

## *Traditional & Historic Medicinal Uses*

- ❖ *AMA* = Amalaki - Emblica Officinalis (Fruit) **Names:** Amla, Indian Gooseberry, Emblica
- ❖ *TUR* = Turmeric - Curcuma longa (Root) **Names:** Jiang Huang, Curcuma
- ❖ *JUJ* = Jujube – Ziziphus jujuba Mill. (Fruit) **Names:** Chinese Date, Tsao
- ❖ *TUL* = Tulsi - Gcimum sanctum L. (Leaf) **Names:** Holy Basil, Tulasi, Kemangen
- ❖ *SCH* = Schizandra - Schisandra chinensis (Fruit) **Names:** Schisandra, Chinese Magnolia Vine
- ❖ *HAR* = Haritaki - Terminalia chebula (Fruit) **Names:** Harada, Hararh, Harithaki
- ❖ *GIN* = Ginger - Zingiber officinale (Root) **Names:** Ginger Root, Curcumin Gan Jiang, Gegibre

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**Defend** – Of the thousands of plants, herbs, vegetables, and fruits that contain the protective antioxidant power of true natural vitamin C (not to be confused with synthetic ascorbic acid), Amalaki or Indian Gooseberry is considered the highest known source in the world.<sup>8</sup>

**Adapt** – Adaptogens are remarkable, natural substances that help the body restore balance. They increase the body's resistance to physical, biological, emotional, and environmental stressor and provide a defense response to acute or chronic stress.<sup>3</sup> There are only 21 known adaptogens. They include Amalaki, Schizandra, & Tulsi.

**Revitalize** – According to Ayurveda, Rasayana herbs slow aging, are revitalizing, restorative, and prevent disease. They can also be taken over long periods of time without causing side effects.<sup>3</sup> There are only 13 herbs in this category. They include Amalaki, Tulsi, and Turmeric.

**Communicate** – Inter-Cellular communication within the human body relies on the two messenger molecules, cGMP & cAMP; the Jujube fruit has one of the highest known concentration of cAMP & cGMP of any known plant or animal.

**Knowledge** – [www.PubMed.gov](http://www.PubMed.gov) is a service of the National Library of Medicine and the National Institute of Health. On this site are listed peer reviewed medical studies done on a given drug, plant, herb, etc. The sum total of the studies that have been done on these seven super foods is 1251 as of July 2007.

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### **Aging & Longevity**

- Longevity through anti-inflammatory activity and antioxidant protection – *AMA*<sup>3</sup> *TUL*<sup>3</sup> *SCH*<sup>3</sup>
- Supports and maintains cellular health – *TUR*<sup>1</sup> *SCH*<sup>1</sup>
- Anti-aging effect - by increasing adaptive effects – *AMA*<sup>3</sup> *TUL*<sup>4</sup>
- Helps relieve menopausal symptoms – *SCH*<sup>3</sup>

### **Anxiety & Depression**

- Elevates mood and spirit – *TUL*<sup>4</sup>
- Influences the neurochemistry of the brain similar to antidepressant medication – *TUL*<sup>3,4</sup> *SCH*<sup>3</sup>
- Can provide relief from anxiety, panic, obsessive-compulsive, and posttraumatic stress disorders – *JUJ*<sup>7</sup> *SCH*<sup>3</sup>

### **Blood Sugar & Weight Management**

- Insulin and glucose normalizing; blood-sugar and blood-lipid normalizing – *TUL*<sup>4</sup>
- Regulates blood sugar, keeping cortisol levels in balance – *AMA*<sup>3</sup> *TUL*<sup>3</sup>
- Supports and enhances the proper breakdown of dietary fats – *TUR*<sup>1</sup>
- Supports weight management and increases energy – *AMA*<sup>3,8</sup> *TUL*<sup>3</sup> *HAR*<sup>3,8</sup>

### **Brain & Nerve Function**

- Enhances reflexes, work performance, and mental activity – *SCH*<sup>3</sup>
- Stimulates the nervous system – *SCH*<sup>1,3</sup>
- Enhances memory and mental clarity – *SCH*<sup>1</sup>
- Antioxidant support for both the eyesight and nervous system – *AMA*<sup>3</sup> *TUL*<sup>5</sup> *SCH*<sup>3</sup> *HAR*<sup>6</sup>
- Increases visual acuity, peripheral sensitivity, night vision and decreases eye fatigue – *SCH*<sup>3</sup>
- Helpful with drug and nicotine withdrawal – *TUL*<sup>4</sup>

