

*Clinical Indications of
Supreme Nutrition
Products*

(Revised 6-14-10)

For professional reference only.

Michael Lebowitz D.C.
2550 I Rd
Grand Junction, CO 81505
970-257-0311

April 2010

Dear Colleagues

Most of you know I have been a researcher in applied kinesiology and nutrition for over 30 years. Over the years I have dabbled in formulating a few nutritional products but have recently put more time and effort into this endeavor. I have combined efforts with Mid American Marketing - a small family company of high integrity to distribute some very unique nutritional products. We call ourselves Supreme Nutrition Products. Supreme Nutrition Products was founded with the premise that there are remedies in the plant kingdom for the health problems faced by 21st century human beings.

Some of our products use already commonly known herbs for unique applications, while others use herbs that are not well known in the U.S., but have been used for hundreds of years or more in other cultures. Most products are single herbs. In this way, the product is typically better tolerated by the sensitive patient than a product with multiple ingredients. Often, if many herbs are combined in one product, there isn't enough of the one ingredient the patient needs the most to accomplish the job it needs to effectively. Also if the person taking the herb is sensitive to a specific herb in the combination product, it can often "ruin" the whole product for the person (this happens very often in antimicrobial products). You can see this single herb pattern exhibited in the animal kingdom when an animal is sick and starts ingesting one particular herb to get well, not a combination.

Another factor we recognize is that herbs can greatly vary in quality depending on soil conditions, climate, handling, storage etc. We do not feel a need to duplicate an already commonly existing

(goldenseal, echinacea, etc.) that is already effective (unless we find a new unique application or find a quality difference in the herb itself). We prefer to fill niches where we see the need for a more effective product for a particular health concern.

The research for our products can take some time. For example, let us say we wanted to come out with a product that would help protect people from the harmful effects of a particular chemical that is common in our environment. The first step would be to search the medical journals to see if there is anything that already fits the bill or any herb that suggests it might (it protects against a similar substance, or is hepato-protective, etc). We gather a list of potential herbs that might have the desired effect and we try to find multiple sources of each herb (e.g. if an herb grows in both South America and Asia we will try to find multiple samples from both sources). We make sure it has no potentially known harmful side effects, etc. After that, we utilize some well respected physicians who are well versed in applied kinesiology and have them blind test the samples on their patients and gather data such as: What percentage of their patients strengthen on testing of the herb? Does the herb block a positive test of the particular chemical, metal, microbe, reflex, etc. we are looking at? Does each sample test the same or is there a difference based on where it was grown, etc? The doctors then give the product to the applicable patients to see if it yields the desired effects. If it does, then we may decide to manufacture/distribute the product. This is a slow process and we do not foresee coming out with more than a few products a year. Often projects are scrapped because we cannot find an herb to do the job, or the quality of the herb is inconsistent.

Once the product is birthed each new batch of the herb that is purchased is tested (applied kinesiologically as well as with a laboratory analysis) to make sure it tests at least as well as previous batches. As we have stated, you would be amazed at the quality difference between batches of “the same” particular herb, even ones grown fairly near each other. Soil contamination due to toxic metals, pesticides, etc., is common even in organic sources. As a result, our products may vary slightly in color and taste batch to

batch as we seek the best quality sources. Testing each batch with our AK team is unique to our company at this time and we feel it is a critically important extra step in quality assurance beyond just the COA by the importer. At times this process can be frustrating for us as we have to reject some batches and scramble to find new sources that meet our standards. Yet, this is the only way we could assure our customers, who are mainly physicians, of the best quality products. If we cannot find a batch that tests well, we would rather be temporarily out of stock than produce an inferior product. With each new batch of a product, physicians will receive a new test vial to reflect the current supply.

This process has taught me so much. I never knew how much quality variation there truly was in most herbs, despite identical COA's (certificate of analysis). This is where an additional system of analysis like Applied Kinesiology (done blindly) can be so important in producing the highest quality product. Our products are also very broad in their applications. Often people can cut down on the number of different products they need to take and yet get superior results.

I encourage you to order our products and give them a try. You will get test vials of all the products with your first order. We are very open to your feedback and ideas for other additional products to add to our line.

A brief summary of each of our products (alphabetically) will follow. For more information you may want to visit our website www.supremenutritionproducts.com and click on the physicians section or call 1-800-922-1744. Also feel free to contact me with any questions or comments at morindasupreme@aol.com.

Sincerely in health,

Michael Lebowitz DC

CLINICAL INDICATIONS OF SUPREME NUTRITION PRODUCTS

Alaria Supreme™

Alaria Supreme is a certified organic, wild crafted seaweed that tests free of both mercury and cadmium. I have known about the benefits of eating sea vegetables for at least 3 decades and used to eat it regularly. Once I became mercury toxic, I was unable to find a seaweed I could ingest without suffering from mercury symptoms. I had pretty much given up hope until finding a supplier for this alaria product.

Alaria has a great nutrient profile. Two capsules will give you your RDA of organic iodine as well as smaller but significant amounts of most vitamins and minerals. It has the most significant amounts of calcium, magnesium and B vitamins of any edible seaweed. Being a whole food ground into a powder it has all the cofactors, phytonutrients, etc., that you would expect to find in a “superfood”.

