A SELECTION OF PROPERTIES

Sport

Especially recommended for sport, performances, muscles recovery (elderly, post-surgery) or muscles body mass or recovery. As sport induces a post-effort deficiency of the immune health, it may be interested to work on energy, power and after-sport.

- Zynamite® ([Mangifera indica]) Nutraingredient award 2018, higher peak power output, VO2 max and oxygenation, no jitters, nervousness, agitation
- Digezyme® [Enzymes] Improves proteins intake, benefits on delayed onset muscle soreness
- Rhodiolife® ([Rhodiola rosea]) Immunity post-exercise, protects muscle cells, improves endurance & recovery, adaptogenic, reduces fatigue, neurotransmission
- Rhaponticum Ecdysteroids ([Rhaponticum carthamoides]) Natural ecdysteroids for athletic performance and build muscle mass, adaptogen
- RedNite® ([Beta vulgaris]) Natural nitrate, betalains & polyphenols (no nitrites nor synthetic nitrates), performance during heavy resistance exercise, stress tolerance
- enXtra® ([Alpinia galanga]) Energy booster by blocking adenosine (caffeine-like without side effects), release of dopamine, increases blood flow
- Fenusterols® ([Trigonella foenum graecum]) Use of proteins in muscles rebuilt (increase deposition of prot., increasing muscle mass), muscle power, libido
- C3 Complex® ([Curcuma longa]) Anti-inflammatory, reduces muscle damage during exercise, optimizes recovery processes, weight and cholesterol
- GLSODin® ([Curcuma melo, Gladine]) Immune system, protects against inflammation, DNA damages and induced lactate production, anti-inflammatory cytokine
- BioPerine® ([Piper nigrum]) Ultimate nutrient enhancer, only 5mg per dose to boost by 150% to 1 000% the bio assimilation
- Capsaicin ([Capsicum annuum]) Aches & pains in muscles / joints (TRPV1), sport endurance, increases muscle protein synthesis and adrenaline secretion
- Cococin® ([Cocos nucifera]) Unique profile of nutrients from tender coconut, antioxidant properties, blood circulation
- Hesperidin ([Citrus sinensis]) Inflammation reduction (5-LO, TNF-α, HLE), vasodilator, better blood flow, improves exercise performance (NO production)
- Papain ([Garica papaya]) Proteolytic activity, helps digest proteins and fats, diuretic and antioxidant properties
- Bromelain ([Ananas comosus]) Protein digestion, muscle repair, inflammation management
- Boswellin® ([Boswellia serrata]) Decrease of inflammation, stimulation of immunity after exercise, muscle recovery, acts on 2 pro-inflammatory enzymes
- Promond® ([Prunus amygdalus]) 50% protein from Indian almonds, 100% natural and vegan, free-flowing powder, good taste. Gli, Arg, Asp, Phe
- Punivic® ([Punica granatum]) Adipose in muscles, anti-inflammatory (decrease in triacylglycerol deposits), produces a surge in testosterone, CLNA body weight
- Resveratrol ([Polygonum cuspidatum]) Antioxidant, inflammation, detoxifying
- Fucoxanthin ([Undaria]) Fat burning in white adipose tissue, thermogenin
- BGOV bis-glycinato oxo vanadium, organic complex, building material of bones and teeth. Increases energy / endurance (body builders)
- Chrysin 97% Dihydroxyflavone, Anti-inflammatory, Anxiolytic as well

Mental, Alertness

The effects of stress on memory include interference with a person’s capacity to encode memory and the ability to retrieve information. Age, daily stress and daily needs of attention lead us to seek support to fight anxiety, and strengthen brain alertness. Also includes mental alertness and performance.

