

*Clinical Indications of
Supreme Nutrition
Products*

(Revised June 2013)

NEW: Find Key Indications
on back two pages of this booklet.

For professional reference only.

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Dear Colleagues

Most of you know I have been a researcher in applied kinesiology and nutrition for over 30 years. Over the years I have dabbled in formulating a few nutritional products but have recently put more time and effort into this endeavor. I have combined efforts with Mid American Marketing - a small family company of high integrity to distribute some very unique nutritional products. We call ourselves Supreme Nutrition Products. Supreme Nutrition Products was founded with the premise that there are remedies in the plant kingdom for the health problems faced by 21st century human beings.

Some of our products use already commonly known herbs for unique applications, while others use herbs that are not well known in the U.S., but have been used for hundreds of years or more in other cultures. Most products are single herbs. In this way, the product is typically better tolerated by the sensitive patient than a product with multiple ingredients. Often, if many herbs are combined in one product, there isn't enough of the one ingredient the patient needs the most to accomplish the job it needs to effectively. Also if the person taking the herb is sensitive to a specific herb in the combination product, it can often "ruin" the whole product for the person (this happens very often in antimicrobial products). You can see this single herb pattern exhibited in the animal kingdom when an animal is sick and starts ingesting one particular herb to get well, not a combination.

Another factor we recognize is that herbs can greatly vary in quality depending on soil conditions, climate, handling, storage etc. We do not feel a need to duplicate an already commonly existing

product (goldenseal, echinacea, etc.) that is already effective (unless we find a new unique application or find a quality difference in the herb itself). We prefer to fill niches where we see the need for a more effective product for a particular health concern.

The research for our products can take some time. For example, let us say we wanted to come out with a product that would help protect people from the harmful effects of a particular chemical that is common in our environment. The first step would be to search the medical journals to see if there is anything that already fits the bill or any herb that suggests it might (it protects against a similar substance, or is hepato-protective, etc). We gather a list of potential herbs that might have the desired effect and we try to find multiple sources of each herb (e.g. if an herb grows in both South America and Asia we will try to find multiple samples from both sources). We make sure it has no potentially known harmful side effects, etc. After that, we utilize some well respected physicians who are well versed in applied kinesiology and have them blind test the samples on their patients and gather data such as: What percentage of their patients strengthen on testing of the herb? Does the herb block a positive test of the particular chemical, metal, microbe, reflex, etc. we are looking at? Does each sample test the same or is there a difference based on where it was grown, etc? The doctors then give the product to the applicable patients to see if it yields the desired effects. If it does, then we may decide to manufacture/distribute the product. This is a slow process and we do not foresee coming out with more than a few products a year. Often projects are scrapped because we cannot find an herb to do the job, or the quality of the herb is inconsistent.

Once the product is birthed each new batch of the herb that is purchased is tested (applied kinesiologically as well as with a laboratory analysis) to make sure it tests at least as well as previous batches. As we have stated, you would be amazed at the quality difference between batches of “the same” particular herb, even ones grown fairly near each other. Soil contamination due to toxic metals, pesticides, etc., is common even in organic sources. As a result, our products may vary slightly in color and taste batch to

batch as we seek the best quality sources. Testing each batch with our AK team is unique to our company at this time and we feel it is a critically important extra step in quality assurance beyond just the COA by the importer. At times this process can be frustrating for us as we have to reject some batches and scramble to find new sources that meet our standards. Yet, this is the only way we could assure our customers, who are mainly physicians, of the best quality products. If we cannot find a batch that tests well, we would rather be temporarily out of stock than produce an inferior product. With each new batch of a product, physicians will receive a new test vial to reflect the current supply.

This process has taught me so much. I never knew how much quality variation there truly was in most herbs, despite identical COA's (certificate of analysis). This is where an additional system of analysis like Applied Kinesiology (done blindly) can be so important in producing the highest quality product. Our products are also very broad in their applications. Often people can cut down on the number of different products they need to take and yet get superior results.

I encourage you to order our products and give them a try. You will get test vials of all the products with your first order. We are very open to your feedback and ideas for other additional products to add to our line.

A brief summary of each of our products (alphabetically) will follow. For more information you may want to visit our website www.supremenutritionproducts.com and click on the physicians section or call 1-800-922-1744. Also feel free to contact me with any questions or comments at morindasupreme@aol.com.

Sincerely in health,

Michael Lebowitz DC

CLINICAL INDICATIONS OF SUPREME NUTRITION PRODUCTS

Alaria Supreme™

Alaria Supreme is a certified organic, wild crafted seaweed that tests free of both mercury and cadmium. I have known about the benefits of eating sea vegetables for at least 3 decades and used to eat it regularly. Once I became mercury toxic, I was unable to find a seaweed I could ingest without suffering from mercury symptoms. I had pretty much given up hope until finding a supplier for this alaria product.

Alaria has a great nutrient profile. Two capsules will give you your RDA of organic iodine as well as smaller but significant amounts of most vitamins and minerals. It has the most significant amounts of calcium, magnesium and B vitamins of any edible seaweed. Being a whole food ground into a powder it has all the cofactors, phytonutrients, etc., that you would expect to find in a “super-food”.

Coming from the sea, Alaria is a **rich source of organic trace minerals** in a form that is very easily assimilated. No land plant can compare. Iodine deficiency is commonplace and land plants typically do not supply the amount of iodine needed to meet our needs. Inorganic iodine added to table salt is not an ideal form.

Alaria, as do most seaweeds, inhibit cancer cell growth in animal studies. They are considered antimutagenic, and antitumor. It is postulated that the low rate of breast and lung cancer in Japan (despite the high rate of smoking) is due to seaweed consumption. Seaweeds can lower serum cholesterol levels as well as blood pressure and help remove arterial plaque as well as decrease platelet stickiness. Alaria and certain other seaweeds can also lower raised uric acid levels and can be antibacterial, antifungal, and antiviral.

Alaria can be very effective in preventing damage due to radiation exposure from power plants, nuclear tests etc. (This radiation can virtually travel around the globe in small amounts and effect our health.) Nuclear facilities release radioactive Iodine 131 into the atmosphere. Iodine 131 (which can be inhaled) is heavier than natural iodine 127 and is implicated in the increasing rates we see today of thyroid cancer and other thyroid disorders.

The only thing that protects our bodies from this radioactive isotope (Iodine 131) is having adequate amounts of iodine 127 (as exists in seaweed, etc.) Besides protecting against radioactive iodine, testing has shown that seaweeds also help remove radioactive strontium from the body. Following this line of thinking, it can be very valuable in people taking radiation therapy as it may decrease side effects and speed recovery.

Let's look at two very important components of alaria: algin and fucoidan.

Algin is a great remover of heavy metals from the GI tract. We don't find it as effective as Takesumi Supreme™ as an all round detoxification agent (except for radiation for which it is superior) but it can complement Takesumi in removing toxic metals and chemicals (those of you well versed in applied kinesiology can use it to determine which product is a priority). It does though have a higher nutrient profile than Takesumi and many patients will benefit from taking both.

Fucoidan is an anti-inflammatory component of alaria. It is an immune stimulant but more important is great to use after physical traumas (and surgery) to speed the healing response. Fucoidan breaks down into fucose, a natural sugar that they have found receptor sites for on human cells suggesting it is an essential nutrient.

Brown seaweeds such as alaria also have been shown in studies in Japan to help us excrete dioxins and PCB's more effectively. Alaria can help prevent reabsorption of toxins (metal and chemical) in patients with "leaky guts".

To summarize: Alaria is a superb source of nutrients, especially organic iodine and trace minerals, but other nutrients as well. It is moderately anti-microbial, an excellent protector against subclinical (as well as acute) radiation poisoning, as well as metal and chemical toxicity. It has some anti-cancer properties as well as being anti-inflammatory. I test it on each patient and feel it should be an essential part of most people's diet. Being a "superfood" there are many more intangible benefits that may be realized beyond the scope of this short article.

Dosage: Recommended dose is one cap 3x/day as a trace mineral source. For detoxification, metal and chemical chelation, radiation protection, 4-6 caps daily are recommended. It is well tolerated by sensitive patients, and is (in my opinion) the best source of micro minerals for these type patients.

Ashwagandha Supreme™

Each capsule of Ashwasgandha Supreme contains 500 mg. of Ashwagandha with nothing else added. *Withania somnifera* (Ashwagandha) is an adaptogen working on the endocrine system and the HPA. The Sanskrit implies it gives the user the strength and stamina of a horse - some doctors saying that taking it in the morning will allow you to run 20 miles while taking it at night will allow you to sleep like a baby. I am sure that is an exaggeration (at least in my case), but you get the idea.

It is most well known to **decrease fatigue**, allow you to **handle stress** more effectively, increase strength and stamina, increase libido, **improve memory** and clarity, and **produce restful sleep** when needed. The various conditions it has been used for include arthritis (it is antiinflammatory), chronic lung conditions and immune deficiency, hypertension, autoimmune problems, hypothyroidism, and many others. Animal studies have shown it may be useful in treating drug-induced dyskinesia. In one animal study, Ashwagandha **increased brain levels of superoxide dismutase, catalase and glutathione peroxidase**. This could easily be the mechanism of how it improves cognition, memory and perhaps longevity. Other studies have shown it increases acetylcholine receptor activity, stimulates the growth of axons and dendrites and has **GABA-like activity**. In most cases we prefer it to GABA because it is a “whole food” and has many complementary properties. For a complete monograph we refer you to http://findarticles.com/p/articles/mi_m0FDN/is_4_5/ai_65068471/pg_1?tag=artBody:coll

In our practice we find it especially useful in patients under increased stress, or with sleep problems, cognition problems and various neurological imbalances. It does overlap EndoSupreme to some extent though we tend to view Endo more as an endocrine system restorer while Ashwagandha **effects antioxidant levels** as well as various neurotransmitters. This is a gross oversimplification and both products should be tested on every patient.

Contraindications: Because Ashwagandha can lower blood pressure (can act as a calcium channel blocker) and blood sugar I would be careful in prescribing it to diabetics and people with hypotension (since it is an adaptogen, it will probably be OK though we suggest you monitor the patient).