Coming from the sea, Alaria is a rich source of organic trace minerals in a form that is very easily assimilated. No land plant can compare. Iodine deficiency is commonplace and land plants typically do not supply the amount of iodine needed to meet our needs. Inorganic iodine added to table salt is not an ideal form.

Alaria, as do most seaweeds, inhibit cancer cell growth in animal studies. They are considered antimutagenic, and antitumor. It is postulated that the low rate of breast and lung cancer in Japan (despite the high rate of smoking) is due to seaweed consumption. Seaweeds can lower serum cholesterol levels as well as blood pressure and help remove arterial plaque as well as decrease platelet stickiness. Alaria and certain other seaweeds can also lower raised uric acid levels and can be antibacterial, antifungal, and antiviral.

Alaria can be very effective in preventing damage due to radiation exposure from power plants, nuclear tests etc. (This radiation can virtually travel around the globe in small amounts and effect our health.) Nuclear facilities release radioactive Iodine 131 into the atmosphere. Iodine 131 (which can be inhaled) is heavier than natural iodine 127 and is implicated in the increasing rates we see today of thyroid cancer and other thyroid disorders. The only thing that protects our bodies from this radioactive isotope (Iodine 131) is having adequate amounts of iodine 127 (as exists in seaweed, etc.) Besides protecting against radioactive iodine, testing has shown that seaweeds also help remove radioactive strontium from the body. Following this line of thinking, it can be very valuable in people taking radiation therapy as it may decrease side effects and speed recovery.

Let's look at two very important components of alaria: algin and fucoidan.

Algin is a great remover of heavy metals from the GI tract. We don't find it as effective as Takesumi Supreme™ as an all round detoxification agent (except for radiation for which it is superior) but it can complement Takesumi in removing toxic metals and chemicals (those of you well versed in applied kinesiology can use it to determine which product is a priority). It does though have a higher nutrient profile than Takesumi and many patients will benefit from taking both.

Fucoidan is an anti-inflammatory component of alaria. It is an immune stimulant but more important is great to use after physical traumas (and surgery) to speed the healing response. Fucoidan breaks down into fucose, a natural sugar that they have found receptor sites for on human cells suggesting it is an essential nutrient.

Brown seaweeds such as alaria also have been shown in studies in Japan to help us excrete dioxins and PCB's more effectively. Alaria can help prevent reabsorption of toxins (metal and chemical) in patients with "leaky guts".

To summarize: Alaria is a superb source of nutrients, especially organic iodine and trace minerals, but other nutrients as well. It is moderately anti-microbial, an excellent protector against subclinical (as well as acute) radiation poisoning, as well as metal and chemical toxicity. It has some anti-cancer properties as well as being anti-inflammatory. I test it on each patient and feel it should be an essential part of most people's diet. Being a "superfood" there are many more intangible benefits that may be realized beyond the scope of this short article.

Dosage: Recommended dose is one cap 3x/day as a trace mineral source. For detoxification, metal and chemical chelation, radiation protection, 4-6 caps daily are recommended. It is well tolerated by sensitive patients, and is (in my opinion) the best source of micro minerals for these type patients.

Ashwagandha Supreme™

Each capsule of Ashwasgandha Supreme contains 500 mg. of Ashwagandha with nothing else added. *Withania somnifera* (Ashwagandha) is an adaptogen working on the endocrine system and the HPA. The Sanskrit implies it gives the user the strength and stamina of a horse - some doctors saying that taking it in the morning will allow you to run 20 miles while taking it at night will allow you to sleep like a baby. I am sure that is an exaggeration (at least in my case), but you get the idea.

It is most well known to **decrease fatigue**, allow you to **handle stress** more effectively, increase strength and stamina, increase libido, **improve memory** and clarity, and **produce restful sleep** when needed. The various conditions it has been used for include arthritis (it is antiinflammatory), chronic lung conditions and immune deficiency, hypertension, autoimmune problems, hypothyroidism, and many others. Animal studies have shown it may be useful in treating drug-induced dyskinesia. In one animal study, Ashwagandha **increased brain levels of superoxide dismutase, catalase and glutathione peroxidase**. This could easily be the mechanism of how it improves cognition, memory and perhaps longevity. Other studies have shown it increases acetylcholine receptor activity, stimulates the growth of axons and dendrites and has **GABA-like activity**. In most cases we prefer it to GABA because it is a “whole food” and has many complementary properties. For a complete monograph we refer you to http://findarticles.com/p/articles/mi_m0FDN/is_4_5/ai_65068471/pg_1?tag=artBody;coll

In our practice we find it especially useful in patients under increased stress, or with sleep problems, cognition problems and various neurological imbalances. It does overlap EndoSupreme to some extent though we tend to view Endo more as an endocrine system restorer while Ashwagandha effects antioxidant levels as well as various neurotransmitters. This is a gross oversimplifica

tion and both products should be tested on every patient.

