the bio transfer to the cells and muscles (education of the body), 3. Decrease of the storage of the fats, including in the liver, 4. Use of the stored fats.

- **Satiereal®** [*Crocus sativus*] Moderate appetite, reduce compulsive snacking, significant and progressive reduction of weight
- **Fucoxanthin** [*Undaria pinnatifida*] Increase fat metabolism, detoxify the digestive system, facilitating transit, helps reduce appetite
- **Elim'Real®** [*Plant Formulation*] Help to detoxify the body, assist renal elimination, increase urinary elimination and volume
- **Bromelain** [*Ananas comosus*] Proteolytic activity, helps to better digest., reduces gastric acidity, reduces swelling and flatulence, reduces cellulite (anti-oedematous)
- **Papain** [*Carica papaya*] Proteolytic activity, helps digest proteins and fats, diuretic and antioxidant properties
- **Forslean®** [*Coleus forskohlii*] Decreased Body Fat, increased Lean Body Mass by increasing the production of Adenylate cyclase enzyme - cAMP
- **Citrin® / Garcitrin®** [*Garcinia cambogia*] Reduction of carbohydrates in stored fat (slow down the conversion of carbohydrates), increases the use of fat
- **Lactospore®** [*Bacillus coagulans*] Improves gut microflora, production of Short-Chain Fatty Acids, beneficial activities in gastroenteritis or irritable bowel syndrome
- **Gymnema** [*Gymnema sylvestre*] Promotes the bodies production of insulin, also works on weight management ("sugar blocking" property), sweetness inhibitors
- **Lemon fiber** [*Citrus limon*] Dietary fiber, prebiotic, prevents and relieves constipation, normalizes bowel movements
- **Fabeno®** [*Phaseolus vulgaris*] Alpha-amylase inhibitor, "starch bloker", benefits in the maintenance of healthy blood sugar levels and optimal body composition
- **Nigellin®** [*Nigella sativa*] Draining effect helps in the elimination of toxins in the intestines and lungs, stimulates the digestive and intestinal systems
- **Saberry® / Amla** [*Emblica officinalis*] Stimulates gastric juices and also support detoxification, possess antisecretory, antiulcer, and cytoprotective properties
- **Curcuma C3 Complex®** [*Curcuma longa*] Allows to make fat soluble for digestion and elimination of fat cells, helps cells with glucose absorption, remove gallstones
- **Capsaicin** [*Capsicum annum*] Stimulates metabolism, increases fat burning, decreases appetite (inc. of GLP-1), anti-inflammatory on H. pylori-induced gastritis



## Cardiovascular

Some products have been especially studied for their action on **Metabolic Syndrome**, besides those with properties against oxidative stress, cholesterol, blood sugar level and globally over-weight.

- **GliSODin**® [*Curcuma melo*, Gliadine] Reduces risk factor of cardiovascular disease, decrease carotid intima-media thickness
- **Berberine** [*Berberis aristata*] Lower cholesterol similar to statins, Reduces blood sugar levels in Type II, lowers blood pressure by acting on AMPK
- **Venocin**® [*Aesculus hippocastanu*] Helps maintain healthy blood circulation and strengthen the capillaries and veins
- **Curcuma C3 Complex**® [*Curcuma longa*] reduces serum concentration of LDL-C, non-HDL-C, total cholesterol, TG and Lp(a), helps cells with glucose absorption
- **Centellin**® [*Centella asiatica*] Triterpenic fraction has beneficial effects in people with venous insufficiency and varicose veins, venotonic activity
- **Hesperidin** [*Citrus sinensis*] Vasodilator action, improves the integrity of the blood vessels
- **Gymnema** [*Gymnema sylvestre*] hypoglycemic effect, hypolipemic effect (improves lipids metabolism)
- **Sabbery**® [*Emblca officinalis*] Hypocholesterolemia (reduction of LDLc and TH, with high increase in HDL), improves glucose metabolism in Type II
- **Capsaicin** [*Capsicum annum*] Increases the level of nitric oxide, reduction of retention by the kidneys
- **Resveratrol** [*Polygonum cuspidatum*] Permits reduction of serum concentration of LDL, anti-oxidant effect
- **Fenumannans**® [*Trigonella foenum graecum*] improves the blood profile: reduction of LDL cholesterol and triglycerides
- **Ellagic acid** [*Punica granatum*] Decreases the oxidation of LDLc, antioxidant effect, prevents the formation of atherosclerotic plaque (act on paraoxonase (PON 1))
- **Alpha Lipoic** [*Synthesis*] Sugar level, prevents from retinopathy and cardiopathy



