

# DNA Biopharm Product Range



We are committed to produce the most innovative herbal products available, and in so doing, help to improve the quality of life for all our customers.

***Nothing heals the body – the body  
heals itself when provided with  
what it needs!***

**DNA Biopharm SA (Pty)**

website: [www.dna-biopharm-sa.com](http://www.dna-biopharm-sa.com)

Established 1989



## WHAT IS HERBAL MEDICINE?

Herbal medicines are derived from plants, utilizing various extracts such as leaves, flowers, or roots. The appropriate extraction method is determined by the specific chemical constituents required from each herb. Both fresh and dried plant materials may be employed depending on the botanical species involved. The use of medicinal plants offers notable benefits in addressing a range of health conditions. Their therapeutic effects stem from their complex chemical composition, with different plant parts contributing distinct pharmacological actions.

## THE HISTORY OF HERBAL MEDICINE

Plants have served medicinal purposes dating back to times preceding recorded history. Early documentation, such as ancient Chinese and Egyptian papyri, details the use of plants for therapeutic applications as far back as 3,000 BC. Indigenous populations, including African and Native American groups, incorporated herbal remedies into healing rituals, while other cultures established traditional medical systems—such as Ayurveda and Traditional Chinese Medicine—that relied on botanical therapies. Research indicates that various regions globally have utilised identical or similar plant species for comparable medicinal uses.

With the advent of chemical analysis in the early 19th century, scientists began isolating and modifying active plant constituents. This led chemists to synthesise analogues of botanical compounds, resulting over time in a decline in herbal medicine in favour of pharmaceutical drugs. Notably, botanicals remain the source of nearly 25% of prescription pharmaceuticals.

The World Health Organization has recently estimated that approximately 80% of the global population relies on herbal medicines for a segment of their primary healthcare. In Germany, between 600 and 700 plant-based medications are currently available, with around 70% of physicians prescribing them regularly. Over the past two decades in the United States, growing public concerns about the expense of conventional prescriptions and increased interest in natural remedies have contributed to a resurgence in the use of herbal medicines.

*"The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease."*

*Thomas Edison*

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RELIEF FROM THE SYMPTOMS OF ADRENAL FATIGUE.

# Adrenal-Fast



## Symptoms of Adrenal Fatigue:

- Constantly feeling tired for no reason.
- Feeling rundown or overwhelmed.
- Having difficulty recovering from illness and recurring infections.
- Craving salty and sweet snacks.
- Waking up at night and cannot fall asleep again.
- Anxiety and depression.
- Always feeling cold.
- Muscle and joint pain.

## **Adrenal-Fast** contains the following herbal extracts:

**Licorice Root** is an anti-stress herb known to increase energy, endurance, and vitality and act as a mild tonic. It naturally fortifies cortisone levels.

**Ashwagandha** regulates various systems in our bodies. If cortisol is too high, it acts to lower it, and if cortisol is too low, it acts to raise it. Ashwagandha is the most calming and the best for treating stress-related fatigue accompanied by symptoms of anxiety.

**Astragalus** boosts the body's capabilities to handle stress, gives the immune system a healthy boost, regulates normal blood sugar levels and alleviates insulin resistance.

**Eleuthero Root** is known for protecting the body from the debilitating effects of stress. It is effective in reducing fatigue and plays a role in supporting memory clarity.

**Rhodiola Rosea** helps combat fatigue, offering improvements across various related areas. These include physical fitness, concentration, mental performance, sleep patterns, motivation, mood, and general well-being.

**Curcumin** Chronic stress can lead to increased thickness of the adrenal glands and elevated cortisol levels. Curcumin, with its strong anti-inflammatory properties, is effective in reversing these stress-induced changes in the adrenal glands. As a result, it helps to decrease stress on the adrenal glands and reduces cortisol production.

Each 600mg Vegi-Cap contains Licorice Root Extract 4:1 50mg; Ashwagandha 5% Withanolides 150mg; Astragalus Root Extract 4:1 100mg; Eleuthero Root 2% extract 100mg; Arctic Root Extract 10:1 100mg, Curcumin Extract 95% 100mg, 2,5mg Bioperine. Contains no preservatives or fillers.



PROMOTES FLEXIBILITY AND HEALTHY JOINTS.

# Arthro-Fast



As a person ages, the surface layers of cartilage at the joints which cushion them often loses its ability to support healthy cellular growth and eventually breaks down and wears away. In addition, the synovial fluid that lubricates the joints deteriorates. Synovial fluid reduces friction in the joints and acts as a shock absorber. This break-down allows bones under the cartilage to rub together and cause pain, swelling, and loss of motion of the joint. **Cartilage does not have its own blood supply and is dependent on synovial fluid in the joints for nutrition.**

**Arthro-Fast Capsules** contain the following herbal extracts:

**Solomon's Seal.** Solomon's Seal possesses a mucilaginous quality that coats and lubricates inflamed tissues while reducing friction and irritation.

**Manganese.** A mineral essential to the formation of connective tissue (such as cartilage).

**Horsetail.** Horsetail's high silica content helps to rebuild damaged cartilage and strengthens connective tissue, bones and cartilage.

**Boswellia Serrata** relieves pain and assists in treating levels of synovial fluid.

**Yucca** reduces the swelling, pain and stiffness of the joints.

**Curcumin** is a strong antioxidant that protects healthy joints and connective tissues by neutralizing free radicals.

**Amla** Certain cells known as osteoclasts are involved in bone loss in rheumatoid arthritis. Researchers found that amla extract was able to induce cell death in mature osteoclasts, thus potentially limiting the damage they can do to our bodies bones and joints.

**Palmitoylethanolamide (P.E.A.)** offers benefit for arthritis in regards to reducing the development and maintenance of chronic pain but also to help limit the progress of joint destruction associated with most forms of arthritis.

**Now available as Arthro-Fast Cream.**

Each 600mg Vegi-Cap contains Manganese 50mg; Solomon's Seal Extract 100mg, Horsetail Extract 50mg, Boswellia Serrata Extract 100mg, Yucca Root Extract 50mg, Curcumin 95% extract 100mg, Amla Extract 50mg, PEA 100mg, Bioperine 2,5mg.



# Cell-Fast



- Nourishes and protects cell membranes.
- Strengthens the myelin sheathing (coating) of nerves.
- Supports healthy nerve transmission.
- Calms nerve irritation.
- Keeps cell walls pliable.
- Cellular health matters greatly since it directly affects how your body functions, repairs itself, how well it produces new body tissue, and much more.

## **Cell-Fast Capsules contain the following extracts:**

**Calcium 2-AEP (Calcium 2-aminoethylphosphate).** is a natural component of cell membranes in the human body. Calcium 2-AEP plays a dual role both as a mineral carrier that releases calcium on the cell membrane surface and as a cell membrane repair material. Nerve cells in particular are very high in phospholipids, thus Calcium AEP provides specific nutritional support for nerves.

**D-ribose**, a naturally occurring monosaccharide found in the cells and particularly in the mitochondria, is essential in energy production. Without sufficient energy, cells cannot maintain integrity and function. Supplemental D-ribose has been shown to improve cellular processes when there is mitochondrial dysfunction.

**MSM** maintains cell wall integrity, cell regeneration and permeability. For cells to maintain optimum function, the cell walls must remain pliable.

**Fulvic acid** is superior for neutralizing toxins, heavy metals and other harmful substances and carrying these intruders out of the body. It is a powerful natural antioxidant and free radical scavenger known.

**Vitamin D.** Its anti-inflammatory, antioxidant and neuroprotective properties support immune health, muscle function and brain cell activity.

# Candida-Fast



## Common symptoms of a Candida Infection:

- Skin and nail fungal infections.
- Feeling tired and run down.
- Digestive issues such as constipation or diarrhoea.
- Strong cravings for sugar and refined carbohydrates.
- Skin issues such as eczema, psoriasis and rashes.
- Irritability, mood swings, anxiety and depression.
- Vaginal and urinary tract infections and vaginal itching.
- Fibromyalgia.

## Candida-Fast Capsules contain the following extracts:

**Echinacea** is traditionally used to treat fungal and bacterial infections. It supports the immune system in the fight against candida.

**Sodium Caprylate** (Caprylic Acid) A fatty acid, which occurs naturally in coconuts. It works by interfering with the cell walls of Candida yeast cells. Its short chain length means it can penetrate the cell wall of the yeast relatively easily. It then incorporates itself into the cell membrane and causes it to rupture. This effectively destroys the yeast cell and can even prevent it from returning.

**Amla** has known antifungal properties and suppresses the growth of these types of fungi.

**Burdock** is an anti-fungal and has been used effectively against candida for many years. It's also used to purify the bloodstream and internal organs of toxins.

**Zinc.** Candida is killed by metallothionein (MT) proteins which are normally in high concentration in intestinal mucosa. MT is induced by zinc.

**Oregano** breaks down biofilms which are protective layers created by Candida to shield itself from antifungal treatments, enhancing the efficacy of the other ingredients in Candida-Fast.



IMPROVES GLUCOSE AND WEIGHT ISSUES.

# Carb-Fast



**Carb-Fast addresses a broad spectrum of factors that cause weight gain and obesity.**

- It assists the body in balancing leptin and ghrelin levels.
- Helps to decrease body mass index (BMI).
- Decreases body fat accumulation.
- Stimulates the release of fatty acids for energy uptake.
- Reduces appetite and cravings.
- Promotes fat burning.
- Supports ketosis.

**Carb-Fast Capsules** contain the following herbal extracts:

**Milk Thistle** repairs damage to the liver caused by toxins. The liver is the major fat burning organ in the body and regulates fat metabolism.

**Gymnema Sylvestre** blocks sugar absorption and is an appetite suppressant.

**Fenugreek** helps fight obesity and reduces waist, hip and upper abdominal circumference.

**Phaseolus Vulgaris** (White Kidney Bean) prevents the starch metabolizing activity; hence it is also referred to as a "Starch Blocker".

**Cinnamon** Cinnamon helps move fat from the liver so that the body can use it for energy.

**Curcumin** can regulate the formation of fat cells and lower the production of leptin in fat cells.

**Piperine** helps burn calories and speeds up fat metabolism by as much as 8%.

**Garcinia** promotes weight loss by suppressing appetite and blocking the conversion of carbohydrates to fat. It also regulates the body's thermogenic response to food, increases the body's basic metabolic rate, and increases utilization of body fat. Garcinia is also known to reduce fatty acid synthesis and to reduce plasma cholesterol levels.

Each 400mg Vegi-Cap contains Silymarin 80% 50mg; Gymnema Sylvestre Extract 75mg; Fenugreek Extract 50mg; Garcinia Cambogia Extract 100mg; Phaseolus Vulgaris 25mg; Curcumin 95% Extract 50mg; Cinnamon Extract 50mg; Bioperine 2,5mg. Contains no preservatives or fillers.



