

*NutraGenix*TM Ingredients

Taurine (1000 mg)

Taurine is a semi-essential amino acid and a component of bile acids, which the body uses to help absorb fats and fat-soluble vitamins. It is also an antioxidant and in that role helps regulate the heartbeat and maintain cell membrane stability.

Taurine comprises over 50% of the total free amino acids in the heart. It has a positive effect on cardiac tissue and has been shown in some studies not only to lower blood pressure, but also to strengthen the heart muscle, stabilize heart rhythm, and prevent blood clotting.

Because sufficient levels of taurine have been found to prevent brain over activity and reduce platelet aggression in diabetic patients, this amino acid may someday play a major role in controlling or preventing diabetes, and even Alzheimer's disease.

MSM (1000 mg)

Methylsulfonylmethane or MSM, falls to the earth as a natural part of the water cycle. It provides the sulfur that our bodies need to create or use vitamins, amino acids, connective tissues, antioxidants and collagen. MSM is an odorless, tasteless form of sulfur. It is found in all living organisms.

In our world today, our earth's soil is depleted of MSM; therefore, it is not found in the food we eat. It is from the food that our bodies receive the MSM it requires to rebuild itself. The MSM available to us in our diets goes to the vital organs that need it most. If we are only getting small amounts of MSM because of our food choices with limited MSM potential, it then becomes obvious why we age and become diseased. With MSM supplemented into our diet, the body now has the opportunity through additional nutritional support, to rejuvenate and be brought into a healthy balance. Happily MSM does not produce intestinal gas or body odor like other forms of sulfur, nor does it cause allergic reactions like sulfa drugs or sulfite food additives. MSM is less toxic than ordinary table salt, and it has no known negative effects.

These conditions have reportedly responded to oral MSM:

Arthritis	Lupus	Allergies
Asthma	Scars	Constipation
Colon & Breast Cancer	Skin, Hair & Nails	Mouth Health
Hyperacidity,	Heartburn	Brittle/Soft Nails
Diabetes	Muscle Soreness, Pain	Stress
Mental Processes	Parasites	Snoring

Sunburn/Windburn
High LDL Cholesterol

Fibromyalgia

Chronic Fatigue

One of the most important anti-allergic aids since anti-histamines were discovered more than 40 years ago, MSM may help prevent the burning eyes, running nose and hoarseness caused by allergy to molds, pollens and dust. I personally have witnessed its healing powers on hay fever and all food allergies. Scientist believe MSM works by helping cells flush out invaders, by competing with allergens for mucous membrane receptor sites and by binding allergens so they can be readily excreted.

MSM may provide dramatic relief of diarrhea, constipation, nausea, acid stomach, pain and inflammation with no dependency. When taking MSM as a dietary supplement, 75% of subjects in one study were reportedly able to sharply eliminate or reduce their use of antacid medications.

Use of MSM greatly slowed onset of breast tumors in mice fed cancer-causing agents, suggesting it "might prevent human cancer indefinitely, especially when combined with other types of cancer prevention." It appears it also has a similar inhibiting effect on colon cancer in rats.

MSM relives pain, inflammation and stiffness both from bone and muscle disorders like arthritis and from over-exertion, stress or injury. In a preliminary study of osteoarthritis, the most common of all joint diseases, MSM provided pain relief equal to Motrin without toxicity. In a study at UCLA School of Medicine in Los Angeles, California, Dr. Ronald Lawrence found that 2,250mg daily of MSM helped ease arthritis pain. Research with animals show that MSM lessens the destructive changes in the joints. Reported in the Parade Magazine section of the Sunday Sun-Times dated September 12, 1999, Oscar winning actor, James Coburn, 71, is no longer crippled by arthritis. He credits the dietary supplement MSM with receiving the condition that at one time halted his career.

There have been reports of long-term diabetics injecting insulin daily for years who have in five (5) weeks to two (2) months become self-regulating and stopped having mood swings. Their blood sugar has stabilized. There are people who have had bad emphysema, who used a little atomizer for breathing and could hardly get out of the chair to walk across the room, who after about a week on MSM, walked about a half mile, rested and then walked another half mile. Now, that is not because the emphysema had been reversed that fast, but MSM detoxifies and increases blood circulation. MSM gets oxygen into the blood a lot more efficiently with the same amount of work.

Vitamin D3 (1000 IU)

Vitamin D, calciferol, is a fat-soluble vitamin. D3 is normally produced in the skin by the action of sunlight, but is also obtained from certain foods. Dietary sources

are limited however, according to the American researchers. A glass of milk, for instance, contains only 100 units of the vitamin.