- Zynamite® ([Mangifera indica]) Nutraingredient award 2018, alertness, focus & concentration, faster reaction time, caffeine-like with no jitters, nervousness, agitation
- Tinofolin® ([Tinospora cardifolia]) Visual memory, logical memory, verbal memory, attention span and concentration
- enXtra® ([Alpinia galanga]) Caffeine amplifier, focus and mental energy, alertness (sharper alertness and focus for up to 5 hours), dopamine release
- Rhodiolife® ([Rhodiola rosea]) Cognitive function under stress and fatigue, antidepressant effects, good mood, adaptogenic
- Centellin® ([Centella asiatica]) Memory and concentration while reducing anxiety, slows brain aging and helps regenerate neurons (cognitive impairment)
- Satiereal® ([Crocus sativus]) Acts on the production of neurotransmitters and hormones (serotonin, melatonin and dopamine) via the adrenal glands (SRI)
- GLSODin® ([Curcuma melo L. + Gladine]) Prevents impairment memory induced by stress, promotes antioxidant defences in the brain
- Bacopin® ([Bacopa monieri]) Memory and neurotransmission enhancer, decrease anxiety level, increase dopamine level, neuroprotective effect
- Ashwagandha ([Withania somnifera]) Increase GABA A receptors activity, reduces stress and relieve anxiety, neurons protection
- Mucuna ([Mucuna pruriens]) Natural source of L-dopa, precursor of dopamine, action on the nervous balance (mood disorders, age-related tremors, sleep …)
- Curcumin C3 Complex® ([Curcuma longa]) Protective action (reduce inflammation in the brain), associated with Alzheimer’s disease / depression improvements
- Saberry® / Amla ([Emblica officinalis]) Excellent brain tonic, central nervous system
- Alpha-lipoic acid Powerful antioxidant, heavy metal chelator, essential cofactor
- 5-HTP ([Griffonia simplicifolia]) Serotonin precursor (the ‘happiness hormone’), involved in the regulation of sleep, appetite and mood
- SelenoMethionine Low plasma Se associated, selenium and cognitive decline
Inflammation

Inflammation is a complex process involving a series of actions and/or reactions and a broad range of biologically active substances triggered by the body’s immunological response to tissue damage.

- Boswellin® (Boswellia serrata) Inhibits the synthesis of leukotrienes, constriction of the bronchi in response to allergens, AKBA reduced proliferation of leukemic cells
- C3 Complex® (Curcuma longa) Anti-inflammatory (COX-2 inhibitor, without side effects unlike NSABPs), increases the speed of remission of cancerous cells (IN-4 ± 8)
- Nigellin® (Nigella sativa) Anti-inflammatory, positive effect in the context of asthmatic (stud.), anti-bacterial (Gram + germs), anti-fungal, anti-parasitic and anti-viral
- GluSODin® (Curcums melo, Glidade) Immune system, induction Th-1, IN-α IL-4, regulate cytokines productions, DNA damages, red. allergic asthma and house dust
- Lactospore® (Bacillus coagulans) Improves Gut Microflora, production of Short-chain Fatty Acids, beneficial activities in gastroenteritis or irritable bowel syndrome
- Hesperidin® (Citrus sinensis) Inhibition pain, oxidative stress, inflammatory cytokine production and TRPV1, reduction of allergy and hay fever symptoms
- Bromelain® (Ananas comosus) Inflammation management of the gut and joints
- Andrographis® (Andrographis paniculata) Stimulates effects of the immune system, anti-inflammatory and anti-pyretic properties
- Mango® (Mangifera indica) Inhibition of inflammatory modulators in the synovial tissues, hypoproliferative effect (decrease serum urate levels).
- Puninic® (Punica granatum) Anti-inflammatory (decrease in trycglycerol deposits), inhibit prostate cancer metastasis, pro-apoptotic
- Resveratrol® (Polygonum cuspidatum) Antioxidant, anti-inflammatory effects (inhibition of NFκB and AP-1), mitochondrial activ., activation of the PPARγ pathway
- Capsaicin® (Capsicum annum) Relieves pain by activating the TRPV1 receptor
- Inositol® (corn) Triggers apoptosis of cancer cells in the stomach, pancreas and colon
- Ginger® (Zingiber officinale) Anti-inflammatory effect (leukotrienes, prostataglandins)
- Elderberry® (Sambucus nigra) Boosts immune system, sinus pain, excellent sources of antioxidants, helps reduce inflammation and oxidative tissue damage
- Polysorb® helps manage inflammation and improves mechanical strengths of bones
- Ursolic/Oleurope Inhibition of histamine, lipoygenase and COX
- Pygum® alleviates discomfort caused by prostatic inflammation
- Xymenyquin stimulates conversion of arachidonic into eicosanoids in the dermis

Protection, Allergy

The immune system’s ability to fight infectious disease may be compromised by fatigue, aging, stress (and some related medications), and even sport. Different plant extracts exist to strengthen the immune system and assist the body to increase its defenses.

