

# **Ingredient Information at Your Fingertips**

By Stephanie E. Sanders

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## Table of Contents

Disclaimer.....	3
Iaso Chaga.....	4
Iaso Techui.....	6
Iaso Tea.....	7
Gano.....	10
NRG.....	12
Nutra Burst.....	15
Iaso Oil.....	18
Iaso Luna.....	20
Iaso Ojos.....	22
Iaso Sol.....	24
Iaso Pomica.....	26
Iaso Exfolia.....	27
Iaso Renique.....	28
Iaso Duo - Prep and Peel.....	30
Iaso Timeless.....	32
Iaso Kiss.....	33
Gladiator Soap.....	35
Delgada Slimming Coffee.....	38
Resolution.....	40
HCG2.....	42
Iaso Chocolate.....	43
Iaso Black.....	45
Iaso Cafe Latin Style.....	46
Iaso Mocha.....	47
Iaso Cappuccino.....	49
Iaso Love.....	51
Iaso Strike Up.....	53
Frankincense.....	56
Lavender.....	58
Lemon Oil.....	59
Wild Orange Oil.....	60
Peppermint Oil.....	61
Gladiator Oil.....	62

4/07/2015

## **Disclaimer**

**The information offered by Stephanie E. Sanders is intended to be general information with respect to the ingredients of Total Life Changes Products. While Stephanie E. Sanders is an Independent Business Owner for Total Life Changes, Total Life Changes does not endorse this document. This information is offered in good faith and as a result of Stephanie E. Sanders' own personal research of the product ingredients and each ingredient's documented benefits. You do not have to follow such. All recipients are encouraged to do their own research. This document makes no medical claims and is not a substitute for professional advice such as a medical Doctor, Psychiatrist, or Psychologist. The information offered by Stephanie E. Sanders does not constitute medical or professional advice neither is it intended to be. Any decisions you make, and the consequences thereof are your own. You agree not to hold Stephanie E. Sanders, liable for any loss or cost incurred by you, or any person related or associated with you, as a result of training, consulting or sharing of ingredient information offered by Stephanie E. Sanders. The research presented in this document is not intended to treat or diagnose any condition or ailment. Use of the ingredients should be approved by licensed medical physician if a health condition or ailment is present or possible.**

**3/28/2015**

# Health

## Iaso Chaga



### 100% Pure Siberian Chaga Extract

Chaga is a type of fungus (mushroom) that grows on live birch trees in cold regions such as Siberia, northern Canada, Alaska, and some northern parts of the continental United States.

- Works at the cellular level, protecting the body from free radicals and cell degeneration such as cancer.
- Natural waxes in the chaga form a protective sheath around your cells, keeping them strong and immune to premature degeneration and “aging”.
- Strengthens the immune system.
- Anti-fungal, anti-bacterial and anti-inflammatory.
- Extremely alkalizing so it balances the whole body.
- Has shown positive effects on people suffering from conditions, such as cancer, immune system difficulties, DNA degeneration, ulcers and digestive disorders, diabetes, HIV, cardiovascular diseases, respiratory problems, etc.
- Good source of vitamins D, B, A, C, and E.
- Rich in manganese, iron, calcium, zinc and selenium..

\*Fun fact: The chaga have a symbiotic relationship with the birches on which they grow, and often help to heal the trees. If you insert chaga into a dying tree, frequently, that birch will recover. If a birch is damaged and splintered at the top, chaga will fill in and

eventually heal the damaged bark. When the wind has caused a tree to lean and rub against another, chaga can repair the lesions in the bark of both trees.

## **Iaso Techui**



500mg 100% pure spirulina powder.

Spirulina has been found effective in tumor regression, chemo- and radioprotection, virus inhibition, and enhancing antibody production.

- Iron, potassium, Calcium, Magnesium, Selenium & Phosphorus.
- Biotin, Pantothenic Acid, Folic Acid, Niacin, Riboflavin, B1, E & B12.
- Essential Fatty Acids
- Carotenoids
- Enzymes and Chlorophyll
- 70% more protein in one capsule than in 1 lb. of meat.
- Assists with Muscle building and recovery.

## **Iaso Tea**



### **Persimmon Leaves**

- Helps remove excess fat from the body.
- The tannins and flavonoids in Persimmon Leaves believed to have anti-hypertensive, anti-carcinogenic, and anti-mutagenic properties.
- Used to help alleviate digestive problems and dermatitis.
- Acts as a natural antihistamine, which helps reduce allergic reactions.
- Helps with aging skin and bruises.

### **Holy Thistle**

- Given its name because it had a reputation as a cure-all and was considered a gift from God.
- Most well known for usage with female problems.
- Should not be used during pregnancy, but is used by nursing mothers to increase milk supply.
- Increases circulation and treats hormonal imbalance.
- Helps treat painful menstruation.
- Enhances memory by delivering oxygen to the brain.
- Contains antiseptic compounds that dilate peripheral blood vessels and shrink inflamed tissue.
- Excellent source of potassium and sodium.
- Great for respiratory allergies, arthritis and fevers.

### **Malva Leaves**

- Soothes irritated tissue and inflammation, especially in the mucus membranes.
- Great for ulcers and indigestion because it contains polysaccharides, which lower stomach acid, because they form a protective layer on the stomach lining.
- It's an expectorant, so it loosens phlegm and congestion from the lungs.
- Soothes tonsils, dry cough, sore throat and asthma.
- increases flow of urine and is used to relieve bladder & urinary tract infections.

### **Marsh Mallow**

- Used by the ancient Greeks to remedy bruises and bleeding, and as a mild laxative.
- Used in medieval Europe for indigestion and diarrhea.
- Rich in calcium, zinc, iron, sodium, iodine, B complex vitamins, and pantothenic acid.
- Produces a thick, sticky substance that coats the membranes.
- Contains flavonoids that reduce inflammation while the mucilage holds them in place and prevents further damage.

### **Blessed Thistle**

- Used in traditional medicine as far back as the early sixteenth century to improve memory, aid digestion, and treat a wide variety of other diseases and disorders.
- Kills and expels worms.
- Helps against inflammation of the liver.
- In herbal medicine, used for cancer, infections, inflammation, gallbladder disease, jaundice, liver disorders, cervical dysplasia, heart ailments, skin ulcers, yeast infections, and diarrhea.

### **Papaya**

- Rich in antioxidants, B vitamins, magnesium and fiber.
- Soothes indigestion and heartburn.
- Contains papain, which kills bacteria.
- Has a milky sap that contains acetogenins, which is great for preventing and killing cancer cells.
- a University of Florida study showed that it especially kills cervical, prostate, liver, breast and lung cancers.
- Menstrual pain
- Acne
- Anti-aging (50 or more different amino acids)
- Contains beta carotene so it's great for eye health..

### **Ginger**

- Nausea
- Eliminates intestinal gas.
- Anti-inflammatory.
- Protects against colorectal cancer.
- Kills ovarian cancer cells.
- Immune Booster.

### **Chamomile**

- A natural anti-inflammatory.
- Can be used to treat digestive disturbances, gastrointestinal spasms, inflammatory disease of the gastrointestinal tract, coughs and colds, fevers, and bronchitis.
- Muscle relaxing and sedative properties.
- Has antibacterial, antifungal and anti-allergenic properties.

### **Myrrh**

- Protective against aging skin because it is a powerful antioxidant properties.
- Menstrual pain relief.
- Soothes throat and mouth inflammation.

- Treats gingivitis, loose teeth and halitosis.
- Reduces cholesterol levels.
- Relaxes muscle tissue.

## Gano



100% Pure Malaysian Ganoderma Lucidum.

More commonly known as Reishi (RAY-She), ganoderma is a hard, bitter mushroom used to promote health and longevity in traditional Chinese medicine. Proponents claim that ganoderma can relieve fatigue, keep cholesterol in check, curb high blood pressure, tame inflammation, build stamina, and support the immune system. ganoderma has been shown to strengthen immunity as well as combat cancer-cell proliferation

Studies have suggested that regular use of ganoderma supplements may increase your levels of antioxidants, compounds thought to protect against disease and aging.

It is said that Ganoderma may help the woman who is not easy to get pregnant who has had habitual abortions before. Prof Kanata of Tohoku University believes that taking Ganoderma can strengthen sexual ability of both the male and the female intensifying the activity of spermatozoa and regulating ovulation of the female.

The reishi extract has been shown to be effective in completely curing migraine headaches. This is because it contains Triterpenes and Adenosine Monophosphate (AMP), which can effectively remove unwanted cholesterol and substances that might block your blood vessels, especially in the brain.