The major biologic function of vitamin D is to maintain normal blood levels of calcium and phosphorus. Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones. It promotes bone mineralization in concert with a number of other vitamins, minerals, and hormones.

Without vitamin D, bones can become thin, brittle, soft, or misshapen. Vitamin D prevents rickets in children and osteomalacia in adults, which are skeletal diseases that result in defects that weaken bones.

Researchers found the "natural" form of the vitamin, known as D3, can dramatically reduce the chances of developing breast, ovarian and colon cancer, as well as others.

Taking 1000 international units of the vitamin daily could lower an individual's cancer risk by 50-per cent, they said.

A new study has linked a lack of sunshine, the body's most natural source of vitamin D, to the prevalence of cardiovascular disease.

Factors that affect sunlight, and therefore vitamin D production, are tied to a patient's cardiovascular risks. In other words, the more sunlight you get, the better your cardiovascular health will be. These factors can include time of year, altitude, and geographical location.

There are a number of physiological mechanisms triggered by vitamin D production through sunlight exposure that act to fight heart disease, according to the study:

- An increase in the body's natural anti-inflammatory cytokines.
- The suppression of vascular calcification.
- The inhibition of vascular smooth muscle growth.

Getting the right amount of vitamin D treats and prevents a variety of ailments and diseases including:

- Protection against multiple sclerosis (MS)
- Prevention of diabetes
- Signals colon, breast and prostate cells to stop growing and eventually succumb to programmed cell death
- Prevents hip and knee arthritis
- Infertility and PMS
- Fatigue, depression, obesity
- Autoimmune Disorders – Multiple Sclerosis, Sjogren's Syndrome, rheumatoid arthritis, thyroiditis and Cohn's disease

Proprietary Blend

Tahitian Noni Juice

For over 2000 years, Noni (*morinda citrifolia*) has been used for its many beneficial properties. The early Polynesians used it as a general tonic. They found it particularly beneficial for imbalances of the immune, respiratory, digestive, and intestinal systems. It was also determined to be helpful for the central nervous system and as an aid for injured muscles, bones, and tissue. Currently, scientists are studying possibilities in treating hypertension, cancer, high blood pressure, and counteracting the aging process.

NutraGenix contains Tahitian Noni juice, which is the highest quality Noni juice compared to Hawaiian Noni juice. And it is in a concentrated form that is three times the strength of regular Tahitian Noni juice products.

Substantial research have been done by modern scientists, which has led them to respect Noni's unique healing properties through its high quantities of phytonutrients and enzymes. Beginning in the 1950's, Noni has been researched at leading institutions in France, the Netherlands, Germany, Ireland, Taiwan, Japan, Austria, Canada and Hawaii.

In 1993, a Japanese research team reported in *The Cancer Letters* that Noni was the most effective of 500 tropical plant extracts at preventing the growth of tumors. Studies have shown that Noni stimulates the production of T-cells in the immune system. Other studies have shown Noni to have very effective anti-inflammatory, analgesic, antibacterial properties. One study at the University of Hawaii isolated one of the 140 compounds, scopoletin, and showed that it lowered high blood pressure, relaxed spasms, reduced inflammation, killed bacteria and fungi and prevented growth of tumors. Perhaps two reasons for Noni's wide range of effectiveness is ability to regulate cell function and cellular regeneration and its role as an adaptogen—helping the body to restore its organs to normal function, or homeostasis.

People have reported the following benefits from drinking Noni juice on a daily basis: weight loss, increased energy, pain relief, headache relief, allergy symptoms lessened, depression symptoms lessened, fibromyalgia symptoms lessened, arthritis symptoms lessened, anti-aging, improved breathing, improved digestion, diabetes (Type 1 & 2), sharper memory, decreased high blood pressure, increased mental clarity and awareness, increased muscle, increased sexual enjoyment, improved kidney health, heart disease symptoms lessened, better sleep, aid to help stop smoking and increased overall well being.

Maca

Maca is a root that grows in the high mountains of Peru. Rich in nutritional content (potassium, and higher levels of calcium than in milk), maca is a natural hormonal balancer, which provides great health benefits for both, men and women. Due to its high nutritional value, maca is not only popular as a sexual libido enhancer and menopause symptoms savior, but also greatly affects energy, stamina, depression, memory, and more.

Maca is recommended for fertility problems, sterility, and other sexual disorders. However, in Peru maca has long been known as a potent APHRODISIAC. Research has proven maca to act on certain areas of the body that produce hormones and energizing substances, which enhance libido and increase virility.

