



ENERGY SYSTEM 1 250g Bottle

REAL INCREASES IN USUABLE ENERGY THAT STIMULATES THE BODY'S NATURAL REPAIR PROCESSES AND HELPS MAINTAIN OVERALL BRAIN FUNCTION. IF YOU FEEL YOU ARE LACKING IN ENERGY, THIS WELL-BALANCED HERBAL BLEND WILL GIVE YOU VITALITY, STAMINA AND STRENGTH. RESTORES,



OPTIMIZES, AND PROTECTS YOUR ENERGY-PRODUCING SYSTEMS

This Blend Contains: Sprouted Black Rice, Jiaogulan, Moringa, Matcha Green tea, Sacha Inchi, Stevia.

Recommend to use on a daily basis as Energy system maintenance 5g to 10g per day



Rejuvenate and provide energy, stamina, and vitality. Energy is the source of your physical and cognitive power as well as all natural repair processes. Every aspect of your life is dependent on energy. In addition to your physical well-being, energy is the basis for your talents, confidence, creativity, inspiration, and expression of feelings. When we restore, optimize and protect the energy producing systems of the human body we have made an investment in our most precious asset.

We tend to make our problems more comfortable rather than solving them. Sugar, caffeine, nicotine, highly refined starches, amphetamines and other stimulants result in an energy spike inevitably followed by a crash due to the fact that no real additional energy has been made available.

At the cellular level, enzymes within the mitochondria of our cells convert fats and sugars into energy by causing ATP (adenosine tri-phosphate) to lose a phosphate in the process of converting to ADP (adenosine di-phosphate) which then, in turn converts back to ATP in a continuous cycle known as the "Krebs Cycle". The breaking of that phosphate bond releases energy that becomes available for use by our cells. This is a real increase in usable energy in contrast to the illusion of energy increases from stimulants. Likewise increased oxygen intake and utilization make solid contributions both physical and cognitive functions. Increased efficiency of cardiac functions, central nervous system regulation, and other systems that distribute energy also greatly assist in energy management.

The greater the need for energy the more we tend to eat. We're looking for an energy boost from nutrients which may not be available in highly processed foods.

People can respond to lack of energy in many ways. People may jump into new projects or relationships seeking excitement or may attempt to generate energy by seeking power or by gambling. The search for stimulation takes many different forms, all of which may come back to a life desperately seeking more energy.

The Energy Herbal Blend provides well-balanced support and maintenance for our natural energy systems. It is an effective functional food for athletes seeking to maximize performance and for the elderly, but is equally appropriate for people of all ages and walks of life as we face today's fast-paced stressful lifestyle.

A breakdown of the ingredients



SPROUTED BLACK RICE: "THE EMPEROR'S RICE"

<u>Cellular Preservation Technology activated</u> Sprouted Black Rice Powder is the ultimate functional food with a broad spectrum of popularity and application

A Link to an interesting article on Black Rice https://youtu.be/cWzkyrZ21sc

The Forbidden Rice

Despite being less popular than brown rice or wild rice, black rice, known as forbidden rice, is an ancient grain that has even more impressive health benefits than most other closely related rice varieties. Not only is it the type of rice that is richest in powerful disease-fighting antioxidants, but it also contains dietary fibre, anti-inflammatory properties, and has the ability to help stop the development of diabetes, cancer, heart disease and even weight gain.

Black rice has been eaten in regions of Asia for thousands of years; in fact for centuries it was reserved for only Chinese royalty. Today this type of rice is picking up in popularity and popping up in more health food stores across the US, Australia, and Europe, as people discover the numerous health benefits that whole grain black rice has to offer.

Black Rice / Forbidden Rice Nutrition

One serving of black or forbidden rice contains only around 160 calories, but offers a very high amount of flavonoid phytonutrients, a good source of important fibre, substantial mineral content including iron and copper, and even a good source of plant based protein. Just the outside hull of the grain has one of the highest levels of anthocyanin antioxidants of any food! We have retained the hull of our Sprouted Black Rice as it will Freeze Dry successfully, we know of no other producer that can successfully retain the hull...another unique point of our Dynamic Freeze Dry Process.