Other Common Uses

Acne  
Allergies

Adrenal Fatigue  
Arthritis  
Candida  
Common Cold  
Herpes  
HIV  
Hair Loss  
Lyme Disease  
Ulcerative Colitis  
Uterine Fibroids  
Vitiligo  
Weight Loss  
Blood Pressure and Blood Sugar Regulator  
Blood Thinner

## NRG



Energy builder, fat burner and appetite suppressant.

### **Caffeine**

- Lowers risk of Alzheimer's disease
- Antioxidant activity fights damage-causing free radicals.
- Keeps dopamine molecules active
- Keeps you alert

### **Chromium**

- Known to enhance the action of insulin.
- Directly involved in carbohydrate, fat, and protein metabolism.

### **Calcium**

- Strengthens bones and teeth.
- Promotes more fat to be burned and less fat to be stored.

### **Magnesium**

- Better sleep.
- Contributes to the growth and strength of muscles.
- Loosens tight muscles
- Assists with enzyme function
- helps prevent stroke, heart disease and menstrual pain.

### **Zinc**

- Proper function of the immune and digestive systems.
- Control of diabetes.
- Reduction of stress
- Energy metabolism
- Increased rate of healing for acne and wounds.
- Helps regulate cell production in the immune system.

### **B-6**

- Metabolism

- Hormone Control
- Skin Conditions

## **B12**

- Energy production and a decrease in fatigue and lethargy in the body.
- Helps in healthy regulation of the nervous system, reducing depression, stress, and brain shrinkage.
- Helps maintain a healthy digestive system.
- Protects against heart disease by curbing and improving unhealthy cholesterol levels, protecting against stroke, and high blood pressure.
- Essential for healthy skin, hair, and nails. It helps in cell reproduction and constant renewal of the skin.
- Helps protect against cancers including breast, colon, lung, and prostate cancer.

## **Beta Phenylethylamine**

- Substance found naturally in chocolate
- Ability to increase dopamine levels in the brain and blocks it from getting absorbed too quickly.
- May help promote the release of acetylcholine, another powerful brain chemical which helps to support memory and cognition.
- Improves mood.

## **Dark Cocoa Powder & Cocoa Powder**

- Contains iron, manganese, magnesium and zinc
  - Good source of flavanoids epicatechin and catechin, which function as antioxidants that help prevent systemic inflammation.
1. Epicatechin relaxes the muscles in blood vessels, which improves blood flow and helps lower blood pressure.

## **Dimethylamylamine (Geranium Extract)**

- Anti-Bacterial, Anti-Fungal & Antiseptic
- Boosts Immunity
- Anti-Hemorrhagic Agent
- Boosts Metabolism

## **Green Tea Extract**

- Lowers total cholesterol and raised HDL (good) cholesterol.
- May help protect against cancer.
- May help reduce inflammation in Chron's disease and Ulcerative Colitis (the two types of Irritable Bowel Disease).
- Weight Loss

## **Polyphenols 40% ECGC**

- Potent antioxidants.
- Increases metabolism
- Burns fat
- Reduces fat storage

## **Alpha Keto Glutaric Acid**

- Improves peak athletic performance.
- Prevents muscle breakdown.

## **Cinnamon**

- Anti-inflammatory
- Anti-microbial
- Antitumor,
- Cardiovascular

- Cholesterol-lowering
- Immunomodulatory effects
- Loaded with antioxidants
- Lowers blood sugar levels and has a powerful anti-diabetic effect.

#### **Trace Minerals**

##### **Choline Bitartrate**

- Beneficial for bodybuilding and delaying fatigue in endurance sports.
- Natural brain booster (memory and brain function)

##### **5 HTP**

- Improves mood.
- Suppresses hunger.
- Increases serotonin levels in the brain.

##### **Vanadyl Sulfate**

- Has an insulin-like effect on the body.
- Stimulates glucose uptake and its oxidation in the cells.
- Lowers blood sugar
- Lowers hemoglobin A1c
- Reduces insulin requirements in those with Type 1 diabetes.
- Helps lower cholesterol.

##### **Cellulose**

- Insoluble fiber
- Helps food move through the digestive system faster.
- Prevents constipation.
- Reduces the risk of diverticular disease.

##### **Silica**

- Improves skin.
- Improves joint function.
- Aids in digestive function.
- Improves cardiovascular health.
- Inhibits aluminium absorption.
- Improves hair condition.

##### **Magnesium Stearate (lubricant to prevent capsules from sticking to machinery)**

## Nutra Burst



- Complete vitamin and mineral supplement.
- 98% absorption into the blood stream.

- **72 minerals including:**

1. Calcium
2. Magnesium
3. Chromium
4. Boron
5. Cobalt
6. Potassium
7. Manganese
8. Molybdenum
9. Chloride
10. Vanadium
11. Lithium
12. Silver
13. Zinc
14. Copper
15. Phosphorus
16. Sulfur
17. Silicon
18. Nickel
19. Iron

20. Iodine
21. Tin
22. Fulvic Acid

● **12 herbs:**

1. Aloe Vera
2. Panax Ginseng
3. Citrus Bioflavonoids
4. Corn Silk
5. Cranberry
6. Goldenrod
7. Grape Seed Extract
8. Green Tea Extract
9. Juniper Berries
10. Kelp
11. Pau d'Arco
12. Milk Thistle Extract

● **22 fruits and vegetables:**

1. Plant Enzyme Concentrate (Bromelain, Papain, Amylase, Cellulase, Lactase, Lipase, Pro-tease)
2. Pineapple
3. Broccoli
4. Apple
5. Orange
6. Cauliflower
7. Celery
8. Grapefruit
9. Kale
10. Raspberry
11. Spinach
12. Strawberry
13. Lemon
14. Papaya
15. Peach
16. Pear

● **13 whole food greens:**

1. Barley Greens
2. Buckwheat
3. Wheat Grass
4. Chlorella
5. Spirulina Algae
6. Barley Malt
7. Mung Bean
8. Soybean
9. Bee Pollen
10. Acerola 4:1 Extract
11. Licorice Root Extract
12. Astragalus Root
13. Bilberry 50:1 Extract

- **Vitamin & Multi-fiber complex.**

1. Vitamin D
2. Vitamin E
3. Thiamin
4. Riboflavin
5. Niacin
6. Vitamin B6
7. Folate
8. Vitamin B12
9. Biotin
10. Panthothenic Acid
11. Selenium
12. Proprietary Fiber Blend (Apple, Pectin, Beet, Carrot, Oat and Soy Fibers)
13. Elagic Acid (from pomegranate and red raspberry extracts)
14. Proprietary Blend

- **Tons of amino acids:**

1. L-Alanine
2. L-Soleucine
3. L-Serine
4. L-Arginine
5. L-Leucine
6. L-Threonine
7. L-Aspartic Acid
8. L-Lysine
9. L-Tryptophan
10. L-Cysteine
11. L-Methionine
12. L-Tyrosine
13. L-Glutamic Acid
14. L-Phenylalanine
15. L-Valine
16. L-Glycine
17. L-Histidine
18. L-Proline

- 100% organic.

- Gives a burst of energy that can usually be felt within minutes.

- All Benefits of Ganoderma

\*Purified water, fructose, natural flavors, citric acid and potassium sorbate.

# Skin Care

## Iaso Oil



100% Fully Refined and Certified Pure. Trace amounts of Vitamin E (preservative).

Emu Oil Pure Emu Oil contains a complete balance of essential fatty acids (Omegas 3, 6, and 9) which play a part in almost every function of the human body, including the regeneration of healthy new skin cells. Natural lipids found in Emu oil match that of human skin. Replenishing these lipids helps replenish skin from the inside out. Emu oil supports skin's natural stimulation of proteins resulting in faster rejuvenation. The effects of emu oil to replenish and rejuvenate skin are indisputable.

Emu oil penetrates the skin more efficiently than a non-refined product, and is perfect for addressing many common issues such as:

- General skin care and moisturizing
- Skin rehabilitation after burns and sun burns
- Cuticle care
- Dry cracked skin
- Anti-aging and Wrinkles
- Prevention of stretch marks
- Hair care, dry scalp
- Sooth discomfort from scratches and cuts
- Soothe discomfort from insect bites, and rashes
- Pet care.
- Beneficial if swallowed.

