



The Leading Manufacturer of  
Natural & Organic Medicines in Myanmar

# PRODUCT CATALOGUE



FAME Pharmaceuticals Industry Co., Ltd.







## PREFACE

Thank you for your interest in our products. All products of FAME Pharmaceuticals are natural, genuine and highly effective, most of them are organic. The products indicated range from preventive measures to treatments for obesity, diabetes, hypertension, ischemic heart disease, chronic renal diseases, various types of cancer and chronic hepatitis, etc.

All FAME products are manufactured in our own factory in Yangon since January, 2002. Over 80 items have already been introduced into the local and oversea markets. Our export market includes Asian countries such as Singapore, Malaysia, South Korea, Japan and Thailand, as well as Kuwait and Russia.

Most of the raw materials are sourced locally with the majority coming from our own “FAME Organic Pharm” in Pyin-Oo-Lwin. Our plants are carefully cultivated according to the strict regulations of organic farming practices, laid down by MOAG, USDA and ACO. We can, therefore, guarantee the organic nature of our products (free from synthetic chemical fertilizers, insecticides and drug residues).

In order to meet the highest standards, all FAME products are manufactured according to GMP and ISO management guidelines.

FAME has been certified and awarded by:

- ❶ GMP Certified (Ministry of Health of the Republic of the Union of Myanmar) since 2002
- ❷ ISO 9001:2015 (Quality Management System) since 2002
- ❸ ISO 14001:2015 (Environmental Management System) since 2006
- ❹ OHSAS 18001:2007 (Occupational Health and Safety Assessment System) since 2006
- ❺ ASEAN Business Awards for CSR (Finalist) in 2010
- ❻ U.S FDA Registration in 2013
- ❼ ASEAN Energy Awards (Winner) in 2013
- ❽ Active member of UN Global Compact in 2014
- ❾ Myanmar President’s Excellence Performance Awards in 2014

- ☛ ASEAN Business Awards 2014 for Innovation
  - National Winner in Myanmar
  - 2nd Runner Up in ASEAN
- ☛ ASEAN-OSHNET Excellence Award in 2016
- ☛ ASEAN Business Awards 2016 for CSR
  - CLMV SME Excellence Award Winner
- ☛ ASEAN Business Awards 2017 for Innovation
  - SME Excellence Award Winner
- ☛ Myanmar Employer Awards 2017
  - Excellence in Workplace Environment (Local) Gold Winner
- ☛ ASEAN Business Awards 2018
  - SME Excellence-Employment Country Winner

And our FAME Organic Pharm is certified by:

- ☛ MOAG (Myanmar Organic Agriculture Group) in 2010
- ☛ USDA & ACO (United States Department of Agriculture and Australian Certified Organic) in 2014

Natural medicine has become increasingly popular all over the world in recent years. It is widely used among the general public and commonly prescribed by medical doctors due to its effectiveness, affordability and fewer side effects.

If you have any enquiries about any of our products, please contact us by phone ( [+95-1-3685609](tel:+95-1-3685609), [3682199](tel:+95-1-3682199), [3685083](tel:+95-1-3685083)), or email ([drkml@famepharma.com](mailto:drkml@famepharma.com)) where our staff would be happy to answer any questions you may have. With prior appointment, it is also possible to arrange a visit to our factory or our farm where we can provide a guided tour on the workings of our business.

Yours sincerely,



**Dr. Khin Maung Lwin**

**Managing Director**

**FAME Pharmaceuticals Industry Co.,Ltd.**



# CERTIFICATES



**GMP**  
**GOOD MANUFACTURING PRACTICE**  
Certified since 2003



**ISO 9001:2015**  
**QUALITY MANAGEMENT SYSTEM**  
Certified since 2002



**ISO 14001:2015**  
**ENVIRONMENTAL MANAGEMENT SYSTEM**  
Certified since 2006



**ISO 45001:2018**  
**OCCUPATIONAL HEALTH AND SAFETY MANAGEMENT SYSTEM**  
Certified since 2006



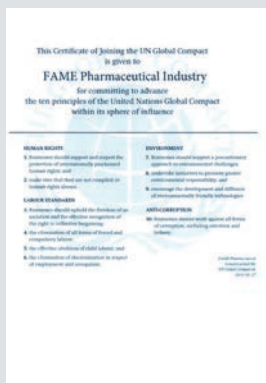
**ORGANIC CERTIFIED**  
**MYANMAR ORGANIC AGRICULTURE**  
**GROUP**  
 Certified since 2010



**ORGANIC CERTIFIED**  
 UNITED STATES DEPARTMENT OF AGRICULTURE (USDA)  
 INTERNATIONAL FEDERATION OF ORGANIC AGRICULTURE  
 MOVEMENTS (IFOAM)  
 AUSTRALIAN CERTIFIED ORGANIC (ACO)  
 Certified since 2014



**U.S FDA REGISTRATION**  
 U.S FOOD AND DRUG ADMINISTRATION  
 Certified since 2013



**UN GLOBAL COMPACT**  
**ACTIVE MEMBER**  
 Certified since 2014

# AWARDS



## ASEAN ENERGY AWARDS WINNER

in 2013



## MYANMAR PRESIDENT'S EXCELLENCE PERFORMANCE AWARDS

Award in 2014



## ASEAN BUSINESS AWARDS WINNER ON CSR

in 2016





## **ASEAN-OSHNET**

**Excellence Award**

**in 2016**



## **ASEAN BUSINESS AWARDS**

**ON INNOVATION**

**in 2017**



## **MYANMAR EMPLOYER AWARDS**

**Excellence in workplace environment**

**Gold Winner**

**in 2017**



## **ASEAN BUSINESS AWARDS**

**SME EXCELLENCE**

**Employment**

**in 2018**



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# Alfalfa

## POTENT DETOXIFICATION SUPPLEMENT

### COMPOSITION:

Each capsule contains  
Organic alfalfa leaf powder ..... 300 mg

### CONSTITUENTS:

Alfalfa is the most nutritious leaf on earth. It is rich in protein (containing eight essential amino acids), vitamins, minerals, pigments and phytonutrients.

**Amino acids:** Arginine, asparagines, cystine, isoleucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine.

**Carbohydrates:** Arabinose, galactose, glucose, sucrose, rhamnose, xylose and glucuronic acid.

**Vitamins:** Provitamin-A, B<sub>1</sub>, B<sub>6</sub>, B<sub>12</sub>, C, D, E and K.

**Minerals:** Calcium, magnesium, manganese, potassium, phosphorous and iron.

**Pigments:** Chlorophyll, carotenoids such as xanthophylls, β-carotene, lutein, anthocyanin.

**Isoflavonoids:** Coumarins (e.g. Medicagol), coumestrol, biochanin A, daidzein, formononetin glycosides and ginstein.

**Triterpene saponins:** Aglycones, medicagenic acid, sojasapogenols A-F and hederagenin.

**Plant steroids:** Campesterol, cycloartenol, β-sitosterol (major component), α-spinasterol and stigmasterol.

**Acids:** Lauric acid, maleic acid, malic acid, malonic acid, myristic acid, oxalic acid, palmitic acid and quinic acid.

### BENEFITS:

- Nutritional supplement
- Detoxification of the body
- Deodorizer for bad odours of body
- Regulating intestinal function

Alfalfa is a rich source of chlorophyll and carotenoids. It neutralizes toxins in the body. The chlorophyll and carotenoids present in the cell wall can bind to the toxic materials like hydrocarbon, heavy metals and any pollutants ingested daily into our body and eliminates via faeces and urine. It promotes liver function and increases bile flow; which in turn cleanses the body and reduces toxin production in the gastrointestinal tract.

Alfalfa is an outstanding alkalizing herb. It provides vital alkalizing benefits for hyperacidity. It strengthens bone marrow health by neutralization of toxins. It is useful for treatment of various hormone related abnormalities and alleviates symptoms of menopause.

### DOSAGE:

One capsule two times daily after meal

### POSSIBLE SIDE EFFECTS:

Indigestion, belching (Some individuals )

### CONTRAINDICATION:

Individuals with a history of Auto-immune disorders should avoid ingesting alfalfa capsule.

### DRUG INTERACTION:

Excessive dose may interfere with anticoagulant therapy.

### QUANTITY SUPPLIED:

60 capsules per bottle





# Appletec®

## QUERCETIN

### COMPOSITION:

Each tablet contains:

Apple extract powder containing  
quercetin ..... 100 mg

### PHARMACOLOGICAL ACTIONS:

#### 1. Antioxidant properties

As a potent antioxidant, quercetin has been found to help reduce the risk of coronary heart disease. In the cardiovascular system, it prevents free radicals from oxidizing low density lipoproteins (LDL) or bad cholesterol. Quercetin has the ability to slow down the build-up of abnormal-sticky platelets in the blood stream. Excess iron and sticky platelets are thought to be significant risk factors in atherosclerosis, which leads to heart attack and stroke. Therefore, flavonoid intake decreases mortality from coronary heart disease and additionally decreases the incidence of the first heart attack.

#### 2. Anti-inflammatory properties

Quercetin's anti-inflammatory activity appears to be due to inhibitory effects on inflammation-producing enzymes (cyclooxygenase, lipooxygenase) and the subsequent inhibition of inflammatory mediators, including leukotrienes and prostaglandins. Inhibition of histamine release by mast cells and basophils also contributes to quercetin's anti-inflammatory activity. Therefore, it can also be used in allergies, asthma and hay fever.

#### 3. Anti-tumor properties

Quercetin has demonstrated its ability to reduce tumour incidence which neutralizes oxidants within cellular material. Quercetin has significant antitumor activity against a wide range of cancers, including squamous cell carcinoma, leukemia, and cancers of the breast, ovaries, colon, prostate, rectum and brain.

### INDICATIONS:

For prevention of

- Ischemic heart disease
- Arthritis and a variety of inflammation
- Tumor formation

### DOSAGE:

12 years and above - one tablet two times daily half an hour before meal

### POSSIBLE SIDE EFFECT:

Well tolerated in recommended dose

### QUANTITY SUPPLIED:

60 tablets per bottle



# Biocrush®

## ANTI-TUMOR

### COMPOSITION:

Each caplet contains:

*Cissus* spp. rhizome standard extract . . . . 250 mg  
(*Cissus discolor* and *Cissus repens*)

### PLANT DESCRIPTION:

*Cissus* spp. (*Cissus discolor* and *Cissus repens*) are widely distributed in Shan State. *Cissus* species are tendrillar climbers, slender, scandent, glabrous, glaucous with fusiform to tuberculous rhizome.

### PHARMACOLOGICAL ACTIONS:

In Myanmar, one of the effective antitumor herbal medicinal plants is *Cissus* species (Tabin- daing-myan-nan). *Cissus* species (*Cissus discolor* and *Cissus repens*) isolate glycosides, flavonoids, 3-keto steroids, bergenin, vitisonol B, vitisonol C, vitisonol D, vitisin A, vitisin B, isolariciresinol, 4-O-methyl gallate, protocatechuic acid, gallic acid, pallidol, onocer-7-en-3 $\alpha$ , 21 $\beta$ -diol (I) and onocer 7-en-3 $\alpha$ , 21 $\alpha$ -diol (II) as bioactive compounds. *Cissus discolor* and *Cissus repens* rhizome have the most active compounds in *Cissus* species on phytochemical tests. According to in vitro and in vivo studies, these compounds have inhibitory effects on dividing tumor cells of the female genital tract such as tumors of cervix, uterus and ovaries.

### INDICATIONS:

For treatment of tumors especially in female reproductive tract

### CAUTION:

Some people have experienced itchiness of the skin due to minor allergic reaction. It can be reduced by taking antihistamine.

### CONTRAINDICATIONS

- Pregnancy
- Lactating mother
- Children under 2 years
- Patient with anticoagulant therapy

### QUANTITY SUPPLIED:

60 caplets per bottle





# BlackGinger

ENERGY BOOSTER

## Composition:

Each capsule contains:

Black ginger (*Kaempferia parviflora*) extract ....100 mg

## PHARMACOLOGICAL ACTIONS:

### Rejuvenation

Black ginger extract delays intrinsic skin aging process in human dermal fibroblasts and hairless mice by inhibiting cellular senescence and mitochondrial dysfunction. Consequently, it prevents wrinkle formation, skin atrophy and loss of elasticity by increasing collagen and elastic fibers. It has anti-inflammatory properties and antioxidant effects in the skin, that can boost blood circulation which ensure hair follicles are getting the nutrients to enrich hair pigmentation. It helps to reduce the pigmentation disorder (vitiligo) by stimulating melanogenesis process.

### Effect on male vitality

Black ginger is a native plant of Southeast Asia, and traditionally used to enhance male sexual function. Methoxyflavone substance in this rhizome showed an inhibitory effect of phosphodiesterase types 5 and 6 which enhance sexual performance, that resulting in smooth muscle relaxation, vasodilatation and increased blood flow to penile tissue without affecting the heart rate and mean arterial blood pressure.

### Effect on energy metabolism

Polymethoxyflavones in black ginger extract increase energy production by activating AMP-activated protein kinase (AMPK) in myoblasts. Consequently, the activation of AMPK has been suggested to improve physical fitness performance, muscular endurance and fat metabolism. Clinical studies showed that improve physical fitness performance in the elderly and athletes and enhanced antioxidant enzyme activities.

### Anti-allergic effect

Tewtrakul et al., conducted an investigation and comparing the anti-allergic activity of selected Zingiberaceae plants using RBL-2H3 cell line (histamine-releasing cell line). Among these plants, black ginger extract is the most potent anti-allergic activity against antigen-induced beta-hexosaminidase release as a marker of degranulation. The finding supports the traditional use of black ginger for the treatment of allergy and allergy-related diseases.

## HEALTH BENEFITS:

- Rejuvenation and promote vitality
- Increase strength and energy
- Relieve allergy



## DOSAGE:

18 years and above - one to two capsules daily

## SIDE EFFECT:

Black ginger may increase body temperature in some individuals.

## QUANTITY SUPPLIED:

60 capsules per bottle



# Blueberry

## PROANTHOCYANIDIN

### COMPOSITION:

Each capsule contains  
Blueberry extract containing  
proanthocyanidin ..... 100 mg

### PHARMACOLOGICAL ACTIONS:

#### Blueberry and hepatitis C

Proanthocyanidin (PAC) found in blueberry leaves has shown a strong effect in blocking the replication of the Hepatitis C virus, opening up a new avenue for treating chronic HCV infections, which can eventually lead to cirrhosis and liver cancer. Proanthocyanidin with a polymerization degree of 8 to 9 showed the greatest potency at inhibiting the expression of subgenomic HCV RNA. The study found that they reduce elevated liver enzymes which helps lower liver inflammation.

#### Blueberry and inflammation

Upon further exploration of anti-inflammatory activities of blueberry, it was found to reduce nuclear factor kappa B (NF- $\kappa$ B). This transcription factor is a key regulator of pro-inflammatory conditions. It reduces 8-isoprostanes, the molecule which reflects inflammatory status of body and peroxidation of lipids. It is effective in reducing Monocyte Chemoattractant Protein-1 (MCP-1), one of several chemokines involved in inflammation process. Development of cancer is associated with pro-inflammatory proteins are over-expressed and secreted by a wide variety of neoplasias (formation of tumors)

such as liver, lung, gastric, pancreas. Thus, it can inhibit growth of several types of cancer cells.

### INDICATIONS:

- Chronic hepatitis C infection
- Inflammation and pain

### DOSAGE:

Children under 12 years - one capsule daily after meal  
12 years and above - one to two capsules two times daily after meal

### SIDE EFFECT:

Well tolerated in recommended dose.

### CAUTION:

If pregnant or breastfeeding, seek supervision from a physician before use.

### QUANTITY SUPPLIED:

60 capsules per bottle



# Bromelain

FOR HEALTHY DIGESTIVE SYSTEM

## COMPOSITION:

Each capsule contains:  
Bromelain from Pineapple ..... 160 mg

## WHAT IS BROMELAIN?

Bromelain is a group of powerful protein-digesting enzymes which are found in pineapple plant (*Ananas comosus*). It was discovered in 1957, since then it was studied widely.

## PHARMACOLOGICAL ACTIONS:

- Bromelain enhances the effect of digestive enzymes such as trypsin or pepsin. It also relieves the pain of heartburn and reduces the effects of diarrhoea caused by a shortage of digestive enzymes.
- In individuals with chronic bronchitis, Bromelain has been shown to suppress cough and ease congestion. Patients with sinusitis and allergies that affect the sinuses have also responded to Bromelain therapy, helping reduce inflammation and fluid retention in the nasal membranes.
- In 1995, German researchers found that the Bromelain supplement caused a significant reduction in swelling, bruises and pain, both at rest and during movement. It also has anti-inflammatory effect on muscles and can help excess fluid drain from the site of a muscle injury.

## BENEFITS:

- Promote healthy digestive system
- Ease chronic bronchitis and sinusitis
- Alleviate muscle pain and chronic joint pain

## DOSAGE:

12 years and above - one to two capsules two times daily in between meals

## CAUTION:

Stop using Bromelain at least 2 weeks before a scheduled surgery.

## DRUG INTERACTION:

- If bromelain is used together with antibiotics, it can increase the effect of antibiotics.
- Bromelain affects the blood clotting so when taken together with anticoagulants and anti-platelet drug, it could increase the risk of bleeding.

## QUANTITY SUPPLIED:

60 capsules per bottle





# Chamomile

RELIEVE NERVOUS EXHAUSTION

## COMPOSITION:

Each capsule contains:  
Chamomile extract containing  
Apigenin ..... 50 mg

## PHARMACOLOGICAL ACTIONS:

- The flavonoid apigenin inhibits hepatitis C virus replication in chronically infected patients by decreasing mature micro RNA 122 levels, that is essential for the stability and propagation of HCV RNA. It was found to be highly potent anti-HCV activities at low micromole EC50 values.
- Apigenin is described as non-mutagenic bioflavonoid and has significant chemopreventive activity against UV radiation. Current research trials indicate that it may reduce DNA oxidative damage, inhibit the growth of human leukemia cells and induced these cells to differentiate inhibit cancer cell signal transduction and induce apoptosis, act as anti-inflammatory and anti spasmotic agent.
- Apigenin possesses anxiolytic effect by acting as a benzodiazepine ligand. It can exert a neuroprotective effect against excitotoxicity and prevent calcium build-up in neural mitochondria.

## BENEFITS:

- Relieve nervous exhaustion
- Liver support
- Promote cell protective activity
- Hair growth



## DOSAGE:

Adult - one capsule two times daily

## QUANTITY SUPPLIED:

60 capsules per bottle



# Chlorella

## GREEN MICROALGAE

Chlorella is a single-cell fresh water green microalgae. It is one of the most complex natural food supplements. It is rounded in shape, measuring about only 5 µ in diameter.

### COMPOSITION:

Each capsule contains

*Chlorella vulgaris* . . . . . 500 mg

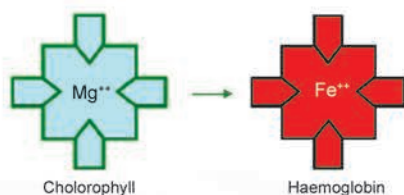
### PHARMACOLOGICAL ACTIONS:

#### 1. Detoxifying effect

Chlorella is the richest source of chlorophyll of any known plant. The chlorophyll and the carotenoids present in the cell wall can bind to toxic materials like hydro-carbon, heavy metals and any pollutants ingested daily into our body and eliminates via faeces and urine. Chlorella relieves various types of allergy because of its detoxifying effect.

#### 2. Formation of haemoglobin

The basic structure of chlorophyll is very similar to haemoglobin in animals including humans. The only difference is the presence of magnesium. By taking a chlorophyll-rich diet, it can easily transform into haemoglobin through substitution of Fe<sup>++</sup> into Mg<sup>++</sup>.



#### 3. Anabolic and Antiaging effect (by CGF)

Chlorella produces a growth factor known as Chlorella Growth Factor (CGF). It is a complex molecule composed of amino acids, vitamins, sugar and nucleic acids (DNA and RNA). CGF is responsible for growth and development of body by enhancing cell regeneration, cell metabolism and DNA repair process. It can prevent cell damage and cellular degeneration and is believed to slow down the aging process and prevent cancer.

### INDICATIONS:

- Detoxification of the body; heavy metals, industrial pollutants, urban pollution, cigarette smoking, toxin, radiation poisoning, smoked food, etc.
- Prevention and treatment of anemia; Pregnant women, iron deficiency anemia, malnutrition
- To enhance growth and development of children

### DOSAGE:

2 years and above - one capsule two times daily after meal

### POSSIBLE SIDE EFFECTS:

Nausea and bloating may occur in some individuals. The colour of the stool may change into green.

### QUANTITY SUPPLIED:

60 capsules per bottle



# Cholecrush<sup>®</sup> FOR GALLSTONES

## COMPOSITION:

Each caplet contains:

<i>Silybum marianum</i> extract .....	160 mg
<i>Eclipta alba</i> extract .....	120 mg
<i>Picrorhiza kurroa</i> extract .....	100 mg
Soy lecithin .....	80 mg
<i>Phyllanthus emblica</i> powder .....	40 mg

## PHARMACOLOGICAL ACTIONS:

- ☛ dissolves gallstones
- ☛ inhibits cholesterol synthesis in liver
- ☛ reduces cholesterol concentration in the bile
- ☛ increases production of bile in liver
- ☛ more solubility of ingredients in bile
- ☛ maintains fluidity of bile
- ☛ reduces inflammation in biliary tract
- ☛ prevents further formation of gallstones

***Silybum marianum*** - Milk thistle contains the active compound known as silymarin which helps prevent or treat gallstones via its ability to increase the solubility of the bile. It also reduces biliary cholesterol concentration and bile saturation index, helping dissolve gallstones and prevents further formation.

***Eclipta alba*** - It contains a number of active principles such as wedelolactone, stigmasterol,  $\beta$ -sitosterol, and alkaloid ecliptine. They enhance liver function in fatty liver and cirrhosis. They also make the cholesterol more dissolved in the bile to prevent precipitation.

***Picrorhiza kurroa*** - Picroliv, an iridoid glycoside mixture from *Picrorhiza kurroa*, reduces cholesterol levels by inhibiting an enzyme, HMG Co-A reductase, which is involved in the production of cholesterol in the liver. Low level of cholesterol in the bile may help to dissolve gallstones and prevents further stone formation.

