

NEW LIFE PRE-NATAL

FOOD COMPOUND VITAMIN

Vitamin, Mineral & Herbal Formula

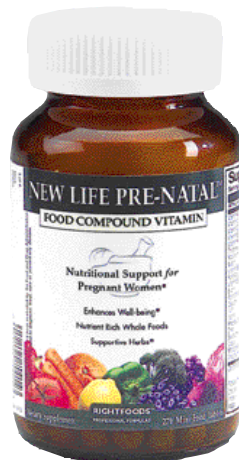


Nutritional Support *for*
Pregnant Women

Enhances Well-Being

Nutrient Rich Whole Foods

Supportive Herbs



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*Product Rationale
By Cynthia Pileggi*



RIGHTFOODS™ NEW LIFE PRE-NATAL

Rationale

The fundamental reasons and logical basis used to formulate RIGHTFOODS™ New Life Pre-Natal.

To Maximize Nutrient Utilization by Providing A Complete Active Range™ of Foods In A Broad Spectrum Formula.

No Nutrient Works Without The Benefit Of Food.

The latest research indicates that Food Compounds in food are needed to deliver nutrients to the cells. When these factors naturally occur you have the most efficient delivery mechanism. Food is the most effective method of nutrient delivery.

RIGHTFOODS™ Provides The Foods That Make The Vitamins And Minerals Work.

Recent science has proven that food is the key to nutrient delivery and utilization. Cutting edge scientific research on optimum health maintenance and preventative care indicates the undeniable importance of food. The broadest spectrum of Food Compounds from food, and the factors found in food, such as pigments, the enzymes and protein chaperones, are the most direct path to Optimal Health.

A Broad Range Of Supplemental Components.

The human body needs a broad spectrum of nutrients to maintain optimal health. Eating to stay healthy is not as easy as it seems. A study in the July 16, 1999, issue of *Science* reports that people living in the United States and other industrialized nations often fail to obtain recommended daily minimums of essential nutrients. This is despite the fact that meals contain a nearly endless variety of food.

Research reveals an enhanced physiological response is obtained from moderate amounts of a broad spectrum of foods and food compounds. This broad spectrum of moderate supplemental and nutritive components provides greater health benefits than large amounts of one isolated supplement fraction or the isolated active constituents of a plant.

When a woman is pregnant or nursing, she goes through one of the most nutritionally demanding times of her life. Nutritional choices during this phase of life is particularly important because the baby's health and cognitive development are influenced by the mother's nutritional foundation and daily nutritional intake. It is also important to the mother's long-term health to supplement with a Food Compound Vitamin that provides a broad range of nourishing foods to avoid nutrient depletion that may lead to diminished health and radiance. **New Life Pre-Natal™** is designed to provide complete nutritional support for a pregnant/nursing woman and her growing baby.

New Life Pre-Natal™ is created by skillfully combining each essential vitamin and mineral with a nourishing whole food extract. RightFoods™ whole food extracts are an excellent source of naturally occurring vitamins, minerals, and a multitude of beneficial food compounds. Scientific research has identified food compounds to have several important health-promoting roles in the body. It has been proven, a diet comprised mostly of fruits, vegetables, and whole grains is an essential element to achieve and maintain good health. These are foods rich in essential nutrients and food compounds that work to maintain optimal health of the mother and growing baby.

New Life Pre-Natal™ is an excellent choice for a mother and her baby because each recommended serving provides not only essential nutrients for optimal growth and development but also a broad selection of beneficial food compounds.

Each of the thousands of identified food compounds has been placed by its organic structure into one of the seven classes: terpenes, organosulfurs, phenols, organic acids, polysaccharides, lipids, and amines. A diet that includes all seven classes is vital to the health of a mother and her growing baby because each food compound class exhibits unique health-promoting activities.

New Life™ is formulated with 31 foods such as spinach, kale, onions, carrots, cabbage, flaxseed, broccoli, tomatoes, wild blueberries, rice bran, cranberries, lemon peel, and more. All of these foods were chosen to fully represent each food compound class. This representation is called the Complete Active Range™, a quality unique to RightFoods™. During times of accelerated cellular and tissue growth, it is particularly important to incorporate a Complete Active Range™ of food compounds in the mother's diet to maintain healthy cellular reproduction. Food compounds are powerful antioxidants that have vital roles in protecting cells and tissues from damaging molecules called free radicals. No other pre/post-natal multi-vitamin provides a Complete Active Range™ of food compounds from a variety of the right foods.