Emu oil has been shown to reduce inflammation associated with over used joints, providing relief. As an anti-inflammatory agent, emu oil is commonly used for:

- Arthritis discomfort
- Muscle aches
- Joint stiffness
- Bruising
- Acne lesions
- Eczema
- Psoriasis

Iaso Emu oil is non-toxic, hypo-allergenic (non-irritating), and gently for all skin types. It is 100% All-Natural and carries the American Emu Association Certification Seal for Fully Refined Emu Oil. Our emu oil meets the criteria set forth in the newly established Emu Oil Trade Rules for Fully Refined Emu Oil for cosmetic, medical and pharmaceutical uses

## Iaso Luna



\*Apply every evening after Cleansing & Renique

- **Aloe Vera** – Natural Anti-Wrinkle! --Aloe vera increases the activity of the fibroblasts in the tissues so the fibroblasts produce more collagen and elastin fibers and that reduces wrinkling.
- **Grape Seed Oil** - Grape seed oil contains a high amount of linoleic acid, which is a fatty acid essential for the health of the skin and cell membranes. Antioxidant. Polyphenols can help slow the process of aging, as well as having anti inflammatory and anti oxidant properties.
- **Squalane (Olive based/NOT Shark Liver)** - Squalane is required for our skin to keep it moisturized and fight aging. It is also an unique antioxidant from olives that protects our skin from free-radical damages. Conditions and moisturizes our skin. - Restores the skin suppleness and flexibility. - Enhances skin elasticity and moisture retention - Reduce the appearance of wrinkles - Relief to dehydrated and ultra-sensitive skin. - Softens the most rough-textured irritated skin and leaves no oily residue - Boost new cell growth.
- **Apple Stem Cell (Utwiler Spatlauber—18th century Swiss apple)** – Excellent storability without shriveling. Rich in phytonutrients, proteins and LONGLIVING cells. Increases the Vitality of skin stem cells. Protects and Repair human stem cells. Combats chronological aging. Facial rejuvenation. Crows feet study – Results showed a significant and visible decrease in wrinkle depth in 100% of the subjects after 28 days. Malus Domestica extract helps the Epidermal stem cells to Retain their capacity to build NEW

- **Crispus/Algae Extract AKA Hawaiian Sea Extract** - Minerals & amino acids that provide proper environment for development of Firmer, Healthier looking skin. Increase moisture. Smooth skin.
- **Q-10 (Ubiquinono 50)** – Skin Look and Feel Firmer, Softer and Well-toned. Natural Antioxidant. Protects skins Lipids. Prevents Collagen degradation.
- **Syn-Hycan (Tetradecyl Aminobutyrolylaminobutyric Urea Trifluoroacetate)** - For Neck and Jowls. Fresh hyaluronan and stronger collagen fibrils result in Visible Remodeling & Firmer Skin! Anti Sagging treatment. Line Plumping. Needle-Free Hyaluronan Face Contour Remodeling.
- **Green Tea Extract** – Antioxidant properties Reduce Sun Damage. Quenching free radicals and Reducing Inflammation. Green tea promotes healthy, younger-looking skin when applied topically. Anti-inflammatory to Calm & Balance the skin.
- **Ganoderma Lucidum Extract (Reishi Mushroom)** – RAY-She (pronouncing). The reishi mushroom is used in traditional Chinese medicine to help reduce skin inflammation, puffiness and wrinkles. Reishi mushroom contains ingredients that cause melanin suppression as well as other beneficial trace elements. These contents might help reduce the presence of and destruction caused by free radicals, promote cell regeneration to increase skin thickness and texture.
- **Retinyl Palmitate** – one of the primary antioxidants found naturally in skin. Retinyl palmitate is easily absorbed by the skin and once it is there is converted into retinol. It belongs to the family of chemical compounds known as retinoids and is one of the most important vitamins for the appearance of the skin because of its small molecular structures. These tiny molecules have the ability to penetrate the outer layers of the skin and work to repair the lower layers where collagen and elastin reside. Retinoic acid facilitates communication between cells, encouraging aging cells to continue their renewal process, and regenerate collagen and elastin to prevent the appearance of aging skin, wrinkles, and fine lines. It is also effective at producing new, healthy skin cells to replace skin previously damaged by acne.

## Iaso Ojos



\*Apply every evening after Cleansing & Renique to eye area

- **Aloe Vera** – Natural Anti-Wrinkle! --Aloe vera increases the activity of the fibroblasts in the tissues so the fibroblasts produce more collagen and elastin fibers and that reduces wrinkling.
- **Squalane (Olive based/NOT Shark Liver)** - Squalane is required for our skin to keep it moisturized and fight aging. It is also a unique antioxidant from olives that protects our skin from free-radical damages. Conditions and moisturizes our skin. - Restores the skin suppleness and flexibility. - Enhances skin elasticity and moisture retention. - Reduce the appearance of wrinkles. - Relief to dehydrated and ultra-sensitive skin. - Softens the most rough-textured irritated skin and leaves no oily residue. - Boost new cell growth.
- **Grape Seed Oil** - Grape seed oil contains a high amount of linoleic acid, which is a fatty acid essential for the health of the skin and cell membranes. Antioxidant. Polyphenols can help slow the process of aging, as well as having anti-inflammatory and anti-oxidant properties.
- **REGU-AGE (Hydrolyzed Rice Bran Protein, Oxidoreductases, Glycine Soja protein)** - Ageless, youthful looking eyes. Reduce Dark Circles and Puffiness around the Eyes. Delays the Visible signs of Premature skin ageing. Improves microcirculation. Strengthens the native Collagen and Elastin matrix. Prevents UV damage.
- **Apple Stem Cell (Utwiler Spatlauber—18th century Swiss apple)** – Excellent storability without shriveling. Rich in phytonutrients, proteins and LONGLIVING cells. Increases the Vitality of skin stem cells. Protects and

Repair human stem cells. Combats chronological aging. Facial rejuvenation. Crows feet study – Results showed a significant and visible decrease in wrinkle depth in 100% of the subjects after 28 days. Malus Domestica extract helps the Epidermal stem cells to Retain their capacity to build NEW tissues.

- **SYN-COLL Palmitoyl Tripeptide-5** Helps stimulate collagen synthesis, firms skin and overrides the effects of Matrix Metalloproteinase (MMP) enzymes that contribute to skin aging. SYN®-COLL is a deep penetrating, bio-active ingredient developed to remove any type of wrinkle and to repair existing stretch marks. As a breakthrough in wrinkle treatment SYN®-COLL can be used in any type of anti-aging product for every aspect of wrinkle reduction.
- **Sodium Hyaluronate (Hyaluronic Acid)** – Hold more water than any other natural substance (over 1000 times its weight in water). Great for ACNE prone skin. Provides moisture without stimulating the sebaceous glands. Increased smoothness, softening and decreased wrinkles. Facilitates healing. Calming. Reduce dryness, itching and burning of the skin. Skin needs hyaluronic acid to support collagen structurally. HA lubricates the collagen. Carrier agent! Bioavailable substance that is accepted and absorbed by the body.
- **Ganoderma Lucidum Extract (Reishi Mushroom)** – RAY-She (pronouncing). The reishi mushroom is used in traditional Chinese medicine to help reduce skin inflammation, puffiness and wrinkles. Reishi mushroom contains ingredients that cause melanin suppression as well as other beneficial trace elements. These contents might help reduce the presence of and destruction caused by free radicals, promote cell regeneration to increase skin thickness and texture.
- **Punica Granatum (pomegranate extract)** – High levels of Vitamin C and antioxidants. Prevents cell damage. Extends the life of the cells that produce collagen and elastin (strength and support to skin)! UVA & UVB Damage control : hyperpigmentation. 99% Safety by FDA.
- **Q-10 (Ubiquinono 50)** – Skin Look and Feel Firmer, Softer and Well-toned. Natural Antioxidant. Protects skins Lipids. Prevents Collagen degradation.

## Iaso Sol



\*Apply every morning after Cleansing & Renique

- **Aloe Vera** – Natural Anti-Wrinkle! Aloe vera increases the activity of the fibroblasts in the tissues so the fibroblasts produce more collagen and elastin fibers and that reduces wrinkling.
- **Squalane (Olive based/NOT Shark Liver)** - Squalane is required for our skin to keep it moisturized and fight aging. It is also a unique antioxidant from olives that protects our skin from free-radical damages. Conditions and moisturizes our skin. - Restores the skin suppleness and flexibility. - Enhances skin elasticity and moisture retention. - Reduce the appearance of wrinkles - Relief to dehydrated and ultra-sensitive skin. - Softens the most rough-textured irritated skin and leaves no oily residue - Boost new cell growth.
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- **Green Tea Extract** – Antioxidant properties Reduce Sun Damage. Quenching free radicals and Reducing Inflammation. Green tea promotes healthy, younger-looking skin when applied topically. Anti-inflammatory to Calm & Balance the skin.

- **Ganoderma Lucidum Extract (Reishi Mushroom)** – RAY-She (pronouncing). The reishi mushroom is used in traditional Chinese medicine to help reduce skin inflammation, puffiness and wrinkles. Reishi mushroom contains ingredients that cause melanin suppression as well as other beneficial trace elements. These contents might help reduce the presence of and destruction caused by free radicals, promote cell regeneration to increase skin thickness and texture.
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## Iaso Pomica



\*For face & body use 2x daily prior to all treatments and creams.