It should not be used during pregnancy or in patients with active peptic ulcers. I would not prescribe it to patients on sedatives. I have not been able to find any cases where side effects actually occurred yet these precautions make sense based on the physiology of how it performs. It is in the nightshade family so monitor patients you give it to that have known nightshade sensitivities (most nightshade sensitive patients tolerate Ashwagandha very well).

Dosage: Our recommended dose for Ashwagandha Supreme is between 1-3 caps daily.

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

BFB-1™ & BFB-2™

BFB-1 and BFB-2 are two separate essential oils blends. Their main purpose is to help degrade biofilms, interfere with communication between microbes, enhance penetration of concurrently used antimicrobials and act as antimicrobials themselves. We decided to produce two overlapping formulas and prescribe via our testing results. Some patients will need one of them while more chronic patients may need both simultaneously.

BFB-1 consists of a proprietary blend of the following essential oils: *Piper nigrum*, *Rosmarinus officinalis*, *Syzygium aromaticum* L., and *Origanum compactum* benth.

BFB-2 consists of a proprietary blend of the following essential oils: *Eucalyptus globules*, *Citrus reticulata* blanco var tangerina, *Boswellia carterii*, and *Thymus vulgaris*.

A biofilm is a negatively charged group of cells which produce a matrix of extracellular polymeric substance and adhere to each other. Biofilms can also be referred to as “bacterial slime”, and are generally composed of extracellular DNA, proteins, polysaccharides, fibrin, microbes, minerals and heavy metals.

A biofilm can be comprised of multiple microbes; bacteria, viral, protozoa, parasite, and fungus that cohabitate and engage in “quorum sensing”, a form of communication used for sharing information and mutual survival. A Lyme Disease researcher in New York also demonstrated that *Borrelia* species not only produce biofilm, but can live in the community in any form (i.e., spirochete, cell wall deficient, spheroplast, and cyst). Additionally, other associated bacteria such as *Babesia*, *Bartonella*, *Ehrlichia*, *Anaplasma*, and *Mycoplasma* species can inhabit these communities as well. The biofilm is used to both protect the bacteria from the host’s immune system and most antimicrobial agents, while also serving as a nutritional reservoir in times of need. It’s an efficient way to ensure that many microbes of a certain species survive, thrive, replicate and avoid attack.

Candida albicans is also known to produce biofilm colonies as do many other potentially health-affecting microbes. Dental plaque is an example of a biofilm. The “plaque” material that adheres to the teeth is made up of bacterial cells (mainly *Streptococcus mutans* and *Streptococcus sanguinis*), salivary polymers and bacterial extracellular products. The accumulation of microorganisms subjects the teeth and gums to high amounts of bacterial metabolites which results in dental disease.

Biofilms are said to be anchored at certain places by positively charged ions including: calcium, magnesium, mercury, lead, etc. This may be why when a patient undergoes heavy metal chelation, they often experience an exacerbation of

symptoms. Chelation of minerals and metals can destabilize biofilm (EDTA can degrade biofilm), rendering the inhabiting bacteria more vulnerable to the host's immune system and antimicrobial substances.

Biofilms have been found to be involved in a large percentage of bodily infections. Chronic sinusitis patients undergoing surgery presented with biofilms approximately 80% of the time. Other infectious processes in which biofilms have been implicated include problems such as urinary tract infections, catheter infections, middle-ear infections, endocarditis, Lyme disease and its co-infections, infections in cystic fibrosis, and infections of permanent indwelling devices such as joint prostheses and heart valves. More recently it has been noted that bacterial biofilms may impair cutaneous wound healing and reduce topical antibacterial efficiency in healing or treating infected skin wounds.

Current treatments for biofilms include proteolytic enzymes (serrapeptase/lumbrakinase/nattokinase) which are very effective at dissolving mucopolysaccharides. N-acetylcysteine and lactoferrin also may cause biofilm degradation. Other products used to degrade biofilms include EDTA (calcium, heavy metal removal), and silica (In vitro studies show biofilms do not grow on silicone rubber.) **The problem with these agents in our opinion is that none are highly antimicrobial and as a result can result in microbes being released into the systemic circulation and causing problems far removed from their original site as well as acute exacerbation of existing low level conditions.** We have seen patients end up with serious complications from using these agents as a result of “freeing” microbes that were living with the biofilm and were now released. Select essential oils, on the other hand, are equally effective in biofilm degradation. Some are able to penetrate the biofilm layer as well as interrupt “quorum sensing”, and kill a broad spectrum of microbes. We have found them to be the most effective biofilm degraders with the least amount of potential negative side effects due to their antimicrobial properties.

As the biofilm diminishes, endotoxins, mycotoxins, etc. secreted or excreted by microbes that are contained within the matrix, are then released into the bloodstream. This can cause a “Herxheimer” effect. We believe in minimizing this due to the damage done by this type of inflammatory reaction. A remnant of the sticky biofilm probably facilitates toxins adhering to tissue surfaces and blood vessel endothelium, forming viscous (thick) or hypercoagulable blood. Ideally a combination of biofilm degraders, herbal antimicrobial agents and herbal blood thinners can make a good combination to treat this growing issue.

Supreme Nutrition, through clinical research along with an extensive literature review, has developed two essential oil blends that appear to have biofilm degrading abilities. Clinical trials with these, along with Supreme antimicrobials (Morinda, Melia, Golden Thread, Illicium, Vital Guard, Schisandra) and

detoxification agents (Takesumi, Schisandra, Camu, Smilax) have proven to be a potent combination to help chronic patients with long-standing low grade infections involving biofilms.

Physicians utilizing applied kinesiology and other energetic testing methods to treat what appears to be Lyme and its co-infections, fungal issues, etc. have found that the addition of these essential oil products has assisted patients with previously hard to eliminate problems.

We find that topical application is best, rubbing 1 drop into 2 or 3 areas on each side of the body (for example: ear lobe, thumb and bottom of the foot) twice daily. This is done bilaterally with either one of the products or one on each side of the body (as testing dictates). If severe Herxheimer reactions occur we would consider decreasing the dose of either of these products or the antimicrobials prescribed. The above dose appears to be an ideal amount for most patients. We have not seen it, but with essential oils there is always a possibility of developing a rash. Should that happen discontinue use.

Suggested application for children under age of 10: Topical application only. Rub one drop of BFB-1 OR BFB-2 to bottom of each foot twice daily.

Suggested application for children 10-16: Topical application only. Rub 1 drop to each thumb (fingerprint side) and 1 drop to each big toe (pad). Apply twice daily. If using both BFB-1 and BFB-2 apply 1 product on one side and 1 product on the other, alternating sides with each application.

Suggested application for adults 16+: We find that topical application is best, rubbing 1 drop to each ear lobe, 1 drop to each thumb (fingerprint side) and 1 drop to each big toe (pad). Apply twice daily. If using both BFB-1 and BFB-2 apply 1 product on one side and 1 product on the other, alternating sides with each application.

BodyGuard Supreme™

Each capsule of BodyGuard Supreme™ contains 500mg of pure Phyllanthus fraternus with no added fillers, binders, etc. There are well over 50 published studies on the therapeutic effects of this herb. Before getting into the scientific and historical research, I would like to share why I feel it is such an important product.

Clinical trials with applied kinesiology suggest that Phyllanthus fraternus has a positive effect in preventing damage to the body due to excessive **electromagnetic field exposure**. In my practice, I have found that EMF's are increasingly problematic for some patients. As they become more prevalent in our lives with cell phones, wireless connections, microwaves, computers, etc.; they have potential to produce more harm to our bodies (nervous system, endocrine system, neurotransmitters, melatonin production, etc.).

When testing to see if EMF's affect your patient, have them call someone on their cell phone and hold the phone up to their ear right at the beginning of the call (once the other person picks up) and see if it weakens a strong indicator muscle. If your patient population is like mine, you will see that it will weaken in over half of the people tested. (If you are in an urban area I wouldn't be surprised if the percentage is much higher.) In nearly all these cases, if the patient is exposed to BodyGuard Supreme™ during the call it will block the weakening effect.

BodyGuard Supreme™ on muscle testing and in traditional use also appears to be an excellent **liver** remedy (this is confirmed in published articles). In many cases it decreases patients' food and environmental sensitivities as well as helps them tolerate EFA supplementation better. We now routinely test patients on caffeine, theobromine and theophylline for either weakening of a strong muscle or making a normal muscle hypertonic. About 50% of my patients have a positive test which is suggestive of an inability to degrade the positive substance (theobromine tests positive the most frequently and is in tea, chocolate and cola and is a breakdown product of caffeine). This may also suggest a less than optimal phase one liver detoxification ability in the patient. On AK testing both, Body Guard Supreme and Basic B Complex (not quite to the same extent) test to help remedy that finding. We also have the patient avoid caffeinated beverages and tea, chocolate, cola and yerba mate until the finding is negative. People who won't give up these substances could benefit by taking Body Guard on a maintenance level.

Traditionally in the tropics, phyllanthus fraternus has been used in treatment and prevention of **gall and kidney stones**, malaria, diabetes, acute and chronic pain, infections, cystitis, prostatitis, tumors, and the list goes on and on. Studies have shown it is antiviral (especially Hepatitis B) and antibacterial, **lowers blood**

pressure, blood sugar and cholesterol levels and may help in preventing diabetic neuropathy.

Mice studies showed it can help reduce damage during chemotherapy and radiation and it increased the life span of mice with liver cancer by 65%.

Dosage: For my patients I have recommended one cap 3x/day if they weaken on EMF's or have a positive response to caffeine, theobromine or theophylline and one cap 1-2x/day once they stop weakening as a possible preventative. Traditional pharmacies in South America recommend as high as 4-6 caps twice daily when treating kidney stones. (I have never done this and it shouldn't be done in lieu of other treatment.) If it blocks chemicals or metals on AK testing or just strengthens "in the clear", I tend to prescribe 1 cap 3x/day or 2 caps twice daily.

As with any herb I would recheck the need for it on the patient every month or so and have them report any side effects (I couldn't find any in the literature) ASAP and stop taking it if side effects occur until you can re-evaluate them.