# Cerebro-Fast



**Cerebro-Fast is a synergistic combination of selected ingredients that actively target the root causes of dementia and memory loss.**

- Improves cognitive function and gives students the ability to concentrate for longer periods.
- Improves long and short term memory.
- Improves health of nerve cell membranes and myelin.
- Prevents cognitive decline.

**Cerebro-Fast Capsules** contain the following herbal extracts:

**Curcumin Extract** and **Vitamin D** which both boost the immune system and help clear the beta amyloid plaques linked to Alzheimer's and other cognitive disorders.

**Amla** extract improves spatial long-term memory and short-term memory.

**EDTA** Removes beta-amyloid plaques and can improve or slow the progression of Alzheimer's Disease. EDTA rejuvenates the brain cells that control learning, reasoning, coordination, and memory.

**Brahmi** stimulates the brain's own chemicals that protect neural cells. Brahmi significantly improves the speed of visual information processing, learning rate and memory consolidation.

**Quercetin** is a neuro-protective nutrient. It protects brain cells from damage caused by repetitive excitatory electrical impulses common in patients suffering from Alzheimer's and similar neuro-degenerative conditions

**Phosphatidylserine** The membranes of brain nerve cells are comprised of 10% phosphatidylserine, a phospholipid which is a type of fat compound which is vital in the structure and functionality of cell membranes. It ensures the fluidity, structural integrity, and optimal function of brain cells making it easier to process information, recall facts, and prioritize stressful stimulus before it is perceived as overwhelming.

Each 600mg Vegi-Cap contains Phosphatidylserine 100mg; Amla Extract 100mg; Curcumin Extract 95% 50mg; Brahmi Extract 50mg; EDTA 50mg; cholecalciferol 2000iu / .05mg; Quercetin Extract 50mg; Bioperine 2.5mg. Contains no preservatives or fillers.





# Cardio-Fast



**Cardio-Fast Capsules are formulated to protect your entire cardiovascular system.**

Promotes circulation.  
Normalizes blood pressure.  
Improves HDL cholesterol.  
Reduces triglycerides.  
Curbs free radical oxidation of cholesterol in the arteries.  
Lowers C-Reactive Protein.  
Strengthens the heart and arteries.  
Improves blood vessel flexibility.  
Improves blood flow and viscosity.

## **Cardio-Fast Capsules contain the following herbal extracts:**

**Amla.** Studies conclude that amla lowers triglycerides as well as C-Reactive Protein or CRP. CRP is a marker of inflammation in the artery walls. Amla also has antioxidant properties which benefit the heart and blood vessels. Amla curbs the oxidation of cholesterol in your arteries, a crucial benefit for a long and healthy life. **Crataegus** (Hawthorne Berry) strengthens weak heart muscle, relieves pressure and tightness of the chest, eases angina, reduces cholesterol and regulates blood pressure (both high and low). **Terminalia Arjuna.** It improves the blood circulation to the heart and also tones the heart. **Curcumin** reduces fibrinogen levels, thereby inhibiting blood clotting.

**Magnesium L-Threonate** is necessary to relax blood vessels and arteries while maintaining normal blood pressure. **Tribulus Terrestris** saponins of Tribulus terrestris have the action of dilating the coronary artery and improving coronary circulation. It is one of the ideal medicines to treat angina pectoris. **EDTA** (Chelation therapy) removes calcium deposits from the arteries.

**Nattokinase** dissolves blood clots, improves blood flow, and lowers the risk of heart disease. It can also help lower your blood pressure, reducing strain on the heart that can lead to heart attacks. It is the richest source of vitamin K2 available.

Each 400mg Vegi-Cap contains Amla Extract 4:1 50mg; Terminalia Arjuna 50mg; Hawthorne Berry Extract 75mg; Curcumin Extract 95% 50mg; Magnesium 50mg; EDTA 25mg; Tribulus Terrestris 25mg, Nattokinase 75mg; Bioperine 2,5mg. Contains no preservatives or fillers.



# Digesto-Fast

*With clinically proven probiotics*



**Digesto-Fast** is a blend of specially selected herbal extracts and probiotics formulated to offer relief from constipation; bloating; stomach cramps, irritable bowel syndrome and indigestion. It helps digestion and suppresses disease-causing bacteria. **Digesto-Fast** reduces gastric mucosal injury and acid secretion and has natural anti-inflammatory, antimicrobial and analgesic properties and improves the body's natural immune response.

## **Digesto-Fast Capsules** contains the following:

**Amla** reduces gastric mucosal injury and acid secretion preventing indigestion.

**Ginger** treats stomach prevents acid reflux, stimulates peristalsis and reduces painful cramps.

**Barberry Root** regulates digestion and kills helicobacter pylori, a bacterium implicated in ulcers and chronic gastritis.

**Lactobacillus Acidophilus 10 billion cfu/g** for the treatment of diarrhea from antibiotics, irritable bowel syndrome (IBS) and infection caused by the bacteria helicobacter pylori (H. pylori).

**Bifidobacterium Infantis 10 billion cfu/g** supports good gut health and overall wellbeing.

**Slippery Elm** reduces inflammation of the digestive tract. Soothes inflamed mucous membranes of the bowel and neutralises excess acids which makes it beneficial for Crohn's disease, ulcerative colitis and irritable bowel syndrome.

**Cascara Sagrada** tones and increases peristaltic action. It promotes secretions from the liver and pancreas which increases the overall digestive process.

**Chamomile** soothes the walls of the intestines, eases sharp and intense pains, and eliminates gas. It stimulates liver function, increasing the secretion of bile which aids the digestive process, aiding the elimination of toxins through the liver and breaking down fats in the small intestine.

Each 600mg Vegi-Cap contains 150mg Slippery Elm; 100mg Amla Extract; 100mg Chamomile Extract; 50mg Barberry Bark Extract; 50mg Ginger Extract; 50mg Bifidobacterium Infantis 10 billion cfu/g; 50mg Lactobacillus Acidophilus 10 billion cfu/g; Cascara Sagrada 50mg. Contains no preservatives or fillers.



# KEEP YOUR LIVER AND KIDNEYS HEALTHY

The liver and kidneys work closely together to maintain a healthy, balanced body. Their roles in detoxification, nutrient regulation, and fluid management are important for overall wellness. When one organ is compromised, the other is also at risk, which may lead to more serious health problems. Keeping both organs in good condition is vital for sustaining optimal health.

## How the Kidneys and Liver Work Together

Although the liver and kidneys carry out distinct tasks, their roles are interconnected, especially regarding detoxification and maintaining a stable internal environment. Their cooperation is crucial in several key processes:

**Detoxification Process:** The liver acts as a filter for toxins and waste products in the blood. However, some of these substances are water-soluble and cannot be expelled by the liver alone. The kidneys step in, filtering and excreting these substances through urine, thereby aiding in the body's detoxification.

**Metabolism and Waste Removal:** After the liver breaks down fats, proteins, and other substances, it produces byproducts. The kidneys are responsible for removing many of these byproducts, ensuring harmful metabolites do not build up in the body.

**Nutrient Processing:** The liver processes nutrients, while the kidneys maintain a balance of electrolytes and fluids.

**Joint Regulation of Blood Circulation:** Both organs help regulate blood flow. The liver produces proteins necessary for blood clotting, while the kidneys manage blood volume by controlling fluid balance.

## Consequences of Kidney or Liver Failure

Both the kidneys and liver are integral to detoxification and overall health. When one organ is compromised, the other can be placed under additional strain, reducing their overall effectiveness.

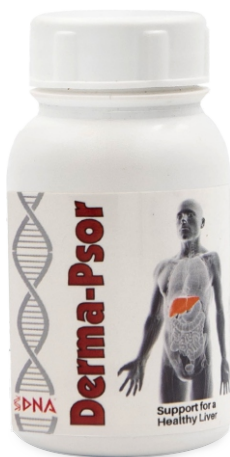
**Liver Disease:** Conditions such as cirrhosis, hepatitis, or fatty liver disease may result in liver failure. When the liver fails, toxins begin to accumulate in the bloodstream, which can eventually lead to kidney problems. One such complication is hepatorenal syndrome, a life-threatening disorder that arises when both organs are affected.

**Kidney Disease:** Chronic kidney disease (CKD) can develop from health issues such as diabetes or high blood pressure. If left untreated, CKD impairs kidney function, causing toxic substances to build up in the blood and putting stress on the liver.

Maintaining the health of both organs is essential. This can be achieved through proper nutrition, regular physical activity, and avoiding excessive intake of alcohol and toxins.



# Derma-Psor



- **Derma-Psor** is scientifically formulated to:
- Help the liver eliminate dangerous toxins.
- Promote cell repair in the liver.
- Help the body maintain healthy cholesterol levels.
- Promote healthy weight-loss.
- Help maintain blood glucose levels.
- Promotes clearer, younger looking skin.

**Derma-Psor Capsules** contain the following herbal extracts:

**Milk Thistle Extract (Silymarin 80%)** which can help your liver replace dead or damaged cells and effectively repair itself!

**Artichoke Leaf** has been used for centuries to enhance healthy bile secretion. Without bile, your liver can't properly break up cholesterol and other fatty molecules.

**Curcumin** removes dangerous toxins from the liver and stimulates the production of bile.

**Burdock** neutralizes most poisons that enter the liver. It soothes irritated kidneys and enhances urine flow!

**Dandelion Root** helps filter toxins from the liver and kidneys. Dandelion is a natural diuretic that can increase urine production by promoting the excretion of salts and water from the kidneys and helps keep optimal water balance in your kidneys encouraging healthy electrolyte balance in the blood.

**Oregano** prevents tissue damage and encourages healing in the liver.

**Amla.** Regular use of pain killers, antibiotics and medication, regular intake of alcohol, all cause toxin build-up in the liver. Amla helps strengthen the liver, and rid the body of these toxins. Studies have proved that Amla has properties that protect the liver from oxidative damage caused by chemicals or alcohol.

Each 400mg Vegi-Cap contains Milk Thistle 80% Silymarin 120mg; Curcumin Extract 95% 50mg; Oregano 40mg; Artichoke 50mg; Burdock Root Extract 40mg; Amla Extract 50mg; Dandelion 50mg; Bioperine 2,5mg. Contains no preservatives or fillers.



SUPPORTS OPTIMAL KIDNEY FUNCTION.

# DNA Renal-Fast



The kidneys perform many complex and vital functions that keep the rest of the body in balance. Some of the main functions are to:

- Help remove waste and excess fluid from the body.
- Filter the blood, keeping some compounds while removing others.
- Help make red blood cells.
- Balance important vitamins and minerals.
- Help maintain blood pressure.
- Keep bones in the body healthy.