**Soy Lecithin** - Soy lecithin is a natural fat emulsifier. Inadequate level of lecithin may precipitate gallstones. Phospholipids increase the solubility of biliary cholesterol. Lecithin and bile salts reduce the saturation of cholesterol in the bile that leads to stone formation.

***Phyllanthus emblica*** - Natural vitamin C is essential as it lowers bile cholesterol levels, decreasing the likelihood that cholesterol-laden bile will clump to form gallstones.

## INDICATIONS:

- ☛ Cholelithiasis (gallstones)
- ☛ Cholecystitis and cholangitis
- ☛ Prophylactic treatment of recurrence of gallstones

## DOSAGE:

12 years and above : one caplet three times daily  
half an hour before meal

Children 6-12 years : half caplet three times daily  
half an hour before meal

Duration of treatment depends upon type, size, number and duration of gallstone formation.

## POSSIBLE SIDE EFFECT:

Well tolerated in recommended dose.  
Allergy may occur in some individuals with hypersensitivity to kiwi fruit or milk thistle.

## CONTRAINDICATIONS:

Pregnancy and lactating mother

## COMBINATION THERAPY:

It is beneficial to take Vitamin C and Omega-3 fatty acid supplement which can decrease the risk of developing gallstones.

## QUANTITY SUPPLIED:

60 caplets per bottle





# Collagen

## HAIR, NAIL & SKIN HEALTH

### COMPOSITION:

Each capsule contains:

Collagen derived from Marine source ..... 250 mg  
*Phyllanthus emblica* powder ..... 50 mg

### HEALTH BENEFITS:

- Maintaining youthful skin appearance
- Promoting healthy hair and nail growth
- Enhancing weight loss

FAME **Collagen** is a natural source of type 1 collagen peptides, a major protein that contributes more than 75% of the proteins found in our connective tissues and skin. It plays an essential role in maintaining skin tone, suppleness and elasticity. Collagen peptides contain more than 16% of essential amino acids and around 50% of glycine, proline and hydroxyproline. High contents of Arginine and Glutamic acid are also present.

Several experiments have shown that collagen peptides can be efficiently absorbed and distributed to the dermis, the deepest layer of the skin, where they can stimulate the proliferation and motility of fibroblasts; induce an increase in the density and diameter of collagen fibres; increase hyaluronic acid production and activate protection against UVA radiation. Significant results concerning increased elasticity, skin lightness and firmness were observed after 12 weeks. Arginine is one of the most important amino acids for hair growth. It is a beneficial treatment for those with hair loss while improving blood circulation through collagen's high dynamic action. The scientific study demonstrated that the daily ingestion of collagen peptides increased nail growth and improved brittle nails.

Histological analysis revealed that collagen treatment suppressed hepatic lipid accumulation and reduced lipid droplet sizes in the adipose tissue. The findings indicated that collagen peptide has antiobesity effects through suppression of fat accumulation and regulation of lipid metabolism.

### DOSAGE:

Adult - one to two capsules two times daily, up to ten capsules on empty stomach preferably with plenty of water

### SIDE EFFECTS:

Feelings of fullness and heartburn may occur in some individuals.

### CAUTION:

Those with seafood allergies should use with caution in taking **Collagen** supplement. Stop if symptom of hypersensitivity occurs.

### QUANTITY SUPPLIED:

60 capsules per bottle



# Completec®

## COMPLETE ANTIOXIDANT SUPPLEMENT

### COMPOSITION:

Each caplet contains

Garlic extract.....	80 mg
Turmeric extract.....	40 mg
Grape seed extract .....	20 mg
Blueberry extract.....	20 mg
Amla .....	80 mg
Tomato .....	80 mg
Avocado .....	60 mg
Carrot .....	50 mg
Spinach .....	50 mg
Broccoli.....	20 mg

(Enriched with yeast)

The antioxidant - rich herbs contain network antioxidants and antioxidant boosters.

For example:

#### Network Antioxidants

Lipoic acid (ALA), Glutathione, Coenzyme Q10, Natural Vitamin C, Natural Vitamin E

#### Antioxidant boosters

Carotenoids, Lycopene, Pycnogenol, Quercetin, Zinc, Selenium, Chromium

### WHY WE SHOULD TAKE ANTIOXIDANT?

Antioxidants have the ability to neutralize free radicals, which are highly reactive and unstable molecules that cause cellular damage. These destructive molecules may bond with and alter molecules, damage cells

and tissues and feed carcinogens. Another way to fight free radicals is regular intake of antioxidant-rich herbs and foods. FAME Pharmaceuticals has produced a complete antioxidant supplement.

**Completec®** is suitable for those who cannot regularly take the antioxidant-containing foods and those who do not know which antioxidant-containing foods to be taken.

### BENEFITS:

- Slow down the aging process
- Rejuvenate heart and body
- Strengthen immune system
- Maximize brain power



### DOSAGE:

2 years and above - one caplet two times daily up to four caplets

### SIDE EFFECT:

Well tolerated in recommended dose.

### COMBINATION THERAPY:

Completec® could be taken together with other antioxidant supplements and multivitamin formulations.

### QUANTITY SUPPLIED:

60 caplets per bottle.

Also available in one strip of 10 caplets. Three strips per box.





# Cordyceps

## IMMUNE SUPPORT

### COMPOSITION:

Each capsule contains:

Mycelial extract of *Cordyceps sinensis* ..... 400 mg

### PHARMACOLOGICAL ACTIONS:

#### Effect on Immune System

The Cordyceps extract could increase the number of T-helper cells and the ratio of T-helper and T-suppressor cells in mice. (Chen et al., 1987). Increasing evidence shows that is a bidirectional modulator with both potentiating and suppressive effects on the immune system through regulating innate and adaptive immunity. (Feng, Yang, and Li 2008, Zhou et al. 2009).

#### Effect on respiratory health

Chinese medicine has characterized Cordyceps as a guardian of respiratory health for more than a thousand of years. That has been shown to inhibit tracheal contractions, especially important in asthma patients, as it allows for increased airflow to the lungs. In addition, its anti-inflammatory properties relieve asthma patients.

#### Effect on renal functions

Many clinical trials have been conducted using Cordyceps in Chronic kidney diseases (CKD) patients. It helps not only improve renal functions manifested by decreasing Blood Urea Nitrogen (BUN) and creatinine but also correct anaemia of renal origin.

### HEALTH BENEFITS:

- Strengthen immune system
- Promote healthy lung functions
- Reduce nephrotoxicity



### DOSAGE:

Adult - two capsules three times daily with meal

### POSSIBLE SIDE EFFECTS:

Mild gastrointestinal tract discomfort including nausea, dry mouth and stomach discomfort in some individuals.

### QUANTITY SUPPLIED:

60 capsules per bottle



# Curcumin

## GASTRIC MUCOSAL DEFENSE

### COMPOSITION:

Each tablet contains:

*Curcuma longa* root extract  
containing Curcumin . . . . 200 mg

### HEALTH BENEFITS:

#### Improve gastric mucosal defense

Curcumin decreases gastric secretion and increases mucin content of the stomach. Thus, it promotes peptic ulcer healing and decreases the abdominal pain involved. It also exerts gastroprotective effects against ulcer formation induced by stress, alcohol, indomethacin, etc.

#### Support healthy inflammatory response

Curcumin is a powerful anti-inflammatory ingredient. It inhibits COX-2, nuclear factor-kappa B (NF-κB) activation and the arachidonic acid metabolism which are involved in inflammation. It also stimulates the release of adrenal corticosteroids. Curcumin downregulates proinflammatory cytokines, inhibits nitrosamine formation and enhances the body's natural antioxidant system.

#### Help to reduce iron overload

Messner et al. found that curcumin prevented iron-induced reactive oxygen species (ROS) generation and signaling of iron to several oxidative stress response pathways. Based on its ability to bind iron and on similar protective effects of iron chelating drugs, curcumin reduces iron loading of the cells significantly and contributes to effective neutralization of iron toxicity. It also alleviates pathology associated to oxidative stress in patients with various forms of thalassemia, decreases adverse effects of iron chelators or results in an increase in haemoglobin levels.

### Prevent Alzheimer's disease

Curcumin can inhibit the formation and extension of beta amyloid fibrils that typically characterize the Alzheimer's disease. Due to curcumin's antioxidant effect and powerful anti-inflammatory mechanisms, it is promising in fighting the ravages of aging and neurodegenerative diseases.

### Promote healthy blood vessel

Researchers observed that curcumin can lower plasma concentrations of sICAM, a molecule linked to atherosclerosis. It can lower cholesterol level and triglyceride level. It also inhibits platelet aggregation and increases fibrinolytic activity.

### DOSAGE:

12 years and above - one tablet three times daily with meal

### POSSIBLE SIDE EFFECTS:

Constipation and hair loss may occur in some individuals.

### CAUTION:

If you are pregnant or breast-feeding or have gallstones or anaemia, should seek supervision from a physician before use. It should be omitted 2 weeks before any surgical procedure.

### QUANTITY SUPPLIED:

60 tablets per bottle





# DiabeHerb®

## NATURAL HYPOGLYCEMIC AGENT

### COMPOSITION:

Each capsule contains :

*Momordica charantia* fruit..... 400 mg  
(*Momordica charantia* fruit powder 50% +  
extract powder 50%)

### PHARMACOLOGICAL ACTIONS:

The hypoglycemic activity of *Momordica charantia* is attributed to charantin, Polypeptide-p and alkaloids. Polypeptide-p or p-insulin is an insulin-like hypoglycemic protein and is used to control diabetes naturally. It works by mimicking the action of human insulin in the body. Oral administration of *M. charantia* may renew the beta-cells in rats with streptozotocin-induced diabetes. The recovery and subsequent increase in the number of insulin producing cells followed by the release of insulin may be part of the several pathways by which *M. charantia* exerts its hypoglycemic effects. It increases in glucose oxidation through the activation of glucose metabolism and/or inhibitor of glucose absorption in the gut. It also stimulates skeletal muscle and peripheral cell glucose utilization.

### INDICATION:

Diabetes mellitus

### DOSAGE:

Adult: one to two capsules three times daily half an hour before meal

### POSSIBLE SIDE EFFECTS:

Gastrointestinal symptoms such as epigastric discomfort, pain and diarrhoea (Some individuals)

### CONTRAINDICATIONS:

Pregnancy, lactation, children under 12 years and people with glucose-6-phosphate dehydrogenase (G6PD) deficiency

### COMBINATION THERAPY:

*Momordica charantia* fruit has synergistic hypoglycemic effect with insulin and additive hypoglycemic effect with other oral hypoglycemic agents. For more effective treatment, it can also be used together with *Gynura procumbens* leaves and *Orthosiphon aristatus* leaves. They have the same action but some of the mechanisms are different.

**DiabeHerb®** is made from pulp powder of *Momordica charantia* and it's free from seed. So it has no effect on blood pressure and can be safely used in hypertensive patients.

### QUANTITY SUPPLIED:

60 capsules per bottle



# Echinacold®

## ACUTE RESPIRATORY TRACT INFECTION

### COMPOSITION:

Each tablet contains

<i>Echinacea purpurea</i> extract.....	300 mg
<i>Piper betle</i> extract .....	20 mg
<i>Piper nigrum</i> extract.....	20 mg
<i>Zingiber officinale</i> extract .....	20 mg
<i>Solanum indicum</i> extract .....	20 mg

***Echinacea purpurea*** is the most potent ancient herbal medicine for natural immunity, anti-inflammatory and antiallergy. This plant is cultivated in Shan State, Myanmar.

### PHARMACOLOGICAL ACTIONS:

#### 1. Immunostimulating effect

Echinacea stimulates the non-specific immune system, resulting an increase in phagocytosis. Arabinogalactan, a highly purified polysaccharides from the constituents of Echinacea is effective in activating macrophage cytotoxic actions against micro-organisms. In addition, the polysaccharides have an anti-hyaluronidase action thus may be lessened the spread of infectious agent in the body.

#### 2. Antiviral effect

Echinacea has some short term viral resistance against influenza, herpes, vesicular stomatitis virus and others. It inhibits the induction of multiple proinflammatory cytokines by respiratory viruses.

#### 3. Anti-inflammatory effect

The constituents of Echinacea contain polyunsaturated alkamides which exert anti-inflammatory effects through inhibition of cyclooxygenase and 5-lipoxygenase. The polysaccharide portion has direct anti-inflammatory effects.

### INDICATIONS:

- Prevention and treatment of common cold
- Recurrent infection of upper respiratory tract
- Bronchitis and cough

### DOSAGE:

12 years and above - two tablets two times daily  
5-12 years - one tablet two times daily for 7 - 14 days after meal

### POSSIBLE SIDE EFFECTS:

Allergic reaction has been reported but they are extremely rare and usually mild.

Transient tingling sensation on the tongue may be present.

### CONTRAINDICATIONS:

- Due to the potential for stimulating immune process and other over-reactive immune response, it is contraindicated in autoimmune diseases, collagen diseases and multiple sclerosis.
- It should not be exceed a period of 8 successive weeks. It's not suitable to use in TB and AIDS as a purpose of immunoenhancement.
- Pregnancy, lactating mother and children under 2 years

### COMBINATION THERAPY:

- Because of immune stimulating effect, caution should be used in combining Echinacea with immunosuppressive drugs such as corticosteroids, cyclosporine, amiodarone, methotrexate and ketownazole.
- It can be used in combination with antibiotics of Western medicine.

### QUANTITY SUPPLIED:

10 tablets in one blister.  
Two blisters per box.





# Ganocan®

## LINGZHI POWDER

### COMPOSITION:

Each capsule contains:

*Ganoderma lucidum* (Lingzhi) powder..... 250 mg

### BEST SPECIES:

There are many varieties of lingzhi, among the most common species, *Ganoderma lucidum* is the best for human health. **Ganocan®** is produced by using *Ganoderma lucidum*.

### ACTIVE CONSTITUENTS:

- Free amino acids
- Terpenoids
- Steroids (ergosterol)
- Adenosine
- Water-soluble polysaccharides

### PHARMACOLOGICAL ACTIONS:

- Lingzhi can prevent metastasis of malignant tumours not only by reinforcing membrane of tumour cells to impede spreading, but also preventing thrombi formation from the tumour
- Lingzhi can lower the blood sugar level due to its Ganoderan A and B
- Lingzhi can inhibit platelet aggregation
- Lingzhi can lower the blood cholesterol level
- Lingzhi can regulate blood pressure
- Lingzhi can normalize the overall body system
- Lingzhi has antioxidant and immunomodulating properties

### INDICATIONS:

- Tumours
- Diabetes mellitus
- Hyperlipidaemia and hypertension
- To enhance immunity
- To obtain antioxidant and anti-aging effects

### DOSAGE:

2 years and above - one capsule two to four times daily

### POSSIBLE SIDE EFFECTS:

Mild digestive upset and skin rashes in sensitive individuals.

### CONTRAINDICATIONS:

Children under two years, pregnant women and lactating mother

### COMBINATION THERAPY:

Lingzhi should be taken with empty stomach for better absorption. Vitamin-C, citrus juice should also be taken together to enhance digestion of long chain carbohydrate in lingzhi.

### QUANTITY SUPPLIED:

60 capsules per bottle



# GreenTea

## EGCG

### COMPOSITION:

Each capsule contains:

EGCG from

Green tea extract ..... 150 mg

### PHARMACOLOGICAL ACTIONS:

#### Green Tea and hepatitis C

The most potent molecule of green tea, epigallocatechin gallate (EGCG) inhibits viral attachment to the HCV cell. The antiviral activity of EGCG is directed against HCV envelope glycoproteins and all HCV genotypes. EGCG inhibits virus entry by impairing virus binding to the cell surface and HCV Cell-to-Cell spread. Thus disrupting the initial step of HCV life cycle and concluded that EGCG potently inhibits HCV infection process and could be part of an antiviral strategy aimed at the prevention of HCV reinfection after liver transplantation. It chelates to free iron molecules, so as to inhibit iron-induced lipid peroxidation.

#### Green Tea and cancer

Green tea catechins, such as EGCG and its derivatives support normal cell growth. EGCG prevents new blood vessel growth in tumors and also inhibits tumor cell proliferation, blocks cell cycle progression and induces apoptosis. EGCG significantly increases the expression of tumor-suppressor proteins and exhibits anti-angiogenic activities in various experimental studies. They have protective effects against several kinds of cancer. EGCG inhibits thrombin induced hepatocellular carcinoma cell invasion. (Humboldt University, Germany). Scientific studies show that EGCG inhibits human head and neck squamous carcinoma cell growth and decreases the thickness of the dermal fat layer under tumors. It also induces apoptosis in breast, prostate and ovarian cancer.

### Green Tea and weight control

Green tea polyphenols have been shown to inhibit digestive lipase in vitro, resulting in decreased lipolysis of triglycerides, which reduced fat digestion in humans.

### INDICATIONS:

- Chronic hepatitis C infection
- Prevention and treatment of tumors
- Reduction of extra body fat

### DOSAGE:

12 years and above - one capsule two times daily after meal

### POSSIBLE SIDE EFFECTS:

Headache, palpitation, insomnia, irritation of gastric mucosa may occur in some individuals.

### CAUTION:

If pregnant or breast-feeding, seek supervision from a physician before use. Tannins found in green tea can reduce iron absorption, thus separate doses from iron supplements at least 2 hours.

### QUANTITY SUPPLIED:

60 capsules per bottle



# GynuHerb®

## NATURAL MEDICINE FOR DIABETES

### COMPOSITION:

Each capsule contains:

Organic *Gynura procumbens*  
air dried leaf powder ..... 300 mg

### ACTIVE CONSTITUENTS:

The main active constituents of *Gynura procumbens* are astragalín, chlorogenic acid and kaempferol-3-O-rutinoside. It contains phytosterols ( $\beta$ -sitosterol and stigmasterol), sterol glycosides (3-O- $\beta$ -D-glucopyranosyl  $\beta$ -sitosterol, 3-O- $\beta$ -D-glucopyranosyl stigmasterol), nonadecane, phytyl valerate, adenosine, kaempferol-3-O-neohesperidoside, methyl hexa-decanoate, methyl 9-octadecenoate, 4-hydroxy-4-methyl-2-pentanone, stigmasterol acetate, quercetin-O-caffeoylquinic acid, 1, 2-bisdodecanoyl-3- $\alpha$ -O-D-glucopyranosyl-Sn-glycerol.

### PHARMACOLOGICAL ACTIONS:

#### 1. Anti-diabetic Action

The ethanol extract of *Gynura procumbens* was reported to have anti-hyperglycemic and anti-hyperlipidemic activities. The extract of *Gynura procumbens* leaves may have biguanide-like activity. The extract showed similar effect to metformin by improving glucose tolerance (OGTT) in STZ-induced diabetic rats. The methanol extract and n-butanol fraction exerted a significant hypoglycemic effect when administered orally to streptozotocin-induced diabetic rats. The leaf extract of *G. procumbens* significantly reverses the adverse effects of elevated accumulation of intracellular glucose.

#### 2. Anti-hypertensive action

*Gynura procumbens* extract (GPE) administered rats had significantly lower serum lactate dehydrogenase,

creatine phosphokinase and increased nitric oxide, a known vasodilator and decreased the systolic & diastolic blood pressure. Glycoconjugated or peptidal substances found in GPE that exhibit an inhibitory effect on ACE. It is useful for prevention and treatment of hypertension through increasing nitric oxide production in blood vessels.

### INDICATIONS:

- Diabetes mellitus
- Hypertension
- Hyperlipidemia & hypercholesterolemia

### DOSAGE:

Adult: one to two capsules two to three times daily half-an-hour before meal

### SIDE EFFECT:

Well tolerated in recommended dose.

### CAUTION:

- To adjust the dosage of other hypoglycemic agent when use together with **GynuHerb®**.
- If pregnant or breast-feeding, seek supervision from a physician before use.

### COMBINATION THERAPY:

It can also be used together with *Momordica charantia* (**DiabeHerb®**) and *Orthosiphon aristatus* (**JavaHerb®**) for more effective treatment.

### QUANTITY SUPPLIED:

60 capsules per bottle





# Hepa-B<sup>®</sup>

FOR CHRONIC HEPATITIS

## COMPOSITION:

Each capsule contains:

<i>Phyllanthus niruri</i> extract .....	48 mg
<i>Ganoderma lucidum</i> extract .....	30 mg
<i>Glycyrrhiza glabra</i> extract .....	24 mg
<i>Eclipta alba</i> extract .....	12 mg
<i>Picrorhiza kurroa</i> extract .....	6 mg

## PHARMACOLOGICAL ACTIONS:

**1. *Phyllanthus niruri*:** Phyllanthin of *P. niruri* blocks DNA polymerase, the enzyme needed for the Hepatitis B virus replication.

**2. *Ganoderma lucidum*:** The polysaccharides and triterpenes isolated from *Ganoderma lucidum* are the major active components. Those components have immune modifying activity and anti-viral effects, which indicate a possible role for *Ganoderma lucidum* in the treatment of chronic hepatitis B.

**3. *Glycyrrhiza glabra*:** Licorice root is a time-honoured herbal medicine in all parts of the world. Glycyrrhizin induces the body's natural antiviral compound

(interferon). Glycyrrhizin suppresses the secretion of Hepatitis B virus surface antigen in patient with Hepatitis B virus.

**4. *Eclipta alba*:** Alcoholic extract of the plant shows protective effect on experimental liver damage in rats and mice. Wedelolactone is a potent and selective 5-lipoxygenase inhibitor, the inhibition occurring via extremely aggressive oxygen radical scavenging. It is widely used for the treatment of viral hepatitis B, liver enlargement, liver cirrhosis and infective hepatitis.

**5. *Picrorhiza kurroa*:** A promising anti-Hepatitis B surface antigen like activity was noted in picroliv and its major compound catalpol. Picroliv also inhibited purified Hepatitis B virus surface antigens prepared from healthy Hepatitis surface antigen carrier.

## INDICATION:

Chronic hepatitis



## DOSAGE:

12 years and above : one to two capsules two times daily before meal for a minimum of six months

## POSSIBLE SIDE EFFECT:

Hypersensitivity (e.g. allergy) has been known to occur, discontinue use.

## CAUTION:

Do not exceed recommended dose in cases of pregnancy, lactating mother, children under 12 years. Decrease the dose in renal insufficiency.

## QUANTITY SUPPLIED:

10 capsules in one strip. Three strips per box.