Full Color Spectrum

RIGHTFOODS™ New Life Pre-Natal™ is the first Full Color Spectrum formula. Our carefully crafted Full Color Spectrum Whole Foods enhances bioavailability of the formula and provides a complete spectrum of naturally-occurring health supportive natural color pigments.

Worldwide research, including studies done by The National Cancer Institute, indicates the importance of including a full spectrum of colorful whole foods (red, blue, green, yellow, orange) in the daily diet. The color pigments in whole foods such as anthocyanins, carotenes, chlorophyll and flavonoids are recognized as being essential protective components of our diet. **RIGHTFOODS™ New Life Pre-Natal™** helps meet this challenge by including a daily dose of full color spectrum pigments.

Scientific research indicates that color pigments in whole foods are important aspects of protective food compounds.

Protein Chaperones™, Food Compounds and Nutrient Delivery

Nobel Laureate's have confirmed that **FOOD IS THE KEY TO NUTRIENT UTILIZATION**. Nutrient utilization is dependent on Food Compounds and Protein Chaperones™.

Food Compounds

In 1937, Albert Szent-Györgyi was awarded the Nobel Prize for discovering and isolating a fraction of vitamin C known as ascorbic acid. Professor Szent-Györgyi discovered that vitamin C rich concentrated whole food is more bioavailable than isolated ascorbic acid. This increase in bioavailability is due to the presence of enzymatic activity and important complex food factors known as the Food Compounds.

Protein Chaperones™

The 1999 Nobel Prize was awarded to Dr. Günter Blobel for his work that concluded "Each protein (chaperone) carries in its structure the information needed to specify its proper location in the cell".

The Protein Chaperones™ are the key delivery mechanisms, the "addresses" and "zip codes", that carry the nutrients to the specific sites within the cell, where they are utilized. These chaperones are necessary for nutrient utilization.

Research and identification of these Food Compounds has begun to unravel the complexity of food and its use within the body. The discovery of Protein Chaperones™ has led to an enhanced understanding of nutrient utilization. By definition, no isolated food fraction (vitamin or mineral) can provide Food Compounds. The exact structure of food is unknown. There are at least 103,000 known food compounds (a tomato contains at least 10,000). One isolated fraction of a tomato, such as ascorbic acid, cannot be considered as beneficial, or a substitute for, the whole tomato.

Classes of Food Compounds

Research into the compounds that make up food is experiencing remarkable growth. This knowledge of the benefits of the Food Compounds is expanding at an ever-increasing rate. Your body makes more kinds of chemicals than all the drug companies put together. 103,000 food factors have been isolated, and current estimates say the actual number may be in the millions. With increasing knowledge of the important health benefits of the Food Compounds many scientists believe that the Food Compounds will prove to be more important to supplementation than vitamins and minerals by themselves.

Since each of the Food Compounds exhibits different actions in the body, it is crucial that a broad and complete range of whole foods be included in the diet. When you consume a full range of the Food Compounds you will benefit from what is known as a complete range of action. The complete range of Food Compounds working cohesively protects your body from the onset of numerous illnesses and diseases. The Food Compounds ultimately provide the foundation for optimum health. **RIGHTFOODS™ New Life Pre-Natal™** contains the Complete Active Range™ of food compounds.

Nutrients Must Always Be Taken With Food

RIGHTFOODS™ is the first company to embrace the new science that food and food compounds are the essential keys to all nutrient delivery. These foods, when properly identified, enhance the effectiveness of the nutrients. Our goal is to provide the absolute best supplements with the most beneficial whole food extracts in all of our formulas.

Enhanced Utilization

Research shows that delivering vitamins and minerals with a Complete Active Range™ of whole herbs enhances utilization. Nutrients cannot be delivered to the cells without specific messengers. These messengers naturally occur in whole foods. Ascorbic acid functions better when taken with vitamin C-rich foods, calcium functions better when taken with calcium-rich foods.

Food Compounds

Nutrients do not function alone, but rather in synergy with the Food Compounds. These Food Compounds are shown to have powerful supportive effects on the physiology. Food Compounds are not produced by the body and must be supplied in our food.

Not Just Any Food - The Right Food

Vitamin Utilization can be achieved by taking nutrients with a high quality meal. However, not just any meal will do. Foods in the meal must be rich in the same nutrients you are supplementing in order to enhance utilization. The necessary messengers (Protein Chaperones™) must naturally occur in the food to create enhanced utilization.

