

# Ingredients and Benefits Glossary

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## **Aloe Vera**

A plant widely renowned as a miracle plant due to its high volume of Vitamins A, C, E, Folic Acid, B1, B2, B6, B12, High in Amino and Fatty Acids. Aloe Vera was used by ancient Egyptians for sun burn, 2nd degree burns and even as an oral laxative. Depicted in many stone drawings as the “plant of immortality” and used nowadays to treat a wide variety of ailments. Another source of Adaptogen, known to increase the body’s reaction to oxidative stress and to decrease the damage a cell endures with high stress levels. Used even today to aid in digestive health, Aloe Vera is used as an ingredient in many natural laxatives and digestion balancing supplements and is known for its detoxing qualities. Known to help alkalize the body even if applied to the skin, Aloe Vera can be used as a powerful chemical to help stabilize the bodies acids. Polysaccharides are a main source of dietary fiber which helps the body to metabolize quicker and increase energy reserves. Its reduction in inflammatory treatments is widely renowned and used in almost every country for its near miraculous properties.

## **Beta Glucan**

Has been used in the past to help with certain health symptoms.

## **Cacao**

Organic, raw cacao is a superfood containing a variety of unique phytonutrients, including high amounts of sulfur, magnesium and phenylethylamine. These characteristics provide many benefits, such as focus and alertness, while also keeping you in a great mood. These properties help in the reduction of stress and also increase the sensation of fullness, reducing hunger and cravings. Cacao contains MAO (monoamine oxidase enzyme inhibitor) which is able to reduce appetite by increasing serotonin and other neurotransmitters in the brain that help to decrease appetite and hunger.

## **Cassiolamine**

Cassiolamine helps to maintain healthy blood vessels by reducing the adhesion (stickiness) of blood platelets, which promotes healthy blood flow. Our pure ingredient formula also

serves as an anti-oxidant, which helps to maintain a healthy heart and improved immune system. What this natural legume based extract is mostly known for is its powerful lipaseinhibiting features, which results in the prevention of fat absorption and an effective carbohydrate blocker.

### **Chlorogenic Acid**

This is the main active ingredient in Green Coffee Bean, it is a powerful thermogenic fat burner. It holds promise in many aspects of health and cognition similar to bioflavonoids and shares some effects similar to caffeine, but less potent. Studies show that Chlorogenic Acid may also decrease the absorption of dietary carbohydrate, as well as provide anti-oxidant and anti-inflammatory benefits.

### **Chromium Zynchrome**

Aids in raising metabolism which allows your body to break down the fat in foods more quickly, a new supplement on the market which is a Chromium derivative and tested on a variety of subjects. Research shows that Zynchrome Chromium Reduces food cravings and helps you to feel more satisfied with less food so is a natural wonder in the Supplement family.

### **Cissus Quadrangularis Extract**

Cissus quadrangularis is one of the most commonly used plants in traditional Thai, African, and Ayurvedic medicine. It can be used for weight management, glucose support and heart support goals. What make cissus stand out as a support factor for menopause weight management is its ability to aid serotonin levels.

### **Dark Brazilian Roast Coffee**

It is also known as the “coffee shrub of Arabia”, “mountain coffee” or “Arabica coffee”. Arabica coffee is believed to be the first species of coffee to be cultivated. The earliest credible evidence of either coffee drinking or knowledge of the coffee tree appears in the mid-15th century, in the Sufi Muslim monasteries around Mocha in Yemen. Arabica coffee production in Indonesia began in 1699. High-quality Arabica is beautifully fragrant, sweet and round, with a slight and pleasant acidity, with just a mild hint of bitterness.

### **Dark Italian Roast Arabica Coffee**

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### **Garcinia Cambogia**

An incredibly efficient fat burning ingredient, Garcinia Cambogia has received much media attention for its effect on weight loss and food consumption control. This pure ingredient is 100% natural; it is sometimes referred to as Tamarind, and it grows primarily in the lush green mountains of India, southeast Asia as well as in Central Africa. Its primary ingredient is the dietary super supplement known as HCA, which is proven in scientific studies to stop hunger in its tracks. The tamarind fruit has traditionally been used in soups as appetizers before meals, because of the smaller portion sizes due to limited amount of food. It's appetite suppression qualities helped make villagers feel more full (satiety) and the fruit would increase the workers' fat burning skills (thermogenesis) providing an increase in energy and productivity.

### **Green Tea 100:1 Extract**

Green tea contains 2% to 4% caffeine, which affects thinking and alertness, increases urine output, and may improve the function of brain messengers. Caffeine is thought to stimulate the nervous system, heart, and muscles by increasing the release of certain chemicals in the brain called neurotransmitters. Antioxidants and other substances in green tea have been shown in studies to help protect the heart and blood vessels additionally.

### **Ganoderma Lucidia**

Ganoderma Lucidia helps to provide a healthier lifestyle in a world of ever changing and enhancing air and water pollution.