## Breathing & Respiratory Function

- Provides specific benefits to the lung and respiratory systems – *AMA<sup>3</sup> TUL<sup>8</sup> SCH<sup>1,3</sup>*
- Inhibits allergies and allergic asthma – *AMA<sup>3</sup> SCH<sup>3</sup>*
- Beneficial for asthma and bronchitis – *TUL<sup>5</sup> HAR<sup>8</sup>*

## Cardiovascular Function

- Protects the heart (cardio-protective) – *AMA<sup>3</sup> TUR<sup>2</sup> JUJ<sup>7</sup> TUL<sup>5</sup> SCH<sup>3</sup>*
- Stabilizes cholesterol – *AMA<sup>3</sup> TUR<sup>2</sup> TUL<sup>3</sup>*
- Promotes healthy circulation – *TUR<sup>1</sup> GIN<sup>1</sup>*
- Supports normal, healthy, platelet function and prostaglandin activity – *GIN<sup>1</sup>*
- Has an amphoteric (normalizing) effect on blood pressure – *TUL<sup>4</sup> SCJ<sup>3</sup>*

## Digestion & Elimination

- Supports healthy liver function and bile secretion – *AMA<sup>8</sup> JUJ<sup>7</sup> TUR<sup>1,7</sup> SCH<sup>1,3</sup>*
- Strengthens and supports the kidneys and urinary tract – *AMA<sup>3</sup> TUL<sup>3,4</sup> SCH<sup>3</sup>*
- Cleanses the colon and promotes healthy digestion – *AMA<sup>3</sup> GIN<sup>1</sup>*
- Promotes efficient digestion, absorption and use of nutrients from food and other herbs – *AMA<sup>3</sup> TUL<sup>4</sup>*
- Possesses strong anti-ulcer and ulcer-healing properties – *AMA<sup>3</sup> TUL<sup>4</sup>*

## Energy & Athletic Performance

- Both calming and stimulating, it can provide alertness without the stimulating effects of caffeine – *SCH<sup>3</sup>*
- Has been proven to enhance athletic performance and endurance – *AMA<sup>3</sup> TUL<sup>3</sup> SCH<sup>3</sup>*
- Decreases respiratory demands during physical activity – *AMA<sup>3</sup> SCH<sup>3</sup>*
- Helps fight fatigue and increases energy, endurance, strength, stamina, and physical performance – *TUL<sup>3</sup> SCH<sup>1,3</sup>*
- Improves stamina and tones sexual organs of both men and women – *AMA<sup>3</sup> SCH<sup>3</sup>*

## Immune Response

- Provides antioxidant protection – *AMA<sup>3</sup> TUR<sup>1,3</sup> SCH<sup>1,3</sup>*
- Has antibacterial and microbial activity – *TUL<sup>3</sup> HAR<sup>6</sup>*
- Has antitumor properties – *AMA<sup>3</sup> TUL<sup>3</sup> SCH<sup>3</sup> HAR<sup>8</sup>*
- Modulates and enhances the immune system – *AMA<sup>3</sup> TUL<sup>3</sup> SCH<sup>3</sup> HAR<sup>8</sup>*
- Has antiviral properties – *AMA<sup>3</sup> TUL<sup>3</sup>*
- Benefits the skin: reduces eczema, psoriasis, and various other skin disorders – *TUR<sup>7</sup> TUL<sup>4</sup> HAR<sup>8</sup>*
- Supports and helps maintain normal body temperature – *GIN<sup>1</sup>*

## Musculoskeletal Health

- Helps reduce inflammation and the pain associated with arthritic conditions – *AMA<sup>3</sup> TUR<sup>7</sup> TUL<sup>3</sup> SCH<sup>3</sup>*
- Maintains and supports healthy joints – *TUR<sup>1,8</sup> GIN<sup>1,8</sup>*
- Helps increase bone density – *AMA<sup>3</sup>*
- Useful for fibromyalgia muscle pain, and recovery following trauma – *AMA<sup>3</sup> SCH<sup>3</sup>*