The Quality Meal Solution

RIGHTFOODS™ Food Compound Vitamins: Each tablet provides quality whole foods extracts. The whole foods provide the food compounds you need to utilize your vitamins and minerals. The **right** whole foods, combined in the correct ratio with vitamins and minerals.

VITAMINS

Vitamin A

Both forms, beta-carotene (Provitamin A) and fat soluble vitamin A (Retinol) are important to the physiology. Carotenoids have protective antioxidant and free radical scavenging properties. Some people (those with diabetes, liver dysfunction, etc.) do not efficiently convert beta-carotene to Vitamin A, so both forms are provided. Food Sources: sweet potato, carrot, spinach, dark colored vegetables & fruits, peppers, dried apricots, alfalfa.

B Complex

This supports the metabolic functions related to energy production, fat, carbohydrate and protein metabolism. It is necessary for healthy functioning of the nervous system, muscles in the GI tract, health of the hair, skin, eyes, mouth and liver. Lower levels are found in the elderly. Food Sources: brewer's yeast, whole rice, whole grains, blackstrap molasses, legumes, meats, nuts and seeds.

B-1 -Thiamine facilitates Krebs cycle functioning, this enables the body to manufacture energy from glucose. It has been shown to affect emotional well-being. Food Sources: yeast, seeds, legumes, whole grains, nuts.

B-2 - Riboflavin functions within enzyme systems involved in the metabolism of carbohydrates, fats and proteins. It is important to cell respiration and to regenerating glutathione. Food Sources: yeast, liver, seeds, legumes, whole grains, nuts.

B-3 - Niacinamide is involved in all of the functions of the B complex. It has been found to benefit insulin secretion and cholesterol management. Food Sources: yeast, seeds, legumes, whole grains, nuts, buckwheat.

B-5 - Pantothenic Acid is utilized in energy production and in the manufacture of adrenal hormones and red blood cells. Food Sources: yeast, seeds, legumes, whole grains, nuts.

B-6 – Pyridoxine is involved in building the body's proteins, structural compounds, chemical transmitters in the nervous system, prostaglandins and red blood cells. It assists in modulating hormonal balance and immune function. Food Sources: yeast, seeds, legumes, whole grains, nuts, cauliflower, and sweet potatoes.

B-12- This is important in the prevention of pernicious anemia. Aging may increase our need for supplementation of B-12. It works with folic acid in the production of DNA, red blood cells, and the myelin sheath that surrounds the nerves. Food Sources: whey, eggs, hard cheeses, yeast, some fermented foods.

Folic Acid – Works with Vitamin B-12 in many vital functions. It is critical to DNA synthesis and cellular division. It is absolutely essential for a healthy pregnancy. Food Sources: brewer's yeast, dark green leafy vegetables, liver, whole grains, nuts, broccoli, legumes, mushrooms.

Biotin – This functions in the production and utilization of fats and amino acids. It has a beneficial effect on the scalp, hair and nails. Food Sources: brewer's yeast, liver, whole grains, nuts, legumes, mushrooms.

Choline

Choline is essential to the manufacture of the vital neurotransmitter's acetylcholine and phosphatidylcholine and also to other components of cell membranes. It is important to fat metabolism. Food Sources: banana, cauliflower, grape juice, peanut butter, lecithin.

Inositol

Inositol functions closely with choline in the production of cell membranes. Food Sources: citrus fruits, whole grains, nuts, seeds, and legumes.

Vitamin C

The primary role of Vitamin C is in collagen production. It is also critical to the performance of the immune and nervous systems, and adrenal function as well as providing antioxidant protection. It promotes wound healing, and red blood cell formation and plays a role in both protein and calcium metabolism. As we age, the sex glands develop a greater need for Vitamin C and will draw it from other tissues, leaving these tissues vulnerable. Food Sources: citrus fruit, acerola, peppers, kale, collards, broccoli, most fruits and vegetables.

Bioflavonoid Complex

“Nature’s biological response modifiers”, bioflavonoids have the ability to modify the body’s reaction to allergens, viruses and carcinogens. It is important for strengthening the capillaries and veins. Bioflavonoids function as powerful antioxidants. Research has shown them to be anti-inflammatory, liver protective, anti-tumor, antimicrobial, antioxidant, antiviral, supportive to the immune system, and strengthening to the entire cardiovascular system. They also have an estrogenic effect. Regular use of bioflavonoids and bioflavonoid rich herbs helps with many of the symptoms of menopause: Bioflavonoids include rutin, hesperidin, quercetin, and naringin. Food Sources: citrus fruit, berries, grapes.

