

KC-M
(from GOOD HERBS)

This is an incredible formula that will not only boost the Immune System, but, research shows that the ingredients contained in this formula have potent actions against the two most feared killers of our time, cardiovascular disease and cancer.

Red Raspberry Extract
(Rubus idaeus, Rubus strigosus)

Red Raspberries contains a compound called Ellagitannin which produces **ELLAGIC ACID** when it is consumed in the body. . **Why is Ellagic Acid so important?**

Research studies on Ellagic Acid have been extensive and represents a substantial body of evidence to support the protective effects of Ellagic Acid. Listed below are some of the findings:

Ellagic Acid promotes carcinogen detoxification by stimulating the activity of various isoforms of the enzyme glutathione-S-transferase in liver cancer.

Ellagic Acid slows the growth of abnormal colon cells, prevents the development of cells infected with the human papilloma virus linked to cervical cancer and triggers apoptosis "natural death" of prostate cancer cells. It is believed that this apoptotic process may also have beneficial effects on breast, lung, esophageal , and skin cancer.

Ellagic Acid acts as a scavenger to "bind" cancer causing chemicals, making them inactive. It inhibits the ability of other chemicals to cause mutations in bacteria.

Ellagic Acid has been shown to inhibit chemically induced cancer in the lung, liver, skin and esophagus. There is also clinical evidence that Ellagic Acid may inhibit tumors of the prostate and cervix.

Ellagic Acids do more than prevent cancer. Berries may also help prevent heart attacks because they contain a natural form of aspirin called salicylates.

Ellagitannins (Ellagic acid) are also believed by herbalists to be effective in treating diarrhea, nausea, vomiting and morning sickness in pregnancy. Animal tests suggest that Red Raspberry may reduce levels of glucose (blood sugar) in animals, and therefore may help in the management of diabetes.

The next ingredient in this formula is **GRAVIOLA**.

Graviola
(*Annova Muricata Leaves*)

According to published information Graviola has been researched since the 1970's and has been shown to effectively target and kill malignant cells in 12 different types of cancer, including Colon, Breast, Prostate, Lung and Pancreatic Cancer.

Graviola has been shown to selectively hunt down and kill cancer cells without harming healthy cells, unlike chemotherapy.

In 1976 the National Cancer Institute included Graviola in a plant-screening program that showed its leaves and stems were effective in attacking and destroying malignant cells.

Green Tea
(*Decaffeinated*)
(*Camellia Sinensis*)

Green Tea contains EGCG's . It is the EGCG's in Green Tea that has one of the most promising anticancer compounds ever discovered. In addition, clinical studies have shown that Green Tea has demonstrated the following results:

Possible chemopreventive effect on Breast, Gastrointestinal tract, Esophagus, Stomach, and Pancreas Cancer.

A research study performed at the prestigious Mayo Clinic, revealed that the catechins (EGCG's) in Green Tea actually kill prostate cancer cells.

Studies published in April 1999 showed that Green Tea inhibits the carcinogenic effect of smoking and also inhibits the growth of malignant lung tumors. Although smoking should be discouraged, Green Tea can be a potent inhibitor of the negative effects in those people addicted to tobacco.

Other benefits of taking Green Tea include prevention of collagen-induced arthritis (found in autoimmune diseases such as Rheumatoid Arthritis and systemic Lupus). Green Tea was discovered to block production of two substances that trigger and sustain allergic reactions.

Green Tea reduces Cholesterol levels, reduces body fat, and helps to reduce Blood Pressure.

Rooibos Tea
(*Decaffeinated*)

(Asplathus linearis)

Good Herb's Rooibos Tea comes from South Africa, unlike the cheaper Rooibos Tea which comes from Canada.

Research by Healthy and Natural Journal suggests that Rooibos antioxidant qualities are up to 50 times more potent than Green Teas.

Rooibos tea contains high levels of 37 known substances which act to limit free radicals. It is the free radicals that cause many problems such as aging of the skin, muscle, internal organs and the brain. Rooibos Tea helps to prevent these problems.

Research has shown that Rooibos helps delay the aging process. The aging of our bodies is caused by toxic compounds called free radicals which are produced as a by-product of normal cell function. These free radicals attack our healthy cells. Over our lifetime this damage contributes to aging and our immune system weakens.

Other health benefits are:

Insomnia
Strong bones and teeth (because of calcium/manganese content)
Eczema
Acne
Healthy Nervous system
Increases the absorption of iron in the body
Depression
Weight Loss
High mineral content

The breakdown of the formula (per capsule) is as follows:

Red Raspberry	350 mg.
Graviola	210 mg.
Rooibos Tea	70 mg.
Green Tea	70 mg.

My recommendation is:

To strengthen the Immune System and to prevent serious problems, use 4 capsules per day.

If you already have or have had a serious health problem, use 4-8 capsules per day, or as directed by your Health Care Practitioner.

I would use this formula if I wanted to prevent serious health problems, especially if there is a family history of serious health problems.

If I had ever had a serious health problem or presently had a serious health problem, this is one formula I would never be without.

Remember, it is our Immune System that helps us fight serious problems.

We must help to keep our Immune System strong to stay healthy.

Micki Jones

Note: Graviola should not be used during Pregnancy or if you are presently taking Antidepressant drugs or MAO-inhibitor drugs.