

Lohas Program

Colorful Life



Springs Bio Co., Ltd.

Unified Business Code:
27656141

No. 78, Lide Street, Zhonghe
District, New Taipei City 235

TEL: 02-2228-8500

FAX: 02-2228-8528

<http://www.springsbio.com>

Description
Lohas Program - Colorful Life
Composition L-arabinose, microcrystalline fiber (excipient), American ginseng extract, Antrodia camphorata (solid-state culture), Antrodia cinnamomea (KBA dish culture), curcuminoid, bilberry extract, ionized calcium
Content 1 g per capsule; 10 capsules/piece, two pieces per pack
Advice on usage One to two capsules a day, after a meal or before/after drinking wine
Primary Features and Purposes 1. Keeps liver healthy 2. Expedites alcohol metabolism 3. Regulates body composition and replenishes vitality
Precautions 1. Keep in a place away from direct exposure to sunlight and high temperatures or humidity. 2. Use in pregnant or lactating women and children under the age of 3 is not recommended. 3. Consult a doctor and healthcare professional prior to use in someone with special disease or on medication.

Nutrition Facts		
Per serving	1 g (1 capsule)	
This package contains	20 servings	
	Per serving	Daily reference percentage per serving
Calories	3.3 Kcal	0 %
Protein	0.03 g	0 %
Fat	0.01 g	0 %
Saturated fat	0 g	0 %
Trans fat	0 g	*
Carbohydrates	0.9 g	0 %
Sugar	0.4 g	*
Dietary fiber	0.27 g	*
Na (sodium)	0 mg	0 %

American Ginseng Extract

American ginseng is the root of araliaceae plants. It tastes slightly bitter and cold with thick odor and thin aura. It is good for the lungs, clears hectic heat, helps produce saliva and slake thirst. American ginseng contains multiple types of ginsenosides, essential oil, protein, amino acids, nucleic acids, organic germanium, and more than 10 trace elements, among other nutrients and hence can boost immunity, promote regeneration of collagen cells of skin, help with growth and development, fight against aging and prevent against liver disease, ear disorder, gastrointestinal disorder, anemia, arthritis, gynecological disorders, skin disease, and cardiovascular disease.

Organic germanium contains potent dehydrogenation energy and can enrich the oxygen content inside the body. It works as an alternative to oxygen inside the body. Therefore, it can treat disease and prevent against disease by oxidizing undesirable foreign matters that are etiologic, particularly protein-type toxins and eliminating them out of the body, accomplishing blood purification and clearing.

Ginsenoside is a type of sugar complex that contains active triterpenes and steroids; it is the primary active ingredient in ginseng. So far, more than 70 types of ginsenosides have been found. Due to different chemical structures, they are associated with different scopes of action. It can significantly boost the immune function and increase the white blood cell count and the activity of macrophages to accordingly inhibit the growth of tumors, reinforce immunity, and enhance self-protection.

√ **Keeps liver healthy**

The anti-inflammation action of ginsenosides is the primary reason that they can protect the liver. Ginsenosides can inhibit the generation of inflammatory cytokine in mice treated with carbon tetrachloride (CCl₄), such as IL-1 β , IFN- γ , and the chemokines, such as MCP-1, MIP-2 β , and KC, among others, reducing liver inflammation and increasing the activity of metabolism enzymes in the liver so that

the liver is more capable of detoxification.

√ **Anti-oxidation**

Ginsenosides can increase the activity of anti-oxidant enzymes, such as the superoxide dismutase (SOD), the catalase, and glutathione S-transferase (GST), to enhance the anti-oxidation protection mechanism and reduce the oxidative stress impairment suffered by the liver.

Antrodia camphorata/Antrodia cinnamomea

Antrodia cinnamomea is known by several other names and is a medical mushroom that has been catching a lot of attention for the past few years. Its efficacy was found the earliest in the unique dietary culture of aboriginal people. Antrodia cinnamomea can treat liver disease caused by excessive drinking and works optimally in helping one sobering up. It is hence a valuable traditional herb for aboriginal people. Antrodia cinnamomea contains four major active ingredients, namely the triterpenoids, β -D-glucan, superoxide dismutase, and adenosine. It can effectively prevent against tumor, inhibit cancer cells, remove free radicals, delay aging, reduce uric acid, regulate blood sugar and lipid, prevent against cardiovascular disease, and increase immunity.

