

TC Health Publications

Vitamin, Mineral & Herb Dictionary

A

A

Vitamin A makes it possible for the body to use proteins. It is an anti-oxidant as well as a fat-soluble nutrient. It supports cell membranes, and assists in strong bone formation. It also promotes healthy eyes. A normal daily supplement should include vitamin A (retinyl acetate) 2,500 IU twice a day and beta carotene 7,500 IU twice a day.

Acetyl L-Carnitine

Researchers have determined that Acetyl L-Carnitine in the diet can slow the progression of Alzheimer's disease. ALC is produced in the humane body, but in Alzheimer patients not enough is produced. ALC is created by the amino acid Lysine in the liver, but for this to happen, adequate amounts of several vitamins and minerals must be present, including C, B, and essential fatty acids from fish oil or flax seed oil. If the liver is functioning properly, enough ALC can be provided by eating such foods as dark meat chicken, fish, lima beans, soybeans, and cottage cheese.

Acidophilus

Acidophilus is a good strain of bacteria that operates in the small intestines. It provides many benefits, including prevention of candida infections, prostate troubles, constipation, anemia, and even helps lower high cholesterol, and helps prevent diarrhea. Acidophilus also produces an antibiotic which helps protect against several strains of harmful bacteria. It also produces hydrogen peroxide which will destroy certain types of disease causing bacteria. Caution: if you drink water with your Acidophilus, make sure it is distilled water, because tap water is usually chlorinated or fluoridated, and will kill the good bacteria as well as the harmful ones.

Alfalfa

Alfalfa contains vitamins B, C, D, E, and K along with minerals beta-carotene, potassium, Magnesium and calcium. Vitamin K attracts calcium to areas of new bone growth. Vitamin K was found to enhance blood clotting time. A good tablet should contain about 1 mg of vitamin K.

Allspice

Allspice is from the unripened berry of the allspice tree. It's

aroma is a mixture of several spices, including cinnamon, cloves, nutmeg and pepper. It is used in salads, soup and on fish and poultry. It is antiseptic, analgesic and a stimulant. Also used externally in lotions.

Aloe Vera

Research has shown that the Aloe Vera plant has antiviral and immune property's. It has been used for century's by natives in Africa to treat burns, infections, and many other problems, including constipation and intestinal infections.

Alpha Lipoic Acid

It is a great antioxidant and is both water and fat soluble, which allows it to penetrate all parts of a cell. to combat the free radicals of that cell. Can help combat heart disease, vision loss and many other age related problems.

Amino Acids

Amino acids are the building blocks of proteins. They are used by the body in growth and repair of tissue. They should be taken only when required and along with other nutrients. Some Amino Acid's are manufactured within the body, while others must come from without. Be cautious if taking supplements, an imbalance in amino acids can cause toxicity.

Aniseed Myrtle

Aniseed Myrtle has been used for century's to help in stiffness of joints. It contains compounds that help restrict the buildup of toxins, help with pain relief, and act in general to help improve moods.

Antioxidants

Antioxidants help protect against free radicals, which have an extra electron, and destroy cells. These damaged cells can cause cancer, artery damage and untold other problems, including heart disease. However free radicals do have some benefits to the body. The body uses them to kill bacteria and viruses. It is when the anti-oxidant levels become too low that the free radicals get out of control .

Arginine

An amino acid that causes the blood vessels to relax and allow more blood flow. It is converted in the blood stream to nitric oxide, which relaxes the thin muscle of the artery to relax. Help in getting more blood to the heart and brain, as well as other vital areas of the body.

Ascorbic Acid (Vit. C)

See vitamin C

Aspartic Acid

Aspartic acid is an amino acid that the brain needs to help transmit nerve impulses It is also used to help extract energy from

carbo-hydrates.

Astragalus

The herb Astragalus helps the immune system build resistance to disease. Also helps shorten the duration of some infections, such as a common cold and hepatitis. It helps the body produce interferon, a strong antiviral compound.

B

B..

Your Vitamin B tablets should contain all the following.....

B1, B2, B3, B5, B6, B12

B-1 (Thiamin)..

Vitamin B1 helps turn blood sugar (glucose) into energy

B-2 (Riboflavin)

Vitamin B2 has been found, in studies, to help with migraine head-aches. They not only cut the attacks in half, but the severity of the attacks was lessened. They recommended 25 mg, twice a day, along with your regular B complex vitamin, once a day. It is probably a good idea to ask your doctor about this.