- **Punica Granatum (pomegranate extract)** – High levels of Vitamin C and antioxidants. Prevents cell damage. Extends the life of the cells that produce collagen and elastin (strength and support to skin)! UVA & UVB Damage control : hyperpigmentation. 99% Safety by FDA.
- **Pyrus Malus (Apple : Malic Acid)** - A rich source of various vitamins, trace elements, and amino acids. Antiseptic properties. Apple fruits contain an anti fungal constituent. Reduces skin inflammation. Helps in removing dead skin fragments (exfoliating).
- **Ganoderma Lucidum Extract (Reishi Mushroom)** – RAY-She (pronouncing). The reishi mushroom is used in traditional Chinese medicine to help reduce skin inflammation, puffiness and wrinkles. Reishi mushroom contains ingredients that cause melanin suppression as well as other beneficial trace elements. These contents might help reduce the presence of and destruction caused by free radicals, promote cell regeneration to increase skin thickness and texture.
- **Retinyl Palmitate** - Form of vitamin A. It is a combination of retinol (pure vitamin A) and palmitic acid. There is research showing it to be effective as an antioxidant and skin-cell regulator.
- **Ascorbic Acid (Vitamin C)** - Antioxidant that is proven to stimulate the synthesis of collagen, which is essential since your body's natural collagen production decreases as you age. Studies have shown that vitamin C helps to minimize fine lines, scars, and wrinkles.
- **Tocopheryl Acetate (Vitamin E)** - Naturally occurring Antioxidant!

## **Iaso Exfolia**



\*Gently scrub face 1-5x per week. \*Leave on for 15 minutes as an enzyme mask for extra benefits.

- **Grape Seed Oil** - Grape seed oil contains a high amount of linoleic acid, which is a fatty acid essential for the health of the skin and cell membranes. Antioxidant. Polyphenols can help slow the process of aging, as well as having anti inflammatory and anti oxidant properties.
- **Ganoderma Lucidum Extract (Reishi Mushroom)** – RAY-She (pronouncing). The reishi mushroom is used in traditional Chinese medicine to help reduce skin inflammation, puffiness and wrinkles. Reishi mushroom contains ingredients that cause melanin suppression as well as other beneficial trace elements. These contents might help reduce the presence of and destruction caused by free radicals, promote cell regeneration to increase skin thickness and texture.
- **Pumpkin Extract (Cucurbita Pepo (Pumpkin) Fruit Ferment Extract)** - The extract contains a protein-digesting enzyme that works efficiently to remove dead cells from the top layer of skin (epidermis), making healthy cell restoration and renewal possible. Natural gentle and safe enzyme peel. Unblocks pores and dissolve oils to help remove blackheads. Improve skin texture and tone with exfoliation. Treats hyperpigmentation.
- **Punica Granatum (pomegranate extract)** – High levels of Vitamin C and antioxidants. Prevents cell damage. Extends the life of the cells that produce collagen and elastin (strength and support to skin)! UVA & UVB Damage control : hyperpigmentation. 99% Safety by FDA.
- **Green Tea Extract** – Antioxidant properties Reduce Sun Damage. Quenching free radicals and Reducing Inflammation. Green tea promotes healthy, younger-looking skin when applied topically. Anti-inflammatory to Calm & Balance the skin.

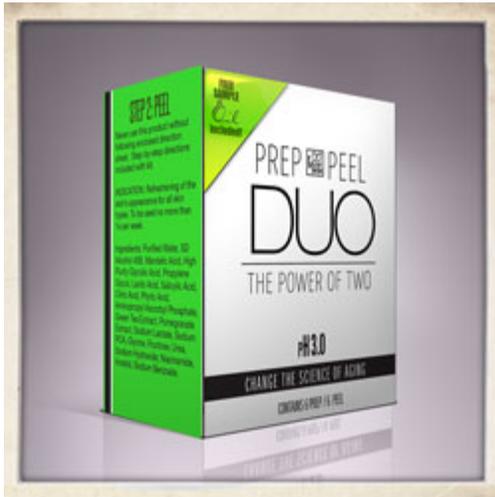
## Iaso Renique



- **Algae Extract** - Anti-oxidant, moisturizes, supplies skin with natural minerals and vitamins, suitable for even sensitive and irritated skin.
- **SNAP 8 Peptide** - The anti wrinkle octapeptide SNAP-8 is an elongation of the famous hexapeptide Argireline®. SNAP-8 reduces the depth of wrinkles on the face caused by the contraction of muscles of facial expression, especially in the forehead and around the eyes.
- **Leuphasyl Peptide** - Leuphasyl® reduces the depth of wrinkles on the face caused by the contraction of muscles of facial expression, especially in the forehead and around the eyes. Leuphasyl® targets in vitro the wrinkle-formation mechanism of expression wrinkles in a new way, offering an alternative to peptides like Argireline®.
- **Syn-ake Peptide** - SYN®-AKE has been developed as efficient smoothing and anti-wrinkle care particularly effective against expression lines by relaxing facial muscles. This active tri-peptide acts in a manner similar to Waglerin 1, a neuromuscular blocking compound of the venom of the Temple Viper.
- **Syn®-Coll** - is a synthetic peptide designed to stimulate the skin's natural mechanism to produce collagen. It is based on a small peptide developed to reduce any type of wrinkles. Clinical trials have shown that Syn®-Coll is capable of reducing and changing the type and aspect of wrinkles that add years to your appearance.
- **GABA Gamma Aminobutyric Acid** – Natural muscle relaxant that works synergistically with peptides to relax facial muscles and improve the look of fine lines.

- **Sodium Hyaluronate (Hyaluronic Acid)** – Holds more water than any other natural substance (over 1000 times its weight in water). Great for ACNE prone skin. Provides moisture without stimulating the sebaceous glands. Increased smoothness, softening and decreased wrinkles. Facilitates healing. Calming. Reduce dryness, itching and burning of the skin. Skin needs hyaluronic acid to support collagen structurally. HA lubricates the collagen. Carrier agent!  
Bioavailable substance that is accepted and absorbed by the body.
- **Caviar Extract** – Nutrisea H.S. is the water soluble extract of Caviar. It replenishes vitamins and minerals (calcium, zinc and magnesium included) in the skin, restoring its balance and revitalizing a youthful, well-toned appearance. The proteins, lipids and vitamins (Vitamin A and the B range) repair the skin by moisturizing, improving elasticity, soothing and preventing trans-epidermal water loss.
- **Actigen 02 Actigen®O2 (Panax Ginseng Root Extract)** - Combines the Chinese healing secrets of Ginseng with Gynostemma to increase respiration and protect and nourish dry skin. In particular, increased blood flow results in an increase in the rate of oxygen being delivered to the skin, resulting in increased "respiration". This helps prevent or slow down the premature aging of skin and helps the skin from becoming dehydrated. Enhances delivery of nutrients. Facilitates removal of toxins. Reduces puffiness Alleviates bags under the eyes.

## Iaso Duo - Prep and Peel



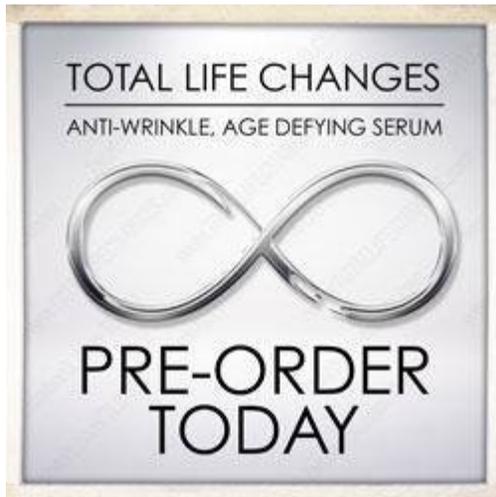
\*Apply weekly after cleansing with Pomica. Rinse and apply Iaso Oil for healing  
NEVER NEVER NEVER USE MORE THAN 1X PER WEEK!

