

Ultimate Formula

Ultimate Formula (250mg) utilizes safe and all natural ingredients to successfully help men and women lose weight and inches while supporting an active lifestyle. These natural ingredients work together to assist the body in suppressing the appetite, increasing energy and metabolism, and helping support a healthy immune system while boosting self esteem and improving overall health. Ultimate formula originated from traditional Chinese herbs, and contains bio-active substances extracted from the natural plant ingredients.

Ultimate formula assists in regulating metabolic balance through cleansing the body of harmful toxins which prevent weight loss. Ultimate Formula is recommended initially for weight loss and then a modified dosage or the use of Zi Xiu Tang Regular Strength for maintaining the weight loss.

Ingredients

Bee Pollen

Bee pollen benefits are terrific and chances are that you could improve your health substantially with the various bee pollen benefits. One of nature's healthiest and most powerful "superfoods." It's been used as a dietary supplement for thousands of years. Increase in energy, zest, and physical endurance. Bee pollen contains an incredible array of vitamins, minerals, amino acids, enzymes, co-enzymes, and hormones. It is especially rich in B vitamins and antioxidants, including lycopene, selenium, beta carotene, vitamin C, vitamin E, and several flavanoids. It is composed of 55% carbohydrates, 35% protein, 3% vitamins and minerals, 2% fatty acids, and 5% other substances. Overall, it's one of the most nutritionally complete natural substances found on earth. Greater feeling of general well-being. Over the long-term, regular consumption of bee pollen will help alleviate many different health problems, slow down the aging process, and improve the quality of life.

Chinese Yam

Chinese yam (*Dioscorea opposita*) is a root that is used in traditional Chinese medicine. Chinese yam is native to China, Japan, Korea, and Taiwan, where it can be found growing wild on hill slopes and in valleys. It is also propagated for medicinal and dietary uses.

Chinese yam is effective at relieving cough. Traditional Chinese medicine classifies Chinese yam as neutral and sweet. It serves to tonify and augment the spleen and stomach; augment the lung yin and tonify the lung; and stabilize, tonify, and bind the kidneys. Chinese yam enters through the spleen, lung, and kidney channels. It is used as a tonic (restores tone to tissues). Chinese yam is used to treat weak digestion with fatigue and diarrhea, general weakness, frequent urination, decreased appetite, leukorrhagia (excessive vaginal discharge), premature

ejaculation, the symptoms associated with diabetes, and chronic wheezing (whistling sound caused by breathing difficulty) and coughing.

Wolfberry Fruit

Medicinal properties - Wolfberries are one of the most important traditional medicines in China. Wolfberry fruits have been used since ancient times in China as general tonic, to protect the liver, to improve vision, to strengthen weak legs and to promote longevity.

Immune system - Laboratory studies have shown wolfberry fruit improve lymphocyte transformation rate and macrophage phagocytic function.

Anti-aging - Wolfberry fruits contain phytochemicals with antioxidant activity and could slow the ageing process. A study by Li Wei et al (Active Lymphocyte Effects Observed after Taking Lycium Barbarum Fruits, Zhong Cao Yao, 1991) showed that wolfberry fruit phytochemicals help to prevent oxidation of DNA and helps to restore damaged DNA.

Cancer prevention - Studies suggest that wolfberry extracts could inhibit DNA mutation and stop the growth of cancer cells. Cao GW et al showed in his study (Observation of the Effects of LAK/IL-2 Therapy Combined with Lycium Barbarum Polysaccharides in the Treatment of 75 Cancer Patients, Chunghua Chung Liu Tsa Chih, 1994) that regression of many types of cancer could be obtained with patients, treated with LAK/IL-2 and LBP.

Liver protection - The phytochemical zeaxanthin dipalmitate showed a hepatoprotective effect on liver cells treated with carbon tetrachloride induced hepatotoxicity (Kim HP et al, Zeaxanthin Dipalmitate from Lycium Barbarum has Hepatoprotective Activity, Res. Commun Mol Pathol Pharmacol. 1997)

Vision improvement - Wolfberry fruits have traditionally been used in China to improve vision disorders such as cataracts, retinopathy and macular degeneration. Studies have shown that wolfberry reduce dark adapting time and improve vision under subdued light. This action may be attributed to the phytochemicals lutein and zeaxanthin, which neutralizes the free radicals formed by sunlight.