A one-half cup serving of cooked black rice, or about ¼ cup uncooked, contains approximately (in daily recommended values):

- 160 calories
- 1.5 grams of fat
- 34 grams of carbohydrates
- 2 grams of fibre
- 5 grams of protein
- 4% DV for iron

Wondering how black rice compares to other rice varieties? Here's how the different types of rice differ in terms of nutrient content when we compare a 100gm serving of each kind:

- Polished white rice contains 6.8 proteins, 1.2 iron, 0.6 fibre.
- Brown rice: 7.9 proteins, 2.2 iron, and 2.8 fibre.
- Red rice: 7.0 proteins, 5.5 iron, and 2.0 fibre.
- Black rice: 8.5 proteins, 3.5 iron, 4.9 fibre, and the highest amount of antioxidants of any rice variety.

You can see that black rice contains the highest amount of antioxidants, protein and dietary fibre of all rice varieties; plus black rice is also a good source of iron, which can be hard to get for plant based eaters who rely on grains and legumes for protein.

Protein synthesis

Black rice is a good source of energy, and contains in the range of 7-8% high performance plant-based protein, but of even greater significance, is its rich amino acid content which provides the body with <u>all</u> of the basic building blocks for proteins. Our bodies synthesize proteins from amino acids, a strong amino acid profile results in increased protein synthesis.

The process of synthesizing a protein is called "translation", and it occurs at the cellular level, proteins are produced when amino acids bond together in long chains.

Plants are able to make all the amino acids they require. Humans, on the other hand, don't have all the enzymes required for the biosynthesis of the complete range of needed amino acids. Of the 20 amino acids required by humans for protein synthesis our sprouted black rice powder contains all 20. Nine of these (the essential amino acids) can't be made by the human body and must come from our foods. Unlike starch and fat, the human body doesn't store excess essential amino acids for future use. They must be ingested in our food on a regular basis.

<u>Soft-Milled:</u> The normal milling of "cargo" rice (rice for export) requires that the rice germ and the vast majority of the kernel be removed. At the end of this milling process most of the benefits have been removed; the anthocyanin antioxidants, fibre and nutritional ingredients are lost in the normal milling process. Our unique soft-milling process delivers a "bran-complete" product removing only the husk leaving the kernel with 100% of the bran intact.

This process insures that:

- the anti-oxidant levels remain high and complete as nature intended
- nutrients in the bran are delivered intact
- The bran-complete powder delivers a dose of fibre which helps to regulate the pace at which complete foods move through the digestive tract.

In addition, some countries require that the milled rice be steamed prior to shipment. The exposure to extreme heat denatures the enzymes and diminishes the value of thermo-sensitive vitamins that may have survived the normal milling process. CPT Superherbs dynamically freeze dried powder is stable making these precautions unnecessary, as our rice is not exported as rice grains but in superfine powder form, thereby cannot be re-planted or bring contaminants of any kind to the importing countries. <u>Sprouting:</u> Our process respects traditional knowledge regarding the consumption of rice. In Northern Thailand and surrounding areas, sprouts of all kinds are consumed as food while nonsprouted seeds are used for planting. By sprouting our black rice we create an easily digestible food in its culturally correct form eaten as nature intended. Several top selling books have been written on the "Paleolithic" theory explaining the benefits of eating sprouted foods. This theory has launched a popular long-lasting dietary trend to the point of becoming a foundation for nutritionists.

We utilize state-of-the-art commercial sprouting machinery. Computerized controls allow us to adjust the speed and frequency of the rotation of the drums, adjust moisture levels, and regulate temperature and airflow to achieve safe sprouts.

MORINGA LEAVES: "THE TREE OF LIFE"



Fresh Moringa Leaves:

Nutritional Value of Moringa Leaves

4X more beta carotene than carrots. 7X more vitamin C than oranges. 4 X more calcium than milk. 2X more protein than milk or yoghurt. 3X more potassium than bananas. 74% more iron than spinach

Dried Moringa Leaves (gram for gram)

10X more Vitamin A than carrots. 50% more Vitamin C than oranges. 17 X more calcium than milk. 9X

more protein than yoghurt. 15X more potassium than bananas. 25 X more iron than spinach.

Moringa leaves contain a full complement of minerals and all the amino acids of meat. These highly nutritional properties of moringa make it an excellent natural, organic energy and endurance health dietary supplement. Scientific studies have found moringa effective in regulating blood pressure, blood sugar levels, reducing inflammation, and calming the nervous system.