B-3..(Niacin)

Vitamin B3 aids in the metabolism of carbohydrates, fats, and proteins. It also helps with joint circulation and cartilage repair and joint flexibility. Niacin causes the blood vessels to open up near the skin and may cause a tingling sensation, by the histamine released.

B-5..(Pantothenic Acid)

This is a water soluble vitamin and cannot be stored in the body, so you it replenished daily. It helps with capillary circulation, brain function, and aids in lowering stress levels.

B-6..(Pyridoxine)

Promotes both physical and mental health. This vitamin is not stored in the body, so needs replenished daily.

B-12..(Cyanocobalamin)

This vitamin is stored in the liver and kidneys for long periods of time. It promotes formation of new cells, helps nutrient absorption. It has also been shown to promote healthy levels of homocysteine, when taken with folic acid and B6.

Beleric Myrobalan

An old Indian remedy, helps vision, high blood pressure, it also is used to cleanse the body of parasites.

Betaine Hydrochloride

Is an enzyme used to help the stomach produce the proper levels of acid used in digestion and also the conversion of pepsinogen to pepsin, which helps in the digestion of proteins. **If you are taking aspirin or any anti-inflammatory medication,. consult your doctor first.**

Bilberry..

Bilberry is used to improve night vision. The antioxidant flavonoids found in Bilberry enhance the flow of blood to the eyes. Reduces eye strain from long hours reading or using a computer.

Bioflavonoids

Bioflavonoids are a water-soluble compound found in fruits and vegetables. They are needed for absorption of vitamin C, and help fend off free-radicals, to promote better immunity. It is also used to reduce hot flashes. They are also used to improve blood flow in the brain, reducing risk of mini-strokes.. Any problem with frail capillaries can be improved with Bioflavonoids, such as bruising easily,

Biotin..

Biotin is a water-soluble component of the B-complex vitamin. Biotin promotes healthy hair and skin. bone marrow, and nerve tissues

Black Cohosh

Was used by the Indians for menopause, it relaxes the uterine muscles. It should be avoided during labor and birthing.

Black Vinegar

Black vinegar has high concentrations of citric acid and amino acids. It has been used in Japan for many years. It helps detoxify the blood stream and reinforce the immune system.

Boron

By making sure there is boron in the diet, it makes stronger bones by letting the body retain more calcium, also helps prevent osteoporosis. It also affects the metabolism of copper, aluminum, nitrogen, magnesium, arginine, and vitamin D. Lowers the risk of arthritis.

Boswellia

Boswellia is a natural pain reliever, used by arthritis sufferers, It helps shrink the inflamed tissue, increase blood flow, and repair of blood vessels.

Bovine Cartilage

Is one of the best sources of chondroitin and glucosamine, plus many other sulfates that help the body build healthy joints. If taking, make sure it has been processed naturally, not with heat or chemicals.

Bromelain

Bromelain is a digestive enzyme, It enhances blood flow and inhibits the harmful effects of fibrin, which binds fat and cholesterol together in the arteries.

C

C..(Ascorbic Acid)

Vitamin C is effective in treating colds and the flu. It promotes production of collagen, which supports joints, tissue and bone formation. Helps maintain healthy blood vessels, the immune system, and the body's ability to repair itself.

Calcium

There are three main types of calcium to consider when taking supplements; calcium lactate, calcium carbonate, and calcium gluconate... **Calcium lactate** is very good, being the type found in milk. It is easy to digest, unless you have problems with digesting milk. The only problem is that it takes a very large quantity to get enough calcium. **Calcium gluconate** is also easily digested but again you have to take very large quantity's to get enough calcium, **Calcium carbonate** is great as far as the quantity you need to take, and is probably the best choice, if you also take the right ingredients along with it. Calcium carbonate is usually made from oyster shells, so it is hard to digest. When you take it you also need betaine hydrochloride mixed with it, because as you get older, the stomach does not produce enough acid to digest it,

Carotenoids

The most common is beta carotene, and has been shown to enhance the immune system helping it kill virus's and cancer cells, as well as decreasing the risk of heart disease and arthritis and some types of cancer. Fresh fruits, vegetables, and whole grains are the chief source of Carotenoids .Spirulina is a high source of beta carotene and other Carotenoids, which have been shown to help protect the skin against ultra-violet radiation.