# Hepaforte®

FOR CHRONIC HEPATITIS

## COMPOSITION:

Each caplet contains

<i>Schisandra chinensis</i> extract .....	300 mg
<i>Artemisia vulgaris</i> extract .....	100 mg
<i>Eclipta alba</i> powder .....	100 mg
<i>Phyllanthus emblica</i> powder .....	100 mg

## PHARMACOLOGICAL ACTIONS:

***Schisandra chinensis*:** Major constituents include the lignans gomisin A, schizandirous and schizandrol. Extracts of the fruit have anti-viral, antioxidant and liver protective effect.

***Artemisia vulgaris*:** The aqueous extract significantly reduces the toxin-induced rise in plasma ALT and AST.

***Eclipta alba*:** The active ingredient is wedelolactone which can lower serum transaminase level. It is a potent and selective 5-lipoxygenase inhibitor. The inhibition occurs via extremely aggressive oxygen radical scavenging. It is widely used for the treatment of chronic hepatitis.

***Phyllanthus emblica*:** The herb exhibits anti-viral actions and also protects the liver damage induced by carbon tetrachloride.

## INDICATION:

Treatment for chronic hepatitis

## DOSAGE:

Adult - one caplet three times daily before meal

## POSSIBLE SIDE EFFECT:

Hypersensitivity (e.g. allergy) has been known to occur, discontinue use.

## CAUTION:

If pregnant or breast-feeding, seek supervision from a physician before use.

## QUANTITY SUPPLIED:

60 caplets per bottle



# HerbalFresh®

## MENTAL REFRESHMENT

### COMPOSITION:

Each capsule contains  
*Hypericum perforatum* (St. John's wort) flower and leaf  
extract ..... 250 mg

### PLANT DESCRIPTION:

The medicinal parts of St. John's wort are flowering parts and leaves. It is widely grown in Europe and hilly region of Asia especially in Shan State of Myanmar.

### ACTIVE PRINCIPLE:

Active ingredients of St. John's wort are hyperforin, hypericin, pseudohypericin, the flavonoids quercetin, hyperoside, quercitrin, isoquercitrin, rutin, campherol, luteolin, and 13-118-biapigenin.

### PHARMACOLOGICAL ACTIONS:

Hyperforin as antidepressants by blocking the reuptake of the neurotransmitters norepinephrine, serotonin and dopamine. By reducing the activity of reuptake transporters, hyperforin increases the levels of these neurotransmitters in the brain, which improve mood and restore emotional balance. It also inhibits the reuptake of GABA, a neurotransmitter that increases relaxation and reduces anxiety.

### INDICATIONS:

- Mental refreshment
- Mild to moderate depression and its secondary symptoms like headache, sweating, palpitation, anxiety and insomnia

### DOSAGE:

12 years and above - one capsule two times daily

### POSSIBLE SIDE EFFECTS:

Headache, dizziness and gastrointestinal disturbances in some individuals

### CONTRAINDICATION:

Pregnancy, lactating mother and children under 12 years

### QUANTITY SUPPLIED:

60 capsules per bottle



# HerbalSleep®

## HERBAL SEDATIVE

### COMPOSITION:

Each capsule contains:

*Valeriana officinalis* and *Valeriana wallichii*  
root extract . . . . . 150 mg  
*Mimosa pudica* extract . . . . . 100 mg  
*Withania somnifera* extract . . . . . 50 mg

### PHARMACOLOGICAL ACTIONS:

#### *Valeriana officinalis* and *Valeriana wallichii*

Valerian has a long history of use in Western Europe as a sedative from Hippocrate's time. The active compounds of valerian extract are valerenic acid and valepotriates. These compounds affect brain receptors for the neurotransmitter GABA, increasing GABA concentration and decreasing CNS activities. Several recent studies have shown that it reduces sleep latency and improves sleep quality.

#### *Mimosa pudica*

A number of clinical investigations have demonstrated that *Mimosa pudica* extract produces a calming effect in neurosis and induces sound sleep. It also has beneficial effects on several disorder parameters such as inner restlessness, frequency of waking and final wake time after sleep.

#### *Withania somnifera*

*Withania somnifera* is known to have anxiolytic, hypnotic and sedative effects and extensively used in India. This effect is contributed to the presence of alkaloid-somniferin. It relieves nervous exhaustion and promotes healthy sleep.

### INDICATIONS:

- Insomnia
- Stress and anxiety
- Neuro-fatigue

### DOSAGE:

Adult - one to two capsules one hour before going to bed as a sleep aid. It works better after regular use for insomnia.

### POSSIBLE SIDE EFFECTS:

Occasional headache and gastrointestinal distress (Some individuals)

### CAUTION:

Care should be taken when driving or operating heavy machinery. Alcohol can potentiate CNS depressant effects.

### CONTRAINDICATIONS:

Children under 12 years, pregnancy and lactating mother, patients with liver impairment, hypersensitivity to any constituent of the herbs

### COMBINATION THERAPY:

St. John's wort should be used in the morning to enhance efficacy of sleep.  
Antioxidant supplement should be taken daily to help productive sleep.

### QUANTITY SUPPLIED:

60 capsules per bottle





# Honokiol

## SOOTHING STRESS

### COMPOSITION:

#### Each capsule contains:

*Magnolia officinalis* bark extract  
containing Honokiol . . . . . 100 mg

### PHYTOCHEMISTRY:

The extract of *Magnolia officinalis* bark contains honokiol which belongs to the class of neoligninbiphenols. As a polyphenol, it is relatively small and can interact with cell membrane proteins through intermolecular interactions. It is hydrophobic and readily dissolved in lipids.

### PHARMACOLOGICAL ACTIONS:

Honokiol can readily cross the blood brain barrier and therefore it is a potentially potent therapy with high bioavailability. It has been shown to have antidepressant, anxiolytic, antioxidant, anti-HCV and anti-tumour effects.

#### Effect on CNS:

Honokiol has been shown to promote neurite outgrowth and have neurotrophic effects in rat cortical neurons.

#### Effect on tumour:

Honokiol has shown pro-apoptotic effects in melanoma, sarcoma, leukaemia, prostate, bladder, lung, and oral squamous cell carcinoma and colon cancer cell lines.

#### Effect on HCV:

Honokiol inhibits the entry and replication steps of HCV life cycle in vitro, according to research done in National Yang-Ming University, Taipei, Taiwan.

### BENEFITS:

- To reduce anxiety and to enhance sleep
- Adjuvant treatment for Hepatitis C virus infection
- Supportive treatment for cancers

### DOSAGE:

Adult - one to two capsules two times daily after meal

### DRUG INTERACTION:

**Honokiol** may interact with paracetamol, benzodiazepine (additive effect), antiplatelet medication (additive effect). It may also stimulate corticosterone secretion or increase steroid medication concentrations. It may cause sleepiness, drowsiness, vertigo and dizziness in patients taking muscle relaxants.

### QUANTITY SUPPLIED:

60 capsules per bottle



# Immugin®

## NATURAL ADAPTOGEN

### COMPOSITION:

Each capsule contains  
*Panax ginseng* powder ..... 250 mg

### PHYTOCHEMICAL CONSTITUENTS:

Ginseng contains at least 13 different triterpenoid saponins, collectively known as ginsenosides which are believed to be the most important active constituents and used as a marker for Quality control of ginseng drugs and commercial products. The usual concentration of ginsenosides is between 2% and 3%. Ginseng polysaccharides have also been a target of chemical and biological research because plant polysaccharides generally show antitumor effects through modulation of innate immunity.

### PHARMACOLOGICAL ACTIONS:

- It has adaptogenic effect which produces a non-specific increase in the body's own defencer against exogenous stress factors and noxious chemicals.
- It promotes an overall improvement in physical and mental performance.
- Supports strengthen the body's immune response by various mechanisms such as by increasing natural killer cell function and antibody dependent cellular toxicity and therefore ginseng is useful supplement for immunodeficiency.
- It has dual effect on cell growth: it stimulates cell division in an adequate nutritional environment but acts cytostatically under adverse conditions.

### HEALTH BENEFITS:

- Use as a natural adaptogen
- Use as a prophylactic agent for enhance of mental and physical capacities in cases of exhaustion, tiredness, loss of concentration, decreased memory, chronic fatigue syndrome and during convalescence
- Support immune defense
- Use as an adjuvant therapy in cancer patients to lower the side effects of radiotherapy

### DOSAGE:

Adult – one to two capsules two times daily after meal

### PRECAUTION:

It should be discontinued one week before major surgery.

### DRUG INTERACTION:

- Anticoagulant therapy: there is a possible interaction of ginseng with warfarin and ginseng should be omitted in case of anticoagulant therapy.
- Monoamine-oxidase inhibitor: Ginseng may potentiate the action of MAOI by inhibiting various neurotransmitters.

### QUANTITY SUPPLIED:

60 capsules per bottle



### COMPOSITION:

Each caplet contains:

<i>Allium sativum</i> (Garlic) extract .....	15 mg
<i>Ganoderma lucidum</i> (Lingzhi) extract .....	90 mg
<i>Curcuma longa</i> (Turmeric) extract .....	15 mg
<i>Phyllanthus emblica</i> (Amla) extract .....	30 mg
<i>Glycyrrhiza glabra</i> (Licorice) extract .....	15 mg
<i>Momordica charantia</i> (Bitter gourd) extract...	15 mg
<i>Morinda citrifolia</i> (Noni) extract .....	15 mg
<i>Zingiber officinale</i> (Ginger) extract.....	15 mg
<i>Glycine soja</i> (Soy bean) .....	200 mg
<i>Panax ginseng</i> (Ginseng) .....	200 mg

### HEALTH BENEFITS:

- Immunoenhancement
- Prevent infection
- Nutritional supplement

### DOSAGE:

12 years and above -

- Normal healthy person should be administered one caplet two times daily after meal.
- Subjects who have weight-loss or are febrile should be administered two caplets two times daily after meal.

### POSSIBLE SIDE EFFECTS:

Allergy and mild gastrointestinal symptoms. (Some individuals)

### QUANTITY SUPPLIED:

10 caplets in one strip. Three strips per box.

How does Immunoplex® act ?		Therapeutic Effects				
		Anti-viral	Anti-bacterial	Anti-fungal	Immunoenhancement	Nutritional support
No	Items					
1.	Garlic	✓	✓	✓	✓	
2.	Lingzhi	✓			✓	✓
3.	Turmeric		✓		✓	
4.	Amla		✓		✓	✓
5.	Licorice	✓	✓	✓	✓	
6.	Bitter gourd	✓				
7.	Noni	✓			✓	✓
8.	Ginger	✓	✓		✓	
9.	Soy bean				✓	✓
10.	Ginseng	✓			✓	✓





### COMPOSITION:

Each tablet contains

*Orthosiphon aristatus* (Java tea) leaf extract .... 250 mg

### ACTIVE CONSTITUENTS:

The active principles for controlling blood sugar are diterpenes. There are two groups of diterpene in *Orthosiphon*. They are isopimarane-type diterpenes (such as orthosiphones A and B, orthosiphols A and B, orthosiphols F, G, H and I) and pimarane-type diterpenes (neoorthosiphols A and B). Other substances include saponins, alkaloids, tannin, essential oil, flavonoids (sinensetin, tetramethoxy flavones, trimethylapigenin and tetramethyluteolin), choline, betaine, organic acids (tartaric, citric and glycolic), and potassium salts.

### PHARMACOLOGICAL ACTIONS:

#### 1. Hypoglycaemic effect

In normoglycaemic rats, oral administration of an aqueous extract of *O. aristatus* (1g / kg) produces a significant decrease in blood glucose concentration compare with that in a control group.

#### 2. Diuretic effect

The diuretic effect could be partially due to the potassium content of Java tea as well as to the flavones sinensetin and 3' hydroxy-5,6,7, 4' -tetramethoxyflavone, which exhibited diuretic activity in rats after intravenous administration of (10 mg/kg) body weight. Oral administration of methylripariochromene A (100 mg / kg) has been shown to increase urinary volume in fasted rats for three hours after oral administration.

### 3. Antihypertensive effect

In stroke-prone, spontaneously hypertensive rats, subcutaneous administration of methylripariochromene A (100 mg/kg) produced a continuous reduction in systolic blood pressure and a decrease in heart rate. Methylripariochromene A also suppressed agonist-induced contractions in the rat thoracic aorta and decreased the contractile force in isolated guinea pig atria without significantly affecting the beating (heart) rate.

### INDICATION:

Type II Diabetes mellitus

### DOSAGE:

Adult - one to two tablets two times daily half an hour before meal.

### POSSIBLE SIDE EFFECT:

Well tolerated in recommended dose.

### CONTRAINDICATIONS:

Pregnancy and lactating mothers

### QUANTITY SUPPLIED:

60 tablets per bottle



# Ladymax<sup>®</sup>

## PHYTOESTROGEN SUPPLEMENT

### COMPOSITION:

Each tablet contains

*Pueraria mirifica* powder ..... 100 mg

### PLANT DESCRIPTION:

*P. mirifica* plants are widely grown in Myanmar and Thailand. It is a medicinal plant that has been used for many years in Southeast Asia for medicinal purposes. Medicinal part is rhizome and sizes vary according to the type of soil conditions.

### CHEMICAL CONSTITUENTS:

The rhizome of *P. mirifica* contains a group of Phytoestrogens containing miroestrol and deoxymiroestrol, which possess highest estrogenic activity among the known phytoestrogens due to structural similarity to estradiol. This substance has been proven 2 times more effective than estrogen. It also contains isoflavone, coumestran groups of phytoestrogens.

### BENEFITS OF *Pueraria mirifica*:

- Maintains all female sex characteristics
- Breast enlargement
- Improves complexion
- Increases hair growth
- Minimizes skin wrinkle

### DOSAGE:

18 years and above - one tablet daily after dinner

### POSSIBLE SIDE EFFECTS:

Mild headache, flatulence, nausea and white discharge may occur in some individuals. The dose should be reduced in these conditions.

### CAUTION:

**Ladymax<sup>®</sup>** should be used with medical supervision in women with estrogen related cancers, taking birth control pills and hormone therapy, individuals with hypothyroidism.

### CONTRAINDICATIONS:

Children under 18 years, pregnancy and lactating mother

### COMBINATION THERAPY:

**Ladymax<sup>®</sup>** can be used together with vitamin C supplement for more effective treatment.

### QUANTITY SUPPLIED:

60 tablets per bottle





# Luteolin

## CHRONIC HEPATITIS

### COMPOSITION:

Each capsule contains  
*Thymus vulgaris* extract  
containing Luteolin . . . . 100 mg

### PHARMACOLOGICAL ACTIONS:

#### Anti-HCV activity

According to research done by the Fudan University in China, luteolin displayed an anti-HCV activity (as HCV replication inhibitor) with EC50 value of 4.3  $\mu\text{M}$  in cell-based antiviral assay. Luteolin exhibited a good inhibition of NS5B polymerase enzymatic function with an IC50 of 1.12  $\mu\text{M}$ .

#### Anti-tumour activity

A group of scientists from the Kaohsiung Medical University of Taiwan tested luteolin against five human hepatoma cell lines, namely HepG2, SK-Hep-1, PLC/PRF/5, Hep3B, and HA22T/VGH, with XTT assay and flow cytometry. The results showed that luteolin inhibited HCC cells not only by cell cycle arrest at G0/G1 phase but also by apoptosis.

#### Glucose absorption lowering

Luteolin inhibits alpha-glucosidase and alpha-amylase suggesting that it can suppress postprandial hyperglycemia in patients with non-insulin dependent diabetes mellitus. The anti-diabetic property of luteolin was reported by Zarzuelo et al 1996 where a significant decrease in glycemia levels (>50%), a 2.5-fold increase in insulin blood levels and elevated pancreatic insulin were observed.

### Healthy weight maintenance

Scientific studies showed that luteolin increased peroxisome proliferator-activated receptor gamma (PPAR $\gamma$ ) protein expression to attenuate hepatic lipotoxicity, which links to the improvement in circulating fatty acid (FA) levels by enhancing FA uptake genes and lipogenic genes and proteins in adipose tissue. It also upregulated the expression of genes controlling lipolysis and tricarboxylic acid (TCA) cycle prior to lipid droplet formation, thereby reducing adiposity. Increased consumption of dietary flavonoids eg. luteolin was associated with weight maintenance.

### BENEFITS:

- Adjuvant treatment for Chronic Hepatitis C
- Supportive treatment for Tumour of the liver (Hepatoma)
- Glucose absorption lowering
- Healthy weight maintenance



### DOSAGE:

Adult - one capsule two times daily

### QUANTITY SUPPLIED:

60 capsules per bottle





# Mangosteen

## NATURAL ANTIBIOTICS

### COMPOSITION:

#### Each tablet contains:

Extract of *Garcinia mangostana*  
pericarp containing xanthenes ..... 200 mg

### PHYTOCHEMISTRY:

Approximately 40 of over 200 naturally occurring xanthenes are found in *Garcinia mangostana* (mangosteen). The most studied xanthenes are  $\alpha$ -,  $\beta$ - and  $\gamma$ -mangostins, garcinone E, 8-deoxygartanin and gartanin. They possess antioxidant, anti-tumoral, anti-allergic, anti-inflammatory, anti-bacterial, anti-fungal and anti-viral properties.

### PHARMACOLOGICAL ACTIONS:

#### Anti-microbial activities

The extract from mangosteen pericarp has broad spectrum anti-bacterial activity against several Gram-positive and Gram-negative bacteria. *S.aureus*, *P.aeruginosa*, *S.typhimurium* and *B.subtillis* were highly susceptible to xanthenes. The investigators from Gifu Pharmaceutical University, Japan showed that the anti-bacterial activity of xanthone derivatives of Mangosteen against both methicillin resistant and methicillin sensitive *S.aureus*. MIC of  $\alpha$ -mangostin was between 12.5 and 50  $\mu\text{g/ml}$  for bacterial and between 1 and 5  $\mu\text{g/ml}$  for fungi.  $\alpha$ - and  $\beta$ -mangostin and garcinone B exhibited the most potent inhibitory effect against *Mycobacterium tuberculosis* with MIC of 6.25  $\mu\text{g/ml}$ .

#### Anti-allergic action

Chairungsilere et al.(1996) determined that  $\alpha$ - and  $\gamma$ -mangostin are histaminergic and serotonergic receptor blocking agents respectively. Nakatani et al.(2002) also found that mangosteen fruit extract strongly inhibited histamine release and prostaglandin  $E_2$  synthesis.

#### Anti-inflammatory action

$\alpha$ -mangostin attenuates expression of inflammatory mediators such as TNF- $\alpha$  and IL-6. Garcinone B interferes with activation of NF- $\kappa$ B. Conversion of arachidonic acid to PGE<sub>2</sub> was inhibited by  $\gamma$ -mangostin which also inhibited the activities of both COX-1 and COX-2. Ingestion of a blended mangosteen juice decreased serum C-reactive protein levels.

#### Anti-tumor activities

The anti-tumor activities of xanthenes include cell cycle arrest, suppression of tumor cell proliferation, induction of apoptosis and differentiation, reduction of inflammation and inhibition of adhesion, invasion and metastasis. At relatively low dose of mangosteen xanthenes, the growth of tumors was delayed. When treated with a high dose of xanthenes, tumor size gradually decreased and complete regressions occurred.

#### BENEFITS:

- Natural antibiotics
- Ease allergic responses
- Reduce inflammation
- Suppress abnormal cell growth



#### DOSAGE:

12 years and above - one tablet two times daily

#### POSSIBLE SIDE EFFECTS:

Irritation of gastric mucosa and constipation may occur in some individuals.

#### COMBINATION THERAPY:

Mangosteen can be used in combination with other chemotherapeutic agents as adjuvant therapies to achieve increased therapeutic efficacy and minimize chemotherapy-induced toxicity.

#### QUANTITY SUPPLIED:

60 tablets per bottle



# Milk Thistle

80% SILYMARIN

## COMPOSITION:

Each tablet contains:

Milk thistle seed extract....200 mg  
(Standardized to 80% silymarin )  
Soy bean powder .....100 mg

## PHARMACOLOGICAL ACTIONS:

### 1. Hepatoprotective effects

Silymarin's ability to protect liver destruction and enhance liver function is largely due to its inhibition of the factors that are responsible for hepatic damage, i.e. free radicals and leukotrienes, coupled with its ability to stimulate liver protein synthesis. Silymarin components prevent free radical damage by acting as antioxidants. Silymarin is many times more potent in antioxidant activity than vitamin E. Unlike most flavonoid antioxidants, silymarin does not remain in the plasma and mainly has an affinity for liver.

### 2. Enhance hepatic glutathione activity

Glutathione is one of the most important antioxidant molecules for elimination of cytotoxicity in human. Silymarin's affinity for liver tissue has been shown to substitute for depleted glutathione in hepatocytes. Even in normal it increases the basal GSH level of the liver by 35% over control.

### 3. Prevent lipid peroxidation in hepatocytes

Free radical damage of lipids in a cell membrane is known as lipid peroxidation. This process is prevented by silymarin allowing membrane stability. This mechanism is thought to be primary mode of action in hepatoprotection and keeps amatoxins out of hepatocytes in mushroom poisoning and other forms of liver poisoning.

### 4. Stimulation of hepatic protein synthesis and liver cells regeneration

Silymarin promotes regeneration of liver cells by involving the cell's DNA. The polymerase A specifically

promotes nucleus and heads out into the cytoplasm where it hooks up with the endoplasmic reticulum to do new protein synthesis .

### 5. Anti-inflammatory effects

Silymarin has been shown to be a potent inhibitor of lipoxygenase enzyme. Silymarin has also shown to inhibit prostaglandin synthesis during inflammation. Silymarin counteracts this deleterious process by suppressing the pathological decomposition of membrane lipids and inhibits prostaglandin formation. As leukotrienes and prostaglandins are also involved in the damage of the liver by toxins, their neutralization by silybin is another mechanism for its protection of the liver.

## INDICATION:

Help to maintain normal liver functions

## DOSAGE:

12 years and above - one tablet two times daily before meal.

The dose can be double in case of severe liver intoxication, and cirrhosis of liver because silymarin is not found to be toxic.

## POSSIBLE SIDE EFFECTS:

- Gastrointestinal disturbances because of gall bladder stimulation. These side effects will subside within a week.
- Skin reactions such as pruritus, rash, urticaria and eczema in sensitive individual.
- Headache, arthralgia, rhinoconjunctivitis rarely occur.