Contraindications: To be safe I would **not** prescribe it during pregnancy as with most other herbs. Because it can lower blood pressure and blood sugar: patients on antihypertensive drugs (also beta-blockers and other heart medications) or blood sugar lowering drugs may need careful monitoring or adjusting the doses of their medications or you may **not** want to prescribe BodyGuard in these patients. It may also be contra-indicated in severely hypoglycemic patients.

Camu Supreme™

Here at Supreme Nutrition we have 2 goals. One is to bring therapeutic herbs that are multi purposed to you that pass stringent standards of both certificate of analysis and clinical testing via applied kinesiology. These herbs are selected for either their antimicrobial or detoxification or organ restoration properties (many do more than one of these). Each new batch of raw materials must meet these standards and practitioners are given new test vials with each new batch.

Another goal is to bring more therapeutic foods that are nutrient dense and in most cases high in phytonutrients as well. We feel that nutrient dense foods unlike pharmaceutical grade isolated nutrients (which definitely have their role too) have their own synergism (within the individual plant) that man cannot duplicate. Thera Supreme™ was our first product of this type and is a great immune builder/life enhancer. Our newest product is a single food that we have known about for a long time but like many of our other products it took a while to find a source that passed our testing methods. This new product is Camu Supreme™. Camu is a berry from a bush (*Myrciaria dubia*) that grows prolifically in the Amazon rainforest. What makes camu stand out is that it is the **2nd most concentrated source of vitamin C** found in any fruit. It is also a significant source of antioxidants including anthocyanins, d-limonene, and catechin. Dr. James Duke in his ethnobotanical database rates camu as being an effective **antiviral**, very useful for gingivitis and other periodontal disease, asthma, hepatitis, atherosclerosis, infertility, cataracts, migraine cluster headaches, colds, osteoarthritis, depression, edema and Parkinson's disease. According to Sloan Kettering's website, Camu decreases **inflammatory** and oxidative stress markers such as 8-hydroxy-deoxyguanosine, total reactive oxygen species, C reactive protein, IL-6, and IL-8 in smokers.

Besides vitamin C, camu contains natural beta-carotene, calcium, iron, niacin, phosphorus, riboflavin, thiamin and the amino acids valine, leucine and serine. Compared to oranges, camu on a weight for weight basis, supplies thirty times more vitamin C, and ten times as much iron. Some vitamin C content is lost after processing but not enough to make a significant difference. We will not be stating vitamin C content on the label as it can vary depending on many variables (time harvested, soil and climate conditions) but an average dose of 1 scoop will have anywhere in the range of 200mg-1000mg in synergy with all the accompanying components (this is the amount I read stated in various research articles, thus the wide range). It is hard to compare natural vitamin C in the complex of a whole food to isolated ascorbic acid but it appears you need much less when taking it as a whole food source and the exact mg. is not as relevant as

how it works as a complete food. We decided not to encapsulate it since it is more of a food. A good maintenance dose is one scoop daily but for acute and chronic conditions that need higher amounts of vitamin C, bioflavonoids and antioxidants you can do 2-3 scoops daily. A good way to take it is to make a smoothie daily that contains some juice, frozen berries, 1 scoop of Thera Supreme™, 1 of Camu Supreme™ and 2 caps of LuRong Supreme™ (opened and put into the smoothie). Camu has a pleasant sour taste (the LuRong is a little strong). If you want something simple you can just put a scoop in juice or yogurt and mix it in or just take it in water. I test it on all patients and it tests positive on over 50% of them.

Endo Supreme™

We are happy to announce the 3rd product in the Supreme Nutrition Product line: EndoSupreme™. EndoSupreme™ contains pure powdered *Pfaffia paniculata*, also known as suma. As with other products of this line each batch has been tested by competent physicians using applied kinesiology to check for product quality and efficacy (this is in addition to the standard certificate of analysis required by governmental agencies). Since raw herbs can vary tremendously in quality depending on where they were grown, soil conditions, time of harvest, etc., this step, in our opinion, helps insure optimal quality

The goal in developing this product was to find an herb that was strengthening and healing to the **endocrine system**. We view it as a master **endocrine adaptogen**, helping both hypo and hyperadrenia as well as many other endocrine imbalances as well as a host of other conditions. I have never found great results using glandulars and have been looking extensively in the plant kingdom for broad spectrum remedies and healing agents. With AK testing, suma routinely blocks the adrenal stretch test, positive therapy localization and the adrenal neuro-lymphatic reflex as well as TW-23. It will also block most other endocrine neuro-lymphatics (pituitary, pineal, thyroid, reproductive, pancreas).

There is much scientific research on *Pfaffia paniculata*, though much of it is in Spanish. To just give you an idea of properties reported from its traditional use: it is known to **increase libido**, is used as a muscle relaxant, anti-inflammatory, general tonic, to treat impotence, **fatigue (both chronic and acute)**, PMS, menopausal symptoms, and hypoadrenia, as an immune support, **anti-arthritis**, to help anemia due to its high iron content, diabetes (lower blood sugar levels when needed), etc. It also has antimicrobial properties and has been used by Russian Olympic athletes to increase endurance and muscle mass without any of the negative effects of PEDs. This is why in Brazil it is called para toda (for all things).

Dosage: We have found 3 caps daily to be an optimal dose in most cases, with the first dose taken before breakfast. In some patients results have been within days though the literature suggests it can take a month before effects are felt. Many people report that their stamina increases more and more, the longer they take it.

Contraindications: There are no known contraindications or side effects, though as with all herbs, I would exercise caution during pregnancy and have patients report any adverse reactions to you immediately. Due to its hormone modulation, it is advised not to take it if you have a hormone-dependent cancer.

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Golden Thread Supreme™

Golden Thread Supreme™ is the powdered rhizome of the plant *Coptis chinensis*. This herb has been used in traditional Chinese medicine for over two thousand years. It contains a number of alkaloids that have been subject to recent research. The most well known of these alkaloids is berberine, the component that gives goldenseal and oregon grape root their yellow/gold color, bitter taste and some of their therapeutic effect. *Coptis chinensis* contains 5-7% berberine as well as other important therapeutic compounds such as coptisine. Much of the following information has been gleaned from textbooks translated from the Chinese. Golden Thread has been used extensively in the treatment of gastrointestinal disorders that are of a pathogenic origin. It has proven to be an effective **antifungal, antibacterial** (including staph aureus, **h.pylorii**, strep pneumonia, shigella, pseudomonas, **salmonella**, and many gram positive bacteria and **micobacterium**), **antiparasitic** (including leptospirosis, **trichomonas**, ameba, **giardia**) and **antiviral** (including **influenza** and Newcastle virus) herb. It is also reported to have antiradiation effects. In a situation where you have an “over facilitated sympathetic nervous system” berberine in *Coptis* has been shown to be helpful. It can also increase bile production and is used in the Orient in cases of chronic gall bladder problems, cold sores, and to help slow the development of atherosclerosis.

In a fairly recent study, a decoction of *Coptis* (Golden Thread) was used as an enema in the treatment of ulcerative colitis on several patients with excellent results.

In China it has been used to treat infantile dysentery, trichomonas, diphtheria, scarlet fever, tuberculosis, typhoid fever, tonsillitis, eczema, type II diabetes and ventricular extra systole.

I have used *Coptis* (Golden Thread) for 15 years and have found it to be another great antimicrobial as effective as *Melia* and *Morinda*. I used to use it in tincture form but stopped years ago as I find the capsules do not stress the liver like the alcohol in the tincture might and it appears to reach further down in the gastrointestinal tract as a capsule and in general to be more effective. Since I use applied kinesiology as one of the criteria to help prescribe, I find sometimes one or sometimes more of these aforementioned antimicrobials are needed for the patient. There are times when *Coptis* will test positive when *Morinda* and *Melia* do not. Between the three of them, they should cover a wide range of conditions.

Most of the research being done currently on *Coptis* (Golden Thread) is being conducted on laboratory mice or other animals. Nevertheless, the results show the potential usefulness of *Coptis* in a number of areas. Besides

confirming the traditional uses of Coptis, the research indicates that it is hepatoprotective - probably due to antioxidant properties, can lower blood sugar and blood cholesterol levels (berberine study). In one study the effects of several Coptis alkaloids were examined on the inhibition of cholinesterases and beta amyloids. The results of this study indicated that "...coptidis rhizoma alkaloids have a strong potential of inhibition and prevention of Alzheimer's disease...". It also acts as a monoamine oxidase inhibitor and thus can potentially be used as an anti-depressant.

As you can see, like most of our products it has many, many possible uses. We test it on each patient.

The recommended dosage is 1 cap 3x/day. Even though I have not read of contraindications in young children, I only prescribe it when they are old enough to swallow the capsule (it is very bitter if taken out and hard to swallow). Golden Thread is a potent herb and should not be used during pregnancy. It also may interfere with the absorption of tetracycline.

HEMO GUARD SUPREME™

Hemo Guard Supreme™ was developed for people who may be prone to hypercoagulation. Hypercoagulation is a condition where fibrin builds up in the various blood vessels. In its extreme, fibrin deposition can lead to deep vein thrombosis, pulmonary embolisms, heart attacks, and stroke. In its less severe form it can possibly lead to phlebitis, fibromyalgia (by cutting off blood flow), I.B.S., chronic low grade infections where the microbes are “protected” by residing in the fibrin meshes, miscarriages, headaches, chronic pain, etc.

Traditional medicine sees the following as potential causes: immobilization, malignancy, genetic disorders, certain medications such as tamoxifen, pregnancy, supplemental estrogen, trauma, surgery, and nephrotic syndrome.

Recent research by David Berg and many others have also implicated the following in causing hypercoagulation: many forms of infection (viral, parasitic, bacterial, and fungal) as well as toxic chemicals. The fibrin formation may be the body’s attempt to wall off the microbes.

It is theorized by some that these newer recognized causes may account for many cases of pulmonary embolisms that were previously labeled as idiopathic.

To cause hypercoagulation there may be an excess of prothrombin, thrombin or fibrinogen or a deficiency or fibrin breakdown chemicals: plasmin, plasminogen, tissue plasminogen activator or a deficiency of antithrombin III.