Contraindications: Because Ashwagandha can lower blood pressure (can act as a calcium channel blocker) and blood sugar I would be careful in prescribing it to diabetics and people with hypotension (since it is an adaptogen, it will probably be OK though we suggest you monitor the patient). It should not be used during pregnancy or in patients with active peptic ulcers. I would not prescribe it to patients on sedatives. I have not been able to find any cases where side effects actually occurred yet these precautions make sense based on the physiology of how it performs. It is in the nightshade family so monitor patients you give it to that have known nightshade sensitivities (most nightshade sensitive patients tolerate Ashwaganda very well).

Dosage: Our recommended dose for Ashwagandha Supreme is between 1-3 caps daily.

BodyGuard Supreme™

Each capsule of BodyGuard Supreme™ contains 500mg of pure Phyllanthus fraterus with no added fillers, binders, etc. There are well over 50 published studies on the therapeutic effects of this herb. Before getting into the scientific and historical research, I would like to share why I feel it is such an important product.

Clinical trials with applied kinesiology suggest that Phyllanthus fraterus has a positive effect in preventing damage to the body due to excessive **electromagnetic field exposure**. In my practice, I have found that EMF's are increasingly problematic for some patients. As they become more prevalent in our lives with cell phones, wireless connections, micro-waves, computers, etc.; they have potential to produce more harm to our bodies (nervous system, endocrine system, neurotransmitters, melatonin production, etc.).

When testing to see if EMF's affect your patient, have them call someone on their cell phone and hold the phone up to their ear right at the beginning of the call (once the other person picks up) and see if it weakens a strong indicator muscle. If your patient population is like mine, you will see that it will weaken in over half of the people tested. (If you are in an urban area I wouldn't be surprised if the percentage is much higher.) In nearly all these cases, if the patient is exposed to BodyGuard Supreme™ during the call it will block the weakening effect.

BodyGuard Supreme™ on muscle testing and in traditional use also appears to be an excellent **liver** remedy (this is confirmed in published articles). In many cases it decreases patients' food and environmental sensitivities as well as helps them tolerate EFA supplementation better. We now routinely test patients on caffeine, theobromine and theophylline for either weakening of a strong muscle or making a normal muscle hypertonic. About 50% of my patients have a positive test which is suggestive of an inability to degrade the positive substance (theobromine tests positive the most frequently and is in tea, chocolate and cola and is a breakdown product of caffeine). This may also suggest a less than optimal

phase one liver detoxification ability in the patient. On AK testing both, Body Guard Supreme and Basic B Complex (not quite to the same extent) test to help remedy that finding. We also have the patient avoid caffeinated beverages and tea, chocolate, cola and yerba mate until the finding is negative. People who won't give up these substances could

benefit by taking Body Guard on a maintenance level.

Traditionally in the tropics, *phyllanthus fraternus* has been used in treatment and prevention of gall and kidney stones, malaria, diabetes, acute and chronic pain, infections, cystitis, prostatitis, tumors, and the list goes on and on. Studies have shown it is antiviral (especially Hepatitis B) and antibacterial, lowers blood pressure, blood sugar and cholesterol levels and may help in preventing diabetic neuropathy.

Mice studies showed it can help reduce damage during chemotherapy and radiation and it increased the life span of mice with liver cancer by 65%.

Dosage: For my patients I have recommended one cap 3x/day if they weaken on EMF's or have a positive response to caffeine, theobromine or theophylline and one cap 1-2x/day once they stop weakening as a possible preventative. Traditional pharmacies in South America recommend as high as 4-6 caps twice daily when treating kidney stones. (I have never done this and it shouldn't be done in lieu of other treatment.) If it blocks chemicals or metals on AK testing or just strengthens "in the clear", I tend to prescribe 1 cap 3x/day or 2 caps twice daily.

As with any herb I would recheck the need for it on the patient every month or so and have them report any side effects (I couldn't find any in the literature) ASAP and stop taking it if side effects occur until you can re-evaluate them.

Contraindications: To be safe I would **not** prescribe it during pregnancy as with most other herbs. Because it can lower blood pressure and blood sugar: patients on antihypertensive drugs (also beta-blockers and other heart medications) or blood sugar lowering drugs may need careful monitoring or adjusting the doses of their medications or you may **not** want to prescribe BodyGuard in these patients. It may also be contra-indicated

Camu Supreme™

Here at Supreme Nutrition we have 2 goals. One is to bring therapeutic herbs that are multi purposed to you that pass stringent standards of both certificate of analysis and clinical testing via applied kinesiology. These herbs are selected for either their antimicrobial or detoxification or organ restoration properties (many do more than one of these). Each new batch of raw materials must meet these standards and practitioners are given new test vials with each new batch.