## QUANTITY SUPPLIED:

60 tablets per bottle



# Moringa

## NUTRITIONAL SUPPLEMENT

### COMPOSITION:

Each capsule contains:

*Moringa oleifera* leaves powder ..... 300 mg

### MEDICINAL PROPERTIES:

#### Nutritive properties

*Moringa oleifera* quantitatively provides more nutrients than many other plant species. It has been shown to provide more than 7 times the vitamin C found in oranges, 10 times vitamin A found in carrot, 17 times calcium found in milk, 9 times protein found in yogurt, 15 times potassium found in bananas and 25 times iron found in spinach. It also has high concentration of phosphorus, copper,  $\alpha$  - tocopherol, riboflavin, nicotinic acid, folic acid, pyridoxine and  $\beta$ -carotene. Furthermore, it contains significant quantities of 10 essential amino acids.

#### Effects on blood glucose levels

Due to the presence of terpenoids in leaves of Moringa which appears to be involved in the stimulation of the  $\beta$ -cells and the subsequent secretion of preformed insulin (Tende et al.,2011). It was observed that the percentage decrease in serum glucose levels was 8.9% and decrease in serum LDL levels was 30.94% while increasing the excretion of faecal cholesterol.

### EFFECTS ON BLOOD PRESSURE

The widespread combination of diuretic along with lipid and blood pressure lowering constituents make this plant useful in stabilizing effect on blood pressure.

### BENEFITS:

- Nutritional supplement
- Help maintain blood sugar level
- Support to maintain blood pressure



### DOSAGE:

12 years and above - one to two capsules two times daily in between meals

### QUANTITY SUPPLIED:

60 capsules per bottle





# Nature-A<sup>®</sup>

## CAROTENOID COMPLEX

### COMPOSITION:

Each tablet contains

*Daucus carota* extract..... 100 mg

*Ipomoea batatas* extract..... 100 mg

### PHYTOCHEMISTRY:

Vitamin A is found in two basic forms, retinol and carotenoids. The carotenoids represent the most widespread group of naturally occurring pigments in nature. They are a highly colored (red & yellow) group of fat soluble compounds, composed of hydrocarbons (carotenes) and their oxygenated derivatives. Over 600 carotenoids have been characterized but only about 30-50 are believed to have vitamin A activity.

Alpha-carotene, beta-carotene, gamma-carotene and cryptoxanthin are powerful antioxidant nutrients and possess retinal activity. These carotenoids have been termed the most active of the carotenoids due to its higher provitamin A activity. They are converted into vitamin A by the liver. They are found in plant sources such as carrot, sweet potato.

### PHARMACOLOGICAL ACTIONS:

Carotenoids maintain the health of moist soft tissues such as eyes, mucous membranes, skin and hair. Its roles in promoting good night vision are well known. Carotenoids have substantial effects on the human immune response system. They have been shown to enhance numerous immune processes, including increased antibody response and induction of white blood cells function. Carotenoids improve antioxidant actions in tissues and blood components. Mixed carotenoids protect the skin against the harmful effects of UV radiation.

### BENEFITS:

- To promote the health of eye
- To nourish the skin
- To enhance immune function
- To protect from harmful effects of environmental pollution
- To reduce the incidence of ovarian cysts

### DOSAGE:

2 years and above : one tablet two times daily after meal

### SIDE EFFECT:

High intakes of carotenoids supplements may result in yellowing of the skin.

### CAUTION:

For better stability of carotenoids, it should be used within one month after opening.

### QUANTITY SUPPLIED:

60 tablets per bottle



# Nature-C®

## NATURAL VITAMIN C SUPPLEMENT

### COMPOSITION:

Each tablet contains:

*Phyllanthus emblica* ..... 200 mg

Vitamin C deficiency (scurvy) symptoms include anemia, soft, bleeding gums and bumps under the skin near muscles.

FAME Pharmaceuticals has produced the natural vitamin C, **Nature-C®** as a dietary supplement from *Phyllanthus emblica*. Natural vitamin C is combined with tannin, therefore there is no gastric irritation. In addition, the plasma half-life of vitamin C and tannin complex is two to three times longer than synthetic vitamin C. Because of slow renal excretion, there is no sudden pH change and there will be no renal stone formation.

### EFFECTS OF VITAMIN C:

**The cold fighter:** Several studies confirmed that vitamin C cannot prevent or cure a cold but may lessen the duration and severity of the cold. Therefore, if you take vitamin C, you may shake off cold symptoms faster.

**An antioxidant:** The presence of vitamin C pools in these cells strongly suggest that it is there to protect against free radical attack. By recycling vitamin E which is a proven immune-enhancing agent, vitamin C may indirectly be giving the immune system an added boost to fight infection.

**For collagen:** It is essential for the production of nature collagen, a protein that forms the connective tissue that supports the dermis. It prevents the skin aging. Collagen is also essential for wound healing, and doctors often recommend taking vitamin C supplements after surgery.

### BENEFITS:

- Scurvy (vitamin C deficiency)
- Common cold
- To be taken as an antioxidant supplement
- To keep immune function strong
- To slow down skin aging
- To faster wound healing

### DOUSAGE:

5-12 years : one tablet daily

12 years and above : two tablets two times daily

It can be increased in vitamin C deficiency.

### POSSIBLE SIDE EFFECT:

Well tolerated in recommended dose.

### QUANTITY SUPPLIED:

60 tablets per bottle





# Nemogin®

## FOR RESPIRATORY TRACT INFECTIONS

### SCIENTIFIC BACKGROUND:

Bacterial infections of respiratory tract are very common diseases in all ages of population worldwide. WHO has performed many strategies in the treatment of this disease. In Myanmar, bacterial infection of respiratory tract is one of the National Health Problems.

There are potent antibiotics in Western Medicine but unfortunately they have serious side effects. Scientists have reported the effectiveness of herbal medicine in combatting against bacterial respiratory infections. The herbal medicines are as effective as Western medicines, least side effects and inexpensive; besides, they have less chance of emerging into resistant strains.

FAME Pharmaceuticals has made many efforts to produce a potent herbal antimicrobial agent, called **Nemogin®** with the extracts and powder from *Acorus calamus*, *Alpinia galanga*, *Azadirachta indica*, *Desmodium triquetrum*, *Phyllanthus emblica* and Ginseng.

### COMPOSITION:

Each caplet contains

<i>Azadirachta indica</i> leaf extract .....	60 mg
<i>Acorus calamus</i> extract .....	50 mg
<i>Alpinia galanga</i> extract .....	30 mg
<i>Desmodium triquetrum</i> extract .....	25 mg
<i>Phyllanthus emblica</i> powder .....	45 mg
Ginseng powder .....	40 mg

Active principle of **Nemogin®** : **Nemogin®** contains the active principles such as alkaloid, flavonoids, triterpenoid and tannins.

Antibacterial activity : **Nemogin®** has a wide range of antibacterial activities on gram positive cocci such

as *Streptococcus* spp., *Staphylococcus* spp.; gram negative cocci such as *Neisseria* spp.; gram negative bacilli such as Coliform bacteria, *Haemophilus influenzae* and acid-fast bacilli such as *Mycobacterium tuberculosis*.

### INDICATIONS:

For the treatment of bacterial infections of respiratory tract

### DOSAGE:

Children under 12 years - one caplet

12 years and above - two caplets two times daily before meal

### DURATION:

• 7 days for the treatment of acute respiratory tract infection

• 6 months for the treatment of Mycobacterial infection

### CAUTION:

If pregnant or breast-feeding or children under 2 years, seek supervision from a physician before use.

### QUANTITY SUPPLIED:

60 caplets per bottle





# Nephrotec®

## ASTRAGALOSIDE IV

### COMPOSITION:

Each capsule contains:

*Astragalus membranaceus* root extract 300 mg containing astragaloside IV

### PHYTOCHEMISTRY:

Its active components are flavonoids, polysaccharides, triterpene glycosides (astragaloside I-VII), saponins and amino acids.

### SCIENTIFIC STUDY:

Astragalus root extract improved renal function (serum creatinine decreased from  $244 \pm 51$  to  $162 \pm 63$  mmol/L; creatinine clearance increased from  $37.8 \pm 6.2$  to  $53.4 \pm 5.3$  ml/min) as compared to the saline treated control group which was unchanged (Zhao et al., 2000). It had been as effective as ACEI captopril to improve renal function in patients with chronic renal failure (Yang et al., 1997).

Effect of *Astragalus* on proteinuria in nephrotic syndrome has been studied in clinical trials performed in China. *Astragalus* injection to patients with different forms of chronic glomerulonephritis had reduced proteinuria from  $2328 \pm 3157$  to  $1017 \pm 765$  mg/day (Shi et al., 2002). It also ameliorated the nephrotic syndrome related dyslipidemia in these trials (Wang et al., 2002).

It also improved water and sodium retention in the nephrotic syndrome. It attenuated the infiltration of inflammatory cells and promoted recovery from renal ischemia reperfusion injury in rats (Chen et al., 2001; Jang et al., 2003).

### PHARMACOLOGICAL ACTIONS:

- Reduction of proteinuria
- Enhance remission of nephrotic syndrome
- Maintain stable levels of eGFR

### INDICATIONS:

Chronic kidney diseases such as nephrotic syndrome, diabetic nephropathy, chronic glomerulonephritis and chronic renal failure

### DOSAGE:

Children under 12 years - one capsule daily  
12 years and above - one capsule two times daily in between meals.

### POSSIBLE SIDE EFFECTS:

Dizziness, headache and mild gastrointestinal disturbances may occur in some individuals.

### CAUTION:

If pregnant or breast-feeding, seek supervision from a physician before use.

### COMBINATION THERAPY:

*Astragalus membranaceus* (**Nephrotec®**) can be used together with *Angelica sinensis* (**Rejuvir®**) for more effective treatment.

### QUANTITY SUPPLIED:

60 capsules per bottle.



# Neurodopa®

## NATURAL DOPAMINE SUPPLEMENT

### COMPOSITION:

Each tablet contains:

Organic *Mucuna pruriens* extract ..... 200 mg

### PHARMACOLOGICAL ACTIONS:

#### Anti-parkinsonian activity

The natural source of Levodopa (L-dopa) obtained from the seed of *Mucuna pruriens* is an important constituent used in Parkinson's disease. This disease is a progressive neurological disorder caused by a shortage of dopamine. L-dopa helps replenish the brain's dopamine. L-dopa can cross the blood brain barrier and is converted to dopamine in brain cells. It controls not only the symptoms of Parkinson's disease and also has neurorestorative benefits on the degenerating dopaminergic neurons in the substantia nigra. They prevent dopamine-producing brain cells from dying because *Mucuna pruriens* can work as an antioxidant and also as a dopamine provider. Therefore, *Mucuna pruriens* has been successfully used for Parkinson's disease in Brazil & India since many centuries.

#### Aphrodisiac activity

*Mucuna* seed extract increases in magnesium content and sperm count in oligospermic cases. It administered orally shows significant improvement in functional impotency and oligospermia. It also enhances libido due to its dopamine content.

### HEALTH BENEFITS:

- Improvement of symptoms of parkinson's disease
- Natural fertility booster

### DOSAGE: (ADULT)

For prevention - one tablet once daily

For treatment - one tablet two times daily 30 minutes before meal

### POSSIBLE SIDE EFFECTS:

Nausea mild headache and pounding heartbeat in some individuals

### CAUTION:

**Neurodopa®** should be used with medical supervision in human with hypoglycemia and excessive androgen syndromes.

### CONTRAINDICATIONS:

Children under 12 years, pregnancy and lactating mother

### COMBINATION THERAPY:

It can also be used together with *Ginkgo biloba* for more effective treatment.

### QUANTITY SUPPLIED:

60 tablets per bottle



# Neurogin®

FOR MICROCIRCULATION

## COMPOSITION:

Each capsule contains:

Organic *Ginkgo biloba* leaf extract ..... 60 mg

## PHARMACOLOGICAL ACTIONS:

### On Tissue

*Ginkgo biloba* leaf extract has membrane stabilizing, antioxidant and free radical scavenging effects. It also enhances the utilization of oxygen and glucose. It leads to better membrane polarization which is important in excitable tissues, such as brain and nerve cells.

### On Blood Vessel

*Ginkgo biloba* leaf extract exerts vasodilation action by direct stimulation of the release of endothelium derived relaxing factor and prostacyclin.

### On Platelet

*Ginkgo biloba* leaf extract contains ginkgolides which have been shown to be potent inhibitors of platelet activating factor (PAF).

## INDICATIONS:

### 1. Cerebral vascular insufficiency

- Stroke (ischemic type)
- Short term memory loss
- Cochlear deafness
- Vertigo, tinnitus

### 2. Senile degenerative disorders

- Alzheimer's disease
- Macular degeneration

### 3. Peripheral vascular insufficiency

- Diabetic vascular disease
- Raynaud's syndrome
- Post-phlebitis syndrome
- Impotence and erectile dysfunction



## DOSAGE:

Adult - one capsule two times daily before meal. Patient with peptic ulcer should take after meal to avoid pain in epigastrium.

## POSSIBLE SIDE EFFECTS:

*Ginkgo biloba* leaf extract has few side effects like mild gastrointestinal upset (e.g nausea, heartburn, vomiting), headache, dizziness and allergic skin reaction in some individuals.

## QUANTITY SUPPLIED:

- 60 capsules per bottle
- 30 capsules per box





# Nonicap®

## IMMUNOENHANCEMENT

### COMPOSITION:

Each capsule contains

*Morinda citrifolia* fruit powder . . . . . 450 mg

*Aloe vera* powder . . . . . 50 mg

### ACTIVE CONSTITUENTS:

The most important active principle found in noni fruit is proxeronine which is converted in the body to xeronine. Xeronine was first discovered by Dr. Ralph Heinicke in 1972 at the University of Hawaii. Xeronine is a hormone which exhibits positive effects on cells that result in most people feeling better.

### PHARMACOKINETIC:

Proxeronine releases pure xeronine in the intestine when it comes in contact with a particular enzyme also found in noni fruit known as proxeronase. Proxeronine is also converted into xeronine in the other part of the body by the action of enzyme proxeronase, an enzyme needed in the biosynthesis of xeronine and serotonin.

### PHARMACOLOGICAL ACTIONS:

- Antistress and antidepressant effect
- Anticancer effect
- Analgesic effect
- Antisecretory effect on respiratory tract
- Immunomodulating effect
- Antiplatelet effect

### BENEFITS:

- Immunoenhancement
- Rejuvenation
- Reduce the risk of infection



### POSSIBLE SIDE EFFECTS:

Belching, skin rashes, bleeding manifestation (Some individuals)

### PRECAUTION:

Noni fruit is a rich source of potassium and therefore **Nonicap®** should not be used in case of renal insufficiency because of risk of hyperkalemia.

### CAUTION:

**Nonicap®** should not be taken together with tea, coffee or alcohol, all of which can destroy the proxeronine. It has antiplatelet action and therefore **Nonicap®** should be omitted 2 weeks before any surgical procedure including dental extraction.

### DOSAGE:

2 years and above - one to two capsules two times daily half an hour before meal for better absorption

### QUANTITY SUPPLIED:

60 capsules per bottle



# Normosin®

## ANTI-HYPERTENSIVE

### COMPOSITION:

Each tablet contains

<i>Plantago major</i> extract .....	60 mg
<i>Moringa oleifera</i> extract .....	60 mg
<i>Arundo donax</i> extract .....	40 mg
<i>Terminalia arjuna</i> extract .....	20 mg
<i>Allium sativum</i> extract .....	20 mg

### PHARMACOLOGICAL ACTIONS:

***Plantago major*:** Leaves contain glucosides aucubin, a new flavonoid glycoside, homoplantagin, saponins and bitter compounds. These compounds were found to produce a fall in arterial blood pressure.

***Moringa oleifera*:** Alkaloid, niazinin, niazimicin, niaziminin and gum present in the plant. The direct depressant action of these compounds exhibit isolated preparations tested is thus hypotensive and bradycardiac effects observed in vivo.

***Arundo donax*:** Roots of *Arundo donax* have diuretic action and thus lower the blood pressure.

***Terminalia arjuna* :** Arjuna is beneficial for angina and poor coronary circulation. It is also beneficial if the heart rate and rhythm are abnormal. By lowering blood cholesterol levels, reducing blood pressure, and supporting normal heart function.

***Allium sativum* (Garlic):** Garlic contains 0.1-0.36% volatile oil composed of diallyl disulfide and diallyl trisulfide, and minerals such as calcium, iron and potassium. It is estimated that if the blood pressure lowering effects of garlic can be maintained, the risk of stroke may be reduced by 30-40% and the risk of heart attack by 20-50%. It has been shown to decrease systolic pressure by 20-30 mmHg and diastolic pressure by 10-20 mmHg in people with high blood pressure.

### INDICATION:

- Treatment of Hypertension

### DOSAGE:

Adult - one to two tablets one to three times daily half an hour before meal

### CAUTION:

If pregnant or breast-feeding or children under 12 years, seek supervision from a physician before use.

### QUANTITY SUPPLIED:

60 tablets per bottle



# Omega 3-6-9

PROMOTE CARDIOVASCULAR HEALTH

## COMPOSITION:

Each two capsules contain

Omega-6 fatty acids ..... 478 mg

Omega-3 fatty acids ..... 250 mg

Omega-9 fatty acids ..... 147 mg

## HEALTH BENEFITS:

- Promote cardiovascular health
- Help to reduce inflammation
- Support brain health
- Omega fatty acids promote cardiovascular health by reducing cholesterol and triglyceride levels, enhancing the elasticity of blood vessels and preventing the build-up of harmful fat deposits in the arteries. It can increase arrhythmic thresholds, reduce blood pressure, improve arterial and endothelial function.
- Omega fatty acids have been described as inflammation- modulating agents, which may stimulate the synthesis of anti-inflammatory cell signalling molecules. It reduces the content of arachidonic acid (AA) in membrane phospholipids in platelets, endothelial cells and inflammatory cells.
- The polyunsaturated fatty acids play important roles in structural and functional maintenance of neuronal membranes, neurotransmission and eicosanoids biosynthesis as well as in the maintenance of membrane fluidity and flexibility.

## DOSAGE:

Adult - take 2 capsules daily with meals, up to 6 capsules daily or as recommended by healthcare professional

## SIDE EFFECT:

Well tolerated in the recommended dose.

## QUANTITY SUPPLIED:

15 capsules in one blister, 2 blisters in one box

Rosehip, Sea Buckthorn and Flax seeds are all naturally rich in polyunsaturated and monounsaturated fatty acids (Omega 3-6-9) which are essential to our well-being.





# Osteomax<sup>®</sup>

## BONE DENSITY ENHANCEMENT

### COMPOSITION:

Each capsule contains:

Organic calcium from marine algae ..... 400 mg  
Vitamin D from dairy product ..... 400 IU

### INDICATIONS:

- Organic calcium supplement
- Prevention and treatment of osteoporosis

Calcium is essential for many functions in the body, including :

- Maintaining strong bones and healthy teeth
- Preventing bone loss associated with osteoporosis which is common in pre and postmenopausal women
- Needing for muscular growth and contraction
- Aiding the nervous system, especially in impulse transmission.
- Regulating the heart rate & helps to prevent cardiovascular disease.
- Serving as a protective factor against high blood pressure & colon cancer.
- Stimulating hormone secretion & blood clotting mechanism.

### DOSAGE:

5-12 years - one capsule once daily  
13 years and above - one capsule two times daily before meal

### POSSIBLE SIDE EFFECTS:

Nausea, flatulence and constipation in some individuals

### CONTRAINDICATIONS:

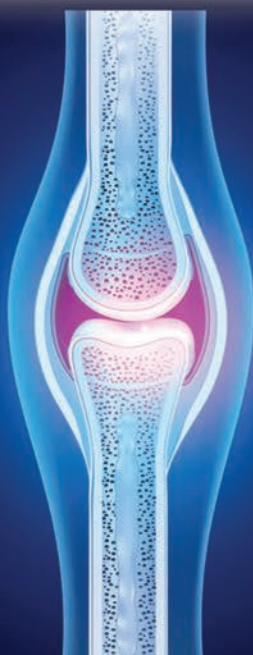
Hypercalcaemia and hyperparathyroidism

### DRUG INTERACTION:

- Calcium supplements can have an antagonistic effect on the desired action of calcium channel blockers that could precipitate the re-emergence of arrhythmias.
- H<sub>2</sub> blockers and proton pump inhibitors can decrease the absorption of calcium salts.
- Calcium may decrease the absorption of quinolones and tetracyclines.

### QUANTITY SUPPLIED:

60 capsules per bottle



### COMPOSITION:

Each tablet contains:

Pumpkin.....	50 mg
Okra .....	50 mg
Guava .....	50 mg
Mustard .....	50 mg
Egg yolk.....	50 mg

### LUTEIN AND ZEAXANTHIN

#### Phytochemistry

Lutein and zeaxanthin are members of the natural carotenoid family. They belong to the xanthophylls class of carotenoids also known as oxycarotenoid.

They are natural fat soluble yellowish pigments, found in algae, photosynthetic bacteria and in some plants such as (Pumpkin, Okra, Guava and Mustard). Chicken egg yolks are a rich food source of lutein and zeaxanthin.

#### Promotion effects on eye health

Lutein and zeaxanthin are mainly accumulated in the macula of the retina, where they bind to the retinal protein tuberlin. Zeaxanthin is specifically concentrated in the macula, especially in the fovea. Lutein is distributed throughout the retina.

They serve as accessory light gathering pigments and protect the toxic effects of ultra-violet radiation and oxygen. These two carotenoids filter out harmful blue light and quench free radicals that can damage the macula, the part of the eye responsible for sharp and detailed vision.

With advancing age, concentrations of these precious carotenoids decline, leaving the eyes susceptible to age related disorders. They are thought to play a role in protecting against serious eye problems such as glaucoma, age-related macular degeneration and age-related cataract formation.

These two carotenoids are referred to as macular yellow, retinal carotenoids or macular pigments. In fact, lutein and zeaxanthin have been called, "conditionally essential nutrients" because of their critical protective functions. Like many other important health-related compounds, lutein is not manufactured in the body. The only way to obtain it is by consuming foods rich in this antioxidant or by supplementing with lutein and zeaxanthin.

#### BENEFITS:

- Nourishing the eyes
- Protection from phototoxic (UV) damage
- Protection against macular degeneration
- Reduction on the risks of cataract

#### DOSAGE:

12 years and above:

- For prevention - one tablet two times daily
- For treatment - two tablets two times daily

#### SIDE EFFECT:

Well tolerated in recommended dose.

#### CAUTION:

For better stability of carotenoids, it should be used within one month after opening.