√ **Anti-inflammation**

Antrodia cinnamomea has outstanding anti-inflammatory efficacy and can inhibit inflammatory matters induced by lipopolysaccharides (LPSs), such as tumor necrosis factor (TNF- α) and interleukin (IL-6) and the formation of their media, such as nitric oxide (NO), and prostaglandin (PGE2). In an experiment, the multiple ingredients contained in Antrodia cinnamomea were compared against the commonly used anti-inflammatory drug Ibuprofen. Results show that the anti-inflammatory action of Antrodia cinnamomea was superior to that of Ibuprofen.

√ **Protects the liver**

In an animal experiment, impairment of liver cells was induced by CCl₄ to make the morphology of the liver change, Acid), and TR2 (Dehydroeburicoic acid) were administered to compare the protection they exercised on the liver. Experiments have shown that TR1 and TR2 can reduce impairment suffered by liver cells and degeneration of liver cells, demonstrating the efficacy in the protection of liver cells.

√ **Regulates immunity**

Dendritic cells (DCs) play an important role in inducing and regulating immunity in humans. More and more evidence has shown that regulating DCs can serve as a treatment route for improving immunity. When *Antrodia cinnamomea* extract was added to the DCs in the bone marrow of mice, it was found that *Antrodia cinnamomea* extract could promote the activation of DCs and could reduce certain cytokines such as TNF- α , MCP-1, and MIP-1 β , indicating that *Antrodia cinnamomea* can improve immunity.

L-Arabinose

Arabinose is a pentasaccharide. In the nature, arabinose rarely exists as monosaccharide. It mostly exists as polysaccharide in grains. Arabinose is the product of corn cob (non-genetically modified) through enzyme hydrolysis. It carries a natural sweet flavor like that of sucrose. It is a functional sugar low in calories and can inhibit elevated blood sugar level and obesity caused by sucrose.

√ **Lowers blood sugar and blood lipid**

When taken together with sucrose, it can inhibit the action of sucrase, reduce the absorption of carbohydrates, and slows down elevation of blood sugar to accordingly avoid synthesis of excessive carbohydrates into fat.

√ **Expedites alcohol metabolism**

Arabinose can enhance the activity of alcohol dehydrogenase and expedite the metabolism of alcohol inside the body; it is good for keeping the liver healthy. It can also boost the formation of organic acids in the intestines to bring down the pH value in the intestines; it helps with the growth of probiotics.

Curcumin extract

The edible part of curcumin is usually its tuber and has been used with a history of 2500 years in the traditional medicine of China and India. It can be orally taken or for topical use and is mostly used in liver disease, rheumatic disease, gynecological disease, the flow of qi, eliminating stasis, helping external wounds to heal, and reducing inflammation, among others. Curcumin has such amazing effects primarily because of the unique elements it contains, that is, the curcuminoids and the essential oil.

√ **Anti-inflammation and anti-oxidation**

Curcuminoids are anti-oxidants and anti-inflammatory agents; they can protect cells from damage done by free radicals and regulate internal inflammatory response to help improve chronic inflammatory disease. Curcumin essential oil (volatile loss tends to occur for essential oil during extraction) is an anti-oxidant that helps with the absorption of curcuminoids and generation of synergistic effects to promote health. It has been indicated in scientific publications for the past few years that it can facilitate apoptosis of cancer cells.

Advice on usage

Indication

- Exhausted people from work
- People who drink on social occasions often
- People wishing to boost their physical strength and replenish vitality

Suggested dosage

One to two capsules a day, after a meal or before/after drinking wine; taking more does not help.

- Liver care: It is advised to take 1 capsule after a meal.
- Speedy alcohol metabolism: It is advised to take 1 capsule before and after drinking, respectively.
- Regulation of body composition and replenishing of vitality: It is advised to take 1 capsule after a meal in the morning and in the evening, respectively.

Contraindications and Side Effects

Ingredients of this product (American ginseng, Antrodia cinnamomea, and curcumin) are likely to exercise anti-coagulating effects. Use in people with coagulation disorder or on related anti-coagulants is not recommended.

Precautions

1. Keep in a place away from direct exposure to sunlight and high temperatures or humidity.
2. Use in pregnant or lactating women and children under the age of 3 is not recommended.
3. Consult a doctor and healthcare professional prior to use in someone with special disease or on medication.