- **Mandelic Acid** - Mandelic has a very large molecule which gives it a low irritation factor - but it has a stronger pH level than glycolic acid - and that gives it great "action". Mandelic is derived from an extract of bitter almonds, but will not cause allergic issues.
  1. **Treating stubborn acne - Many patients can control their acne with Mandelic acid without the need for antibiotics or excessively irritating products.**
  2. **Reducing fine lines and wrinkles - Dramatic improvement (as with a glycolic treatment) but without the irritation or post-inflammatory pigmentation often seen with other AHA acids.**
  3. **Rapidly improve skin texture and sustain the effect over several months.**
  4. **Reducing pigmentation, brown spots and large freckles.**
- **Glycolic Acid** - Probably the most "well known" of the Alpha Hydroxy Acids. Glycolic acid is a general type of acid used for a chemical peel. It is water soluble, and works nicely on most skin types to accelerate the turnover of skin cells, remove lesions, and restore steadiness.
- **Lactic Acid** - Lactic Acid will exfoliate the outer surface of the skin and encourage new cell turnover. It is a natural humectant, pulling moisture from the collagen levels to the surface of skin. It is an excellent acid choice for dry and sun-damaged skin.
- **Salicylic Acid** - Salicylic acid is a beta hydroxy acid that is a highly effective superficial peeling agent and pore cleanser that can help you. Salicylic acid loosens and removes aging cells, oil and debris attached to the skin's surface and stimulates new cell production and increased collagen formation. It is oil soluble and lipophilic so it's able to penetrate sebum filled follicles and clean out clogged pores, resulting in marked improvement in acne prone skin.
- **Citric Acid** - Citric acid is an intrinsic property found in a wide array of fruits and vegetables which helps to protect the skin from damaging free radical

activity. Citric acid, a natural antioxidant, can effectively treat age spots. It is also used for its astringent and skin lightening properties.

- **Phytic Acid** - Most often used as a skin care lightening ingredient. As well as acting as a melanin formation blocker, it is also an antioxidant. It can reduce oxidation stress, and thus help to reduce the inflammatory process, which can be a precursor to post-inflammatory hyper-pigmentation.
- **Green Tea & Pomegranate extract** - antioxidant action.

## Iaso Timeless



\*Apply to clean skin as needed to instantly tighten and blur.

- **Auraspheres** -

1. Instant optical blurring of lines, wrinkles & pores.
2. Minimize wrinkles quickly, painlessly and effectively.
3. Tightening and mattifying instantly and progressively! Broad spectrum wrinkle minimizers, work synergistically to create an intense and immediate tightening and mattifying effect.
4. Reduce roughness, mattify shine, minimize pores and blur fine lines. For use on the forehead, crows feet, or where needed.

- **Syn-ake Peptide** - SYN®-AKE has been developed as efficient smoothing and anti-wrinkle care particularly effective against expression lines by relaxing facial muscles. This active tri-peptide acts in a manner similar to Waglerin 1, a neuromuscular blocking compound of the venom of the Temple Viper.

- **Sodium Silicate** - Instant tensing of tissues. Sodium Silicate is CIR approved with concentration limits, and FDA approved as a food additive with the GRAS (Generally Recognized as Safe) rating.

**Magnesium Aluminum Silicate** - Thickening agent used to fill lines.

## Kiss



Kiss is available in 5 pack multi flavor packs only. Blue Raspberry, Herbal Mint, Peppermint, Cherry, Vanilla Bean.

1. Heals and moisturizes dry/chapped lips.
2. Applies clear.
3. Each flavor tastes accordingly.

- **Pure Shea Butter**

1. Essential fatty acids, phytosterols, vitamin E and D, provitamin A and allantoin.
2. Antioxidant
3. Anti-inflammatory
4. Deeply moisturizing

- **Organic Soybean Oil**

1. Contains vitamins such as B vitamins, Vitamin E and Vitamin K.
2. Very good for protecting skin from UV rays.
3. Helps to cure skin damage.
4. Strong anti-oxidant properties of soy oil help to protect skin cells from free radical damage.

- **Sunflower Oil**

1. Due to its emollient properties, sunflower oil helps the skin retain its moisture.
2. Extremely high in Vitamin E.
3. rich in vitamins A, C and D and healthy carotenoids and waxes which form a protective barrier on the skin.

- **Palm Oil**

1. 15 times richer in beta-carotene (vitamin A) than a carrot.
2. Very moisturizing and never dries out your skin.
3. High levels of vitamin A and vitamin E.

- **Organic Olive Oil**

1. Contains three major antioxidants: vitamin E, polyphenols, and phytosterols.
2. May help protect the skin from premature skin aging.

- **Avocado Oil**

1. Rich in antioxidants, making it useful for healing sun-damaged skin.
2. Antioxidants like vitamins A, D and E in avocado cause the skin to be suppler, and are thus particularly good for dry or aged skin.
3. Contains lecithin and potassium, which are all highly beneficial for the skin.

● **Beeswax**

1. Forms a protective barrier on the surface of the skin, while still allowing the skin to breathe.
2. Anti-inflammatory, antibacterial and antiviral.
3. Emollient and a humectant, drawing moisture to the skin and sealing it in.

4.

● **Cocoa Butter**

1. Antioxidant.
2. High in fatty acids, meaning it can penetrate deep-down into the skin and hydrate from within.

## Gladiator Soap



Anti-fungal, antibacterial and exfoliating bath soap with a unique blend of 100% pure, premium therapeutic grade, essential oils.

- **Saponified Coconut oil**
  1. Incredible bubbly lather.
  2. Cleans extremely well
  3. Great moisturizing and healing properties.
  4. Hydrates skin.
  5. Coconut oil naturally clears away dirt, grime, and dead skin cells.
  6. Antibacterial properties.
- **Saponified Palm Oil**
  1. Creamy, stable lather.
  2. Sometimes referred to as the "vegan's substitute for tallow" because it adds similar structural properties to the soap as tallow while allowing you to avoid the use of animal products
- **Saponified Olive Oil**
  1. Creamy, stable lather
  2. Unparalleled moisturizing and conditioning abilities.
  3. Moisturizes the skin without clogging pores.
- **Saponified Castor Oil**
  1. Effective for adding an amazing lather and great moisturizing properties.
  2. Effective for acne treatment because of its incredible moisturizing and healing properties.

- **Saponified Jojoba (Ho-Ho-Bah) Oil**
  1. Bubbly and creamy stable lather.
  2. Adds skin conditioning properties
  3. It has PH levels very similar to that of our own natural sebum.
  4. Using jojoba oil for acne afflicted skin is also very common because of its great all natural moisturizing properties.
- **Cinnamon Bark**
  1. Due to its antifungal, antibacterial, antiviral and antiseptic properties, it is effective on treating external infections
- **Lemon**
  1. Lemon oil is a good remedy for increasing the luster of dull skin.
  2. Astringent and detoxifying in nature, and rejuvenates sagging or tired-looking skin.
  3. Antiseptic properties help in treating pimples and various skin disorders.
  4. Recommended for reducing excessive oil on the skin.
- **Rosemary**
  1. Has antimicrobial and antiseptic qualities that make it beneficial in efforts to eliminate eczema, dermatitis, oily skin, and acne.
  2. Topical application of the essential oil, or regular massage with the oil helps in toning your skin and removing dryness.
  3. Can give your skin a healthy, even glow when regularly applied or when it is a main component of your moisturizers and other creams.
- **Aloe Vera**
  1. The anti-allergic property of aloe vera is useful in the treatment of various skin diseases like eczema, psoriasis, itchy skin and so on.
  2. Anti-inflammatory property helps to reduce acne greatly
  3. Contains a plethora of anti-oxidants like beta carotene, vitamins C and E that improve the natural firmness of skin.
  4. A natural moisturizer because of the moisture content locked in it. It releases natural vitamins and enzymes on the skin to produce a deep moisturizing effect that helps to treat and restore its pH balance.
- **Lecithin**
  1. Acts as an emulsifier for the product but it also helps to hydrate, replenish and repair the skin due to its essential fatty acid content.
  2. Acts as a natural moisturizer.
  3. It is derived from soybeans with skin protection qualities.
  4. Has the ability to penetrate the epidermis and carry substances to the right cell level.
  5. It is an important source of choline and inositol, which are vital components of all cell membranes, and play an important role in cell growth and function.
- **Clove Bud**
  1. Can be used to counteract pain when applied directly to the skin.
  2. Due to its stimulating and warming properties, clove bud can be used in aromatherapy to aid with digestive problems.
  3. Can be used externally to help alleviate muscular aches and sprains, including those caused by arthritis.
- **Eucalyptus Radiata**
  1. Used to treat sinus and respiratory conditions

2. Powerful antibacterial, antifungal and anti-infectious action, which makes it extremely useful for all types of infection.
3. When vaporized, its decongestant action helps to clear sinusitis, a stuffy nose or relieve chestiness, as well as helping to stop coughs and colds spreading.
4. Used in massage, this essential oil is very helpful for conditions such as arthritis, rheumatic conditions and everyday aches and pains due to its anti-inflammatory, stimulating and warming action.