C

alendula

Calendula is an easy to grow annual. It's flowers contain antiseptic, anti-fungal, and anti-bacterial properties. It has been used for many years in the form of ointments for burns, stings, skin blemishes. It is used for bed sores, athlete's foot, and pimples. Make your own lotion by letting the flowers steep in hot water.

Camphor

It is obtained from the camphor tree, and is a crystalline compound. It has been used for century's by the Chinese. It has a strong bitter taste, and numbs the sensory nerves as well as being slightly anti-septic. It is used in medicine for it's calming effect. Used externally to treat rheumatism and sprains, .

Cardamom

Cardamom is a spice that has been around since BC. It is used to

aid digestion as well as nausea, constipation, diarrhea. It is used in tea or soups.

Cayenne (Capsicum)

Cayenne is a strong antioxidant. It contains Carotenoids, vitamins A & C. It acts as a stimulant to the vascular system, enlarging the blood vessels.

Celery

Celery helps relax the muscles that line the blood vessels, allowing greater blood flow with less pressure from the heart. A cup of chopped up celery contains about 18 calories. The stringy part helps clean the intestines. It also helps the stiffness of creaking joints in the elderly.

Celery Seed

Celery seed is one of the best herbs that help joint stiffness. Chamomile. Chamomile is used to help digestive problems and menstrual cramps.

Cherry Extract

Cherry extract is high in Flavonoid's and antioxidant protection for your cardiovascular system. Also helps strengthen collagen structures and joints.

Chlorella

Chlorella is rich in chlorophyll, amino acids, and proteins.

Choline

Although eggs have a high cholesterol level, they also contain Choline, which keeps the fats and cholesterol moving through the arteries. Choline is a component of lecithin.

Chromium

Chromium is not included in many multi-vitamins, so you should add a supplement of about 200 mcg per day to help with the symptoms of hypoglycemia. It will also reduce the need for insulin. Chromium also helps the liver produce the needed "glucose tolerance factor" which is necessary for insulin to control blood sugar levels. Chromium seems to work better when Niacin is also added, especially in older people. Recommended level of niacin is 100 mg.

Cinquefoil

It is know by many names, including: goose grass, silverweed, crampweed, moor grass and others. It is used for mouth inflammation and diarrhea.

Clove Flower

The oil extracted from the plant has numerous medicinal uses. It's properties include, antiseptic, anti-fungal, and anti-viral. It is used for colds and mouth infections. It is grown in tropical areas.

Coenzyme Q-10

Age and disease can deplete the body's natural supply of Co-

enzyme Q-10. It plays a very important part in nourishing all the cells in your body, especially the heart. It provides a high anti-oxidant protection and immune system help. Proper levels should be in the range of 50 to 100 mg per day. It should be taken at mealtime to promote absorption. It is several times more effective if L-Carnitine fumarate is included in the capsule. (Carni Q-gel)

Columbine

Known as culverwort, it is used in gallbladder and gastrointestinal disorders. Also used to calm agitation, due to its tranquilizing effect.

Copper

Your multi-vitamin should contain 2 mg of copper, which helps the body use vitamin C better, and also helps turn iron into hemo-globin. Taking too much copper can also cause problems, such as high blood pressure, ringing in the ears, pigmentation, balding, just to mention a few. Violent behavior has also been linked to excess copper. Taking zinc can help counteract excess copper.

Costus

Costus is a spice known mostly in Asia. It has a very pleasant odor, and its oil is used in perfume and aromatherapy. The root is used for gastro-intestinal problems.

Creatine

Creatine, which occurs naturally in red meat, Supplements are used by athletes because it provides the muscles with more ATP, a phosphate the body uses to provide more energy. It is also used after a heart attack, and for the elderly, to strengthen their muscles.

Cysteine

Cysteine is an amino acid that is formed in the liver. It is necessary for the prevention of cataracts. It increases glutathione in the eye. It also is a very strong anti-oxidant. It also helps with healing tissue, burning fat, and muscle growth.

D

D.

Vitamin D is synthesized in our body via regular but brief exposure to sun light. Use of sunscreen blocks this action, hence many people are not getting enough of the sun's rays to the skin to supply our needs. A supplement should be 400 IU, twice daily. The best food sources are: salmon, sardines, fish liver oil, nuts, wheat germ, eggs, and seeds.