## Prostate, Oncology, Tumor

This is for information only based on available studies and literature, and has no purpose to suggest claim as we here speak of diseases.

- **Boswellin**® [*Boswellia serrata*] AKBBA reduced viability and proliferation of leukemic cells, Inhibits DNA synthesis and cell growth of HL-60 and topoisomerase I and II
- **C3 Complex**® [*Curcuma longa*] anti-inflammatory, increases the speed of remission of cancerous cells (downregulation of NF-kB, AP1, JNK,)
- **GliSODin**® [*Curcuma melo*, Gliadine] strong action on immune system, recent study on impact on radiation-induced Fibrosis (colon cancer)
- **Fenusterol**® [*Trigonella foenum graecum*] protects against diseases related to premature aging of cells such as breast, prostate, colon and gallbladder cancer
- **Amla** [*Emblca officinalis*] Studied on growth of cancer cells in mammary, pancreatic or prostate tumors (cell lines A549, HepG2, HeLa, MDA-MB-231 etc...)
- **Punicic** [*Punica granatum*] inhibitory effects on prostate cancer growth, angiogenesis and metastasis, pro-apoptotic
- **Punicic** [*Punica granatum*] action on PC3 capability to arrest proliferation and stimulate apoptosis
- **Capsaicin** [*Capsicum annum*] triggers apoptosis of cancer cells in the stomach, pancreas and colon
- **Shagandha**® [*Withania Somnifera*] Adaptogenic, delay the process of cellular aging, decrease the activity of acetylcholinesterase and slow down tumor cells dvlpt
- **Centellin**® [*Centella asiatica*] Slows the development of solid and ascites tumors, induce apoptosis in different cancer cell lines (esp. MCF-7, breast)

Medicinal Plants and Cancer Chemoprevention

Also... Saw Palmetto, Pygeum, Rhodiola, Piperine, DIM, Nigellin (liver detox)



## Minerals & Others

You may find the full list by properties or by sectors on the website. Just a quick look at some activities, not mentioned in others.

- **Bioperine**: the ultimate nutrient enhancer, only 5mg per dose to boost by 150% to 1 000% the bio assimilation
- **Minerals**: not the common... molybdenum, chromium, vanadium, ...
- **Respiratory support**: Andrographis, Centella, Elderberry, Adhatoda, Coleus, ...
- **Oils** : Coleus Forskholii Oil, Rosemarinic acid, Curcuma Turmeric Oil, Vitex Oil (Artemetin), Mustard seed, Policosanol, ...



## Nutricosmetics

The skin is the single largest organ of the body. Different factors can cause skin problems : heat, cold, sun... Below is a very short list of available actives, without here speaking of the skin lightener / whitener, or only topical.

