

ANTI-OXIDANT SUPREME

Whole-Body Plant Anti-Oxidant*

DOSAGE

1 capsule 2 times daily

DURATION OF USE

3-4 months or longer

BEST TAKEN

Between meals, with water



Supplement Facts

Daily Serving Size 2 Capsules
Servings Per Container 30

Amount Per 2 Capsules	mg
Calories 20	
ALCOHOL FREE CONCENTRATED EXTRACTS OF:	
Hawthorn berry (<i>Crataegus</i> spp.) ▲	100 mg†
Green Tea leaf*, (<i>Camellia sinensis</i>) ▲	100 mg†
Bilberry berry (<i>Vaccinium myrtillus</i>) ▲	50 mg†
Ginkgo leaf (<i>Ginkgo biloba</i>) ▲	20 mg†
Prickly Ash bark (<i>Zanthoxylum</i> spp.) +	8 mg†
Rosemary leaf, Supercritical CO ₂ Extract (<i>Rosmarinus</i> off.) +	8 mg†
Astaxanthin	2 mg†

†Daily Value not established.

Other ingredients: Vegetable glycerin, vegetable cellulose (capsule).
▲ = Certified Organic Ingredient + = Ecologically Harvested

THE STORY OF FREE RADICALS

Free radicals, which are atoms that have an unpaired electron, are both essential to life and harmful. The body produces oxygen free radicals as a natural part of making energy (in the form of ATP) in most cells. Because making energy and thus free radicals cannot be avoided, the body has evolved a variety of defenses against free radicals known as antioxidants. These quench or neutralize the free radicals after they are produced, allowing cells to make ATP energy without building up toxic levels of free radicals. Natural antioxidants include such familiar substances as vitamin C, vitamin E and coenzyme Q10. Some less familiar natural antioxidants include superoxide dismutase and catalase. The problem with free radicals arises when the body comes under assault above and beyond the normal metabolic process. Since the air, water, and food all contain significant sources of free radicals, the body now has to quench these or face cellular damage and disease. Additionally, chronic inflammation causes a great increase in free radicals because immune cells use free radicals to try to control the inflammation. White blood cells are very active; requiring and producing a lot of energy and free radicals. Fortunately plants contain numerous types of antioxidants that can bolster the body's defenses against free radicals.

Bilberry contains proanthocyanidin molecules that are established as strong antioxidants. Bilberry has shown the strongest affinity for the eyes, blood vessels, heart, and connective tissue (collagen). It also protects the digestive tract and the skin. Bilberry can strengthen the blood-brain barrier and other blood vessels. Bilberry and its close cousin blueberry are used traditionally as both food and to support digestive health.

Hawthorn berry has a long history of use for supporting normal heart function and structure. The usefulness of Hawthorn for supporting heart health concerns is supported by research. Modern research has also indicated that Hawthorn has potent antioxidant activity, in particular protecting collagen and the

cardiovascular system. Hawthorn is widely recommended by clinicians with extensive experience in its use for long term intake to obtain optimal benefits for heart health.

Ginkgo leaf is a modern antioxidant phenomenon. The nuts were used traditionally but the leaves only rarely. A great wealth of studies in the past 50 years have documented the antioxidant activity of this versatile herb. Ginkgo's antioxidant effects appear to be most pronounced in the brain, nerves, and cardiovascular system. In addition to quenching the common oxygen free radicals, Ginkgo is also shown to eliminate excessive nitric oxide, another type of free radical.

Green Tea contains polyphenols and flavonoids that give it strong antioxidant activity. Green tea is considered to be partly responsible for the low incidence of free radical-related conditions in Japan, China, and other places where it is widely consumed as a beverage.

Rosemary leaf has been demonstrated in studies to be a powerful antioxidant. Traditional reports of the benefits of rosemary include supporting cognitive abilities and poor memory ("weakness of the brain"), immune function, digestive health and circulation.

Prickly Ash bark is considered a circulatory stimulant and nerve tonic in traditional cultures. It may accomplish some of its actions by being antioxidant, and it theoretically helps distribute other antioxidants throughout the body by increasing circulation.

Astaxanthin is the pink carotenoid that gives salmon, crabs, shrimp, and flamingos their color. This is because these animals eat microorganisms that contain large quantities of it. Like other carotenoids, astaxanthin shows promise as a remarkably effective fat-soluble antioxidant. This may be particularly important in protecting cell membranes, which are primarily made up of fats.

Note: The intention of this information is to represent the traditional use of the individual botanicals found in these

formulas and to inform the reader of any evolving scientific inquiry relevant to the formula's ingredients.

COMPLEMENTARY HERBS/FORMULAS

Infla-Profen, Migra-Profen, or Vision Enhancement

SAFETY EVALUATION/CONTRAINDICATIONS

Do not use this product during pregnancy or lactation.

DRUG INTERACTIONS

Consult a physician if you are taking any pharmaceutical drugs. Anti-Oxidant Supreme should be used with caution when combining with aspirin, non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, warfarin (Coumadin), heparin, or any other drug that affects blood clotting.

Use of this formula should be discussed with a physician knowledgeable in herbal medicine before combining it with cancer chemotherapy or radiation therapy.

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.