



OPTIMALESSENTIALS SUPERFOODS

Ingredient Information:

Astragalus:

a tonic traditionally used to strengthen the immune system and to increase the body's resistance to common viruses. Also used for enhancing metabolism and digestion and the healing of wounds and injuries.

Barley Beta-Glucan:

Derived from Barley, the all-natural concentrate of Beta-Glucan soluble fibres are known to be beneficial to health. They improve blood sugar levels, Lipid profiles, assists in cholesterol reduction and reabsorption, benefit digestive health and assist in weight control and satiety. There are currently over 47 clinical studies to show the benefits of Barley Beta-Glucan.

Barley Grass:

one of the first grains to be cultivated, the use of barley for food and medicinal purposes goes back to the distant past. Bursting with Chlorophyll barley grass is an excellent nutritional source containing all the vitamins, minerals, antioxidants and detoxifying compounds, proteins and enzymes that keep the human body healthy. It has been reported that barley grass helps in the treatment of a variety of illnesses, including arthritis, migraine headaches, asthma, fatigue and gastro-intestinal disorders, and can help in clarifying the skin and is also credited with helping in more serious illnesses such as blood clots, diabetes, and cancer.

Brewers Yeast:

known as nature's wonder food, Brewers' yeast contains highly concentrated amounts of protein, as well as a wonderful spectrum of other healthy vitamins and minerals a rich source of many nutrients, including protein, some B vitamins, phosphorus, and chromium. Low in fat, sodium, calories and carbohydrates, it is also beneficial for those with diabetes and hypoglycemics. It has been shown to help people having difficulty sleeping and help people who feel fatigued, since many of the B group vitamins present are essential in the release of energy from the carbohydrates in the food we consume.

Broccoli:

a cruciferous vegetable rich in antioxidants which help protect against both cancer and heart disease.

Broccoli is one of the most nutrient-dense foods. It's an excellent source of vitamins A, C, and K, folic acid, and fibre. It's also a good source of potassium, phosphorus, magnesium, and the vitamins B6 and E. Broccoli also contains the carotenoid lutein, glucosinolates and phytochemicals that have tremendous anti-cancer effects.

Bromelain:

Derived from the pineapple plant, bromelain is an anti-inflammatory agent and for this reason is helpful in healing minor injuries such as sprains, strains, muscle injuries, and the pain, swelling and tenderness of rheumatoid arthritis, low back pain, bruising, and sinusitis. Studies have also shown that Bromelain can be useful in the reduction of platelet clumping and blood clots in the bloodstream, especially in the arteries.

Cabbage:

a popular vegetable, cabbage contains phytonutrients which protect the body from free radicals that can damage the cell membranes. Cabbage may lower the incidence of cancer, especially in the lung, stomach and colon prostate, is a blood cleanser and eye strengthener, is anti-inflammatory and contains lactic acid that acts to disinfect colon. The Romans and Egyptians would drink cabbage juice before meals to prevent intoxication and the Greeks used fresh white cabbage juice to relieve sore or infected eyes.

Calcium Caseinate:

A high protein, high calcium nutrient derived from egg whites and milk produced by ultrafiltration and cross flow filtration to retain the highest possible protein content.

Chondroitin:

Part of a large protein molecule called proteoglycan, which helps give cartilage elasticity. Chondroitin is purported to promote healthy joints by warding off the effects of damaging enzymes and is believed to help draw fluid into the cartilage, making it spongy and flexible. Research has shown that chondroitin can reduce osteoarthritis pain as well as arthritis.

Citrus Fibre:

Citrus fibre is derived from the peel and is a natural occurring fibre in oranges, grapefruit, lemons, and other citrus fruits. It is a valuable source of starch resistant insoluble fibre, which is a natural pre-biotic.

Citrus Bioflavonoids:

are powerful antioxidants and their acknowledged health benefits include anti-microbial, anti-inflammatory, anti-cancer, antihistamine and anti-allergy effects. They work synergistically with vitamin C, decrease capillary permeability and fragility, and protect collagen, blood vessels and the heart.

Chlorella Powder:

This tiny algae packs a powerful punch. Containing more chlorophyll per gram than any other plant it provides all of the B vitamins, vitamins C and E, amino acids (including all nine essential ones), enzymes and rare trace minerals as well as protein and carbohydrates. It acts as both a powerful nutrient and a detoxifying food, helps protect the body in its fight against both viruses and cancer.

CoEnzyme Q10:

Co Enzyme Q10 comes from Co Enzyme Q which occurs in foods, thereby going by its common name Ubiquinone (from the word Ubiquitous meaning 'being everywhere. It is the substance made by our bodies and obtained in the diet, mainly from oily fish, organ meats, and wholegrains. Co Q10 is fat-soluble and works along with certain enzymes to support the body's bioenergetic function. It is also an electron carrier and is important to many body energy systems, but most importantly in the cell mitochondria. These are known as the body's energy factories, where Co Q10 aids the body in generating a very important energy source called ATP. Despite this abundance, the level of Co Q10, like many other essential nutrients, declines in your body with age.