Another goal is to bring more therapeutic foods that are nutrient dense and in most cases high in phytonutrients as well. We feel that nutrient dense foods unlike pharmaceutical grade isolated nutrients (which definitely have their role too) have their own synergism (within the individual plant) that man cannot duplicate. Thera Supreme™ was our first product of this type and is a great immune builder/life enhancer. Our newest product is a single food that we have known about for a long time but like many of our other products it took a while to find a source that passed our testing methods. This new product is Camu Supreme™. Camu is a berry from a bush (*Myrciaria dubia*) that grows prolifically in the Amazon rainforest. What makes camu stand out is that it is the 2nd most concentrated source of vitamin C found in any fruit. It is also a significant source of antioxidants including anthocyanins, d-limonene, and catechin. Dr. James Duke in his ethnobotanical database rates camu as being an effective antiviral, very useful for gingivitis and other periodontal disease, asthma, hepatitis, atherosclerosis, infertility, cataracts, migraine cluster headaches, colds, osteoarthritis, depression, edema and Parkinson's disease. According to Sloan Kettering's website, Camu decreases inflammatory and oxidative stress markers such as 8-hydroxy-deoxyguanosine, total reactive oxygen species, C reactive protein, IL-6, and IL-8 in smokers.

Besides vitamin C, camu contains natural beta-carotene, calcium, iron, niacin, phosphorus, riboflavin, thiamin and the amino acids valine, leucine and serine. Compared to oranges, camu on a weight for weight basis, supplies thirty times more vitamin C, and ten times as much iron. Some vitamin C content is lost after processing but not enough to make a significant difference. We will not be stating vitamin C content on the label as it can vary depending on many variables (time harvested, soil and climate conditions) but an average dose of 1 scoop will have anywhere in the range of 200mg-1000mg in synergy with all the accompanying components (this is the amount I read stated in various research articles, thus the wide range). It is hard to compare natural vitamin C in the complex of a whole food to isolated ascorbic acid but it appears you need much less when taking it as a whole food source and the exact mg. is not as relevant as how it works as a complete food. We decided not to encapsulate it since it is more of a food. A good maintenance dose is one scoop daily but for acute and chronic conditions that need higher amounts of vitamin C, bioflavonoids and antioxidants you can do 2-3 scoops daily. A good way to take it is to make a smoothie daily that contains some juice, frozen berries, 1 scoop of Thera Supreme™, 1 of Camu Supreme™ and 2 caps of LuRong Supreme™ (opened and put into the smoothie). Camu has a pleasant sour taste (the LuRong is a little strong). If you want something simple you can just put a scoop in juice or yogurt and mix it in or just take it in water. I test it on all patients and it tests positive on over 50% of them.

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Endo Supreme™

Endo Supreme™ contains pure powdered *Maytenus Krukovii*, also known as *chuchuhuasi*. The goal in developing this product was to find an herb that was strengthening and healing to the **endocrine system**. We feel this herb will out perform other adrenal herbs and view it as a master endocrine adaptogen, helping both hypo and hyperadrenia as well as many other endocrine imbalances. I have never found great results using glandulars and have been looking extensively in the plant kingdom for broad spectrum remedies and healing agents. It also routinely corrects weak neurolymphatic reflexes for the **adrenals, thyroid, pituitary**, and significantly though less often the **pineal, liver, and reproductive organ** reflexes, thus suggesting a broad spectrum use and effect. Patients taking it often report an increase in physical and mental stamina and endurance.

To give you an idea of properties reported in published journals: it is known to **increase libido**; is used as a muscle relaxant, anti-inflammatory, general tonic, an analgesic; is used for menstrual disorders, impotence, hypoadrenia, immune support, **anti-arthritis**, is an antioxidant; is used to treat diarrhea, hemorrhoids and bronchitis. It has activity against aldose reductase (thus helping prevent nerve damage in diabetics) and helps inhibit production of protein kinase C, thus making it useful in the treatment of arthritis, certain tumors, asthma, and certain cardiovascular irregularities.

Dosage: We have found 3-4 caps daily to be an optimal dose in most cases, with the first dose taken before breakfast. In some patients results have been within days though the literature suggests it can take a month before effects are felt. Many people report that their stamina increases more and more, the longer they take it. A few patients do better on only one daily or it can “increase energy too much”.

Contraindications: There are no known contraindications or side effects though as with all herbs, I would exercise caution during

pregnancy and have patients report any adverse reactions to you immediately.

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Lu Rong Supreme™

Lu Rong Supreme™ is the latest entry in the Supreme Nutrition line (Mid American Marketing Corp. 1-800-922-1744). Though all our products are selected due to their broad applications, Rong Supreme has the broadest applications to date. As with all our other products, we obtained raw materials from multiple sources and through blind applied kinesiology testing, selected what we feel is the best source. The product then underwent clinical tests on some very sensitive patients as well as some less sensitive ones to test for both tolerance and efficacy. This type testing eliminates over 90% of the products we consider adding to the Supreme Nutrition Products line as we only want to offer products that both test and perform optimally. It is then encapsulated with nothing else added.

Lu Rong is velvet antler. It is harvested from deer without harm to the animal, before the antler turns to bone, while still in the cartilaginous state. Lu Rong is a whole food product derived from a fast growing tissue and other than drying, it is not refined. All the necessary active co-factors and nutrients are available. It has been used in oriental medicine for over 2,000 years.

