

# Ultimate Antiox Full Spectrum



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## Full of Health Benefits

This antioxidant formula combines some of nature's most powerful herbs and spices, along with other well-researched antioxidant compounds. These ingredients were chosen due to their ability to protect both water-based and lipid-based body structures and compounds, including cell membranes, LDL cholesterol, proteins, and enzymes. This formula replaces the need to use the previous Ultimate Antioxidant-LS and Ultimate Antioxidant-HS in combination for full-spectrum antioxidant protection. Antioxidants are found in combination in nature. Recent research proves synergism is more potent than isolated antioxidant action.

Featured ingredients include: Curcumin C3® Complex, the best curcumin source available on the market today; the full spectrum of the vitamin-E family, featuring potent levels of gamma-tocopherol and the difficult to acquire delta-tocotrienol; a host of carotenoids, such as lycopene, alpha and beta-carotene and the xanthophylls, lutein and zeaxanthin.

Supplement Facts			
Serving Size 3 capsules Servings Per Container 30			
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as Mixed Carotenoids from palm tree fruit)	8300 IU 166%	Quercetin	25 mg *
Vitamin E (as d-alpha tocopherol)	12 IU 40%	Rutin	25 mg *
Acerola Extract ( <i>Malpighia glabra</i> )(fruit) [standardized to contain 24% vitamin C]	400 mg *	Clove ( <i>Syzygium aromaticum</i> )(bud)	25 mg *
High-Gamma Mixed Tocopherols (as d-gamma, d-delta, d-alpha, d-beta)	120 mg *	Allspice ( <i>Pimenta dioica</i> )(berry)	25 mg *
Grape Seed Extract ( <i>Vitis vinifera</i> )(seed) [standardized to contain 95% proanthocyanidins]	90 mg *	Sweet Basil ( <i>Ocimum basilicum</i> )(leaf)	25 mg *
Curcumin C3 Complex® ( <i>Curcuma longa</i> ) (rhizomes)(containing three curcuminoids: curcumin, bisdemethoxy curcumin, demethoxy curcumin)[standardized to contain 95% curcuminoids]	80 mg *	Sage ( <i>Salvia officinalis</i> )(leaf)	25 mg *
Garlic ( <i>Allium sativum</i> )(bulb)	60 mg *	Rosemary Extract ( <i>Rosemarinus officinalis</i> )(leaf) [standardized to contain 7% carnosic acid]	22 mg *
Tocotrienols (delta, gamma)†	30 mg *	Marigold Extract ( <i>Tagetes erecta L.</i> )(flower) [standardized to contain 10% lutein esters]	7.5 mg *
Ginkgo ( <i>Ginkgo biloba</i> )(leaf) [standardized to contain 24% ginkgol flavonoglycosides and 6% terpene lactones]	25 mg *	Lycopene	7.5 mg *
		Trans Resveratrol from 10 mg <i>Polygonum cuspidatum</i> (root)	5 mg *

\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, silicon dioxide, stearates (vegetable source).

## EXAMPLES OF INGREDIENTS AND HOW THEY WORK

Acerola	Natural fruit source of vit C, reduces cell proliferation by activating RAS signal pathways, lung protective
Grape Seed	Antimicrobial, hepatoprotective and neuroprotective, protects LDL from oxidation
Curcumin	Works synergistically with vit C, inhibits glutamate-hydroxyl radicals in hypothalamus
Garlic	Improves oxidative damage by free radicals that have been implicated in the pathogenesis of vascular disease in diabetes and hypertension
Ginkgo biloba	Protects against ionizing radiation and mercury-induced tissue damage, protects brain against electromagnetic radiation from cell phones
Quercetin	Attenuates lethal systemic inflammation caused by endotoxemia by inhibiting HMGB1, MAPK and NF-kappaB
Rutin	Protects against advanced glycation end-products (AGE)
Clove	One active ingredient, biflorin, scavenges hydroxyl radical, inhibits formation of AGE
Allspice	One active ingredient, pimentol, scavenges hydroxyl radical, inhibits the formation of superoxide anion radical, protects against AGE
Sweet Basil	Works like SOD to remove the superoxide anion radical
Sage	Retards lipid peroxidation
Rosemary	One active ingredient, rosmarinic acid, protects against lung inflammation and lung edema from car exhaust
Resveratrol	Improves cellular and molecular inflammatory responses via inhibiting oxidative damage and redox-sensitive NF-kB activation, protects retina from oxidative damage

**Antioxidants are found in combination in nature. These studies prove synergism is stronger than antioxidants taken alone.**

1. Lycopene synergistically inhibits LDL oxidation in combination with vitamin E, glabridin, rosmarinic acid, carnosic acid, or garlic. *Antioxid Redox Signal*. 2000 Fall; 2(3): 491-506. Fuhrman B, Volkova N, et al.
2. Carotenoid mixtures protects multilamellar liposomes against oxidative damage: synergistic effects of lycopene and lutein. *FEBS Lett*. 1998 May 8; 427(2):305-8. Stahl W, Junghans A, et al.