### **Ginseng Extract**

Most young people these days are beginning to look and feel older, in some cases even hitting puberty far earlier than was the norm even one generation earlier. Ginseng is known

to combat the free radicals that give the human skin mantle that look of premature aging. Valenus' ginseng extract works extremely well when combined with our other proprietary ingredients. This root is an immune system balancing, super supplement that should be admired by all.

### **Gotu Kola**

For thousands of years in India, China and Indonesia this plant has been used to treat wounds and other ailments. Well there is still more to come, as Gotu Kola is known widely as "the fountain of life" for its many benefits.

### **Goji Berry**

A wonderful addition to panax ginseng, this berry is yet another in a long line of powerful antioxidants that promote overall health, immunity function and can be used as an energy boost if needed.

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### **Green Tea**

Used and enjoyed throughout much of Asia and India as a powerful Antioxidant and even used by rural physicians in older times to aid in the taming of bad cholesterol and to treat some minor heart diseases at the time. A natural energy enhancer, it was often used and consumed during the day to provide a natural free flowing energy that lasted most of the day and of course had no fall backs with crashes.

### **Grape Skin Extract**

Heralded for its ability to increase bone strength and health this extract is used by many for its cognitive regeneration properties and ability to increase brain function.

## **Guarana Seed**

Used for years as a natural energizer and natural cognitive stimulant, this natural ingredient is sure to keep you wide eyed and bushy tailed throughout your entire day. Guarana is a staple in most energy shots (one of the few natural ingredients in them) and are known to release steady natural energy through the day and with little to no crash after, it's the obvious choice for all of you 'Go getters' out there.

## **L-Carnitine & Chromium**

This amino acid and mineral's main function is to help insulin carry sugar into muscle cells where it is stored as energy. A lack of chromium could cause fluctuating blood-sugar levels which trigger sugar cravings. As a carbohydrate dependent society, increasing the amount of L-Carnitine & Chromium in our diet in our formula's proportions will assist the body's ability to manage its carbohydrate cravings.

## **L-Theanine**

Theanine is an amino acid found in green tea, and is probably the reason why drinking green tea help in weight loss. Studies have found that weight gain is prevalent in people who are emotionally stressed. This is a biological response of our metabolism and leads to cravings and overconsumption of food. When stressed, we produce increasing amounts of a hormone called cortisol. This is a natural response that is intended to help in survival, which as a consequence also leads to increased fat storage. Theanine neutralizes stress, by reducing anxiety and improving the quality of sleep. It does this by increasing the alpha waves in your brain, which relaxes the mind.

With these problems removed now your body:

- Won't store all the fat you eat
- on't resist weight loss
- Won't give you increased feelings of hunger

## **Maca**

Long ago before time and history was even recorded, Maca was used to increase energy and stamina by Incan warriors in the battlefield. As well as being a main ingredient in most ED medication, this super root is extremely rich in Vitamins B, C and E and known to increase blood flow to key parts of the brain. Maca a natural mood enhancer releases

endorphins and raises your mood in a safe natural way unlike most other pharmaceuticals. Feeling tired or sluggish? Well maca is a great way to increase energy levels naturally and steadily as you go about your daily routine.

### **Maqui Berry**

This delicious and beautiful little berry is primarily used by the natives of the Patagonia region of Chile and as an ingredient to treat things from headaches, foggiess, Sore throat and other illnesses. The natives of Patagonia were all but too eager to share the secrets of this native berry and the healing effect it had on the mind. A powerful contributor (one of THE most powerful contributors) of ORAC (Oxygen Radical Absorbance Capacity) which absorbs free radicals in the body helping you to live a more natural and healthy life without the effects of life which we subsequently write off as "The Norm" these effects are caused by the free radicals in most fast foods and processed foods. But this little berry combats free radicals throughout the body. Also high in Anthocyanins which our ancestors ate in large quantities, anthocyanins are antioxidant flavonoids which Increase the body's ability to produce insulin. Also keeping the bodies PH levels up which added with every other awe inspiring benefit found in these berries aid you on your journey to weight loss. The Maqui berry is a natural Antioxidant retaining berry that aids in the prevention of free radicals in your body, and are shown to have THE highest concentration Antioxidants on the market to date! Very high in Anthocyanins which are proteins that help your body to produce insulin and help to stabilize sugar levels in the body. Their anti-inflammatory properties are highly sought after in most anti-inflammatory medicines like ibuprofen and others. The Maqui berry is one of the world's few genuine SuperFoods!

### **Mangosteen**

History remembers that Mangosteen was queen Victoria's favorite fruit both because of her physicians recommendation to it, and for its strong but delicious taste and texture, (and we all know how long she lived) rich in Antioxidants this fruit has all qualities you want in a super food, its bark, twigs and even rinds are used for a mass multitude of medicinal elixirs. Proven to promote cardiovascular health and aid in overall heart productivity, this fruit has both historical and factual benefits that are the best of both worlds.

### **Natural Caffeine**

Although a very common ingredient found in many food-grade items, caffeine has been shown to have numerous health benefits, especially for its regular consumers. It can help support memory, reaction time and logical reasoning. Additionally, caffeine has been the #1 go to ingredient for numerous best-selling weight management products.