Pharmaceutical intervention can be very effective but in some people can lead to serious side effects (typically bleeding events). The drugs though can be life saving and you should follow your physician’s advice.

In less severe cases, with the consent of your physician, there are certain herbs and other lifestyle changes that can discourage hypercoagulation.

Hemo Guard is a combination of some of the more effective agents. It contains the following:

1) Ginkgo biloba: Ginkgo has been used for many years for memory enhancement. One property that was reported in a study in China is that it is a potent antagonist of platelet activating factor and thus may help prevent blood clots and hypercoagulation. The World Health Organization also reported that is helpful in treating cerebrovascular insufficiency as well as peripheral artery occlusive disease. It should not be used if you are on anticoagulant therapy.

2) Ginger root: Studies at the University of Maryland suggest that Ginger has blood thinning properties. A research study conducted in Australia looked at the ability of ginger to stop or reduce platelet activation induced by arachidonic acid in human blood. They also compared and contrasted the anticoagulant properties of ginger with those of aspirin. The report concluded that ginger could prevent blood platelets from adhering together. This might be due to the inhibition of the enzyme COX-1. The report also concluded that ginger compounds and the derivatives of ginger are more effective as antiplatelet agents than aspirin.

3) Pomegranate fruit-Pomegranate has been shown to work well as a blood thinner. Many prominent alternative medicine practitioners add it to the regimen of patients with hypercoagulation disorders.

4) Green papaya- the strong proteolytic enzymes in papaya may assist in fibrinolysis and dissolution of biofilms

5) Bromelain is a powerful anti-inflammatory agent. It's anti-inflammatory activity appears to be due to a variety of physiological actions. This appears to include inhibiting the generation of bradykinin at the inflammatory site via depletion of the plasma kallikrein system. It also limits the formation of fibrin (clots) by reduction of clotting cascade intermediates. Bromelain has also been shown in multiple studies to stimulate the conversion of plasminogen to plasmin, resulting in increased fibrinolysis (dissolution of clots/fibrin). This combination of effects can make it very useful in people with hypercoagulation tendencies.

Hemo Guard should not be used if the patient is on 'blood thinners' such as warfarin and other similar pharmaceuticals. If the patient is not on these, it may prove to be a useful tool. It may also be used to possibly prevent conditions in people who have family histories of some of the previously mentioned hypercoagulation caused problems.

Other contraindications include pregnancy and latex allergies.

As with any herbal regimen, we encourage you to consult your physician to see if there is a more serious condition warranting more aggressive intervention.

Recommended Dose: 1 cap three times daily taken between meals. Dosage may be increased during times of acute infection to discourage hypercoagulation.

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Illicium Supreme™

Illicium Supreme™ is the fruit of a tropical evergreen tree, *Illicium verum*. Both the roots and fruit have been used as medicine and, in recent years, have been further investigated for their medicinal potential. Traditionally, star anise (*Illicium*) was used to treat nausea, indigestion, expel gas, relieve colic, reduce hernias, increase milk production in nursing mothers, facilitate birth, and increase libido. In Traditional Chinese Medicine, it has been used to treat prolapsed organs, treat kidney deficiency, and to bring warmth and vitality to the stomach and intestines. We had to test samples from a number of different suppliers to find one that met our quality standards.

Illicium is rich in essential oils including anethole, safrole, cineole, pinene, and limonine. Additionally, it is rich in shikimic acid, the precursor molecule used to produce the antiviral drug Tamiflu. *Illicium* is also an antioxidant, and has pain relieving and sedative effects. The essential oil of *Illicium* has been shown in studies to be potently antifungal. Additionally, extracts of *Illicium* have been shown to be extremely effective against antibiotic resistant strains of bacteria including MRSA and there have been studies demonstrating strong inhibitory effects against malaria.

Illicium has also been shown to have anticholinesterase effects, the same mechanism of action as some Alzheimer's drugs. It has been shown to reduce brain ischemia and brain edema, further suggesting neuroprotective effects. In one recent study, one of the components of *Illicium* was shown to enhance glutathione and decrease the macroscopic damage of colitis in rats. *Illicium* is very anti-inflammatory for GI conditions like colitis. Antiplatelet and antithrombotic effects have also been demonstrated, suggesting cardiovascular benefits. Some websites also cite *Illicium* as being a possible treatment for declining male hormones in old age.

From my experience, *Illicium* has been a great product for most patients as evaluated by applied kinesiology. It often negates positive tests to composite microbial vials and it strengthens the majority of patients "in the clear". It seems to strengthen the adrenals, improve digestive function (possibly increasing enzyme production), and build/balance the immune system. *Illicium* has a lot of applications for decreasing inflammation in the GI tract and also helps the cardiovascular system and brain (see above citations). I therefore consider this to be a supreme tonifying agent and extremely useful for treating acute illness. Due to its specific chemical makeup it has strong antiviral effects and I feel it has great potential for both treating and preventing the various viruses including influenza. Lastly I feel this is an excellent antinausea medicine with thousands of years of safe use.

We test it on every patient due to the large number of potentially positive effects including anti microbial effects and multiple organ support.

Recommended dose for acute illness: 2 capsules three times daily

Recommended dose for maintenance/prevention: 1 capsule twice daily

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Lu Rong Supreme™

Lu Rong Supreme™ is composed of deer or elk antler. Our selection of which batch and supplier to use depends on our testing both with applied kinesiology as well as clinical testing on patients. This type testing eliminates over 90% of the products we consider adding to the Supreme Nutrition Products line as we only want to offer products that both test and perform optimally. It is then encapsulated with nothing else added.

It is harvested from the animal without harm to the animal, and is a whole food product rich in minerals as well as many other phytonutrients. It has been used in oriental medicine for over 2,000 years.

Applications appear to be as follows (many of these have been reported on antler that was harvested at an earlier stage than LuRong Supreme but our patients have reported the same benefits):

1) It is very high in **chondroitin sulfate** as well as **glucosamine sulfate**, and **hyaluronic acid**. Unlike isolated extracts of those 3 substances, it has the necessary co-factors (fibroblasts, chondroblasts and more) etc. to optimize repair of cartilage and connective tissue. It also is not derived from shellfish (as many of these products are), which has the possibility of heavy metal and other contamination. Most of the collagen in Lu Rong is type II. Type II production is usually diminished in both osteoarthritis and rheumatoid arthritis and supplementation has been shown to increase strength, as well as decrease inflammation, pain, swelling, and stiffness. It also can be useful in decreasing the auto-immune reaction in these type degenerative processes. Lu Rong as a result can be thought of as being chondroprotective and possibly restorative too. It should be tested on all arthritics and anyone with a family history of arthritis.

2) Lu Rong may have a small amount of IGF-1 (insulin growth factor-1 or IGF-1). IGF-1 encourages absorption of glucosamine and chondroitin. Research suggests IGF-1 may also help prevent osteoporosis and improve muscular development. It also promotes bone growth. To quote Wikipedia “IGF-1 is one of the most potent natural activators of the AKT signaling pathway, a stimulator of cell growth and multiplication and a potent inhibitor of programmed cell death.

Almost every cell in the human body is affected by IGF-1, especially cells in muscle, cartilage, bone, liver, kidney, nerves, skin, and lungs. In addition to the insulin-like effects, IGF-1 can also regulate cell growth and development, especially in nerve cells, as well as cellular DNA synthesis.” IGF production is stimulated by HGH which decreases as we age and thus we also end up with an IGF-1 deficiency. Taking Lu Rong may help correct that deficiency.

- 3) Lu Rong also may have other growth factors including a nerve growth factor and epidermal growth factors.
- 4) Lu Rong is a source of gangliosides. Gangliosides provide cells with distinguishing surface markers that can serve in cellular recognition and cell-to-cell communication. They may also prove protect again neuro-degenerative diseases.
- 5) Lu Rong is a source of antiinflammatory prostaglandins (not just the precursors) and can be helpful in all inflammatory conditions including headache prevention and treatment.
- 6) Lu Rong is a natural source of Pantocrin. According to Russian and New Zealand research, Pantocrin increases athletic performance (including increased speed and increased strength) as well as speeds recovery from intense physical activity. Pantocrin has also been shown in animal studies to speed recovery from whiplash injuries. It also helps with lactic acid removal from muscles after exertion and helps speed recovery of injured muscle tissue and nerve tissue (Japanese study).
- 7) Studies have suggested it has a rejuvenating effect and is anabolic in the sense that it helps burn fat and builds muscle tissue.
- 8) Other studies suggest that Lu Rong may increase testosterone production leading to an increase of lean body mass and also an increase in endurance. As a result, it has traditionally been used to increase libido in men and women as well as help erectile dysfunction, decreasing pre and post menopausal symptoms and increasing fertility. Lu Rong may contain contains small amounts of testosterone, estrone, luteinizing hormone and another hormone similar to progesterone.
- 9) Lu Rong is an immune stimulant and is reported to increase the effectiveness of chemotherapy drugs as well as reducing kidney damage from chemotherapy.
- 10) In Korea, it is used during the last trimester of pregnancy to enhance the chances of a smooth and easy delivery and it can also help lactation. It also has been used traditionally to increase growth in children and help in babies with delayed walking. There are no known contraindications during pregnancy or lactation.
- 11) Studies in Korea show that it can increase red blood cell production when needed
- 12) Studies in mice show Lu Rong can decrease senility, and increase free radical scavenging activity.

- 13) It also can inhibit MAO enzyme function and act as a mood enhancer.
- 14) Studies have suggested it can decrease arterial blood pressure in hypertensive patients and also increase blood pressure in hypotensive patients.
- 15) Nutritionally it is a rich source of calcium hydroxyapatite as well as other macro minerals and trace minerals as well as all essential amino acids.

A wonderful book by Betty and Paul Kamen called *The Remarkable Healing Power of Velvet Antler* (out of print but one can get it through Amazon) has a lot more information. Another book entitled *Velvet Antler* by Alison Davidson also has much research and is worth reading.