Dandelion

Dandelion root has been used for century's by early Americans and in Europe. to aid digestion and clean the intestines. It is a herbal bitter

Devil's Claw

Is one of the herbs used to ease joint stiffness, along with Boswellia,

yucca root, celery seed, and fever few.

DHA / EPA

Certain fats are essential for your good health, especially in children, who are still growing in body and mind, Omega 3 fish oils are needed fatty acids, In order for the body to generate neurological pathways in the brain and eyes. These fatty acids, along with a balance of other essential minerals and vitamins are absolutely essential. EPA comes from the meat of the fish, not the oils, These essential oils are protected in nature from becoming rancid: nuts, grains, seeds, etc with a hard shell to protect them from light and oxygen. Eggs, salmon, and green algae are protected by antioxidants.

DHEA

DHEA is one of the hormones produced by the adrenal glands which sit on top of each kidney, where it is converted into other hormones. It is a steroid hormone Also, it is known that when external supplies of such hormones are provided, the body will stop producing this hormone and become dependent on the external supply. Increased levels of these hormones can make you more susceptible to cancers.

Digestive Enzymes

There are three types of enzymes that promote healthy immune systems. proteolytic, lipase, and amylases. Some enzymes come from fruits, such as pineapple and papaya, and some from animals, such as ox bile.

DMSO

DMSO is an anti-oxidant that is used to apply to diabetic lesions. and has the ability to penetrate a cell wall and get deep into the tissues. It is available in health food stores.

E

E..

Vitamin E includes eight compounds called tocopherols. Natural vitamin E, called d-alpha tocopherols , containing beta, delta, and gamma and other mixed tocopherols. It prevents the oxidation of fats, the abnormal formation of blood clots, dilates the blood vessels, allowing more blood flow, prevents the formation of excess scar tissue, an antioxidant that prevents the breakdown of fats, cholesterol and their release of free radicals.

Echinacea

Echinacea is a herb that increases response of the immune system and inhibits virus activity. Some people do not seem to notice any improvement by it's use, while other's swear by it. It is not recommended for aids patients, or for hyper active individuals.

EFA

Essential Fatty Acids cannot be made by the body, but must be

supplied by the nutrients we consume, They are needed in the formation of hormone regulators that are used by all the cells in the body. It is recommended that supplements be taken.

Elderberry (Sambucus)

The extract from elderberry's bind with viruses and keep them from penetrating cell walls. Elderberry wine has been used for century's to help ward off colds and flu.

English Plantain

The juice from this herb has been shown to have anti-bacterial property's. It is used on wounds and burns, for treating sore throat, bronchitis, colds, and fever

Eyebright

This herb is used to promote healthy eyes. It is grown in Europe. and has been used since the middle ages.

F

Feverfew

The active ingredient helps blood flow through the smaller vessels of the head. It is used by migraine sufferers, and also helps with stiff joints.

Fiber

Fiber is composed mostly from edible plants. It helps keep the colon healthy, improves fat digestion, promotes friendly bacteria in the colon. And helps get rid of excess cholesterol.

Flavonoid

Studies have shown that they suppress tumor growth, help prevent blood clots, and have anti-inflammatory properties. Aids in cutting the risk of heart disease. Flavonoid's are found in many fruits and vegetables, especially grapefruit.

Flaxseed Oil

Flax is one of the oldest crops in history. Flaxseed oil contains large amounts of alpha linolenic acid (LNA), an essential fatty acid The higher your level of LNA, the less chance you have of heart attack. Also helps with high blood pressure, triglycerides, cholesterol.

Folic Acid

A member of the B-complex, is water soluble. It has been shown to help lower homocysteine levels, thereby lowering your chance of heart attack, stroke, and arteriosclerosis. A daily supplement should be taken, especially by pregnant women and older people.

G

Garlic

Garlic has been used for healing for over 2000 years, by the Greeks.

It has proven to help with the heart's fat metabolism, fights infection, and helps maintain proper cholesterol and triglycerides levels. It is used for immune support and has anti-microbial properties. It may also help prevent the spread of prostate cancer.

Ginger

Ginger is a good, low cost, treatment for motion sickness and nausea. Also helps prevent migraine headaches. Indications are that it may help prevent some kinds of skin cancer. A good supplement should contain at least 50 mg.

Ginkgo Biloba

Has an antioxidant action that kills free radicals that affect the brain. It also helps improve blood flow to the brain. A supplement should contain the Flavonoid glycosides.