## Support for optimal kidney health.

Each 600mg DNA Renal-Fast Vegi-Cap contains:

**150mg Astragalus** (*Astragalus membranaceus* extract) Supports kidney health by promoting improved blood flow, enhanced laboratory markers of renal function and reduced proteinuria in individuals diagnosed with kidney disease.

**150mg Cordyceps** (*Cordyceps militaris* extract), has demonstrated benefits including decreased serum creatinine, increased creatinine clearance, reduced proteinuria, and improvement of complications associated with chronic kidney disease (CKD), such as elevated hemoglobin and serum albumin levels.

**150mg Grapeseed** (*Vitis vinifera* extract) Grapeseed extract enhances glomerular filtration rate (GFR) and reduces proteinuria.

**100mg Rhubarb** (*Rheum rhabarbarum* extract) Rhubarb comprises the phytoconstituents; rhein (hepatoprotective, nephroprotective, anti-inflammatory), and emodin which exerts pronounced anti-inflammatory and antioxidant effects potentially beneficial for hepatic, metabolic, and respiratory disorders which have a positive impact in chronic kidney disease.

**50mg Ginger** (*Zingiber officinale* extract) Numerous studies indicate that the phenolic compounds present in ginger exhibit antioxidant, anti-inflammatory, anti-fibrotic, and renoprotective effects across various models of drug-induced and metabolic kidney injury.

Each 600mg Vegi-Cap contains Astragalus Extract 150mg; Cordyceps Militaris Extract 150mg; Vitis Vinifera Extract 150mg; Rheum Rhabarbarum Extract 100mg; Zingiber Officinale Extract 50mg. Contains no preservatives or fillers.



## Natural food based Vitamins and Minerals

# DNA-Veggies



The human body is designed to obtain nutrients and energy from food sources. All food consumed is used in one way or another by the body to ensure optimal health and immunity. The body does not absorb synthetic vitamins or absorbs them poorly. As crystalline substances, inorganic and devoid of other natural elements and ingredients, the body sees these as foreign substances which can burden the liver and kidneys. When a synthetic vitamin is taken, the body does not see it as a 'food source' and will only absorb a small amount of it. The rest is eliminated in the urine.

### When are vitamins best absorbed?

The vitamins found in plants have the form of provitamins, i.e., chemical compounds that are easily absorbed by humans. Their absorbability depends primarily on the presence of proteins in the plants and is enhanced due to the presence of mineral salts. Synthetic vitamins are usually inorganic (crystalline). If deprived of the protein carrier, they cannot be absorbed by the body. **It is not what you eat, but what you absorb, that counts.**

We do need vitamins, but only from natural sources, as they are absorbed best and are not accumulated in the body. DNA-VEGGIES contains concentrated extracts from plants, vegetables and fruits. All ingredients are non-GMO, organically grown, and extracted in such a way that the integrity of the plant is preserved. The formula covers a wide range of vitamin needs essential for good health and immunity.

### DNA VEGGIES Contains the following extracts:

**Vitamin A** from **Carrots**. Carrots are well-known for their high content of beta-carotene.

**Vitamin C** from **Amla**. Amla contains one of the most concentrated forms of vitamin C found in the plant kingdom.

**Vitamin D** from **Shiitake Mushrooms** (Grown wild. Exposed to UV light. Dried with gills up which greatly increases vitamin D levels.



**Vitamin E From Spirulina and Kale.** Spirulina is one of the few plant sources of vitamin B12. It contains protein, vitamins, and minerals and has antioxidant properties. It may help manage inflammation, blood sugar, cholesterol, and blood pressure, among other benefits. **Vitamin K1 from Kale.** Kale is an excellent source of vitamins C and K, potassium, iron, copper and manganese.

**Vitamin K2 from Nattokinase.** Nattokinase is a unique food and is well known to be the absolute richest food source of Vitamin K2. Natto contains far more Vitamin K2 than any other food ever tested. About 90% of Natto's K2 is in MK-7 form, the type of menaquinone which has the strongest evidence for bone health benefit. **Vitamin B1 (Thiamine) from Peas.** These nutritious legumes contain various minerals as well as B-complex vitamins such as folate, pantothenic acid, niacin, thiamine and pyridoxine.

**Vitamin B2 (Riboflavin).** **Vitamin B3 (Niacin) from Spinach.** Spinach is a very good source of carotenoids (beta-carotene, lutein and zeaxanthin), flavonoids (kaempferol and quercetin) and good amounts of iron, calcium, magnesium, phosphorus, potassium, copper and manganese, and vitamins C, E, K, B6, thiamine, riboflavin, and folate.

**Vitamin B5 (Pantothenic Acid) from Avocado extract.** It is also high in Vitamin K, Folate, Vitamin C, Potassium, Vitamin B6, Vitamin E and also contains small amounts of magnesium, manganese, copper, iron, zinc, phosphorous and vitamins A, B1 (thiamine), B2 (riboflavin) and B3 (niacin).

**Vitamin B6 – (Pyridoxine) from Broccoli.** It has a high level of folate and calcium, and is a good source of potassium, vitamin C and pyridoxine.

**Vitamin B7 (Biotin) from pumpkin seed powder.** These nutrient-dense seeds are an excellent source of magnesium, iron, potassium, phosphorus and copper, and a good source of calcium, selenium, zinc, vitamin K, riboflavin (vitamin B2), niacin (vitamin B3), pantothenic acid (vitamin B5), biotin (vitamin B7) and folate (vitamin B9). **Vitamin B9 from Beet root** is an excellent source of dietary nitrate which is transformed in the body to nitrite in the blood, then into the biological messenger molecule, nitric oxide.

**Vitamin B12** Vitamin B12 is needed to form red blood cells and DNA. It is also a key player in the function and development of brain and nerve cells. Vitamin B12 binds to the protein in the foods we eat.

*Each 600ng Vegi-Cap contains the following extracts: 50mg Carrot; 50mg Amla; 50mg Shiitake Mushroom; 50mg Spirulina; 50mg Spinach; 50mg Green Pea; 50mg Kale; 50mg Broccoli; 50mg Avocado; 50mg Pumpkin Seed; 50mg Beetroot; 50mg Nattokinase, Contains no fillers or preservatives.*



# DNA-Berries



**DNA-Berries** is our proprietary blend of phytonutrient-rich berry extracts. Bursting with potent plant compounds like resveratrol, xanthones, carotenoids, and flavonoids like anthocyanins, berries also contain an array of vitamins, minerals, amino acids and fatty acids, and our DNA-Berries blend is especially high in vitamin C.

**DNA-Berries** contain the following berry extracts:

**Acai Berry Extract** - A rich source of anthocyanins and contains healthy fatty acids.

**Wolfberry Extract** - One of the richest food sources of carotenoids, including beta-carotene, zeaxanthin, carotenoids, flavonoids and other phenolics like caffeic acid and chlorogenic acid.

**Elderberry Extract** is high in anti-oxidants which boost immunity, protect the heart, and prevent cancer. Elderberries are loaded with antiviral compounds that can fight viruses at various stages of infection, including the earliest stages, when the virus tries to enter the cells and replicate.

**Cranberry Extract** helps prevent and treat urinary tract infections and also prevents bacteria from 'sticking' to the urinary tract. It inhibits h.pylori infections and reduces risk factors for cardiovascular disease.

**Blueberry Extract** improves memory and cognitive function while reducing oxidative stress and inflammation. It inhibits cancer cells and induces cancer cell death. It lowers blood pressure and positively impacts the balance of bacteria in the gut.

**Black Cherry Extract** inhibits tumor cell growth, increases fat burning and improves insulin sensitivity. It also protects the brain against neuro-degenerative diseases.

Each 600mg Vegi-Cap contains extracts of Acai Berry 100mg; Wolfberries 100mg; Elderberries 100mg; Cranberries 100mg; Blueberries 100mg; Black Cherries 100mg. Contains no preservatives or fillers.



# DNA-Greens



**DNA-Greens** is a synergistic "green" formula of concentrated alkaline superfoods.

- A valuable source of naturally occurring phytonutrients, vitamins and minerals.
- Boosts energy levels.
- Assists with mineral replenishment.
- Provides optimal support for the body, and maintains a healthy pH balance.

## DNA-Greens contain the following extracts:

**Barley leaf extract** is a rich source of chlorophyll and is high in dietary fiber and a very good source of protein, containing the 9 essential amino acids, as well as containing many enzymes. It promotes weight loss, enhances heart health, and supports better blood sugar control.

**Wheatgrass** increases red blood-cell count; cleanses the blood, organs and gastrointestinal tract; stimulates metabolism and thyroid function.

**Spirulina** contains over 60% complete protein, a very good source of nucleic acids, lipids and essential fatty acids such as gamma linolenic acid (which is only otherwise found in mother's milk). It has antioxidant and inflammation-fighting properties and the ability to help regulate the immune system.

**Alfalfa** contains over 300 nutrients and phytonutrients, including being a plant source of vitamin D, and being rich in iron, calcium, vitamin C, chlorophyll, amino acids, enzymes, and bioactive plant compounds.

**Celery** is a rich source of flavonoids like zeaxanthin, lutein, and betacarotene, which studies have shown lowers inflammation as well as the risk of heart disease, enhances the immune system, and inhibits the growth of abnormal cancer-causing cells.

# DNA-Probio



- Promotes gut and digestive health by reducing food viscosity and provides relief from digestive discomfort.
- Supports optimal protein absorption. Undigested protein can cause various health issues, including bloating, gas and inflammation.
- Promotes immune, skin and cognitive health.
- Shelf- and heat stable.
- Promotes healthy gut microflora during and after antibiotic use.

## **DNA-PROBIO (DigeSEB Sport™) contains:** **SEBiotic® (Bacillus coagulans LBSC)**

Helps to relieve symptoms of (IBS) such as abdominal pain, bloating, cramping and nausea. Improves the vaginal flora, improves abdominal pain and bloating in irritable bowel syndrome patients, and increases immune response to viral challenges.

**SEBtilis™ (Bacillus subtilis PLSSC)** Helps the body break down food, absorb nutrients, and fight off 'bad' organisms that might cause diseases.

**SEBclausii™ (Bacillus clausii 088AE)** Reduces the symptoms related to antibiotic-associated diarrhea. It is a type of spore-forming good bacteria that works to re-balance the intestine.

**Lactobacillus acidophilus** Has been shown to improve cardiovascular disease and lactose intolerance, prevent and treat cancer, regulate immunity, and improve gastrointestinal diseases.

**Lactiplantibacillus plantarum** Applied in medical fields for the treatment of various chronic and cardiovascular diseases such as Alzheimer's, Parkinson's, diabetes, obesity, cancer, hypertension, urogenital complications, liver disorders, etc. (Woo et al., 2014).

