

Product Monograph

Health Supplement

MEGAFIVE-G



Nutritional Information	Per Serving
Ginseng Extract Powder	21.25 Mg
Ginkgo Biloba Powder	20 Mg
Citrus Bioflavonoids	12.5 Mg
Green Tea Extract	10 Mg
Grape Seed Extract	10 Mg
Garlic Powder	2 Mg
Lycopene 10% Dispersion	2 Mg
Omega3 Fatty Acid	150 Mg

This is a synergistic combination containing Ginseng Extract Powder, Ginkgo Biloba powder, Grape seed, Green tea extract, Garlic powder and other natural extracts with vitamins and minerals to support the structure and function of ligaments and improve immunity. The functions of such nutrients are well known, and each of them plays one or more key roles in maintaining the daily functions basic to health and life itself.

This combination provides antioxidants with all required amino acids and vitamins with minerals in specially formulated quantities, to bring the best supplement to fulfill the overall nutritional supplementation and provide health benefits. Dietary supplements are used by the majority of consumers in India because the today's hectic life style and untimely food habits, so they are not able to take a balanced diet with recommended servings of fruits and vegetables i.e. do not get proper nutrition as a result they may become deficient of vitamins, minerals and other nutrients which may lead to deficiency and life style problems. So people take supplements for all kind of reasons, usually relating to their health.

The rational use of nutritional supplements, combined with a healthy diet, will contribute substantially to health promotion and work in balance and synergism on protection and integration of the physiological functions of the body.

With the use of this health supplement: **Natural Extract with Antioxidant, Amino acid and Multivitamin & Multi Trace Mineral capsule** can partly fulfill the requirements for Vitamins, minerals, natural extract and amino acid and thus can keep, themselves healthy.

○ Indications:

- Antioxidant activity
- Improves peripheral blood circulation
- For motion sickness, to increase appetite, and to reduce stomach acidity
- Boosts your energy levels and helps you combat the weakness caused due to weight loss
- Increases the body's metabolism to get lesser fat deposition despite having more calorie intake
- Works as antidepressant and stress buster that further helps you achieve your goal faster
- Suppresses frequent hunger pangs and checks the unnecessary binging on food
- Helps fight ageing
- Promotes normal growth and development by increasing collagen formation
- Supports the production of other proteins like enzymes, antibodies and hormones
- Promotes bone health by increasing calcium absorption; for osteoporosis or weak bones by reducing bone loss
- Helps convert fatty acids to energy, aiding in weight reduction
- Promotes skin health through increased collagen formation
- Effective in prevention of macular degeneration

It is best to take antioxidant-containing supplements with meals to enhance absorption and to reduce the risk of an upset stomach.

○ Natural Extracts :

Omega-3-Fatty Acids:

Omega-3-fatty acids, EPA and DHA also referred to as fish oils. The body cannot make them, so they have to be obtained from other sources. They are an integral part of cell membranes throughout the body and affect the function of the cell receptors in these membranes. Omega3 can shield against heart disease in at least five different ways.

- By lowering the general cholesterol level
- By leveling the cholesterol levels to HDL levels and preventing cholesterol from depositing on artery walls
- By lowering the triglyceride level;

Ginseng Extract Powder:

Ginseng is any of eleven different species of short, slow growing perennial plants with fleshy roots. Ginseng is used for low iron in the blood (anemia), diabetes, trouble sleeping (insomnia), nerve pain, fever, and blood and bleeding disorders, painful joints. Ginseng can be used to improve the health of people recovering from illness. It increases a sense of wellbeing and stamina, and improves both mental and physical performance. Ginseng can be used to help with hepatitis C, and symptoms relating to menopause, and can also be used for lowering blood glucose levels and controlling blood pressure. Ginseng has been shown to reduce the levels of stress in both men and women. Those that take ginseng regularly are able to withstand higher amounts of physical and emotional stress.