Vitamin D3 – Cholecalciferol

Adequate levels of D3 are needed as Vitamin D is important to the regulation of calcium absorption. D3 is the active hormonal form of Vitamin D. Food Sources: cod liver oil, cold-water fish, butter, egg yolk, dark green leafy vegetables. Sunlight on the skin is another source.

Vitamin E

The primary function of Vitamin E is that of a cellular antioxidant. It is also important to immune function. Food Sources: poly-unsaturated fats in vegetable and seed oils, seeds, nuts, and whole grains.

Vitamin K

Vitamin K is necessary for the manufacture of blood clotting factors, for bone building and has antioxidant properties. Healthy intestinal flora will produce Vitamin K. Vitamin K plays a key role in the activation of osteocalcin which works with calcium in bone building. Food Sources: fat-soluble chlorophyll which is the type of chlorophyll naturally occurring in plants. broccoli, cabbage, turnip greens.

MINERALS

If all the available forms of minerals were absorbed with equal efficiency, we could eat soil as the most direct source of nutrients. This soil source doesn’t work because the minerals in the soil are in what is known as an "inorganic" form. Minerals are classified as organic only when they have been incorporated into living cells.

Zinc

Zinc functions in many enzyme systems and body functions. It is important to immune function, wound healing, sexual function, sensory function and skin health as well as to healthy prostate function. Food Sources: oysters, pumpkin seeds, ginger root, seafood, brazil nuts, legumes, whole grains.

GTF Chromium

GTF Chromium is important to blood sugar control mechanisms as it works with insulin in facilitating the uptake of glucose into cells and is important to insulin functioning properly. It helps with the regulation of cholesterol and triglyceride levels. Food Sources: yeast, calf’s liver, whole grains, meats.

Manganese

Manganese is important to the functioning of many enzyme systems including: blood sugar control, thyroid hormones, SOD and energy metabolism. Food Sources: nuts, whole grains, dried fruits, legumes, green leafy vegetables.

Iron

Iron is essential to the hemoglobin molecules of red blood cells where it functions in oxygen transportation. It is also, important to the production of DNA and energy.

Food Sources: kelp, brewer’s yeast, black strap molasses, pumpkin seeds, meats, dried fruits, dark leafy greens.

Selenium

The primary function of Selenium is as a component of the vital antioxidant enzyme glutathione peroxidase,

working with vitamin E to prevent free radical damage to cells. The levels in the soil directly effect the levels in food. Food Source: wheat germ, brazil nuts, yeast, oats, red swiss chard.

Potassium

An essential electrolyte that functions in the maintenance of water balance, heart, muscles, kidney, adrenal and nerve function. Potassium is found in many common foods. Food Sources: bananas, oranges, apples, potatoes, avocados, carrot, tomatoes, legumes, melons, fish, dandelion leaf.

Copper

Functions in several key enzymatic reactions in the body, including SOD, enzymes involved in production of the skin, energy and neurotransmitters. It is important to iron utilization, proper anti-inflammatory response, cardiovascular health. Copper must be in a proper form, as copper sulfate causes oxidation of vitamin C and is linked to cellular free radical damage. Food Sources: oysters, shellfish, legumes, nuts.

Iodine

The primary function of iodine is in the production of thyroid hormones which effect metabolism. It is also important to health of breast tissue. Food Sources: kelp, seaweed, iodized salt.

WHOLE HERB EXTRACTS

“Whole plant extracts, artfully and scientifically prepared, provide the most complete range of the plant’s chemistry and synergy and therefore exercise the most holistic influence on the physiology.”

Extracts

In most cases using extracts is the best means of herbal delivery. If the herb is not extracted the active constituents can be locked within the cell walls. The more concentrated the extract the more active constituents are available for delivery. For example, 8:1 means eight pounds of whole herb are extracted and concentrated to equal one pound of whole herb extract. In this case the value of the extract is at least eight times greater than the value of the non-extracted herb. Using these potent whole herb extracts is important for maximum efficacy of the herbs. Extraction creates a huge advantage.