Studies published in the journal of <u>Phytotherapy Research</u> and <u>Hort Science</u> find moringa effective in lowering blood pressure, lowering blood sugar levels, reducing chronic swelling and inflammation, and calming the nervous system. These preliminary results support traditional uses of moringa that have been practiced successfully for centuries.

Moringa is bursting with energy. Moringa trees grow very quickly. When we harvest moringa leaves, they grow back prolifically in a very short period of time. Moringa leaves, once harvested must go into the freeze dry process almost immediately. After only a few hours in a ventilated harvesting bag, the leaves have literally cooked themselves from the heat generated by their own bio-mass. This plant is exploding with life force. Moringa's strong nutritional values support the contention that moringa provides long lasting energy while it strengthens our bones, enriches our blood and guides us into equilibrium.



JIAOGULAN LEAVES: "THE HERB OF IMMORTALITY"

Jiaogulan has been used for centuries in the remote mountain villages in S.W. China to boost energy, relieve fatigue and increase longevity. The Chinese medical establishment first began

to study Jiaogulan after China's first census in the late 1970's revealed an isolated population living to extraordinarily old ages and vigorously working in the fields at ages well into their late 80's. Jiaogulan became known to the West during the Summer Olympics in Atlanta (1994). The Chinese athletes won so many Olympic metals, that they were tested for anabolic steroids, b none were found. Later, the Chinese field and track coach let it be known that Jiaogulan was part of their training regime.

Independently, at about this same time, Jiaogulan began to be studied in Japan as Japanese scientists were searching for natural sugar substitutes. The phyto- chemical compounds they discovered were similar to Korean ginseng but there were many more such compounds (saponin gypenosides) and in higher concentrations. The intense study of Jiaogulan carried on in Japan for thirty years during which time the many health benefits including improved oxygen utilization and heart functions were scientifically demonstrated.

SACHA INCHI

Sacha inchi has been cultivated and used as a food source for thousands of years in the Amazon



rainforest. This superfood is rich in Omega 3, 6, and 9 polyunsaturated fatty acids. Sacha Inchi is also a very strong plant-based protein source 58.95 g/100g with a rich amino acid profile that promotes endogenous protein synthesis. It is also high in antioxidants Vitamin A (carotenoids) and Vitamin E (alpha tocopherol). Sacha Inchi takes it rightful place among the world's top superfoods.

Thailand has listed Sacha Inchi on its list of its top 5 agricultural products to be promoted. Large coops in Northern Thailand, where the perfect growing conditions exist for growing top quality Sacha Inchi, provides a sustainable income for dozens of Sacha Inchi farmers and their families. Only natural fertilizers and pesticide-free cultivation produces hand-harvested, premium quality under the highest international standards.

Omega 3 is essential for the development of the brain and nervous system, regulates our immune system, fights chronic inflammation and infections and helps to relieve blood-clotting disorders as well as supporting overall cardiovascular health.



GREEN TEA LEAVES

Traditional medicinal uses of green tea goes back 5000 years in China. Tea was introduced to Japan about 600 AD by priests who had gone to China to study Buddhism. A natural stimulant, green tea leaves contain low levels of caffeine

but in combination with L-Theanine, a water soluble amino acid that neutralizes the speedy effect and jagged edge typical of caffeine without reducing its energizing effects. Tea energizes without draining your energy. We utilize a proprietary "Matcha Green Tea" powder that is produced without the need for mechanical grinding. The less we process tea leaves (such as fermentation to produce black tea or oolong tea) the better we preserve its natural benefits. The result is a better preserved more bioactive and bio-available form of unfermented green tea powder. Matcha Green Tea provides the unadulterated benefits from the entire tea leaf designed only by nature.



STEVIA

Our unique herbs are not all delicious. Some are bitter; others are sour, astringent etc. Please do not expect super sweet "bubble gum" herbs and herbal formulations. Taste tests indicate that a slightly sweeter taste is often preferred and may be helpful in terms of compliance. Stevia provides natural sweetness. It is a healthy herbal alternative. It contains no sugar but is sweeter than sugar with no calories, no toxicity and none of the negative health effects of sugar.