As far as applied kinesiology findings and personal clinical observations I found the following. On a sample of 100 consecutive patients (all ages, male and female) I found Lu Rong to strengthen weak muscles on 91 of them. It was not unusual for Lu Rong to block weakening responses to microbe composite vials (it is immune enhancing), positive endocrine NL's and occasionally metals. It is not as strong in those areas as our other products but is very health supporting in many ways. We used it to successfully treat a positive response to the parasite composites in a pregnant woman. Other patients have reported sounder sleep, increased libido and decreased headaches. Because it is a food it may take awhile to build up in some patients enough to feel the changes while others may feel the difference quickly.

To summarize main indications- I would suggest Lu Rong for any case of physical trauma (car accidents, athletic injury), anyone wanting to increase endurance and athletic performance, inflammatory conditions, arthritis and cartilage degeneration, osteoporosis, osteopenia, nerve degeneration, sexual dysfunction and most people interested in slowing the degree and onset of aging. I anticipate the majority of my patients needing it if testing continues how it has so far. I look at it as a whole food. Back before hybridization when people ate whole foods, many of them wild (including animals in some cases), there were small amounts of natural hormones and co-factors in the daily diet. I look at Lu Rong as restoring that part of the diet. I have been on it for about 2 months so far (1 cap daily). I am extremely sensitive but have tolerated it with no problem. I have just completed 3 days of hiking in the mountains after being a couch potato all winter with no preparation and did very well. It has also decreased my headache frequency and severity and increased libido. For the rest I will wait and see.

Most Lu Rong on the market comes in 250-500 mg per cap with fillers added. Our caps have 630 mg and have no fillers added and as a rule is priced much lower and is of the highest quality. Our material is typically harvested at a later stage than much of the LuRong on the market. We have found that it actually tests better in this stage and performs better and allows us to keep the cost down.

I recommend 2 caps daily as a therapeutic dose for the glucosamine/chondroitin etc. or 1 cap a day for the other effects. I plan to take a one week break every two months or as testing dictates. For small children you would adjust the dose appropriately. Feel free to share your experiences with us.

Manjistha Supreme™

Manjistha Supreme™ is a plant medicine derived from the roots of *Rubia cordifolia*. Manjistha grows in Southeast Asia, China, tropical Africa, and India. It contains a variety of quinones, iridoid glycosides, triterpenoids, and beta-sitosterol. Research has shown its efficacy as an antioxidant, muscle relaxer, anti-seizure, and anti-anxiety remedy. The herb has also been shown to be an immune stimulant; one trial demonstrated an increase in white blood cells by 151%.

Manjistha is a supreme Lymphatic tonic. It has a long history of being used in India to treat disorders of the lymphatics. Often patients with fungal dysbiosis and/or mercury toxicity have problems with lymphatic drainage; Manjistha works well with these patients to clear the problems and enhance circulation. Manjistha is also very anti-inflammatory for musculoskeletal problems and has been used historically to treat anything from bumps and bruises to rheumatoid arthritis. It has also been used in cases of inflammatory digestive problems such as Peptic Ulcer, Crohn's Disease and Ulcerative colitis. There is some good research on Manjistha preventing serious allergic reactions to foods and it is used for inflammatory skin conditions like acne, vitiligo, and eczema. Manjistha may also be very useful in excessive-bleeding conditions like heavy menses, nosebleeds, and bleeding from trauma.

Manjistha seems to be very well absorbed in the GI leading us to think of it loosely as a more bioavailable version of turmeric (though a different plant).

Manjistha is considered to be the most renowned blood-detoxifying herb in Ayurveda. Manjistha has been used traditionally as a liver and kidney detoxifier. Manjistha also seems to be quite useful in treating anxiety. This action may be in part due to its ability to raise dopamine levels. Historically it was used to help dissolve tumors as well as help broken bones to heal.

As an antimicrobial, Manjistha has shown activity against bacteria as well as against viruses, particularly HIV virus. Additionally, Manjistha has been shown to have significant antioxidant activity. Manjistha has also been demonstrated to have antitumor activity in one study.

Like most of Supreme Nutritions products the broad spectrum applications of this herb are very impressive. We tend to think of it mostly as a lymphatic drainer and an anti-inflammatory for the musculoskeletal and gastrointestinal systems as well as an anti-anxiety herb but we test it on everyone because of the other applications too. The herb is very safe. Manjistha was traditionally given to women with threatened abortion up until the last trimester of pregnancy, and so is generally considered safe in pregnancy. The toxic dose has been found via research in rats to be above 175g/kg. It is generally recommended not to exceed 30 grams per day.

Recommended dose- 2 caps twice daily

*It should be noted that Manjistha may temporarily turn urine orange or brown.

Melia Supreme™

Melia Supreme™ is powdered neem leaf (*Melia azadirachta*) put into vegetarian capsules with nothing else added.

Melia, like Morinda is an amazing plant that has been used therapeutically in India for at least 2,500 years. The word neem is reported to come from the Sanskrit language and roughly means “the healer and illness reliever”. Melia is a superb **broad spectrum antimicrobial** showing effectiveness against various **fungi, bacteria, parasites, virus** (including herpes), and spirochetes. It has also been reported that it does not harm beneficial intestinal flora. Melia has been shown to be hepatoprotective, stimulates T-cell production in times of infection, and blocks pro-inflammatory prostaglandins. Melia also possesses small amounts of catechin and quercetin - both having anti-inflammatory and antihistaminic properties. Morinda, our other broad spectrum antimicrobial sometimes is given simultaneously though if we have the ability to test the patient, we let the testing decide.

In Japan, Melia has been used for cancer treatment of solid tumors as well as using it topically on skin cancers. It has been used successfully to treat malaria as well as vitiligo, and has been reported to increase brain serotonin levels thus having antianxiety properties. Melia has also been shown to lower cholesterol levels. In some insulin dependent diabetics, Melia has reduced insulin requirements up to 50%. One interesting effect is that without decreasing libido or sperm count, neem has been used effectively as a male contraceptive. In parts of Africa women use it also for the same purpose (so you may not want to use it if you are trying to get pregnant).

Melia is planted in urban areas in India because it is great at adsorbing pollutants, so we have to be very careful in our source selection. As with other Supreme Nutrition Products, each batch goes through AK testing for effectiveness, besides the normal “purity” tests required by the government.

Dosage: For adults 1 cap 3x/day. Occasionally we go as high as 2 caps 3x/day. In older children we dose by weight. It is not given to young children (under 6).
Contraindications: Melia Supreme™ is contraindicated in pregnancy, nursing, as well as in young children. It may also prevent pregnancy.

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Morinda Supreme™

Morinda Supreme™, the first product we produced, is pure powdered Morinda citrifolia available in both powdered and capsule form. It is a wonderful **broad spectrum antimicrobial** effective against many **virus, bacteria, fungi, parasites**, and spirochetes. In our opinion it tests and performs much better than most other available noni.

We believe this is because:

1) much of the noni (in juice form) on the market is greatly diluted with other fruit juices to mask the taste; 2) most noni on the market has been put through a fermentation process that they feel enhances the product (I feel it does the opposite); 3) most noni is either in pasteurized juice form or a capsule combining the leaves and fruit (I believe the raw powdered fruit without the leaves is the best form); 4) some of the Hawaiian noni is grown downwind of Kilauea volcano and I believe this could contaminate it with toxic materials that are in the vog (volcanic fog). I believe this could possibly be true for some sources from the Big Island and Maui.

I have used Morinda Supreme™ to treat multiple forms of dysbiosis simultaneously (using only Morinda instead of selling the patient 3-4 different products). I have also used it as a **preventative** for dysbiosis and food borne illnesses. This can be especially useful in patients who travel internationally or eat out often. I have seen it “clear” fungus, bacteria, parasites, virus, etc., quicker than most other products. Some physicians have confirmed this with lab tests (blood, stool, etc.). I have had patients take it while they are on prescription antibiotics to avoid getting a yeast infection.

Besides being a broad spectrum antimicrobial, Morinda has been shown to enhance the white blood cell’s ability to engulf invading organisms and also has Cox2 inhibiting properties. If I go into all the reported conditions it helps, I would sound like a snake oil salesman. I encourage you all to try it and I feel assured that before long you will be using it on yourselves and your patients as I do.

Dosage: As a **preventative** I have been using 1 scoop or 3 caps daily as a therapeutic FOOD (2 scoops in patients that are more prone to dysbiosis). If I feel I may be “coming down” with something, I up it to the therapeutic dose for a few days till things have passed. As a **treatment** for existing problems I have been using 1 scoop 3x/day or 3 caps 3x/day (depending on patient size and severity of condition) as a **therapeutic dose**. A small minority of patients will get gastrointestinal distress when taking Morinda. This may be due to die-off. In these cases, we decrease the dose to 1/4th scoop (1/4th teaspoon) twice daily and if that dose is tolerated we slowly build back up after a few days. Some people stay on it indefinitely (with a weeks vacation off of it every month or two). Others after

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the initial clearing of dysbiosis only take it when they have been exposed to a microbe or feel that something might be coming back.

Contraindications: Morinda Supreme™ is contraindicated during pregnancy.

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

ORAL DEFENSE™

Oral Defense™ is an oral hygiene product that was developed to help prevent the spread of harmful microbes to the rest of the body.

Many people harbor microbes that have the potential to cause dysbiosis in their mouths and under their gums. Ultrasonic cleaning or even mechanical cleaning can possibly help spread these organisms further down into the digestive tract and perhaps to other parts of the body.

These organisms can come from food, water, sexual activity, etc. Clinical trials have helped us develop a proprietary blend of 2 essential oils (Mentha spicata and Cedrus deodora) that appear to help control this phenomena. We have used it as follows: Before and after brushing we take one drop of Oral Defense™ and apply it where the gums and teeth meet (top and bottom, front and back of teeth). Twice weekly, we also take 3 drops in a little water (it doesn't mix well) and swirl our toothbrush in it for ten seconds and then rinse it off.

This is an all-natural product unlike most dental hygiene products on the market that contain alcohol (up to 27%) as well as sweetening and chemicals.

Packaged in a 1 oz dropper bottle.

