



# PERFECT HEALTH

## Optimal Support For Your Body!

When your body is given the proper nutrients it needs, it works better on a whole and you feel not only more energetic and healthier, but also you are less prone to sickness.

Perfect Health begins with stabilized rice bran. Rice bran may be considered the perfect food because it contains all the vitamins needed, most minerals, 105 antioxidants, and essential amino and fatty acids necessary to support your body! Perfect Health is specially formulated to give you all the nutritional perks of our Perfect Plus, but with the added benefits of inositol hexophosphate, resveratrol, beta glucan and Vitamin D.

Perfect Health helps the body by scavenging free radicals. It contains the necessary enzymes and antioxidants that turn free radicals into healthy cells. According to Denham Harman, free radicals cause degenerative diseases and is linked to disorders including cancer, arthritis, atherosclerosis, Alzheimer's disease, and diabetes.

## ESSENTIAL INGREDIENTS in Perfect Health

Besides the incredible nutrients and health benefits found in our stabilized rice bran, we have added the additional benefits to scavenge for free radicals:

**RESVERATROL:** A polyphenol found in grapes and red wine which scavenges free radicals and other oxidants and inhibits LDL oxidation. It also inhibits the rapid growth of cancerous cells. Resveratrol plays an important role in many biological activities including regulating estrogenic bio activities, cancer prevention, and cardiovascular disease prevention.<sup>1</sup>

**INOSITOL HEXOPHOSPHATE (IP6):** Often called a "natural cancer fighter". IP6 is an antioxidant that blocks the action of free radicals. Some research shows that IP6 slows abnormal cell division by preventing cancer cells. IP6 relays healthy outside messages to cell nucleus, while inhibiting abnormal cell messages to the nucleus. It is naturally occurring in beans, brown rice, corn, sesame seeds, wheat bran and other high-fiber foods.<sup>2</sup>

**BETA GLUCAN:** A polysaccharide found in the cell walls of bacteria, fungi, yeasts algae, lichens and plants. It is commonly used as treatment for many ailments and helps boost the immune system.<sup>3</sup>

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<sup>1</sup> Resveratrol. MicroNutrient Information Center, Linus Pauling Institute. Oregon State University 6, 2008. <http://lpi.oregonstate.edu/infocenter/phytochemicals/resveratrol/#cancer>

<sup>2</sup> Inositol Hexophosphate. American Cancer Society. 11/1/2008. <http://www.cancer.org/Treatment/TreatmentsandSideEffects/ComplementaryandAlternativeMedicine/DietandNutrition/inositol-hexaphosphate>

<sup>3</sup> Beta Glucans. Vitamins and Supplements, WebMD. 2009. <http://www.webmd.com/vitamins-supplements/ingredientmono-1041-BETA%20GLUCANS.aspx?activeIngredientId=1041&activeIngredientName=BETA%20GLUCANS>

**VITAMIN D:** A fat soluble vitamin that is found in very few foods. It may be obtained from sun exposure, food and supplements. Vitamin D promotes calcium absorption and plays a role in cell growth modulation, neuromuscular and immune function, and reduction of inflammation. According to the Office of Dietary Supplements, Vitamin D not only reduces the risk of osteoporosis, but also plays a role in prevention of colon, prostate, and breast cancers.<sup>4</sup>

**TriMethylGlycine (TMG):** Derived from sugar beets. TMG is made in the body and it is involved in liver function, cellular reproduction, and helps make carnitine and SAME. It supports the body by lowering homocysteine levels. High levels of homocysteine is associated with heart disease and stroke. It also helps protect the liver against harmful fatty deposits.<sup>5</sup>

**BIOTIN:** B-complex vitamin, also known as vitamin H, is found in all organisms including bacteria, yeasts, molds, algae and some plants. Biotin assists in glucose utilization, which in turn may help with diabetes. Biotin also helps strengthen brittle nails and prevents hair loss.<sup>6</sup>

**MethylSulfonylMethane (MSM):** A biological sulfur that is found in plants, animals and humans. Sulfur is the the third most used mineral found in the human body and is stored in every cell! It is commonly used for inflammation, arthritis, and maintaining healthy hair, skin and nails. It supports the body by helping to bring oxygen to the cells. It is also a free radical scavenger which reinforces the body to help against cancer.<sup>7</sup>

#### **INGREDIENTS:**

Stabalized Rice Bran and Germ (non-chemically pre-digested solubles and insoluble fiber), MSM, FOS, TMG, Vanadyl Sulfate, Biotin, Resveratrol, Inositol Hexaphosphate (IP6), Beta Glucan

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<sup>4</sup> Vitamin D. Office of Dietary Supplements. National Institutes of Health. <http://ods.od.nih.gov/factsheets/vitamind>

<sup>5</sup> Betaine. University of Maryland Medical Center. April, 2011. <http://www.umm.edu/altmed/articles/betaine-000287.htm>

<sup>6</sup> Biotin. Micronutrient Research for Optimal Health, Linus Pauling Institute. Oregon State Univversity. Aug, 2008. <http://lpi.oregonstate.edu/infocenter/vitamins/biotin/>

<sup>7</sup> Ley, Ph.D., Beth M. MSM: On Out Way Back to Health with Sulfur. BL Publications, Detroit Lakes. 1998.