



VITAL TIMES

SURVIVE YOUR LIFESTYLE WITH 'VITAL GREENS'

2 NEW INGREDIENTS FOR 'VITAL GREENS'!

We happy to announce that from the August, 2008 batch of 'Vital Greens' we will be adding two more cutting edge nutrients to evolve 'Vital Greens' even further into the most effective **'one stop shop'** nutritional supplement in the world. They are Inulin (or pre-biotics) and a high antioxidant cacao extract. One added bonus is they even help the improve taste of the formula! Recent French research has confirmed the combination of **Pre-biotics** and **Pro-biotics** enhances both ingredients beneficial actions and increases the level of antioxidant activity in the formula as a whole.

We are adding 500mg of **inulin** (or Fructo-Oligo Saccharides) which is actually **Pre-biotics**, assisting the activity and maintenance of our **Pro-biotics** in the formula amongst many other beneficial activities listed below. The other ingredient is a **high-antioxidant cocoa extract concentrate** which, at 80mg, will really boost the antioxidant activity of the formula to a new high.

Inulin as a *Pre-biotic* creates and maintains an optimal environment for the Pro-biotics to do their great work in the gut. Derived from Chicory root, **inulin** is produced through fermentation by enzymes and is indigestible to humans. As a result, **inulin** passes through much of the digestive system intact. It is only in the colon that bacteria metabolise **inulin**. There are two types of dietary fiber, soluble and insoluble. Insoluble fiber increases the movement of materials through the digestive system and increases stool bulk; it is especially helpful for those suffering from constipation or stool irregularity. Soluble fibres such as **inulin** helps lower blood cholesterol and glucose levels.

Because normal digestion does not break inulin down into sugars, it does not elevate blood sugar levels and may therefore be helpful in the management of diabetes. Inulin also stimulates the growth of bacteria in the gut and is highly available to the gut bacterial flora. Some traditional diets contain up to 20g per day of inulin. Modern western diets average between 500-800mg of Inulin. Many foods naturally high in **Inulin** or fructo-oligosaccharides, such as chicory, garlic and



artichoke have been seen as **"stimulants of good health"** for centuries.

STUDIES AND CLINICAL TRIALS HAVE CONFIRMED THESE HEALTH BENEFITS OF INULIN (or Fructo-Oligo Saccharides - FOS)

- Inulin alleviates Constipation (by stimulating healthy bowel movements).
- Inulin may alleviate Intestinal Permeability. This occurs from the fermentation of Inulin by Bifidobacteria to produce an acid which enhances the function of the Intestinal Wall.
- Inulin may enhance the ability of the Immune System to counteract Antigens (by nourishing the Beneficial Bacteria that reside in the Gastrointestinal Tract). This improves resistance to allergies
- Inulin may help to prevent (carcinogen-induced) Breast Cancer and Colon Cancer by reducing the activity of detrimental enzymes
- Inulin enhances the function of the Liver. FOS may lower serum Triglycerides levels (by inhibiting the ability of the Liver to convert Fatty Acids into Triglycerides).
- Inulin provides nourishment to most types of Beneficial Bacteria (because Beneficial Bacteria are living organisms they require nutrition like any living organism) - note that FOS is NOT a source of nourishment for Detrimental Bacteria. FOS are utilised in the production of both Bifidobacteria and Lactobacillus pro-biotics bacteria, both of which are in 'Vital Greens'.
- Studies show that 1 – 4 grams per day of supplemental FOS can increase the number of Lactobacillus by up to ten-fold. As most people average between 500-800 mg of FOS per day the extra in 'Vital Greens' will help achieve this extra beneficial bacteria production.
- Studies also show Inulin may increase the absorption of Calcium and Magnesium by up to 12%.

- Inulin does **NOT** provide nourishment to any Detrimental Bacteria.

GOOD NEWS TRAVELS FAST! – THE REAL FACTS ON COCOA AND GOOD HEALTH

Most people will have heard about the benefits of (some) types of chocolate. What chocolate makers neglect to tell you is that only very dark, bitter chocolate with a high level of cocoa (70%) has any real health benefits. **Cocoa** is the concentrated powder made from the pulverized, de-fatted and roasted seeds (kernels) of the Cacao Tree. **Cocoa** possesses significant Antioxidant properties due to **1**) the Oligomeric Pro-anthocyanidins (OPCs - stronger than grapeseed extract) and **2**) Epicatechin content of **Cocoa** (green tea-like polyphenols).

We have gone to the source and extracted and concentrated the bitter **Cocoa** plant to maximize the antioxidant benefits it brings to the many other antioxidants in 'Vital Greens'.