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Reishi Supreme™

When Supreme Nutrition Products started about 3 years ago, we envisioned being a small company with a few very high quality products. We wanted the products to be somewhat broad spectrum in their therapeutic effects and be ones that from a kinesiological standpoint could help a majority of people. Reishi, just like LuRong, was a surprise to me. Over the years, I have read much material on the effects of therapeutic mushrooms on people, but once again I was never able to find a mushroom product (tincture, capsule, tablet, etc.) that strengthened the majority of people I tested it on. In the case of these previous mushroom products, it was only a small minority that tested well. One of the practitioners who works with Supreme Nutrition is an experienced herbalist.

He sends me samples of what he considers herbs with excellent clinical applications from very pure sources. It was his discovery of some very high quality mushroom products that more than met my expectations with blind AK testing that has led to this product. I think you will find too that it performs excellently and like most of our products has a wide range of applications.

Reishi (*Ganoderma lucidum*) has been used in the Far East for approximately 4,000 years. In China it is called Ling Zhi (mushroom of immortality). Historically it has been used as a **longevity herb, to treat kidney disorders, liver disorders**, bronchitis, asthma, gastric ulcers, **fatigue**, insomnia, heart disease, cancer, dizziness, and to prevent altitude sickness. The bioactivity is due to the polysaccharides (over 100 types including beta-glucan), tri terpenes, proteins, sterols, minerals (including germanium) and fatty acids.

There have been many studies on ganoderma showing it to be **antimicrobial (specifically antibacterial against H.pylori and certain species of klebsiella)**, and antiviral, including anti-HIV. Our clinical tests have also found it useful at times for fungal and parasitic issues too.

Reishi also exhibits the following properties: chemoprotective, anti-inflammatory, hepatoprotective, anti-oxidative). etc) Like Morinda, BodyGuard, Endo, Melia, and LuRong, the clinical applications are very broad and we test it on every patient as it has the potential to be health restorative for many.

Its antitumor effects have been studied extensively both as a single standing product and in combination with other herbs and chemotherapy agents. It also lessens the negative effects of chemotherapy and radiation. Other trials show it to activate T-cells and certain cytokines, especially IL-2, as well as macrophages. Reishi can also act as a mast cell inhibitor leading to an inhibition of

histamine release. It has been effective in lowering elevated cholesterol levels as well as blood pressure.

Not only is Reishi not contraindicated in patients with fungal issues but it can help them get over it. It also helps minimize the toxic effects of **methylxanthine ingestion** (caffeine, theobromine in coffee, tea, chocolate, etc) and should be given to those that consume moderate to large amounts of these substances.

The only potential side effect we know of is that it can have an additive effect involving the inhibition of platelet aggregation for people already on blood thinning medications so they may need less of the medication (or not take the reishi).

I especially recommend reading the book REISHI MUSHROOM by Terry Willard PhD for much more information.

As I said, I test it on everyone- patients with dysbiosis, allergies and chemical sensitivities, liver, cardiac and kidney disorders, immune deficiency . Dose is between 3-6 caps daily depending on the severity of the condition. It works well in combination with all the other Supreme Nutrition products and as a stand alone too if none of the other products are indicated.

Rosemary Supreme™

We are very excited to release our newest product: Rosemary Supreme™ which was developed as a collaboration between Dr. Walter Schmitt and Dr. Michael Lebowitz. As with other Supreme Nutrition products it took a while to source a raw material that consistently tested good as well as performed clinically. This will distinguish it quality-wise from the common kitchen rosemary (though it is the same plant) as well as other brands of capsules that have stearic acid or rice powder added and didn't go through kinesiological quality control testing. Our source is also organically grown.

Rosemary's main therapeutic properties are that it is **1. A powerful antioxidant with immune modulating properties and 2. It possesses extrahepatic estrogen breakdown effects 3. May enhance cognitive ability as we age.**

Rosemary contains three antioxidant substances that have potentially beneficial properties for our health: rosmarinic acid, carnosic acid, and ursolic acid.

Rosmarinic acid

Rosmarinic acid impacts estrogen breakdown in a positive way. Estradiol and estrone are detoxified via pathways that can be protective or carcinogenic, especially to tissues such as the breast and prostate. Rosmarinic acid has been shown to direct the metabolism of these estrogens toward the protective 2-hydroxy estrone pathway and away from the carcinogenic 4-hydroxy estrone and 16-hydroxy estrone pathways. Any female or male patient with personal or family history of estrogen driven cancers should be evaluated for rosemary. (ref: B T Zhu, D P Loder, M X Cai, C T Ho, M T Huang and A H Conney, Dietary administration of an extract from rosemary leaves enhances the liver microsomal metabolism of endogenous estrogens and decreases their uterotrophic action in CD-1 mice. *Carcinogenesis*. 1998 Oct;19(10):1821-7.)

Rosmarinic acid also has important antioxidant effects. In the arachidonic acid cascade it shifts the production of the highly inflammatory leukotriene B4 toward the production of prostaglandin E2. It also inhibits the complement system, the inflammatory activity driven by the innate immune system.

In mice, it has been shown to inhibit the allergic airway inflammation induced by house dust mites in vivo. (Ref: Inoue K et al, Effects of volatile constituents of a rosemary extract on allergic airway inflammation related to house dust mite allergen in mice. *Int J Mol Med*. 2005 Aug;16(2):315-9.)

Carnosic acid

Carnosic acid, and its metabolite carnosol also have antioxidant properties including neuroprotective effects in the brain. (Ref: Satoh T, Kosaka K, Itoh K, Kobayashi A, Yamamoto M, Shimojo Y, Kitajima C, Cui J, Kamins J, Okamoto SI, Izumi M, Shirasawa T, Lipton SA. Carnosic acid, a catechol-type electrophilic compound, protects neurons both in vitro and in vivo through activation of the Keap1/Nrf2 pathway via S-alkylation of targeted cysteines on Keap1. *J Neurochem*. 2008 Feb;104(4):1116-31. Epub 2007 Nov 6.) These effects include increasing reduced glutathione and protecting against middle cerebral artery ischemia/reperfusion.

Carnosol has been shown to inhibit lipopolysaccharide (LPS) and interferon- γ (IFN γ) induced nitrite production by mouse peritoneal cells by more than 50%. Nitric oxide and the further production of peroxynitrate and nitrite have DNA damaging and carcinogenic effects. (Ref: Marion Man-Ying Chan, Chi-Tang Hoc and Hsing-I Huang, Effects of three dietary phytochemicals from tea, rosemary, and turmeric on inflammation-induced nitrite production. *Cancer Letters*, Vol 96, Issue 1, 4 September 1995, pages 23-29.)

Carnosol performs this antioxidant activity by decreasing nitric oxide production via inhibition of inducible nitric oxide synthase (iNOS) and nuclear factor kappa-B (NF- κ B) promoter activity. These activities provide possible mechanisms for its anti-inflammatory and chemopreventive action. (Ref: Ai-Hsiang Lo, Yu-Chih Liang, Shoei-Yn Lin-Shiau, Chi-Tang Ho and Jen-Kun Lin, Carnosol, an antioxidant in rosemary, suppresses inducible nitric oxide synthase through down-regulating nuclear factor- κ B in mouse macrophages. *Carcinogenesis* Volume 23, Issue 6 Pp. 983-991)

Ursolic Acid

Ursolic acid has been found to reduce muscle atrophy and to stimulate muscle growth in mice. Ursolic acid has potential use as a cardioprotective compound.

So to sum up - rosemary should be thought of as a product to help estrogen degradation, as a powerful antioxidant, and as a cardioprotective and neuroprotective agent as well as in many autoimmune disorders.

For those of you that use Dr Schmitt's protocols the following are AK indicators that may need Rosemary Supreme:

- 1) Weakness induced by homeopathic 4-OH estrone or 16-OH estrone negated by rosemary.
- 2) Weakness induced by homeopathic inflammatory cytokines (especially TNF-alpha and interferon-gamma) negated by rosemary.

Test rosemary in any free radical / inflammatory disease (including autoimmunity) patient, including those who might weaken on bleach sniff, or hydrogen peroxide sniff, either by testing a muscle that is weak in the clear or by observing for rosemary negating the challenge weakness.

For those of you who utilize Dr. Lebowitz protocols see if a weakening of any of the 3 of the estrogen vials in the biochemical/hormone kit are negated by Rosemary. It may also negate the weakening of any of the chemical composites (industrial and environmental 1 and 3, chemical and inhalant, pesticides 1,2, and 3, dental, food additives, etc.) Also strengthening in the clear would be an indicator.

Dose is 1-2 caps daily 2-3x/day.

Warning: Rosemary may affect the blood's ability to clot, and could interfere with any blood-thinning drugs you are taking. Be sure to consult your doctor if you are taking Plavix, Coumadin, or Aspirin or any other type of blood thinner.

Rosemary may interfere with the action of ACE inhibitors in high blood pressure medications like: Monopril, Vasotec, Zestril, Capoten or any other such medications.

Schisandra Supremetm

Schisandra is a berry originating in Eastern Asia, which has been long used in Chinese Medicine. Schisandra has been shown to increase liver function by increasing enzymatic activity, which in turn **increases glutathione production**. Clinical trials in China by Liu KT in Studies on fructus Schizandre cinensis has shown that schisandra berries can help those with chronic viral hepatitis. One mechanism of hepatitis alleviation is lowering levels of serum glutamic pyruvic transaminase (SGPT), a marker of hepatitis and many other liver disorders. It also may lower SGOT. Schisandra is thought to help regrow hepatic cells damaged by alcohol ingestion. The active parts of Schisandra currently identified as helping liver function are: schizandrin, deoxyschizandrin, gomisins, and gomisin.