- Echinacea® (Echinacea angustifolia) Immunomodulator, anti-bacterial and anti-inflammatory, echinacosides and dodecatetraeneic isobutylamide acid
- Rhodioll®® (Rhodiola Rosea) Stimulates and protects the immune system (homeostasis), increases the natural killer cells (NK), adapatogenic
- GLISODin® (Curcums melo, Glidade) regulate the immune response Induction Th-1. In-vivo studies on FIV infected system and children (allergy)
- Selenomethionine / Zinc Monomethionine Bioavailable and unique composites available selenium or Zinc
- Nigellin® (Nigella sativa) Anti-inflammatory, positive effect in the context of asthmatic (stud.), anti-bacterial (Gram + germs), anti-fungal anti-parasitic and anti-viral
- Andrographis® (Andrographis paniculata) Indian Ph. for colds, flu, fever (even cancer), powerful antioxidant, anti-inflammatory and immune

Digestion

Digestion may mean different actions, with possible combinations: Maximize the uptake of nutrients, Improvement of the digestive wellness, as well as the welfare of the intestinal tract, Allow people eating less or just make the most of their diet. Prevent heartburn, ulcers, fatigue, nausea and irritations related to weak digestion + all adaptogenic products:

- Digezyme® (Multi-enzyme complex) Multi enzyme complex, studied enzymatic profile: α-Amylase, Protease, Lipase, Cellulase, Lactase
- Lactospore®® (Bacillus coagulans) Improves gut microflora, production of Short-chain Fatty Acids, beneficial activities in gastroenteritis or irritable bowel syndrome
- Bromelain® (Ananas comosus) Proteolytic activity, helps to better digest., reduces gastric acidity, reduces swelling and flatulence, reduces cellulite (anti-oxidematos)
- Papain® (Carica papaya) Proteolytic activity, helps digest proteins and fats, diuretic and antioxidant properties
- Licorice DGL® (Glycyrrhiza glabra) Decreases the acidity of the stomach, calms the irritation of the lining of the stomach
- Starmerc®® (Curcuma longa) Resistant starch from turmeric roots
- Pomegranate® (Punica granatum) useful at flatulence, difficult digestion, diarhoea, bloating
- Probiotics® (Lactobacillus acidophilus) Improve the stimulation of gastric juices and also support detoxification, antioxidants, and anti-inflammatory activities
- Ginger® (Zingiber officinale) Antimicrobial effects by reducing the movements of the stomach
- Curcumin C3 Complex® (Curcuma longa) Allows to make fat soluble for digestion and elimination of fat cells, helps cells with glucose absorption, remove gallstones
- Capsaicin® (Capsicum annum) Stimulates metabolism, fat burning, decreases appetite (inc. of GLP-1), anti-inflammatory on H. pylori-induced gastritis

Weight, Detox

Weight may be managed through different ways: Decrease of the amount of certain nutrients, especially fats (less intake, different degradation and digestion/absorption), Reduction of the bio transfer to the cells and muscles (education of the body). Decrease of the storage of the fats, including in the liver, Use of the stored fats.

- Satireal®® (Crocus sativus) Moderate appetite, reduce compulsive snacking, significant and progressive reduction of weight
- Forslean®® (Coleus forskohlii) Decreased Body Fat, increased Lean Body Mass by increasing the production of Adenylate cyclase enzyme - cAMP
- Fucoidan® (Undaria pinnatifida) Increase fat metabolism, detoxify the digestive system, facilitating transit, helps reduce appetite
- Elim'Real®® (Plant Formulation) Help to detoxify the body, assist renal elimination, increase urinary elimination and volume
- Citrin®® / Garcritin®® (Garcinia cambogia) Reduction of carbohydrates in stored fat (slow down the conversion of carbohydrates), increases the use of fat
- Bromelain®® (Ananas comosus) Proteolytic activity, helps to better digest., reduces gastric acidity, reduces swelling and flatulence, reduces cellulite (anti-oxidematos)
- Papain®® (Carica papaya) Proteolytic activity, helps digest proteins and fats, diuretic and antioxidant properties
- Lactospore®® (Bacillus coagulans) Improves gut microflora, production of Short-chain Fatty Acids, beneficial activities in gastroenteritis or irritable bowel syndrome
- Fabanol®® (Phaseolus vulgaris) Alpha-amylose inhibitor, ”starch blocker”, benefits in the maintenance of healthy blood sugar levels and optimal body composition
- Gymnema G5®® / Gymnema sylvestre) Promotes body productions of insulin, also works on weight management (”sugar blocking” property), sweetness inhibitors
- Lemon fiber®® (Citrus limon) Dietary fiber, prebiotic, prevents and relieves constipation, normalizes bowel movements
- Curcumin C3 Complex®® (Curcuma longa) Allows to make fat soluble for digestion and elimination of fat cells, helps cells with glucose absorption, remove gallstones
- Nigellin®® (Nigella sativa) Prevention of the induction of toxins in the intestines and lungs, stimulates the digestive and intestinal systems
- Saberry®® / Amla® (Emblica officinalis) Stimulates gastric juices and also support detoxification, possess antioxidants, and anti-inflammatory properties
- Capsaicin®® (Capsicum annum) Stimulates metabolism, increases fat burning, decreases appetite (inc. of GLP-1), anti-inflammatory on H. pylori-induced gastritis
### Nutricosmetics

The skin is the single largest organ of the body. Different factors can cause skin problems: heat, cold, sun... Below is a very short list of available active ingredients, without here speaking of the skin lightener / whitener, or only topical.

