

# INGREDIENT DESCRIPTIONS

## Elevate Smart Coffee

### Weight Management Blend 3.1g:

**Rich Dark Roast Columbian Coffee Caffeine Anhydrous:** dehydrated caffeine powder--made from seeds and leaves of coffee plant, enhances natural stimulants in brain (dopamine, norepinephrine, glutamate, adrenaline)

### **Espresso Coffee**

**Organic Cocoa:** peruvian cocoa (best chocolate in the world)--more antioxidant flavonoids than any food tested, promotes cardiovascular health, increased focus/alertness, relaxation; anti-toxin, anti-depressant; increases level of neurotransmitters (serotonin, tryptophan, tyrosine and phenylethylamine), balances brain chemistry, mood elevator, reduces PMS and menopause symptoms; essential minerals iron and magnesium promote skin, hair, nail and bone health

**Sunflower Lecithin:** fatty substances extracted from sunflower seeds (lecithin--essential fat produced in body); promotes liver, brain, cognitive, cardiovascular, immunity, nervous system health; an anti-inflammatory, antidepressant, balances hormones

**Green Tea:** antioxidant; promotes cardiovascular and brain health, weight loss

**L-Theanine:** amino acid (found in green tea)--promotes relaxation, concentration and alertness; reduces anxiety, stress, jitteriness without diminishing positive caffeine benefits; improves sleep

**PEA (Beta Phenylethylamine HCL):** hormone-like substance/neurotransmitter (occurs naturally in brain and body)--promotes focus, attention, cognitive function, energy, stamina, muscle efficiency, sense of pleasure and libido; reduces stress, anxiety and depression; mood elevator

**Green Coffee Extract:** promotes cardiovascular, cognitive and brain health; antioxidant, anti-inflammatory, anti-aging properties, regulates blood sugar, boosts energy, weight loss aid

**Kigelia Africana Extract:** “Sausage” Tree in Southern Africa with multi-purpose medicinal benefits--antimicrobial, antiviral, antifungal, antioxidant, analgesic, anti-inflammatory, anti-aging, antibacterial; promotes kidney, joint, skin, lung, digestive health and cytotoxic activity against cancer (kills cancer cells); enhances libido, stimulant

**A-GPC (Alpha-Glyceryl Phosphoryl Choline):** chemical released when a fatty acid found in plants breaks down--seems to increase a brain chemical (acetylcholine--important for memory and learning)--improves memory, thinking and learning (cognitive health)

**Juglans Regia Extract:** walnut extract--high levels of omega-3 and antioxidants, promotes cardiovascular and brain health

**Chromium Polynicotinate:** essential trace element, regulates blood sugar, weight loss aid, mood elevator

#### **Other Ingredients:**

**Xylitol:** natural sweetener/sugar alcohol--found in fibrous fruits/vegetables, hardwoods, corn cobs and human body

#### **Natural and artificial flavors**

**High oleic sunflower oil:** high in monounsaturated fats, low in polyunsaturated fats, neutral taste, provides shelf stability without hydrogenation, preserves flavor

**Acacia gum:** water soluble dietary fiber--gum extracted from acacia tree (Africa); aids with cholesterol management, irritable bowel syndrome, weight loss; antitoxin, prebiotic--promote "good" intestinal bacteria

**Brown rice syrup:** sweetener

**Silicon dioxide:** a.k.a. silica (mineral found in quartz)--needed to maintain tissue health, create collagen; promotes skin, hair, nail and bone health

**Sunflower lecithin:** fatty substances extracted from sunflower seeds (lecithin--essential fat produced in body); promotes liver, brain, cognitive, cardiovascular, immunity, nervous system health; an anti-inflammatory, antidepressant, balances hormones