# Weight Loss

## Delgada Slimming Coffee



- **Premium Sumatran Instant Coffee**
- **Garcinia Cambogia Extract (60%HCA)** - Plant whose fruit rind is used to make medicine.
  1. Prevents fat storage.
  2. Controls appetite
- **Green Coffee Bean Extract (50% Chlorogenic Acids)** - Coffee beans that have not been roasted
  1. Enhances and boosts the overall metabolism.
  2. Reduces blood pressure.
- **Ganoderma Extract**
  1. Acne
  2. Adrenal Fatigue
  3. Arthritis
  4. Candida
  5. Common Cold
  6. Herpes
  7. HIV
  8. Hair Loss
  9. Lyme Disease
  10. Ulcerative Colitis
  11. Uterine Fibroids
  12. Vitiligo
  13. Weight Loss
  14. Blood Pressure and Blood Sugar Regulator
- **Advantra Z** - Bitter Orange extract
  1. Produces an increase in resting metabolic rate.
  2. Effective in inducing weight loss and reducing body fat.
- **Natural Caffeine**
  1. Increases alertness

2. Appetite suppressant
3. Will increase calorie burning to a small degree and may be helpful as part of a weight loss plan.
4. The use of caffeine to improve physical performance is well known among professional athletes.

## Resolution



Flushes fat and toxins from the system and reduces cravings. Preliminary tests have shown dramatic weight loss using a flexible 1200 calorie diet plan.

- **Ammonium Bromatum** - is a homeopathic remedy for chronic obesity and those who suffer from chronic laryngeal and pharyngeal catarrh and neuralgic headaches.
- **Avena Sativa** - is derived from the common oat plant and has been used for medical purposes since the Middle Ages to ensure a vital nervous system. It also acts as a mild sedative during nervous exhaustion and calms down those with performance anxiety. As a homeopathic treatment, Avena Sativa extract and tincture are used as tonics for the nervous system. It directly influences brain and nutritive function of the organism, increasing nerve force and improving the nutrition of the entire system. In addition, it has been established that avena is also an excellent substance that facilitates the detoxification of the body and increases energy levels.
- **Calcarea Carbonica** - is a natural mineral derived from oyster shells or carbonate of lime that provides dual benefits for people trying to losing weight even if they have less than optimum nutrition by (1) helping to control the appetite and cravings, and (2) calming the nerves. When you are doing everything necessary to lose weight, keeping your appetite in check and nerves calm are sure to essential to help you reach your ideal weight.
- **Fucus Vesiculosus** - is a powerful, specific homeopathic remedy for obesity and non-toxic goiter that aids digestion and thyroid enlargement in obese subjects. Contains high concentrations of iodine, essential in the synthesis of thyroid hormones.
- **Graphites** - is a homeopathic medicine that is prepared using the powder of pure graphite, a carbon mineral. Graphites is traditionally used to treat skin conditions, but in recent years has become a popular option for those that suffer from metabolic imbalance. Graphites is often suggested to those that struggle with constant hunger pains during a diet, as well as for women that are struggling with their weight during menopause. This homeopathic medicine is

also believed to help improve and maintain metabolism, especially in older women.

- **Igantia Amara** - which is also known as simply Ignatia, is a homeopathic remedy that is made from a tree that is native to the Philippines, which is known as Strychnos Ignatia. Ignatia is traditionally used to help treat emotional distress, particularly in women. Ignatia Amara is a homeopathic remedy that is often suggested by homeopaths to people on a diet that struggle with anxiety or nervousness, which tends to lead to overeating. Those that will benefit from this remedy tend to constantly crave sweets, and sugary drinks.
- **Lycopodium Clavatum** - which is also known as simply Lycopodium, is a homeopathic remedy that is made from an extract of clubmoss, that is in the Lycopodiaceae family. Lycopodium is traditionally suggested to patients that suffer from anxiety problems. Lycopodium Clavatum is often suggested by homeopaths to those that tend to have constant cravings for sweets. This remedy is believed to help improve metabolism, as well as help to control the cravings. Those that will benefit from this remedy tend to also crave salty foods, although these cravings are not nearly as frequent as the cravings for the sweet and sugary foods. Lycopodium works best for those that have cravings that tend to occur, worsen, when they become anxious.
- **Nux Vomica** - is a remedy created from the seeds of the strychnine tree. Also known as poison nut or vomiting nut, this tree is an evergreen tree that is native to East India, Burma, Thailand, China, and Northern Australia. Nux Vomica is a basic digestive remedy that helps relieve nausea, sour burping, gas, bloating, indigestion, feelings of hunger even when you are full. Nux Vomica is also often suggested to those that tend to diet for several days at a time, then suddenly binge on days worth of calories, all within a short period of time. Those that will benefit from this remedy often suffer from anxiety problems, or have a stressful lifestyle, which is believed to cause the sudden bingeing.
- **Sulfuricum Acidum** - is a remedy indicated for people who tend to rush through their meal and even though they've had too much to eat they keep on eating. Those who benefit from Sulfuricum Acidum also love sweets. The homeopathic acids are also good for depression; and for deep pain and physical injury, like after a surgery.
- **Thyroidinum** - is a remedy categorized as "organotherapy" made from the thyroid gland of animals. Thyroidinum provides a general regulation of carbohydrate, protein, and fat metabolism through its influence over the organs of nutrition, growth, and development. Thyroidinum provides an effective relief for metabolic disorders, muscular weakness, and sugar cravings.

## **HCG2**



- **HCG (Human Chorionic Gonadotrophin)** - Hormone that is produced during pregnancy
  1. One of the possible roles of HCG during pregnancy is breaking down stored abdominal fat so that it can be used as an energy source for the growing fetus, a process that slightly increases the mother's metabolism
- **L Carnitine**
  1. helps the body turn fat into energy
  2. Natrually made in the liver and kidneys and stored in the skeletal muscles, heart, brain, and sperm.
- **Arginine**
  1. Wound healing
  2. Helps the kidneys remove waste products from the body
  3. Maintains immune and hormone function
  4. Dilates and relaxes the arteries
- **Ornithine**
  1. Crucial for removal of bodily waste
  2. May help boost your energy level

# Coffee/Hot Chocolate

## Iaso Chocolate



- **Pure Cane Sugar**
- **Non Dairy Creamer** (Corn Syrup, Vegetable Oil -*Palm Oil Source*-, Milk Protein, Salt, Mono and Diglycerides, Sodium Stearoyl Lactylate)
- **Premium Cocoa Powder**
- **Choco Malt**
- **Maltodextrin**
- **Ganoderma Lucidum Extract**
  1. Acne
  2. Allergies
  3. Adrenal Fatigue
  4. Arthritis
  5. Candida
  6. Common Cold
  7. Herpes
  8. HIV
  9. Hair Loss
  10. Lyme Disease
  11. Ulcerative Colitis
  12. Uterine Fibroids
  13. Vitiligo
  14. Weight Loss
  15. Blood Pressure and Blood Sugar Regulator
- **Chaga Mushroom Extract**
  1. Works at the cellular level, protecting the body from free radicals and cell degeneration such as cancer.
  2. Natural waxes in the chaga form a protective sheath around your cells, keeping them strong and immune to premature degeneration and “aging”.
  3. Strengthens the immune system.

4. Anti-fungal, anti-bacterial and anti-inflammatory.
5. Extremely alkalizing so it balances the whole body.
6. Has shown positive effects on people suffering from conditions, such as cancer, immune system difficulties, DNA degeneration, ulcers and digestive disorders, diabetes, HIV, cardiovascular diseases, respiratory problems, etc.
7. Good source of vitamins D, B, A, C, and E.
8. Rich in manganese, iron, calcium, zinc and selenium..

● **Cordyceps Mushroom Extract**

1. In Traditional Chinese Medicine, Cordyceps extracts are considered to be in the highest class of tonic herbs, balancing and strengthening the body's internal systems
2. Used to increase energy and endurance
3. Because of the adrenal support Cordyceps extracts can provide, they may be especially useful for people dealing with excessive psychological or physical stress and may also help with other manifestations of stress such as reducing fatigue, anxiety and insomnia, helping to promote better sleep.
4. Increases strength
5. Anti-aging
6. Has hypoglycemic and possible antidepressant effects
7. Protects your liver and kidneys
8. Increases blood flow
9. Helps normalize your cholesterol levels
10. Has been used to treat Hepatitis B.