Applications appear to be as follows:

1) is very high in **chondroitin sulfate** as well as **glucosamine sulfate**, and **hyaluronic acid**. Unlike isolated extracts of those 3 substances, it has the necessary co-factors (fibroblasts, chondroblasts and more) etc. to optimize repair of cartilage and connective tissue. It also is not derived from shellfish (as many of these products are), which has the possibility of heavy metal and other contamination. Most of the collagen in Lu Rong is type II. Type II production is usually diminished in both osteoarthritis and rheumatoid arthritis and supplementation has been shown to increase strength, as well as decrease inflammation, pain, swelling, and stiffness. It also can be useful in decreasing the auto-immune reaction in these type degenerative processes. Lu Rong as a result can be thought of as being chondroprotective and possibly restorative too. It should be tested on all arthritics and anyone with a family history of arthritis.

2) Lu Rong has a significant amount of IGF-1 (insulin growth factor-1

or IGF-1). IGF-1 encourages absorption of glucosamine and chondroitin. Research suggests IGF-1 may also help prevent osteoporosis and improve muscular development. It also promotes bone growth. To quote Wikipedia gIGF-1 is one of the most potent natural activators of the AKT signaling pathway, a stimulator of cell growth and multiplication and a potent inhibitor of programmed cell death.

Almost every cell in the human body is affected by IGF-1, especially cells in muscle, cartilage, bone, liver, kidney, nerves, skin, and lungs. In addition to the insulin-like effects, IGF-1 can also regulate cell growth and development, especially in nerve cells, as well as cellular DNA synthesis.” IGF production is stimulated by HGH which decreases as we age and thus we also end up with an IGF-1 deficiency. Taking Lu Rong can help correct that deficiency.)

3) Lu Rong also has other growth factors including a nerve growth factor and epidermal growth factors.

4) Lu Rong is a source of gangliosides. Gangliosides provide cells with distinguishing surface markers that can serve in cellular recognition and cell-to-cell communication. They may also prove protect again neuro-degenerative diseases.

5) Lu Rong is a source of anti-inflammatory prostaglandins (not just the precursors) and can be helpful in all inflammatory conditions including headache prevention and treatment.

6) Lu Rong is a natural source of Pantocrin. According to Russian and New Zealand research, Pantocrin increases athletic performance (including increased speed and increased strength) as well as speeds recovery from intense physical activity. Pantocrin has also been shown in animal studies to speed recovery from whiplash injuries. It also helps with lactic acid removal from muscles after exertion and helps speed recovery of injured muscle tissue and nerve tissue (Japanese study).

7) Studies have suggested it has a rejuvenating effect and is anabolic in the sense that it helps burn fat and builds muscle tissue.

8) Other studies suggest that Lu Rong may increase testosterone production leading to an increase of lean body mass and also an increase in endurance. As a result, it has traditionally been used to increase libido in

men and women as well as help erectile dysfunction, decreasing pre and post menopausal symptoms and increasing fertility. Lu Rong contains small amounts of testosterone, estrone, luteinizing hormone and another hormone similar to progesterone.

9) Lu Rong is an immune stimulant and is reported to increase the effectiveness of chemotherapy drugs as well as reducing kidney damage from chemotherapy.

10) In Korea, it is used during the last trimester of pregnancy to enhance the chances of a smooth and easy delivery and it can also help lactation. It also has been used traditionally to increase growth in children and help in babies with delayed walking. There are no known contraindications during pregnancy or lactation.

11) Studies in Korea show that it can increase red blood cell production when needed.

12) Studies in mice show Lu Rong can decrease senility, and increase free radical scavenging activity.

13) It also can inhibit MAO enzyme function and act as a mood enhancer.

14) Studies have suggested it can decrease arterial blood pressure in hypertensive patients and also increase blood pressure in hypotensive patients.

15) Nutritionally it is a rich source of calcium hydroxyapatite as well as other macro minerals and trace minerals as well as all essential amino acids.

A wonderful book by Betty and Paul Kamen called *The Remarkable Healing Power of Velvet Antler* (out of print but one can get it through Amazon) has a lot more information. Another book entitled *Velvet Antler* by Alison Davidson also has much research and is worth reading.

As far as applied kinesiology findings and personal clinical observations I found the following. On a sample of 100 consecutive patients (all ages, male and female) I found Lu Rong to strengthen weak muscles on 91 of

microbe composite vials (it is immune enhancing), positive endocrine NL's and occasionally metals. It is not as strong in those areas as our other products but is very health supporting in many ways. We used it to successfully treat a positive response to the parasite composites in a pregnant woman. Other patients have reported sounder sleep, increased libido and decreased headaches. Because it is a food it may take awhile to build up in some patients enough to feel the changes while others may feel the difference quickly.

To summarize main indications- I would suggest Lu Rong for any case of **physical trauma** (car accidents, athletic injury), anyone wanting to **increase endurance** and athletic performance, **inflammatory conditions**, **arthritis** and cartilage degeneration, **osteoporsis**, osteopenia, **nerve degeneration**, **sexual dysfunction** and most people interested in **slowing the degree and onset of aging**. I anticipate the majority of my patients needing it if testing continues how it has so far. I look at it as a whole food. Back before hybridization when people ate whole foods, many of them wild (including animals in some cases), there were small amounts of natural hormones and co-factors in the daily diet. I look at Lu Rong as restoring that part of the diet. I have been on it for about 2 months so far (1 cap daily). I am extremely sensitive but have tolerated it with no problem. I have just completed 3 days of hiking in the mountains after being a couch potato all winter with no preparation and did very well. It has also decreased my headache frequency and severity and increased libido. For the rest I will wait and see.

