



## GLOSSARY OF INGREDIENTS

### **Açaí Extract**

*Definition:* A concentrated form of the acai berry, native to the Amazon rainforest.

*Benefit:* Rich in antioxidants, it supports heart health and skin health.

### **Alfalfa Grass**

*Definition:* A nutrient-dense grass commonly used in health supplements.

*Benefit:* High in vitamins and minerals, it supports detoxification and digestion.

### **Alkalinity**

*Definition:* Refers to the pH balance in the body.

*Benefit:* Promotes an optimal pH level, helping to reduce acidity and improve overall health.

### **Amylase**

*Definition:* An enzyme that helps break down carbohydrates.

*Benefit:* Supports digestion and nutrient absorption.

### **American Ginseng Root Extract**

*Definition:* Extract from the American ginseng plant, often used in traditional medicine.

*Benefit:* Enhances energy, mental clarity, and supports immune function.

### **Apple**

*Definition:* A common fruit rich in vitamins, fiber, and antioxidants.

*Benefit:* Supports heart health, digestive health, and provides natural energy.

### **Artichoke Leaf**

*Definition:* Leaf from the artichoke plant, often used in digestive health supplements.

*Benefit:* Supports liver health and digestion.

### **Astragalus**

*Definition:* A traditional Chinese medicinal herb.

*Benefit:* Supports immune health and helps the body cope with stress.

### **Bacillus Clausii**

*Definition:* A probiotic strain known for its ability to survive harsh stomach environments.

*Benefit:* Supports gut health and immune function.

### **Bacillus Coagulans**

*Definition:* A probiotic strain that aids digestion.

*Benefit:* Supports healthy gut flora and immune health.

### **Bacillus Subtilis**

*Definition:* A probiotic strain found in soil-based organisms.

*Benefit:* Enhances gut health and digestion.

### **Barley Grass**

*Definition:* A nutrient-rich grass, often used in superfood powders.

*Benefit:* Rich in vitamins, minerals, and chlorophyll, supporting detoxification and digestion.

### **Betaine Hydrochloride**

*Definition:* A form of hydrochloric acid used in supplements to support digestion.

*Benefit:* Enhances stomach acid levels for improved digestion, especially of proteins.

### **Bilberry Extract**

*Definition:* Extract from the bilberry fruit, a close relative of the blueberry.

*Benefit:* Rich in antioxidants, supports eye health and circulation.

### **Biotin**

*Definition:* A B-vitamin (B7) that supports metabolism.

*Benefit:* Promotes healthy hair, skin, and nails.

### **Boron**

*Definition:* A trace mineral that supports bone health.

*Benefit:* Aids in calcium absorption and supports bone strength.

### **Broccoli**

*Definition:* A cruciferous vegetable rich in vitamins, minerals, and antioxidants.

*Benefit:* Supports heart health, digestion, and detoxification.

### **Bromelain**

*Definition:* An enzyme found in pineapple.

*Benefit:* Supports digestion, especially of proteins, and reduces inflammation.

### **Brussels Sprouts**

*Definition:* A cruciferous vegetable high in nutrients.

*Benefit:* Supports digestion, detoxification, and heart health.

### **Calcium**

*Definition:* A mineral essential for bone and teeth health.

*Benefit:* Supports bone density and muscle function.

### **Casanthranol USP**

*Definition:* A stimulant laxative.

*Benefit:* Promotes bowel movements and alleviates constipation.

### **Cascara Sagrada Bark Extract**

*Definition:* Extract from the bark of the Cascara Sagrada tree.

*Benefit:* Used as a natural laxative to promote bowel regularity.

### **Cabbage**

*Definition:* A leafy cruciferous vegetable.

*Benefit:* High in fiber and antioxidants, it supports digestion and immune function.

### **Chamomile**

*Definition:* A herb known for its calming effects.

*Benefit:* Supports relaxation, stress relief, and sleep.

### **Chicory Root**

*Definition:* A root often used as a coffee substitute or fiber supplement.

*Benefit:* Supports digestive health by acting as a prebiotic.

### **Chlorella**

*Definition:* A type of green algae.

*Benefit:* Rich in chlorophyll, it supports detoxification and boosts the immune system.

### **Choline**

*Definition:* A nutrient essential for brain health.

*Benefit:* Supports cognitive function and liver health.

### **Citrus Bioflavonoids**

*Definition:* A group of powerful antioxidants found in citrus fruits like oranges, lemons, and grapefruits.

*Health Benefit:* They help improve blood circulation, strengthen capillaries, and reduce inflammation, promoting overall heart health.

### **Cranberry**

*Definition:* A tart fruit commonly used for urinary tract health.

*Benefit:* Helps prevent urinary tract infections.

### **Copper**

*Definition:* A trace mineral involved in energy production and connective tissue formation.

*Benefit:* Supports immune health and aids in iron absorption.