- **GliSODin** THE most dedicated oral protection of the skin, Increase of the MED (resistance to UV induced erythema or redness), improves tanning speed and quality, drastically decreases the oxidative stress (more than 20 published studies)
  - **Melaline**® [black sheep wool hydrolyzate] reduction of wrinkles and fine lines, increase keratine production, smoother and hydrated skin, sun exposure prep.
  - **Saberry** from Amla [*Emblca officinalis*], rejuvenerative properties, UV protection, Melanogenesis inhibition (In vitro study), Antioxidant activity
  - **Lycopene** [*Lycopersicon esculentum*] antioxidant, protect the skin from UV rays
  - **Ellagic Acid** Inhibits melanin formation (In vit. st.), hyperpigmentation (Clin. st.)
  - **L-SelenoMethionine** bioavailable selenium and methionine, important in the synthesis of keratin and collagen for the structure of skin, nails and hair
  - **Hesperidin** [*Citrus sinensis*] inhibits the development of cutaneous edema, neutrophil recruitment, matrix metalloproteinase activity, powerful antioxidant
  - **Rosemary Extract** and its conversion into intermediates like rosmanol and galdo-sol both of which are free radical scavengers
  - **Silbinol** from dried heart wood of *Pterocarpus marsupium* for pterostilben, potent suppressor of advanced glycation endproducts (AGEs) (In vitro)
  - **Punicic** from pomegranate, heal, protect, and moisturize dry, cracked, mature, and irritated skin
  - **Brown seaweeds, Fucoxanthin** Inhibition of hyperplasia and induce apoptosis
- And all others showing great antioxidant properties : **FruitOx**, Curcuma, etc...



## Blood Sugar

Malfunction of the regulation of the blood sugar levels can have various causes (insulin secretion or insulin response, also related to the ingestion of sugar.). Types of diabetes are rated «I» (IDDM: insulin by the pancreas, insulin dependent), «II» (NIDDM, resistance to insulin / non-insulin dependent) or «gestational». Other products may be recommended to manage the consequences (cardiovascular, neuropathy, nephropathy, ...).

- **Gymnema** [*Gymnema sylvestre*] hypoglycemic effect by promoting the biodes production of insulin, clinical studies on Type I and II, hypolipemic effects
- **Fabenoil**® [*Phaseolus vulgaris*] Alpha-amylase inhibitor that blocks the digestion of dietary starch, permits maintenance of healthy blood sugar levels
- **Berberine** [*Berberis aristata*] blood sugar levels in people with Type II diabetes (inhibition of  $\alpha$ -glucosidase), and lowering blood pressure by acting on AMPK
- **Cinnamon** [*Cinnamon cassia*] avoid the peak of sugar for longer satiety
- **Lactospore**® [*Bacillus coagulans*] Production of Short-Chain Fatty Acids, used for lipogenesis and gluconeogenesis, insulin-glucose through glucagon-like peptide 1
- **Fenumannans**® [*Trigonella foenum graecum*] Fibers or Glucomannans - Regulation of blood glucose levels in type 2 diabetes, improves blood profile
- **Nigellin**® [*Nigella sativa*] Regular consumption can reduce blood sugar levels and insulin resistance, making it an effective remedy for avoiding Type II diabetes
- **Curcuma C3 Complex**® [*Curcuma longa*] Effect of curcuminoids on Metabolic Syndrome, helps cells with glucose absorption
- **Ginger** [*Zingiber officinale*] Decreases fasting blood glucose and hemoglobin-glycated levels, and improves insulin resistance
- **Shagandha**® [*Withania Somnifera*] Adaptogenic, reduces blood sugar levels
- **Sabbery**® [*Emblca officinalis*] Hypocholesterolemia, improves glucose metabolism in Type II, reduces biomarkers of oxidative stress and inflammation
- **Alpha Lipoic** [*Synthesis*] Sugar level, prevents from retinopathy and cardiopathy
- **Momordicin** sugar level / insulin / **Mango** sugar ( $\alpha$ -glucosidase) / **Silbinol** insulin and sugar / **Salaretin** insulin & sugar / **Tulsi** sugar level



## Adaptogen

Adaptogenic herbs demonstrate a nonspecific enhancement of the body's ability to resist a stressor. Only the most common here:

- **Rhodiola**
- **Ashwagandha & Shagandha**
- **Asparagus** (Shatavari)
- **Amla** (*Emblca officinalis* or Indian gooseberry)