



250g Bottle

**CPT HERBS Immune System 1**  
Dietary Supplement 250g  
Powerful Health Boosting Blend  
HB 05 Black Rice / Pitu Kow Blend

Cellular Preservation Technology (CPT) GMP-HALAL-FDA Approved Factory  
Delivers all the medicinal value of fresh botanicals without exposure to heat  
Provides 100% natural ingredients, retains the nutritional values (enzymes, vitamins, essential oils and more) and sustains the complex holistic synergy of the plant just as it grows in nature.  
This allows for CPT FREEZE DRIED botanicals to maintain optimum levels of their original antioxidant & nutrient profiles in comparison to traditional tray, sun - dried or plants dried in hot ovens. CPT Superherbs deliver :-  
**HIGHEST BIOAVAILABILITY, HIGHEST BIOACTIVITY and HIGHEST NUTRITION.**

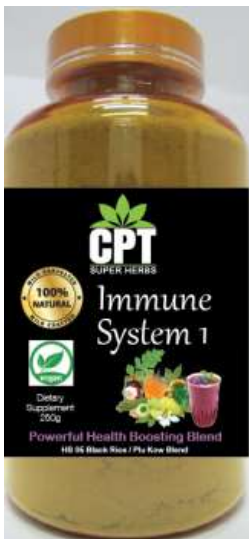
Ingredients - Net wgt - 250g Gross wgt - 308g  
Black Rice 175g Pitu Kow 25g  
Amalaki 25g Noni 25g

Serving Size 5 to 10g/day after a meal (1 to 2 Teaspoons)  
www.cptsuperherbs.com  
This product is not intended to diagnose, cure, treat, or prevent any disease. Children and pregnant women should consult a doctor.

Siam Superherbs,  
149/9 M1,  
Tambon Muang Kaew  
Amphur Mae Rim,  
Chiang Mai,  
50180, Thailand

# Immune System 1

Supports the body's immune system to fight against disease



This herbal blend was created to support the body's immune system and ability to attack and destroy invader cells including, viruses, bacteria and tumours. It is an immune system booster that provides a healthy alternative to the negative effects of synthetic drug overuse. Rather than lose your natural immunity, choose to boost your immunity using nature's support.

**Recommended Dose - take 10g per day for 7 to 10 days initially to boost the Immune System (1 full teaspoon is approx. 5g)**

**As daily immune system maintenance take 5g to 10g per day**

**If low on Energy, have cold or flu or other illness**

**Take 10g to 15g per day.**

**Making a smoothie is a pleasant way to consume the mix. Otherwise mix with water or your favourite drink. Please do not add to a liquid temperature above 38deg C as this will reduce the effectiveness of the herbs**  
**A Smoothie suggestion at end of Brief**

# Ingredients

**This Blend Contains:**

**Sprouted Black Rice - Noni - Amalaki - Plu Kow**

**In 250g Bottles**

## **SPROUTED BLACK RICE**

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

**Dynamically Freeze Dried Sprouted Black Rice Powder is a one-of-a-kind functional food with a broad spectrum of popularity and application that is unique to the market.**



Black rice is a functional super food with a well balanced nutritional profile, high in antioxidants, with a **full amino acid profile and high in Beta Gluten.** (plus many other benefits as listed in **NUTRITIONAL** data )

Black rice is rich in anthocyanin antioxidants, minerals, vitamins and amino acids. It is the most nutritional variety of rice. Black rice is a wholegrain which is non-GMO, gluten free, cholesterol free, low Glycemic, fat, and salt, yet high in fiber, antioxidants, Vitamins B and E, niacin, thaimin, magnesium, iron, zinc and phosphorous. Sprouted black rice powder is the ultimate “Functional Food,” an industry category assigned to foods that deliver therapeutic levels of beneficial constituents in a convenient whole food form. This lines up with our mission to revive your relationship with nature’s complete foods.

In ancient China, Black Rice was reserved exclusively for Royalty. It was thought that it

would extend their lives. In light of recent scientific studies on the anti-aging effects of antioxidants it seems like this ancient knowledge was on the mark.

### **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 all 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. **This rich amino acid profile makes TFD's sprouted black rice powder with all amino acids required by humans to synthesize proteins including every one of the nine essential amino acids an exceptional plant-based source of the building blocks for human protein synthesis.**

Branched-chain amino acids (BCAA's) are the essential proteinogenic amino acids. Leucine, isoleucine and valine account for 35% of the essential amino acids in muscle proteins. As you can see from the amino acid profile TFD's sprouted black rice powder is rich in these BCAA's which promote protein synthesis and protein turnover (balance between protein synthesis and protein degradation). Targeted glucose transport proteins cross the blood brain barrier where they play a role in protein synthesis, synthesis of neurotransmitters, and energy production.