Ginseng

Ginseng has been used for centuries in China to improve mental and physical stamina. It has also been shown to help improve the heart, blood pressure, cancer, diabetes, and immune functions. Because each type of Ginseng has its own benefits, use a supplement that contains a mix of types.

GLA

Gamma Linolenic Acid is a fatty acid that the body converts into a hormone like substance. It is part of the Omega 6 fatty acids. It helps with asthma and bronchial restriction by blocking leukotrienes.

Glutamine

Is one of three amino acids needed in the diet. It is found in high concentrations in the brain, and is used in the lens of the eye to strengthen it. Recommended 75 to 125 mg daily.

Glutathione

Low levels of Glutathione has been directly associated with cataracts, macular degeneration, many other eye diseases. It is made up of three amino acids, (Cysteine, Glycine, and Glutamic acid) It influences the ageing process, helps protect against cancer, heart, eye, and almost all diseases associated with ageing,

Glycine

It is a non-essential amino acid that is part of glutathione complex, and is used by the body to build proteins. It is required to maintain the nervous system. In men, it helps keep the prostate healthy.

Goldenseal

Goldenseal is an effective anti-inflammatory herb that is very effective against bacteria and fungi and stimulates the activity of macrophages in neutralizing harmful bacteria and foreign particles. It also is made in a paste to help skin infections, ringworm, etc.

Grape Seed Extract

Grape seed extract is a powerful antioxidant that protects against free radicals especially in the eyes. and blood vessels

Grapefruit Seed Extract

This water-soluble antioxidant helps maintain immune functions, and promotes friendly bacteria in the intestines.

Green Tea

Used for century's in China, helps a large variety of ailments, including: digestion, aches & pains, headaches, detoxification, and immune enhancement. Also helps protect against oxidation of cholesterol. Recommended, a green tea supplement.

Gymnema Sylvestre

This herb, used for century's in India, they used to chew the leaves, which would suppress the taste for sugar. It supports the function of the insulin producing cells in the pancreas. Also helps maintain normal levels of cholesterol and triglycerides.

H

Hawthorne

Hawthorne is probably the most widely used herbal remedy for heart problems and angina. It helps dilate the blood vessels, easing the pressure on the heart. The berries are high in vitaminC and Bioflavonoids. 150 mg a day is recommended.

Histidine

This amino acid plays an important role in producing red and white blood cells. It helps in preventing cataracts, protecting the hearing, and other critical jobs, such as regulating antibody activity.

Horse Chestnut

Horse Chestnut seeds contain a compound which closes the pores of the veins, preventing leakage, and strengthens the vein walls. This reduces the leakage and therefore the swelling of the surrounding tissues. Reduces spider veins.

Horse Tail

It is rich in silica, minerals, and phytochemicals. Used to nourish nails, hair, bones, tissue and skin.

Hydrochloric Acid

I

Indian Gallnut

Used mainly to help improve vision, along with Indian Gooseberry and Beleric Myrobalan. It also protects against cataracts. Has been known to be effective in healing ulcers.

Indian Gooseberry

Indian Gooseberry has the highest vitamin C content of any other plant. Used in India to improve circulation, and reduce cholesterol. Also used to improve vision.

Inositol

A member of the B-complex, has been used effectively in place of Prozac. Israeli researchers have found it effective on depression, autism, attention deficit disorder, and Alzheimer's. Human milk is very high in Inositol. It is also in grains, citrus fruit, brewer's yeast, and organ meats. Lecithin also has a high content of Inositol.

Iodine

Iodine is essential for the thyroid glands production of the hormone Thyroxin, used to regulate metabolism. A deficiency of Iodine can cause several problems, including: poor circulation, heart problems, not being able to loose weight, obesity, and loss of sex drive.

K

Kava

Kava has compounds that relax the nervous system. There are no known side effects. Drinking Kava juice can cause mild inebriation, however there is no hangover, nor is it habit-forming. It is used for insomnia,

Kelp

A sea vegetable, high in minerals, iodine, potassium, iron, calcium and magnesium. Helps maintain healthy thyroid function..

L

L-Aginine

An amino acid that the body converts to nitric-acid, and uses to keep the blood vessels dilated. It supports cardiovascular functions by promoting a healthy supply of oxygen to the heart. It also supports healthy sexual function by increasing blood flow to the genitals..