Animal studies have shown that Schisandra can **increase physical stamina and energy levels**. It can also quicken reflexes and increase focus; in addition to protecting against things such as heat shock, frostbite, heavy metal intoxication, radiation, high altitude problems and certain types of inflammation. Schisandra may also be a useful adjunct to chemotherapy due to both its liver protective properties (especially phase 1 detoxification) as well as its immune modulating properties. It can potentially help people handle the toxicity of certain pharmaceuticals they take. Heart contractility has also been shown to increase, without a change in blood pressure. In addition to increasing physical stamina, schisandra is thought to **increase mental stamina and focus** as well as visual and hearing acuity. Schisandra is also known to have phytoadaptagenic properties (similar to ginseng) and to assist the endocrine, immune, and sympathetic nervous systems. It may help with cardiovascular and GI problems, increase bile secretion, and even help in the prevention of atherosclerosis. It is also reported that Schisandra has an aphrodisiac affect on both men and women (by increasing men's staying power and stimulating sensitivity in the females' genitals).

Schisandra is known to having some antimicrobial functions. It is thought to be especially effective against Staph aureus, Bacillus dysenteriae, Bacillus typhi and Bacillus subtilis.

In practice I find schisandra to be one of the products that tests most often and I use most often. It appears in practice to be a very effective antimicrobial against many types of organisms (fungal, bacterial, viral, etc.). It also has been very useful in patients who have suffered from liver stress or need to possibly excrete some stored xenobiotics, chemicals, metals, and mycotoxins. There are quite a few patients who need to be on it for 3-6 months and report many positive changes from taking it. I have seen it help chronic eczema as well.

Chinese medicine typically prescribes Schisandra to treat mental illnesses such as depression, and to help against insomnia.

Contraindications: pregnancy, as it can increase uterine contractions (though it has been used to induce labor).

Our typical dose is one cap 3x/day. We test it on every patient

Smilax Supreme™

Smilax Supreme comes from the root of the plant *Smilax officinalis* which is a small vine that grows throughout Central and South America. This herb has been used for centuries for many purposes. Over the years it has been traditionally prescribed for the following conditions: psoriasis, arthritis, autoimmune diseases, detoxification, hormone regulation, and as a general tonic and blood purifier. It has historically been used to treat syphilis, gonorrhea, and other STD's since at least the early 1800's as well as for leptospirosis.

Back in 1942 the New England Journal of Medicine reported on Smilax's effectiveness in treating psoriasis. Psoriasis as well as many other diseases such as inflammatory bowel disease, various liver disorders, pancreatitis, periodontal disease, coronary artery disease, arthritis and asthma are believed to have endotoxins as a possible causative component according to many researchers. One of the main components of Smilax is sarsaponin which has been found to be an effective endotoxin binder which is very possibly the reason it has been so helpful in treating psoriasis as well as so many other symptoms/conditions. Since endotoxins can alter the manufacture of cytokines and eicosanoids, endotoxins can be very pro-inflammatory and have a vast number of effects, mostly negative.

Other components of Smilax, specifically some of the flavinoids have been shown to be hepato protective.

We see Smilax filling an important niche in our work. Many alternative medicine physicians find that many of our chronic patients suffer from a variety of sub clinical "infections" of bacterial, fungal, parasitic, viral, and spirochete origins. These "infections" can cause many symptoms affecting the derma, gastro intestinal tract, respiratory system, etc. etc. Many of the symptoms can arise from the endotoxins, mycotoxins, etc. produced by these microbes. An herb with the potential to bind many of these toxins can be of much benefit to speed up resolution of the patients complaints. We already know of a number of natural plants that have strong anti microbial properties but few that are noted for their endotoxin and possibly mycotoxin binding properties.

As with most of our products, we test this on most if not all patients. It may show up initially or it also may not show up until dysbiosis is resolved so the body can focus more on endotoxin reduction. We see its greatest uses as:

1) A endotoxin binder and potentially a mycotoxin binder to accompany the antimicrobials you prescribe.

2) As a broad spectrum antimicrobial itself, including as a possible anti-spirochete agent (borrelia, babsesia, etc.) While the research hasn't been done yet, its effects in treating syphilis suggest its possible usage for other spirochetes as well.

3) Immune modulator especially in people with suspected auto-immune responses.

4) It has been traditionally used to increase libido and hormone balancing so you might want to investigate it in those areas.

5) It is also theorized that it increases GI absorption of other herbs and acts as an aid to the bioavailability of substances.

There are no known side effects though as with most herbs there is always a slight risk of gastro intestinal irritation or nausea in very sensitive patients. There are some theories on the internet that it should not be taken with Digitalis glycosides or bismuth containing medications like Pepto-Bismol or SF734.

Dose is one cap 3x/day. Can use 1 q.i.d. in severe cases.

Takesumi Supreme™

Takesumi Supreme™ is specially carbonized bamboo. I would like to share my clinical observations. Takesumi, on AK testing, fairly routinely blocks positive tests to **toxic metals, chemicals**, and often foods too. I look at it as a supreme **detoxification** product. It also appears to **adsorb myco and endotoxins** (and other biotoxins) from various organisms, take the load off the liver and kidneys and thus act in an anti-aging fashion. Takesumi is also reported to adsorb **radiation** (radon, nuclear, etc.)

It does have antifungal, antibacteria, antiparasitic and antiviral properties but not quite as strong as Morinda or Melia do. Because of the porous nature of the bamboo, it is an amazing absorber (up to 10x more so than wood treated similarly, according to many sources). Research from Japan claims it emits far infrared rays (thus improving circulation and helping detoxify) as well as negative ions, and shields the body from EMF's. It also is a natural source of minerals (macro and trace) and is reported to be alkalizing.

Takesumi, as far as we can tell, cannot be encapsulated without adding flowing agents etc. due to its density etc. It is tasteless and disperses adequately in water, juice, smoothies, etc. so it is not difficult to take. We have also been incorporating it into bread and muffin recipes. Check the website for more details.

Dosage: typically 2 scoops daily (can be taken at once)

Preventative: We recommend everyone take it periodically (my guess would be a round of it quarterly for the average person) for detoxification - some people for longer periods at a time, and some for shorter depending on their degree of toxicity and exposure to environmental contaminants (past and present). Use your AK skills to determine this. I have seen people need it for weeks to months at a time. As a preventative I recommend one scoop daily. It should also be taken whenever you have been exposed to a food or chemical you are sensitive to as it will hopefully shorten the severity and duration of the reaction. My son suffers from a degree of cognitive impairment and loss of coordination when eating a food he is sensitive to. For him, Takesumi aborts the reaction and he returns to normal quickly.

Therapeutically: We typically have people take 2-3 doses daily for a complete bottle and then re-evaluate, if we are using it as a detoxifier for chemical or metals. For microbes we suggest one scoop 3x/day for 2-3 weeks and then re-evaluate. Because of its strong detoxification properties, it can go a long way in promoting healing. We recommend it not be taken at the same time as pharmaceuticals as it could adsorb them. I prefer first thing in the morning and at bed but anytime two hours away from medications works best.

Contraindications: The only possible contraindication I know of is not to take it, if you have been diagnosed with variegate porphyria. Take at least 2 hours away from prescription medications as it may adsorb them to a degree.

Thera Supreme™

The goal of TheraSupreme™ was to create a product that is a superb antioxidant, high in vitamins and minerals, an immune booster, 100% natural food product that could be added to a drink as an all around health booster. There are many products already on the market that have mixes of fruits, vegetables, enzymes, etc. etc. Most of these products appear to put everything that has ever gotten good press into one mix. Unfortunately from an AK standpoint, these products rarely “strengthen” patients and in most cases “weaken” patients. After much experimentation we settled on 7 ingredients and then blended them in varying ratios to see which would obtain optimum results. In some ways what makes TheraSupreme™ unique are the so called superfoods it doesn’t include, because they do not test well on the majority of patients. These include alfalfa as well as various algae, fungal derived enzymes and powdered grasses.

Thera Supreme™ is also the treatment of choice for people who have a problem excreting **solanines** and the resultant chronic pain and inflammation that can result from it. Of course simultaneously avoiding these foods (nightshades) is critical.

Thera Supreme™ has the following 7 ingredients: bilberry, blueberry, elderberry, pomegranate, asparagus, black radish, and cilantro (coriander). All have been tested to be free of pesticide residue.

To give you some info on the individual ingredients:

Bilberry - high in anthocyanin pigments, reportedly helpful for night vision, macular degeneration and some heart conditions and other vascular disorders.

Blueberry - recent studies suggest blueberries may be useful in reducing cancer risk, slowing the cognitive decline in Alzheimers, controlling blood pressure and prevention of urinary tract infections. It can also be a good source of vitamin K as well as manganese.

Elderberry - another rich source of antioxidants and various phytonutrients - it has been shown to have antiviral activity especially against certain strains of influenza. A good source of carotenoids and other nutrients.

Pomegranate- potent anti-oxidant with significant amounts of vitamins A, C, E, and folic acid.

Asparagus - supplies vitamins A,C,E, iodine, folic acid. Traditionally it has been used to strengthen the genitourinary system and more recently has been used to help in people with various forms of cancer.

Black radish - one of the greatest detoxifiers and an activator of liver detoxification enzymes.

Coriander/Cilantro - contains an antioxidant that helps prevent animal fats from turning rancid. Mildly antibacterial and antifungal and used by some to chelate mercury and other heavy metals.

Dosage: one scoop daily in fruit juice (it is decent in water but better in juice) as a maintenance dose. For people in poor health or with solanine problems, we may recommend up to 3 scoops daily.

I feel for the sensitive patient this can act at least partially as a substitute for taking a multi and for everyone it can supply many phytonutrients that we do not get in our daily diet and will help boost our nutrient levels and over all immunity, health, and well being. In AK testing besides strengthening in the clear, it also often blocks positive tests for chemicals and metals, some microbes, and will strengthen many weak organ NL's - again a very complete product that almost everyone will benefit from.

Vital Guard

VitalGuard Supreme™ is made from the ground flowers of *Chrysanthemum morifolium*. It is a broad spectrum antimicrobial as well as having many other valuable properties.

In China, the flowers of this particular species have been used for over 4,000 years as an important plant medicine. Traditionally, *Chrysanthemum* has been used in China to treat headaches, sore throats, and fevers, as well as eye disorders like red eyes, blurred vision, and near sightedness. *Chrysanthemum* can be used to treat hypertension, vertigo, dizziness, and help resolve certain skin disorders like abscesses and ulcers. It has also been used in Korea to treat insomnia.