People with low dietary protein intake can promote muscle protein synthesis, increase gradual muscle growth, and prevent fatigue by ingesting foods rich in BCAA's. This is particularly important in the case of novice and professional athletes as well as anyone concerned with their fat to muscle ratio.

### **Cyaniding 3 Glycosides C3G:**

One of the rare antioxidants abundant in black rice is Cyanidine-3-Glucoside (C3G). C3G can have a dramatic positive effect on your body's ratio of fat to muscle as well as energy levels. C3G changes the gene expression of fat metabolism from storage to usage.



**NONI**

Noni is described in ancient Chinese and Indian texts and Polynesian legends as a traditional medicine to combat stress-related disorders such as regulation of blood sugar levels, constipation, circulation, blood pressure, inflammation, ulcers, indigestion, immune system deficiencies chronic fatigue and asthma.

Noni has been studied in the context of providing immune system support and recent studies suggest that noni can help protect the brain from stress to maintain cognitive function.

Noni's reputation as an effective relaxant may help reduce stress, calm the nerves and support sound sleep patterns.

A micronutrient named "pro-xeronine" contained in noni promotes human cells to synthesize xeronine, an active alkaloid which supports the structure and function (elasticity and resilience) of the cell walls throughout the body. This adaptogenic function prevents our cell walls from collapsing and malfunctioning. The proper structure and function of our cells affects every system in our bodies.

#### Boosts Immunity

Noni has anti-bacterial, anti-fungal, anti-inflammatory and anti-histamine properties all of which help to boost immunity.

Ursolic Acid, found in significant concentrations in Noni, supports the immune system. Alkaloids in noni demonstrate an ability to boost phagocytes that attack invader cells.



### AMALAKI (AMALA): "THE GREAT REJUVENATOR"

**Amalaki** is thought to reduce inflammation, alleviate pain, promote detox, sharpen memory, and protect against cancer. **In Ayurveda,**

**Amalaki is said to aid in the treatment of the following health conditions:**

Atherosclerosis – Diabetes – Diarrhoea - High blood pressure - High cholesterol - Joint pain - Obesity.

If we eat Amalaki daily? It acts as a natural conditioner for healthy, shiny hair. It also slows down the greying process.

Regular intake of **Amalaki** not only leads to a healthy and glowing skin but also improves eye sight, boosts the immune system, and regulates blood sugar and lipids

**Amalaki** is one of the important components in Chyawanpraash that has immunity boosting, digestive and **liver**-protective action. ... It is said to have the ability to clear toxins from the **liver** as well as strengthen its functioning.

Amalaki has been used in India as a traditional remedy to treat the blood, bones, liver and the heart. Ayurveda attributes Amalaki with the ability to help rebuild and maintain new tissues and improve red blood cell count. Like other Adaptogens it has a wide range of properties. It is used to stimulate brain function, assist the body in elimination disorders (used for both constipation and diarrhea), connective tissue disorders, and to protect against heart and nervous system disorders, blood sugar regulation, and strengthen bone and teeth, capillaries and the eyes. Initial research suggests that Amalaki may help to inhibit atherosclerosis, carcinogenesis, and degeneration from Alzheimer's, dispels nausea and vomiting, throat congestion and respiratory problems.

**VITAMIN C:** Amalaki is the highest natural source of vitamin C, with 3000 mg per fruit. Amalaki juice contains approximately 20 times more vitamin C than orange juice. This extraordinarily high vitamin C content provides Amalaki with strong antioxidant properties among the other known health benefits of vitamin C. The vitamin C in Amalaki is protected from oxidation from heat by tannins which protect and preserve its vitamin C. Naturally occurring vitamin C is more bio-available and substantially more effective than synthetic vitamin C.

**ANTI-AGING:** Amalaki is most famous as an anti-aging and rejuvenative botanical. It is the most important of the “*rasayana*” herbs which improve the blood and thereby promote the health of all the tissues of the body. This, in combination with the cleansing and balancing effects of Amalaki described below make it a powerful anti-aging botanical.