**Proteases** Proteases are enzymes that break the peptide bonds of proteins; they are divided into acid, neutral, and alkaline proteases. These enzymes can be obtained from plants, animals, and microorganisms in several conditions, such as high salt concentrations.

Some probiotics don't survive the acidic conditions of the stomach and don't reach the gut, limiting their efficacy. DNA-PROBIO Capsules use a patented slow release capsule (Drcaps®). These capsules dissolve after an extended time period releasing the contents in the intestine where they are needed the most.

Each 600mg DNA-PROBIO slow release vegetable capsule contains 600mg of DigeSEB Sport™. DigeSEB Sport™ is a licensed trademark of Specialty Enzymes, Chino, CA. Product is standardized in a base of maltodextrin (from corn) & FOS (Fructo-oligosaccharides). Contains no fillers or preservatives.



# DNA Mito-Choice



**DNA Mito-Choice Capsules** contain the following herbal extracts:

**Co Enzyme Q10 [from Arjuna Bark]**

A deficiency of CoQ10 can lead to mitochondrial diseases as well as several neuro-degenerative disorders, cancer, diabetes, fibromyalgia, and cardiovascular diseases. CoQ10 can help in preventing these disorders by acting as a mitochondrial energizer. The bark of Terminalia Arjuna is a very rich natural source of Coenzyme Q10.

**Curcumin** protects against oxidative damage, prevents cell death (apoptosis), increases number of mitochondria and improves the efficiency of mitochondrial function.

**CoffeeFruit [Kona Berry]** is an all-natural, patented product made from the whole fruit (including the bean) of the coffee plant, *Coffea Arabica*. In two clinical studies, CoffeeFruit has been shown to significantly stimulate BDNF (brain-derived neurotrophic factor), a protein responsible for the development, differentiation, and protection of neurons in the central and peripheral nervous system and strongly implicated in cognitive and mental health.

**Magnesium Threonate** is critical for the physiological events that are fundamental to the processes of learning and memory. Magnesium threonate crosses the blood-brain barrier and enhances the receptors that are involved in memory and learning.

**Docosahexaenoic acid (DHA from Algae)** which has a profound effect on the mitochondrial function and is a primary structural component of the human brain, cerebral cortex, skin, and retina. Fatty acids such as DHA are used by the mitochondria as a source of fuel to produce ATP. Supports brain, heart and eye health.

**Calcium Alpha-Ketoglutarate (AKG)** is a key molecule for cellular energy and protein synthesis. It functions as an antioxidant and epigenetic and immune regulator. This has a beneficial effect on the heart, brain, liver, and skeletal muscle. It modulates aging in humans and extends healthspan and promotes healthy longevity.

Each 600mg Vegi-Cap contains Curcumin Extract 95% 100mg, Arjuna Bark Extract 100mg, Red Coffee Berry Extract 100mg, DHA [from Algae] 100mg, Magnesium L-Threonate 100mg, Calcium Alpha-Ketoglutarate 100mg; Bioperine 2,5mg. Contains no preservatives or fillers.



FOR OPTIMAL OVERALL HEALTH

# DNA-Ultimate



**DNA ULTIMATE** is a specialized formulation composed of carefully selected herbal extracts designed to support various bodily functions and promote sustained health.

**DNA ULTIMATE** may be used in conjunction with other specialist products within the **DNA Biopharm** range.

**DNA-Ultimate Capsules** contain the following herbal extracts:

**Berberine** stimulates liver cells, muscle cells and fat cells to take up glucose through a process that does not depend upon insulin. Berberine also increases insulin sensitivity and regulates the function of mitochondria, the “powerhouses” of cells thus preventing a fatty liver, reducing blood glucose and decreasing blood lipids. Berberine also acts on  $\alpha$ -glucosidase, an intestinal enzyme that breaks down carbohydrates into simple sugars. This leads to the intestines absorbing lesser amounts of carbohydrates from the diet.

**Graviola** boosts the immune system and has anti-tumourous, anti-cancerous and selective toxicity against various types of cancer cells. It is an antibacterial, antiviral, antifungal and anti-parasitic agent, stopping many of these potentially harmful microbes from wreaking havoc in the body.

**Magnolia Bark** is a strong anti-oxidant with anti-inflammatory properties. Research at Jeonju University, Korea, tested magnolol extracts on prostate cancer cells. It was observed that the extract stopped the cancer from advancing in any way.

**Curcumin** protects the body from toxicity from various sources such as heavy metals, environmental toxins, drugs, smoking etc. It also protects from food borne pathogens and cancer causing agents.



**Milk Thistle** helps the liver replace dead or damaged cells and effectively helps it to repair itself. Milk Thistle encourages the body to repair damaged cells and tissues, and also protects these cells and tissues from future damage.

**Amla** improves HDL, lowers triglycerides and prevents the oxidation of cholesterol in the arteries. Amla enhances food absorption, balances stomach acids, fortifies the liver, nourishes the brain and mental functioning, and supports the heart.

**Arjuna Bark** is used for heart diseases due to its cardioprotective and cardio-strengthening properties. It strengthens cardiac muscle and normalizes (mainly reduces) heartbeat. It is one of the best sources of CoQ10.

**Hawthorn** is widely regarded in Europe as a safe and effective treatment for the early stages of heart disease and is endorsed by Commission E- the branch of the German government that studies and approves herbal treatments. It is used to promote the health of the circulatory system and has been found useful in treating angina, high blood pressure, congestive heart failure and cardiac arrhythmia. It has been found to strengthen the heart and stabilise it against arrhythmias.

**Ashwagandha**, is an adaptogenic herb that has shown incredible results for lowering cortisol and balancing thyroid hormones. Ashwagandha has also been proven effective in supporting adrenal function, helping overcome adrenal fatigue and chronic stress.

**Solomon's Seal** offers relief, healing or mending to sports injuries and other conditions related to tendons, joints, ligaments, bones, bruises, connecting tissues, cartilage, etc. It also soothes and repairs gastrointestinal inflammation and injuries. It is effective for feminine issues, such as menstrual cramps, PMS and bleeding.

**Alpha Lipoic Acid** acts like an antidote to oxidative stress and inflammation and prevents damage done to the blood vessels, brain, neurons and organs like the heart or liver.

**BioPerine.** Increases absorption and bio-availability of supplements in the intestines.

Each 400mg Vegi-cap contains Graviola Bark Extract 50mg; Magnolol 50mg; Milk Thistle (80% Silymarin) 50mg; Amla Extract 25mg; Berberine 25mg; Arjuna Bark Extract 25mg; Hawthorne Berry Extract 25mg; Ashwagandha 50mg; Solomon's Seal 25mg; Alpha Lipoic Acid 25mg; Curcumin Extract 95% 50mg; BioPerine 2,5mg. Contains no preservatives or fillers.



# DNA-Mushrooms



Medicinal mushrooms are a superfood—benefitting athletes, people who want to improve their overall health, and those suffering from chronic illness. Mushrooms like Chaga, Shiitake, Lion's Mane, Maitake and Reishi all have unique health benefits. Important nutrients in mushrooms include selenium, vitamin D, glutathione and ergothioneine. All are known to function as antioxidants that can mitigate oxidative stress and all are known to decline during aging. Oxidative stress is considered the main culprit in causing the diseases of aging such as cancer, heart disease and dementia.

To maximize the benefits you get from medicinal mushrooms, they need to be taken in a formula featuring a blend of varieties. Mushrooms are communal organisms, and research, traditional formulation practices, and extensive clinical use show how certain mushrooms work synergistically to supercharge and enhance each other's benefits. DNA Mushrooms, an expertly formulated mushroom blend, can offer much greater support with faster results against colds and flu, and other areas of health.

### **DNA-Mushrooms contain the following mushroom extracts:**



#### **Shiitake** **Anticancer - Heart Support –** **Immune Support - Body** **Composition**

Found on fallen logs, the Chinese have also turned to shiitake mushrooms to support circulation and longevity. This is because shiitake mushrooms contain high amounts of natural copper—a

mineral that supports blood vessels and the immune system



### **Lion's Mane**

**Brain Booster – Reduce Anxiety and Depression – Immune Support - Digestion**

Lion's Mane improves sleep quality without making you drowsy. It is a safe nootropic that works to support sleep by calming the nervous system, reducing anxiety and boosting mood.



### **Reishi**

**Immune Support – Emotional Regulation and Stress Management - Reduce Fatigue**

Through the ages, Reishi has been used for its positive effects on the immune system, fatigue-fighting properties, and emotional and mental regulation. It truly is a mind-body-spirit medicine.



### **Maitake**

**Ease Physical and Mental Stress - Immune Support – Lowers Blood Sugar**

Known as “The King of Mushrooms,” Maitake mushrooms (*Grifola frondosa*) have long been used in Asian cultures as a tonic to support longevity, improve vitality, boost the immune system, and lower blood sugar.



### **Chaga**

**Immune Boosting – Anti-Inflammatory – Longevity - Digestion**

Known as a “Gift from God” by Siberian cultures, Chaga mushrooms are used to aid the digestive system and liver, where it can treat hidden pathogens.

The mushrooms used in **DNA-Mushrooms** are produced according to the international technical standards of organic agriculture and are certified by an independent organic food certification body to allow the use of the organic food mark.

*Each 600mg Vegi-cap contains 120mg Shiitake extract; 120mg Chaga Extract; 120mg Maitake Extract; 120mg Reishi Extract; 120mg Lion's Mane Extract. Contains no preservatives or fillers.*



FOR OPTIMAL BRAIN HEALTH

# DNA-MLT



DNA-MLT improves sleep quality, especially deep/REM sleep stages, improves mood, energy, alertness, and daily activity and productivity. DNA-MLT is utilized by the body for many biochemical functions and reactions including bone and muscle function, protein and fatty acid formation, activation of B vitamins, blood clotting, insulin secretion, and ATP formation. Magnesium L-threonate can cross the blood-brain barrier, which enables enhanced cognitive benefits.

***Magnesium L-threonate readily crosses the brain's blood-brain barrier, to get into the brain where it is needed most.***

Magnesium L-threonate (MLT) is a mineral salt composed of magnesium and the amino acid L-threonic acid. Notably, MLT can effectively cross the blood-brain barrier, which elevates brain magnesium levels and may contribute to reduced symptoms of anxiety and depression, as well as enhanced cognitive function. MLT acts by modulating neural receptors, thereby inhibiting the activation of certain neurotransmitters and facilitating deeper relaxation. Furthermore, it participates in the suppression of cortisol and other stress hormones, supporting nervous system regulation and potentially alleviating anxiety.