L-Carnitine

L-Carnitine is an amino acid-like compound, that helps transfer fatty acids across the mitochondria. There it is used as energy for muscle activity. Weak muscles, including the heart muscles, need a higher level of L-Carnitine

Lecithin

Lecithin helps promote healthy circulation, and good HDL cholesterol levels in the blood. It also has a high Inositol level which helps prevent Alzheimer's, cancer, and improves nerve transmissions.

Lemon Myrtle

It has one of the highest levels of citral, an oil with anti-pathogenic properties It carries toxins away from the joints, therefore easing the pain.

Great for arthritis sufferer's .

Lettuce

The leaf of your favorite lettuce has high concentrations of Silica, a mineral needed in the formation of collagen, for bones and connecting tissue. It helps digestion, and increases calcium absorption.

Licorice

Licorice has been used for allergies, asthma, inflammation. Little known fact: If your testosterone level is low, do not take licorice as it will lower it even more.

Lutein

Lutein is important to healthy eye's. It helps prevent macular degeneration. It is extracted from marigold petals. Also helps the eye filter ultra-violet rays. It is a Carotenoid.

Lycopene

Lycopene is the red dye found in many fruits, especially the tomato. It has twice the power of beta-carotene and 10 times the strength of vitamin E in fighting free radicals. It is a fat soluble antioxidant. Catsup and tomato paste have high quantities of Lycopene, but it is also found in pink grapefruit, and. watermelon. Pizza is also high in Lycopene. It may help prevent cancer.

Lysine

Lysine is an amino acid with immune-enhancing properties. It helps with calcium absorption and nitrogen balance. It helps collagen formation, which is needed for healthy bones, skin, cartilage and connective tissue.

M

Magnesium

Magnesium is one of the most critical nutrients for the heart and circulatory system. It helps raise the pH level, and is an alkaline. It helps raise the oxygen carrying capacity of the blood, inhibits platelet clotting, prevents arrhythmias, and prevents spasm of the coronary arteries. It helps prevent heart attacks. Your mult-vitamin should contain at least 300 mg of magnesium.

Manganese

Promotes metabolism of glucose, your most important source of energy. Promotes healthy immune system. Helps maintain blood sugar levels. Your multivitamin should contain at least 5 mg of Manganese. Good sources of this mineral are: nuts, germ of cereal grains, bananas, pineapple, egg yolks, legumes.

Methionine

An amino acid that is considered a powerful detoxifier. It helps protect the cells from pollutants. Also helps in the absorption of selenium and zinc. Also helps prevent fat buildup in the liver.

Milk Thistle

A nutritional support for the liver. Helps prevent damage to liver cells from alcohol and other toxins. Helps regenerate liver cells.

Minerals

Some minerals need to be chelated, in order to transport them to the blood stream, where they are needed. Chelated means they are attached to a protein molecule that transports them. Once a mineral is absorbed, it is carried to the body's cells.

Molybdenum

A trace mineral needed for the production of several body enzymes. Helps convert sulfite oxidase to a harmless sulfate. Also helps convert carbohydrates into energy and properly use the iron in your blood.

N

Neem

The margosa tree is common in India. (Neem Tree) The bitter fruit is used as a anti-bacterial, anti-viral, and fungicide. It is used on wounds, to kill lice, insect repellent, and has many other uses.

Niacin (B-3)

Vitamin B3 aids in the metabolism of carbohydrates, fats, and proteins. It also helps with joint circulation and cartilage repair and joint flexibility. Niacin causes the blood vessels to open up near the skin and may cause a tingling sensation, by the histamine released.

P

PABA

PABA is part of the vitamin B family. It is a strong anti-oxidant and helps your body create healthy red blood cells. It promotes good digestion and absorption of nutrients.

Palm Carotene

The palm fruit, found primarily in Malaysia, contains high levels of alpha carotene and other Carotenoids in a pure form. These carotene's are powerful free radical scavengers. Especially lowering the damage free radicals do to your eye's.

Pancreatin

Pancreatin is a digestive enzyme that helps your body absorb nutrients. A normal supplement is 50 mg per day.

Pantothenic Acid (B-5)

This is a water soluble vitamin and cannot be stored in the body, so it must be replenished daily. It helps with capillary circulation, brain function, and aids in lowering stress levels.

Papain

Is a powerful protein digesting enzyme that is extracted from papaya fruit. When combined with Bromelain, it helps keep joints flexible and also enhances the effectiveness of sulfates, such as glucosamine in rebuilding cartilage. It may also stimulate the growth of certain cells in the immune system that protect the prostate from cancer.