Stevia glycosides is approved as a dietary supplement/food additive in more than 30 countries including EU, U.S.A., Australia, New Zealand and most ASIAN countries and has been approved by the Thailand F.D.A. since 2002. The indigenous people of Paraguay were using stevia to sweeten their medicines and drinks as early at the 16th century.

Stevia is not only "harmless" but is healthy. Most often you are getting a refined extract (liquid or powder) that has isolated stevia's sweet compounds. However, true to our mission to "revive your relationship to natures' complete foods", we prefer to use the entire leaf and deliver its health benefits as per nature's design.

Stevia is an effective sweetener for people on sugar and carbohydrate-controlled diets such as diabetics and people concerned with weight management and anyone/everyone interested in overall good health. Lab studies confirm reductions in blood glucose levels attributed to chlorogenic acid which reduces enzymatic conversion of glycogen to glucose as well as decreasing absorption of glucose in the gut.

Natural stevia and stevia extract formulations are both marketed as substitutes for high calorie sugar. Both are considered healthier options compared to sugar and most artificial sweeteners. However there are significant differences between natural stevia leaves and man-made stevia extracts.

Whole Natural Stevia Leaves vs. Stevia Extract Formulations

Stevia extract formulations are being represented as zero-calorie natural alternatives to artificial sweeteners. Beware of this marketing hype. Stevia leaves are being highly processed by a chemicalladen process into a white powder that looks like sugar and tastes sweet but looks nothing like natural stevia and lacks the health benefits of natural stevia. These highly processed man-made stevia extract formulations are protected by patents that block the public from understanding their ingredients and complex manufacturing process.

In most concentrated stevia extracts made by chemically isolating Rebaudioside A from the stevia plant, the stevia extract is minimal (typically in the range of half of one percent - 0.5%). The main ingredient is sugar alcohol erythritol, made by processing GMO corn which is difficult to digest and may have unpleasant side effects such as gas, bloating and diarrhea. Other ingredients may include "natural flavours" for which there are no standards and no regulation by the F.D.A. in the U.S.A. The claims that these man-made stevia extracts are "natural" sugar substitutes is highly questionable and the marketing optics designed to give the impression they are natural are deceptive.

In the case of stevia extracts you don't get the stevioside and other active compounds where the health benefits of stevia abide. As an herb, stevia contains vital minerals and vitamins which are not present in extracts that include only one targeted stevia active compound, in this case, Rebaudioside A. Stevia leaves contain magnesium, potassium, vitamin B3 and are rich in iron (approx. 700 ppm) which helps hemoglobin synthesis. With over 10% fiber, stevia leaves help promote proper digestion and help to relieve constipation. Stevioside (one of stevia's sweet tasting compounds) has been studied for its ability to dilate blood vessels, increase elimination of sodium and increase urination all of which

help to reduce high blood pressure. Triperpenes, flavonoids and tannins are among the antioxidant compounds found in stevia leaves. Other antioxidant compounds found in stevia include kaempferol, quercetin, chlorogenic acid, caffeic acid and isoquercitrin. Antioxidants found in stevia demonstrate the potential to support good health.

Research conducted by Professor Eva Sapi, chairperson of the Department of Biology and Environmental Science at the University of New Haven (Connecticut, U.S.A.) suggest that stevia treats the bacteria responsible for Lyme disease more effectively than doxycyline, cefoperazone and daptomycin antibiotics. (1) Human patients with Lyme disease may soon undergo clinical trials.

The healing message is not carried by one isolated ingredient, but by the synergy of the plant in all of its complexity as it was designed by nature. If we eliminate the enzymes, fiber, vitamins, minerals, antioxidants, steviosides and the other co-factors (as we do when we extract only Rebaudioside A for its sweet flavour) the healing message is not delivered.

The objective of these artificial stevia formulations is sweet flavour and sweet flavour only. Despite marketing hype these stevia extracts are, in fact, far from natural - far from the plant whose leaves have been used for centuries (time tested) as a sweetener and a traditional medicine with no known negative side effects. Conversely the highly concentrated stevia extract formulations have been used only for about the past 30 years (primarily in Asia) and there are concerns regarding their ability to lower blood pressure which can be a problem for those with already low blood pressure. People suffering from cardiovascular disease are cautioned to use high doses of the concentrated stevia extracts only with physician's supervision. What is the recommended safe daily dosage? How does this vary from person to person? How is daily dosage regulated in terms of a sweetening agent that may be included in a wide range of foods and beverages? Important concerns regarding the safety of highly concentrated stevia extracts remain to be addressed.