#### COMBINATION THERAPY:

It should be used together with provitamin A containing supplement (**Nature-A®**) and *Ginkgo biloba* (**Neurogin®**) for better result.

#### QUANTITY SUPPLIED:

60 tablets per bottle



# Rejuvir<sup>®</sup>

## PHYTOESTROGEN SUPPLEMENT

### COMPOSITION:

Each capsule contains:

*Angelica sinensis* root extract ..... 150 mg

*Glycine soja* powder ..... 100 mg

### PHARMACOLOGICAL ACTIONS:

#### ***Angelica sinensis* (Dong quai)**

Dong quai, known as Chinese angelica, has been used for thousands of years in traditional Chinese Medicine. It is regarded as a female remedy and it has been used to treat menopausal symptoms especially hot flashes, as well as to regulate the menstrual cycle and to treat amenorrhoea, dysmenorrhoea, irregular menstruation and other menstrual disorders. Its effectiveness in relieving hot flashes may be a combination of mild estrogenic effects coupled with other components that act to stabilize blood vessels. The mechanisms of action for dysmenorrhoea can be associated with its uterine relaxant effect and spasmolytic effect on the uterus.

#### ***Glycine soja* (Soybean)**

The isoflavones and phytosterol of soybean produce a mild estrogenic effect. Phytoestrogens have balancing action on estrogen effects. The women who consumed the soy foods demonstrated an increase in the number of superficial cells that line the vagina. This increase offsets the vaginal drying and irritation that is common in postmenopausal women. Isoflavones showed benefit in preserving bone mineral density in the spine in older women.

### BENEFITS:

#### **1. Premenopause**

- To regulate menstruation
- To relieve dysmenorrhoea
- To enhance uterine involution after childbirth

#### **2. Post menopause**

- To replace female hormones.
- To relieve menopausal symptoms

**DOSAGE:** Adult - one to two capsules daily after dinner

### POSSIBLE SIDE EFFECTS:

Nausea and dizziness, which may disappear if the drug is taken after meal.

### CAUTION:

Dong quai should not be taken with St. John's wort in some individuals with photosensitivity.

### CONTRAINDICATIONS:

Children under 18 years, pregnancy and lactating mother, patient with hemorrhagic diseases, hypermenorrhoea

### COMBINATION THERAPY:

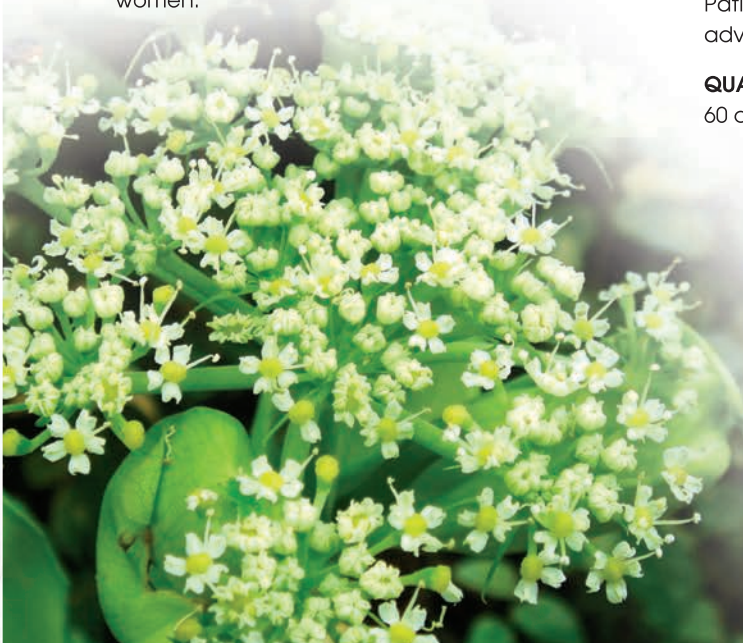
For chronic kidney disease, *Angelica sinensis* (Rejuvir<sup>®</sup>) can be used together with *Astragalus membranaceus* (Nephrotec<sup>®</sup>) for more effective treatment.

### DRUG INTERACTION:

Patients receiving anticoagulant therapy should be advised against taking it without medical supervision.

### QUANTITY SUPPLIED:

60 capsules per bottle





# Resveratrol

CELLULAR ENERGY BOOSTER

## COMPOSITION:

Each capsule contains  
Resveratrol from grape extract and  
*Polygonum cuspidatum* extract ..... 50 mg

## PHARMACOLOGICAL ACTIONS:

### Reduce neurodegenerative diseases

Researchers had found that resveratrol, by stimulating the cellular proteins known as sirtuins, can promote longer cell life in the body. Resveratrol protects a cell's DNA. It is a powerful antioxidant that can prevent cell damage lead to aging and brain degeneration. It significantly reduces formation of brain plaque, a component of Alzheimer's and other neurodegenerative diseases.

### Support cardiovascular health

Resveratrol from grape extract promotes cardioprotection effects by inhibition of the oxidation of LDL, vascular smooth muscle cell proliferation, platelet aggregation, the production of proarthrogenic eicosanoids by human platelets and neutrophils and stimulation of endothelial nitric oxide synthase (eNOS) activity.

## Help to prevent tumor

Resveratrol reduces cellular events associated with tumor initiation, promotion and progression. It reduces cyclooxygenase (COX) activities in different cancer cells. It induces the phase II metabolizing enzymes which are involved in the detoxification of carcinogen. It has been found to inhibit proliferation and induce apoptosis in a number of cancer cell lines.

## BENEFITS:

- Promote neurological functions
- Support cardiovascular health
- Help to prevent tumor



## DOSAGE:

12 years and above - one capsule daily

## SIDE EFFECT:

Well tolerated in recommended dose.

## CAUTION:

Stop using resveratrol at least 2 weeks before a scheduled surgery.

## DRUG INTERACTION:

Resveratrol might interact with anti-coagulant and anti-platelet drugs and so increase the risk of bleeding.

## QUANTITY SUPPLIED:

60 capsules per bottle



# Salixin®

## NATURAL ANALGESIC & ANTIPYRETIC

### COMPOSITION:

Each tablet contains  
Willow bark (*Salix alba* and *Salix tetrasperma*)  
extract ..... 300 mg

### PHARMACOLOGICAL ACTIONS:

Willow bark contains a group of phenolic glycosides mainly salicortin and salicin. Salicortin is hydrolysed in the small intestines into salicin and its esters which are further hydrolysed into saligenin and glucose. In contrast to aspirin, also known as acetyl salicylic acid, both salicortin and salicin have no effect on gastric mucosa and therefore there is no chance of gastric irritation or erosion and thus no risk of bleeding from the GI tract. Saligenin is then absorbed via terminal ileum and oxidized to salicylic acid in the liver and blood. Salicylic acids reduce prostaglandin levels in body tissue through an inhibition of PGH-synthase in inflamed tissues (COX-2) and are predominantly used for their anti-inflammatory and analgesic properties. Again in contrast to aspirin, it has no effect on platelet (i.e. no antiplatelet action) because of the lack of acetyl group in its molecular structure, and thus it gives no chance of bleeding from blood vessels.

### INDICATIONS:

Headache, muscle pain, joint pain, arthritis, common cold and fever

### DOSAGE:

12 years and above - one tablet two times daily after meal

### POSSIBLE SIDE EFFECTS:

Allergic reactions and gastrointestinal symptoms in some individuals.

### PRECAUTION:

Pregnancy, lactating mother, children under 12 years, aspirin sensitive patients, children with dengue fever and asthmatic patients.

### QUANTITY SUPPLIED:

10 tablets in one blister. Three blisters per box

### Differences between synthetic aspirin and natural salicin

	Aspirin	Salicin
Plasma half-life	15 mins	2.5 hours
Platelet aggregation	Inhibit	Not inhibit
Stomach	Irritate	Not irritate
Allergies	Salicylism	Not reported
Side effect	Undesirable	Not reported
Therapeutic properties	Quick	Slow
Therapeutic effect	Short-term	Long-term





# SawPalmetto

5 $\alpha$ -REDUCTASE INHIBITOR

## COMPOSITION:

Each tablet contains  
Saw palmetto (*Serenoa repens*)  
berries extract ..... 160 mg

For many years, people took Saw palmetto to increase urine output in the form of a diuretic, or water pill. Some described Saw palmetto as the "old man's friend". In the early part of the twentieth century, Saw palmetto was commonly recommended for various prostatic conditions by healthcare professionals. Lipophilic extracts of Saw palmetto berries, rich in fatty acids and sterols are currently approved by medical scientists for treatment of BPH.

## PHARMACOLOGICAL ACTIONS:

### Anti-androgenic effect

Liposterolic Saw palmetto extract has been found to be an inhibitor of 5-alpha-reductase resulting in decreased dihydrotestosterone (DHT). It also competitively inhibits binding of testosterone and DHT to cytosolic and nuclear androgen receptors.

### Anti-estrogenic effect

Anti-estrogenic effect of Saw palmetto is possibly due to competitively blocking translocation of cytosolic estrogen receptors to the nucleus.

### Anti-inflammatory effect

Extracts of Saw palmetto have demonstrated anti-inflammatory activity. Inhibition of the synthesis of arachidonic acid inflammatory metabolites, through a double blocking of cyclooxygenase and 5-lipoxygenase pathways results in anti-inflammatory properties.

## INDICATIONS:

- Prevention and treatment of BPH
- Inflammation of the urinary tract and urinary bladder
- Impotency, low libido
- Nocturnal enuresis

## DOSAGE:

Adult : one tablet two times daily after meal. It's better to continue treatment although the signs and symptoms of BPH is relieved especially in men over 60 years. If not, the prostate gland may gradually enlarge and symptoms of BPH will appear again.

## POSSIBLE SIDE EFFECTS:

Nausea and dizziness in some individuals

## CONTRAINDICATIONS:

Children under 12 years, pregnancy and lactating mother

## COMBINATION THERAPY:

Saw palmetto can be used together with Bee pollen in case of BPH, for obtaining their synergistic effect.

## DRUG INTERACTION:

Saw palmetto is believed to exert estrogen, androgen and  $\alpha$ -adrenergic blocking effects. Because of these effects, using hormone like drugs or adrenergic drugs concomitantly may need to be adjusted.

## QUANTITY SUPPLIED:

60 tablets per bottle





# Soyamin<sup>®</sup>

## SOY ISOFLAVONES

### COMPOSITION:

Each caplet contains  
Soy isoflavones from soybean extract ..... 80 mg

### PHARMACOLOGICAL ACTIONS:

#### Phytoestrogen supplement

Soy isoflavones are phytoestrogen which are plant derived non-steroidal compound. The natural estrogen receptor activity of soy isoflavones is considered an alternative to controversial hormone replacement therapy for post menopausal women (Sliva 2005). Soy isoflavones were found to significantly improve specific premenstrual syndrome symptoms including headache, breast tenderness and cramps in women study. (Bryant et al. 2005). The scientific studies provide evidence that soy isoflavones improve the severity of hot flashes, joint pain and vaginal dryness.

#### Antioxidant

Oxidative stress is believed to contribute to menopause and degenerative changes associated with aging and it is suggested that antioxidants such as soy isoflavones help to protect mitochondria against premature oxidative damage (Larkin et al. 2008).

#### Cardiovascular support

Clinical trials have reported improvements in cardiovascular risk biomarkers. There are many potential mechanisms by which soy isoflavones improve cardiovascular outcomes including reduction in total cholesterol and blood pressure (Rebholz et al. 2013).

### BENEFITS:

- Phytoestrogen supplement for pre and post menopausal women
- Antioxidant and anti-aging
- Anti-cholesterol and prevention of heart disease

### DOSAGE:

12 years and above - one to two caplets daily  
If it is more required, can increase the dose as necessary.

### CONTRAINDICATION:

Children under 12 years

### QUANTITY SUPPLIED:

60 caplets per bottle



### COMPOSITION:

Each capsule contains

- Spirulina platensis* ..... 250 mg
- Phyllanthus emblica*..... 250 mg

### PHARMACOLOGICAL ACTIONS:

#### 1. Nutritional supplement

*Spirulina platensis* (Spirulina) is composed of protein, carbohydrate, essential fatty acid (GLA), vitamins and minerals. It is very rich in antioxidants such as  $\beta$ -carotene, vitamin E and SOD enzyme. Effect of GLA on lipid profile pointed out that it has effect of lowering serum total cholesterol. The only vitamin lack in spirulina is vitamin C.

*Phyllanthus emblica* (Amla) is the richest source of vitamin C in nature. In addition, the tannins present in it retard the destruction of vitamin C and enhance its activity. According to research, 8.7 mg of natural vitamin C from Amla is equivalent to 100 mg of vitamin C from synthetic sources. Amla also contains about 500 units of SOD/g fresh weight.

By combining the Spirulina and Amla, enhances the bioavailability of active ingredients.

#### 2. Antioxidant action

**SpiruEmblica®** contains a wide range of natural antioxidants such as natural  $\beta$ -carotene, natural vitamin E, natural vitamin C, superoxide dismutase (SOD) enzyme, chromium, zinc and selenium. Because of these antioxidants, it can prevent cancer and degenerative disorders. It can slow down the aging process and rejuvenate your body & mind.

#### 3. Immunoenhancement action

**SpiruEmblica®** contains a series of natural immune enhancers, all essential amino acids which can boost the immune system. The phycocyanin from spirulina can enhance both humoral & cellular arms of immune system. Amla also contains a wide varieties of substances including phyllemblin which enhances the immune system. Phyllemblin is described as a tonic for heart & brain. It also has antibacterial, antiviral and antifungal activity.

#### BENEFITS:

Antioxidant, Immunoenhancement, Nutritional supplement

#### DOSAGE:

2 years and above - one capsule two times daily after meal

#### POSSIBLE SIDE EFFECT:

Spirulina is well tolerated but hypersensitivity to spirulina may occur in some individuals.

#### QUANTITY SUPPLIED:

60 capsules per bottle



# SpiruGarlic®

## NATURAL CHOLESTEROL LOWERING

### COMPOSITION:

Each caplet contains  
*Allium sativum* extract containing  
allicin ..... 150 mg  
*Spirulina platensis* ..... 50 mg

### PHARMACOLOGICAL ACTIONS:

***Allium sativum*** (Garlic) has been used as a medicine since many years ago and it's recommended primarily for its ability to lower cholesterol and blood pressure in the attempt to reduce the risk of dying prematurely from heart attack and stroke. Garlic contains active ingredient allicin which has cholesterol lowering action by reducing total cholesterol and LDL markedly while raising HDL level.

***Spirulina platensis*** is composed of protein, carbohydrate, essential fatty acid (gamma linolenic acid), vitamins and minerals and has positive effects on good health. Effect of Spirulina on lipid profile pointed out that the Spirulina has effect of lowering serum total cholesterol, LDL, triglycerides, atherogenic index and can raise the serum HDL level.

### INDICATIONS:

- Hyperlipidaemia
- Hypertension
- Prevention of ischaemic heart disease
- Obesity

### DOSAGE:

A person with hyperlipidaemia without obesity should take one caplet two times daily before meal. In case of obesity with hypercholesterolaemia, two caplets two times are more effective

### POSSIBLE SIDE EFFECT:

Hypersensitivity (e.g. allergy) has been known to occur, discontinue use.

### QUANTITY SUPPLIED:

60 caplets per bottle





# Starnise®

## NATURAL MEDICINE FOR INFLUENZA

### COMPOSITION:

Each tablet contains  
Star anise extract ..... 200 mg

### PLANT DESCRIPTION:

Star anise (*Illicium verum*) is native to Southern China, Northern Myanmar and Vietnam. It is a small tree having the star-shaped fruit, radiating between five and ten pointed boat-shaped sections, about eight on average.

### PHYTOCHEMISTRY:

Star anise contains shikimic acid and essential oil as well as phenylpropanoids and sesquiterpenes, eg. trans-anethole, eugenol,  $\beta$ -eudesmol, farnesol,  $\beta$ -caryophyllene and  $\beta$ -caryophyllene oxide, which are present in many essential oils, were examined for their antiviral activity. Linalool is important phytoactive compound found in star anise that does indeed have antiviral activity. The presence of  $\beta$ -caryophyllene in essential oils also contribute strongly to their antiviral ability. The plant extract has inhibitory effect on influenza virus neuraminidase with the possibility of alteration of virus particle aggregation and release. It is widely used as immune system booster. Like all spices, it also has strong antioxidant activity.

### BENEFITS:

- Supportive treatment for influenza
- Immune system booster



### DOSAGE:

For treatment in patient suspected influenza;  
2-12 years - half tablet two times daily for at least five days  
12 years and above - one tablet two times daily for at least five days  
Treatment should be started within 48 hours of onset of symptoms. **Starnise®** may be taken with or without food. However, patient with peptic ulcer and other stomach problem should take after meal.

### POSSIBLE SIDE EFFECTS:

Mild allergic reaction, gastrointestinal disturbance in some individuals

### CONTRAINDICATIONS:

Pregnancy, lactating mother and children under 2 years

### QUANTITY SUPPLIED:

10 tablets in one blister packing, in one secondary box



# Tinoflam®

## NATURAL ANTI-INFLAMMATORY AGENT

### COMPOSITION:

Each capsule contains extracts of :

*Tinospora cordifolia* stem ..... 1.5 gm  
Willow bark (*Salix alba* & *Salix tetrasperma*).... 0.3 gm

### PHARMACOLOGICAL ACTIONS:

#### 1. Inflammation and pain

***Tinospora cordifolia*:** Syringin and cordiol are active principles of *Tinospora cordifolia*, which have potent anti-inflammatory and anti-arthritis activities. Due to inhibition of C3 convertase and serine protease, which indicates that involved in anti-inflammatory activity. It significantly reduces the pain and morning stiffness in patients having rheumatoid arthritis. It also reduces bursitis, tendinitis, gout, stomatitis, gingivitis, tonsillitis, pharyngitis, bronchitis, hepatitis, nephritis, and cystitis.

**Willow bark:** The principle active constituent of willow bark was long thought to be a compound known as salicin, which chemically is salicyl alcohol glycoside. All of the phenolic glycosides (including salicin, salicortin, tremulactin) have similar physiological effects, being prodrugs that are converted to the active principle, salicylic acid, in the intestinal tract and the liver. Salicin containing willow bark extract selectively reduces production of prostaglandin E<sub>2</sub> by COX-2 whereas occurs in inflamed tissues, although not by inhibiting the COX-2 enzyme activity directly. It inhibits LPS - induced cytokine release (TNF  $\alpha$  and IL - 6) in human monocytes and thus, play a role in preventing cartilage damage.

**2. Rejuvenation:** They have not only direct destructive action on free radicals but also increase levels of glutathione and vitamin C-two of the most important antioxidants for the body. It has a long history of using for anti-aging and longevity.

### INDICATIONS:

- Inflammation and pain
- Rheumatoid arthritis
- Rejuvenation



### DOSAGE:

2 to 12 years : one capsule two times daily after meal  
12 years and above : one to two capsules two times daily after meal

### POSSIBLE SIDE EFFECTS:

Allergic reactions and gastrointestinal symptoms in some individuals.

### CAUTION:

Alcohol may mask symptoms of salicylate over dose and enhance the toxicity of salicylates.

### QUANTITY SUPPLIED:

10 capsules in one strip. 3 strips in one box.





# Tomatec®

## LYCOPENE ANTIOXIDANT

### COMPOSITION:

Each tablet contains

Lycopene from tomato extract ....10 mg

### HEALTH BENEFITS AND INDICATIONS:

#### 1. Prevention and treatment of prostate tumour

Among 72 international studies identified, 57 reported inverse associations between tomato intake or blood lycopene level and the risk of cancer at a defined anatomical site. Lycopene is beneficial for prostatic tumour. The mechanisms for this risk reduction include its potent anti-oxidant action, its inhibitory effect on cell proliferation induced by insulin-like growth factors, and its ability to increase intercellular gap-junctional communication between cells.

#### 2. To boost immunity in AIDS

The blood levels of carotenoids are essential for integrity of host defenses. The scientists from Purpan Hospital, Toulouse, France studied the micronutrient levels including lycopene in HIV-infected patients. Low blood levels of lycopene are associated with the development of AIDS whereas high level can prevent the symptoms.

#### 3. Protection of the skin from various skin lesions

The predominant long-chain carotenoids found in human skin are lycopene and beta-carotene. Lycopene is a powerful antioxidant and thought to act as skin defense mechanism because of its scavenging effect of free radicals and singlet oxygen formed by normal metabolism as well as excessive exposure of skin to sunlight. It can therefore prevent erythema, sunburn, skin discoloration, wrinkle and skin cancer.

### DOSAGE:

2 years and above

Prevention - one tablet daily

Treatment - one tablet two times daily

**Tomatec®** should be taken with hot water, plain tea or tea.

### POSSIBLE SIDE EFFECT:

Lycopene is generally considered safe. High intakes of lycopene-rich foods or supplements may result in a deep orange discoloration of the skin.

### CAUTION:

For better stability of lycopene, it should be used within one month after opening.

### COMBINATION THERAPY:

**Tomatec®** can be taken together with other antioxidants such as **Nature-C®**, vitamin E, beta-carotene and selenium to get maximum benefit. In case of prostate cancer it should be taken together with 5- $\alpha$  reductase inhibitors such as SawPalmetto, or finasteride.

### QUANTITY SUPPLIED:

60 tablets per bottle





# Uritec®

## FOR URINARY TRACT INFECTION

### COMPOSITION:

Each capsule contains:  
Cranberry fruit extract  
containing proanthocyanidin ..... 100 mg

### PHARMACOLOGICAL ACTIONS:

The proanthocyanidins (PACs) present in cranberries have an uncommon A-type intermolecular double linkage that appears to impart its unique antiadherence effect and is different from PACs found in other flavonoid rich foods. Cranberries contain PAC compounds that have strong bacterial anti-adhesion properties.

E.coli bacteria cause 80-90% of urinary tract infections (UTIs), the most common infection among women and have a high reoccurrence rate. PACs from cranberries affect E.coli cells in three ways. Cranberry PACs (1) change the shape of the E.coli from rods to spheres (2) alter the cell membranes and (3) compress tendrils on the outside of the cells, which affects E.coli's ability to attach to cells lining of the bladder wall. All of these effects inhibit the bacteria's attachment to cells lining of the bladder wall.

The other mechanism by which a change in the pH of urine is by the conversion of benzoic acid to hippuric acid. The amount of benzoic acid in the fruit results in the production of sufficient hippuric acid to be effective as a urinary bacteriostatic agent. It helps to reduce urinary odor making it useful for who are incontinent.