- **GlySODin®** THE most dedicated oral protection of the skin, Increase of the MED (resistance to UV induced erythema or redness), improves tanning speed and quality, drastically decreases the oxidative stress (more than 20 published studies)
- **Saberry®** from Amla [Emblica officinalis], rejuvenative properties, UV protection, Melanogenesis inhibition (In vitro study), Antioxidant activity
- **Lycopene** [Lycopersicon esculentum] antioxidant, protect the skin from UV rays
- **Ellagic Acid** Inhibits melanin formation (In vit. st), Hyperpigmentation (Clin. st.)
- **L-SelenoMethionine** bioavailable selenium and methionine, important in the synthesis of keratin and collagen for the structure of skin, nails and hair
- **Hesperidin** [Citrus sinensis] inhibits the development of cutaneous edema, neutrophil recruitment, matrix metalloproteinase activity, powerful antioxidant
- **Rosemary Extract** and its conversion into intermediates like rosmarin and galdo-sol both of which are free radical scavengers
- **Silibinol** from dried heart wood of *Pterocarpus marsupium* for pterostilbene, potent suppressor of advanced glycation endproducts (AGEs) (In vitro)
- **Punicic** from pomegranate, heal, protect, and moisturize dry, cracked, mature, and irritated skin
- **Brown seaweeds, Fucoxanthin** Inhibition of hyperplasia and induce apoptosis
  And all others showing great antioxidant properties: **FruitOx**, *Curcuma*, etc...

### Blood Sugar

Malfunction of the regulation of the blood sugar levels can have various causes (insulin secretion or insulin response, also related to the ingestion of sugar.). Types of diabetes are rated «I» (IDDM: insulin by the pancreas, insulin dependent), «II» (NIDDM, resistance to insulin / non-insulin dependent) or «gestational». Other products may be recommended to manage the consequences (cardiovascular, neuropathy, nephropathy, ...).

- **pTerosol®** [Pterocarpus marsupium] C-glucosides for cholesterol and blood sugar management
- **Gymnema G54+®** [Gymnema sylvestre] hypoglycemic effect by promoting the bodies production of insulin, clinical studies on Type I and II, hypolipemic effects
- **Fabenol®** [Phasesolus vulgaris] Alpha-amylase inhibitory that blocks the digestion of dietary starch, permits maintenance of healthy blood sugar levels
- **Starmeric** [Curcuma longa] Resistant starch from turmeric roots
- **Berberine** [Berberis aristata] blood sugar levels in people with Type II diabetes (inhibition of α-glucosidase), and lowering blood pressure by acting on AMPK
- **Lactosper®** [Bacillus coagulans] Production of Short-Chain Fatty Acids, used for lipogenesis and glucoseogenesis, insulin-glucose through glucagon-like peptide 1
- **Fenunannans®** [Trigonella foenum graecum] Fibers or Glucomannans - Regulation of blood glucose levels in type 2 diabetes, improves blood profile
- **Nigellin®** [Nigella sativa] Can reduce blood sugar levels and insulin resistance
- **Curcumin C3 Complex®** [Curcuma longa] Effect of curcuminoids on Metabolic Syndrome, helps cells with glucose absorption
- **Ginger** [Zingiber officinalis] Decreases fasting blood glucose and hemoglobin-A1c levels, and improves insulin resistance
- **Ashwagandha** [Withania Somnifera] Adaptogenic, reduces blood sugar levels
- **Saberry®** [Emblica officinalis] Hypocholesterolaemia, improves glucose metabolism in Type II, reduces biomarkers of oxidative stress and inflammation
- **Momordin®** sugar level / insulin / Mango sugar (α-glucosidase) / Silibinol
  insulin and sugar / Salareatin insulinsugar / Tulsi sugar level

### Prostate, Oncology, Tumor

This is for information only based on available studies and literature, and has no purpose to suggest claim as we here speak of diseases.