The chemical or metallic aftertaste that has characterized stevia extracts in the past is a not present in natural *Stevia rebaudiana*. The more recent artificial stevia extract formulations have found a chemical process to eliminate the objectionable aftertaste - chalk up another move by "Big Pharma" to simply make our problems more comfortable.

Our Freeze Dry process is where nature meets science. We process stevia leaves into a fine whole stevia leaf powder by a proprietary premium freeze dry process: Cellular Preservation Technology (CPT). The end result is a natural stevia leaf powder that is easily digested and absorbed - a stable dry powder which delivers the health benefits of the stevia plant as it grows in nature with nothing added and nothing extracted. Water and only water has been removed to prevent the process of degradation which occurs in the presence of water activity. Our Freeze Dried all natural CPT Stevia powder is F.D.A. approved as a food supplement in Thailand and natural stevia leaf powder is accepted as a food or dietary supplement in many nations around the world.

Along with Health line, we conclude that the best way to consume stevia is to use the whole leaf to sweeten food and drink.

THE PERFECT STORM

The combination of Sprouted Black Rice, Moringa, Jiaogulan, Sacha Inchi, Matcha Green Tea and Stevia create an herbal energy formula that's natural, safe, and effective. Don't expect an instantaneous burst

of energy such as from caffeine, sugar or adrenaline. There is a steady increase in energy that maintains itself over time without the inevitable crash that follows with the use of stimulants.

A Weight Management Smoothie – suggestion.

Banana Smoothie



Although this recipe may sound plain by its name, it is in fact very smooth and exquisitely delicious with our **Sprouted Black Rice.** If you buy more bananas than you can use, just peel, slice and freeze them and they will last indefinitely.

Makes a 12oz glass.

Add contents to blender jar in the following order:

1 cup of alternative milk / water and/or 2 tablespoons of yoghurt

1 to 3 teaspoons of Immune System 1

1/2 banana (Fresh or Frozen pieces) Blend 15 to 20 seconds

You can add some frozen or fresh fruit or fruit concentrate 1 to 2 cups of ice Blend again until perfect consistency is achieved.

An alternative way to take the sachet would be to empty contents into a yoghurt mix and eat.

Or for quickness, mix sachet contents with water, allow 1 min to dissolve stir well and drink using a straw. <u>WWW.cptsuperherbs.com</u>

www.cptsuperherbs.com



CELLULAR PRESERVATION TECHNOLOGY

It is this process that distinguishes our herbs from all others.

- 1. Our herbs do not require any preservatives or heat treatment to prevent degradation. If this were a crème or liquid it would require preservatives since moisture is the medium for the enzymes and microorganisms to degrade the product.
- 2. The enzymes, vitamins, minerals and other vital ingredients are preserved with their full potency intact. The value of the herbs and botanicals are kept at their highest level.
- 3. It is exactly this high level of preservation of the vital ingredients that create the results that we would otherwise not achieve in traditional drying methods, even if we had used exactly the same ingredients in exactly the same proportions.
- 4. If we use heat to remove the moisture (de-hydration), the heat will denaturize the enzymes (making them ineffective), reduce the protein levels considerably and oxidize thermo-sensitive vitamins such as Vit C and beta-carotene.
- 5. The freeze dry process eliminates water without exposure to heat thereby preserving all of the enzymes, vitamins, minerals, and bioactive compounds.
- 6. The very small particle size (micronization no need for grinding) and porous particle structure achieved by the Bio-Dynamic Freeze Dry Process allow our herbs to be more easily absorbed and metabolized. Vitamins such as Vit C are fat soluble and are easily and quickly absorbed into our body.
- 7. The effectiveness and capabilities of all our herbs are greatly enhanced due to the particulate size and structure produced by our transitional and evolutionary Freeze Dry process.