Most Lu Rong on the market comes in 250-500 mg per cap with fillers added. Our caps have 830 mg and have no fillers added and as a rule is priced much lower and is of the highest quality.

I recommend 2 caps daily as a therapeutic dose for the glucosamine/ chondroitin etc. or 1 cap a day for the other effects. I plan to take a one week break every two months or as testing dictates. For small children you would adjust the dose appropriately. Feel free to share your experiences with us.

Melia Supreme™

Melia Supreme™ is powdered neem leaf (*Melia azadirachta*) put into vegetarian capsules with nothing else added.

Melia, like Morinda is an amazing plant that has been used therapeutically in India for at least 2,500 years. The word neem is reported to come from the Sanskrit language and roughly means “the healer and illness reliever”. Melia is a superb **broad spectrum antimicrobial** showing effectiveness against various fungi, bacteria, parasites, virus (including herpes), and spirochetes. It has also been reported that it does not harm beneficial intestinal flora. Melia has been shown to be hepatoprotective, stimulates T-cell production in times of infection, and blocks pro-inflammatory prostaglandins. Melia also possesses small amounts of catechin and quercetin - both having anti-inflammatory and antihistaminic properties. Morinda, our other broad spectrum antimicrobial sometimes is given simultaneously though if we have the ability to test the patient, we let the testing decide.

In Japan, Melia has been used for cancer treatment of solid tumors as well as using it topically on skin cancers. It has been used successfully to treat malaria as well as vitiligo, and has been reported to increase brain serotonin levels thus having antianxiety properties. Melia has also been shown to lower cholesterol levels. In some insulin dependent diabetics, Melia has reduced insulin requirements up to 50%. One interesting effect is that without decreasing libido or sperm count, neem has been used effectively as a male contraceptive. In parts of Africa women use it also for the same purpose (so you may not want to use it if you are trying to get pregnant).

Melia is planted in urban areas in India because it is great at adsorbing pollutants, so we have to be very careful in our source selection. As with other Supreme Nutrition Products, each batch goes through AK testing for effectiveness, besides the normal “purity” tests required by the government.

Dosage: For adults 1 cap 3x/day. Occasionally we go as high as 2 caps 3x/day. In older children we dose by weight. It is not given to young children (under 6).

Contraindications: Melia Supreme™ is contraindicated in pregnancy, nursing, as well as in young children. It may also prevent pregnancy.

Morinda Supreme™

Morinda Supreme™, the first product we produced, is pure powdered Morinda Citrifolia available in both powdered and capsule form. It is a wonderful **broad spectrum antimicrobial** effective against many virus, bacteria, fungi, parasites, and spirochetes. In our opinion it tests and performs much better than most other available noni.

We believe this is because:

1) much of the noni (in juice form) on the market is greatly diluted with other fruit juices to mask the taste; 2) most noni on the market has been put through a fermentation process that they feel enhances the product (I feel it does the opposite); 3) most noni is either in pasteurized juice form or a capsule combining the leaves and fruit (I believe the raw powdered fruit without the leaves is the best form); 4) some of the Hawaiian noni is grown downwind of Kilauea volcano and I believe this could contaminate it with toxic materials that are in the vog (volcanic fog). I believe this could possibly be true for some sources from the Big Island and Maui.

I have used Morinda Supreme™ to treat multiple forms of dysbiosis simultaneously (using only Morinda instead of selling the patient 3-4 different products). I have also used it as a **preventative** for dysbiosis and food borne illnesses. This can be especially useful in patients who travel internationally or eat out often. I have seen it “clear” fungus, bacteria, parasites, virus, etc., quicker than most other products. Some physicians have confirmed this with lab tests (blood, stool, etc.). I have had patients take it while they are on prescription antibiotics to avoid getting a yeast infection.

Besides being a broad spectrum antimicrobial, Morinda has been shown to enhance the white blood cell's ability to engulf invading organisms and also has Cox2 inhibiting properties. If I go into all the reported conditions it helps, I would sound like a snake oil salesman. I encourage you all to try it and I feel assured that before long you will be using it on yourselves and your patients as I do.

Dosage: As a **preventative** I have been using 1scoop or 3 caps daily as a therapeutic FOOD (2 scoops in patients that are more prone to dysbiosis). If I feel I may be “coming down” with something, I up it to the therapeutic dose for a few days till things have passed. As a **treatment** for existing problems I have been using 1 scoop 3x/day or 3 caps 3x/day (depending on patient size and severity of condition) as a **therapeutic dose**. A small minority of patients will get gastrointestinal distress when taking Morinda. This may be due to die-off. In these cases, we decrease the dose to 1/4th scoop (1/4th teaspoon) twice daily and if that dose is tolerated we slowly build back up after a few days. Some people stay on it indefinitely (with a weeks vacation off of it every month or two). Others after the initial clearing of dysbiosis only take it when they have been exposed to a microbe or feel that something might be coming back.