- **Boswellin®** [Boswellia serrata] AKBA reduced viability and proliferation of leukemia cells, inhibits DNA synthesis and cell growth of HL-60 and topoisomerase I and II
- **C3 Complex** [Curcuma longa] anti-inflammatory, increases the speed of remission of cancerous cells (downregulation of NF-κB, AP-1, INK)
- **GlySODin®** [Curcuma mela, Gladiine] Reduces risk factor of cardiovascular disease, decreases carotid intima-media thickness
- **Guggulipid®** [Commiphora mukul] Inhibits cholesterol biosynthesis, improves the rate of cholesterol excretion and rapid breakdown. Reduction of stored fat reduces sugar levels in Type II, lowers blood pressure by acting on AMPK
- **Curcumin C3 Complex®** [Curcuma longa] reduces serum concentration of LDL-C, non-HDL-C, total cholesterol, TG and Lp(a), helps cells with glucose absorption
- **pTerosol®** [Pterocarpus marsupium] cholesterol and blood sugar management
- **Centellin®** [Centella asiatica] Triterpenic fraction has beneficial effects in people with venous insufficiency and varicose veins, venotonic activity
- **Hesperidin** [Citrus sinensis] Vasodilator action, improves the integrity of the blood vessels
- **Gymnema G54+®** [Gymnema sylvestre] hydropregic effect, hypopilinic effect (improves lipids metabolism)
- **Sabberry®** [Embleia officinalis] Hypocholesterolaemia (reduction of LDLc and TH, with high increase in HDL), improves glucose metabolism in Type II
- **Resveratrol** [Polygonum cuspidatum] Permits reduction of serum concentration of LDL, anti-oxidant effect
- **Fenunannans®** [Trigonella foenum graecum] improves the blood profile: reduction of LDL cholesterol and triglycerides
- **Ellagic acid** [Punica granatum] Decreases the oxidation of LDLc, antioxidant effect, prevents the formation of atherosclerotic plaque (act on paraoxonase (PON 1)

### Cardiovascular

Some products have been especially studied for their action on Metabolic Syndrome, besides those with properties against oxidative stress, cholesterol, blood sugar level and globally over-weight.

- **GlySODin®** [Curcumin melo, Gladiine] Reduces risk factor of cardiovascular disease, decreases carotid intima-media thickness
- **Gugulipid®** [Commiphora mukul] Inhibits cholesterol biosynthesis, improves the rate of cholesterol excretion and rapid breakdown. Reduction of stored fat reduces sugar levels in Type II, lowers blood pressure by acting on AMPK
- **Venocin®** [Aesculus hippocastanum] Helps maintain healthy blood circulation and strengthen the capillaries and veins, standardized in excin
- **Berberine** [Berberis aristata] Lower cholesterol similar to statins, Reduces blood sugar levels in Type II, lowers blood pressure by acting on AMPK
- **Curcumin C3 Complex®** [Curcuma longa] reduces serum concentration of LDL-C, non-HDL-C, total cholesterol, TG and Lp(a), helps cells with glucose absorption
- **pTerosol®** [Pterocarpus marsupium] cholesterol and blood sugar management
- **Centellin®** [Centella asiatica] Triterpenic fraction has beneficial effects in people with venous insufficiency and varicose veins, venotonic activity
- **Hesperidin** [Citrus sinensis] Vasodilator action, improves the integrity of the blood vessels
- **Gymnema G54+®** [Gymnema sylvestre] hydropregic effect, hypopilinic effect (improves lipids metabolism)
- **Sabberry®** [Embleia officinalis] Hypocholesterolaemia (reduction of LDLc and TH, with high increase in HDL), improves glucose metabolism in Type II
- **Resveratrol** [Polygonum cuspidatum] Permits reduction of serum concentration of LDL, anti-oxidant effect
- **Fenunannans®** [Trigonella foenum graecum] improves the blood profile: reduction of LDL cholesterol and triglycerides
- **Ellagic acid** [Punica granatum] Decreases the oxidation of LDLc, antioxidant effect, prevents the formation of atherosclerotic plaque (act on paraoxonase (PON 1)

### Minerals & Others

You may find the full list by properties or by sectors on the website. Just a quick look at some activities, not mentioned in others.

- **BioPerine**: the ultimate nutrient enhancer, only 5mg per dose to boost by 150% to 1 000% the bio assimilation
- **Minerals**: not the common: Zinc, Selenium, Molybdenum, Chromium, Vanadium, ... 
- **Respiratory support**: Andrographis, Centella, Elderberry, Adhatoda, Coleus, ... 
- **Oils**: Colesus Forskohlii Oil, Rosemarinic acid, Curcuma Turmeric Oil, Viteix Oil (Artemisin), Mustard seed, Policosanol, ...

### Adaptogen

Adaptogenic herbs demonstrate a nonspecific enhancement of the body’s ability to resist a stressor. Only the most common here:

- Rhodiola
- Rhaponticum [Rhaponticum carthamoides]
- Ashwagandha
- Asparagus (Shatavari)
- Amla [Emblica officinalis or Indian gooseberry]