**BALANCE:** In Ayurveda self-healing is achieved through conscious creation of balance (Homeostasis). Ayurveda describes the transference of energy into matter and matter into energy. Aberrations in this energy transference create malfunctions in the cells. The remedy is not in the chemistry per se, but in the creation of balance. In fact, when the body is balanced (as in meditation) our metabolism slows down (as measured by oxygen consumption), cardiac output (work load on your heart) drops, while blood circulation increases at the same time. Lactic acid levels (a measurement of stress) decrease. In balance, the entire function of our physiology becomes optimized and super-efficient. The essence of healing is embodied in Adaptogens, of which Amalaki is one of the most potent on the planet.

## **PLU KOW (*Houttuynia cordata*)**



Plu Kow is the Thai name for the “heart leaf” used for centuries in traditional Asian herbal medicine in support of the immune system. *H. cordata* was used by Chinese scientists to tackle

SARS as it is conventionally used to treat pneumonia. It is best known as an immunomodulatory herb and is currently being tested at AIDS hospitals in Thailand with promising initial results.

In Japan, “dokudami”, made from fermented Plu Kow leaves, is widely used for ridding the body of harmful bacteria and fighting viral infections.

Best results are achieved when the Plu Kow leaves are fermented with starter cultures of lactic acid bacteria. This provides us with a probiotic product. Drying using heat destroys lactic acid bacteria. The best method of preservation is the Dynamic Freeze Dry process which preserves the desirable probiotic microbes and valuable thermo-sensitive compounds.

The blend of Sprouted Black Rice, Noni, Amalaki, Plu Kow and Stevia make an excellent tonic to support immune system functions.

*H. cordata* injection, a traditional Chinese medicine, is often used to relieve abnormal lung symptoms, infectious disease, refractory hemoptysis, and malignant pleural effusion in China.[*citation needed*] Its injection has a direct inhibitory activity against pseudo rabies herpes virus *in vitro*.

Houttuynia Cordata, also known as Dokudami, is a plant that has a lengthy history as a healing agent. One of the health benefits of dokudami, that has some science behind it, is that it can help fight asthma, as well as allergies. These disorders are both caused too much histamines being released. It can also remove free radicals from the body that are not supposed to be there, ones that come from processed food, pollution, and chemicals in water. Free radicals are believed to cause cancer and speed up aging. Dokudami has also been found to fight off bacteria that are harmful to the body. It is especially useful in fighting off two types of bacteria that cause acne.

Another benefit of dokudami is that it helps to boost the immune system. It does this by increasing the amount of lymphocytes, a white blood cell, that are made. It can also help reduce inflammation. Back when SARS was going on in China, dokudami was selected as one of eight aids to help treat it. It can help treat an infection within 24 hours of receiving an injection. Another thing dokudami can do is reduce swelling, which is due to it reducing inflammation. So a lot of what the tea leaf is believed to be able to cure may simply be old wives tales, but it does have some scientifically verified benefits.

## 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. [WWW.cptsuperherbs.com](http://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.

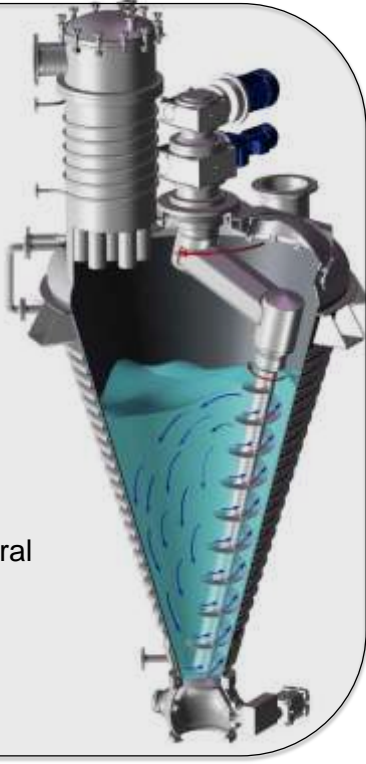
**Image 1 – Traditional Vs Cellular Preservation Technology (CPT)**

**Traditional freeze drying**



- multi-step process; bacteria and mould growth risk.
- static materials sitting on trays; 10-20% residual moisture
- product ground into a powder; product cell structure destroyed

**Cellular Fracture Line technology**



- 1-step process
- super frozen particles fly around in the product chamber
- no mechanical grinding.
- brittle material motion and sublimation of ice structure that hold it together causes product to break along natural elemental fracture lines.
- <0.1% residual moisture



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 traditional 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 more soluble particle structure),

### **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 [www.cptsuperherbs.com](http://www.cptsuperherbs.com)