## Stress & Sleep

- Eases the effects of everyday tension and stress – *SCH<sup>1</sup>*
- Supports a healthy response to environmental stresses – *TUR<sup>1</sup> GIN<sup>1</sup>*
- Promotes the body's normal resistance function – *GIN<sup>1</sup>*
- Promotes healthy adrenal function – *TUL<sup>3</sup> SCH<sup>1,3</sup>*
- Regulates the production of cortisol, reduces stress, and allows better, more rejuvenating sleep – *SCH<sup>3</sup>*

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, prevent, or cure any diseases.

### References:

- 1 – *MediHerb*, Product Review, 2007.
- 2 – *The Herbal Drugstore*, Dr. Linda B. White, M.D. Steven Foster ISBN 0-451-20510-3.
- 3 – *Adaptogen*, David Winston, RH(AHG), Steven Maimes – ISBN-10: 1-59477-158-8
- 4 – *Maimes Report – Holy Basil*, Steven Maimes, Salam Research, Rochester, NH
- 5 – Dr. Andrew Wiel, M.D. Q&A on holy basil, [www.drwiel.com](http://www.drwiel.com)
- 6 – PMID: 17273983 [PubMed / as supplied by publisher].
- 7 – *A Clinical Guide to Blending Liquid Herbs*, Kerry Bone – ISBN 0-443-06632-9.
- 8 – *Historic Uses of Ayurvedic Herbs*, The Ayurvedic Center, Austin TX

# Topic: Zrii Nutrient Profile and Antioxidant documented studies

## Part I - PubMed's Total Studies Documented On Zrii Nutrients

<b>Amalaki Fruit</b> (Emblica Officinalis).....	120 studies conducted
<b>Turmeric Root</b> (Curcuma longa) .....	615 studies conducted
<b>Jujube Fruit</b> (Ziziphus jujuba Mill) .....	12 studies conducted
<b>Tulsi Leaf</b> (Ocimum sanctum) .....	135 studies conducted
<b>Schizandra Fruit</b> (Schizandra chinensis).....	101 studies conducted
<b>Haritaki Fruit</b> (Terminalia chebula) .....	76 studies conducted
<b>Ginger Root</b> (Zingiber officinale) .....	463 studies conducted

**TOTAL STUDIES.....: 1522 Scientific Studies Conducted as of Sept. 2007**

## Part II - Zrii's Nutritional Profile and Antioxidant Studies

<b>Amalaki Fruit</b> (Emblica Officinalis).....	55 studies conducted
<b>Turmeric Root</b> (Curcuma longa) .....	181 studies conducted
<b>Jujube Fruit</b> (Ziziphus jujuba Mill) .....	1 studies conducted
<b>Tulsi Leaf</b> (Ocimum sanctum) .....	32 studies conducted
<b>Schizandra Fruit</b> (Schizandra chinensis).....	8 studies conducted
<b>Haritaki Fruit</b> (Terminalia chebula) .....	19 studies conducted
<b>Ginger Root</b> (Zingiber officinale ) .....	58 studies conducted

**TOTAL STUDIES.....: 354 Scientific Studies Conducted as of Sept. 2007**

PubMed is a service of the U.S. National Library of Medicine that includes over 17 million citations from MEDLINE and other life science journals for biomedical articles back to the 1950s. PubMed includes links to full text articles and other related resources.

### *Fact Sheet*

#### **The National Library of Medicine**

The National Library of Medicine (NLM), on the campus of the National Institutes of Health in Bethesda, Maryland, is the world's largest medical library. The Library collects materials in all areas of biomedicine and health care, as well as works on biomedical aspects of technology, the humanities, and the physical, life, and social sciences. The collections stand at more than 9 million items--books, journals, technical reports, manuscripts, microfilms, photographs and images. Housed within the Library is one of the world's finest medical history collections of old and rare medical works. The Library's collection may be consulted in the reading room or requested on interlibrary loan. NLM is a national resource for all U.S. health science libraries through a National Network of Libraries of Medicine®

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