**Alfalfa (Medicago sativa)**
Native to the Near East, now found worldwide; rich in vitamins, minerals, flavonoids, amino acids, and protein. Alfalfa is a natural source of plant estrogens and can help balance the hormone systems of the female body.

**Aloe vera (Aloe barbadensis)**
Aloe vera gel is a strong antioxidant, thereby helping to destroy free radicals that damage healthy body cells. Aloe vera also supports a healthy digestive system as it assists the removal of wastes from the body. Aloe vera has also been shown to offer relief for inflammatory bowel disease.

**Astragalus (Astragalus membranaceus)**
Considered by experts as one of the superior botanicals. Research has shown it can maximize the functioning of the immune system as well as protecting the cardiovascular system. Astragalus has also shown to enhance reproductive health in males.

**Bee pollen**
Rich in nutrients including vitamins, minerals, proteins and amino acids, bee pollen is an excellent source of nutrition. Bee pollen is used to improve stamina and athletic performance.

**Capsicum fruit (Capsicum species)**
Rich in vitamins, traditionally used to stimulate metabolism through a process called thermogenesis. Capsicum can also assist in the fat burning processes of the body. Commonly used to help improve action of other botanicals in formulations through the synergistic effect.

**Cascara bark (Rhamnus purshiana)**
Native to the Pacific coast of North America; harvested by early American natives who felt it had strengthening properties. Cascara bark, when combined with capsicum extract, has been shown to maximize the elimination of wastes from the body.

**Celery seed (Apium graveolens)**
Celery seed has been shown to assist the digestive process and ensure the regular removal of waste from the system. It has a detoxifying and cleansing effect on the body.

**Chinese pearl barley (Coix lacrymajobi)**
High in antioxidants, Chinese pearl barley can help relieve joint pain. As well, barley foods have been shown to reduce cholesterol levels.

**Chinese rose hips (Rosa laevigata)**
Among the various species of roses used for their fruits, the fruits of the R. Laevigata are the most highly valued traditionally by the Chinese. Rose hips are a good source of vitamin C.

**Chicory (Cichorium intybus)**
Extracted from the chicory root, the active ingredient is called inulin. Inulin has been shown to act as a colon cleanser, helping detoxify and remove waste from the body.

**Dandelion (Taraxacum officinale)**
Native to Europe but now grown and used around the world. Dandelion has been shown to improve the digestive system by assisting the production and flow of bile from the gallbladder as well as helping the body eliminate wastes.

**Fenugreek (Trigonella foenum-graecum)**
Fenugreek, when consumed with a meal, has been shown to reduce blood glucose levels in people with diabetes. It has also been shown to lower cholesterol levels.
REFERENCES