Ginkgo Biloba Powder:

Ginkgo biloba is a powerful antioxidant and is well known for its powerful action to enhance circulation, even to the smallest of body parts, and apart from helping with the blood flow, it is thought to also make the blood less sticky. It is also sometimes referred to as GBE (Ginkgo Biloba Extract). Because of its powerful effect on brain, mood and mental functions, it is also referred to as the "smart herb" and is great for reducing high blood pressure, inhibiting blood clots and as an antiaging supplement. This ancient herb acts to enhance oxygen utilization and thus improves memory, concentration, and other mental faculties.

Citrus Bioflavonoids:

Bioflavonoids are a group of plant pigments that are responsible for the colors of many flowers and fruits. Citrus bioflavonoids are those bioflavonoids, or flavonoids, found in citrus fruits such as lemon, orange, tangerine, grapefruit, etc. Bioflavonoids are also plant compounds that demonstrate vitamin - like properties and exhibit superior antioxidant activity like

- Strengthens capillaries and regulates their permeability
- Reduces inflammation
- Enhances immune system
- Essential for proper absorption and use of vitamin C
- Work as antioxidant by keeping vitamin C from being oxidized

Green Tea Extract:

Green tea is used for its antioxidant properties, to help fight mental and physical fatigue, its general health enhancing properties, in the fight against cancer, help to prevent blood clotting tendencies, lower blood cholesterol levels and the regulation of blood sugar levels. It is also used in weight loss programs, since it is helpful to those individuals busy with weight loss.

Garlic Powder:

Garlic is an herb. It is best known as a flavoring for food. But over the years, garlic has been used as a medicine to prevent or treat a wide range of diseases and conditions. Garlic is rich in antioxidants, which help destroy free radicals particles that can damage cell membranes and DNA, and may contribute to the aging process as well as the development of a number of conditions, including heart disease and cancer. Antioxidants neutralize free radicals and may reduce or even help prevent some of the damage they cause over time. **Uses:** Garlic is used for many conditions related to the heart and blood system.

Lycopene:

Lycopene is a member of the carotenoid family of phytochemicals and is the natural pigment responsible for the deep red color of several fruits, most notably tomatoes. The health benefits of lycopene are attributed primarily to its powerful antioxidant actions. **Uses:** Antioxidant and use in cancer prevention and cardiovascular disease.

Grape Seed Extract:

Grape Seed Extract is a powerful antioxidant that strengthens and protects living tissue. Grape seed extract contains oligomeric proanthocyanidins (OPC's). OPC's are powerful antioxidants that may help support cardiovascular health. Grape seed extract can support cardiovascular and cellular health and provide antioxidant support.

○ **Amino Acids:**

LCysteine:

Cystine is a crystalline, sulfurcontaining amino acid, formed from two molecules of the amino acid cysteine. Required for proper vitamin B6 utilization and is also helpful in the healing of burns and wounds, breaking down mucus deposits in illnesses such as bronchitis as well as cystic fibrosis.

Uses: Support the synthesis of the highly ant oxidative glutathione and boost the immune system.

LCarnitine:

Carnitine tartrate is the supplement form of carnitine, a substance that plays a role in energy production. Carnitine is found in almost all of your body's cells and is particularly concentrated in skeletal tissue. It plays a crucial role in helping your body burn, or oxidizes, fat for fuel. So that our body can use fat as an energy source, carnitine transports longchain fatty acids into specialized fuel manufacturing centers called mitochondria. Once inside, the mitochondria can burn the fatty acids to produce energy. In addition, carnitine transports toxic compounds out of the mitochondria to prevent accumulation.

Uses: Used for energy production.

L-Lysine HCl:

Lamino acids, such as lysine, might benefit your health when taken as a dietary supplement. Llysine is an essential amino acid for humans, meaning that the body can't synthesize it. Llysine plays a particularly important role in the immune system. It is involved in the development of antibodies and has important antiviral properties. **Uses:** For providing overall immunity.

○ **Essential Vitamins**

Niacinamide: In vitamin B3 deficiency and required for cell respiration, helps in the release of energy and metabolism of carbohydrates, fats, and proteins.

Vitamin C: Antioxidant and helps protect the body against pollutants.