MLT has also been shown to promote neural plasticity, which is essential for the formation of new neural pathways and plays a key role in learning and memory retention. It may further elevate concentrations of brain-derived neurotrophic factor (BDNF), a protein critical for neurogenesis, cognitive performance, and long-term brain health. Owing to its high bioavailability, MLT may aid in calming neural activity, promoting improved sleep quality and focus. **Each DNA-MLT Capsule contains 2.5 mg of BioPerine to enhance the bioavailability and absorption of DNA-MLT.**

Each 400mg Vegi-Cap contains 400mg Magnesium L-Threonate; 2,5mg BioPerine. Contains no preservatives or fillers.



FOR OPTIMAL COLON HEALTH

# DNA-Detox



## Detox - Cleanse - Lose Weight

- Promotes regular bowel movements (Not a laxative).
- Increases absorption of nutrients.
- Promotes stronger and healthier hair, skin and nails.
- Rids the body of parasites, fungi and heavy metals.
- Alkalises the body and helps with joint pain.
- Destroys bad fats and lowers cholesterol.

### DNA-Detox contains:

**Diatomaceous Earth** removes any parasite, virus, bacteria, or toxin in the digestive tract. While Diatomaceous Earth feels like a soft powder, the truth is that it is actually a small cylinder with microscopic sharp edges. When consumed these edges gently remove parasites, toxins, and viruses clinging to the lining of the digestive tract. Any toxins or bacteria floating in the digestive tract are absorbed and eliminated by **DNA-Detox**. It has also been shown to cling to bad fats in the body, effectively reducing bad cholesterol. DNA-Detox is expelled through the bowel movements and these harmful materials are removed.

Silica, is abundant in Diatomaceous earth and has many healing properties:

- Researchers pointed to the fact that silica was more important in bone formation and repair than calcium. Bones healed extremely well when low amounts of calcium were present with an abundance of silica.
- Silica is an essential building block for healthy hair, skin, and nails. It makes hair thicker, can prevent hair loss and has been reported to increase hair growth. It makes nails stronger and more flexible.

**It is important to drink at least 6-8 glasses of water per day while on DNA Detox.**

Each 400mg Vegi-Cap contains Pharmaceutical/Food Grade Diatomaceous Earth. Contains no fillers or preservatives.



# Gout-Fast



- Softens and dissolves uric acid crystals in the joints.
- Prevents repeated gout attacks.
- Balances uric acid levels.
- Reduces inflammation and stiffness in the joints.
- Prevents the development of kidney and liver stones.
- Relieves the pain associated with gout flare-ups.

**Gout-Fast Capsules** work synergistically to treat the symptoms of gout as well as to prevent recurrent attacks and contain the following herbal extracts:

**Chanca Piedra** means “Stone-Breaker” in Spanish and has been used for thousands of years to clear uric acid crystal formations which cause gout pain and swelling. Chanca softens and dissolves uric acid crystals in the joints reducing pain.

**Bromelain** causes the uric acid crystals to decompose thus relieving the pain associated with gout. Bromelain may also prevent repeated gout attacks.

**Boswellia Serrata** prevents inflammatory white cells from getting into the damaged tissue.

**Dandelion** provides diuretic effects and promotes kidney function which is essential for decreasing uric acid levels.

**Curcumin** decreases uric acid levels in the body and reduces joint inflammation.

**Milk Thistle.** Liver health is critical for gout relief and prevention. It is common for gout patients to have a poor liver function due to the strain that high uric acid levels put on the organ. Milk Thistle also supports optimal liver health.

Each 400mg Vegi-Cap contains Chanca Piedra 200mg; Bromelain 50mg; Boswellia Serrata Extract 50mg; Curcumin Extract 95% 50mg; Dandelion Extract 25mg, Milk Thistle 80% Silymarin 25mg; Bioperine 2,5mg.  
Contains no preservatives or fillers.





## Gravi-C



**Gravi-C** is formulated with specific herbal extracts that are designed to work synergistically to alleviate symptoms and side effects associated with cancer and HIV. It aims to support immune system function, improve blood oxygenation, reduce fatigue, and promote a general sense of well-being. Additionally, **Gravi-C** exhibits activity against a range of aggressive microorganisms, including bacteria, fungi, viruses, and parasites.

**Gravi-C Capsules** contain the following herbal extracts:

**Burdock Root** Research shows that Burdock slows the growth of cancer cells. In a study Burdock slowed the growth of breast cancer cells. **Curcumin** slows the development and growth of a number of types of cancer cells. The seeds and leaves of **Annona Muricata** (Graviola), have anti-tumorous, anti-cancerous and selective toxicity against various types of cancer cells. **Magnolol & Honokiol** (Magnolia Bark) Researchers discovered that magnolol alters the activity of various proteins that are involved in the apoptosis process in order to promote cancer cell death. **Silymarin** (Milk Thistle) is effective in prohibiting the spread of certain cancers. Breast and prostate cancer tumours have been shown to stop growing. **Amla** is a great source of Vitamin C. It is high in polyphenols that prevent damage from free radicals in the body and fight different types of cancer and cardiovascular diseases. **Sutherlandia Frutescens** (SF) is one of the medicinal plants used as an immune booster in the treatment of chronic ailments such as HIV/AIDS and cancer. It also reduces fatigue in cancer patients. It inhibits the Tumour Necrosis Factor (TNF) which is known to drive the wasting process in cancer.

Each 600mg Vegi-Cap contains Graviola Leaf Extract 100mg; Magnolia Bark Extract 200mg; Amla Extract 50mg; Curcumin Extract 95% 50mg; Burdock Root Extract 50mg, Milk Thistle Extract 80% Silymarin 50mg; Sutherlandia Frutescens 100mg; Bioperine 2,5mg. Contains no preservatives or fillers.



# Gluco-Fast



- Promotes healthy glucose levels.
- Increases the effectiveness of insulin in the body.
- Slows the release of glucose into the bloodstream.
- Controls food and sugar cravings.
- Accelerates the production of insulin by the pancreas.
- Prevents insulin resistance.
- Slows down digestion of carbohydrates and lipids

**Gluco-Fast Capsules** contain the following herbal extracts:

**Gymnema Sylvestre** decreases the absorption of sugar from the intestine. Gymnema also increases the amount of insulin in the body and increases the growth of cells in the pancreas, where insulin is produced.

**Cinnamon** increases glucose metabolism and has 'insulin-like effects'. Cinnamon slows the emptying of the stomach to reduce sharp rises in blood sugar following meals, and improves the effectiveness, or sensitivity of insulin.

**Fenugreek** seeds can improve most metabolic symptoms associated with diabetes by lowering blood glucose levels and improving glucose tolerance.

**Berberine** works by stimulating uptake of glucose into the cells, improves insulin sensitivity, and reduces glucose production in the liver.

**Capsicum** stimulates and improves blood circulation.

**Ginseng** improves blood sugar control and HbA1C levels.

**Amla** has properties that can protect the body from the oxidative effects of high blood sugar. Amla is rich in chromium which boosts insulin production leading to a drop in blood sugar in persons with diabetes. Amla is effective in preventing the insulin resistance caused due to a high fructose diet.

Each 400mg Vegi-Cap contains Gymnema Sylvestre 100mg; Panax Ginseng 2% euletherosides 40mg; Cinnamon Extract 50mg; Fenugreek Extract 50mg; Amla Extract 50mg; Capsicum 10mg; Berberis 100mg.  
Contains no preservatives or fillers.



# Lymph-Fast



Accumulation of waste products in the lymphatic system can hinder the overall functioning of the body. As the lymphatic system plays a critical role in immune function, it is essential to maintain its flow and prevent blockage by unnecessary waste. Unlike the circulatory system, which utilizes the heart as a pump, the lymphatic system relies on other mechanisms for circulation. Lymph-Fast is formulated to support the natural cleansing of the lymphatic system and promote effective removal of toxins.

**Lymph-Fast** is a synergistic formula designed to boost and detoxify the lymphatic system. Lymph-Fast combines powerful time-tested, lymph-cleansing herbal extracts.

**Red Root** is one of the best lymph decongestive herbs available and supports a healthy and efficient drainage system. Red root scrubs the intestinal lymphatic-collecting ducts that deliver fats and proteins to the blood and supports a healthy and efficient drainage system.

**Stillingia root** is a very strong cleansing herb. Its actions are concentrated in the lymphatic and glandular systems. It relieves lymph congestion and is anti-viral and anti-tumor.

**Astragalus** offers the lymph system several cleansing and healing benefits and can ease congestion and swelling.

**Cleavers** is a blood and urinary tract cleanser and enhances the function of the lymphatic system by decreasing congestion and inflammation in the tissues. This herb improves the capacity of the lymphatic system to deal with toxins.

**Burdock Root** helps induce lymphatic drainage and detoxification. As a natural blood cleanser, it has a wonderful effect on the lymphatic system.

Each 400mg Vegi-Cap contains Red Root Extract 150mg; Cleavers 50mg; Stillingia Root Extract 100mg; Burdock Root Extract 50mg; Astragalus Extract 50mg. Contains no preservatives or fillers.



# Meno-Fast



## Benefits of Meno-Fast

- No fear of cancer on long-term use unlike HRT.
- Relieves the annoying symptoms hot flashes, night sweats, insomnia.
- Safe for long-term use.
- Can delay onset of osteoporosis and cardiovascular diseases.
- Reduces LDL and increases HDL on long-term use.

**Meno-Fast** is a combination of specially selected herbal extracts due to their proven effect on menopause and the symptoms associated with this condition.

**Meno-Fast Capsules** contain the following herbal extracts:

**Dong Quai** is effective in relieving hot flushes due to its mild estrogenic effects coupled with other components that act to stabilize blood vessels.

**Sage** reduces excessive sweating (particularly helpful in eliminating night sweats).

**Red Clover** is one of the premium sources of phyto-estrogens that mimic the female sex hormone. Red clover also increases the amount of high-density lipoprotein or "good" cholesterol in the bloodstream. This has been linked to reducing the risk of heart disease in menopausal women.

**Arjuna Bark**. The bark of the Arjuna tree helps maintain a healthy heart and reduces the effects of stress and nervousness which are associated with menopause.

**Black Cohosh**. Clinical studies have shown that this Black Cohosh relieves not only hot flushes, but also depression and vaginal atrophy.

# Migra-Fast



- Anti-inflammatory.
- Widens the blood vessels.
- Prevents spasms of the blood vessels.
- Reduces pain-related proteins (CGRP).
- Normalizes the function of platelets in the blood system by inhibiting platelet aggregation.
- Increases serotonin levels.
- Reduces the frequency and severity of migraines.

Migra-Fast Capsules are formulated using the following selected herbs:

**Butterbur** contains a family of compounds called petasins, which have anti-inflammatory, anti-spasm, and blood vessel-widening properties. Butterbur helps reduce the frequency of migraines in adults and children.

**Magnesium L-Threonate** is the only magnesium shown to cross the blood-brain barrier. Studies have found that people who have migraines tend to have lower levels of magnesium.

