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## Wellness Quest, LLC

### New Eden Ingredients:



**Stabilized Rice Bran:** Rice bran is a by-product of the rice milling process (the conversion of brown rice to white rice), and it contains over 200 antioxidants, phyosterols, and phytochemicals that impart supportive effects on human health. Bran is particularly rich in dietary fiber and fatty acids and contains significant quantities of starch, protein (balanced amino acid profile), vitamins (rich in B complex), and dietary minerals. It constitutes a store house of micro-nutrients low or short in the modern diet.



**Larch Tree fiber and Larch Tree Soluble Extract:** Larch arabinogalactan is a well known source of dietary fiber that offers powerful benefits as a prebiotic and as a modulator of the immune system. While larch AG is important for digestive health it has received even more attention for its ability to promote the health of the immune system.



**Cysteine:** Due to the ability of thiols to undergo redox reactions, cysteine, an amino acid, has special antioxidant properties. Cysteine's antioxidant properties are typically expressed in the tripeptide glutathione, the principle free-radical neutralizer in all cells. The systemic availability of oral glutathione (GSH) is negligible due to being destroyed by digestive processes; so it must be biosynthesized from its constituent amino acids, cysteine, glycine, and glutamic acid. Glutathione is the body's principle free-radical scavenger (anti-oxidant) neutralizer of toxic metals and organic chemicals and balancer of biochemical systems. Glutamic acid and glycine are readily available in most Western diets, but the availability of cysteine can be the limiting substrate because the public and especially children are not keen on eating cruciferous vegetables, with their major role in supporting health.



**Soy Lecithin:** Lecithins are oily substances that occur naturally in plants (soybeans) and animals (egg yolks). Soy lecithin is extracted from soybean's 25 byproducts of the soybean's oil. There are studies that show soy-derived lecithin has significant effects on lowering cholesterol and triglycerides, while increasing HDL ("good cholesterol") levels in the blood. Some people use it as a supplement, because it has a high value of the nutrient choline. Choline is good for heart health and brain development. Components in lecithin are required to synthesize myelin to protect neural transmission and it is an emulsifier that promotes absorption of complex nutrients.



**Aloe Leaf Powder:** *Aloe vera* is a desert lily used by Man to support health for over 5,000 years. *Aloe vera* has a long association with herbal medicine. In addition to topical use in wound or burn healing and relief of pain internal intake of *Aloe vera* has been linked with improved blood glucose levels and with lower blood lipids in hyperlipidaemic patients, but also supports liver health. The mannose sugars in aloe leaf gel are used by cells under gene control to synthesize compounds that support innate host defense, repair, balance and function.



**Inositol Hexaphosphate (IP6):** Is a chemical found in beans, brown rice, corn, sesame seeds, wheat bran, and other high-fiber foods. IP-6 protects the heart by reducing cholesterol and triglycerides (fatty acids that circulate through the bloodstream) as well as by improving properties of the blood. It protects the liver by preventing the accumulation of fatty deposits in the liver. Although the exact mechanism is not yet known, IP-6 inhibits the production and activity of free radicals and slows the abnormal rate of cell division that is associated with the growth of abnormal cells, allowing cells to normalize and grow once again in a controlled manner. IP-6 also enhances the body's ability to kill abnormal cells by boosting the activity of the immune system's natural killer cells, called lymphocytes.



**Dioscorea (yam) powder:** Dioscorea supports synthesis and balance of hormones and can be beneficial for those with high cholesterol. While the mechanism by which this happens has not yet been scientifically explained, it is known that the water-soluble saponins in dioscorea cause inert complexes to be formed from cholesterol while food is in the stomach and the bloodstream never absorbs the undigested mass of cholesterol.

Animal studies have shown alcohol extracts of dioscorea to reduce blood sugar levels by 50 percent in both elevated glucose levels and normal test animals.

Dioscorea has been used traditionally in North and Central America for ovarian pain and painful menstruation. The action of the herb has to do with its anti-inflammatory properties and provides healthy support for female reproductive-tract disorders, tendon, joint and immune system balance and regulation.



**Omega III Spherules:** Omega-3 fatty acids are fatty acids required for good health. They are necessary for human health but the body can't make them -- you have to get them through food. Omega-3 fatty acids can be found in fish, such as salmon, tuna, and halibut, other seafood, some plants, and nut oils. They have also become popular because they may support the health of the heart and blood vessels. Research shows that omega-3 fatty acids reduce inflammation.



**Citric Acid:** Citric acid bonds easily to minerals and metals, called *chelation*. It can help to bind certain minerals with citric acid, since the body will more easily absorb metabolic chelated minerals. For example, some calcium supplements can come in the form of calcium citrate, and are better absorbed by the body. Citric protects the other ingredients in a supplement from oxidation. Citric Acid is an integral part of energy production to elevate every cell's metabolism and this function was the basis for awarding the Nobel Prize in 1953 to Hans Krebs. This is memorialized by naming the energy production cycle in the mitochondria the Krebs' cycle or citric acid cycle.



**Glucosamine:** New Eden Glucosamine is derived from corn rather than shellfish or other animals that are a common source that triggers allergies. Studies indicate that Glucosamine provides the building blocks for constructing cartilage. This product is perfect for senior citizens, weekend athletes, or anyone desiring extra nutritional support for cartilage and joint health.



**Cherry Tart Powder:** A growing body of science reveals tart cherries, enjoyed as either dried, frozen cherries or cherry juice, have among the highest levels of health promoting antioxidants, when compared to other fruits. They also contain other important nutrients such as beta carotene (19 times more than blueberries or strawberries) vitamin C, potassium, magnesium, iron, fiber and folate. Emerging evidence links cherries to support the body's natural mechanisms nutritionally for many important health benefits.



**UltraTerra Calcium Alumino Silicate:** The ingestion of clay minerals by humans and animals for a variety of beneficial purposes has been well-documented for centuries. Innovative sorption strategies for the detoxification of aflatoxins have been documented and WHO awards given for this benefit. Results have shown that this clay binds aflatoxins with high affinity and high capacity in the gastrointestinal tract, resulting in a notable reduction in the bioavailability of insecticides, weed poisons and other environmental toxins without interfering with the utilization of vitamins and other micronutrients.

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