Potassium

This mineral plays an important role in helping the transmission of electrical impulses in the nervous system and helps keep the heart rhythm normal, and regulates the blood pressure. Also helps balance the salt in the body.

Pygeum

Is an extract from the South African Evergreen Tree. It contains compounds that ease the swelling and inflammation of the prostate.

Q

Quince

An extract from the leaf of the Quince tree, mixed with honey is used to relieve inflammation of mucous membranes and fever. With black pepper added, it is also used to relieve jaundice and constipation. Concoctions of most of the parts of the tree have been used for remedy's. The flower, leafs, bark, fruit and roots all seem to have antibiotic effects.

R

Riboflavin (B-2)

Vitamin B2 has been found, in studies, to help with migraine headaches. They not only cut the attacks in half, but the severity of the attacks was lessened. They recommended 25 mg, twice a day, along with your regular B complex vitamin, once a day. It is probably a good idea to ask your doctor about this.

S

Sandalwood

Sandalwood is an evergreen tree. The oil from the tree has a sweet, fruity aroma. It is a powerful antiseptic, and is used for dry coughs and sore throats. It is also used for urinary infections, dry itching skin, nausea, and other problems.

Saw Palmetto

The extract of the berry from saw palmetto palm tree is used widely to treat prostate problems. It also blocks the conversion of testosterone to DHT, preventing damage from free radicals that can cause cancer.

Selenium

This essential mineral is a part of the antioxidant glutathione. Along with vitamin E, it helps protect cell membranes and promote healthy cell functions. It protects the immune system and promotes healthy heart and pancreas functions. It is a powerful antioxidant..

Spirulina

A blue-green algae that grows in warm waters. It's vast nutritional value is recognized worldwide. It contains over 100 nutrients, including antioxidants, vitamins, amino acids, iron, protein, enzymes, minerals, and one of the highest concentrations of Carotenoids known. Hawaii produces some of the best.

St. Johns Wort

St. John's wort is an old folk remedy used to treat many problems. It is highly effective against stress and depression. It is a natural alternative to Prozac.

T

Taurine

A non-essential amino acid, concentrated in the brain and heart. It helps normalize the flow of potassium in and out of the heart muscle cells, stabilizing the excitability of those cells. It decreases the tendency of lethal arrhythmias after heart attacks. Taurine also improves the heart's strength, aids in free radical elimination, helps maintain the correct composition of bile and the solubility of cholesterol, and affects blood sugar levels, like insulin does.

Thiamine (B1)

Vitamin B1 helps turn blood sugar (glucose) into energy

Trace Minerals

They are called trace minerals because you need smaller amounts of them than other minerals such as calcium or magnesium. These trace minerals are also very important for healthy skin, bones, blood vessels, teeth, reproduction, etc. Make sure your multi vitamin has boron, copper, molybdenum, manganese, chromium and iodine.

Tryptophan

Is an essential amino acid. It is the only known substance that can be converted into serotonin, a neurotransmitter. Increased levels of

tryptophan have been shown to eliminate bulimia, aggressive behavior, anorexia, hallucinations, epilepsy and other problems.

T

urmeric

Turmeric is a herb from India that is a natural antioxidant, especially to the liver. It has been shown to have anti-inflammatory, antibacterial, antioxidant and anti viral property's. Also the active ingredient, curcumin, helps control asthma.

V

Vanadyl Sulfate

This is a effective, natural way to blood sugar control, helps control blood pressure, triglycerides, and cholesterol.

Vanadium

Studies have found that Vanadium seems to mimic the actions of insulin, It is difficult to absorb, and large doses can be toxic. A safe dose would be 75 mg , twice daily.

W

White Willow

White willow contains salicylic acid which acts like a natural aspirin, and does not cause irritation like aspirin. It is used to relieve joint pain.

Wild Rosetta

Helps relieve joint pain. It also has strong antioxidant properties.

Y

Yucca Root

One of the best herbs to help relieve joint stiffness.

Z

Zinc

An essential mineral that supports the immune system, helps maintain the connective tissue in joints, and supports insulin function.

Zeaxanthin

A Carotenoid, essential in promoting eye health. Taking Carotenoids daily is essential to your eye health.

WARNING

If you are taking any medications, are pregnant or having other problems seek your doctors advice before taking any herb supplement . Some of them cause other problems and can be very dangerous to your health !!!

I