Colostrum:

Colostrum is a pre-milk nutrient high in immunoglobulin, growth and immune factors. Advances in biotechnology have allowed extraction of Colostrum from cows for freeze-drying into a fast-absorbing powder with all growth factors intact. Colostrum contains immunoglobulin fractions as well as lactalbumin and beta-lactaglobulin often referred to as transfer factors.

Cranberry:

not just a pretty fruit but a nutrient powerhouse. Cranberries are among the top foods with proven health benefits. Research shows that cranberries contain significant amounts of antioxidants and other phytonutrients that may help protect against heart disease, cancer and other diseases. Cranberries contain proanthocyanidins (PACs) that can prevent urinary infections by binding to bacteria so they can't adhere to cell walls. The anti-adhesion properties of cranberry may also inhibit the bacteria associated with gum disease and stomach ulcers.

Flaxseed:

Flaxseed has long been valued for its health benefits, but only recently have researchers investigated its helpful compounds. Flax is one of the best plant-based sources of alpha-linolenic acid, which converts in the body to the same heart-protective omega-3 fatty acids found in salmon, sardines, and mackerel. It also contains both soluble and insoluble fibre (about 3g of total fibre per tablespoon. In addition, flaxseed is one of the richest dietary sources of lignans, phytoestrogens thought to protect against cancer of the breast, prostate, and colon.

Folate (or Folic Acid):

Folic Acid is necessary for the production and maintenance of new cells. It also helps prevent changes to DNA that may lead to cancer. Both adults and children need folate to make normal red blood cells and prevent anaemia. Research is now confirming a link between blood levels of folate and not only cardiovascular disease, but dementias, including Alzheimer's disease. Folate is very important in pregnancy, helping to regulate embryonic and fetal nerve cell formation. Folate can be obtained from such sources as from barley, brewers yeast liver and green leafy vegetables.

Ginger:

used to aid digestion, treat stomach upset, diarrhea and nausea. Also helps treat arthritis and heart conditions and believed to help the common cold, flu-like symptoms, headaches, and even painful menstrual periods. Recent studies have also shown that ginger reduces the severity and nausea during chemotherapy.

Grapeseed:

The medicinal and nutritional value of grapes dates back thousands of years. Rich in polyphenols, a compound that's high in antioxidants is 20 times more potent than vitamin C and 50 times more stronger than E. Studies suggest grape seed may help improve blood circulation, prevent atherosclerosis, lower blood pressure and improve blood cholesterol levels. Antioxidants found in grape seeds can neutralize free radicals and may reduce or even help prevent some of the damage caused by environmental toxins (including smoke, air pollution, and some drugs).

Green Tea:

Loaded with catechin polyphenols, especially epigallocatechin gallate (or EGCG), which are powerful antioxidants and have been shown in recent studies to fight viruses, slow aging by destroying free radicals, protect cells and DNA from damage believed to be linked to cancer and to be helpful for atherosclerosis, LDL cholesterol, inflammatory bowel disease, diabetes, liver disease, weight loss, neurodegenerative diseases and have far-reaching positive effects on the entire body.

Hawthorn Berry:

Native to the Mediterranean region, Hawthorn Berry enhances metabolism, circulation and the utilization of oxygen in the heart, helping reduce blood pressure. Hawthorn Berries also have antioxidant properties helping the body rid of free radicals that damage cells.

Hesperidine:

Found in citrus fruits and used to improve blood flow to the body. Hesperidine acts as an antioxidant and may also help reduce inflammation, assist in healing and increases the potency of vitamin C.

Horsetail:

Horsetail contains high concentrations of silicic acid and other silicates. Horsetail also contains potassium and manganese, along with variety of flavonoids. These flavonoids, as well as other substances are believed to be responsible for the herb's ability to strengthen connective tissue and give it anti-arthritic actions, promote bone and cartilage formation and is useful for treating brittle nails and related conditions.

Inulin:

A soluble fibre which dissolves in water to form a gelatinous material. It can help lower blood cholesterol and glucose levels. It also increases calcium absorption and possibly magnesium absorption, while promoting intestinal bacteria, plus potentially helpful in managing blood sugar-related illnesses.

Kelp:

called a "miracle plant" because of its huge therapeutic properties, kelp is rich in iodine (important for the proper functioning of thyroid) and iron (important for blood cell function), natural vitamins, minerals, including essential trace minerals. Also contains alkali, important for maintaining a proper pH balance in order for our bodies to function properly.

Lactobacillus Acidophilus:

most commonly used probiotic, or friendly bacteria, which help improve gastrointestinal function, boost the immune system, and provide relief from indigestion and diarrhoea. Also helps control the growth of the fungus *Candida albicans* preventing yeast infections.