**D-Alpha tocopherol:** natural vitamin E--antioxidant

# Xanthomax

## Proprietary Blend 480mg:

**Xanthohumol extract:** “Supernutrient”, flavonoid found in hops plant; antioxidant (200 times more potent than resveratrol from red wine), promotes brain, cognitive, mental, cardiovascular, muscular, immunity health, weight loss, better sleep patterns, lower cholesterol; inhibiting effect on diabetes, osteoporosis, arteriosclerosis, stress; regulates blood sugar, fat metabolism; cytotoxic (lethal) effect against 60 kinds of cancer--leukemia, colon, breast, prostate plus more; increases energy, stamina, endurance levels, balances hormones--reduces menopause/PMS symptoms, anti-inflammatory

**Turmeric Root Extract (95% Curcuminoids):** curcumin--main active ingredient; anti-inflammatory, antioxidant, antitoxin, pain reducer, anti-clotting agent, antidepressant, promotes skin, liver, gallbladder, oral, eye, thyroid, cardiovascular, immunity, brain, cognitive health; anticancer effects, cytotoxic effects against cancer, aids in the relief of arthritis, ulcerative colitis, IBS; weight loss aid, aids digestion, boosts memory, reduces cholesterol, reduces menopause/PMS symptoms

**Caffeine:** enhances natural stimulants in brain (dopamine, norepinephrine, glutamate, adrenaline)

**3’3’-Diindolylmethane:** (DIM) found mostly in broccoli, cabbage and kale; promotes anticancer, antitumor, antiproliferative (slows or inhibits spreading of cancer cells) and apoptosis (programmed cell death) effects

**Phosphatidylcholine from Sunflower lecithin:** promotes brain, cognitive, circulatory, immunity, kidney, gallbladder, skin, cholesterol, cardiovascular health

## Other ingredients:

**Hypromellose (vegetable capsule):** made from purified water and HPMC--hydroxypropyl methylcellulose--derived from vegetable cellulose, 100% natural, vegan; no preservatives, gelatin, wheat, gluten, animal by-products or starch

**Rice flour:** (filler/carrier/bulking agent to add substance to fill out capsule)--hypoallergenic, naturally occurring complex carbohydrate

**Microcrystalline cellulose (plant fiber):** filler, binding agent

**Silica:** a.k.a silicon dioxide (mineral found in quartz)--needed to maintain tissue health, create collagen; promotes skin, hair, nail and bone health

# Choclevate Smart Chocolate Drink

## **Weight Management Blend 6g:**

**Organic Cocoa:** peruvian cocoa (best chocolate in the world)--more antioxidant flavonoids than any food tested, promotes cardiovascular health, increased focus/alertness, relaxation; anti-toxin, anti-depressant; increases level of neurotransmitters (serotonin, tryptophan, tyrosine and phenylethylamine), balances brain chemistry, mood elevator, reduces PMS and menopause symptoms; essential minerals iron and magnesium promote skin, hair, nail and bone health

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**Chromium Polynicotinate:** essential trace element, regulates blood sugar, weight loss aid, mood elevator

## **Other Ingredients:**

**Coconut Oil Powder:** contains high amounts of Lauric Acid--medium chain triglycerides (MCT)--anti-inflammatory, anti-bacterial, anti-fungal; helps increase metabolism, lower blood glucose level, prevent heart disease, lower high blood pressure, increase healthy cholesterol (HDL), convert bad cholesterol (LDL) into good cholesterol, kill harmful pathogens, prevent infections, reduce hunger, sustain energy, improve brain function

**Himalayan Pink Salt:** Himalayan salt is unrefined and hand-mined from caves in northern Pakistan, regulates water levels; promotes a stable pH balance, healthy blood sugar levels, sinus health, healthy sleep patterns, healthy libido; detoxifies; provides trace minerals, reduces muscle cramps by improving minerals and hydration, balances hormones, supports thyroid and adrenal function

**Guar Gum:** made from guar beans (legumes) called guar beans, used as a food additive to absorb water, thickens, binds and stabilizes

**Natural Flavor**

**Stevia Leaf Extract:** comes from stevia plant (South America), primary components called steviol glycosides, no calories, sweeter than sugar