**Feverfew Leaf** prevents the spasms of blood vessels in the head that trigger migraines. It normalizes the function of platelets in the blood system by inhibiting platelet aggregation, reducing serotonin release from platelets, and blocking the formation of pro-inflammatory mediators that can cause blood vessels to swell.

**Milk Thistle (Silymarin)**. A study conducted on chronic migraine sufferers that saw an 80% improvement rate over 90 days included milk thistle extract as a key ingredient.

**Co-Q-10 from Arjuna Bark**. Scientists have discovered that your body's levels of the pain-related protein CGRP (calcitonin gene-related peptide receptor) are higher during a migraine attack. Lowering CGRP levels can prevent attacks, and that's exactly what CoQ10 does.

**Ginger** extracts may also increase serotonin, a chemical messenger involved with migraine attacks. Increasing the serotonin levels in your brain may help stop migraine by reducing inflammation and restricting blood vessels.

Each 400mg VegiCap contains: Magnesium L-Threonate 100mg; Ginger Root Extract 50mg; Feverfew 50mg; Arjuna Bark Extract 50mg; Butterbur 15% Petasin 50mg; Milk Thistle (80% Silymarin) 100mg. Contains no preservatives or fillers.



# Neuro-Fast



The skin contains an extensive network of nerve cells responsible for monitoring and transmitting information regarding environmental changes. Specific receptors detect sensations such as heat, cold, touch, and pain. Neuropathy is defined as damage to these nerve cells, which leads to reduced sensation in the affected areas. Neuro-Fast has been formulated to prevent and manage neuropathic symptoms by providing targeted relief from burning and tingling sensations..

**Neuro-Fast Capsules contain the following extracts:**  
**Palmitoylethanolamide (PEA)** PEA is a fatty acid amide molecule involved in a variety of cellular functions in chronic pain and inflammation. It has been shown to have neuroprotective, anti-inflammatory and anti-nociceptive (antipain) properties.

**Alpha Lipoic Acid** is used to treat peripheral neuropathy as well as another diabetes-related condition called autonomic neuropathy, which affects the nerves to internal organs.

**Coenzyme Q10 (CoQ10)** benefits peripheral nerves. CoQ10 improves nerve conduction velocity pulses and can prevent diabetic neuropathy.

**Acetyl-L-Carnitine (ALC)** is effective at preventing peripheral neuropathy and lessens neuropathic symptoms once they have developed.

**Grape Seed Extract** is a powerful antioxidant and anti-inflammatory and relieves pain associated with neuropathy, and can reverse some of the nerve damage.

**AMLA** - Reverses neuropathic pain through modulation of oxidative-nitrosative stress.

**Curcumin Longa** is a potent pain reliever as it keeps nerve pain from striking.

**Also available as a topical application.  
Neurofast Cream can be massaged into the  
areas affected by neuropathy.**

Each 600mg Vegi-Cap contains Alpha Lipoic Acid 100mg; Amla Extract 50mg; Acetyl-L-Carnitine 100mg; Grape-seed Extract 100mg; Co Q10 (from Arjuna Bark) 100mg; Curcumin Extract 95% 50mg; P.E.A 100mg. Bioperine 2,5mg. Contains no preservatives or fillers.





# Osteo-Fast



**Osteo-Fast** is a blend of selected herbal extracts that alleviate the symptoms of osteo- and rheumatoid arthritis.

- Keeps cartilage in joints healthy.
- Relieves pain and inflammation.
- Helps repair damaged cartilage.
- Improves stem cell health, including stem cells that make bone and cartilage.

**Osteo-Fast Capsules** contain the following herbal extracts:

**Palmitoylethanolamide (PEA)** PEA reduces chronic pain and also limits the progress of joint destruction associated with arthritis. A double-blind study demonstrated that PEA is a novel treatment for attenuating pain and reducing other associated symptoms of knee osteoarthritis.

**Boswellia Serratta** can reduce pain by up to 65% and improve mobility in people with osteoarthritis in joints.

**Salix Alba** is used to ease pain and reduce inflammation.

**MSM** MSM is used for chronic pain, osteoarthritis, joint inflammation, rheumatoid arthritis and osteoporosis.

**Curcumin Longa** .In a study of osteoarthritis patients, those who added curcumin to their treatment plan, had reduced pain and increased mobility, whereas the control group, which received no curcumin, had no significant improvements.

**Calcium Alpha-ketoglutarate (CaAKG)** plays an important role in collagen production and helps regain lost mineral bone density. Calcium AKG reduces the wearing down of cartilage, and supports healthy and strong bones. Calcium AKG improves stem cell health, including stem cells that make bone and cartilage cells.

Each 600mg Vegi-Cap contains Palmitoylethanolamide (PEA) 100mg;  
Boswellia Serratta 100mg; MSM 50mg; Salix Alba 50mg; Curcumin Extract  
95% 100mg; Calcium Alpha Ketoglutarate 200mg; Bioperine 2,5mg.  
Contains no preservatives or fillers.



# Ocu-Fast



Maintaining ocular health is an essential aspect of comprehensive healthcare. Approximately one in six adults aged 45 and above are affected by sight-threatening eye conditions, with the risk of vision loss increasing with age. The leading causes of blindness and visual impairment—including macular degeneration, cataracts, diabetic retinopathy, and glaucoma—are primarily age-related. As such, emphasising eye protection and reducing blue light exposure are important strategies for safeguarding vision among older adults.

**Ocu-Fast Capsules** contain the following herbal extracts:

**Bilberry** is proven to protect and strengthen the small blood vessels that feed the eye making it an effective treatment for retinopathy, macular degeneration and reducing the inflammation of the retina.

**Amla** improves myopia, decreases intra-ocular pressure and prevents the formation of cataracts.

**Alpha Lipoic Acid (ALA)** is an effective remedy for cataracts and has been shown to reduce both small and large blood vessel complications of diabetes.

**Curcumin** is rich in antioxidants that fights free radicals caused by oxidative stress and benefits those with eye disorders such as glaucoma and macular degeneration. Curcumin also protects optic nerves from damage. **Grape seed extract** is effective in preventing blood leakage from damaged vessels.

**Milk Thistle.** Weak eyes and blurred vision can be signs of liver malfunction. Milk thistle is known for its beneficial effect on the liver support but has been shown to benefit the eyes as well. The liver is a key organ for your eyes since fat soluble vitamins and glutathione are stored here.

**Calendula** Lutein and zeaxanthin, the key nutrients for eye health, are found naturally in Calendula and help protect the eyes by filtering high-energy blue light.

Each 400mg Vegi-Cap contains Alpha Lipoic Acid 50mg; Grape Seed Extract 50mg; Bilberry Extract 100mg; Lutein 10mg; Calendula Extract 50mg; Milk Thistle 80% Silymarin 50mg; Curcumin 95% Extract 50mg; Amla Extract 50mg; Bioperine 2,5mg. Contains no preservatives or fillers.



# PSA-Fast

**Possibly the most important supplement a man can take.**



Are you experiencing any of the following symptoms:

- Frequent urge to urinate.
- Need to get up many times during the night to urinate.
- Blood in urine or semen.
- Pain or burning urination.
- Painful ejaculation.
- Frequent pain or stiffness in lower back, hips, pelvic or rectal area, or upper thighs.
- Dribbling of urine.

**PSA-Fast Capsules** contain the following herbal extracts:

**Beta-sitosterol.** Inhibits the growth of prostate cancer cells and reduces the symptoms of prostatitis. In a controlled study, beta-sitosterol decreased cancer cell growth by 24% and induced apoptosis (programmed cell death) fourfold.

**Selenium.** By inhibiting PSA, selenium helps reduce the risk of prostate cancer and the progression of benign prostate hyperplasia.

**Pomegranate.** Slows PSA doubling time and reduces production of PSA in malignant prostate cells.

**Green Tea.** Green tea's catechins, EGCG, accumulates in prostate tissue, where it selectively kills cancer cells (leaving healthy cells unaffected) and reduces serum PSA levels.

**Curcumin.** Curcumin inhibits prostate cancer cell production of PSA by blocking its genetic expression. It also reduces activation of the androgen receptors on cancer cells that trigger increased production of PSA.

**Broccoli.** Broccoli compounds reduce PSA production by slowing prostate cancer cell replication.

Each 400mg Vegi-Cap contains Beta-sitosterol 50mg; Selenium 25mcg; Pomegranate Extract 100mg; Green Tea Extract 50mg; Curcumin Extract 95% 100mg; Broccoli Extract 100mg; Bioperine® 2.5mg. Contains no preservatives or fillers.



# PMS-Fast



- Reduces breast tenderness.
- Relieves menstrual cramps.
- Reduces irritability.
- Helps stabilize irregular periods.
- Stops cramps.
- Helps with mood swings.
- Relieves oedema.
- Alleviates food cravings.
- Addresses oily hair associated with PMS.

**PMS-Fast contains the following herbal extracts:** **Chasteberry (Vitex agnus-castus)** reduces some symptoms of PMS, especially breast pain or tenderness, oedema, constipation, irritability, depressed mood, anger, and headache.

**Black Cohosh** helps relieve menstrual cramps and menopausal symptoms, such as hot flashes, irritability, mood swings and sleep disturbances.

**Red Raspberry Leaf** helps tone and tighten muscles in the pelvic area and, therefore, might reduce the menstrual cramping caused by the spasms of these muscles.

**Peony** is a hormone modulator, regulating signals between the brain and the ovaries to encourage healthy menstrual cycles.

**Magnesium Biglycinate.** According to a recent literature review, magnesium is an evidence-based treatment for PMS. Some researchers propose that it may work by calming the nervous system and by “normalizing the actions of different hormones (mainly progesterone) on the central nervous system”. Magnesium may prevent dysmenorrhea (menstrual cramps) in some people. It works by relaxing the smooth muscle of the uterus and by reducing the prostaglandins that cause period pain.

Each 400mg Vegi-Cap contains: Chasteberry Extract 100mg; Black Cohosh 100mg; Red Raspberry Leaf Extract 100mg; Mag Biglycinate 50mg; Peony Flower 50mg. Contains no preservatives or fillers.



# Pulmo-Fast



The herbal extracts in Pulmo-Fast support lung health by offering one or more of the following benefits:

- Acts as an expectorant.
- Soothes irritated nasal passages and airways.
- Relaxes the muscles near the upper respiratory system to quell a cough.
- Calms the release of histamines.
- Is a source of antioxidants that reduce oxidative damage and redness.

**Pulmo-Fast Capsules** contain the following herbal extracts:

**Astragalus.** Astragaloside IV, an ingredient in astragalus, reduces inflammation and mucus deposits in asthma induced by an allergen—despite the severity of symptoms.

**Chaparral** used for lung detoxification and respiratory support. Chaparral contains powerful antioxidants that resist irritation and fight histamine response.