**Acerola cherry as an excellent natural source of antioxidants such as Vitamin C.**

3. Effect of acerola cherry extract on cell proliferation and activation of ras signal pathway at the promotion stage of lung tumorigenesis in mice. *J Nutr Sci Vitaminol (Tokyo)*. 2002 Feb;48(1):69-72. Nagamine I, Akiyama T, et al.
4. Antioxidant activity, ascorbic acid and total phenol of exotic fruits occurring in Brazil. *Int J Food Sci Nutr*. 2008 Sep 10:1-10. Aparecida de Assis S, Carlos Rebuglio Velloso J, et al.

**Grape seed polyphenols have been shown to have very high antioxidant power.**

5. Polyphenolics in grape seeds-biochemistry and functionality. *J Med Food*. 2003 Winter;6(4):291-9. Shi J, Yu J, et al.

**Curcumin works synergistically with water-soluble antioxidants such as Vitamin C and protects against several free radicals.**

6. How curcumin works preferentially with water soluble antioxidants. *J Am Chem Soc*. 2001 Apr 4; 123(13): 3064-8. Jovanovic SV, Boone CW, et al.
7. Curcumin inhibits the increase of glutamate, hydroxyl radicals and PGE2 in the hypothalamus and reduces fever during LPS-induced systemic inflammation in rabbits. *Eur J Pharmacol*. 2008 Sep 28;593(1-3):105-11. Huang WT, et al.

**Garlic increases serum antioxidant levels.**

8. Garlic increases antioxidant levels in diabetic and hypertensive rats determined by a modified peroxidase method. *Evid Based Complement Alternat Med*. 2009 Feb 20. Droviova H, Thomson M, et al.

**Ginkgo biloba is shown to have antioxidant, anti-angiogenic and gene regulatory actions.**

9. Ginkgo biloba extracts and cancer: a research area in its infancy. *Fundam Clin Pharmacol*. 2003 Aug; 17(4): 405-17. DeFeudis FV, Papadopoulos V, Drieu K.

**Ginkgo biloba is shown to protect against oxidative tissue damage.**

10. Ginkgo biloba extract protects against ionizing radiation-induced oxidative organ damage in rats. *Pharmacol Res*. 2006 Mar;53(3):241-52. Sener G, Kabasakal L, et al.
11. Ginkgo biloba extract protects against mercury(II)-induced oxidative tissue damage in rats. *Food Chem Toxicol*. 2007 Apr;45(4):543-50. Sener G, Sehirli O, et al.
12. Ginkgo biloba prevents mobile phone-induced oxidative stress in rat brain. *Clin Chim Acta*. 2004 Feb;340(1-2):153-62. Ilhan A, Gurel A, et al.

**Polyphenols with the greatest number of hydroxyl groups make the best antioxidants such as Quercetin.**

13. A new method of measuring the antioxidant activity of polyphenols using cumene hydroperoxide. *Ann Clin Biochem*. 2004 Jan;41(Pt 1):72-7. Sugita O, Ishizawa N, et al.

**Quercetin has been shown to provide significant protection against oxidative injury.**

14. Quercetin Prevents Lipopolysaccharide-induced HMGB1 Release and Proinflammatory Function. *Am J Respir Cell Mol Biol*. 2009 Mar 5. Tang D, Kang R, et al.

**Rutin was found to inhibit the formation of advanced glycation end products.**

15. Inhibition of advanced glycation end product formation on collagen by rutin and its metabolites. *J Nutr Biochem*. 2006 Aug;17(8):531-40. Cervantes-Laurean D, Schramm DD, et al.

**Clove and basil protect against the oxygen radical.**

16. Determination of antioxidant activity of herbs by ESR. *Shokuhin Eiseigaku Zasshi*. 2003 Feb; 44(1): 59-62. Yun YS, Nakajima Y, et al.

**Active ingredients of herbs such as allspice and clove are strong hydroxyl radical scavengers (as strong as alpha tocopherol) and protect against AGE's.**

17. Spice constituents scavenging free radicals and inhibiting pentosidine formation in a model system. *Biosci Biotechnol Biochem*. 1997 Feb;61(2):263-6. Oya T, Osawa T, Kawakishi S.
18. Several culinary and medicinal herbs are important sources of dietary antioxidants. *J Nutr*. 2003 May;133(5):1286-90. Dragland S, Senoo H, Wake K, et al.
19. Antioxidative properties of water extracts obtained from herbs of the species Lamiaceae. *Int J Food Sci Nutr*. 2001 Jul;52(4):313-7. Triantaphyllou K, Blekas G, Boskou D.

**Rosemary compound, rosmarinic acid, protects from lung inflammation and lung edema according to the study below.**

20. Rosmarinic acid inhibits lung injury induced by diesel exhaust particles. *Free Radic Biol Med*. 2003 Apr 15; 34(8): 1060-9. Sanbongi C, Takano H, et al.

**Resveratrol is a powerful antioxidant, chemopreventive and anti-inflammatory compound.**

21. Resveratrol--a prostate cancer chemopreventive agent? *Urol Oncol*. 2002 Nov-Dec; 7(6): 223-7. Ratan HL, Steward WP, et al.

**Resveratrol reduces ocular inflammation and protects the retina.**

22. Resveratrol Prevents Ocular Inflammation in Endotoxin-Induced Uveitis via Inhibiting Oxidative Damage and Nuclear Factor- $\kappa$ B Activation. *Invest Ophthalmol Vis Sci*. 2009 Mar 11. Kubota S, Kurihara T, Mochimaru H, Satofuka S, Noda K, Ozawa Y, Oike Y, Ishida S, Tsubota K.