### INDICATION:

Prevention and treatment of recurrent urinary tract infection

### DOSAGE:

For prevention:  
12 years and above - one capsule two times daily after meal  
For treatment:  
12 years and above - two capsules two times daily after meal

### SIDE EFFECT:

Well tolerated in recommended dose.

### COMBINATION THERAPY:

It should be used in combination with Probiotics (Biogurt®) for better result.

### QUANTITY SUPPLIED:

60 capsules per bottle



# Urocrush<sup>®</sup>

FOR RENAL STONES

## COMPOSITION:

Each capsule contains

<i>Asystasia gangetica</i> .....	100 mg
<i>Arundo donax</i> extract .....	100 mg
<i>Bergenia ligulata</i> .....	80 mg
<i>Alysicarpus vaginalis</i> .....	20 mg

## PHARMACOLOGICAL ACTIONS:

These medicinal plants contain active compounds like Glycosaminoglycans (GAGs) which themselves possess an inhibitory effect in the crystallization of calcium oxalate. Antioxidant constituents can help in ameliorating the crystal induced renal cell injury. Thus, antiurolithiasis activity of plants is due to synergism of their diuretic activity, crystallization inhibition with antioxidant activity.

They have several phytoconstituents and exert their beneficial effects urolithiasis by multiple mechanisms like:

- Balance the inhibitor and promotor of the crystallization in amine and effects the crystal nucleation, aggregation and growth.
- Regulates the oxalate metabolism and crystalloid colloid imbalance and improve renal function, thus prevent recurrence of urinary calculi.

## INDICATIONS:

- Urolithiasis
- Dysuria

## DOSAGE:

For prevention - one capsule daily  
For treatment - one to two capsules three times daily for adult (To be taken with a glass of water before meal.)

## POSSIBLE SIDE EFFECT:

Mild hypotensive in some individuals

## COMBINATION THERAPY:

It should be used together with Probiotics supplement for more effective treatment.

## QUANTITY SUPPLIED:

60 capsules per bottle



# Vegeplex®

## VEGETABLE COMPLEX

### COMPOSITION:

Each capsule contains

<i>Amaranthus gangeticus</i> .....	80 mg
<i>Acacia concinna</i> .....	80 mg
<i>Hibiscus sabdariffa</i> .....	80 mg
<i>Ipomoea aquatica</i> .....	80 mg

### INDICATIONS:

- Children and adults who are not taking vegetables
- Detoxification
- Maintenance of body weight within normal range

### DOSAGE:

2 - 12 years - one capsule two times daily  
 12 years and above - two capsules two times daily  
 The dosage can be increased according to requirement

### QUANTITY SUPPLIED:

60 capsules per bottle



### Nutritional values contained in 100 gm of Vegetables

Name of the plants	<i>Acacia concinna</i>	<i>Amaranthus gangeticus</i>	<i>Hibiscus sabdariffa</i>	<i>Ipomoea aquatica</i>	Total
Calories	64	45	44	42	195
Protein (gm)	6.4	5.4	1.9	3.2	16.9
Lipid (gm)	0.6	0.5	0.3	0.7	2.1
Carbohydrate (gm)	9.7	5.9	10.4	8.0	34
Calcium (mg)	128.2	192.0	116.0	86.0	522.2
Iron (mg)	3.3	3.8	1.4	4.5	13
Vit A (IU)	30788	18670	4153	1485	55096
Vit B <sub>1</sub> (mg)	0.05	0.05	0.02	0.13	0.25
Vit B <sub>2</sub> (mg)	0.1	0.29	0.15	0.26	0.8
Niacin (mg)	8.5	1.2	1.8	0.9	12.4
Vit C (mg)	40	22	34	21	117





# Vomigin®

## NATURAL ANTIEMETIC

### COMPOSITION:

Each tablet contains

*Zingiber officinale* extract ..... 150 mg

*Elefaria cardamomum* extract ..... 25 mg

*Cinnamomum zeylanicum* extract ..... 25 mg

### PHARMACOLOGICAL ACTIONS:

- Ginger has a long tradition of being very useful in alleviating symptoms of gastrointestinal distress, including the nausea and vomiting. It has been attributed to the combined action of constituents known as gingerols, zingerones and shogaols. It has a direct effect on the gastrointestinal tract through its aromatic, carminative, and absorbent properties by increasing gastric motility and adsorption of toxins and acids. Many studies indicate that ginger's antiemetic activity is mediated through the peripheral nervous system.
- Cardamon extract contains borneol, pinene and caryophyllene. Clinical studies have shown that it transfers dampness, counteracts nausea and vomiting, relieves abdominal fullness and diarrhea. It is used as carminative to relieve stomach stagnation and aid digestion.

- The essential oils of cinnamon bark, cinnamaldehyde and eugenol have stimulating effect on the stomach and intestines, increasing appetite and reducing nausea and vomiting. It does indeed prevent the nausea associated with seasickness and other types of motion sickness.

### INDICATIONS:

Symptomatic treatment for dizziness, vertigo, nausea and vomiting for various origins such as motion sickness and cervical spondylosis

### DOSAGE:

Adult - one to two tablets two times per day before meal. For the prophylaxis of motion sickness, 30 minutes before travel.

### POSSIBLE SIDE EFFECT:

Mild gastrointestinal symptoms such as heartburn may occur in some individuals.

### QUANTITY SUPPLIED:

10 tablets in one strip, 3 strips per box



# Wheatgrass

FOR REJUVENATION

## COMPOSITION:

Each capsule contains  
Wheatgrass powder ..... 300 mg

## PHARMACOLOGICAL ACTIONS:

1. Wheatgrass is the complete food of so many animals, it contains a very broad spectrum of vitamins and minerals. Minerals promote cardiovascular and immune system function. For healing purposes, potassium ions are particularly vital to balance the composition of body fluids, and thus its alkalinity.
2. Wheatgrass contains over 80 enzymes. These are used for digestion, but also to detoxify harmful substances, and partake in many chemical changes in the body necessary for the maintenance of good health. Wheatgrass enhances cell vigour.
3. Wheatgrass is full of effective young chlorophyll. The chlorophyll molecule itself is structurally very similar to the iron-carrying component of haemoglobin. Studies have shown that anaemic animals restored the red cell count to normal by ingesting chlorophyll rich foods.
4. Antioxidant activity by wheatgrass 'mops up' the free radicals and restores the chemical balance of cells.
5. It has been reported that the incidence of cancer is much lower in people who take leafy green vegetables (chlorophyll). One of the active ingredients in wheatgrass is abscisic acid. It is a plant hormone and plays as an anticancer agent.

## BENEFITS:

- Convalescence stage
- To obtain rejuvenation effect
- To promote detoxification effect
- Treatment of anemia
- Promotion of cardiovascular and immune system functions

## DOSAGE:

2-12 years : one capsule  
12 years & above : two capsules two times daily after meal

## CONTRAINDICATION:

Contraindicated in those who are hypersensitive to wheatgrass.

## DRUG INTERACTION:

Wheatgrass supplements may effect those who are taking anticoagulant (e.g. Warfarin).

## QUANTITY SUPPLIED:

60 capsules per bottle





# WoundHealer

SYSTEMIC ENHANCER FOR HEALING

## COMPOSITION:

Each tablet contains:

Curcuma longa extract .....	150 mg
Aloe vera extract .....	100 mg
Lawsonia alba extract.....	50 mg
Phyllanthus emblica powder.....	50 mg

## PHARMACOLOGICAL ACTIONS:

**Curcuma longa (Turmeric):** The active principle of turmeric is known as curcumin. Curcumin is the most potent natural organic compound for healing. Used orally, curcumin exhibits many direct anti-inflammatory effects, including inhibition of platelet aggregation, promotion of fibrinolysis, inhibition of neutrophil and stabilization of cell membranes, thereby preventing the release of inflammatory mediators. *Curcuma longa* extract was shown in study to inhibit the growth of micro-organisms such as *Staphylococcus*, *Streptococcus*, *Bacillus*, *Entamoeba histolytica* and several pathogenic fungi. Turmeric is useful in treating a number of conditions, including eczema, psoriasis and fungal infections such as athlete's foot.

**Aloe vera (Aloe):** It contains a number of compounds necessary for wound healing including prostaglandin and fatty acid compounds. It has action of antibacterial, antiviral and anti-inflammatory properties. *Aloe vera* also enhances cellwall permeability, increasing cell access to nutrients and facilitating the removal of toxins from the cell. It is remarkably effective in wounds and burns, speeding up the rate of healing and reducing the risk of infection. It enhances skin regeneration.

**Lawsonia alba (Henna):** It is used as remedy for boils, wounds to possess antimicrobial activity. The extract of *Lawsonia alba* has been reported for its antimicrobial activity against *S.aureus*, *S.pyogenes* and *Proteus*

species. Thus, it is extensively useful in treating skin inflammation, bruise, wounds of circircision and leprosy.

**Phyllanthus emblica (Amla):** It has the richest source of Superoxide dismutase (SOD) and vitamin C in nature. Natural vitamin C is crucial for the proper function of the enzyme protocollagen hydroxylase, which produces collagen that heals a wound and the key component in blood vessel wall. Vitamin C plays a variety roles in stimulating the immune system and enhancing wound healing. SOD encourages new tissue to grow and to enhance collagen and reduce swelling.

Wounds treated with SOD have shown to heal better and more quickly. SOD and vitamin C are known as immunoenhancement for the rapid healing of various infections.

## INDICATIONS:

Burns, lacerated wounds, surgical wounds and ulcers

## DOSAGE:

One tablet two times daily after meal

## POSSIBLE SIDE EFFECTS:

Constipation and temporary hair loss may occur in some individuals.

## QUANTITY SUPPLIED:

60 tablets per bottle





# Arthrotec®

## BIO SUPPLEMENT FOR JOINT

### COMPOSITION:

Each capsule contains:

Fish cartilage containing

Glucosamine and Chondroitin ..... 400 mg

New modified formulation with natural matrix collagen hydrolysate (collagen type II and hyaluronic acid)

### INDICATIONS:

- Prevention and treatment of osteoarthritis
- Bio supplement for joint

Over one third of healthy bone is composed of collagen and 60% of cartilage is made of collagen type II. It can enhance the normal production of proteoglycans in the joint matrix, thereby maintain healthy joint structure. Fish hydrolysed collagen that is highly digestible due to its low molecular weight and accelerates absorption of dietary calcium.

Hyaluronic acid plays dual roles, it is an essential structural component of proteoglycans such as aggrecans in the cartilage matrix and serves to enhance viscoelastic structural and functional characteristics of the joint.

**Glucosamine**, an amino sugar, is the building block for cartilage. It has been shown to stimulate proteoglycan synthesis by human chondrocytes. Glucosamine supplement is absorbed rapidly from the intestines and transported to connective tissues. It helps the restoration of damaged joint tissues in osteoarthritis. It also has anti-inflammatory properties, independent of prostaglandin synthesis.

**Chondroitin** joins with protein to become proteoglycans. These proteoglycans comprise the ground substances in the extracellular matrix of connective tissue; cartilage. The significant increase in hyaluronic acid also occurs after taking oral chondroitin. Hyaluronic acid is a major component of synovial fluid which is the lubrication fluid in joints. It improves joint lubrication, reduces pain and improves mobility.

### DOSAGE:

5-12 years - one capsule daily

13-18 years - one capsule two times daily

Adult - one capsule three times daily

### POSSIBLE SIDE EFFECT:

May cause allergic reactions in people with seafood allergies.

### CAUTION:

Those with seafood allergies should use with caution in taking **Arthrotec®** supplement. Stop the drug if symptom of hypersensitivity occurs.

### CONTRAINDICATIONS:

Pregnancy and lactating mothers

### QUANTITY SUPPLIED:

60 capsules per bottle



# BeePollen

## NUTRITIONAL SUPPLEMENT

### COMPOSITION:

Each capsule contains

Natural bee pollen .....	250 mg
Tomato powder .....	50 mg

### INDICATIONS:

#### 1. Benign Prostatic Hyperplasia (BPH)

Bee Pollen have been shown;

- to have anti-inflammatory properties
- to relax the muscle that surround the urethra, and
- to inhibit the growth of prostate cells

#### 2. Nutritional Supplement

Bee Pollen is one of the most nutritious natural health food in the world. It contains 22 amino acids including all essential amino acids, 14 essential fatty acids, more than 12 vitamins including  $\beta$ -carotene, vitamin B complex, vitamin C, D and minerals like calcium, magnesium and selenium. Bee Pollen contains a number of enzymes, which help digestion, antioxidant effect and various body functions.

#### 3. Sexual Vigor

Bee Pollen contains natural hormones that stimulate and nourish the reproductive systems of both men and women.

#### 4. Prevention of radiation sickness

Bee Pollen is an effective food supplement to overcome radiation poisoning in cancer patients under treatment

with radiotherapy. It has proved beneficial for nausea, sleep disorders, urinary and rectal disorders following radiation treatment.

### DOSAGE:

1. For routine health benefits, take one capsule two times daily after meals. (Under 12 years, one capsule daily after meal.)
2. For anti-aging effects, take two capsules two times daily.
3. For BPH, two capsules three times daily for six months followed by two capsules two times daily for maintenance dose.
4. For radiation poisoning, take 10 capsules two times a day one week before and one week after the radiotherapy.

### POSSIBLE SIDE EFFECT:

May cause allergic reactions in some individuals.

### CAUTION:

Should be started with a small dose in case of bronchial asthma and allergic conditions.

### CONTRAINDICATION:

Hypersensitivity to Bee Pollen

### COMBINATION THERAPY:

**BeePollen** 250 mg (2bd) can be used together with **SawPalmetto** 160 mg (1bd) in case of BPH, for obtaining their synergistic effect.

### QUANTITY SUPPLIED:

60 capsules per bottle. Also available in one strip of 10 capsules. Three strips per box.



### COMPOSITION:

#### Each capsule contains:

- Lactobacillus casei* .....2.4 billion CFU\*
- Lactobacillus plantarum* ..... 1.2 billion CFU\*
- Lactobacillus rhamnosus*..... 1.2 billion CFU\*
- Bifidobacterium lactis*..... 1.2 billion CFU\*

\* Initial cell count

Our coating technology ensures 100 times higher survival rate than uncoated probiotics in the intestine.

### HEALTH BENEFITS:

- Enrich skin to keep it healthy and smooth
- Help to reduce ultraviolet-induced skin damage
- Maintain skin freshness and youthfulness
- Assist radiant skin by detoxification

### Probiotics and Skin Microflora

Probiotics promote the absorption of dietary nutrients from intestine which are essential for cell metabolism and the synthesis of the various functional and structural components of the skin. The skin microflora plays a significant role in competitive exclusion of pathogens that are aggressive and provoke infection in the skin and in the processing of skin proteins, free fatty acids and sebum. Probiotic have different mechanisms such as by lowering pH, to preserve skin health and to inhibit the growth of pathogens.



### Probiotics and Skin Rejuvenation

Lactobacillus probiotics inhibit UVB-induced matrix metalloproteinase 1 expression to preserve procollagen expression in human fibroblasts. It can protect against ultraviolet-induced skin damage. The ability of probiotics significantly enhances hyaluronic acid synthesis that improves skin elasticity. According to scientific study, daily intake of probiotics for 12 weeks significantly increased the skin moisture content and reduced signs of facial aging by limiting wrinkles and improving elasticity and skin gloss in women with dry skin and wrinkles.

### Probiotics and Skin Inflammation

Probiotics actions on the skin can be mediated by modulation of host's immune response including innate as well as adaptive. Some probiotics strains display potent immune-modulatory properties at the skin level. Recently, the ability of lactobacillus probiotics to modulate reactive skin-associated inflammatory mechanisms has been evaluated. Probiotics is useful for the prevention of epidermal oxidative stress via ingestion.

### DOSAGE:

One to two capsules daily. The dosage can be adjusted according to requirement.

### SIDE EFFECT:

Soft stool may occur in some individuals.

### CAUTION:

Mixing with hot food and drink should be avoided. Alcohol can destroy the probiotics.

### QUANTITY SUPPLIED:

30 vegetarian capsules per bottle





### COMPOSITION:

#### Each capsule contains:

<i>Lactobacillus acidophilus</i> .....	1.5 billion CFU*
<i>Lactobacillus casei</i> .....	1.5 billion CFU*
<i>Lactobacillus plantarum</i> .....	1.5 billion CFU*
<i>Pediococcus pentosaceus</i> .....	1.5 billion CFU*

\* Initial cell count

Our coating technology ensures 100 times higher survival rate than uncoated probiotics in the intestine.

### HEALTH BENEFITS:

- Support fat burning
- Promote healthy weight loss
- Modulate energy metabolism
- Help to dissolve gallstone

Probiotics (gut microbiota) can modulate body weight and energy metabolism. The following mechanisms play a major role.

**Short-chain fatty acid (SCFAs) production:** Probiotics ferment non-digestible polysaccharides, thereby producing a large amount of SCFAs that represent an important energy source, nearly 10% of the daily energy supply. SCFAs interact with G-protein coupled receptors Gpr41 and Gpr43 that reduce gut motility, promote satiety and suppress energy intake. SCFAs-Gpr41 and -Gpr43 interactions stimulate leptin production and profoundly affect inflammatory responses that are

responsible for the development of obesity-related metabolic disturbances such as insulin resistance, lipogenesis and increased triglyceride stores.

**Binding and incorporation of cholesterol:** The hypocholesterolemic effect of probiotics has also been attributed to their ability to bind cholesterol in the small intestines. Cholesterol was also removed by probiotics by incorporation into the cellular membranes during growth. It can also be converted in the intestines to coprostanol, which is directly excreted in feces. Consequently, dietary cholesterol would be less available for absorption in the intestine.

**Regulation of bile acid metabolism:** Probiotics deconjugate bile acids through the action of microbial enzymes. Bacterial bile salt hydrolases (BSH) are produced by various microbial species including *Lactobacillus*. Deconjugated bile acids are poorly absorbed and mainly excreted with the feces. This can reduce serum cholesterol levels because de novo bile acid synthesis from cholesterol is stimulated. Farnesoid X receptor (FXR) is a metabolic regulator involved in energy homeostasis, bile acid homeostasis and glucose metabolism. The gut microbiota influence on nuclear FXR activity appears to be critical for body weight increase and glucose and lipid homeostasis.

### DOSAGE:

One to two capsules daily. The dosage can be adjusted according to requirement.

### SIDE EFFECT:

Soft stool may occur in some individuals.

### CAUTION:

Mixing with hot food and drink should be avoided. Alcohol can destroy the probiotics.

### QUANTITY SUPPLIED:

30 vegetarian capsules per bottle



### COMPOSITION:

#### Each capsule contains:

Probiotics (Functional yogurt) 300 mg containing live *Lactobacillus acidophilus* 875 million and *Bifidobacterium lactis* 875 million

### WHAT IS PROBIOTICS?

Probiotics mean health-promoting good bacteria and also called 'flora'. Probiotic microorganisms may help to prevent overgrowth of potentially harmful bacteria and stimulate the intestinal immune defense system. *Lactobacillus* are normal inhabitants of the human intestine and vagina. *Bifidobacterium* are inhabitants of the colon.

### BENEFITS:

- Regular consumption of probiotics improves the gut microflora and reduces the number of unwanted bacteria.
- It improves recovery after antibiotic treatment, repopulation with good bacteria helps to re-establish a healthy balance of bacteria.
- Probiotics improve digestibility of food and reduce flatulence; foods exposed to these bacteria are broken down and improve the biological value of foods. And also improve lactose intolerance and absorption of calcium containing foods.
- It directly acts with the immune system by activation of white blood cells and stimulates powerful defense cells like the natural killer cells and increases the antiviral chemicals like interferon.

### INDICATIONS:

- Prevention and treatment of diarrhoea
- To restore normal flora after diarrhoea or antibiotic therapy
- Irritable bowel syndrome (IBS)
- Immunoenhancement

### DOSAGE:

For prevention

5-12 years : one capsule daily,

12 years and above : two capsules daily

For treatment

5-12 years : one capsule two times daily,

12 years and above: two capsules two times daily

The dosage can be adjusted according to requirement.

### DRUG INTERACTION:

- It should be used 3 days after antibiotic doses.
- Antacids should be taken 30 minutes before taking probiotics.
- Probiotics may prolong the effect of diazepam and oral contraceptive pills.

### PRECAUTIONS:

Intestinal damage, recent bowel surgery, organ transplant, immunosuppressive therapy and children under 1 year

### CAUTION:

Mixing with hot food and drink should be avoided. Alcohol can destroy the probiotics.

### QUANTITY SUPPLIED:

- 10 capsules in one blister with secondary box
- Also available as 60 capsules per bottle



### COMPOSITION:

#### Each chewable tablet contains:

*Streptococcus thermophilus*..... 3.6 billion CFU\*

*Lactobacillus acidophilus* ..... 1.2 billion CFU\*

*Bifidobacterium longum*..... 1.2 billion CFU\*

\* Initial cell count

Our coating technology ensures 100 times higher survival rate than uncoated probiotics in the intestine.

### HEALTH BENEFITS:

- Boost immunity and tummy comfort
- Support normal growth of bones and teeth
- Reduce incidence of respiratory infections
- Support digestive health and constipation relief

Probiotics including *Streptococcus thermophilus* are beneficial to the host through its contribution to the development and maintenance of a healthy immune system. It has positive effects on the modulation of immunoglobulin and gut microflora in children.

A systemic review concluded that dietary intake of probiotics is beneficial in terms of weight and height gain among under-nourished children. The study demonstrated that *Lactobacilli* possess antimicrobial activities against periodontal pathogens. The children consuming milk containing this probiotic, particularly 3-4 years of age, had significantly fewer dental caries and lower salivary counts of *streptococcus mutans*.

In a published systemic review and meta-analysis, it was proved that a probiotic administration was beneficial for the prevention of acute respiratory tract infections. The probiotics containing *Lactobacillus acidophilus* and *Bifidobacterium bifidum* given twice a day for 3 months was able to reduce the symptoms of the common cold.

The studies in constipated children showed that the probiotics had significantly improved stool frequency and consistency which could be due to change in the intestinal flora.

The meta-analysis suggested that *Lactobacillus* is safe and effective as a treatment for children with acute infectious diarrhoea, antibiotic-associated diarrhoea and functional abdominal pain.

### DOSAGE:

Children over 2 years: chew one or two tablets daily between meals. The dosage can be adjusted according to requirement.