Maca is often compared to Viagra®; however, Peruvian maca does not alter circulation. Maca's amazing libido booster is a result of completely natural hormonal balancing. Maca is a safe natural product that will improve your marriage and sexual life by boosting your libido and stamina, and by producing a general sense of well being!

Athletes around the world are starting to notice maca root. Maca is in fact, a great source of energy. Research proves that as a result of hormonal balancing maca also supports and helps restore the adrenal glands, which produce adrenaline. So, if you are looking for a healthy and nutritional product to boost your energy and improve endurance, maca is definitely for you!

Are you going through uncomfortable mood swings and frustrating hot flashes? Are you having sleep difficulties? Maca is a natural and healthy alternative to dramatically ease your symptoms during peri-menopause, menopause, and post-menopause.

Low or High levels of estrogen are a common problem to many women, which bring frustrating consequences to their health. Maca will dramatically fix these problems. Maca acts as a hormonal regulator that will bring your body to its proper balance. As a result, maca will alleviate menopausal and painful menstrual symptoms. What's more, maca will increase your energy, reduce your stress, and even help you overcome depression. Get rid of hot flashes now! You won't be disappointed; all maca benefits are achieved in a very healthy way, and are only a result of natural hormonal balancing.

Huperzine A

Huperzine A is an extract from a club moss (*Huperzia serrata*) that has been used for centuries in Chinese folk medicine. Huperzine A is a phytonutrient that helps maintain proper memory function. It accomplishes this by slowing the breakdown of acetylcholine, a process that accelerates with aging. Acetylcholine plays a vital role in the cognitive function of the mind by enabling the delivery of messages from neuron to neuron in your brain.

Several studies have been done over the past few years with huperzine A both in China and the United States. These studies have shown that Huperzine A is many times more effective and selective than tacrine (a cholinesterase-inhibiting pharmaceutical drug) in inhibiting cholinesterase (Cheng 1996). Huperzine A has also been found to be beneficial in patients with Alzheimer's disease. Scientists at Zhejiang Medical University, in Hangzhou, China administered 200 mcg of huperzine A to fifty patients with Alzheimer's disease for a period of eight weeks and compared the results to a group who received placebo pills (Xu 1995). The study was done in a double blind, placebo controlled and randomized manner. The results showed 58 percent of the patients treated with huperzine A had improvements in memory, cognition, and behavioral functions whereas only 36 percent of those on placebo improved. No severe side effects were found. Blood pressure, heart rate, electrocardiogram, electroencephalogram, liver and urine tests did not show any major abnormalities. **The researchers say, "Huperzine A is a promising drug for symptomatic treatment of Alzheimer's disease."**

Grape Seed Extract

These unique flavonols, also known as oligomeric proanthocyanidins (OPCs), have powerful antioxidant capabilities and excellent bioavailability. Clinical tests suggest that OPCs may be fifty times more potent than vitamin E and twenty times more potent than vitamin C in terms of bioavailable antioxidant activity. In addition to their antioxidant activity, they strengthen and repair connective tissue, including that of the cardiovascular system, as they moderate allergic and inflammatory responses by reducing histamine production. Because they neutralize free radicals, antioxidants are considered nitric oxide's watchdogs, stabilizing and protecting nitric oxide during its brief existence (nitric oxide only has a life span of a couple of seconds)—even extending its life!

Indole-3-Carbinols

The plant group including broccoli, cauliflower, Brussels sprouts, turnips and kale contains a number of indole-carbinols which affect cancerous cells. Individuals who consume generous amounts of foods containing indole-3-carbinols, found in cruciferous vegetables like broccoli and cauliflower, have been shown to have superior liver detoxification function and a marked reduction in cancer risk over their lifetime. Numerous animal studies also demonstrate that indole-3-carbinols significantly enhance detoxification and exert important anti-cancer effects.

The effect of indole-3-carbinol on cancer has been tested in a complete organism, in a line of bred mice that spontaneously form mammary tumors. As the amount of indole-3-carbinol in their diet is increased, there is a decrease in the percentage of mice with tumors and in the number of tumors in individual mice. In cell cultures, estrogen-sensitive cells show a marked inhibition in response to indole-3-carbinol compared with non-estrogen-sensitive cells.

Detailed study of the effect of indole-3-carbinol has shown that this phytonutrient enhances the activity of cellular metabolism enzymes that convert estradiol, the

main estrogen hormone, into a non-tumorigenic derivative, rather than the alternative mutagenic derivative, which can increase the growth of mammary tumor cells. A number of studies in humans have shown that women consuming indole-3-carbinols have an increase in the rate of conversion of estradiol to the non-tumorigenic form.