Whole Plant

Our herbal extracts are created with an understanding of the advantages of the whole plant verses an isolated fraction of the plant. Research indicates that the whole plant extract, when compared to the isolated fraction, delivers superior results. This whole plant advantage is due to the synergistic effect of the thousands of food compounds contained in the plant.

The delivery mechanism of whole herbs with their synergistic phyto-nutrients intact creates the same advantage as the delivery of whole food nutrients.

Whole plant extracts are safer than isolated fractions of plants. Examination of the US Pharmacopeia reveals that isolated fractions of plants are often the basis for therapeutic drugs, many of which exhibit side effects. With few exceptions, whole herb extracts do not exhibit these side effects.

Turmeric Root (*Curcuma longa*)

A powerful liver protector and antioxidant, Turmeric is shown to have anti-inflammatory action. It supports the cardiovascular system, including the lowering of cholesterol and the inhibition of platelet aggregation. Turmeric is a carminative for the digestive system. Research indicates it acts as a cardiogenic and has anti-tumor activity as well as an adaptogen with adrenal supportive properties. It enhances beneficial microflora in the intestinal tract.

Red Raspberry Leaf (*Rubus spp.*)

Since the 1940’s raspberry leaf has been recognized by scientific and medical establishments for it’s

beneficial role in pregnancy and childbirth. Prior to that time it had been used by indigenous people as a uterine tonic.

“The presence of *fragarine*, an alkaloid found in rich concentrations in the leaf, contributes to the plant’s potency as a pregnancy tonic. *Fragarine*, in combination with several other of the plant’s constituents, serves to tone and relax the pelvic and uterine muscles. It is a rich source of many vitamins and minerals and is particularly high in Calcium, Iron, Phosphorus, Potassium, and Vitamins B, C and E.” (Ref. 12, pg. 253) Raspberry is a wonderful nutritive tonic that is beneficial to women through all the cycles of their lives.

“Considered by many the “herb supreme” for pregnant women, raspberry leaf is a safe, nutritive, uterine tonic. It is generally recommended for use during the entire nine months of pregnancy. As a pregnancy tonic, it provides a rich supply of vitamins and minerals. It supplies the extra calcium and iron needed during this period and, because of its fragarine content, actually tones and firms the pelvic muscles. It has amphoteric, or adaptive, qualities.”

(Ref. 12. pg. 254)

“In addition to tonifying the uterus, raspberry is used to prevent hemorrhage and is rich in iron and vitamins C and E. It deserves its reputation as a pregnancy herb par excellence.” Raspberry also enhances the flow of milk and assists in restoring the reproductive organs after childbirth.

Raspberry is classified as a Class 1 Herb in the AHPA Botanical Safety Handbook (Ref.16) (Class 1: Herbs that can be safely consumed when used appropriately.)

“ The herb (Raspberry leaf) has no contraindication, does not produce any residual side effects, and is generally considered a safe and effective herb in all of the above situations.” “Though it has received good press by the scientific community, its real value has been established by the actual experience of thousands of women over hundreds of years.”

Chamomile Flower (*Matricaria recutita*)

Chamomile has been traditionally used for its beneficial support to the nervous system and digestive system. It is a wonderful, safe herb for infants and children helping with colic, digestion and for calming. Used regularly by pregnant women for aiding digestion, nausea, heartburn, insomnia, tension, cramping and for gently calming the mind and spirit. Chamomile is carminative, nervine and anti-inflammatory herb. It contains flavonoids that support capillary integrity. Chamomile is classified as a class 1 herb in the AHPA Botanical Safety Handbook (Class 1: Herbs that can be safely consumed when used appropriately.)

NOTE: Chamomile has been extensively researched and has been found to be safe. However, the rare exception is the potential for allergy in an individual with severe ragweed allergies. To reduce this potential for allergy, only chamomile whole flower extract is used, which is free of molds, pollen and other aspects of the plant, which contribute to airborne allergies. This allergic reaction is very rare, in fact, with the hundreds of thousands of people who regularly consume Chamomile one only case of an allergic reaction has ever been reported. Those with severe ragweed allergies may wish to try a small sip of chamomile tea and see how they feel.