### **Dandelion Root**

*Definition:* The root of the dandelion plant, often used in herbal medicine.

*Benefit:* Supports liver health and digestion.

### **Eleuthero Root Extract**

*Definition:* Also known as Siberian ginseng, used to improve stamina and vitality.

*Benefit:* Supports energy, reduces stress, and enhances immune function.

### **Folate**

*Definition:* A B-vitamin (B9) important for DNA synthesis.

*Benefit:* Supports healthy cell function and fetal development during pregnancy.

### **Flaxseed**

*Definition:* The seed of the flax plant, rich in fiber and omega-3s.

*Benefit:* Supports heart health and digestion.

### **GABA (Gamma-Aminobutyric Acid)**

*Definition:* A neurotransmitter that promotes relaxation.

*Benefit:* Helps reduce anxiety and improve sleep.

### **Grapefruit Extract**

*Definition:* Extract from grapefruit, rich in antioxidants.

*Benefit:* Supports detoxification and weight management.

### **Green Coffee Bean**

*Definition:* Unroasted coffee beans rich in chlorogenic acid.

*Benefit:* Supports weight loss and metabolism.

### **Guar Fiber**

*Definition:* A fiber derived from the guar bean.

*Benefit:* Supports digestive health by acting as a prebiotic.

### **Hesperidin Complex**

*Definition:* A bioflavonoid found primarily in citrus fruits, often combined with other bioflavonoids.

*Health Benefit:* Known for improving blood vessel function, it may help reduce the risk of cardiovascular diseases and reduce inflammation.

### **Hops Flower**

*Definition:* Flower of the hop plant, commonly used in brewing beer.

*Benefit:* Supports relaxation and sleep.

### **Iodine**

*Definition:* A trace mineral essential for thyroid function.

*Benefit:* Supports healthy thyroid hormone production and metabolism.

### **Iron**

*Definition:* A mineral essential for oxygen transport in the blood.

*Benefit:* Supports energy levels and immune function.

### **Kale**

*Definition:* A nutrient-rich leafy green vegetable.

*Benefit:* Supports heart health, digestion, and detoxification.

### **L. Acidophilus** (Lactobacillus acidophilus)

*Definition:* A probiotic bacterium that naturally resides in the intestines.

*Health Benefit:* Supports digestive health, helps balance gut flora, and may boost immune function.

### **L. Brevis** (Lactobacillus brevis)

*Definition:* A probiotic bacteria found in fermented foods like sauerkraut and pickles.

*Health Benefit:* Promotes gut health by supporting healthy digestion and may help enhance immune response.

### **L. Bulgaricus** (Lactobacillus bulgaricus)

*Definition:* A beneficial probiotic bacterium used in yogurt production.

*Health Benefit:* Aids in breaking down lactose, improving digestion, and promoting a healthy balance of gut bacteria.

### **L-Taurine**

*Definition:* An amino acid that supports cardiovascular and neurological health.

*Benefit:* Promotes heart health and mental clarity.

### **Lemon Juice**

*Definition:* Juice from lemons, rich in vitamin C.

*Benefit:* Supports immune health and digestion.

### **Lutein**

*Definition:* A carotenoid antioxidant commonly found in green leafy vegetables like spinach and kale.

*Health Benefit:* Supports eye health by protecting against age-related macular degeneration and improving overall vision.

### **Magnesium**

*Definition:* A mineral involved in over 300 biochemical reactions in the body.

*Benefit:* Supports muscle relaxation, energy production, and bone health.

### **Melatonin**

*Definition:* A hormone that regulates sleep-wake cycles.

*Benefit:* Supports sleep quality and helps with sleep disorders.

### **Milk Thistle Seed**

*Definition:* Seeds from the milk thistle plant, often used for liver health.

*Benefit:* Supports liver detoxification and protects against liver damage.

### **Monk Fruit**

*Definition:* A natural sweetener derived from the monk fruit.

*Benefit:* Provides sweetness without calories and supports healthy blood sugar levels.

### **MCT Powder (Medium-Chain Triglycerides)**

*Definition:* A fat source derived from coconut oil, converted to a powder form.

*Benefit:* Supports energy production and fat metabolism.

### **Molybdenum**

*Definition:* A trace mineral important for enzyme function.

*Benefit:* Supports detoxification and metabolism.

### **Noni**

*Definition:* A tropical fruit used in traditional medicine.

*Benefit:* Supports immune health and overall well-being.

### **Oat Grass**

*Definition:* A nutrient-rich grass from young oats.

*Benefit:* High in chlorophyll and antioxidants, it supports detoxification and digestion.

### **Pantothenic Acid (Vitamin B5)**

*Definition:* A B-vitamin essential for energy production.

*Benefit:* Supports adrenal health and metabolism.

### **Papain**

*Definition:* An enzyme from papaya used to break down proteins.