**Lobelia** contains an alkaloid known as lobeline, which thins mucus and breaks up congestion. Additionally, lobelia stimulates the adrenal glands to release epinephrine which relaxes the airways and allows for easier breathing.

**Elecampane** clears out excess mucus that impairs lung function.

**Oregano** contains carvacrol and rosmarinic acid. Both compounds are natural decongestants and histamine reducers that have direct, positive benefits on the respiratory tract and nasal passage airflow.

**Mullein** is used to clear excess mucus from the lungs, cleanse the bronchial tubes, and reduce inflammation that is present in the respiratory tract.

**Boswellia Serrata.** Two clinical trials showed that 70% of those receiving Boswellia serrata extract experienced improvements in symptoms such as breathlessness, wheezing, and number of attacks.

Each 400mg Vegi-Cap contains Astragalus Root Extract 50mg; Chaparral 50mg; Arluna Bark Extract 50mg; Boswellia Serrata Extract 50mg; Lobelia 50mg; Elecampane 50mg; Oregano 30mg; Mullein 70mg. Contains no preservatives or fillers.



# Serra-Fast



**Serra-Fast is formulated to dissolve fibrin that causes:**

- Atherosclerosis Plaque buildup on the artery walls).
- Fibrous cysts and uterine fibroid tumours as well as blood clots.
- Scarring after injury or surgery.
- It's anti-inflammatory actions help with the following conditions: Ulcerative Colitis, Crohn's Disease, Multiple Sclerosis, Irritable Bowel Syndrome, Psoriasis.

**Serra-Fast Capsules** contain the following herbal extracts:

**Serrapeptase** is a proteolytic enzyme, which means that it breaks down protein into smaller components that the body can re-use. Serrapeptase inhibits the formation of biofilms, thereby improving the efficacy of antibiotics in treating *Staphylococcus aureus* (*S. aureus*), a leading cause of healthcare-associated infections.

**Curcumin.** Curcumin compounds can inhibit the growth of polymicrobial biofilms and is an effective anti-inflammatory.

**MSM** (methylsulfonylmethane) is a powerful anti-inflammatory due to its ability to allow metabolic wastes to be removed from the cells. The sulphur in MSM lowers the inflammatory responses that contribute to swelling and stiffness.

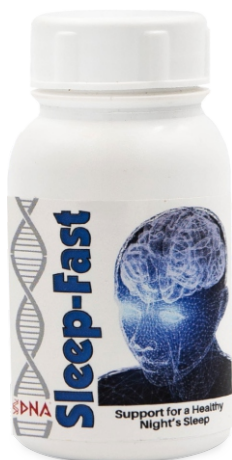
**Brahmi.** In a trial done on Brahmi for its anti-inflammatory effects, it was concluded that it suppressed various inflammatory reactions and did not show any gastric irritation in anti-inflammatory doses. It is suggested that it may partially mediate its anti-inflammatory activity. Its anti-inflammatory activity is comparable to that of indomethacin.

*(Antiinflammatory effects of Brahmi Rasayan. Jain P1, Khanna NK, Trehan N, Pendse VK,*

Each 400mg slow release DR vegi-cap contains Serrapeptase 100mg; MSM 100mg; Brahmi Extract 100mg; Curcumin Extract 95% 100mg; Bioperine 2,5mg. Contains no preservatives or fillers.



# Sleep-Fast



## No More Sleepless Nights!

- Helps have a more restful sleep.
- Aids relaxation and reduces stress and anxiety.
- Helps to fall asleep faster and maintain deep sleep throughout the night.
- Supports overall well-being and healthy sleep patterns.
- Wake up feeling refreshed.

**Sleep-Fast Capsules** contain the following herbal extracts:

**L-Theanine** helps people fall asleep more quickly and easily and improves the quality of sleep by lowering anxiety and promoting relaxation.

**Passion Flower** increases levels of a chemical called gamma aminobutyric acid (GABA) in the brain. GABA lowers the activity of some brain cells, making you feel more relaxed and sleep better.

**Magnesium L-Threonate** improves sleep quality, especially the deep/REM sleep stages, improves mood, energy, alertness, and daily activity and productivity.

**Chamomile** contains an antioxidant called apigenin, which helps initiate sleep and improve the overall quality of sleep.

**Phosphatidylserine**. A phospholipid that stops hyperactive production of cortisol in the body, allowing elevated cortisol levels to decrease, and consequently, more restful sleep to occur.

**Magnolol**. Magnolia bark has the ability to relax the mind and body, and to ease anxiety. Magnolia's ability to lower levels of adrenaline makes it an effective natural sleep aid for people who tend to be wired or stressed.

Each 400mg Vegi-Cap contains L-Theanine 100mg; Passion Flower Extract 50mg; Magnesium L-Threonate 100mg; Chamomile Flower Extract 50mg; Phosphatidylserine 50mg; Magnolol (Magnolia Bark Extract) 50mg.  
Contains no preservatives or fillers





# Testo-Fast



**Testo-Fast Capsules assist the body to increase natural testosterone levels.**

Symptoms of low testosterone:

- Low Sex Drive
- Difficulty in achieving an erection
- Low Semen Volume
- Hair Loss
- Fatigue & Lack of Energy
- Loss of Muscle Mass
- Increase in Body Fat
- Decrease in Bone Mass
- Mood Changes

**Testo-Fast Capsules** contain the following herbal extracts:

**Eurycoma longifolia.** Research proved that Eurycoma longifolia increases male virility and sexual prowess during sexual activities.

**Epimedium grandiflorum.** The chemical in Epimedium that is responsible for its effects is known as icariin. Icariin is believed to work by increasing levels of nitric oxide (NO) in the body, which relaxes smooth muscle, and ultimately increases blood flow.

**Panax Ginseng.** Ginseng enhances libido and sexual performance. There is also evidence that ginsenosides can assist with penile erection by inducing vasodilation and relaxation of penile corpus cavernosum.

**Avena Sativa.** Avena Sativa has been shown to nourish nerves, increase sensation in the genital area, and increase pleasure.

**Tribulus Terrestris** Tribulus Terrestris has been shown to enhance sexual behavior by stimulating androgen receptors in the brain.

**Zinc Glutamate.** Zinc deficiency significantly lowers testosterone levels.

# Veno-Fast



## Warning Signs of Poor Circulation

- Cold Hands and Feet
- Varicose Veins
- Weak Immune System
- Erectile Dysfunction
- Tightness in the Chest
- Numbness in Hands and Feet
- Slow Healing Wounds
- Swelling of Lower Extremities
- Persistent Fatigue

**Veno-Fast Capsules improve venous insufficiency.**

## **Veno-Fast Capsules** contain the following extracts:

**Nattokinase** is an enzyme that helps break down the inflammation, clots, and cytokines from viral infections. It can help degrade the spike protein and the long-lasting effects of the coronavirus.

**Rutin** acts on blood vessel health, has a positive effect on varicose veins, superficial venous insufficiency and venous ulcers. It improves circulation, strengthens capillaries, reduces inflammation, and improves venous oedema.

**Horse chestnut extract** is an anti-inflammatory herb that promotes normal tone of the vein wall, thereby improving circulation and reducing lower leg swelling.

**Gotu kola** promotes healthy connective tissue, a key structural component of veins.

**Butcher's Broom** relieves leg pain caused by poor circulation.

**Bilberry** strengthens blood vessels and capillary walls, and prevents and treats chronic venous insufficiency.

**Bromelain** ensures smooth blood flow in the circulatory system and reduces the chances of heart attack and stroke.

**Pine bark extract** binds to the collagen in blood vessel walls making capillaries stronger and more elastic.

**Hawthorne Berry Extract.** This herb acts as a vasodilator, increasing blood supply to the heart and improving circulation to the extremities by decreasing arterial resistance.

Each 600mg Vegi-Cap contains Hawthorne Berry Extract 100mg; Rutin 100mg; Nattokinase 100mg; Horse Chestnut Extract 50mg; Gotu Kola Extract 50mg; Butcher's Broom Extract 50mg; Bilberry Extract 50mg; Pine Bark Extract 50mg; Bromelain 50mg. Contains no preservatives or fillers.



# Derma-Kure Cream



**Derma-Kure Cream reduces inflammation** - Chronic wounds are chronically inflamed.

**Promotes cell migration** - Increases movement of new cells to the wound site.

**Induces angiogenesis** - Promotes new capillary growth around the wound.

**Supports collagen deposition** - Collagen is necessary for tissue remodelling.

**NOW AVAILABLE AS A WOUND SPRAY AND WOUND CLEANSER.**



**The results of poor foot care in uncontrolled diabetes.**

**Derma-Kure Cream** promotes the debridement of necrotic tissue and assists in the removal of excess (fluid that leaks out of blood vessels into nearby tissues, also called pus). It supports granulation while protecting newly formed granulated tissue, thereby promoting efficient wound healing with fewer complications by maintaining a moist and stable wound environment. The formulation contains Calendula, which serves as a natural antiseptic to support healing and reduce the risk of infection. Calendula also helps diminish odour typically associated with deep, infected ulcers. Cantharis is included to alleviate burning and stinging sensations often experienced with extensive ulceration and wounds, particularly in areas with high nerve density. The remaining ingredients are homoeopathically blended to enhance granulation, accelerate tissue regeneration, and improve subcutaneous circulation.

Calendula Mother Tincture 1ml; Lycopodium D11 1ml; Natrium Sulphuricum D9 1ml; Phosphoricum Acidum D9 1ml; Syzygium Jambolanum D9 1ml; Cantharis D11 1ml; Graphitis D9 1ml; per 100ml. Preservative: Phenoxyethanol 0,1% m/v



## DERMA-KURE CREAM IN BURN WOUNDS

The ingredients **Calendula** and **Cantharis**, are specifically indicated to relieve pain and to prevent infection in burn wounds. **Derma-Kure Cream** is an ideal debriding agent in burn wounds. The product keeps the wound moist while promoting granulation and epithelization to reduce the healing time and the trauma associated with burn wounds. **Derma-Kure Spray** can be sprayed on minor burns especially if there is pain associated with the burn.

## FEVER BLISTERS/COLD SORES

**Derma-Kure Cream** alleviates pain and can stop cold sores in their tracks. Its ability to fight the herpes virus can prevent a blister developing. Its antibacterial action can prevent secondary infection or fungal contamination, while its anti-inflammatory action has a local anaesthetic effect, relieving pain and discomfort. **Derma-Kure Cream** will also speed up healing of the damaged tissue by promoting granulation and speeding up the formation of new skin cells thus making the fever blister disappear more rapidly than other treatments available. Scarring and lesions are also greatly reduced.

## SHINGLES

Shingles is a painful skin rash. It is caused by the varicella zoster virus. Shingles usually appears in a band, a strip, or a small area on one side of the face or body. It is also called herpes zoster.