Vitamin E: Antioxidant, protects your cells from oxidation, and neutralizes unstable free radicals, which can cause damage.

Choline Bitartrate: Useful in the maintenance of the nervous system, assisting memory and learning, and may help to fight infections.

Inositol: For metabolic regulation and growth.

Calcium Pantothenate: Beneficial role in the maintenance of healthy skin, muscles and nerves.

Vitamin B1: Thiamine may enhance circulation, helps with blood formation and the metabolism of carbohydrates.

Vitamin B2: Used for red blood cell formation, antibody production, cell respiration, and growth.

Vitamin A: Vitamin A is required for night vision, and for a healthy skin. It assists the immune system, and because of its antioxidant properties is great to protect against pollution and cancer formation and other diseases. It also assists your sense of taste as well as helping the digestive and urinary tract and many believe that it helps slow aging. It is required for development and maintenance of the epithelial cells, in the mucus membranes, and your skin, and is important in the formation of bone and teeth, storage of fat and the synthesis of protein and glycogen.

Vitamin B6: Required for both mental and physical health and balancing the hormonal changes in women.
Vitamin K3: Used in the body to control blood clotting and essential for synthesizing the liver protein.
Folic acid: Important for healthy cell division and replication also required for protein metabolism and in treating anemia.
Biotin: Used in cell growth, the production of fatty acids, metabolism of fats, and proteins. Biotin is also indicated for healthy hair and skin, healthy sweat glands, nerve tissue, and bone marrow, and assisting with muscle pain.
Vitamin B12: Required for normal functioning of brain and nervous system and for the formation blood.

○ Minerals:

Iron: For the oxygenation of red blood cells, a healthy immune system and for energy production.
Zinc: Used in the growth and maintenance of muscles.
Potassium: It is needed for growth, building muscles, transmission of nerve impulses, heart activity.
Chloride: Dietary mineral needed by the body for optimum health.
Calcium: Calcium is a mineral important for strong bones and teeth.
Manganese: For stimulating growth of the connective tissue and is also thought to be of importance in brain functioning.
Phosphorous : For bone and teeth formation as well as most metabolic actions in the body, including kidney functioning, cell growth and the contraction of the heart muscle.
Silicon: Used to keep bones, cartilage, tendons and artery walls healthy and may be beneficial in the treatment of allergies, heartburn and gum disease, as well as assisting the immune system.
Copper: Required in the formation of hemoglobin, red blood cells as well as bones.
Boron: Boron is essential for healthy bone development, helps the body to metabolize key vitamins and minerals, and also affects estrogen and testosterone levels. Boron is an important trace mineral required for the proper absorption and utilization of calcium for healthy bones. Boron has recently been in the headlines due to studies indicating that it may help women prevent postmenopausal osteoporosis, or loss of bone mass. Researchers have also found that boron significantly increase production of estrogen and testosterone, leading to interest in boron use in the athletic community, especially among bodybuilders looking to safely promote muscle growth.
Nickel : Effective in increasing iron absorption, preventing iron poor blood (anemia), and treating weak bones (osteoporosis). Nickel is considered a trace mineral, or micromineral.
Iodine: Used in the production of hormones (such as thyroxine, thyroxin) by the thyroid gland, which in turn regulates the conversion of fat to energy.
Selenium: Essential in many metabolic pathway and immune system functioning.
Vanadium: Effective in treating diabetes, low blood sugar, high cholesterol, heart disease etc.
Tin: Benefits for depression, fatigue, pain, skin problems, and digestion.

Side Effects: The product is POSSIBLY SAFE for most adults.
There is no disadvantage associated with the product if taken under the recommended usage.

Special Precautions & Warnings:

Pregnancy and Breast Feeding: Pregnant and lactating mothers should not take any single supplement in higher than normal doses unless recommended by a healthcare provider for a special condition. Thereby, although safe this product should only be taken after consulting your dietician in the recommended dose only. The combination should only be used in pregnancy and lactation if benefits outweigh the risks.

Storage: Store in a cool, dry & dark place. Protected from direct sunlight.