## **Iaso Black**



- **Pure Coffee Extract**
  - **100 MG of Pure Ganoderma Extract**
1. Acne
  2. Allergies
  3. Adrenal Fatigue
  4. Arthritis
  5. Candida
  6. Common Cold
  7. Herpes
  8. HIV
  9. Hair Loss
  10. Lyme Disease
  11. Ulcerative Colitis
  12. Uterine Fibroids
  13. Vitiligo
  14. Weight Loss
  15. Blood Pressure and Blood Sugar Regulator

## Iaso Cafe Latin Style



- Coffee Extract
  - Non-Dairy Creamer
  - Natural Cane Sugar
  - Caramel
  - 100mg of Pure Ganoderma Extract
1. Acne
  2. Allergies
  3. Adrenal Fatigue
  4. Arthritis
  5. Candida
  6. Common Cold
  7. Herpes
  8. HIV
  9. Hair Loss
  10. Lyme Disease
  11. Ulcerative Colitis
  12. Uterine Fibroids
  13. Vitiligo
  14. Weight Loss
  15. Blood Pressure and Blood Sugar Regulator

## Iaso Mocha



- Pure Cane Sugar
- Non-Dairy Creamer (Corn Syrup, Vegetable Oil -*Palm Oil Source*-, Milk Protein, Salt, Mono and Diglycerides, Sodium Stearoyl Lactylate)
- Premium Arabica Instant Coffee
- Premium Cocoa Powder
- Malodextrin
- Ganoderma Lucidum Extract
  1. Acne
  2. Allergies
  3. Adrenal Fatigue
  4. Arthritis
  5. Candida
  6. Common Cold
  7. Herpes
  8. HIV
  9. Hair Loss
  10. Lyme Disease
  11. Ulcerative Colitis
  12. Uterine Fibroids
  13. Vitiligo
  14. Weight Loss
  15. Blood Pressure and Blood Sugar Regulator
- Chaga Extract
  1. Works at the cellular level, protecting the body from free radicals and cell degeneration such as cancer.
  2. Natural waxes in the chaga form a protective sheath around your cells, keeping them strong and immune to premature degeneration and “aging”.
  3. Strengthens the immune system.
  4. Anti-fungal, anti-bacterial and anti-inflammatory.
  5. Extremely alkalizing so it balances the whole body.

6. Has shown positive effects on people suffering from conditions, such as cancer, immune system difficulties, DNA degeneration, ulcers and digestive disorders, diabetes, HIV, cardiovascular diseases, respiratory problems, etc.
7. Good source of vitamins D, B, A, C, and E.
8. Rich in manganese, iron, calcium, zinc and selenium.
- Cordyceps Extract
  1. In Traditional Chinese Medicine, Cordyceps extracts are considered to be in the highest class of tonic herbs, balancing and strengthening the body's internal systems
  2. Used to increase energy and endurance
  3. Because of the adrenal support Cordyceps extracts can provide, they may be especially useful for people dealing with excessive psychological or physical stress and may also help with other manifestations of stress such as reducing fatigue, anxiety and insomnia, helping to promote better sleep.
  4. Increases strength
  5. Anti-aging
  6. Has hypoglycemic and possible antidepressant effects
  7. Protects your liver and kidneys
  8. Increases blood flow
  9. Helps normalize your cholesterol levels
  10. Has been used to treat Hepatitis B.

## Iaso Cappuccino



- Pure Cane Sugar
- Non-dairy creamer ( corn syrup , palm oil oil { Source } plants , milk protein , salt,mono and diglycerides , sodium stearyl lactylate )
- Premium Arabica Instant Coffee
- Maltodextrin
- Ganoderma Lucidum Extract
  1. Acne
  2. Allergies
  3. Adrenal Fatigue
  4. Arthritis
  5. Candida
  6. Common Cold
  7. Herpes
  8. HIV
  9. Hair Loss
  10. Lyme Disease
  11. Ulcerative Colitis
  12. Uterine Fibroids
  13. Vitiligo
  14. Weight Loss
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  8. Increases blood flow
  9. Helps normalize your cholesterol levels
  10. Has been used to treat Hepatitis B.

# Sexual Enhancement

## Iaso Love



1. All Natural Formula.
  2. May help support and maintain normal sexual performance.
  3. May help normal arousal and support stimulation and stamina.
  4. May assist in maintaining body awareness and sensitivity.
  5. Works within one hour, lasts up to 72 hours.
- **Capsaicin** - (Cayenne Pepper)
    1. Releases the hormone adrenaline, which induces the release of endorphins.
    2. Stimulates nerve endings and raises your heart rate, which helps with blood circulation.
  - **Red Jujube**
    1. Relief From Stress
    2. Blood Purification
    3. Antioxidant Properties
  - **Chile Prickly Ash**
    1. Helps with blood circulation.
  - **Asparagus**
    1. Helps balance hormones.
    2. Rich in vitamin B6 and folate, both of which can boost arousal and orgasm.
    3. High in vitamin E, which stimulates sex hormones in both men and women.
  - **Durian**
    1. Myth says the football-size green durian fruit has aphrodisiac and narcotic qualities which restore virility and drive people to new heights of passion.

2. A good source of energy.
3. Acts as a natural anti-depressant.
4. Maintains blood pressure levels:

- **Papaya**

1. In Guatemala the papaya is used to boost a woman's sexual desire and encourages fertility because it has compounds that are similar to estrogen.
2. In some cultures papaya is known to increase milk in nursing mothers, aid in childbirth and promote healthy menstruation.

- **Gigs**

- **Magnolia Nut Seeds**

1. Excellent source of minerals such as calcium, iron, magnesium, manganese and zinc.
2. Rich in many important B-complex vitamins that are vital for metabolic functions.

- **Tumeric**

1. Regarded as a 'golden herb' in Ayurveda due to its various pharmacological properties such anti-inflammatory, anti-oxidant, anti-microbial, anti-cancer, immunomodulatory, etc.
2. Turmeric is one herb which brings back uterus back in proper shape and functioning. Some also believe that turmeric also helps in balancing hormones.

- **Saffron**

1. Referenced in the Hebrew Bible's famously erotic "Song of Songs"
2. Cleopatra reportedly added Saffron to her baths to enhance lovemaking.
3. It has been suggested that part of saffron's magical property is thought to be its enhancement of "lust" via certain neurotransmitters that stimulate libido or erogenous zones.

- **Fenugreek**

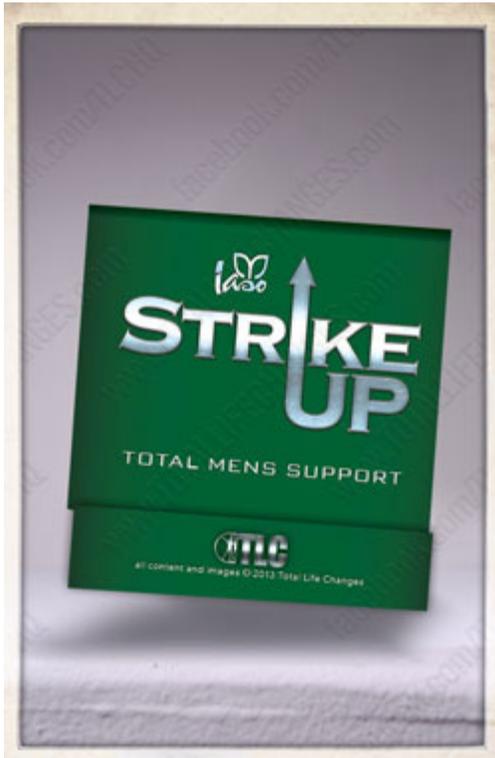
1. Balances hormones in women.
2. One of the common saponins found in fenugreek is diosgenin, a steroid-like precursor for the synthesis of a number of sex hormones.
3. May help lower blood sugar levels in diabetics
4. Lactating women have used the spice for decades to increase milk production

- **Oregano Leaf Powder**

1. Antiviral, antibacterial, anticancer, antioxidant and antibiotic properties.

**Other ingredients:** Gelatin, Rice Flower, Magnesium Sterate, Steric Acid

## Iaso Strike Up



1. All-natural formula. Safe and effective
  2. May help maintain normal erectile quality and support sexual performance.
  3. May help normal arousal and support stimulation and stamina.
  4. May assist in maintaining body awareness and sensitivity.
  5. Works within one hour, lasts up to 24 hours.
- **Fructus Licu - (Glossy Privet Fruit)**
    1. Erectile dysfunction
    2. Hair loss
    3. Tinnitus
    4. Dim eyesight
    5. Fatigue
  - **Flos Caryophylli - (Clove Flower)**
    1. Antimicrobial
    2. Antifungal
    3. Antiseptic
    4. Antiviral
    5. Aphrodisiac and stimulating properties
    6. Research has indicated that clove can be useful for treating premature ejaculation.
  - **Radix Rehmanniae - (Rehmannia Root)**
    1. Supports kidney function, as the kidneys are considered vital to fertility in TCM.
    2. Protects and restorative of liver health, vital to hormonal balance.
    3. Reduces pelvic congestion and pain.