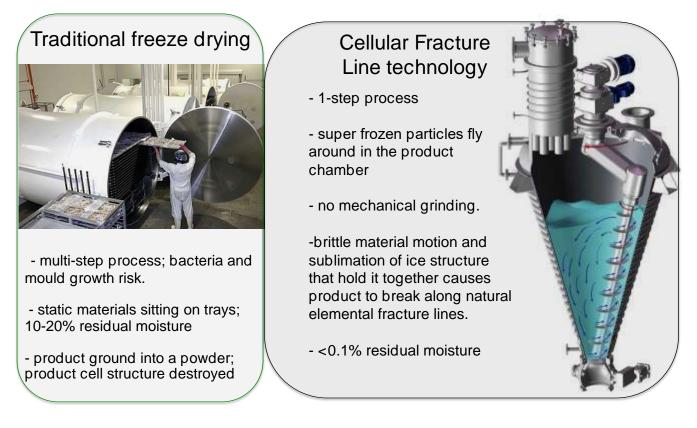


The Technology – Cellular Preservation Technology (CPT)

Cellular Preservation Technology or CPT is a proprietary technology which utilizes a modified form of freeze drying.

Freeze Drying has been used for centuries however the common industry standard freeze dry method typically uses traditional 'static' freeze drying with a further process of mechanical grinding.

Image 1 – Traditional Vs Cellular Preservation Technology (CPT)



CPT is a key component in the creation of our functional foods. It allows us to preserve a whole food in its fresh form, thus maintaining all of the medicinal activity of a live plant while providing the safety of a stable commodity.

This proprietary and transitional preservation process gives us the unique ability to provide a superior product compared to anything else available on the market today. The 'secret' to our technology is the Herbs are dried while they remain frozen in a vacuum state, rather than sitting motionless on trays (as in the traditional tray freeze drier), the product is flying round in a vortex. The deeply flash-frozen CPT granules decrease in size due to sublimation of the connecting ice structure and break into increasingly smaller particles along natural elemental fracture lines.

This creates a smaller particle size and porous structure without cellular hemorrhaging, caused by mechanical grinding of the <u>traditional</u> process as used in the industry today. CPT particles are much more easily absorbed and metabolized (more bio-available), and are more soluble for use as a catalyst ingredient in other formulations.

Solubility

As a food ingredient our herbs are highly soluble. Solubility ties into taste as well as ease to combine with other ingredients. This high level of solubility (enhanced by the CPT freeze dry process creates a <u>more soluble particle structure</u>),

Fresh Super herbs and Super foods

As soon as our botanicals are harvested they naturally begin to degrade. It is critically important to get them into the CPT process immediately after harvest. The logistics are challenging in any case, but the fact that they are grown at our doorstep in the mountains surrounding Chiang Mai, Thailand makes it all possible.

Higher Bioactivity Superior Efficacy

The objective achieved by CPT is preservation not only of the targeted ingredients but preservation of the entire cellular and molecular structure of the live plant. This is achieved by:

- An Evolutionary and Transitional Freeze Dry Process where the product is never exposed to the destructive oxidative forces of heat.
- Plant tissue fractures between/along the layers of the cell walls preserving cellular integrity and improving the retention of the bioactive intracellular contents.
- Water removed as a liquid at an extremely low constant temperature (minus 55 deg C) evaporates at a constant rate while the quantity of water steadily decreases. This creates surface tension. Any solid structure in contact with the water will normally experience surface tension strong enough to damage fragile cell walls; CPT removes water in its gaseous state (water vapor) and avoids this destructive surface tension.
- Exposure of the entire surface area to sublimation results in "even" drying which preserves cellular integrity.

The net result is preservation of the complex synergistic structure as close as possible to how it exists in nature. This translates to a more highly bioactive more effective powder.

Higher Absorption and Higher Bio-Availability

Particles break down inside the product chamber with minimal need for mechanical grinding. They break down due to the movement of the super frozen particles and sublimation of the ice structure that holds the particles together. This causes them to fall into small porous particles along the natural Cellular Lines creating soft, porous particles which have more surface area per unit of weight and therefore are absorb more easily.

The function and value of our food supplements lie not in lab tests alone, but in their energetic breakdown and uptake inside your body and the preservation of enzymes, proteins and vitamins.

The ability of your body to store or use these nutrients is called bio-availability – yet another huge advantage of our Cellular Preservation Technology activated botanicals.

The quality and effectiveness of our Products are the result of the remarkable protocols and processes we employ from the fields to the finished product. For details on this evolutionary process, please contact us at <u>www.cptsuperherbs.com</u>