Contraindications: Morinda Supreme™ is contraindicated during pregnancy.

ORAL DEFENSE™

Oral Defense™ is an oral hygiene product that was developed to help prevent the spread of harmful microbes to the rest of the body.

Many people harbor microbes that have the potential to cause dysbiosis in their mouths and under their gums. Ultrasonic cleaning or even mechanical cleaning can possibly help spread these organisms further down into the digestive tract and perhaps to other parts of the body.

These organisms can come from food, water, sexual activity, etc. Clinical trials have helped us develop a proprietary blend of 2 essential oils (*Mentha spicata* and *Cedrus deodora*) that appear to help control this phenomena. We have used it as follows: Before and after brushing we take one drop of Oral Defense™ and apply it where the gums and teeth meet (top and bottom, front and back of teeth). Twice weekly, we also take 3 drops in a little water (it doesn't mix well) and swirl our toothbrush in it for ten seconds and then rinse it off.

This is an all-natural product unlike most dental hygiene products on the market that contain alcohol (up to 27%) as well as sweetening and chemicals.

This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Reishi Supreme™

When Supreme Nutrition Products started about 3 years ago, we envisioned being a small company with a few very high quality products. We wanted the products to be somewhat broad spectrum in their therapeutic effects and be ones that from a kinesiological standpoint could help a majority of people. Reishi, just like LuRong, was a surprise to me. Over the years, I have read much material on the effects of therapeutic mushrooms on people, but once again I was never able to find a mushroom product (tincture, capsule, tablet, etc.) that strengthened the majority of people I tested it on. In the case of these previous mushroom products, it was only a small minority that tested well. One of the practitioners who works with Supreme Nutrition is an experienced herbalist.

He sends me samples of what he considers herbs with excellent clinical applications from very pure sources. It was his discovery of some very high quality mushroom products that more than met my expectations with blind AK testing that has led to this product. I think you will find too that it performs excellently and like most of our products has a wide range of applications.

Reishi (*Ganoderma lucidum*) has been used in the Far East for approximately 4,000 years. In China it is called Ling Zhi (mushroom of immortality). Historically it has been used as a longevity herb, to treat kidney disorders, liver disorders, bronchitis, asthma, gastric ulcers, fatigue, insomnia, heart disease, cancer, dizziness, and to prevent altitude sickness. The bioactivity is due to the polysaccharides (over 100 types including beta-glucan), tri terpenes, proteins, sterols, minerals (including germanium) and fatty acids.

There have been many studies on ganoderma showing it to be antimicrobial (specifically antibacterial against *H.pylori* and certain species of *klebsiella*), and antiviral, including anti-HIV. Our clinical tests have also found it useful at times for fungal and parasitic issues too.

Reishi also exhibits the following properties: chemoprotective, anti-inflammatory, hepatoprotective, anti-oxidative). etc) Like Morinda, BodyGuard, Endo, Melia, and LuRong, the clinical applications are very broad and we test it on every patient as it has the potential to be health restorative for many.

Its antitumor effects have been studied extensively both as a single standing product and in combination with other herbs and chemotherapy agents. It also lessens the negative effects of chemotherapy and radiation. Other trials show it to activate T-cells and certain cytokines, especially IL-2, as well as macrophages. Reishi can also act as a mast cell inhibitor leading to an inhibition of histamine release. It has been effective in lowering elevated cholesterol levels as well as blood pressure.

Not only is Reishi not contraindicated in patients with fungal issues but it can help them get over it. It also helps minimize the toxic effects of methylxanthine ingestion (caffeine, theobromine in coffee, tea, chocolate, etc) and should be given to those that consume moderate to large amounts of these substances.

The only potential side effect we know of is that it can have an additive effect involving the inhibition of platelet aggregation for people already on blood thinning medications so they may need less of the medication (or not take the reishi).

I especially recommend reading the book REISHI MUSHROOM by Terry Willard PhD for much more information.

As I said, I test it on everyone- patients with dysbiosis, allergies and chemical sensitivities, liver, cardiac and kidney disorders, immune deficiency . Dose is between 3-6 caps daily depending on the severity of the condition. It works well in combination with all the other Supreme Nutrition products and as a stand alone too if none of the other products are indicated.

Takesumi Supreme™

Takesumi Supreme™ is specially carbonized bamboo. I would like to share my clinical observations. Takesumi, on AK testing, fairly routinely blocks positive tests to **toxic metals, chemicals,** and often foods too. I look at it as a supreme **detoxification** product. It also appears to **adsorb myco and endotoxins** (and other biotoxins) from various organisms, take the load off the liver and kidneys and thus act in an anti-aging fashion. Takesumi is also reported to adsorb **radiation** (radon, nuclear, etc.)