Chrysanthemum flowers and leaves are rich in flavinoids, which are a class of compounds known to have anti-inflammatory, antioxidant, anticarcinogenic, and cardioprotective properties. The two principal flavinoids in *Chrysanthemum* are Luteolin and Apigenin, as well as some Quercetin. Modest amounts of essential oils are present in the flowers, 0.2-.85%. *Chrysanthemum* also contains Isobutylamides, immune modulating compounds also found in *Echinacea*.

Most importantly, *Chrysanthemum* has antibacterial, antifungal, antiparasitic, and antiviral properties, is cardioprotective, neuroprotective, and has potent antioxidant properties. I have found it to be especially useful in a wide variety of viral infections both acute and chronic, as well as bacterial infections including Lyme. Almost across the board when patients begin taking *Chrysanthemum* they report a greater sense of wellbeing, and some report increase energy. I've also seen great effects with patients who suffer from chronic aches and pains as in Fibromyalgia. With muscle testing, it generally seems to strengthen most people in the clear.

I find *Chrysanthemum* to be useful in a broad range of applications from a gentle cardiovascular and brain tonic to a potent anti microbial agent.

Chrysanthemum is very safe, large quantities having been tested in animal models for extended periods of time (Rat models fed up to 15g/ kg body mass for 14 days in one study and 1,280g/kg body mass for 26 weeks in another study, both with no adverse effects).

Chrysanthemum extracts have been shown to be cytotoxic against *Mycobacterium tuberculosis*. Extracts have also been shown to be antimutagenic against

Salmonella typhimurium. Of special note were several studies, which showed strong effects at inhibiting HIV by both interfering with the integrase enzyme as well as direct anti HIV activity in cell culture.

In one study, extracts from Chrysanthemum significantly reduced neuronal defects, extent of infarction, brain edema, and improved the production of super oxide dismutase (SOD), in brain tissue following ischemic stroke in animal model. In another study, Chrysanthemum extracts were shown to be protective against oxidative damage and cytotoxic drugs by reducing reactive oxygen species (ROS) in brain tissue.

There is some evidence that Chrysanthemum is protective against damage from heavy metals, particularly lead. In one study, Chrysanthemum extracts were shown to be protective against lead-induced oxidative injury, as well as being hepatoprotective and nephroprotective.

In heart tissue, Chrysanthemum has been shown to be cardioprotective acting as an antiarrhythmic agent, increasing the action of papillary heart muscles, and protecting against oxidized LDL, the precursor to atherosclerotic plaque. It has also been shown to prevent apoptosis of aortic vascular smooth muscle cells. High doses of Chrysanthemum have been used over a course of several months for Coronary Artery disease leading to improvements in 86% of patient symptom scores and 45% improvement on objective EKG findings.

In summary we test VitalGuard Supreme™ on all patients due to its general health enhancing properties and broad range of applications (as we do with all the other Supreme Nutrition products). It is a great anti microbial and possibly like Morinda Supreme™ can act as a preventative. It also appears to improve health in general. When using it as an antimicrobial we let our testing dictate whether we use it as a stand alone or in combination with other products such as Morinda Supreme™, Melia Supreme™, Golden Thread Supreme™, and Schisandra Supreme™.

We have read of no contraindications during pregnancy (after exhaustively searching for them) so it might be the treatment of choice when treating dysbiosis during pregnancy but as with any herb during pregnancy monitor your patients closely.

Recommended Dose: 4 capsules three times a day as an anti microbial and two caps 2 times daily for general health.

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Wild Greens Supreme™

Wild Greens Supreme™ has been a long time in the making (approximately three years). The goal was to create a high quality green food product that consistently tested well (strengthening a weak indicator muscle) “in the clear” on a vast majority of patients. The herbs needed to be nutritive without being overtly medicinal so they could be consumed daily and nourish the body with a therapeutic dose of nutraceuticals and phytochemicals. They also needed to retain their nutritional integrity over time. Many samples were tested and we almost gave up many times as virtually nothing met the criteria.

Finally, a viable source was found that passed muster. The resulting product is a combination of five herbs that are harvested in the wild, immediately frozen, then freeze-dried just prior to packaging. Freeze-drying retards the degradation of the plant’s constituents allowing the vital nutrients to maintain much longer than air-dried plants.

The contents are a blend of *Urtica dioica* (nettles, leaf), *Stellaria media* (chickweed), *Claytonia sibirica* (Siberian miner’s lettuce), *Taraxacum officinale* (dandelion greens), and *Agropyron repens* (couch grass).

Noticeably absent are the cereal grasses (e.g. wheat and barley grass juice), various algae (spirulina, chlorella, blue green algae, etc.), and legume foliage (e.g. alfalfa). Almost every other “greens” product on the market contains at least one of these, if not more. We didn’t want to include the grass juice from gluten containing grains to avoid the possibility of a reaction from gluten (gliadin) sensitive individuals. We excluded the algae because of the risk of excitotoxins and toxic metals and possibly other factors. I have been testing various algae for approximately twenty years and have yet to find one that tests well on the majority of patients I see. There is some doubt as to whether alfalfa is a suitable food for human consumption.

Though it has a good nutritional profile, it is best suited for the digestive system of a horse, and even then it can be easily overdone. Cancer pioneer Max Gerson has found that alfalfa can encourage or aggravate auto-immune conditions which are becoming more and more common in the civilized world. Wild Greens is rich in minerals, both macro and trace. The minerals are far more bioavailable than what is found in most supplements due to the fact that plants convert the inorganic form of the minerals (rock dust) into an ionic form that is easily assimilated. The greens contain ample electrolyte minerals (calcium, magnesium, sodium, & potassium) to supply the body with alkalinizing material to help maintain the proper pH of the blood and other body fluids.

Also in significant amounts are vitamins A, C, & K; fiber, and free form amino

acids. Not to be overlooked are the phytonutrients such as flavonoids that also play important roles.

One of the best features of greens is their chlorophyll content. Chlorophyll is a remarkable molecule responsible for photosynthesis - the ability of a plant to convert sunlight into carbohydrates for its own use. In the human body, chlorophyll promotes tissue regeneration and oxygenation, aids in detoxification, and is antimicrobial. Supplied as part of a whole plant product as opposed to an isolated component, we feel it is far more effective.

You've probably read or heard the quote from Hippocrates; "Let your foods be your medicine and let your medicine be your foods". This is a foundational principle in human health, but we need to have high quality food - something that is becoming increasingly difficult in our modern world. We made Wild Greens Supreme™ to help fill that need.

As to some of the individual constituents nettles is known for its ability to help hay fever, arthritis, benign prostatic hypertrophy and to be an effective anti-inflammatory. Dandelion greens have a high nutrient profile are anti-inflammatory, and hepato-protective. Siberian lettuce, couch grass and chickweed also have strong nutrient profiles and will help in detoxification and overall health.

There is no product like this on the market and due to the wild crafting and freeze drying it will never be mass marketed to the public. We are extremely happy to make this available to our customers.

As a general health promoting supplement/food, we recommend two teaspoon daily mixed in 4 oz. water or juice taken with a meal once daily. Better yet add it to your smoothie. On extremely toxic individuals twice daily is preferred. From an applied kinesiological standpoint it will often negate various microbes, chemicals and metals on testing and can be used to complement the other more targeted antimicrobials and chelating agents available but not as a stand alone product for these conditions (though it can be a stand alone product for health enhancement).

Wild Greens should be an extremely healthful addition to everyone's diet.

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Alaria Supreme™

- trace mineral supplement especially iodine
- anti-inflammatory
- antiviral
- anti-radiation
- metal and chemical chelation

Ashwagandha Supreme™

- fatigue
- stress
- sleep aid (gaba like)
- antioxidant
- adrenals
- mood enhancer

BFB-1 & BFB-2

- biofilms
- antimicrobial
- quorum sensing

BodyGuard Supreme™

- emf protection
- liver
- gall bladder
- antimicrobial
- blood pressure
- blood sugar

Camu Supreme™

- natural high vitamin C source
- allergies
- metal chelator
- antiviral
- anti-inflammatory

Endo Supreme™

- endocrine adaptogen
- adrenals
- libido
- fatigue
- arthritis

Golden Thread Supreme™

- broad spectrum antimicrobial (fungus, bacteria, parasites, virus)
- liver
- gall bladder

Lu Rong

- musculoskeletal support
- arthritis
- nerve growth factors
- anti-inflammatory
- athletic performance
- immune stimulant
- mood enhancer

Hemo Guard

- helps normalize hypercoagulation
- may decrease platelet aggregation
- anti-inflammatory

Illicium

- anti microbial
- GI inflammation
- neuro-protective

Manjistha

- anti-inflammatory
- anti anxiety
- lymph, kidney, blood detoxifier

Melia

- broad spectrum antimicrobial (fungus, bacteria, parasite, virus)
- liver
- antihistaminic

Morinda

- broad spectrum antimicrobial (fungus, bacteria, parasite, virus)
- anti-inflammatory

Oral Defense

- broad spectrum antimicrobial for oral cavity

Reishi

- longevity
- kidney
- liver
- fatigue
- methylxanthine toxicity
- immune stimulant
- chemical chelator
- antimicrobial

Rosemary

- helps break down estrogen
- powerful anti-oxidant
- neuroprotective

Schisandra

- Increases glutathione production
- Increases energy, stamina and focus
- Adaptogen
- Increases liver function

Smilax

- endotoxin binder
- broad spectrum antimicrobial
- auto-immune issues
- increase libido

Takesumi

- metal/chemical chelator
- detoxification
- endo-toxemia
- trace mineral source
- intestinal upset

Thera

- immune stimulant
- antioxidant
- vitamin/mineral/phytonutrient source
- solanine toxicity

Vital Guard

- broad spectrum antimicrobial
- neuro protective
- cardio protective

Wild Greens

- phytonutrient source
- general health enhancement

Supreme Nutrition Products are available from:

Mid-American Marketing Corp.

P.O. Box 295

Eaton, OH 45320

800-922-1744 • 937-456-9393 • Fax: 937-456-9897

Office Hours: 8:30-4:30 EST, Monday - Friday

or online at

www.supremenutritionproducts.com