Other Facts - Wolfberry is a wild bush found in the northwest of China. Wolfberry has been used in China for thousands of years. During the Tang Dynasty (1000-1400 A.D.) wolfberry was considered as Yin and used its health benefits, including strengthening the eyes, liver, kidney and nourished the blood.

Barberry (Berberine)

Barberry has played a prominent role in herbal healing for more than 2,500 years. The ancient Egyptians used it to prevent plagues. India's Ayurveda healers used it for dysentery. During the

early middle ages, European herbalists used it to treat liver and gallbladder ailments. Russian healers used it for inflammations, high blood pressure, and for abnormal uterine bleeding. American Indians recognize barberry as similar to Oregon grape. Used for the treatment as an antibiotic, immune stimulant, for treating pinkeye, high blood pressure. One study showed that the herb may shrink some tumors. Another study showed that it has anti-inflammatory properties, useful for treating arthritis. Barberry is one of the best remedies for correcting liver function and promoting the flow of bile. It is indicated when there is an inflammation of the gallbladder or in the presence of gall stones. When jaundice occurs due to a congested state of the liver, Barberry is also indicated. As a bitter tonic with mild laxative effects, it is used with weak or debilitated people to strengthen and cleanse the system. The herb is believed to have the ability to reduce an enlarged spleen. It acts against malaria.

Lotus seed

Lotus seeds come from the lotus plant, which is found throughout the Middle East and Asia. The Ancient Secret of Youth Long revered in Asia for its 'age-defying' qualities. In traditional Chinese medicine, lotus seeds are considered sweet and neutral, and are associated with the Spleen, Kidney and Heart meridians. They contain asparagin, fats, proteins and some starches, and trace elements of calcium, magnesium, zinc and iron. They are taken to tonify the spleen, reinforce the kidneys and nourish the blood. Lotus seeds have astringent properties, and are consumed to help relieve the symptoms of diarrhea and improve appetite. Other conditions treated with lotus seeds include palpitations, insomnia and irritability.

Dietary Fiber

Dietary fiber comes from the portion of plants that is not digested by enzymes in the intestinal tract. Part of it, however, may be metabolized by bacteria in the lower gut. Therefore, fiber, especially that found in whole grain products, is helpful in the treatment and prevention of constipation, hemorrhoids and diverticulosis. Diverticula are pouches of the intestinal wall that can become inflamed and painful. In the past, a low-fiber diet was prescribed for this condition. It is now known that a high-fiber diet gives better results once the inflammation has subsided. Low blood cholesterol levels (below 200 mg/dl.) have been associated with a reduced risk of coronary heart disease. The body eliminates cholesterol through the excretion of bile acids. High-fiber diets may be useful for people who wish to lose weight. Fiber itself has no calories, yet provides a "full" feeling because of its water-absorbing ability.

Cassia Seed

The seeds remove intense heat from the liver, improve acuity of sight and loosen the bowels to relieve constipation.

Aloe

It is helpful with soothing cuts, burns, sunburns, bug bites, and scrapes. Aloe is good for occasional gastric upset. Aloe may also be used as a natural laxative.

Lotus Leaf

Based on the concepts of traditional Chinese medicine, lotus leaf is slightly bitter, and mild, and is attributed to the Liver and Spleen meridians. The main functions of lotus leaf are to stop bleeding and invigorate the blood. As with most other parts of the lotus, lotus leaf is employed to treat a variety of conditions, ranging from hematemesis (vomiting with blood) and hematuria (blood in the urine) to metorrhagia and diarrhea. An active ingredient in lotus leaf, nuciferine, also helps to reduce muscle spasms. In addition, lotus leaf is sometimes used to treat dizziness and fevers.

Mulberry Leaf

Reduces the absorption of sugars and complex carbohydrates in humans, helping to stabilize blood sugar levels. Effectively controls insulin absorption, thus contributing to control of Type 2 diabetes.

Malt

Helps to bring down the level of bad cholesterol in the human body.

Senna

Green Tea

Rhubarb

Polygonum Multiflorum

Gynostemma

Radish Seed

Hawthorn

Vitamins B1, B5, B6, B7, B12