Dandelion Leaf & Root (*Taraxacum officinale*)

Dandelion is a native tonic for the liver and urinary tract. “When dandelion leaves are ingested during pregnancy, they strengthen the liver and can help prevent preeclampsia, which manifests as high blood pressure with edema. It helps the fetus to develop a strong liver of its own. Being high in iron, the leaves help prevent anemia, a common concern for pregnant mothers.” (Ref. 13, pg. 38) Dandelion leaves and roots are nutritious foods containing: Vitamins A, C, B1, B2, Folic Acid, Calcium, Potassium, Flavonoids, Iron, Polysaccharides, Phosphorus, Chlorophyll, Choline, Inositol, Fatty Acids, Silica, and Zinc. It is one of the richest botanical sources of Potassium. Many midwives and health practitioners recommend dandelion as a blood tonic for pregnant women. Dandelion is classified as a Class 1 Herb in the

AHPA Botanical Safety Handbook (Ref.16) (Class 1: Herbs that can be safely consumed when used appropriately.)

Red Clover Blossom (*Trifolium pratense*) - Red Clover Blossom stimulates circulation and lymphatic drainage and thereby helps to reduce skin eruptions. Its blossom contains about ten times the level of concentrated estrogenic isoflavones of those in soy foods. In addition to the isoflavones genistein and daidzein, which are commonly found in soy, Red Clover also contains biochanin and formononetin, which are not found in soy. Red Clover is an alterative i.e. it supports the blood, and was listed in the *United States Pharmacopoeia* until 1946 as a treatment for skin diseases. In the United Kingdom, Australia and Sweden, Red Clover is approved for use in skin problems such as psoriasis, eczema and rashes.

SUPERIOR FOODS

Cranberry Fruit (*Vaccinium macrocarpum*).

Research indicates that the proanthocyanins in cranberries have powerful antioxidant activity and protective properties that support the urinary tract and reduce chances of bladder infection. They are a rich source of protective anthocyanins which are shown to increase intracellular Vitamin C, decrease capillary permeability and protect collagen.

Rice Bran

Rice Bran is a nutrient-rich source of dietary fiber, containing insoluble fiber (cellulose) and soluble fiber (hemicellulose). Studies show Rice Bran fiber lowers cholesterol and other fats when included as part of the diet.

Blueberry Fruit (*Vaccinium corymbosum*)

Blueberries are considered one of the most highly nutritious of all fruits. Blueberries possess the highest antioxidant capacity of 40 fruits and vegetables tested by the USDA. Research indicates that the proanthocyanins in blueberries have powerful antioxidant action. They are rich in Vitamin C and Flavonoids. Blueberries along with cranberries support the urinary system and reduce bacteria infections in the bladder and urinary tract. Blueberries, like their European cousin Bilberries, are a wonderful tonic for the eyes that support night vision, increase circulation to the capillaries of the eyes, have a protective effect on tissues of the eyes and contribute to general eye health. Blueberries also support and strengthen all capillaries, veins and arteries.

Alfalfa (*Medicago sativa*)

This green food is rich in nutrients and food compounds including Chlorophyll, Calcium, Magnesium and Trace Minerals including Boron, as well as Vitamins K, C, A, E, Folic Acid and other B Vitamins, Flavonoids and Phytoestrogens. Compounds include isoflavones, and research indicates that it stimulates or enhances estrogen production. Nourishes the blood, liver and the body in general. Also indicated as useful in cholesterol management and reduction. Only the leaf and stem are used, no seeds.

Barley Grass & Juice Concentrate (*Hordium vulgare*)

Highly nutritious green food naturally rich in Chlorophyll, Beta-Carotene, magnesium, iron, SOD, B-Complex, calcium, sulfur, trace minerals and amino acids. A supportive, balancing super food with supportive antioxidant properties.

Beet Root Extract

Beets have been revered for centuries to help promote blood health. Rich source of the compounds: phytosterols, betaine, betacyanin and saponins. Good source of Beta Carotene, Manganese, Potassium and Iron.

Complete Active Range™ Food Compounds:

Terpenes (Carotenoids*: Kelp 3:1, Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1); Phenols (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 7:1), (Flavonoids: Grape Extract 3:1, Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Soy 4:1, Kudzu 10:1; Amines (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1, Ginger 5:1); Polysaccharides (Rice Bran 3:1, Reishi 7:1, Shiitake 3:1), (Pectin: Apple 3:1); Organosulfurs (Indoles: Cabbage 3:1), (Sulforaphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); Lipids (Omega-3: Flax 3:1), (Sterols: Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); Organic Acids (Ellagic Acid: Black Currant 3:1), (Coumaric Acid: Green Pepper 5:1)

*Carotenoids including Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

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