Aloe Vera

Aloe vera has been used for thousands of years to treat burns, heal wounds, treat ulcers, and relieve hemorrhoids. The use of aloe is thought to have begun in Egypt or in the Middle East. The ancient Egyptians used aloe vera in their embalming and funeral procedures and pictures of the aloe plant are found on the walls of caves and tombs. One legend reports that Cleopatra even used the herb to soften her skin. Discorides, a Greek historian, recommended aloe vera as treatment for burns, kidneys and constipation. Alexander the Great, upon the advice of Aristotle, acquired an island off the coast of Africa (Madagascar) in order to gain access to aloe. It was used to treat the wounds of his soldiers. Historical records also provide evidence of aloe use by many people including Egyptians, Greeks, Romans, Hebrews, Chinese, Indians, Algerians, Moroccans, Tunisians and Arabians.

Researchers at Tokyo's Women Medical College in Japan have shown that a certain type of protein in aloe gel may stimulate the immune system to increase production of killer cells, or naturally occurring lymphocytes that kill bacteria and tumor cells.

Studies in Japan and the Netherlands suggest that constituents in aloe gel can enhance the workings of the immune system by containing the killer cells' lethal chemicals, thus preventing them from damaging healthy functional cells.

According to recent research, Aloe may also help prolong survival time and stimulate the immune system of cancer patients.

Aloe turns on the immune system by activating macrophages (white blood cells which "swallow" antigens), causing the release of immune-activating (and anti-cancer) substances such as interferons, and interleukines. In addition, researchers indicated that aloe promotes the growth of normal non-cancerous cells.

In a recent Japanese Study, Aloe was the only plant food in the diet that was protective against cancer. "The results of plant epidemiology suggest that aloe could prevent human lung cancer", stated the researchers. They further stated that aloe has been shown to be "widely preventative or suppressive against various human cancers".

Aloe vera has gained attention in recent years for benefits on the digestive system. The juice may be soothing on internal tissue in the gastrointestinal tract and studies have pointed to aloe juice in improving the digestive process. Well-known authors James and Phyllis Balch suggest using aloe vera to treat stomach disorders, ulcers, colitis, constipation and other colon related problems. The aloe juice forms a lining in the gastrointestinal tract that remains intact for forty-eight hours.

Aloe vera has found to contain antiviral properties effective against the spread of some types of viruses such as herpes, measles and rhinotracheitis.

Aloe may help prevent arthritis and reduce the inflammation in joints already affected by arthritis and may also inhibit the autoimmune reaction associated with certain forms of arthritis, in which the body attacks its own tissues.

Aloe vera has been shown to be effective in preventing the formation of kidney stones and to actually help in reducing the size of the stones

Fulvic Minerals

A natural extract from ancient plant deposit that was created 75 million years ago in the upper cretaceous period, consist of an immense arsenal and array of naturally occurring phytochemicals, biochemicals, supercharged antioxidants, free-radical scavengers, super oxide dismutases, nutrients, enzymes, hormones, amino acids, antibiotics, antivirals, and antifungals. Fulvic Acids greatly enhance the bioavailability of important trace minerals. Regenerate and prolong the residence time of essential nutrients in the cells. Modify the damage or toxic compounds such as heavy metals and free radicals. Enhance the permeability for digestive, circulatory, and cell membranes. As the most powerful, natural electrolyte known, fulvic acid restores electrical balance to damaged cells, neutralizes toxins and can eliminate food poisoning within minutes. To the science of living cells, fulvic acids are vital in bringing substantial amounts of nutrients and minerals into water solution and delivering their living energies to the living cells.

Fulvic acid minerals are thought, by leading natural health experts, to be one of the most important "missing links" in the modern food chain. Medical and agricultural research continues to conclusively point to one fact: fulvic acid minerals either directly or indirectly hold the keys and solutions to many of the world's health problems.

Fulvic mineral complexes are the world's finest electrolyte, which improves energy function, increases assimilation, stimulates metabolism, restores electrochemical balance, reduces high blood pressure, enhances nutrients, and helps rebuild the immune system.

OptiBerry

OptiBerry is a standardized, multiple berry anthocyanin extract formulated and tested for optimum safety, bioavailability, antioxidant and anti-angiogenic (the ability to reduce unwanted growth of blood vessels, which may lead to varicose veins and tumor formation) activity. *OptiBerry* contains a unique, proprietary blend of wild blueberry, strawberry, cranberry, wild bilberry, elderberry and raspberry extracts (patent-pending), which are known for their health-promoting properties due to their high content of anthocyanins.