### SIDE EFFECT:

Soft stool may occur in some individuals.

### CAUTION:

Mixing with hot food and drink should be avoided.

### QUANTITY SUPPLIED:

6 chewable tablets per strip, 5 strips per box





**COMPOSITION:**

**Each capsule contains:**

- Lactobacillus rhamnosus*..... 1.00 billion\*
- Bifidobacterium bifidum*..... 1.00 billion\*
- Streptococcus thermophilus*..... 1.00 billion\*

\* Initial cell count

Our coating technology ensures 100 times higher survival rate than uncoated probiotics in the intestine.

**HEALTH BENEFITS:**

- ☛ Help to strengthen the immune system
- ☛ Support healthy skin and oral health
- ☛ Maintain a healthy digestive system
- ☛ Improve the absorption of nutrients

Humans have been consuming probiotics for many thousands of years as fermented foods. Thus, symbiotic relationship between humans and probiotic microorganisms has a long history of important nutritional benefits for humans. Probiotics are beneficial to the host through its contribution to the development of a healthy immune system. Scientific studies suggest that regular consuming probiotics can provide more healthful bacteria, which may help restore the balance of the gut microbiota.

***Lactobacillus rhamnosus***

Lactic acid bacteria are beneficial bacteria which exist naturally in the intestinal system. Approximately 70% of the immune system is located in the intestine, thus they are vital role for immunity. *Lactobacillus rhamnosus* is recognized for its ability to survive passage through the acidic GI tract that inhibits bad bacteria that prefer alkaline surroundings. It supports healthy skin and vaginal health. Probiotics have been shown to have a positive effect on the oral immune response. It may reduce the colonization of oral bacteria.

***Bifidobacterium bifidum***

Bifidobacteria are particularly active as a scavenger of toxins and helping to remove toxic substances and support liver function. *Bifidobacterium bifidum* is the most dominant probiotics in the large intestine that has ability to break down complex carbohydrates, fat and protein that the body can use more efficiently. It supports the production of vitamins.

***Streptococcus thermophilus***

*Streptococcus thermophilus* is an important and hardy strain that support colon health and protects against small intestine irritation. The regular consumption of probiotics including *Streptococcus thermophilus* has in maintenance of a healthy immune system by modulating immune response.

**DOSAGE:**

One to two capsules daily. The dosage can be adjusted according to requirement.

**SIDE EFFECT:**

Soft stool may occur in some individuals.

**CAUTION:**

Mixing with hot food and drink should be avoided. Alcohol can destroy the probiotics.

**QUANTITY SUPPLIED:**

60 vegetarian capsules per bottle



### COMPOSITION:

#### Each lozenge contains:

<i>Streptococcus thermophilus</i> .....	2.5 billion CFU*
<i>Bifidobacterium breve</i> .....	0.83 billion CFU*
<i>Lactobacillus rhamnosus</i> .....	0.83 billion CFU*
<i>Lactobacillus casei</i> .....	0.83 billion CFU*
<i>Lactobacillus paracasei</i> .....	0.83 billion CFU*
<i>Lactobacillus reuteri</i> .....	0.21 billion CFU*

\* Initial cell count

Our coating technology ensures 100 times higher survival rate than uncoated probiotics in the intestine.

### HEALTH BENEFITS:

- Improve health of gum and teeth
- Promote oral immune health
- Promote better breath
- Restore oral flora

Probiotics can actively improve oral health by improving the balance of oral microflora. The main mechanisms of probiotics in oral health are as follow:

Protective function is the ability to inhibit pathogenic bacteria in the oral cavity, there will be competition where attachment between probiotic bacteria and pathogen bacteria. Probiotic bacteria can also produce antibacterial components (bacteriocins) that can suppress the growth of pathogenic bacteria, so it can be used to control the number of *Streptococcus mutans* in plaque and oral cavity as the main bacteria that cause caries.

The benefits of probiotics in improving the body's immune system is through the ability of probiotics to induce salivary IgA formation, macrophage activation, modulation of pro-inflammatory cytokines, producing vitamins and lactic acid that function as antioxidants. Antioxidants prevent stain and plaque formation by neutralizing the free electrons that are needed for mineral formation. Probiotics lower the pH so that microorganisms cannot form dental plaque and calculus that cause oral inflammation. Probiotic bacteria could modify the protein composition of the pellicle by two different methods, namely by binding to and by degradation of salivary proteins.

### DOSAGE:

Slowly dissolve one lozenge in mouth daily for at least 5 minutes. The dosage can be adjusted according to requirement.

### SIDE EFFECT:

Soft stool may occur in some individuals.

### CAUTION:

Mixing with hot food and drink should be avoided. Alcohol can destroy the probiotics.

### QUANTITY SUPPLIED:

6 lozenges per strip, 5 strips per box



# BioPar

## PROBIOTICS FOR BRAIN HEALTH

### COMPOSITION:

#### Each capsule contains:

- Bifidobacterium bifidum*..... 1.7 billion CFU\*
- Lactobacillus acidophilus* ..... 1.7 billion CFU\*
- Lactobacillus plantarum* ..... 1.7 billion CFU\*
- Lactobacillus reuteri* ..... 0.86 billion CFU\*

\* Initial cell count

Our coating technology ensures 100 times higher survival rate than uncoated probiotics in the intestine.

### HEALTH BENEFITS:

- Improve neurodegenerative and neurodevelopmental disorders
- Help to reduce muscle rigidity and postural instability
- Immunomodulation and energy balance

Probiotics, prebiotics and synbiotics influence the gut-brain axis by altering gut microbiota composition or by affecting neuronal functioning in both the enteric nervous system (ENS) and central nervous system (CNS). Studies have now proven that gut microbiota can directly or indirectly modify brain neurochemistry via various mechanisms like neural, immune and endocrine.

Supplementation of probiotics can reduce behavioral and cognitive deficits such as anxiety, depression

and memory problems and improve levodopa absorption by improving GI function. It can increase neuronal membrane formation and function and reduce inflammation, affecting both ENS and CNS and reducing motor and non-motor abnormalities in Parkinson's disease. The regular intake of probiotics can significantly improve stool consistency and bowel habits.

Probiotics play a crucial role to regulate the aggregation of  $\alpha$ -synuclein in enteroendocrine cells, production of microbial metabolites and activation of the vagus nerve in neurodegenerative and neurodevelopmental disorders.

### DOSAGE:

One to two capsules daily. The dosage can be adjusted according to requirement.

### SIDE EFFECT:

Soft stool may occur in some individuals.

### CAUTION:

Mixing with hot food and drink should be avoided. Alcohol can destroy the probiotics.

### QUANTITY SUPPLIED:

30 vegetarian capsules per bottle





# Chitobit®

## NATURAL LIPID INHIBITOR

### COMPOSITION:

Each capsule contains

Chitosan powder ..... 250 mg

### PHARMACOLOGICAL ACTIONS:

Chitosan displays cationic properties which enable it to bind fatty acids via electrostatic forces. Positively charged chitosan binds to negatively charged fat, bile acids and cholesterol in the intestine and prevents fat absorption. The complexes formed between chitosan and fats are excreted in the faeces without digestion. Consumption of chitosan has a beneficial effect by reducing body weight, total cholesterol, low-density lipoprotein cholesterol and glucose and increasing cholesterol excretion.

In addition to this, modulation of adipokines by chitosan may be one of the mechanisms for weight loss. Adipokines include leptin, tumor necrosis factor alpha, interleukin-6 and C-reactive protein (CRP). It decreases dietary intake which is associated with increased serum leptin concentrations and decreased CRP concentrations. Leptin is known to have a role in appetite suppression.

### HEALTH BENEFITS:

- Reduction of extra fat
- Healthy weight management
- Relief for occasional constipation



### DOSAGE:

Adult - two to four capsules three times daily half an hour before meal

### POSSIBLE SIDE EFFECTS:

Occasionally gastrointestinal side effects, such as nausea, loose motion and mild steatorrhea have been reported.

### CONTRAINDICATIONS:

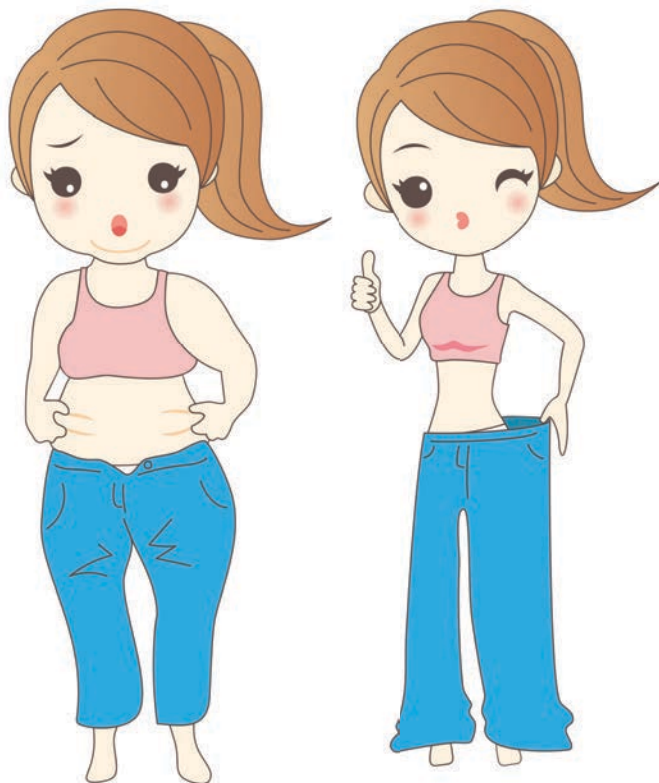
It is contraindicated in people with allergies to shellfish and must not be used in patients taking anticoagulant.

### DRUG INTERACTION:

It should not be consumed within 2 hours of taking fat-soluble vitamins A, D, E, K and lipophilic drugs.

### QUANTITY SUPPLIED:

60 capsules per bottle



# Nature-Q10®

## COENZYME Q10

### COMPOSITION:

Each capsule contains:

Coenzyme Q10 from sardines ..... 30 mg

### PHARMACOLOGICAL ACTIONS:

#### CoQ10 and Cardioprotective effect

34 controlled studies and additional open studies concluded that CoQ10 supplementation can reduce the risk of cardiovascular disease by the maintenance of optimal cellular and mitochondrial function in cardiomyocytes. Furthermore, a recent meta-analysis confirms that it is associated with a significant improvement in endothelial function which translates to 10-25% reduction in residual cardiovascular risk in people.

#### CoQ10 and high blood pressure

CoQ10 lowers systolic and diastolic pressure by stabilizing the vascular membrane via its antioxidant properties. It protects against oxidation of cholesterol and therefore it is a preventive factor of atherosclerosis. As a result of these actions, peripheral resistance to blood flow is reduced and thus improve vascular dilatation by nitric oxide.

### BENEFITS:

- To maintain cardiovascular health
- To promote cellular energy production

### DOSAGE:

Adult : one to five capsules daily with meal

### POSSIBLE SIDE EFFECTS:

Low blood pressure and nausea in some individuals

### CAUTION:

If pregnant or breast-feeding, seek supervision from a physician before use.

### DRUG INTERACTION:

Cholesterol-lowering Statin drugs may deplete natural level of CoQ10 in the body. Thus, supplementing CoQ10 is necessary.

### QUANTITY SUPPLIED:

60 capsules per bottle



# RoyalJelly

## NUTRITIONAL SUPPLEMENT

### COMPOSITION:

Each capsule contains

Lyophilized Royal jelly .....75 mg

Royal jelly is a natural food with high nutritions. It is rich in proteins, vitamins, minerals and hormones. It is the highly concentrated, nutritious food given to the beehive's most important resident, the Queen Bee.

This is fed to all bee larvae for 3 days but only the larvae destined to become Queen Bee continue to eat Royal jelly. Queen of the hive lays over 2000 eggs a day, grows to nearly twice the size of a worker bee and has a lifespan of 4-5 years compared with their 40-60 days. This remarkable growth of the Queen Bee is a testimony to the nutritional power of Royal jelly.

### BENEFITS OF ROYAL JELLY:

- Royal jelly is a good supplement for nutritional deficiencies.
- Royal jelly is very good for fatigue, physical and mental stress. It can increase stamina and performance if taking regularly.
- Royal jelly can stimulate appetite thus it is very useful for those who suffer loss of appetite, chronic illness and children who are failure to thrive.
- Royal jelly can initiate the growth and development of children.
- Royal jelly can prevent pain during menstruation and post-menopausal symptoms.
- Royal jelly can prevent impotency if taking regularly.
- Royal jelly stimulates cell renewal and regeneration to make skin healthier and prevent formation of wrinkles.

### BENEFITS:

Antioxidant, anti-aging and rejuvenating

### DOSAGE:

Child - one capsule daily before meal

Adult - one capsule two times daily before meal

### POSSIBLE SIDE EFFECT:

May cause allergic reactions in some people.

### CAUTION:

Should be started with a small dose in case of bronchial asthma and allergic conditions.

### CONTRAINDICATION:

Hypersensitivity to Bee products.

### QUANTITY SUPPLIED:

60 capsules per bottle





# Asparagus Honey

NATURAL  
APHRODISIAC TONIC



**CONTENTS:**

Each bottle contains  
*Asparagus racemosus* root extract ..... 15 ml  
Natural honey ..... 285 ml

**PHARMACOLOGICAL ACTIONS:**

Asparagus honey stimulates the sexual desire and enhances sexual performance in both sexes. It is also known as galactagogue because of its ability to increase fertility in both male and female. It also increases milk secretion.

**BENEFIT:**

Improve sexual performance in both sexes

**DOSAGE:**

Two to four teaspoonfuls after meal and at bed time  
Shake well before use.

**ALLERGY INFORMATION:**

Contains pollen

**STORAGE:**

The best storage condition is at 15 - 25 °C.  
Protect from direct sunlight.  
Do not keep in refrigerator.

**QUANTITY SUPPLIED:**

300 ml per bottle

# Citric Honey

PHYSICAL AND MENTAL REFRESHMENT



## CONTENTS:

Each bottle contains

Citrus fruit juice ..... 120 ml

Natural honey ..... 180 ml

## PHARMACOLOGICAL ACTIONS:

Citric honey contains natural vitamin C and fructose which are beneficial to remove extra fat from the body especially from buttock, neck and abdomen.

Citric honey can be used as refreshment for the condition of stress and fatigue.

## BENEFIT:

Reduce extra fat from your body

## DOSAGE:

2 years and above - concentrated form, mix with luke warm or cold water and use as required.

## ALLERGY INFORMATION:

Contains pollen

## STORAGE:

The best storage condition is at 15 - 25°C.

Protect from direct sunlight.

Do not keep in refrigerator.

## QUANTITY SUPPLIED:

300 ml per bottle

# Garlic Honey

CHOLESTEROL LOWERING AGENT



## CONTENTS:

Each bottle contains

Garlic extract.....60 ml

Natural honey.....240 ml

## PHARMACOLOGICAL ACTIONS:

Garlic honey contains allicin and alliin which are beneficial for the reduction of cholesterol especially LDL. It also has anti-microbial properties.

## BENEFITS:

- Reduce serum cholesterol
- Prevent hypertension and ischemic heart disease

## DOSAGE:

2 years and above - two teaspoonfuls after meal

## ALLERGY INFORMATION:

Contains pollen

## STORAGE:

The best storage condition is at 15 - 25°C.

Protect from direct sunlight.

Do not keep in refrigerator.

## QUANTITY SUPPLIED:

300 ml per bottle



# Licorice Honey

TREATMENT FOR PEPTIC ULCER



## CONTENTS:

Each bottle contains

Licoric extract ..... 30 ml  
Natural honey ..... 270 ml

## PHARMACOLOGICAL ACTIONS:

- Licorice honey can enhance mucous secretion from the gastric mucosa, reduce inflammation and enhance ulcer healing.
- It inhibits the growth of H. pylori which causes peptic ulcer.
- It can also liquify mucous secretion from the bronchial tree and thus enhance cough more easily.

**Notes:** This preparation with deglycyrrhizinated licorice can be used safely in hypertension.

## INDICATIONS:

- Peptic ulcer
- Gastritis
- Hyperacidity
- Flatulence

## DOSAGE:

2 years and above - two teaspoonfuls two to four times daily half an hour before meal

## ALLERGY INFORMATION:

Contains pollen

## STORAGE:

The best storage condition is at 15 - 25°C.  
Protect from direct sunlight.  
Do not keep in refrigerator.

## QUANTITY SUPPLIED:

300 ml per bottle

# Natural Honey

NATURAL TONIC FOR FATIGUE



**CONTENT:**

Each bottle contains  
Pure natural honey..... 300 ml

**PHARMACOLOGICAL ACTIONS:**

- ☛ Natural honey contains fructose, glucose and maltose which are beneficial for healing in peptic ulcer, varicose veins and wounds.
- ☛ It is the best nutritional supplement for all ages.

**BENEFIT:**

Rejuvenation (It can be used in pharmaceutical, food product and beverages.)

**DOSAGE:**

2 years and above - two teaspoonfuls two times daily  
before meal

**ALLERGY INFORMATION:**

Contains pollen.

**STORAGE:**

The best storage condition is at 15 - 25°C.  
Protect from direct sunlight.  
Do not keep in refrigerator.

**QUANTITY SUPPLIED:**

300 ml per bottle

# Noni Honey

NATURAL SUPPLEMENT FOR CANCER



## CONTENTS:

Each bottle contains

Noni extract ..... 60 ml

Natural honey ..... 240 ml

## PHARMACOLOGICAL ACTIONS:

- Noni honey contains proxeronine which possesses natural antioxidant action.
- It is the best supplement for cancer prevention.

## BENEFITS:

- Immunoenhancement
- Antioxidant

## DOSAGE:

Child - one teaspoonful two times daily

Adult - two teaspoonfuls two times daily

half an hour before meal

## CAUTION:

It should not be taken together with tea, coffee or alcohol for more therapeutic effect. Shake well before use.

## ALLERGY INFORMATION:

Contains pollen

## STORAGE:

The best storage condition is at 15 - 25°C.

Protect from direct sunlight.

Do not keep in refrigerator.

## QUANTITY SUPPLIED:

300 ml per bottle



# Pyomay Honey

NATURAL TONIC FOR WOMEN



## CONTENTS:

Each bottle contains

Citrus fruit extract .....	99 ml
Honey wine .....	99 ml
Natural honey.....	102 ml

## PHARMACOLOGICAL ACTIONS:

- Pyomay honey contains natural vitamin C and possesses antioxidant activity.
- It is a useful medication in puerperium.

## BENEFITS:

- Reduce menopausal symptoms
- Menstrual disorders
- Puerperium

## DOSAGE:

Adult - four teaspoonfuls before bed time  
Shake well before use.

## ALLERGY INFORMATION:

Contains pollen

## CAUTION:

Alcohol intolerance can occur in sensitive individuals.

## CONTRAINDICATION:

Pregnancy

## STORAGE:

The best storage condition is at 15 - 25°C.  
Protect from direct sunlight.  
Do not keep in refrigerator.

## QUANTITY SUPPLIED:

300 ml per bottle

# Tinospora Honey

ANTI-INFLAMMATORY



## CONTENTS:

Each bottle contains

*Tinospora cordifolia* extract ..... 75 ml  
Natural honey ..... 225 ml

## PHARMACOLOGICAL ACTIONS:

- *Tinospora cordifolia* contains alkaloids such as columbin, tinosporin and tinosporaside.
- It also contains glycosides (cordifolioside A, B and C).
- It serves as a natural antioxidant to slow down the aging process by enhancing the level of glutathione.

## BENEFITS:

- Anti-inflammatory
- Immunoenhancement
- Rejuvenation

## DOSAGE:

One to two teaspoonfuls two times daily after meal

## ALLERGY INFORMATION:

Contains pollen

## STORAGE:

The best storage condition is at 15 - 25°C.  
Protect from direct sunlight.  
Do not keep in refrigerator.

## QUANTITY SUPPLIED:

300 ml per bottle

# Ginger Powder

ORGANIC  
GINGER POWDER

The unique flavor and strong aroma of ginger originates from its essential oil, Gingerol, which is also responsible for many of its health properties. Its spicy, zesty taste can be added to beverages, baked goods and marinades.

## SUGGESTED USE

All-purpose ginger powder suitable for cooking, baking and flavoring.

## INGREDIENT

100 % Dried ginger powder.



### Nutritional value per 100 gm (Approx)

Energy	345 kcal
Protein	6.75 g
Fat	4.59 g
Fiber	5.42 g
Carbohydrate	68.48 g





# Glucose Powder

SOURCE OF ENERGY

## EACH SACHET CONTAINS:

Dextrose monohydrate (Glucose) ..... 10 g

## DIRECTION FOR USE:

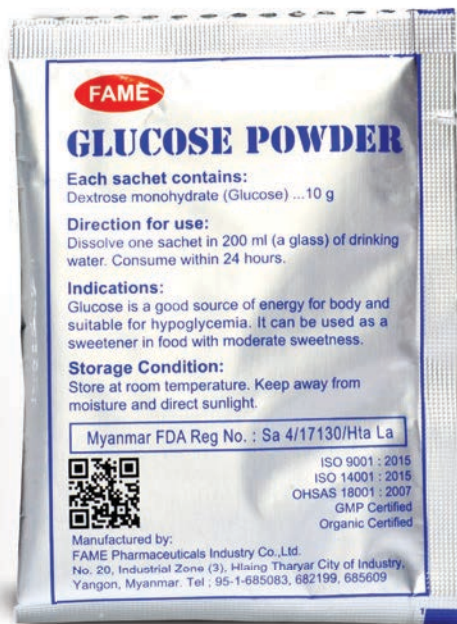
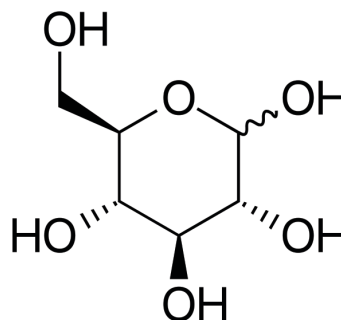
Dissolve one sachet in 200 ml (a glass) of drinking water.  
Consume within 24 hours.

## INDICATIONS:

Glucose is a good source of energy for body and suitable for hypoglycemia. It can be used as a sweetener in food with moderate sweetness.

## STORAGE CONDITION:

Store at room temperature. Keep away from moisture and direct sunlight.



