

BLEND OF INGREDIENTS TO HELP MAINTAIN BODY VITALITY

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ABSTRACT

The paper defines all of the beneficial ingredients, which include the nutrients responsible for the body's natural vitality, active and immunological reactions, and alertness. All of the ingredients in it are non-synthetic and 100% natural ensuring that it helps the consumer for maintaining his normal metabolic balance along with good exercise and diet, nail strength, hair vitality and vision health. It also helps to maintain a good overall wellbeing feeling and invigorated mood.

Index Terms—Benefits, fruit, diseases.

INTRODUCTION

THE product contains all the beneficial ingredients such as European Olive (leaf), Echinacea (root), Astragalus (root), Reishi Mushroom, Ashwagandha (root), Balsam Pear (fruit), Aloe Vera (leaf), Cranberry, Bilberry (fruit), Pomegranate, Rowanberry (fruit), Husk Tomato (fruit), Black Currant. All these ingredients have their own specific benefits, and all of these play their own vital roles for the maintenance and improvement of various functions of a human body. These lozenges offer multiple benefits to the consumer to stay healthy. All the natural ingredients are used to gain the required benefit from its consumption. The production process includes only drying and grinding. The process does not edit the natural properties of the ingredients helps the consumer to obtain maximum benefit from it. The combination of all the natural ingredients helps the individual to stay fit and healthy.

II. Benefits of Ingredients

The benefits of all the ingredients are described as below.

1. European Olive (leaf)

A number of factors are responsible for the prevalence of cancer including genetic changes as well other lifestyle and environmental factors, such as tobacco consumption, lack of exercise and obesity. The extracts of olive leaf help to reduce the effect of all these factors and as a result it minimizes the risk of cancer.^[1] Chronic inflammation has considerable correlation with many health complications that also includes cardiovascular diseases, cancer, and various age-related issues. The NF- κ B pathways for signaling plays an especially important

role for response against inflammation. It is an important target for inflammation prevention. According to assorted studies and observations, it was proven that the polyphenols of olive can interact with such pathways.^[2]

2. Echinacea (root)

Echinacea is also known as the purple cone flower. It has been used for centuries for making medicines to treat multiple issues such as cough, cold, bronchitis, inflammatory condition as well as upper respiratory infections. As per the existing literatures, it shows that it is not used for the prevention of illness but in contrast to it, it is used for treatment.^[3] Echinacea can boost the phagocytic immune cell response.

Some other benefits of Echinacea can be mentioned as below.

- As per reports received from various laboratories, collagen-building and fibroblast activity can be inhibited.^[4]
- The extracts of Echinacea have been reported to have significant antifungal properties by various vitro experiments where testing was conducted against multiple *Saccharomyces cerevisiae* as well as *Candida* species that also include *Candida Albicans*, which is the most common fungal disease in the skin of a human body.^[5]

3. Astragalus (root)

It is most often used for common health issues. It is also used for the improvement of health overall. Apart from it being used as a tonic, there have been multiple studies in vitro and vivo, both, with the sole intention of improvement of clinical and pharmaceutical applications.

This medicinal root consists of multiple compounds with protective and health features. For example, anti-inflammatory agents, antioxidants, adaptogens, immune stimulants that help to cure and prevent diseases.^[6] Among females, breast and ovarian cancer are the most common types of cancer to occur. By testing the effects of Astragalus, it shows a large number of positive effects. It was observed that it aided in the suppression of the proliferation of breast cancer cells.^[7]

4. Reishi Mushroom

Conventionally, reishi mushrooms have been used by the Japanese and Chinese herbalists for the treatment of insomnia due to their sleep-promoting properties.^[8]

It contains a remarkably high concentration of Polysaccharides, Triterpenes as well as Organic Germanium. All these active components present in it are reported to strengthen the immunity cells of a human body and also improve the immune system.^[9]

It is a famous cure to a variety of health conditions, outperforming other therapeutic herbs due to the absence of any negative side effects or toxins that may come from use, as well as its medical efficacy. Since it was quite rare, naturally, it was preserved for the Asian royalty, only to be consumed by the rich. By 20th century, due to the cultivation of red reishi mushroom, it no longer remained rare and was made available to the commoners too, globally.^[10]

5. Ashwagandha (root)

Ashwagandha, *Withania Somnifera* or WS, is mostly used for making Ayurvedic medicines, a conventional medical system implemented in India. It is used for formulation of several different medicines for the improvement of musculoskeletal conditions, including rheumatism and arthritis. It is used as a general source of increasing energy and improvement of overall longevity and health. It is also very effective for the prevention of various diseases in elderly, athletes and during pregnancy.

There have been multiple studies conducted that show various properties of Ashwagandha that authenticates that it can be used as a multiple purpose medicinal agent. For example, as per some research the anti-inflammatory properties have been found that can validate dunal, sitoindoside, withaferin, winter cherry, solanaceae and Indian ginseng.^[11]

6. Balsam Pear (fruit)

It is a conventional ingredient that is commonly used in Asian cuisine and medicines. It is mostly used for the treatment of gastrointestinal issues. It was demonstrated that it was capable of assisting diabetics in the United States. The extracts of this fruit are commonly used for treatment and prevention of malaria and cancer. The bitterness of this fruit plays a vital role for the stimulation of digestion. Also, in general the bitterness in

certain food helps to cure bad digestion as it treats constipation and speeds the digestion process. The increase in the digestion process may cause heart burn and may also worsen ulcers. But Balsam pear contains soothing effects and hence it does not cause such situation.

According to the studies conducted, it was reported that the fruit contains lectin, which is a sugar binding protein. It acts like an insulin and removes sugar from bloodstream. Lectin becomes highly useful for treating adults having Type II diabetes. According to traditional medicine system of South America and Asia, it can help in the prevention of malaria, and it also consists of various compounds that can affect malaria. More research is being done on this fruit to learn about its other health benefits.

It has also been reported to have abilities to inhibit cell growth of cancer. It also helps to eliminate the cancer cells already existing in the human body. Hence, it is used for both, treatment as well as prevention of cancer.^[12]

7. Aloe Vera (leaf)

Apart from the various other benefits that aloe Vera provides, such as its healing qualities, anti-inflammation, immune system effect, laxative effects, anticancer and antiviral activity, and antibacterial effect, anti-aging and moisturizing effects are noteworthy. In order to bind moisture in the skin, mucopolysaccharides play a very important role. The aloe is responsible for the stimulation of fibroblast and producing collagen. It also produces the elastin fibers that make the skin less wrinkled and more elastic. It enhances the cohesive effects upon the epidermal cells as it binds them together and helps to keep the skin soft. Amino acids usually are the source of skin hardening. Zinc tightens the pores while acting as an astringent. The effects of Aloe Vera as per its moisturizing features have been observed for the treatment of dry skin. Aloe Vera improves the integrity of the skin, decreases the visibility of wrinkles as well as erythema.^[13] It also offers anti-acne benefits.

Aloe Vera also gives protective effect on the skin against the gamma and UV radiations.^[14]

8. Cranberry

Cranberry-based medicines in a variety of formulations have been subjected to intensive testing for the treatment of Urinary Tract Infections (UTIs) for several decades. As per the studies and research, there has not been any particular effect observed for the treatment of this problem using cranberry. Instead, the focus is diverted towards the preventative strategies. It has shown considerable effects as per the vitro and vivo among animals for preventing UTI. It works by the inhibition of type I and P-fimbriated uro-pathogens to the uroepithelium and impairs with subsequent and colonization infections. Isolating the cranberry