OptiBerry (patent-pending) is the result of extensive scientific research, which methodically evaluated key functional parameters, including ORAC (antioxidant activity), VEGF (anti-angiogenic activity), bioavailability and safety of numerous individual berry extracts. Based on these findings, more than 20 combinations of individual berry extracts were formulated and evaluated to determine the safest and most efficacious combination. Of the combinations tested, one stood out above all others, *OptiBerry*, a proprietary blend of wild blueberry, strawberry, cranberry, wild bilberry, elderberry and raspberry seed extracts, which demonstrated superior safety, bioavailability, antioxidant and anti-angiogenic activity.

A growing body of scientific evidence has shown that anthocyanin-rich berries possess numerous potential health benefits and protective effects, including antioxidant and anti-angiogenic activity. Anthocyanins also help maintain DNA integrity, serve as anti-inflammatory and antimutagenic agents, and provide cardio protection by maintaining vascular permeability.

Reported benefits of drinking *OptiBerry* include: promotes healthy brain function and mental clarity, promotes healthy vision, promotes cardiovascular health, promotes healthy skin, promotes urinary tract health, promotes healthy blood sugar levels and helps prevent the effects of premature aging.

Tyrosine

Tyrosine is a nonessential amino acid that is synthesized in the body from phenylalanine. As a building block for several important brain chemicals, tyrosine is needed to make epinephrine, norepinephrine, serotonin, and dopamine, all of which work to regulate mood. Deficiencies in tyrosine, therefore, have been associated with depression. Tyrosine also aids in the production of melanin (pigment responsible for hair and skin color) and in the function of organs in the body responsible for making and regulating hormones, including the adrenal, thyroid, and pituitary glands. Tyrosine is also involved in the synthesis of enkephalins, substances that have pain-relieving effects in the body.

Tyrosine, which is produced in the body from phenylalanine, is found in soy products, chicken, turkey, fish, peanuts, almonds, avocados, bananas, milk, cheese, yogurt, cottage cheese, lima beans, pumpkin seeds, and sesame seeds.

Tyrosine is used to treat insomnia, depression and anxiety; as well as improve muscle tone, skin and hair pigment.

Protykin

Protykin, a root extract of the herb Japanese knotweed (*Polygonum cuspidatum*), may have both estrogenic and cardioprotective effects, according to Gary Troxel, executive vice president of InterHealth USA Inc. (Benicia, CA), which manufactures the extract.

Protykin is a high-potency, 200:1 standardized extract that contains 50% phytoestrogens. As a phytoestrogen, Protykin helps maintain normal estrogen activity, but it also helps with other issues related to menopause by helping to reduce hot flashes, balance mood swings, and promote healthy bone density. Resveratrol, the principal phytoestrogen in Protykin, has been studied for its effects on estrogen metabolism.

In addition to its phytoestrogen benefits, Protykin is a powerful antioxidant and cardioprotectant.

Hawthorne Berry

Hawthorn berries have been known as a natural heart tonic for centuries and has even been called "food for the heart." Hawthorn remains one of the more popularly used botanical medicines for heart conditions throughout Europe, particularly in Germany and Switzerland. European studies have demonstrated that use of hawthorn can support overall heart health by

- Relaxing and dilating arteries
- Increasing the flow of blood and oxygen to and from the heart
- Supporting healthy circulation
- Increasing endurance
- Maintaining healthy blood pressure
- Maintaining healthy blood vessels

Other ingredients include: Concorde grape juice, raspberry juice, fructose, citric acid, potassium sorbate, potassium benzoate and sodium bisulfate.

Nutritional Facts

Serving size: 1 oz

Serving per container: 30

Total Fat	0 grams
Saturated Fat	0 grams
Cholesterol	0 grams
Carbohydrates	7 grams
Sugars	7 grams
Protein	0 grams

Vitamin A (Palmitate)	500 IU
Vitamin B1 (Thiamine)	1.3 mg
Vitamin B2 (Riboflavin)	1.3 mg
Vitamin B3 (Niacin)	10 mg
Vitamin B6 (Pyridoxine HCL)	10 mg
Vitamin B-12 (Cyanocobalamin)	60 mcg
Vitamin C (Sodium Ascorbate)	120 mg
CoQ10	1 mg
Magnesium (Citrate)	150 mg
Potassium (Citrate)	100 mg
Chromium (Polynicotanate)	25 mcg

All natural colors and flavorings

Directions

Shake well. Drink 1 oz *NutraGenix*[™] straight or add water for taste. Take once daily as a dietary supplement, or as directed by a health care professional. Refrigerate after opening.