### **Noni Fruit**

Gives strong immune support due to its amount of antioxidants this fruit is something that should be eaten.

### **Panax Ginseng**

Most young people these days are beginning to look older and older, in some cases even hitting puberty far earlier than was the norm a generation ago, Panax Ginseng is known to combat the free radicals that give the skin that look of premature aging. Works very well with Goji berry.

### **Phaseolamin**

This ingredient combines with an enzyme in the body called alpha-amylase – which is involved in the digestion of starch – and helps to temporarily block its activities. Alphaamylase is secreted in saliva and is produced in the pancreas, and is responsible for breaking down starch into simple sugars, which can then be absorbed in the small intestine. Blocking this digestive enzyme prevents the digestion of carbohydrates, which means they are able to pass largely undigested through the gastrointestinal tract. The end result is a decrease in the number of calories absorbed, thereby helping to promote weight loss.

### **Phenylethylamine HCL**

Also known as PEA, Beta-Phenylethylamine or 2-Phenylethylamine, is a supplement used for different purposes, among them cognitive enhancement, mood improvement, weight loss, and as a concentration aid.

It naturally occurs within the nervous systems of humans and other mammals, where it is thought to act as a type of neuromodulator. Within the human brain it causes the release of norepinephrine and dopamine, two very powerful brain chemicals involved in attention and alertness.



## **Pomegranate**

A powerful antioxidant known to combat free radicals in the body brought on by air pollution, bad diet and an increasingly sedentary lifestyle. Used as a natural mood enhancer because of both its taste (delicious) and its ability to cause your brain to produce mass amounts of endorphins which give you the feeling of “happy” or “content”. Seen as a super food.

## **Raspberry Ketones**

One of the 200 molecules in raspberries that give it its flavor and smell profile. (Coincidentally it's also used to flavor candies, protein bars and shakes and many, many other man made foods). A proven fat dissolver and mentioned in many dietary regiments and even the more popular diets out there always include raspberries at some point in the regiment. And in the area of health benefits well it's not lacking there in the least, as Raspberry ketones have been proven to reduce fatty buildups in and around the liver which we all know to be one of the main contributors to early liver disease, as well as promoting healthy liver function by causing the remaining fat cells to actually produce Adiponectin which is a protein sorely lacking in most who suffer from obesity.

## **Rhodiola Rosea**

Has been used in traditional medicine in Eastern Europe and Asia with a hard reputation for nerve system stimulation. Rhodiola Rosea has been used by ancient peoples to treat a wide array of maladies with its adaptogenic properties. Also used to battle altitude sickness and work productivity as a natural mood balancer. This plant is thought of highly in the Eurasia regions for its uses in muscle recovery such as torn muscles and strains. Loved by the forgetful community for its properties that enhance memory and brain functionality for the young and old alike.

## **Siberian Ginseng**

An extremely popular energy tonic used in china since ancient times. Only having been recognized in the west once Russian scientist (I.I .Brekhman) realized its notable use for stress relief (1954) and increase of endurance for physical strain in the men and women who took the herb. Used to increase and enhance mental sharpness, this herb is heralded for its ability to ward off flu and cold. Adaptogen an ingredient shown to reduce the cells reaction to stress put on the body by daily upheavals that we all have to go through. Also

thought to increase body productivity and aid in cardiovascular health such as reducing varicose veins and we all know that's a plus!

## **Prevail Keto Creamer**

### **You're Struggling to lose weight, here's why**

If you're like the majority of Americans, you've tried diet after diet, with little to no success. Why? Because even if you're cutting back on the calories, your body's natural response is to burn glucose, or sugar, before it starts burning fat. And the average person's diet contains A LOT of sugar that is available to burn. Luckily, there's a solution—and it's called Ketosis. Ketosis can be achieved by adhering to a "Keto" diet, which can help you lose weight quickly by allowing your body to burn fat rather than sugar. Additionally, studies have shown that even after quitting a Keto diet, the majority of people found it easier to consume fewer calories without feeling hungry. It's scientifically proven and effective form of weight management!

### **What is Ketosis?**

Ketosis is a metabolic process wherein the body burns stored fat instead of glucose when there is no glucose available. This results in a build-up of acids called Ketones within the body. Normally, fat is not soluble in water. Turning fat into Ketones allows fat to become water soluble, traveling in the bloodstream to nourish your brain and heart. When Ketones are in the bloodstream, the body is under Ketosis.

As Ketone bodies are only produced when sugar is not available, it is important to maintain a low-sugar, high-healthy diet in order to promote natural Ketosis. This will create Ketones that stimulate and nourish your brain, and release stored sugars to balance your glucose levels.

### **Why Serotonin?**

Serotonin is an important chemical and neurotransmitter in the human body that helps to regulate mood and social behavior, as well as appetite, digestion and sleep. It sends signals between nerve cells, telling your brain how and what to feel. A lack of Serotonin has been found to correlate with depression, weight gain and overall poor health. Conversely, studies have shown that an abundance of Serotonin is key to a balanced mind and body. When

Serotonin levels increase, feeling of anxiety and depression drop, you can count on a good night's rest, and your body is more likely to release weight!