It does have antifungal, antibacteria, antiparasitic and antiviral properties but not quite as strong as Morinda or Melia do. Because of the porous nature of the bamboo, it is an amazing absorber (up to 10x more so than wood treated similarly, according to many sources). Research from Japan claims it emits far infrared rays (thus improving circulation and helping detoxify) as well as negative ions, and shields the body from EMF's. It also is a natural source of minerals (macro and trace) and is reported to be alkalizing.

Takesumi, as far as we can tell, cannot be encapsulated without adding flowing agents etc. due to its density etc. It is tasteless and disperses adequately in water, juice, smoothies, etc. so it is not difficult to take. We have also been incorporating it into bread and muffin recipes. Check the website for more details.

Dosage: typically 2 scoops daily (can be taken at once)

Preventative: We recommend everyone take it periodically (my guess would be a round of it quarterly for the average person) for detoxification - some people for longer periods at a time, and some for shorter depending on their degree of toxicity and exposure to environmental contaminants (past and present). Use your AK skills to determine this. I have seen people need it for weeks to months at a time. As a preventative I recommend one scoop daily. It should also be taken whenever you have been exposed to a food

or chemical you are sensitive to as it will hopefully shorten the severity and duration of the reaction. My son suffers from a degree of cognitive impairment and loss of coordination when eating a food he is sensitive to. For him, Takesumi aborts the reaction and he returns to normal quickly.

Therapeutically: We typically have people take 2-3 doses daily for a complete bottle and then re-evaluate, if we are using it as a detoxifier for chemical or metals. For microbes we suggest one scoop 3x/day for 2-3 weeks and then re-evaluate. Because of its strong detoxification properties, it can go a long way in promoting healing. We recommend it not be taken at the same time as pharmaceuticals as it could adsorb them. I prefer first thing in the morning and at bed but anytime two hours away from medications works best.

Contraindications: The only possible contraindication I know of is not to take it, if you have been diagnosed with variegate porphyria. Take at least 2 hours away from prescription medications as it may adsorb them to a degree.

Thera Supreme™

The goal of **Thera Supreme™** was to create a product that is a superb **antioxidant**, high in **vitamins and minerals**, an immune booster, 100% natural food product that could be added to a drink as an all round health booster. There are many products already on the market that have mixes of fruits, vegetables, enzymes, etc. etc. Most of these products appear to put everything that has ever gotten good press into one mix. Unfortunately from an AK standpoint, these products rarely “strengthen” patients and in most cases “weaken” patients. After much experimentation we settled on 10 ingredients and then blended them in varying ratios to see which would obtain optimum results. In some ways what makes Thera-Supreme™ unique are the so called superfoods it doesn’t include, because they do not test well on the majority of patients. These include alfalfa as well as various algae, fungal derived enzymes and powdered grasses.

Thera Supreme™ is also the treatment of choice for people who have a problem excreting solanines and the resultant chronic pain and inflammation that can result from it. Of course simultaneously avoiding these foods (nightshades) is critical.

Thera Supreme™ has the following 8 ingredients: Acai berry , acerola cherry, bilberry, blueberry, elderberry, asparagus, black radish, and cilantro (coriander). All have been tested to be free of pesticide residue.

To give you some info on the individual ingredients:

Acerola cherry - long been known for its high vitamin C content. It is also a rich source of vitamin A and contains B1, B2, B3 and magnesium in significant amounts.

Bilberry - high in anthocyanin pigments, reportedly helpful for night vision, macular degeneration and some heart conditions and other vascular disorders.

Blueberry - recent studies suggest blueberries may be useful in reducing cancer risk, slowing the cognitive decline in Alzheimers, controlling blood pressure and prevention of urinary tract infections. It can also be a good source of vitamin K as well as manganese.

Elderberry - another rich source of antioxidants and various phytonutrients - it has been shown to have antiviral activity especially against certain strains of influenza. A good source of carotenoids and other nutrients

Asparagus - supplies vitamins A,C,E, iodine, folic acid. Traditionally it has been used to strengthen the genitourinary system and more recently has been used to help in people with various forms of cancer.

Black radish - one of the greatest detoxifiers and an activator of liver detoxification enzymes.

Coriander/Cilantro - contains an antioxidant that helps prevent animal fats from turning rancid. Mildly antibacterial and antifungal and used by some to chelate mercury and other heavy metals.

Dosage: one scoop daily in fruit juice (it is decent in water but better in juice) as a maintenance dose. For people in poor health or with solanine problems, we may recommend up to 3 scoops daily.

I feel for the sensitive patient this can act at least partially as a substitute for taking a multi and for everyone it can supply many phytonutrients that we do not get in our daily diet and will help boost our nutrient levels and over all immunity, health, and well being. In AK testing besides strengthening in the clear, it also often blocks positive tests for chemicals and metals, some microbes, and will strengthen many weak organ NL's - again a very complete product that almost everyone will benefit from.

Supreme Nutrition Products are available from:

Mid-American Marketing Corp.

P.O. Box 295

Eaton, OH 45320

800-922-1744 • 937-456-9393 • Fax: 937-456-9897

Office Hours: 8:30-4:30 EST, Monday - Friday

or online at

www.supremenutritionproducts.com