# Herbicough®

## HERBAL COUGH RELIEF SYRUP

### COMPOSITION:

Each 10 ml contains extracts of:

<i>Ocimum sanctum</i> leaf.....	100 mg
<i>Adhatoda vasica</i> leaf.....	60 mg
<i>Glycyrrhiza glabra</i> root.....	60 mg
<i>Curcuma longa</i> rhizome.....	50 mg
<i>Tinospora cordifolia</i> stem.....	30 mg
<i>Coleus aromaticus</i> leaf.....	20 mg
<i>Solanum indicum</i> fruit.....	20 mg
<i>Aegle marmelos</i> leaf.....	20 mg
<i>Foeniculum vulgare</i> fruit.....	20 mg
<i>Zingiber officinale</i> rhizome.....	10 mg
<i>Piper longum</i> fruit.....	10 mg
<i>Piper nigrum</i> fruit.....	10 mg
Menthol.....	6 mg

(New modified formulation with zero calorie natural sweetener)

### PHARMACOLOGICAL ACTIONS:

**Herbicough®** provides multiple pharmacological actions to alleviate cough symptoms as follows:

<i>O.sanctum</i>	: Mucolytic, Antimicrobial
<i>A.vasica</i>	: Bronchodilatation
<i>G.glabra</i>	: Anti-irritation
<i>C.longa</i>	: Antimicrobial, Anti-inflammatory
<i>T.cordifolia</i>	: Anti-inflammatory, Antipyretic
<i>S.aromaticus</i>	: Mucolytic, Antipyretic
<i>S.indicum</i>	: Mucolytic, Bronchodilatation
<i>A.marmelos</i>	: Anti-allergic, Anti-irritation
<i>F.vulgare</i>	: Mucolytic, Anti-allergic
<i>Z.officinale</i>	: Mucolytic, Antimicrobial
<i>P.longum</i>	: Mucolytic, Anti-inflammatory
<i>P.nigrum</i>	: Antimicrobial, Antipyretic
Menthol	: Mucolytic

**Herbicough®** syrup is a combination of mucolytic and expectorant which reduces the mucus viscosity in the bronchial tract area by breaking down the mucoprotein and acidic mucopolysaccharide in the sputum, thus facilitating expectoration. The effective

volatile oil containing herbs in **Herbicough®** form a protective layer over the mucus membrane of the pharynx, larynx and trachea, thereby relief mechanical irritation of the receptors and preventing the cough reflex. This cough syrup also contains extracts of antimicrobial herbs for the prevention of inflammation due to bacterial and virus infections.

### INDICATIONS:

Symptomatic relief of various kinds of cough

### DOSAGE:

2 to 12 years - 5 ml  
12 years and above - 15 ml four times daily

### CAUTION:

Shake well before use. Use within one month after opening. Alcohol intolerance can occur in sensitive individuals.

### QUANTITY SUPPLIED:

120 ml per bottle



# Herbigesic<sup>®</sup>

## HERBAL PAIN RELIEF CREAM

### EACH TUBE CONTAINS:

<i>Tinospora cordifolia</i> extract .....	4.00 g
<i>Ganoderma lucidum</i> extract .....	4.00 g
<i>Pinus gerardiana</i> extract .....	4.00 g

### PHARMACOLOGICAL ACTIONS:

***Tinospora cordifolia*** produces significant anti-inflammatory effect in both acute and sub-acute models of inflammation. The effect is more than acetylsalicylic acid and resembles that of non steroidal anti-inflammatory agents.

***Ganoderma lucidum*** (Lingzhi) found to be potent anti-inflammatory agent. The triterpenoids and organic Germanium act as anti-inflammatory agent topically. This compound is equivalent to anti-inflammatory activity of hydrocortisone. It does not show the typical side effects of steroids.

***Pinus gerardiana*** (Pine) has been used medicinally for hundreds of years, to relieve muscle stiffness and rheumatism. It has anti-inflammatory action that is useful for the treatment of arthritis, rheumatism, other joint problems and sprains. The active principles of some essential oils (limonene, dipentene and bornyl acetate) are responsible for the antiviral and antibacterial activities.

### INDICATIONS:

**Herbigesic<sup>®</sup>** is a very potent natural analgesic and anti-inflammatory agent. It is used for the local treatment of arthritis, tendosynovitis, arthralgia, myelgia, neuralgia and traumatic inflammation of the muscles.

### HOW TO APPLY:

Gently rub to affected area usually three times daily.

### CAUTION:

For external use only. Keep out of reach of children. Stop application if any allergy occurs. Do not apply to wounds or open injuries. Avoid contact with the eyes or with mucous membrane. If the cream comes in contact with any of these areas, rinse with plenty of clean water.

### QUANTITY SUPPLIED:

40 g per tube





# Nemoderm<sup>®</sup>

## NATURAL ANTI-SEPTIC CREAM

### EACH TUBE CONTAINS:

Propolis ..... 10%  
Honey ..... 5%  
Aloe vera juice ..... 1%  
Neem..... 1%

### PHARMACOLOGICAL ACTIONS:

**Propolis (Bee glue)** contains flavonoids which have strong antibacterial and anti-inflammatory properties. It is a potent natural bactericidal and viricidal agent. It can lower the degree of inflammation and promote healing. If used in burns and scald, there can be less chance of blister formation and ugly scar.

**Honey** prevents microbial growth in the moist healing environment created. Unlike other topical antiseptics, honey causes no tissue damage and it has been demonstrated that it promotes the healing process according to scientific evidence.

**Aloe vera** contains aloe-emodin as active constituent. It has action of antibacterial and anti-inflammatory properties. It is remarkably effective in wounds, speeding up the rate of healing and reducing the risk of infection. It enhances skin regeneration.

**Neem (*Azadirachta indica*)** is one of the famous phytomedicines, especially in India and Myanmar, that has antibacterial and anti-inflammatory actions. Mahmoodin, a new limonoid compound, which has significant antibacterial activity against Gram-positive and Gram-negative organisms, including *Staphylococcus*, *Pseudomonas* and *Klebsiella* by

inhibition of cell membrane synthesis. Anti-inflammatory action is mediated by the water soluble part of ethanolic extract.

### INDICATION:

Wound healing cream

### HOW TO APPLY:

Apply directly to the lesion three times daily until healing is complete.

### POSSIBLE SIDE EFFECT:

It may cause allergic reactions in some people.

### CAUTION:

For external use only.  
Keep out of reach of children.  
Stop application if any allergy occurs. Should not apply to area with open wounds.

### QUANTITY SUPPLIED:

40 g per tube



# Propolis Honey

ANTISEPTIC LOTION



## COMPOSITION:

Each bottle contains

Propolis extract ..... 2 ml

Pasteurized natural honey.... 18 ml

## PHARMACOLOGICAL ACTIONS:

- Propolis is a potent natural bactericidal and antiviral agent.
- Propolis can lower the degree of inflammation and promotes healing.
- Applying in burns and scald, there can be less chance of blister formation and ugly scar.
- Majority of bacteria cannot survive in honey because of its high osmolarity and bacteria becomes denatured due to the loss of water content.
- Honey contains H<sub>2</sub>O<sub>2</sub> which can remove the wound debris and promotes healing.
- There are many enzymes which aid fast healing.

## ANTIBACTERIAL SPECTRUM:

Propolis honey possesses antibacterial action against:

### 1. Gram positive bacteria

- *Staphylococcus aureus*
- *Streptococcus spp.*

### 2. Gram negative bacteria

- *Escherichia coli*
- *Klebsiella pneumoniae*
- *Pseudomonas aeruginosa*
- *Proteus mirabilis*
- *Porphyromonas gingivalis*
- *Prevotella denticola*

## INDICATIONS:

- Burns and scald
- Lacerated and granulating wounds
- Abscess and carbuncle
- Bed sore
- Aphthous ulcer and angular stomatitis
- Herpes simplex infection

## HOW TO APPLY:

Apply directly to the wound twice daily and cover with sterile gauze.

## SIDE EFFECT:

It may cause allergic reactions in some people.

## CONTRAINDICATION:

Hypersensitivity to Bee products

## QUANTITY SUPPLIED:

20 ml per bottle



# Stevia

ZERO CALORIE NATURAL SWEETENER

The stevia plant possesses the sweetest leaves in the natural world. It is a zero calorie healthier alternative to sugar and artificial sweeteners.

Helps aid carbohydrate-controlled diets.

Suitable for children (2 years and above)



**SUGGESTED USE:**

Use as zero calorie natural sweetener in food or drinks.

Suitable for cooking and baking.

**INGREDIENTS:**

Erythritol and Steviol glycosides from *Stevia rebaudiana*

Name	Calories/g	Glycemic Index	Sweetness Index
Stevia	0	0	300
Erythritol	0	1	0.65



Nutrition Facts	
60 servings per container	
<b>Serving size</b>	<b>1 tsp (5g)</b>
Amount per serving	
<b>Calories</b>	<b>0</b>
	% Daily Value*
Total Fat 0 g	0%
Cholesterol 0 g	0%
Sodium 0 mg	0%
Total Carbohydrate 5 g	2%
Total Sugars 0 g	
Sugar Alcohol 5 g	
Protein 0 g	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# Turmeric Powder

ORGANIC  
TURMERIC POWDER

Turmeric is used extensively in Asian cuisine and spices. Its curcuminoid content gives curry its bright orange-yellow colour, particularly curcumin, a potent antioxidant that has many scientifically proven health benefits.

## SUGGESTED USE

All-purpose turmeric powder suitable for cooking, baking, flavoring and as a natural coloring agent.

## INGREDIENT

100 % Dried turmeric powder



### Nutritional value per 100 gm (Approx)

Energy	363 kcal
Protein	5.18 g
Fat	6.98 g
Fiber	2.99 g
Carbohydrate	70.08 g



# Aloeheal<sup>®</sup>

## HERBAL MOISTURIZING CREAM

### COMPOSITION:

40g tube contains

Aloe extract .....	0.8 ml
Emblica extract .....	0.8 ml
Soap acacia extract .....	0.8 ml
Tamarind extract .....	0.8 ml
Mangosteen extract .....	0.8 ml
Licorice extract .....	0.8 ml

### PHARMACOLOGICAL ACTIONS:

- Aloe contains polysaccharides and magnesium lactate which moisturize the skin and prevent dryness.
- Emblica is enriched with vitamin C and phenolic compound which can remove the dead cells of the skin, whilst regenerate the skin.
- Acacinin is present in soap acacia. It smoothes the hard and thickened area of the skin.
- Tartaric acid from tamarind reduces skin irritation and soothes the skin.

- Mangosteen contains xanthenes which support cell activity and reduces inflammation.
- Glabrene from licorice can whiten the skin and soften the dry parts.

### INDICATIONS:

- Cracked heels and cracked elbows
- Athlete's foot



### HOW TO APPLY:

Apply two times daily after cleansing.

### SIDE EFFECT:

A slight stinging may occur in deep cracks.

### CAUTION:

For external use only. Keep out of reach of children. Stop application if any allergy occurs.

### QUANTITY SUPPLIED:

40 g per tube



# LADYMAX™

## ANTI-ACNE GEL

### HOW TO APPLY:

Apply **LADYMAX™ Anti-acne Gel** twice daily to the acne area after cleansing the skin. It is important to apply regularly for at least 6 weeks. In some instances, it should be treated in combination with **Completec®**, **Chlorella**, **Alfalfa**, **Nature-A®**, **Tomatec®**, **Mangosteen** and **Ladymax®** (or) **Rejuvir®** oral therapy.

**LADYMAX™ Anti-acne Gel** is effective for oily and acne-prone skin, fighting against hyperseborrhoea, hyperkeratosis, inflammation and bacterial growth.

**Daucus carota** extract helps to boost the strength of the epithelial layer and blood circulation to the skin prompting to better waste removal and healing to affected areas.

**Psidium guajava** extract contributes to clear the skin. Its astringent properties make it an excellent healing agent. It also decreases the chance of bacterial growth.

**Terminalia chebula** extract inhibits the production of skin oil. Its usage leads to a shrink of the sebaceous glands.

**Syringa vulgaris** extract containing verbascoside that is the first active ingredient for oily skin with a cosmetogenomic approach. It can reduce excessive sebum production and mattify the complexion. It controls microbial proliferation, inflammation, hyperkeratinisation and hyperpigmentation. Thus it can fade the inflammatory blemishes.

**Aloe vera** possesses healing activity and minimizes scarring.

**Oleanolic acid** inhibits 5- $\alpha$  reductase to fight hyperseborrhoea. **Nordihydroguaiaretic acid** is a cell growth regulator that inhibits its hyperkeratosis and inflammation. Furthermore, osmotic action helps to control bacterial growth.

### CAUTION:

Stop application if any allergy occurs.



### INGREDIENTS:

**Daucus carota extract, Psidium guajava extract, Terminalia chebula extract, Syringa vulgaris (Lilac) extract, Maltodextrin, Aloe vera juice, AHA, Nordihydroguaiaretic acid, Oleanolic acid, Butylene glycol, PEG-60 Almond glycerides, Caprylyl glycol, Glycerine, Carbomer, Propylene glycol, Deionised water, Sodium polyacrylate, Chlorphenesin, Phenoxyethanol, Fragrance**

### SUMMARY OF ACTION

- Decrease *Propionibacterium acnes* colonization
- Inhibit hyperkeratosis and inflammation of skin
- Enhance the shrink of the sebaceous glands
- Promotes faster healing with less scarring





# LADYMAX™

## ANTIOXIDANT CREAM

### HOW TO APPLY:

**LADYMAX™ Antioxidant Cream** is suitable for all skin types as a moisturizer under make-up. It can be used day and night. In some instances, it should be treated in combination with **Completec®**, **Chlorella**, **RoyalJelly**, **Nature-A®** and **Tomatec®** oral therapy.

**Ginkgo biloba** extract is well-known for its strengthening and revitalising properties. It exhibits as an oxygen inhibitor on the skin that has a superoxide dismutase action. **Ginkgo biloba** extract helps to promote good blood circulation to the surface of the skin as well as protecting against free radical damage.

Dermatological studies have shown that **Coenzyme Q10** produces energy at a cellular level. It helps the skin detoxify and defend itself better against physical and chemical aggressions. So, it could reduce the premature signs.

**Bacopa monnieri** extract reduces irritation and inflammation of skin. It protects skin from free radicals and attack from oxidizing agents.

**Vitamin E** is a nutrient most cited for anti-sunburn activity. It helps in protecting the skin from the oxidative effects of environmental pollutions. It improves skin texture and elasticity of the skin tissue.

### CAUTION:

Stop application if any allergy occurs.



### INGREDIENTS:

Co-enzyme Q 10, Vitamin E, *Ginkgo biloba* extract, *Bacopa monnieri* extract, Propylene glycol, Capric triglyceride, Isopropyl palmitate, Glyceryl monostearate, Methylparaben, Propylparaben, Sodium polyacrylate, Menthyl lactate, Deionised water, Fragrance.

### SUMMARY OF ACTION

- ☛ Promote blood circulation to the surface of skin
- ☛ Improve texture and elasticity of skin tissue
- ☛ Reduce the premature signs of aging
- ☛ Help to detoxify the skin



# LADYMAX™

## ANTI-WRINKLE CREAM

### HOW TO APPLY:

Apply generous amount twice daily onto face, neck and hand after cleansing. In some instances, it should be treated in combination with **Completec®**, **RoyalJelly** and **Ladymax®** (or) **Rejuvir®** oral therapy.

**LADYMAX™ Anti-wrinkle Cream** contains natural extract of *Pueraria mirifica*. The plant is very rich in phytoestrogens, which have inhibitory effect on elastase enzyme that destroys the collagen and elastic tissues, both of them are supporting tissue in the dermis. The aging process of the skin, characterized by wrinkle, is also accelerated by exposure to UV radiation. Phytoestrogens can also prevent the effect of UV on the skin. By applying the **LADYMAX™ Anti-wrinkle Cream** on the skin, you can protect your skin from destructive action of elastase enzyme and UV radiation. As a result, your skin will become looks younger and healthier than before it was applied.

### INGREDIENTS:

*Pueraria mirifica* extract, Deionised water, Propylene glycol, Glycerin, Hydroxypropyl cyclodextrin, Palmitoyl tripeptide-38, Isopropyl myristate, Caprylic/Capric triglyceride, Glyceryl stearate, PEG-100 stearate, Polawax, Sodium polyacrylate, Menthyl lactate, PPG-26-Buteth-26, PEG-40 hydrogenated castor oil, Methylparaben, Propylparaben, Fragrance, CI 73360

### CAUTION:

Stop application if any allergy occurs.



### SUMMARY OF ACTION

- Stimulate collagen synthesis on aged fibroblasts
- Stimulate glycosaminoglycan on fibroblasts
- Rebuild the extracellular matrix
- Prevent the UV effect



# LADYMAX™

## BREAST BEAUTY CREAM

### HOW TO APPLY:

Apply enough cream to cover one finger tip on each breast and gently massage, avoiding the nipple. Use circular movement for about 3-5 minutes until cream has been completely absorbed. Use two times daily for 2 months to achieve maximum results. Thereafter, use once every two days or 2-3 times a week for maintenance. It should be used in combination with **Ladymax®**, **Rejuvir®** (or) **Soyamin®** for better result.

**LADYMAX™ Breast Beauty Cream** is formulated with *Pueraria mirifica* extract. *Pueraria mirifica* is one of the most popular sought herbs in breast enhancement treatments. Phytoestrogen from *Pueraria mirifica* root can bind to estrogen receptors in the breast tissue and help improve the cup size by lengthening and branching the ducts that connect to the nipple. It also increases the fatty tissue and ligaments to the nipple, around the breast which provide support and shape. These milk ducts branch out from the nipple into the interior of the breast, resulting in breast size increased

naturally. Its active compounds restore youthful elasticity to over stretched tissues, to lift efficiently and firm sagging breasts. It helps to maintain the collagen and stimulates development of new cells in skin, which improves breast skin.

### CAUTION:

Should not be used in pregnant women, breast feeding mother and women under 20 years of age. Stop application if any allergy occurs.

### INGREDIENTS:

*Pueraria mirifica* extract, Glyceryl polymethacrylate, Soy protein ferment, Palmitoyl oligopeptide, Deionised water, Glycerine, Cetearyl alcohol, Cetearth-20, Isopropyl palmitate, Dimethicone, Menthol, Citric acid, Methylparaben, Propylparaben, Propylene glycol, Triethanolamine, Fragrance, Colourant (CAS No: 2512-29-0).



### SUMMARY OF ACTION

- Enhance breast firmness and tone concentrate
- Restructure the breast after infant feeding
- Improve the cup size naturally
- Restore youthful elasticity





# LADYMAX™

## DEPIGMENTATION CREAM

### HOW TO APPLY:

**LADYMAX™ Depigmentation Cream** can be applied thinly to area of unbalanced skin tone, freckles, age spots and acne scars. In some instances, it should be treated in combination with **Completec®**, **Chlorella**, **Ladymax®** (or) **Rejuvir®** oral therapy.

**LADYMAX™ Depigmentation Cream** promotes complexion lightening. The active ingredients contained in the cream are proven to fade away spots and freckles as well as lightening properties.

**Aloe vera** suppresses melanin production, softens the outer layer of skin and hydrates deeply.

**Avocado** extract is effective for hypermelanosis caused by physical and photochemical agents. It is a natural emollient which improves rough ichthyotic skin.

**Pineapple** extract speeds up to turn off old, dead skin cells, keeping the epidermis clear and healthy.

**Licorice** extract inhibits tyrosinase activity of melanocytes. So it whitens the skin.

**Diacetyl boldine** enhances skin's lightening. It works via  $\alpha$ -adrenergic antagonist receptors and calcium flow regulation.

### INGREDIENTS:

Aloe vera juice, Pineapple juice, Licorice extract, Avocado extract, Deionised water, Propylene glycol, Caprylic/Capric triglyceride, Diacetyl boldine, Titanium dioxide, Polysorbate-20, Cetyl hydroxyethylcellulose, Polymethyl methacrylate, Trilaurin, Isopropyl myristate, Glyceryl stearate, PEG-100 stearate, Polawax, Sodium polyacrylate, Methylparaben, Propylparaben, Fragrance, CI 77891, CI 73360, CI 74160 / CI 74260

### CAUTION:

Stop application if any allergy occurs.



### SUMMARY OF ACTION

- Suppress the melanin production
- Promote depigmentation of age spot
- Keep the epidermis clear and healthy
- Promote complexion lightening



# NONIFIT GOLD

## IMMUNOENHANCEMENT

### BENEFITS:

- Antioxidant rich
- Natural immune booster
- Stimulate appetite
- Improve digestion
- Restore energy

### SUGGESTED USE:

Adult - two tablespoons twice a day half an hour before a meal. It can be mixed with warm or cold water.

### CAUTION:

After opening, store in the refrigerator and consume within one month.

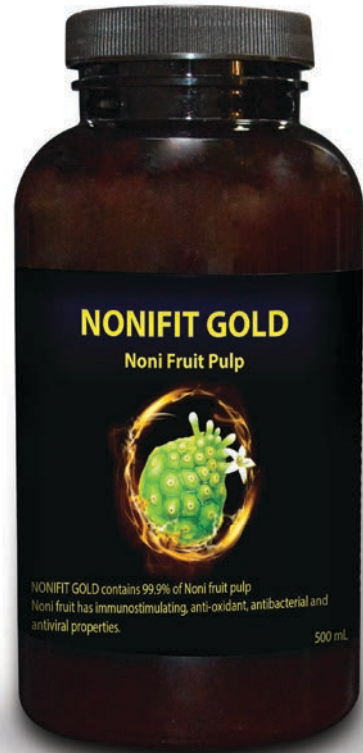
### CONTRAINDICATIONS:

Hypersensitivity of the components of Noni fruit, pregnancy, breast-feeding.

### QUANTITY SUPPLIED:

500 mL

Made from freshest mature fruits  
Fruit juice concentrate (without seeds)



### Nutritional value per 100 gm (approx)

Energy	61 Kcal
Protein	0.91 g
Fat	0.11 g
Fiber	0.73 g
Carbohydrate	14.07 g





FAME is proud to offer the highest quality organic herbal medicinal products to both local and international markets.

Our export markets include Singapore, Thailand, Malaysia, South Korea, Japan, Kuwait, Russia and France.





### **FAME Pharma Pte Ltd**

FAME chooses Singapore as its worldwide distribution centre because of its well-developed supply chain network, and importantly, its stringent criteria in allowing health supplement products to be imported, sold and consumed. FAME products have been already registered in Singapore Health Science Authority (HSA).

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