Linolenic Fatty Acids:

These are one of the main forms of essential fatty acids vital to the overall health of the human body. They are converted in the body into OMEGA 3 Fatty acids, the benefits of these essential fatty acids are well documented and have shown to assist with arthritis, inflammation and may help control high blood pressure and a healthy cholesterol level.

L-Glutamine:

An important amino acid which has a variety of biochemical functions including protection against DNA damage. Studies have shown it to be useful in treatment of injuries; trauma, burns, and treatment-related side effects of cancer, as well as in wound healing for postoperative patients and may help to protect the lining of the gastrointestinal tract.

Milk Thistle:

a tall herb with prickly leaves and a "milky" sap native to regions of the Mediterranean, it can also be found growing throughout the world. Several scientific studies suggest that active substances in milk thistle (particularly silymarin) protect the liver from damage caused by viruses, toxins, alcohol, chemicals and certain drugs. Silymarin is believed to function by protecting liver cells from toxins by binding to liver cells, acting as an antioxidant and scavenger of free radicals, and stabilizing liver cell membranes.

Olive Leaf:

Researchers have found that oleuropein (an active flavonoid compound) is a potent antioxidant that is particularly protective in hardening of the arteries. This compound also slows the loss of vitamin E in the body that occurs during oxidation damage to tissues. The flavonoids in Olive also possess anti-inflammatory and immune enhancing abilities.

Psyllium Husk:

Used to relieve constipation, irritable bowel syndrome, diverticular disease, and diarrhoea. Recent research is also showing them to be promising in lowering cholesterol and controlling diabetes.

Quercetin:

a phytochemical that is part of the colouring found in the skins of apples and red onions. It has been isolated and is sold as a dietary supplement. It is a powerful antioxidant. It is also a natural anti-histamine, and anti-inflammatory. Research has indicated that Quercetin may help to prevent cancer, especially prostate cancer.

Red Beet:

These colourful root vegetables contain powerful nutrient compounds that help protect against heart disease, birth defects and certain cancers, especially colon cancer. The violet-red colour of Beetroot occurs from a pigment known as Betacyanin, a powerful antioxidant that protects the body and replenishes the blood with minerals and natural sugars. Rich in important minerals and micronutrients (especially folate/folic acid), Red Beets also contain vitamin C, vitamin A sodium, iron, calcium, magnesium as well as fibre.

Slippery Elm Bark:

considered one of the most valuable remedies in herbal practice, the abundant mucilage it contains has wonderful strengthening and healing qualities. Excellent for gastritis, gastric catarrh, mucous colitis and enteritis, soothing the stomach and intestines.

Spirulina: a complete protein, containing all essential amino acids. Spirulina is a rich source of potassium, and also contains calcium, chromium, copper, iron, magnesium, manganese, phosphorus, selenium, sodium, and zinc.

Tomato: high in lycopene and a powerful antioxidant. Studies show tomatoes protect against several forms of cancer and the most potent nutritional antioxidant found to date.

Turmeric/Curcumin:

a key ingredient in curries, turmeric contains curcumin and is considered to help with digestive disorders, act as an anti-inflammatory by lowering histamine levels, is an antioxidant protecting against free radical damage, protects the liver from certain toxins, improves circulation and has shown to decrease symptoms of skin cancers the incidence of chemically caused breast cancer.

Vitamin C:

One of the most vital vitamins required by the human body, this vitamin cannot be stored by humans and has to be consumed on a daily basis for optimum health. Vitamin C is an antioxidant and can protect your body from free radicals, which may cause heart disease and cancer. Responsible for producing Collagen it is present in your muscles and bones and responsible for holding the cells together, helps your immune system and helps you heal from scrapes and bruises.

Vitamin E (mixed tocopherols):

Vitamin E (mixed tocopherols), also known as tocopherol, is a fat-soluble vitamin that is an essential nutrient for humans. It is believed that vitamin E is a potent antioxidant that protects cell membranes and other fat-soluble parts of the body, such as low-density lipoprotein (LDL) cholesterol from damage. It also appears to protect the body against cardiovascular disease and certain forms of cancer and has demonstrated immune-enhancing effects.

Wheatgrass:

A powerful superfood, extremely beneficial not only as food but as an overall tonic for various ailments.

Containing over 90 minerals, Wheatgrass benefits the blood cells, bones, glands, hair, kidneys, liver, muscles, spleen, teeth, and other body parts. It protects the lungs and blood from air and water pollution, cigarette smoke, toxins, and heavy metals. Safe, effective, and an extremely potent aid to weight loss by suppressing appetite, and by stimulating metabolism and circulation.

Whey Protein: Is the Protein and Amino Acid components extracted from Whey isolate. It's considered to have the highest biological value of all known foods and has the full amount of branch chain amino acids as well as all 28 amino acids.