

Feel Better, Feel *Lighter!*

Occasional detox could eliminate toxins from your body, improve health and promote healthier weight. In addition with a healthy and balanced diet, you're on your way to feeling better and lighter!



1. Happy Liver, Healthy You

Polyphenols in Japanese Knotweed that are rich in antioxidants have been found to protect liver by helping the body to regulate internal body stress, ease redness and swelling, and reduce cell death in the liver.¹ It's great for people who are always feeling tired, with fatty liver problems or those looking for a natural liver detox solution!

Achieve Healthy Weight 2.

Polyphenols have been shown to mimic the health effects of fasting or calorie-reduction, which may help you lose weight.² It stimulates the same increasing hormone in individuals practicing caloric restriction.

3. Reduce Fat Accumulation

Some studies also showed polyphenols reduce the deposition and synthesis of triglycerides and cholesterol in the liver hence maintaining a healthy liver and ideal body weight.^{3,4}

The Perfect Blend of Polyphenols

These botanicals provide a unique spectrum of polyphenols that boost cell health and promote longevity.



▲ Muscadine Grape



▲ Purple Carrot Extract



▲ European Elderberry Extract



▲ Japanese Knotweed Extract

References:

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2. Renes, J., Rosenow, A., Roumans, N., Noben, J. P., & Mariman, E. C. (2014). Calorie restriction-induced changes in the secretome of human adipocytes, comparison with resveratrol-induced secretome effects. *Biochimica et biophysica acta*, 1844(9), 1511–1522. doi.org/10.1016/j.bbapap.2014.04.023.
3. Patocka, J.; Navratilova, Z.; & Ovando, M. (2017) Biologically active compounds of knotweed (*Reynoutria* spp.) *Military Medical Science Letters*. doi.org/10.31482/mmsl.2017.00
4. Meydani, M.; Hasan, S.T. Dietary Polyphenols and Obesity. *Nutrients* 2010, 2, 737–751. https://doi.org/10.3390/nu2070737



Find out more about
polyphenols here!