*Benefit:* Supports digestion and reduces inflammation.

### **Passionflower**

*Definition:* A flower known for its calming effects.

*Benefit:* Supports relaxation, reduces anxiety, and improves sleep.

### **Peach**

*Definition:* A sweet stone fruit rich in vitamins and antioxidants.

*Benefit:* Supports skin health, digestion, and immune function.

### **Pineapple**

*Definition:* A tropical fruit rich in vitamins, enzymes, and antioxidants.

*Benefit:* Supports digestion and reduces inflammation.

### **Pomegranate Extract**

*Definition:* Concentrated form of the pomegranate fruit.

*Benefit:* Rich in antioxidants, it supports heart health and reduces inflammation.

### **Potassium**

*Definition:* A mineral essential for heart and muscle function.

*Benefit:* Supports electrolyte balance, muscle function, and heart health.

### **Probiotic**

*Definition:* Live bacteria that support gut health.

*Benefit:* Promotes a healthy balance of gut flora and supports immune health.

### **Protein**

*Definition:* A macronutrient essential for tissue repair and muscle growth.

*Benefit:* Supports muscle repair, immune health, and overall body function.

### **Quercetin**

*Definition:* A flavonoid present in many fruits and vegetables, such as apples and onions.

*Health Benefit:* It has anti-inflammatory, antihistamine, and antioxidant properties, helping to reduce allergy symptoms and boost heart health.

### **Rutin**

*Definition:* A bioflavonoid found in citrus fruits, buckwheat, and apples.

*Health Benefit:* Strengthens blood vessels, reduces inflammation, and supports circulatory health.

### **Riboflavin (Vitamin B2)**

*Definition:* A B-vitamin essential for energy production and metabolism.

*Benefit:* Supports energy production and healthy skin and eyes.

### **Sarsaparilla Root**

*Definition:* A tropical root used in traditional medicine.

*Benefit:* Supports skin health and detoxification.

### **Selenium**

*Definition:* A trace mineral with antioxidant properties.

*Benefit:* Supports immune function and thyroid health.

### **Senna Leaf Extract**

*Definition:* Extract from the leaves of the senna plant, used as a natural laxative.

*Benefit:* Promotes bowel movements and alleviates constipation.

### **Skull Cap Flower**

*Definition:* A herb used traditionally for its calming effects.

*Benefit:* Supports relaxation and reduces anxiety.

### **Sodium**

*Definition:* An essential electrolyte that regulates fluid balance.

*Benefit:* Supports hydration and nerve function.

### **Spirulina**

*Definition:* A type of blue-green algae high in protein and nutrients.

*Benefit:* Supports energy, detoxification, and immune health.

### **Stevia**

*Definition:* A natural, zero-calorie sweetener derived from the stevia plant.

*Benefit:* Provides sweetness without affecting blood sugar levels.

### **Strawberry**

*Definition:* A sweet, red fruit rich in vitamin C and antioxidants.

*Benefit:* Supports immune health, skin health, and antioxidant protection.

### **Thiamin (Vitamin B1)**

*Definition:* A B-vitamin essential for carbohydrate metabolism.

*Benefit:* Supports energy production and nervous system health.

### **Valerian Root**

*Definition:* A herb known for its sedative properties.

*Benefit:* Supports sleep and reduces anxiety.

### **Vitamin A**

*Definition:* A fat-soluble vitamin important for vision and skin health.

*Benefit:* Supports eye health, immune function, and skin repair.



### **Vitamin B12**

*Definition:* A B-vitamin essential for nerve function and red blood cell production.

*Benefit:* Supports energy production and cognitive function.

### **Vitamin B6**

*Definition:* A B-vitamin involved in protein metabolism and brain function.

*Benefit:* Supports energy production and brain health.

### **Vitamin C**

*Definition:* A water-soluble vitamin with antioxidant properties.

*Benefit:* Supports immune function, skin health, and collagen production.

### **Vitamin E**

*Definition:* A fat-soluble antioxidant that protects cell membranes.

*Benefit:* Supports skin health and immune function.

### **Wheatgrass**

*Definition:* A nutrient-dense grass often used in superfood supplements.

*Benefit:* Supports detoxification, digestion, and overall vitality.

### **Whey Protein Isolate**

*Definition:* A purified form of whey protein containing at least 90% protein, with minimal fats, carbohydrates, and lactose.

*Benefits:* Easily digestible, fast-absorbing, and rich in essential amino acids, supporting muscle growth, repair, and recovery.

### **Yohimbe Bark Extract**

*Definition:* Extract from the bark of the yohimbe tree, used for its stimulant properties.

*Benefit:* Supports energy, fat loss, and libido.

### **Zinc**

*Definition:* A trace mineral important for immune function and wound healing.

*Benefit:* Supports immune health, skin repair, and metabolism.