Neuro-Fast Capsules, Derma-Kure Cream and Derma-Kure Wound Spray offer relief for the pain and discomfort of shingles.

**Neuro-Fast Capsules** sooth the nerves and relieves the pain sensation.

**Derma-Kure Wound Spray** offers immediate relief from the burning, stinging sensation on the skin.

**Derma-Kure Cream** keeps the skin moist and promotes healing of the blisters while reducing scarring.



# X-Tone Oil



**X-Tone Oil** is an all natural formula proven to regenerate damaged skin and help eliminate scars.

- Stimulates the replacement of damaged skin cells.
- It stimulates the formation of the extra cellular binding
- Improves skin strength.
- Acne inflammation is kept at bay, acne scars are healed.
- Damaged cells and toxins are dissolved and germs are destroyed.
- Stimulates the rebuilding of the skin matrix.

X-Tone Oil contains the following organic essential oils in a grapeseed base: Chamomile, Calendula, Rosehip, Neroli and Grapefruit. Contains no preservatives.

# DNA Herbal-Gel



**DNA-Herbal Gel** is a unique blend of selected herbs proven to promote healing and good health of the skin. Contains:

**Gotu Kola (Centella Asiatica):** Contains antioxidant and anti-inflammatory compounds that help treat acne, boost wound healing, stimulate collagen production, and strengthen skin.

**Calendula:** Reduces inflammation, redness, and allergic reactions; improves hydration, nutrient absorption, and blood flow for healthier skin.

**Burdock Root:** Offers antiseptic and antibacterial properties to combat acne and inflammation, aids in detoxifying heavy metals, and increases circulation for better skin recovery.

DNA Herbal Gel is a blend of Brahmi, Calendula, Burdock Root, Calendula, Lycopodium, Syzygium Jambolanum, Cantharis, Graphitis. Preservative: Phenoxyethanol 0,1% m/v in a natural gel base.



# Neuro-Fast Cream



**Neuro-Fast Cream** is designed to work alongside Neuro-Fast Capsules, offering relief from nerve pain from the inside as well as topically via a cream which drastically reduces the amount of time it takes to see results.

Neurofast Cream contains:

**Capsaicin** which reduces the ability of nerve cells to transmit pain messages to the brain and has been used for centuries to treat postsurgical neuropathies as well as diabetic neuropathy.

**Butcher's Broom** stimulates the circulation of blood, has a regenerative effect on capillaries and helps control pain and numbness caused by neuropathy.

**Arnica Montana** works to open capillaries in the subcutaneous tissue and helps facilitate the transport of blood to the nerve endings effectively reducing inflammation, improving circulation and enhancing nerve healing.

**Cantharis** relieves the discomfort of burning soles of the feet at night.

Each 100ml tube contains: Derma-Kure base 4ml; Capsaicin 2ml; Butcher's Broom 2ml; Arnica Montana 2ml; Cantharis 2ml per 100ml. Preservative: Phenoxyethanol 0,1%/m/v



# Arthro-Fast Cream

**Arthro-Fast Cream** contains the following:

**Eucalyptus oil** reduces pain and inflammation from conditions like osteoarthritis and rheumatoid arthritis.

**Peppermint oil** has got both analgesic and anaesthetic properties which helps soothe the inflammation and pain in the joints.

**Cinnamon** has anti-rheumatic properties.

**Wintergreen** reduces swelling and irritation around painful muscle, tissue and joints.

**Tea tree oil** is very good for arthritis as it is able to penetrate and desensitize irritated nerve endings.

**Menthol** works by causing the skin to feel cool and then warm. These feelings on the skin distract you from feeling aches and pains deeper in your muscles and joints.

Also available as **Arthro-Fast Massage Oil**

Each 100ml tube contains: Eucalyptus Oil 1ml; Peppermint Oil 1ml; Cinnamon Oil 1ml; Wintergreen Oil 1ml; Tea Tree Oil 0,5ml; Menthol 2% m/v. Preservative: Phenoxyethanol 0,1%/m/v



# WHAT IS PSORIASIS?

Psoriasis is a common skin condition that speeds up the life cycle of skin cells. It causes cells to build up rapidly on the surface of the skin. The extra skin cells form scales and red patches that are itchy and sometimes painful.

Psoriasis is a chronic disease that often comes and goes. The main goal of treatment is to stop the skin cells from growing so quickly. There is no cure for psoriasis, but you can manage symptoms. Lifestyle measures, such as moisturizing and managing stress, may help.

## DIFFERENT TYPES OF PSORIASIS

**Plaque psoriasis.** The most common form, plaque psoriasis causes dry, raised, red (plaques) covered with silvery scales.

**Nail psoriasis.** Psoriasis can affect fingernails and toenails, causing pitting, abnormal nail growth and discoloration.

**Inverse psoriasis.** This mainly affects the skin in the armpits, in the groin, under the breasts and around the genitals. Inverse psoriasis causes smooth patches of red, inflamed skin that worsen with friction and sweating.

**Pustular psoriasis.** This form of psoriasis can occur in widespread patches or in smaller areas on your hands, feet or fingertips. It generally develops quickly, with pus-filled blisters appearing just hours after your skin becomes red and tender.

**Erythrodermic psoriasis.** The least common type of psoriasis, erythrodermic psoriasis can cover your entire body with a red, peeling rash that can itch or burn intensely.



The photo shows results using the **Xerio Range** for a period of six weeks. The patient reported immediate relief from the dryness and discomfort of the skin.



# Xerio-Range



The ingredients in **Xerio Cream** have the ability to hold moisture at the surface of the skin, preserving the cutaneous lipidic balance and improving healing. The combination of the ingredients stimulate micro-circulation while tightening the tiny blood vessels thus increasing the supply of water to the epidermis. **Xerio-Cream** reduces inflammation thus making it invaluable for use in inflammatory skin conditions such as psoriasis.

**Xerio-Caps.** If your liver is not doing its job of breaking down toxins efficiently, they must be eliminated from your body by other means – in many cases they come out through your skin! When excessive toxins build up in the deeper layers of the skin this causes inflammation to occur and this can manifest as psoriasis. Xerio-Caps increase detoxification in the liver, encouraging the growth of healthy cells and normalizing skin cell replication by correcting the ratio between the compounds that govern skin cell maturation and multiplication.



**Xerio-Wash Hair and Body Shampoo** contains Sacha inchi oil which is rich in Omega 3, 6 and 9 needed for healthy hair. Omega 3 regulates oil production and helps to lock in moisture to keep the hair, body and scalp conditioned. This relieves scaly or irritated scalps caused by psoriasis. The oil is very light and easy for the skin to absorb and does not leave you feeling greasy. Sacha Inchi oil contains abundant amounts of vitamins A & E. Vitamin A strengthens the skin and hair preventing brittleness while vitamin E softens the skin and hair.

When treating psoriasis on the hands with Xerio-Cream, it tends to leave a greasy residue on electronic devices such as touch screens etc.

**Xerio-Mist** is the ideal product in the workplace. It is non-greasy, absorbs quickly and keeps the skin hydrated. **Xerio-Mist** can be applied regularly or whenever the skin feels dry.

Added Thyme extract soothes dry, irritated skin.



## **Your DNA Biopharm Stockist:**



### **WE GUARANTEE THE QUALITY OF ALL DNA BIOPHARM SUPPLEMENTS**

- **With three decades of experience in the manufacturing and formulation of herbal remedies, we are committed to maintaining the highest quality standards.**
- **All our suppliers and growers adhere strictly to Good Manufacturing Practice (GMP) protocols.**
- **We select ingredients that have demonstrated efficacy in scientific studies.**
- **We use no artificial colours, binders, fillers, or preservatives. All ingredients are from non-GMO sources.**
- **Every supplier provides a certificate of analysis for each batch which have to comply to our Master Specifications.**
- **Our products are manufactured in GMP-certified facilities, with rigorous process controls and comprehensive batch verification by a dedicated quality control officer to guarantee accuracy, purity, and potency.**
- **For your assurance, products are safety-sealed for freshness and clearly marked with their date of manufacture and expiration date.**

The products and associated claims presented in this booklet have not been evaluated by SAHPRA and are not intended to diagnose, treat, cure, or prevent any disease. The information contained herein is for informational purposes only and should not be considered a substitute for guidance from your physician or other healthcare professionals, nor should it replace any information provided on product labels or packaging. This content should not be used for diagnosing or treating health conditions, nor for the prescription of medication or other therapies. Herbal remedies may interact with pharmaceutical medications and should therefore be used cautiously. It is strongly recommended that you consult your regular medical practitioner regarding any health concerns and inform them of all herbal products you are taking or considering. Do not discontinue prescribed medications in favour of herbal alternatives without first consulting your healthcare provider.

IMPROVES GLUCOSE AND WEIGHT ISSUES.

# Carb-Fast

New improved formula.



- It assists the body in balancing leptin and ghrelin levels.
- Helps to decrease body mass index (BMI).
- Decreases body fat accumulation.
- Stimulates the release of fatty acids for energy uptake.
- Detoxifies and regenerates the liver.
- Keeps blood glucose levels stable.
- Supports ketosis.

**Carb-Fast Capsules** contain the following herbal extracts:

**Milk Thistle** repairs damage to the liver caused by toxins. The liver is the major fat burning organ in the body and regulates fat metabolism.

**Gymnema Sylvestre** blocks sugar absorption and is an appetite suppressant.

**Fenugreek** helps fight obesity and reduces waist, hip and upper abdominal circumference.

**Phaseolus Vulgaris** (White Kidney Bean) prevents the starch metabolizing - referred to as a "Starch Blocker".

**Curcumin** can regulate the formation of fat cells and lower the production of leptin in fat cells.

**Piperine** helps burn calories and speeds up fat metabolism by as much as 8%.

**Garcinia** reduces the conversion of carbohydrates to fat, regulates the body's thermogenic response to food and increases the body's basic metabolic rate.

**Beta-hydroxybutyrate** (BHB), a ketone body, keeps the body in a mild state of ketosis, where the body burns fat for energy instead of carbohydrates. It strengthens the gut lining and reduces appetite promoting a feeling of fullness. It also activates brown adipose tissue and increasing fat burning as well as reducing the production of fats in the liver and adipose tissue.

**L-carnitine** helps move more fatty acids into the cells to be burned for energy. Studies show that L-carnitine reduced body weight, body mass index (BMI), and fat mass.

Each 600mg Vegi-Cap contains BHB 100mg; L-Carnitine 100mg; Silymarin 80% 50mg; Gymnema Sylvestre Extract 100mg; Fenugreek Extract 50mg; Garcinia Cambogia Extract 100mg; Phaseolus Vulgaris 50mg; Cinnamon Extract 50mg; Bioperine 2,5mg. Contains no preservatives or fillers.