4. Cooling of excess heat, reducing inflammation.
5. Iron rich, supports proper blood formation for a healthy uterine lining.
6. Shown to be supportive of heart health.
7. Supports normal function of the entire reproductive system.
8. Supports fertility longevity, helpful for couples 40+.
- **Cortex Cinnamomi - (Chinese Cassia Bark/Cassia Cinnamon)**
  1. Anti-inflammatory
  2. Anti-microbial
  3. Antitumor,
  4. Cardiovascular
  5. Cholesterol-lowering
  6. Immunomodulatory effects
- **Semen Sesami Nigrum - (Black Sesame Seeds)**
  1. High in zinc, which can help testosterone and sperm production.
  2. Great superfood for overall Prostate Health
  3. Natural forms of vitamin E such as those found in sesame seeds are thought to have anti-aging properties
  4. Black sesame seeds have triple the phenol antioxidant content of white sesame seeds.
- **Semen Alli Tuberosi - (Tuber Onion Seed)**
  1. Increases semen
  2. Acts as an aphrodisiac and hence can help in controlling premature ejaculation by prolonging male sexual capacities.
- **Poria - (Poria Mushroom)**
  1. Known as “the medicine of immortality”.
  2. Treats insomnia
  3. Balances electrolytes
  4. Nematocidal, antibacterial, and antiviral activity
  5. Antioxidant
  6. Improves cerebral blood flow.
- **Fructos Foeniculi - (Fennel Seed)**
  1. Contains powerful anti-oxidants, thus offer protection from cancers, infection, aging and degenerative neurological.
  2. Great source of minerals like copper, iron, calcium, potassium, manganese, selenium, zinc, and magnesium.
  3. Vitamin A, vitamin E, vitamin C as well as many B-complex vitamins like thiamin, pyridoxine, riboflavin and niacin.
- **Herba Epimedii - (Horny Goat Weed)**
  1. Recommended for enhancing libido in both men and women.
  2. Improves male sexual function.
  3. Improves erectile function in men.
- **Radix Puerariae Lobatae - (Japanese Arrowroot)**
  1. Very high concentration of flavonoids
  2. Has the ability to inhibit the contraction of smooth muscle tissue, thereby increasing blood flow.
  3. Reduces high blood pressure
  4. relieves chronic migraine headaches,
- **Rhizoma Dioscoreae - (Chinese Yam)**

1. In East Indian traditional medicine, the wild yam is used to treat sexual and hormonal problems.
2. Chinese herbalists have long used the herb for rheumatism, asthma, and digestive and urinary complaints
3. In the 1960s, progesterone and other steroid hormones were chemically manufactured, in part using ingredients from the Chinese Yam.
- **Rhizoma Polygonali- (Solomon's Seal Rhizome)**
  1. Named after the wondrous signet ring that King Solomon received from heaven.
  2. In folklore, believed to have aphrodisiac properties and was used in love potions.
  3. Considered to me a miracle plant.
  4. As an alternative medicine, it gives relief, healing or mending to sports injuries and other acute injuries related to tendons, joints, ligaments, bones, bruises, connecting tissues, cartilage, osteoarthritis, etc. It also soothes and repairs gastrointestinal inflammation and injuries
  5. known to lower blood pressure, relieve dry coughs, and to increase concentration and mental clarity.
- **Rhizoma Curculigimis - (Golden Eye-Grass Rhizome)**
  1. Potent aphrodisiac
  2. Adaptogen
  3. Immunostimulant
  4. Antioxidant,
  5. Anti-cancer
  6. Anti-diabetic

**Other ingredients:** Gelatin, Rice Flower, Magnesium Sterate, Steric Acid

## Essential Oils

### Frankincense



- Lowers blood pressure
- Relieves pain associated with rheumatism & arthritis.
- Good for uterine health.
- Helps fade stretch marks and scars.
- Improves digestion.
- Boosts immune system.
- Protects against premature loss of teeth and hair.
- Provides relief from bronchitis and congestion of nasal tract and lungs.
- Has anti-aging properties.
- Antiseptic
- Reduces stress
- Speeds up the healing of cuts, acne, insect bites, and boils
- Regulates estrogen production in women and reduces the risk of post-menopause tumor or cyst formation in the uterus (uterine cancer). It also regulates the menstrual cycle of premenopausal women.

\*When taking frankincense oil internally, it's best to dilute a drop in an edible carrier oil (like coconut oil), a teaspoon of honey, or a glass of purified water or any non-acidic, non-dairy beverage. You can also put a drop or two under your tongue, however,

ingesting this oil is not recommended for children ages six and below. Older children and teens may also require higher dilutions.

\*Not all frankincense oil brands are made for internal use, so make sure you check the label before taking it.

## Lavender



- Reduces anxiety and emotional stress
- Heals burns and wounds
- Improves sleep
- Restores skin complexion and reduces acne
- Slows aging with powerful antioxidants Improves eczema and psoriasis
- Alleviates headaches.
- Balances blood sugar levels
- Anti-oxidant
- improves eczema
- Improves mood and supports brain.

\*Can be taken internally

## Lemon Oil



- Eliminates dandruff and strengthens hair.
- Assists with weight loss
- Stress reliever
- Effective against fever, Malaria and typhoid.
- Cleanses body, clothes, dishes and metal surfaces.
- Helps combat insomnia
- Treats indigestion, acidity and cramps.
- Useful in treating asthma.
- Boosts the immune system.

\*Can be used in drinks or food.

## Wild Orange Oil



- Provides relief from inflammation
- Relaxes muscular and nervous spasms
- Inhibits microbial growth and disinfects wounds
- Boosts immunity
- Alleviates anxiety, anger and depression
- Cures acne and dermatitis
- Promotes urination and eliminates toxins
- Treats constipation
- Sedative
- Studies suggests that aromatherapy using orange essential oil may aid in improving cognitive function, especially in **Alzheimer's Disease** patients.
- Research suggests that orange essential oil is effective against larvae and pupae of housefly and may help in elimination of houseflies.

\*Orange oil displays photo-toxicity. It tastes bitter and can be ingested but if done so in large quantities, it may result in vomiting, nausea, and loss of appetite.

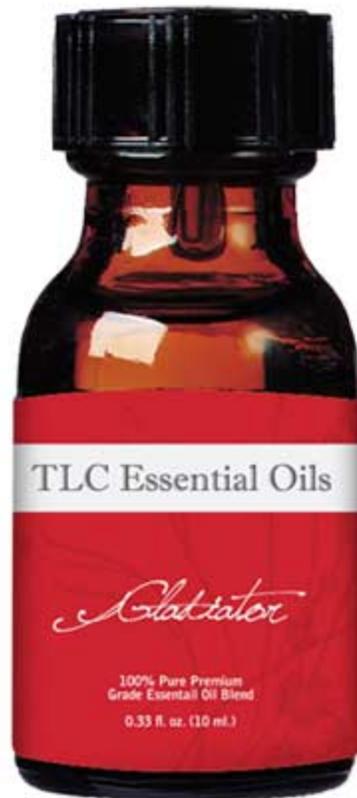
## Peppermint Oil



- Nourishes dull skin & improves texture of oily skin.
- Eliminates nausea and headache.
- Increases immunity.
- Aids in digestion.
- Increases blood circulation.
- Reduces fungal nail infection.
- Eliminates bad breath & keeps teeth and gums healthy.
- Reduces risk of herpes infection
- Treats urinary tract infections.
- Clears respiratory tract.
- Stimulates mental activity.
- Promotes healthy hair growth
- Provides pain relief
- Effective for gastroscopy and colonoscopy.
- Stress reliever
- Insect repellent

\*Can be taken internally.

## Gladiator Oil



Proprietary blend of

- Cinnamon bark,
  1. Antifungal
  2. Antibacterial
  3. Antiviral
  4. Antiseptic properties
- Rosemary,
  1. Has antimicrobial and antiseptic qualities that make it beneficial in efforts to eliminate eczema, dermatitis, oily skin, and acne.
  2. Topical application of the essential oil, or regular massage with the oil helps in toning your skin and removing dryness.
  3. Can give your skin a healthy, even glow when regularly applied or when it is a main component of your moisturizers and other creams.
- Eucalyptus,
  1. Used to treat sinus and respiratory conditions
  2. Powerful antibacterial, antifungal and anti-infectious action, which makes it extremely useful for all types of infection.
  3. When vaporized, its decongestant action helps to clear sinusitis, a stuffy nose or relieve chestiness, as well as helping to stop coughs and colds spreading.

4. Used in massage, this essential oil is very helpful for conditions such as arthritis, rheumatic conditions and everyday aches and pains due to its anti-inflammatory, stimulating and warming action.
- Lemon
    1. Eliminates dandruff and strengthens hair.
    2. Assists with weight loss
    3. Stress reliever
    4. Effective against fever, Malaria and typhoid.
    5. Cleanses body, clothes, dishes and metal surfaces.
    6. Helps combat insomnia
    7. Treats indigestion, acidity and cramps.
    8. Useful in treating asthma.
    9. Boosts the immune system.
  - Clove
    1. Can be used to counteract pain when applied directly to the skin.
    2. Due to its stimulating and warming properties, clove bud can be used in aromatherapy to aid with digestive problems.
    3. Can be used externally to help alleviate muscular aches and sprains, including those caused by arthritis.