These benefits include:

- Prevention of Atherosclerosis (due to the Epicatechin content of Cocoa).
- Cocoa may inhibit abnormal Blood Clotting (by inhibiting platelet activation)
- Cocoa may lower Blood Pressure in Hypertension patients
- Cocoa may increase HDL (good fat) Cholesterol levels
- Cocoa may function as a "tonic" for the Kidney, Muscles, Central Nervous System.
- Cocoa may inhibit the ability of Ultra-Violet Radiation to damage the Skin as well as increase Skin thickness, decrease Water loss from the Skin, improve Blood Circulation to the Skin and decrease roughness and scaling of the Skin.
- The best improvement according to many – the taste!



RESEARCH NEWS...

ARTICHOKE CAN LOWER CHOLESTEROL LEVELS-NEW STUDY CONFIRMS

By Shane Starling

UK research has found **Artichoke Leaf Extract** can reduce cholesterol levels in healthy adults.

Levels dropped six per cent in otherwise healthy adults with raised cholesterol between a group given 1280mg of Artichoke Leaf Extract per day and a control group taking a placebo.

"There was a modest, but statistically significant effect detectable between the two groups," said lead researcher Dr Rafe Bundy, noting it was only the second randomised, double blinded, placebo controlled trial to be conducted on the cardio-protective effects of artichoke leaf extract.

"German researchers have been looking into the health properties of artichoke since the 1930s but previous trials were often not as robustly designed," Dr Bundy told NutraIngredients.com.

"The results of this trial are encouraging and provide food for thought to conduct a similar trial among less healthy people."

The researchers noted that in comparison with a previous trial, published in 2000, the **"apparent positive health status of the study population may have contributed to the modesty of the observed response."**

The German Lichtwer Pharma Group sponsored study measured the effect of Globe artichoke leaf extract consumption among 73 volunteers, about half of which were given a placebo. The other half were given four 320mg Artichoke Leaf Extract tablets per day for 12 weeks.

Plasma total cholesterol levels dropped on average 4.2 % and increased by 1.9 % among the control group, making a 6.1 per cent differential.

Public Health Benefits

It is estimated coronary heart disease costs the British public health system more than AU\$9bn per year.

According to the Department of Health, 18 per cent of men and 22 per cent of women had raised cholesterol levels in 1998.

The main cause of CHD is atherosclerosis, which is the build-up of fatty deposits on artery walls.

The researchers, from the University of Reading, concluded: **"This study provides further evidence that Artichoke Leaf Extract may help reduce plasma total cholesterol in adults with mild to moderate hypercholesterolemia."**

THE ARTICHOKE

Globe artichoke (*Cynara Scolymus*) is a member of the daisy family.

Its leaves have long been used in Europe to improve digestive and urinary tract health. Recent studies indicate Artichoke Leaf Extract can also benefit dyspepsia and irritable bowel syndrome. Vital Greens contains 600mg of Artichoke Leaf Extract per 12g serve.



Source: *Phytomedicine*

Doi:10.1016/j.phymed.2008.03.001

"Artichoke leaf extract (*Cynara scolymus*) reduces plasma cholesterol in otherwise healthy hypercholesterolemic adults"

Authors: Bundy, R., et al

Antioxidants beneficial in chemo and radiation therapy

Some oncologists contend that patients undergoing chemotherapy and/or radiation therapy should not use food supplement antioxidants and other nutrients.

Oncologists at an influential oncology institution contended that antioxidants interfere with radiation and some chemotherapy treatments because those modalities kill by generating free radicals that are neutralised by antioxidants, and that folic acid interferes with methotrexate. This is despite the common use of amifostine and dexrazoxane, two prescription antioxidants, used during chemotherapy and/or radiation therapy. This study assessed all evidence concerning antioxidant and other nutrients used concomitantly with chemotherapy and/or radiation therapy, by searching the MEDLINE and CANCERLIT databases from 1965 to November 2003. All studies reporting concomitant nutrient use with chemotherapy and/or radiation therapy (280 peer reviewed articles including 62 in vitro and 218 in vivo) were indiscriminately included.

Results: Since the 1970s, 280 peer-reviewed in vitro and in vivo studies, including 50 human studies involving 8,521 patients, 5,081 of whom were given nutrients, have consistently shown that nonprescription antioxidants and other nutrients do not interfere with therapeutic modalities for cancer.

Furthermore, they enhance the killing of therapeutic modalities for cancer, decrease their side effects, and protect normal tissue. In 15 human studies, 3,738 patients who took non-prescription antioxidants and other nutrients actually had increased survival.

Simone, C. B., N. L. Simone, et al. (2007). **"Antioxidants and other nutrients do not interfere with chemotherapy or radiation therapy and increase kill and increase survival, part 1."** *Altern Ther Health Med* 13(1): 22-8.

Like more info on specific studies quoted here? Please get back to us at: info@vitalgreens.com and we'll be happy to provide more details.



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